

MUSIC AND LYRICS OF THE PANEURHYTHMY



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INTRODUCTION

This book is provided to help English-speaking Paneurhythmy students with the music and words of Paneurhythmy. It has five parts. The first three sections contain the music, the transliteration of the original Bulgarian lyrics, and lyrics created by Vessela Nestorova (and later updated with her approval by Barnaby Brown). Part 1 covers the first 28 exercises. Part 2 covers the Sun Rays. Part 3 covers the Pentagram. These 3 parts are excerpted from the book, PANEURHYTHMY: Music, Ideas, Movements¹, which is highly recommended for an in-depth presentation of Paneurhythmy as a whole.

Parts 4 & 5 are new additions, provided for the purpose of deepening our understanding of the original Bulgarian lyrics. Part 4 contains the transliterated Bulgarian lyrics and their English translation, including some optional extensions for How Happy We Are and for the Idyll in the Sun Rays that are not in Parts 1 and 2. Part 5 contains the Bulgarian lyrics in Cyrillic, for those who want to explore the meanings in greater depth.

Most of us English speakers are used to the Paneurhythmy lyrics written by Vessela Nestorova and Barnaby Brown. They have inspiring poetry that works well with the music of Paneurhythmy, and they are true to the spirit of the dance. However, they are often quite different from the original Bulgarian lyrics, as sung in Bulgaria (and elsewhere). This presents a problem if you are singing the Bulgarian lyrics and assuming that the meaning is in the lyrics by Vessela Nestorova.

Viola Bowman attempted to retain the original meaning of the Bulgarian lyrics, while also retaining a lyrical, singable style, in her book *An English Speaker's Guide to Paneurhythmy* (available from Evera Books, along with a CD of her singing these lyrics). However, she had to compromise somewhat on the meanings in order to have a lyrical English result. And the final result, while singable well worth studying, hasn't generally been as well-received as Vessela's version.

In order to address this translation gap, a group of us has created a translation of the original Bulgarian lyrics which is very close to the original Bulgarian. The translation has been arranged to match the Bulgarian on a phrase-by-phrase basis, making it easier to understand the meaning of a particular phrase being sung. Since the Bulgarian sentence structure isn't quite the same as the English sentence structure, this occasionally results in somewhat awkward but still understandable English. Within each translated phrase, we retain the meaning of the Bulgarian but don't match the Bulgarian on a word-by-word basis. Finally, these aren't lyrics but are really designed for use while singing or listening to the Bulgarian lyrics of Paneurhythmy.

One might ask, why even bother with the Bulgarian lyrics? As I see it, they represent the sacred roots of Paneurhythmy. Most of them were revealed to Olga Slacheva from a higher source, under the Master Beinsa Duno's guidance. The rest either came from the Master himself, or from close disciples with his direct approval. And they are in Bulgarian. The Master stated that if you want to truly understand his teaching, learn Bulgarian. In other words, Bulgarian is a kind of sacred language that most clearly reflects the inner meaning of the Teaching, and thus of Paneurhythmy. This in no way demeans the English lyrics,

¹ PANEURHYTHMY: Music, Ideas, Movements, by Beinsa Duno, Evera Books, 2022 (available on everabooks.com or amazon.com).

which have their own sacred beauty and could be considered a unique fruit from the tree of these teachings. But to deepen one's understanding and practice of Paneurhythmy, some involvement with the Bulgarian lyrics is essential.

We hope you find this presentation of the Bulgarian lyrics and their English tradition to be a valuable addition to your Paneurhythmy studies.

Steve Bonn

(with major contributions from Antoaneta Krushevska and Todor Papazov)

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Practice Notes

The Bulgarian lyrics provided by the Master are considered to have a particularly sacred quality and therefore are sung in Bulgarian. In Think and The Sun is Rising, the lyrics are often first sung in English (using Vesela's lyrics which are fairly close to the Bulgarian for these songs) and then repeated in Bulgarian by English speakers. The Idyll in The Sun Rays is sung only in Bulgarian. Aum has no English translation and is therefore also sung as given by the Master.

Any part of the melody may be sung an octave higher or lower in order to be comfortable for the individual voice. Instrumental arrangements are included as well. Some melodies when played on a violin are one octave higher. Phonetic keys are provided below to help properly pronounce the text in Bulgarian.

The lyrics use the Latin transliteration of the Bulgarian letter “Ъ” with the letter “â” instead of “a.” This is a modification of the official Streamlined System, and it is recommended by the Institute for Bulgarian Language to avoid confusion between the sounds of the vowels “a” and “Ъ”.

Phonetic keys for some letters are given below, to provide a basic guide for pronouncing the text given in Bulgarian. Please keep in mind that there may be slight variations, depending on the word they are in. Bulgarian recordings of the songs can be very helpful for exact pronunciation.

Bulgarian letter	Spelling in English	Pronounced
а	a	/a/ as in: a pple, bal ance, magi
в	v	/v/ as in: v ictory, wav e, v ase
е	e	/e/ as in: bed , entr ance, el se
ж	zh	/ʒ/ as in: decis ion, pleas ure
з	z	/z/ as in: z ebra, bronze , mosaic
и	i	/i/ as in: is , hist ory, mist
й	y	/i/ as in: boy , moist ure, lay er
о	o	/ɔ:/ as in: mor ning, warm , all
с	s	/s/ as in: rice , seld om, mast ery
у	u	/u/ as in: book , aloof , Buddhism
х	h	/h/ as in: here , hum mingbird, beh ave
ц	ts	/ts/ as in: tsunami , matzo
ч	ch	/tʃ/ as in: check , child , catcher
ш	sh	/ʃ/ as in: short , sh ine, cush ion
щ	sht	/sht/or /ʃt/ as in: vanished , cherished
ъ	â	/ə/ as in: girl , ar ound, butterfly
ю	yu	/yu/ as in: mural , cure , purity
я	ya	/ya/ as in: backyard , yarn

PART I. THE 28 EXERCISES

THE FIRST DAY OF SPRING

(The first 10 exercises)

1. Awakening [*Probuzhdane*]

Allegro moderato

Rise! A - wak - en! Spring is here. O - pen your door to
 Pâr - vi-yat den na pro - let - ta, pâr - vi - yat den na

day - light clear. Full - ness of life for ev - ery - thing brings the
 ra - dost - ta, pâr - vi-yat den na lyu - bov - ta no - syat -

first bright day of spring, brings the first bright day of spring.
 si - la i zhi - vot, no - syat - si - la i zhi - vot.

Rise! Awaken! Spring is here.
 Open your door to daylight clear.
 Fullness of life for everything
 Brings the first bright day of spring,
 Brings the first bright day of spring. } 2

Pârviyat den na proletta,
 pârviyat den na radostta,
 pârviyat den na lyubovta
 nosyat sila i zhivot,
 nosyat sila i zhivot. } 2

2. Reconciliation [*Primirenie*]**Allegro moderato**

Na - ture is smi - ling, Sun is__ shi - ning, hea - vens are blue, wa - ken-ing
 I o-zhi - vya - va, i ni__ bu - di sâs lyu - bov. Sta - vay -



Earth to life a - new, wa - ken-ing Earth to life a - new.
 te ot sân, de - tsa! Pro - let__ mi - la vech doy - de.



Flo - wers, trees, and birds, and bees in co - lours bright and voi - ces__ clear,
 Tsya - la - ta pri - ro - da pe - e; Slân - tse__ top - lo ve - che__ grey.



ce - le - brate the spring that's here, ce - le - brate the spring that's here.
 No - si tsve - tya i plo - do - ve, no - si__ pes - ni i ig - ri.

Nature is smiling, Sun is shining,
 Heavens are blue,
 Wakening Earth to life anew,
 Wakening Earth to life anew.
 Flowers, trees, and birds, and bees
 In colors bright and voices clear,
 Celebrate the spring that's here,
 Celebrate the spring that's here.

I ozhivyava, i ni budi sâs lyubov.
 Stavayte ot sân, detsa!
 Prolet mila vech doyde.
 Tsyalata priroda pee;
 Slântse toplo veche grey.
 Nosi tsvetya i plodove,
 nosi pesni i igri.

3. Giving [*Davane*]

Allegro moderato



Now be o - pen to re - ceive all the bless - ings spring days —
 Pâl - ni vsya - ka tvar s zhi - vot, bu - di ra - dost vâv du -



leave, beau - ti - ful gifts of life, thoughts bright and pure, _____
 ha, raz - ve - se - lya - va sâr - tsa - ta ni. _____



feel - ings sure, feel - ings of love that will en - dure, _____
 Gre - e, grey Slân - tse - to bla - go - dat - no, _____



thoughts as rays of sun - shine in the spring. _____
 tse - lu - va nezh - no tsya - la - ta Ze - mya _____



Gifts_ of gold that glad time now to us will bring. _____
 i ya o - kich - va spre - lest - ni, bez - broy tsve - tya. _____

Now be open to receive
 All the blessings spring days leave,
 Beautiful gifts of life,
 Thoughts bright and pure,
 Feelings sure, feelings of love that will endure,
 Thoughts as rays of sunshine in the spring.
 Gifts of gold that glad time now to us will bring.

Pâlni vsyaka tvar s zhivot,
 budi radost vâv duha,
 razveselyava sârtsata ni.
 Gree, grey Slântseto blagodatno,
 tseluva nezjno tsyalata Zemya
 i ya okichva s prelestni,
 bezbroy tsvetya.

4. Ascending [*Vâzlizane*]

Allegro moderato

Then look up at yon - der Sun and hail his work of
 Blyas - ka - vi zvez - di - bri - lyan - ti svet - li ska - za - ni -

won - der done. Sing your praise un - to the skies, a joy - ful
 ya mâl - vyat. Gre - e chis - ta - ta lu - na, bez - spir le -

spar - kle in your eyes. Feel the sac - red thrill! _____
 ti po svo - ya pât po ne - bes - na shir. _____

With the birds the air with mu - sic fill. _____
 I de - nyat pris - ti - ga sled nosht - ta. _____

Then look up at yonder Sun
 And hail his work of wonder done.
 Sing your praise unto the skies,
 A joyful sparkle in your eyes.
 Feel the sacred thrill!
 With the birds the air with music fill.

Blyaskavi zvezdi-brilyanti
 svetli skazaniya mâlvyat.
 Gree chistata luna,
 bezspir leti po svoya pâť
 po nebesna shir.
 I denyat pristiga sled noshtta.

5. Elevating [*Izdigane*]

Allegro moderato



High - er, ev - er high - er ev - ery - one as - pire.
 Si - la i ra - dost, mla - dost i o - bich



Ne - ver think to stop un - til you reach the
 Slân - tse - to no - si i vdâh - no - vya - va,



most ex - alt - ed moun - tain top.
 i vâz - rast - va v kra - so - ta.

Higher, ever higher
 Everyone aspire.
 Never think to stop
 Until you reach the most
 Exalted mountain top. } 2

Sila i radost,
 mladost i obich
 Slântseto nosi
 i vdâhnovyava,
 i vâzrastva v krasota. } 2

6. Opening [*Otvaryane*]**Allegro moderato**

Cast off the clothes of the cold win - ter - time,
E - to go, razh - da se kra - si - viy den.

bathed in the rays of to - day's sun - shine. Deep - ly
E - to go, Slân - tse - to kâm na - zi grey. Him - ni v go -

breathe, ab - sorb - ing all in sight, thank - ing
ra - ta ve - se - lo pti - chen-tse pey. Bod - ro ig -

God for the free - dom and joy of light.
ra - em po ros - ni tre - vi i - tsve - tya.

Shin - ing a - bove, the Sun shows us the way,
Svet - la - ta ra - dost o - bil - no ni grey.

fill - ing our hearts with joy this spring - time day.
Si - la du - sha - ta bez - spir - no iz - li - va - ni tya.

Cast off the clothes of the cold wintertime,
 Bathed in the rays of today's sunshine.
 Deeply breathe, absorbing all in sight,
 Thanking God for the freedom and joy of light.
 Shining above, the Sun shows us the way,
 Filling our hearts with joy this springtime day. }²

Eto go, razhda se krasiviy den.
 Eto go, Slântseto kâm nazi grey.
 Himni v gorata veselo ptichentse pey.
 Bodro igraem po rosni trevi i tsvetya.
 Svetlata radost obilno ni grey.
 Sila v dushata bezspirno izliva ni tya. }²

7. Liberation [*Osvobozhdavane*]

Allegro moderato

Fi - nal - ly, freed from the chains of the past,
 Niy pla - ni - ni - te o - bi - cha - me.

break - ing a - way, li - ber - at - ed at last, fly o - ver
 Div - ni - ya Mu - sa - la vâz - pya - va - me. Pri sed - mo -
 ossia:

lakes to moun - tain peaks sno - wy white; there, at the
 strun - na ar - fa - na Ri - la se - dim. Mosht - no - to

door - step of God, fold your wings and a - light.
 Slân - tse po - sre - shta - me na ra - ni - na.

Blessed is the soul that, one with God, at - tains
 Ve - cher si - yay - ni - te zvez - di sle - dim.

life ev - er - last - ing, life on high - er planes.
 I Lu - na - ta pre - kras - na v ne - bes - na - ta shir.

Finally, freed from the chains of the past,
 Breaking away, liberated at last,
 Fly over lakes to mountain peaks snowy white;
 There, at the doorstep of God,
 Fold your wings and alight.
 Blessed is the soul that, one with God, attains }
 Life everlasting, life on higher planes. } 2

Niy planinite obichame.
 Divniya Musala vâzpyavame.
 Pri sedmostrunna arfa na Rila sedim.
 Moshtnoto Slântse
 posreshtame na ranina.
 Vecher siyaynite zvezdi sledim. }
 I Lunata prekrasna v nebesnata shir. } 2

8. Clapping [*Plyaskane*]

Allegro moderato

Joy like a spring from the heart let flow!
 E - to go, razh - da se kra - si - viy den.

In ev - ery - thing is new life a - glow. Share the
 E - to go, Slân - tse - to kâm na - zi grey. Him - ni v go-

joy, the soar - ing of the soul; bless ev - ery -
 ra - ta ve - se - lo pti - chen-tse pey. Bod - ro ig -

one on your way, give your love to all.
 ra - em po ros - ni tre - vi i tsve - tya.

Sing - ing the song of free - dom, clap your hands,
Svet - la - ta ra - dost o - bil - no ni grey.

send - ing rays of joy to far - thest lands.
Si - la v du - sha - ta bez - spir - no iz - li - va ni tya.

Joy like a spring from the heart let flow!
In everything is new life aglow.
Share the joy, the soaring of the soul;
Bless everyone on your way,
Give your love to all.
Singing the song of freedom, clap your hands, }
Sending rays of joy to farthest lands. } 2

Eto go, razhda se krasiviy den.
Eto go, Slântseto kâm nazi grey.
Himni v gorata veselo ptichentse pey.
Bodro igraem po rosni trevi i tsvetya.
Svetlata radost obilno ni grey. }
Sila v dushata bezspirno izliva ni tya. } 2

9. Purifying [*Chistene*]

Allegro moderato

On the breath of God we rise through all clouds and
Pâr - vi-yat den na pro - let - ta, pâr - vi-yat den na

stor - my skies, pu - ri - fied if, come what may, sow - ing
ra - dost - ta, pâr - vi-yat den na lyu - bov - ta no - syat

beau - ty is our way, sow - ing_ beau - ty is our way.
 si - la i zhi - vot, no - syat_ si - la i zhi - vot.

On the breath of God we rise
 Through all clouds and stormy skies,
 Purified if, come what may,
 Sowing beauty is our way,
 Sowing beauty is our way. } 2

Pârviyat den na proletta,
 pârviyat den na radostta,
 pârviyat den na lyubovta } 2
 nosyat sila i zhivot,
 nosyat sila i zhivot.

10. Flying [*Letene*]

Allegro moderato

Fly - ing, soar - ing, sun - shine pour - ing in and_ through
 I ze - mya - ta se sâ - buz - da ot sâ - nya.

ev - ery_ cell, we're born a - new, ev - ery_ cell, we're
 Poch - va_ no - viy sve - tâl den, no - vi - yat den na

born a - new. Flo - wers, trees, and birds, and bees in
 pro - let - ta. I pri - ro - da - ta li - ku - va,

co - lors_ bright and voi - ces_ clear, ce - le - brate the
 che ya_ slân - tse top - lo_ grey i lâ - chi o -

spring that's here, ce - le - brate the spring that's here.
 bil - no ley. Vsich - ko_ rad - va se i pey.

Flying, soaring,
 Sunshine pouring in and through
 Every cell, we're born anew,
 Every cell, we're born anew.
 Flowers, trees, and birds, and bees
 In colors bright and voices clear,
 Celebrate the spring that's here,
 Celebrate the spring that's here.

I zemyata se sâbuzhda ot sânya.
 Pochva noviy svetâl den,
 noviyat den na proletta.
 I prirodata likuva,
 che ya slântse toplo grey
 i lâchi obilno ley.
 Vsichko radva se i pey.

11. Evera [*Evera*]**Allegretto**

1. Dance in the dawn, dance on the green and spark - ling, decked with dew - drops
 Slân - tse - to grey, ga - li s lâ - chi tsve - ten - tsa i tre - vi, i
 2. Dance in the dawn, wel - come the ri - sing Sun with hap - pi - ness and
 Slân - tse - to grey, pra - shta ve - se - li - e po tsya - la - ta ze -



lawn; af - ter a night of rest _____ a - gain in light _____ be
 nas. Na ra - ni - na vâz - tor - zhe - no ig - ra - em
 song; join in the har - mo - ny _____ of na - ture's dan - cing
 mya. Tse - li - ya mir sâ - buzh - da, vi - ka sâs _____ lyu -



dressed. _____ Breathe the mor - ning air; _____ let the bree - zes
 niy. _____ Vâz - duh - bla - go - dat. _____ Ptich - ki hvâr - kat
 throng. _____ Breathe the mor - ning air; _____ let the bree - zes
 bov. _____ Vli - va ni zhi - vot, _____ da - va ra - dost,



waft a - way your care; _____ rhyth - mic - 'ly dance with brooks and
 ve - se - lo nad nas. _____ Pri - ro - da - ta si - ya - e
 waft a - way your care; _____ rhyth - mic - 'ly dance with brooks and
 mir i kra - so - ta. _____ Za - lyaz - va to, no vech - no



flo - wers fra - grant, fair; _____ grace - ful and free, step light - ly
 tsya - la v kra - so - ta. _____ Ros - na tre - vi - tsa bles - na -
 flo - wers fra - grant, fair; _____ grace - ful and free, step light - ly
 se ya - vya - va pak. _____ Bles - ti, iz - pra - shta zhi - va



on your way _____ on this in - spir - ing bright spring day. _____ **D.C.**
 la v el - maz. _____ Tsve - tya - ta le - yat a - ro - mat. _____
 on your way _____ on this in - spir - ing bright spring day. _____
 svet - li - na - _____ slu - zhi - tel mil na blag Ba - shta. _____

Note: Some musicians begin the repetition of the music at the 17th instead of 21st measure.

1. Dance in the dawn,
 Dance on the green and sparkling,
 Decked with dew-drops lawn;
 After a night of rest again in light be dressed.
 Breathe the morning air;
 Let the breezes waft away your care;
 Rhythmic'ly dance with brooks and flowers fragrant, fair;
 Graceful and free, step lightly on your way
 On this inspiring bright spring day. }²

2. Dance in the dawn,
 Welcome the rising Sun
 With happiness and song;
 Join in the harmony of nature's dancing throng.
 Breathe the morning air;
 Let the breeze waft away your care;
 Rhythmic'ly dance with brooks and flowers fragrant, fair;
 Graceful and free, step lightly on your way
 On this inspiring bright spring day. }²

1. Slântseto grey, gali s lâchi
 tsvetentsa i trevi, i nas.
 Na ranina vâztorzheno igraem niy.
 Vâzduh – blagodat.
 Ptichki hrârkat veselo nad nas. }
 Prirodata siyae tsyala v krasota. }²
 Rosna trevitsa blesnala v elmaz. }
 Tsvetyata leyat aromat. }

2. Slântseto grey, prashta veselie po tsyalata zemya.
 Tseliya mir sâbuzhda, vika sâs lyubov.
 Vliva ni zhivot,
 dava radost, mir i krasota. }
 Zalyazva to, no vechno se yavyava pak. }²
 Blesti, izprashta zhiva svetlina –
 sluzhitel mil na blag Bashta. }

12. Jumping [*Skachane*]**Maestoso**

Up - ward rise with all your might. Be as sing - ing birds in
 Na - go - re da po - le - tim! Kâm ne - bes - ni - ya pros -

flight. Hea - ven pours a - bun - dant light on all souls
 tor. S mir, lyu - bov i svet - li - na vsich - ko ras -

that reach the Height. Keep the moun - tain tops in sight.
 te v kra - so - ta i ni no - si mâd - rost - ta!

Note: According to most musicians performing Paneurhythmy, this exercise is better represented with a 2/4 or 4/4 time signature.

Upward rise with all your might.
 Be as singing birds in flight.
 Heaven pours abundant light
 On all souls that reach the Height.
 Keep the mountain tops in sight.

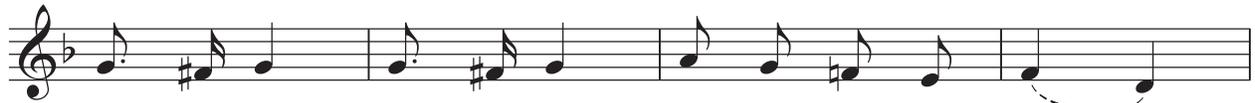
Nagore da poletim!
 Kâm nebesniya prostor.
 S mir, lyubov i svetlina
 vsichko raste v krasota
 i ni nosi mâdrostta!

13. Weaving [*Tâkane*]

Andante



Day by day, hour by hour weav - ing on life's loom
 Vse - ki den, vse - ki chas, vsya - ko - ya mi - nu - ta



thoughts Di - vine, feel - ings fine com - ing in - to bloom;
 niy sno - vem i tâ - chem nay - kra - si - vi mis - li,



for the new Light and Love now pre - pare we am - ple room.
 i zhi - vot svyat i chist vav du - shi - te vli - va - me.



E - very day think and say that Light will come to - mor - row;
 Ne - ka mir i lyu - bov v sâr - tsa ni da tsa - ru - va,



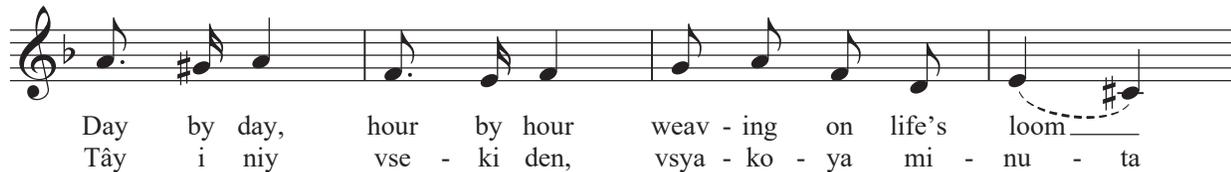
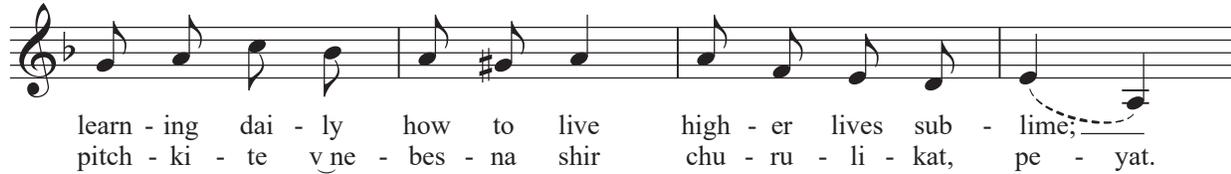
Love is now on its way to ba - nish fear and woe;
 dob - ro - ta, mi - lo - sâr - die v na - zi da zhi - vey.



so we work and we pray for bright - er thoughts to know.
 Svet - li - na i ve - se - li - e nav - red da grey.



Weav - ing thus we take and give na - ture's gifts Di - vine,
 Tsve - ten - tsa - ta a - ro - mat sla - dos - ten pi - le - yat,



Day by day, hour by hour weaving on life's loom
Thoughts Divine, feelings fine coming into bloom;
For the new Light and Love now prepare we ample room.
Every day think and say that Light will come tomorrow;
Love is now on its way to banish fear and woe;
So we work and we pray for brighter thoughts to know. } 2

Weaving thus we take and give nature's gifts Divine,
Learning daily how to live higher lives sublime;
Weaving thus we all receive the blessings of this time.
Day by day, hour by hour weaving on life's loom
Thoughts Divine and feelings fine,
For the new life making room,
For the life that turns the night to day
And lights our upward way.

Vseki den, vseki chas, vsyakoya minuta
niy snovem i tâchem nay-krasivi misli,
i zhivot svyat i chist
vâv dushite vlivame.

Neka mir i lyubov v sârtsa ni da tsaruva,
dobrota, milosârdie v nazi da zhivey. }
Svetlina i veselie navred da grey. } 2

Tsvetentsata aromat sladosten pileyat,
ptichkite v nebesna shir
churulikat, peyat.

I dâzhdetsa romoli nad nivi i livadi.

Tây i niy vseki den, vsyakoya minuta
shte rabotim, shte rastem i dobro shte seem,
i v dushite si krasivi misli nie da vtâchem.

14. Think [*Misli*]

Adagio

Think right, al-ways think right. — Think right, al-ways think right. Sus -
Mis - li, pra - vo mis - li. — Mis - li, pra - vo mis - li. Sve -

Allegretto

tain most sac - red thoughts of life that ra - diate light. Sus - tain most sac - red thoughts of
shte - ni mis - li za zhi - vo - ta ti kre - pi, sve - shte - ni mis - li za zhi -

1. life that ra - diate light. — Sus - life that ra - diate light. — Sus -
vo - ta ti kre - pi. — Sve - vo - ta ti kre - pi. — Kre -

tain, sus - tain, sus - tain, sus - tain most sac - red thoughts of
pi, kre - pi, kre - pi. Sve - shte - ni mis - li za zhi -

1. life that ra - diate light. _____ Sus - life that ra - diate light. _____ **D.C.**
 vo - ta ti kre - pi. _____ Kre - vo - ta ti kre - pi. _____

Think right, always think right.
 Think right, always think right.
 Sustain most sacred thoughts of life
 That radiate light. }
 Sustain most sacred thoughts of life } 2
 That radiate light. }
 Sustain, sustain, sustain, }
 Sustain most sacred thoughts of life } 2
 That radiate light. }

Misli, pravo misli.
 Misli, pravo misli.
 Sveshteni misli za zhivota ti krep. }
 Sveshteni misli za zhivota ti krep. } 2
 Krep, krep, krep. }
 Sveshteni misli za zhivota ti krep. } 2

Note: The words of “Think” are given by the Master, and their vibration can best be experienced when sung in the original lyrics.

15. Aum

Andante sostenuto

A - um, A - um, A - um, Om, Om, Au - men. **4 times**

Aum, Aum, Aum, Om, Om, Aumen.

(4 times)

16. The Sun Is Rising [*Izgryava Slântseto*]

Andante

Be - hold the ris - ing Sun, send - ing glo - rious light,
Iz - grya - va Slân - tse - to, pra - shta svet - li - na,

fil - ling life with joy and pure de - light. Be - light.
no - si ra - dost za zhi - vo - ta tya. Iz - tya.

Allegretto

Liv - ing pow - er, spring - ing, flow - ing pow - er, liv - ing pow - er,
Si - la zhi - va iz - vor - na te - chu - shta, si - la zhi - va

spring - ing, flow - ing pow - er. pow - er. Zun me
iz - vor - na te - chu - shta. chu - shta. Zun me

zun, zun me zun, bi - nom tu me - to, zun me
zun, zun me zun, bi - nom tu me - to, zun me

zun, zun me zun, bi - nom tu me - to. **D.C.**
zun, zun me zun, bi - nom tu me - to.

Behold the rising Sun, sending brilliant light, }
 Filling life with joy and pure delight. }
 Living power, springing flowing power. (4)
 Zun me zun, zun me zun, }
 Binom tu meto. }

Izgryava Slântseto,
 prashta svetlina,
 nosi radost za zhivota tya. }
 Sila zhiva izvorna techushta. (4)
 Zun me zun, zun me zun, }
 Binom tu meto. }2

Note: The words of “The Sun Is Rising” are carefully chosen by the Master: some of them are in Bulgarian, and others are in an ancient sacred language. In order to experience their profound vibration, they should also be sung in their original lyrics.

17. Square [*Kvadrat*]

Allegro moderato

1. Bright is the morn, _____ filled with the frag - rance sweet of
 2. Red is the east, _____ God's lov - ing lips its bril - liant
 Slân - tse - to grey, _____ trep - ti zo - ra - ta ot zhi -

flo - wers just born; white pearls of dew, a gold - en crown her
 fore - head have kissed, fil - ling the mor - ning air with vib - rant
 vot i lyu - bov. Trep - ti zo - ra - ta, grey - na - la v bri -

glo - rious head a - dorn. _____ All na - ture sings, _____
 life and sac - red bliss. _____ Vsich - ko dnes pey, _____
 lyan - te - ni lâ - chi. _____

all na - ture now with mu - sic rings, _____ prais - ing the
 vsich - ko dnes slad - ko - glas - no pey _____ za Bo - zhiy

dawn, _____ prais - ing the mor - ning new - ly born, _____ prais - ing the
 den, _____ za no - viy sve - tâl Bo - zhi den, _____ za ra - dost

ris - ing Sun, the ra - diant fa - ther of the morn. _____ **D.C.**
 no - va, shto v sâr - tsa - ta ni bez - spir - no ley. _____

Bright is the morn,
 Filled with the fragrance sweet of flowers just born;
 White pearls of dew,
 A golden crown her glorious head adorn.
 All nature sings, all nature now with music rings,
 Praising the dawn, praising the morning newly born,
 Praising the rising Sun, the radiant father of the morn. } 2

Red is the east,
 God's loving lips its brilliant forehead have kissed,
 Filling the morning air with vibrant life and sacred bliss.
 All nature sings, all nature now with music rings,
 Praising the dawn, praising the morning newly born,
 Praising the rising Sun, the radiant father of the morn. } 2

Slântseto grey,
 trepti zorata ot zhivot i lyubov.
 Trepti zorata,
 greynala v brilyanteni lâchi.

Vsichko dnes pey,
 vsichko dnes sladkoglasno pey
 za Bozhiy den,
 za noviy svetâl Bozhi den,
 za radost nova,
 shto v sârtsata ni bezspirno ley. } 2

18. Beauty [*Krasota*]**Allegro**

Grace - ful, beau - ti - ful, and free, na - ture's
 Vsyā - ka sut - rin v ra - nen chas Slân - tse -



mu - sic fol - low we High a - bove an an - gel
 - to pos - re - shta - me. Lâ - chi, vâz - duh i ro -



sings; rais - ing each hand a bles - sing brings.
 sa rad - vat na - shi - te sâr - tsa.

(ad lib. *8^{va}* al Fine)

Know - ing on - ly flow - ing mo - tions soft as gold,
 Vdâh - no - ve - ni mis - li v nas da po - te - kat
 Slad - ki zre - li plo - do - ve da da - vat



lov - ing - ly we let a bud of beau - ty un - fold.
 i kra - si - vi chuv - stva da ras - tat.
 i zhi - vo - ta vred da u - kra - sya - vat.



Like a live - ly brook in flow, thus our
 Grey - na - li lâ - chi na - vred. Bis - tro



hearts and minds will grow, so we dance each day to
 iz - vor - che shur - ti. Ra - dost bli - ka v tse - liy



be grace - ful, beau - ti - ful, and free.
 svyat. Ptich - ka ve - se - lo le - ti.

Graceful, beautiful, and free,
Nature's music follow we.
High above an angel sings;
Raising each hand a blessing brings. }²

Knowing only flowing motions soft as gold, }²
Lovingly we let a bud of beauty unfold.

Like a lively brook in flow,
Thus our hearts and minds will grow, }²
So we dance each day to be
Graceful, beautiful, and free.

Vsyaka sutrin v ranen chas
Slântseto posreshtame.
Lâchi, vâzduh i rosa }²
radvat nashite sârtsa.

Vdâhnoveni misli v nas da potekat
i krasivi chuvstva da rastat.
Sladki zreli plodove da davat
i zhivota vred da ukrasyavat.

Greynali lâchi navred. }²
Bistro izvorche shurti.
Radost blika v tseliy svyat.
Ptichka veselo leti.

19. Agility [*Podvizhnost*]

Allegro



Soft - ly__ spring - ing from the__ ground,____ mu - sic__
 Vsyá - ka__ sut - rin v ra - nen__ chas____ Slán - tse -



ring - ing all a - round,____ to the__ sky we lift our__
 - to pos - re - shta - me.____ Lá - chi, vâz - duh i ro -



eyes,____ spread our__ wings and, fly - ing, rise.____
 sa____ rad - vat__ na - shi - te sâr - tsa.____

(ad lib. *8^{va}* al Fine)

Know - ing on - ly flow - ing mo - tions soft as__ gold,____
 Vdâh - no - ve - ni mis - li v nas da po - te - kat____
 Slad - ki zre - li plo - do - ve da da - vat____



lov - ing - ly we let a bud of beau - ty un - fold.____
 i kra - si - vi__ chuv - stva da ras - tat.____
 i zhi - vo - ta vred da u - kra - sya - vat.____



Like a live - ly brook in__ flow,____ thus our
 Grey - na - li lâ - chi na - vred.____ Bis - tro



hearts and minds will__ grow,____ so we__ dance each day to
 iz - vor - che shur - ti.____ Ra - dost bli - ka v tse - liy



be____ grace - ful, beau - ti - ful, and__ free.____
 svyat.____ Ptich - ka__ ve - se - lo le - ti.____

Softly springing from the ground,
 Music ringing all around,
 To the sky we lift our eyes,
 Spread our wings and, flying, rise. }²

Knowing only flowing motions soft as gold, }²
 Lovingly we let a bud of beauty unfold.

Like a lively brook in flow,
 Thus our hearts and minds will grow, }²
 So we dance each day to be
 Graceful, beautiful, and free.

Vsyaka sutrin v ranen chas
 Slântseto posreshtame.
 Lâchi, vâzduh i rosa }²
 radvat nashite sârtsa.

Vdâhnoveni misli v nas da potekat
 i krasivi chuvstva da rastat.
 Sladki zreli plodove da davat
 i zhivota vred da ukrasyavat.

Greynali lâchi navred.
 Bistro izvorche shurti.
 Radost blika v tseliy svyat. }²
 Ptichka veselo leti.

20. Overcoming [*Pobezhdavane*]

Allegro

“Night-time is o - ver!” says the Sun; like - wise is sad - ness
 De - nyat pris - ti - ga sled nosht - ta i ra - dost i - de

o - ver - come. Stea - di - ly for - ward we brave - ly press, through days of
 sled skrâb - ta. Vâr - vi - me niy — po svet - liy pât. Pre - gra - di



hap - pi - ness, through dis - tress. Life is end - less love and beau - ty,
 nya - ma da ni sprat. Tây bez - spir - no shte vâ - vi - me



and to do God's will our du - ty, life is end - less love and
 syya - ra i lyu - bov v gâr - di - te, kâm po - be - di shte le -



(8) beau - ty, and to do God's will our du - ty. So press
 ti - me, do - kat' gle - dat ni o - chi - te. Bod - ro



(8) on, a - chieve your goal, fill with light your hun - gry soul.
 vdi - ga - me che - la, sme - lo trâg - va - me na - pred!



Hea - ven will help you on your way; Lo - ve will cast all
 Do - ri v ne - vo - lya i be - da za nas e hu - bav



fear a - way. Hap - py are they who see the track,
 Bo - zhiy svet. Mil - va ni ti - hi - yat ze - fir.



ne - ver a thought of turn - ing back, al - ways of liv - ing
 Pe - yat ni ptich - ki s ve - sel glas. Ley se v du - sha - ta



for the Whole: this is vic - to - ry for the soul.
 e - lik - sir pri iz - grev slân - tze v ra - nen chas.

“Night-time is over!” says the Sun;
 Likewise is sadness overcome.
 Steadily forward we bravely press,
 Through days of happiness, through distress.
 Life is endless love and beauty, }
 And to do God’s will our duty. }²
 So press on, achieve your goal,
 Fill with light your hungry soul.
 Heaven will help you on your way;
 Love will cast all fear away.
 Happy are they who see the track, }
 Never a thought of turning back, }
 Always of living for the Whole: }²
 This is victory for the soul. }

Denyat pristiga sled noshtta
 i radost ide sled skrâbta.
 Vârvime niy po svetliy pât.
 Pregradi nyama da ni sprat.
 Tây bezspirno shte vârvime
 s vyara i lyubov v gârdite,
 kâm pobedi shte letime,
 dokat’ gledat ni ochite.
 Bodro vdigame chela,
 smelo trâgvame napred!
 Dori v nevolya i beda
 za nas e hubav Bozhiy svet.
 Milva ni tihyat zefir. }
 Peyat ni ptichki s vesel glas. }
 Ley se v dushata eliksir }
 pri izgre v slântze v ranen chas. }²

21. Joy of the Earth [*Radostta na Zemyata*]**Allegro**

Build a new home where Joy can live, build it of music
 Li - ku - va tsa - la - ta Ze - mya i se - rad - va



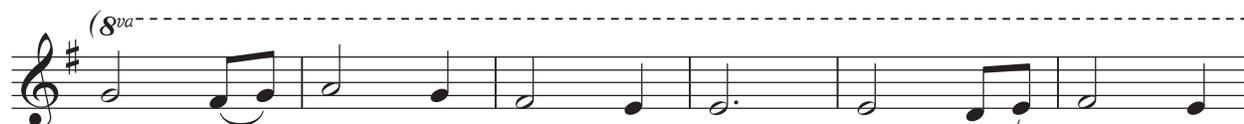
an - gels give, build it of Pu - ri - ty, build it of Light,
 ot sâr - tse, i ti - cha tya po - svo - ya - pâ



make it a pa - lace large and white. Let its win - dows
 ka - to de - vi - tsa vâz - lyub - le - na. Tya zha - du - va -



o - pen wide wel - come in the mor - ning light:
 Slân - tse - to i kâm ne - go - se stre - mi.



Joy will come, that love - ly queen; rea - di - ly she will
 To ya - mil - va ot - da - lech i tse - lu - va



en - ter in. Now with music work be - gin.
 ya slâ - chi. Tya se - rad - va i mu - pey:



Build with glad - ness, build in the spring - time mor - ning;
 "O, slân - tse na - zhi - vo - ta moy!



as in Hea - ven, sun - light your home a - dorn - ing,
 Le - tya, le - tya kâm te - be ne - pres - tan - no

through ev - ery win - dow _ pour - ing. Slow - ly ris - ing,
i _____ pâl - na ___ s ra - dost. Re - ki te - kat,

Hea - ven's hand in your la - bor, rea - dy to share with your
iz - vo - ri bli - kat chis - ti, vâ - ho - ve be - lo -

neigh - bor, this home of Joy Di - vine, beau - tif - ly
snezh - ni vâ - ro - zo - vi si - ya - niya ob - li - vash

flood - ed with sun - shine, shall be for - e - ver ___ thine. ___
i - zo - bil - no s mi - luv - ki ___ nezh - ni."

Build a new home where Joy can live,
Build it of music angels give,
Build it of Purity, build it of Light,
Make it a palace large and white.
Let its windows open wide
Welcome in the morning light:
Joy will come, that lovely queen;
Readily she will enter in.
Now with music work begin.

Build with gladness,
Build in the springtime morning;
As in Heaven,
Sunlight your home adorning,
Through every window pouring.
Slowly rising,
Heaven's hand in your labor,
Ready to share with your neighbor,
This home of Joy Divine,
Beautifully flooded with sunshine,
Shall be forever thine.

Likuva tsyalata Zemya
 i se radva ot sârtse,
 i ticha tya po svoya pât
 kato devitsa vâzlyublena.
 Tya zhaduva Slântseto
 i kâm nego se stremi.
 To ya milva otdalech
 i tseluva ya s lâchi.
 Tya se radva i mu pey:

“O, Slântse na zhivota moy!
 Letya, letya kâm tebe neprestanno
 i pâlna s radost.
 Reki tekak,
 izvori blikat chisti,
 vârhove belosnezhni
 vâv rozovi siyaniya
 oblivash izobilno
 s miluvki nezhni.”

22. Getting Acquainted [*Zapoznavane*]

Allegretto



Touch of the hand is bles-sing a friend, through friend-ship and
 1. Kol - ko pri - yat - no pti - chen - tse pe - e i bla - go -
 2. A sled ig - ri i pes - ni kra - si - vi ni - e ra -



love our souls will blend. Light - er our bur - den grows
 dat - no Slân - tse - to grey. Ros - ni li - va - di - te,
 bo - tim v na - shi - te ni - vi. I gi po - sya - va - me -



when, with a friend so close, feel - ings and thoughts so high meet eye to
 sve - zhi po - ly a - ni - te, ig - ra - em niy i pe - em v ra - ni -
 se - me iz - bra - no, da nik - nat, zre - yat zhit - ni kla - so -

eye. Bles-sings a - bun - dant flow through ev - ery soul,
na. Zhi - vo - ta e kra - siv i i - zo - bi - len,
ve. I dre-ben dâzhd - ro - sa shte gi po - le - e,

we feel the Hand Di - vine mak - ing us whole. **D.C.**
che Bog nad na - zi e mi - lo - stiv.
i Slân - tse - to shte gi vâz - ras - ti.

Touch of the hand is blessing a friend,
Through friendship and love our souls will blend.
Lighter our burden grows
When, with a friend so close,
Feelings and thoughts so high }²
Meet eye to eye.
Blessings abundant flow
Through every soul,
We feel the Hand Divine }²
Making us whole.

1. Kolko priyatno ptichentse pee
i blagodatno Slântseto grey.
Rosni livadite, svezhi polyanite, }²
igraem niy i peem v ranina.
Zhivota e krasiv i izobilen, }²
che Bog nad nazi e milostiv. }²
2. A sled igri i pesni krasivi
nie rabotim v nashite nivi.
I gi posyavame – seme izbrano, }²
da niknat, zreyat zhitni klasove. }²
I dreben dâzhd-rosa shte gi polee, }²
i Slântseto shte gi vâzrastit. }²

23. Beautiful Day [*Hubav den*]**Allegretto**

End - less beau - ty brings the spring: Heav'n and Earth with
Vse - ki hu - bav Bo - zhi den di - sham - ra - dost

mu - sic ring, liv - ing joy in ev - ery - thing, bran - ches,
i zhi - vot. I li - kât mi e za - smyan, che o -

blos - soms, bub - bling springs. All a - round in daz - zling
bi - cha men Gos - pod. Slân - chi - tse - to sâs lyu -

rings, an - gels spread their rain - bow wings o - ver ev - ery
bov mil - va mo - e - to li - tse. I gla - sât lyu -

soul that sings, o - ver ev - ery soul that sings. **Fine**
bim Hris - tov shep - ne v mo - e - to sâr - tse:

1. As we wel - come each new day, from the Sun a
2. Then God whis - pers in our heart, "Life Di - vine to -
"Krep - ko, sme - lo ti zhi - vey i po - ma - gay

shin - ing ray fills with fire our heart's de - sire to
day you start. Praise with song the life you're - giv - en,
na sve - ta! S pes - ni ra - dost - ni vâz - pey



see, to hear, to live a - new, learn - ing Love and
 bless each soul up - on your path, e - ver grate - ful,
 ti na Bo - ga lyu - bov - ta - nash Ba - shta lyu -

Wis - dom true, learn - ing Love and Wis - dom true.
 e - ver glad, e - ver grate - ful, e - ver glad."
 bim i svyat i na vsi du - shi poz - nat."

D.C. twice, the third time to Fine.

Endless beauty brings the spring:
 Heav'n and Earth with music ring,
 Living joy in everything,
 Branches, blossoms, bubbling springs.
 All around in dazzling rings,
 Angels spread their rainbow wings
 Over every soul that sings,
 Over every soul that sings. (*Fine*)

1. As we welcome each new day,
 From the Sun a shining ray
 Fills with fire our heart's desire
 To see, to hear, to live anew,
 Learning Love and Wisdom true,
 Learning Love and Wisdom true.

Endless beauty brings the spring:...

2. Then God whispers in our heart,
 "Life Divine today you start.
 "Praise with song the life you're given,
 "Bless each soul upon your path,
 "Ever grateful, ever glad,
 "Ever grateful, ever glad."

Endless beauty brings the spring:...

Vseki hubav Bozhi den
disham radost i zhivot.
I likât mi e zasmyan,
che obicha men Gospod.

Slânchitseto sâs lyubov
milva moeto litse.
I glasât lyubim Hristov
shepne v moeto sârtse: (*Fine*)

“Krepko, smelo ti zhivey
i pomagay na sveta!
S pesni radostni vâzpey
ti na Boga lyubovta –
nash Bashta lyubim i svyat
i na vsi dushi poznat.”

24. How Happy We Are [*Kolko sme dovolni*]

Allegretto

16

What de - light is liv - ing, giv - ing and re - ceiv - ing!
Kol - ko sme do - vol - ni, che v sve - ta zhi - ve - em;

Live in a - do - ra - tion of the whole Cre - a - tion!
ka - to pitch - ki vol - ni chud - ni pes - ni pe - em.

Life is gift Di - vine, beau - ti - ful, sub - lime;
Sut - rin mi - lo slân - tse po - sre - shta - me ra - no.

liv - ing po - wers flow mak - ing all things grow. **D.C.**
To ni bla - go - sla - vya i zhi - vot ni da - va.

What delight is living,
Giving and receiving!
Live in adoration
Of the whole Creation!

Kolko sme dovolni,
che v sveta zhiveem;
kato ptichki volni
chudni pesni peem.

Life is gift Divine,
Beautiful, sublime;
Living powers flow
Making all things grow.

Sutrin milo slântse
posreshtame rano.
To ni blagoslavya
i zhivot ni dava.

25. Step by Step [*Stâpka po stâpka*]

Allegretto

Step — by step — in life we rise, e — ver grow — ing
Stâp — ka po stâp — ka, e — to, niy vâr — vim kâm no — vi —

good and wise; ne — ver hur — ry, ne — ver stop,
ya zhi — vot. Cher — ta — em svet — li båd — ni — ni

till — we reach — the high — est top. Fear — less and po — wer — ful,
za nas i tsyal — cho — vesh — ki rod. Vsich — ki pre — gra — di

no — thing an ob — sta — cle, con — scious — ly right — ing ev — ery wrong,
pre — o — do — ly — a — va — me, ne se stra — hu — va — me ot be — di.

step — out stea — di — ly, help — out rea — di — ly, blaz — ing a path — way of
Mis — li kra — si — vi vre — dom po — sya — va — me. Lyu — bov sve — ta — da

light in song. Ris-ing in life by slow deg-rees, learn-ing from na - ture's
po - be - di. Pâ - te - ka svet - la e pred nas i no - va chud - na

(8^{va})
flowers and trees how in due sea - son deep - ly her rea - son
svet - li - na. Zhi - vot v sâr - tsa - ta ni se vli - va,

per - fect com - ple - tion sees. Na - ture in win - ter
mâd - rost i lyu - bov. Pâ - te - ka svet - la

is at rest, like a good mo - ther she knows best
e pred nas i no - va chud - na svet - li - na.

when to a - wa - ken plants to life, when birds should build their
Zhi - vot v sâr - tsa - ta ni se vli - va, mâd - rost i lyu -

nest. E - ver glan - cing for the dan - cing, leap - ing sight of a deer;
bov. Tsve - tya - ta u - ha - yat, zre - yat plo - do - ve.

e - ver lis - tening for the glis - tening sound of run - ning wa - ter clear.
Vsich - ko ras - te, zhi - ve - e, rad - va se tse - liy mir.

Lost in won - der, breathe in the air. Let the touch of
Vâz - duh di - sham - a - ro - mat, vre - dom - chud - na



God, e - very - where ___ bring - ing to blos - som all that is bare, ___
 kra - so - ta. ___ Iz - vo - ri bli - kat - chis - ta vo - da. ___



fill you with life, fill you with love. Gone is ev - ery care! ___

Step by step in life we rise,
 Ever growing good and wise;
 Never hurry, never stop,
 Till we reach the highest top.
 Fearless and powerful,
 Nothing an obstacle,
 Consciously righting every wrong,
 Step out steadily,
 Help out readily,
 Blazing a pathway of light in song.

Rising in life by slow degrees,
 Learning from nature's flowers and trees
 How in due season deeply her reason
 Perfect completion sees. } 2

Nature in winter is at rest,
 Like a good mother she knows best
 When to awaken plants to life,
 When birds should build their nest. } 2

Ever glancing for the dancing,
 Leaping sight of a deer;
 Ever listening for the glistening
 Sound of running water clear. } 2

Lost in wonder, breathe in the air.
 Let the touch of God, everywhere
 Bringing to blossom all that is bare,
 Fill you with life, fill you with love.
 Gone is every care! } 2

Stâpka po stâpka, eto, niy
vârvim kâm noviya zhivot.
Chertaem svetli bâdnini
za nas i tsyal choveshki rod.

Vsichki pregradi preodolyavame,
ne se strahuvame ot bedi.
Misli krasivi vredom posyavame.
Lyubov sveta da pobedi.

Pâteka svetla e pred nas
i nova chudna svetlina. }
Zhivot v sârtsata ni se vliva, } 4
mâdrost i lyubov. }

Tsvetyata uhayat,
zreyat plodove. }
Vsichko raste, zhivee, } 2
radva se tseliy mir. }

Vâzduh disham – aromat,
vredom – chudna krasota. }
Izvori blikat – chista voda. } 2
Bistra rosa vsyako listo
sâs brilyant krasi. }

26. Early in the Morning [*Na ranina*]

Maestoso

Rise! New strength is born with the first rays of dawn.
1. Koy na ra - ni - na sta - va da ig - ray,
2. Ra - no ti sta - ni, Slân - tse - to pos - resht - ni,

Rise! New strength is born with the first rays of dawn.
koy na ra - ni - na sta - va da ig - ray
ra - no ti sta - ni, Slân - tse - to pos - resht - ni



Lov - ing ev - ery liv - ing soul, sing and work to serve the Whole!
 po ze - le - na - ta tre - va i na bis - tra - ta ro - sa,
 i za - pey sâs bo - dâr glas, po - i - gray si ti zav - chas.



Glo - ri - fy - ing God's great name we a - chieve our high - est aim.
 po ze - le - na - ta tre - va i na bis - tra - ta ro - sa,
 i za - pey sâs bo - dâr glas, po - i - gray si ti zav - chas.



All who love the light are free, for__ their_ way they clear - ly__ see.
 toy shte bâ - de vech - no mlad, zdrav__ i__ hu - bav, i__ bo - gat;
 Bod - ra gim - nas - ti - ka, raz, dva, tri. Po - dvi - zhi se i__ se__ spri.



All who love the light are free, for__ their_ way they clear - ly__ see.
 shte se u - chi nay - dob - re, nya - ma__ niv - ga da__ um - re.
 Sme - lo pak trâg - ni na - pred, rad - vay__ se na Bo - zhiy_ svet.

4 times

Rise! New strength is born }
 With the first rays of dawn. } 2

Loving every living soul,
 Sing and work to serve the Whole!
 Glorifying God's great name
 We achieve our highest aim.

All who love the light are free, }
 For their way they clearly see. } 2

(4 times)

1. Koy na ranina stava da igray (2)
 po zelenata treva i na bistrata rosa, (2)
 toy shte bade vechno mlad,
 zdrav i hubav, i bogat;
 shte se uchi nay-dobre,
 nyama nivga da umre.

2. Rano ti stani, Slântseto posreshtni (2)
 i zapey sâs bodâr glas, poigray si ti zavchas. (2)
 Bodra gimnastika, raz, dva, tri.
 Podvizhi se i se spri.
 Smelo pak trâgni napred,
 radvay se na Bozhiy svet.

(2 times)

27. Breathing [*Dishane*]

Adagio

Inhaling Exhaling

Inhaling Exhaling

Ah 3 times Ah 3 times

Inhaling Exhaling

Ah 3 times

(*poco mosso*)

(*poco rit.*)

28. Blessing [*Promisâl*]

May God's Peace be with us.
 May God's Joy and Gladness arise in our hearts.
 (3 times)

Da prebâde Bozhiyat mir i da izgree
Bozhiyata radost i Bozhieto veselie v nashite sârtsa.
 (3 times)

Note: Other invocations, carrying the spirit of the original meaning, are also used.

PART II. SUN RAYS

[*Slânchevi lâchi*]

1 *f* **Allegro**

Bright and glo-ri-ous spring-time dawn is break - ing, for new life the sleep-ing Earth a -
 Zo - ra se e chud - na za - zo - ri - la, tya zhi - vo - ta nov e pro - ya -

wa - king; with a light and rhythm-mic step we hail the ris - ing day, _____
 vi - la. Slân-chev ta - nets v pla - ni - na - ta za - ig - ra - va - me _____

on the moun-tain mea-dows in ar - ray, _____ with hearts full and gay. _____
 i za - druzh - no niy za - pya - va - me _____ slân - che - vi - te pes - ni.

2 *mf*

Sum - mits, lakes, and foun - tains flow - ing ring with mu - sic, sun - shine, on the
 Te sâr - tsa - ta ni raz - tva - ryat za lâ - chi - te, Slân - tse - to ni

wa - ters glow - ing, life in - fus - ing, na - ture ring - ing with our sing - ing.
 pro - go - va - rya chrez ig - ri - te. Nov zhi - vot ni to da - rya - va,

What a glo - ri-ous spring! _____ What a glo - ri-ous spring! _____ Hea - ven o - pens
 no - va svet - li - na, _____ no - va svet - li - na. _____ Skâr - bi zem - ni

wide its por - tals bles - sings down to bring. _____
 raz - to - pya - va s'voy - ta top - li - na. _____



Draw from na - ture's bound - less wealth life a - bun - dant, glow - ing health;
 Vyar - na stâp - ka ti vze - mi, svet - la mi - sâl pri - e - mi;



give your gifts_ of Love to all peo - ple who are nee - dy, thus you
 tya zhi - vot_ shte ti da - ri, ra - dost no - va i kra - si - vi



will a - chieve your high - est goal. Draw from na - ture's bound - less wealth
 bâd - ni - ni shte iz - gra - di. Vyar - na stâp - ka ti vze - mi,



life a - bun - dant, glow - ing health; give your gifts_ of Love to all
 svet - la mi - sâl pri - e - mi; tya zhi - vot_ shte ti da - ri,



peo - ple who are nee - dy, thus you will a - chieve your high - est goal.
 ra - dost no - va i kra - si - vi bâd - ni - ni shte iz - gra - di.



Step with grace, turn your face to the Source whence all boun - ties flow.____
 Vse na - pred, v stro - en red sme - lo niy trâg - va - me na - pred.____



Send your call to reach all souls in need, help - ing them to grow.____
 Kâm zhi - vot chist i nov mo - shten zov pra - shta - me na - vred.____



Share the joy of Earth_____ in her great new birth,_____ share the joy of
 I - de vech v sve - ta_____ brat - stvo i lyu - bov,_____ i - de vech v sve -

5

Earth _____ in her great new birth. _____ Some day Earth will be a
 ta _____ brat - stvo i lyu - bov. _____ V na - sha - ta ze - mya _____

pa - ra - dise of peo - ple free, _____ with the an - gels in full har - mo -
 nov zhi - vot ko - ga iz - gre - e, vsich - ko zhi - vo shte za - pe - e

ny, _____ spread - ing Love, - build - ing God's Di - vine Cre - a - tion we, _____
 za _____ Slân - tse - to. _____ V zna - ni - e, lyu - bov i svo - bo - da _____

6

guid - ed from a - bove. _____ Flow - ing streams of bright beams bless us, un -
 vse - ki shte zhi - vey. _____ In the round we are bound till God's Love
 Pâ - tya nov e go - tov; ot krâ - ga

bi - ased, from the Sun. _____ Keep - ing time with the rhyme we can be -
 gen - tly turns the key. _____ Eyes as high as the sky we're then drawn
 te - sen iz - lez - ni. _____ Kâm vâ - ha, kâm vâz - hod v dru - zhen hod

gin to live as one. _____ Share the joy of Earth _____ in her great new
 in - to har - mo - ny. _____ Love will let us free! _____ Love is how to
 sme - lo dnes trâg - ni. _____ Go - re te zo - vat _____ svet - li vi - si -

birth, _____ share the joy of Earth _____ in her great new birth. _____ **3 times**
 be. _____ Love will let us free! _____ Love is how to be. _____ **3 times**
 ni; _____ ti kâm svo - bo - da _____ pâ - tya po - e - mi. _____ **6 times**

7 *Larghetto (ad libitum, senza misura)*

Ti _____ ³ si _____ me, _____ ma - mo, _____ cho - vek kra - siv ro - di ³ - la, _____

1.
Bright and glorious springtime dawn is breaking,
For new life the sleeping Earth awaking;
With a light and rhythmic step
We hail the rising day,
On the mountain meadows in array,
With hearts full and gay.

2.
Summits, lakes, and fountains flowing
Ring with music,
Sunshine, on the waters glowing,
Life infusing,
Nature ringing with our singing.
What a glorious spring!
What a glorious spring!
Heaven opens wide its portals
Blessings down to bring.

3.
Draw from nature's boundless wealth
Life abundant, glowing health;
Give your gifts of Love to all
People who are needy,
Thus you will achieve your highest goal.

4.
Step with grace,
Turn your face
To the Source whence all bounties flow.
Send your call
To reach all souls in need,
Helping them to grow.
Share the joy of Earth
In her great new birth,
Share the joy of Earth
In her great new birth.

5.
 Some day Earth will be
 A paradise of people free,
 With the angels in full harmony,
 Spreading Love,
 Building God's Divine Creation we,
 Guided from above.

6.
 Flowing streams
 Of bright beams
 Bless us, unbiased, from the Sun.
 Keeping time with the rhyme
 We can begin to live as one.
 Share the joy of Earth
 In her great new birth,
 Share the joy of Earth
 In her great new birth.

In the round we are bound
 Till God's Love gently turns the key.
 Eyes as high
 As the sky,
 We're then drawn into harmony.
 Love will let us free!
 Love is how to be.
 Love will let us free!
 Love is how to be.

7, 8, 9, and 10 to be sung in Bulgarian.

The meaning of the verses:

You have given birth to me, Mother,
 as a beautiful human being,
 that I may become wise,
 know how to think rightly and love well.
 This is the life of paradise.
 Paradise, paradise...this is paradise.
 Tell me, tell me two sweet words;
 your two words, sweet two words.
 This is paradise.

1.
 Zora se e chudna zazorila,
 tya zhivota nov e proyavila.
 Slânchev tanets v planinata
 zaigravame
 i zadruzhno niy zapyavame
 slânchevite pesni. } 2

2.
 Te sârtsata ni raztvaryat za lâchite,
 Slântseto ni progovarya chrez igrите.
 Nov zhivot ni to daryava,
 nova svetlina, nova svetlina.
 Skârbi zemni raztopyava
 s' svoyta toplina. } 2

3.
 Vyarna stâpka ti vzemi,
 svetla misâl priemi;
 tya zhivot shte ti dari,
 radost nova i krasivi
 bâdnini shte izgradi. } 2

4.
 Vse napred, v stroen red
 smelo niy trâgvame napred.
 Kam zhivot chist i nov
 moshten zov prashtame navred.
 Ide vech v sveta bratstvo i lyubov,
 ide vech v sveta bratstvo i lyubov. } 2

5.
 V nashata zemya nov zhivot
 koga izgree,
 vsichko zhivo shte zapee za Slântseto.
 V znanie, lyubov i svoboda
 vseki shte zhivey.

6.
 Pâtya nov e gotov;
 ot krâga tesen izlezni.
 Kâm vârha, kâm vâzhod
 v družhen hod smelo dnes trâgni.
 Gore te zovat svetli visini;
 ti kâm svoboda pâtya poemi.

} 6

7.
 Ti si me, mamô, chovek krasiv rodila,
 umen da stana, dobre da mislya,
 dobre da lyubya.
 Tuy zhivota e na raya.

} 2

8.
 Ray, ray, ray...
 Tuy e ray, ray, ray.
 Ray, ray, ray...
 Tuy e ray, ray, ray.

9.
 Kazhi mi, kazhi mi,
 kazhi mi sladki dumi dve.
 Kazhi mi, kazhi mi,
 kazhi mi sladki dumi dve.
 Tvoyte dumi dve, sladki dumi dve.
 Tvoyte dumi dve, sladki dumi dve.

10.
 Tuy e ray, tuy e ray,
 Tuy e ray, tuy e ray, ray.
 Tuy e ray, tuy e ray,
 Tuy e ray, tuy e ray, ray.

PART III. PENTAGRAM [*Pentagram*]

1 Andante

Here we come, beam - ing bright, ro - yal bear - ers of Light!
E - to vech i - dem niy, svet - lo - zar - ni lâ - chi;

From the heights we des - cend, help to Earth we would lend.
tsar - ski dar no - sim blag - ra - dost, mir i lyu - bov,

Will you hear our friend - ly call to - day? We bring Love
svet - li - na i zhi - va kra - so - ta, svo - bo - da

and free - dom. With the Truth clear your way. **Fine**
za vsich - ki - te ra - zum - ni du - shi.

2

Truth and Jus - tice, Wis - dom, Love, and Vir - tue are the paths Di - vine
Niy sme slân - che - vi lâ - chi na lyu - bov - ta, dosh - li v sve - ta

as the stars they shine, as the stars they shine!
zlo da po - be - dim, mir da vâ - dvo - rim.

3

Earth is re - born to - day, new life be - gins; heav'n - ly an - them,
Fling high the ban - ners white, let mu - sic ring! Peace and friend - ship,
Sâs bla - gost, svet - li - na, nezh - na lyu - bov nov zhi - vot na

an - gel hymns to Earth this new life brings. **D. C. al Fine**
joy un - end - ing brings the com - ing spring.
mi - lost - ta v sve - ta da vâ - dvo - rim. rim.

(The music is repeated 5 times.)

1. Here we come, beaming bright,
Royal bearers of Light!
From the heights we descend,
Help to Earth we would lend.
Will you hear our friendly call today?
We bring Love and freedom.
With the Truth clear your way. (Fine)
2. Truth and Justice, Wisdom,
Love, and Virtue;
Are the paths Divine
As the stars they shine,
As the stars they shine!
3. Earth is reborn today,
New life begins;
Heav'nly anthems, angel hymns
To Earth this new life brings.
Fling high the banners white,
Let music ring!
Peace and friendship, joy unending
Brings the coming spring.

Here we come, beaming bright, ...
(5 times)

Eto vech idem niy,
svetlozarni lâchi;
tsarski dar nosim blag –
radost, mir i lyubov,
svetlina i zhiva krasota,
svoboda za vsichkite razumni dushi. (Fine)

Niy sme slânchevi lâchi na lyubovta,
doshli v sveta
zlo da pobedim, mir da vâdvorim.
Sâs blagost, svetlina, nezhna lyubov
nov zhivot na milostta
v sveta da vâdvorim.
Sâs blagost, svetlina, nezhna lyubov
nov zhivot na milostta
v sveta da vâdvorim.

Eto vech idem niy, ...
(5 times)

PART IV: Bulgarian Lyrics and Translation

(Note: The repetitions in the musical performance are mostly excluded from the lyrics below.)

THE FIRST DAY OF SPRING

1. Awakening [*Probuzhdane*]

Pârviyat den na proletta,
pârviyat den na radostta,
pârviyat den na lyubovta,
nosyat sila i zhivot,
nosyat sila i zhivot.

The first day of spring,
the first day of joy,
and the first day of love
bring strength and life,
bring strength and life.

2. Reconciliation [*Primirenie*]

I ozhiviyava,
i ni budi sâs lyubov.
Stavayte ot sân, detsa!
Prolet mila vech doyde.
Tsyalata priroda pee;
Slântse toplo veche grey.
Nosi tsvetya i plodove,
nosi pesni i igri.

Spring revives and awakens us with love,
Wake up, children!
A lovely spring has already come.
All of Nature sings;
The Sun shines warmly.
It brings flowers and fruits;
It brings songs and dances.

3. Giving [*Davane*]

Pâlni vsyaka tvar s zhivot,
budi radost vâv duha,
razveselyava sârtsata ni.
Gree, grey Slântseto blagodatno,
tseluva nezhno tsyalata Zemya
i ya okichva s prelestni, bezbroy tsvetya.

Spring fills every being with life,
awakening joy in the spirit
and gladdening our hearts.
The Sun shines graciously,
kissing the entire Earth tenderly
and adorning it with many beautiful flowers.

4. Ascending [*Vâzlizane*]

Blyaskavi zvyezdi – brilyanti
svyetli skazaniya mâlvyat.
Gree chistata luna,
bezspir leti po svoya pât
po nebesna shir.
I denyat pristiga sled noshtta.

Stars shining like diamonds
whisper bright tales.
The pure Moon shines,
gliding ceaselessly on its path
across the sky.
And the day arrives after the night.

5. Elevating [*Izdigane*]

Sila i radost,
mladost i obich
Slântseto nosi
i vdâhnovyava,
i vazrastva v krasota.

Strength and joy,
youth and love
the Sun brings
and inspires,
and enriches in beauty.

6. Opening [*Otvaryane*]

Eto go, razhda se krasiviy den.
Eto go, Slântseto kâm nazi grey.
Himni v gorata veselo ptichentse pey.
Bodro igraem po rosni trevi i tsvetya.
Svetlata radost obilno ni grey.
Sila v dushata bezspirno izliva ni tya.

Here, a beautiful day is born.
Here, the Sun shines over us.
A little bird joyfully sings hymns in the forest.
We cheerfully dance through the dewy grass and flowers.
Luminous joy abundantly shines on us.
She continuously pours strength into our souls.

7. Liberation [*Osvobozhdavane*]

Niy planinite obichame.
Divniya Musala vâzpyavame.
Pri sedmostrunna arfa na Rila sedim.
Moshtnoto Slântse
posreshtame na ranina.
Vecher siyaynite zvezdi sledim.
I Lunata prekrasna v nebesnata shir.

We love the mountains.
We praise in song the wonderful Musala.
We stay at Rila's seven-stringed harp (the 7 Rila Lakes).
We greet the mighty Sun at dawn.
In the evening we observe the shining stars
and the beautiful Moon in the heavenly expanse.

8. Clapping [*Plyaskane*]

(same lyrics as 6 [Opening])

Eto go, razhda se krasiviy den.
Eto go, Slântseto kâm nazi grey.
Himni v gorata veselo ptichentse pey.
Bodro igraem po rosni trevi i tsvetya.
Svetlata radost obilno ni grey.
Sila v dushata bezspirno izliva ni tya.

Here, a beautiful day is born.
Here, the Sun shines over us.
A little bird joyfully sings hymns in the forest.
We cheerfully dance through the dewy grass and flowers.
Luminous joy abundantly shines on us.
She continuously pours strength into our souls.

9. Purifying [*Chistene*]

(same lyrics as 1[Awakening])

Pârviyat den na proletta,
pârviyat den na radostta,
pârviyat den na lyubovta,
nosyat sila i zhivot,
nosyat sila i zhivot.

The first day of spring,
the first day of joy,
and the first day of love
bring strength and life,
bring strength and life.

10. Flying [*Letene*]

I_zemyata_se_sâbuzhda_ot_sânya.
Pochva_noviy_svetâl_den,
noviyat_den_na_proletta.
I_prirodata_likuva,
che_ya_slântse_toplo_grey
i_lâchi_obilno_ley.
Vsichko_radva_se_i_pey.

The Earth awakens from its sleep.
A bright new day begins,
a new day of spring.
And Nature rejoices,
that the Sun shines warmly over her
and showers her abundantly with its rays.
Everyone rejoices and sings.

(End of The First Day of Spring)

11. EVERA [*EVERA*]

1. Slântseto grey, gali s lâchi
tsvetentsa i trevi, i nas.
Na ranina vâztorzheno igraem niy.
Vâzduh – blagodat.
Ptichki hrârkat veselo nad nas.
Prirodata siyae tsyala v krasota.
Rosna trevitsa blesnala v elmaz.
Tsvetyata leyat aromat.

1. The Sun shines, caressing with its rays
the flowers, the grass, and all of us.
Early in the morning, we dance in exaltation.
Air—a blessing.
Birds fly happily over us.
Nature shines all in beauty.
The dew drops on the grass sparkle like diamonds.
The flowers fill the air with their fragrance.

2. Slântseto grey, prashta veselie po tsyalata zemya.
Tseliya mir sâbuzhda, vika sâs lyubov.
Vliva ni zhivot,
dava radost, mir i krasota.
Zalyazva to, no vechno se yavyava pak.
Blesti, izprashta zhiva svetlina –
sluzhitel mil na blag Bashta.

2. The Sun shines and spreads joy all over the Earth.
It awakens the whole world, calling out with love.
It infuses us with life,
and gives joy, peace, and beauty.
It sets, but it always rises again.
It shines and sends a living light—
a kind servant of a gentle and merciful Father.

12. Jumping [*Skachane*]

Nagore_da_poletim!
Kâm_nebesniya_prostor.
S_mir_lyubov_i_svetlina
vsichko_raste_v_krasota
i_ni_nosi_mâdrostta!

Up we fly!
To the sky.
With peace, love, and light,
everything grows in beauty
and brings us wisdom.

13. Weaving [*Tâkane*]

Vseki den, vseki chas, vsyakoya minuta
niy snovem i tâchem nay-krasivi misli,
i zhivot svyat i chist
vâv dushite vlivame. Neka mir i lyubov v sârtsa ni da tsaruva,
dobrota, milosârdie v nazi da zhivey.
Svetlina i veselie navred da grey.

Every day, every hour, and every minute,
we dream and weave the most beautiful thoughts,
infusing life—holy and pure, into our souls.
May peace and love reign in our hearts,
and kindness and mercy live within us.
May light and joy shine everywhere.

Tsvetentsata aromat sladosten pileyat,
ptichkite v nebesna shir
churulikat, peyat.
I dâzhdetsa romoli nad nivi i livadi.
Tây i niy vseki den, vsyakoya minuta
shte rabotim, shte rastem i dobro shte seem,
i v dushite si krasivi misli nie da vtâchem.

The flowers emanate their sweet fragrance,
and the birds in the sky chirp and sing.
The rain falls gently upon fields and meadows.
So, every day and every minute
we will work, grow, and sow goodness;
and we will weave the most beautiful thoughts in our souls.

14. Think [*Misli*]

Misli,_pravo_misli.
Misli,_pravo_misli.
Sveshteni_misli_za_zhivota_ti_krepi.
Sveshteni_misli_za_zhivota_ti_krepi.
Krepi,_krepi,_krepi.
Sveshteni_misli_za_zhivota_ti_krepi.

Think, think right.
Sustain sacred thoughts of life.
Sustain, sustain, sustain.
Sustain sacred thoughts of life.

15. AUM

Aum, Aum, Aum, Om, Om, Aumen. (4 times)

16. The Sun Is Rising [*Izgryava Slântseto*]

Izgryava_Slântseto,
prashta_svetlina,
nosi_radost_za_zhivota_tya.
Sila_zhiva_izvorna_techushta.
Zun_me_zun,_zun_me_zun,
Binom_tu_meto.

The Sun is rising,
sending its light,
and bringing joy to life.
Living power flowing like a spring.
Zun me zun, zun me zun,
binom tu meto.

17. Square [*Kvadrat*]

Slântseto grey,
trepti zorata ot zhivot i lyubov.
Trepti zorata,
greynala v brilyanteni lâchi.
Vsichko dnes pey,
vsichko dnes sladkoglasno pey
za Bozhiy den,
za noviy svetâl Bozhi den,
za radost nova,
shto v sârtsata ni bezspirno ley.

The sun is shining;
the dawn is vibrating with life and love.
The dawn is trembling as it shines in diamond rays.
Everything sings today,
everything sings sweetly for God's day —
for the new bright day of God,
and for new happiness
flowing endlessly in our hearts.

18. Beauty [*Krasota*]

Vsyaka_sutrin_v_ranen_chas_
Slântseto_posreshtame._
Lâchi,_vâzduh_i_rosa_
radvat_nashite_sârtsa.

Every day early in the morning,
we welcome the Sun.
Sun rays, air, and dew
bring happiness to our hearts.

Vdâhnoveni_misli_v_nas_da_potekat_
i_krasivi_chuvstva_da_rastat.
Sladki_zreli_plodove_da_davat__
i_zhivota_vred_da_ukrasyavat.

May inspired thoughts through us flow,
and beautiful feelings within us grow.
May they produce sweet, ripe fruits
and adorn all life.

Greynali_lâchi_navred._
Bistro_izvorche_shurti._
Radost_blika_v_tselyi_svyat._
Ptichka_veselo_leti.

The shining sun rays are everywhere.
A crystal-clear brook is streaming.
Joy flows through the whole world.
A bird is flying cheerfully.

19. Agility [*Podvizhnost*]
(This has the same lyrics as 18 – Beauty.)

20. Overcoming [*Pobezhdavane*]

Denyat pristiga sled noshtta
i radost ide sled skrâbta.
Vârvime niy po svetliy pât.
Pregradi nyama da ni sprat.
Tây bezspirno shte vârvime
s vyara i lyubov v gârdite,
kâm pobedi shte letime,
dokat' gledat ni ochite.

Day arrives after night,
and joy comes after sorrow.
We are walking on a bright path.
Barriers will not stop us.
Thus, we will walk perpetually
with faith and love in our hearts
and fly toward victories
for as long as we live.

Bodro vdigame chela,
smelo trâgvame napred!
Dori v nevolya i beda
za nas e hubav Bozhiy svet.
Milva ni tihyat zefir.
Peyat ni ptichki s vesel glas.
Ley se v dushata eliksir
pri izgrev slântze v ranen chas.

Cheerfully, we raise our heads,
as we take bold steps forward.
Even in hardship and trouble
God's world is beautiful to us.
The soft breeze gently touches us.
The birds sing with cheerful voices.
An elixir fills our souls
early in the morning, at sunrise.

21. Joy of the Earth [*Radostta na Zemyata*]

Likuva tsyalata Zemya
i se radva ot sârtse,
i ticha tya po svoya pât
kato devitsa vâzlyublena.
Tya zhaduva Slântseto
i kâm nego se stremi.
To ya milva otdalech
i tseluva ya s lâchi.
Tya se radva i mu pey:

The whole Earth celebrates
and rejoices wholeheartedly,
rushing on her path
like a dear maiden.
She longs for the Sun
and strives toward him.
The Sun gently touches her from afar
and kisses her with rays.
She rejoices and sings to him:

“O, Slântse na zhivota moy!
Letya, letya
kâm tebe neprestanno
i pâlna s radost.
Reki tekak,
izvori blikat chisti,
vârhove belosnezhni
vâv rozovi siyaniya
oblivash izobilno
s miluvki nezhni.”

“Oh, Sun of my life!
I fly, I’m flying
toward you ceaselessly
and full of joy.
Rivers flowing,
crystal-clear springs gushing forth,
and snowy white peaks
in rosy radiance
are showered abundantly

by your gentle caresses.”

22. Acquaintance [*Zapoznavane*]

1. Kolko priyatno ptichentse pee
i blagodatno Slântseto grey.
Rosni livadite, svezhi polyanite,
igraem niy i peem v ranina.
Zhivota e krasiv i izobilen,
che Bog nad nazi e milostiv.

1. Oh, how pleasantly the bird sings
and blissfully the Sun shines.
Over dewy lawns and fresh meadows,
we dance and sing early in the morning.
Life is beautiful and full of abundance,
and God above us is merciful.

2. A sled igri i pesni krasivi
nie rabotim v nashite nivi.
I gi posyavame – seme izbrano,
da niknat, zreyat zhitni klasove.
I dreben dâzhd-rosa shte gi polee,
i Slântseto shte gi vâzrasti.

2. And after the dances and the beautiful songs,
we work in our fields.
And we sow them with a chosen seed,
to sprout and grow ripe wheat.
And a drizzling rain will water them
and the Sun will make them grow.

23. Beautiful Day [*Hubav den*]

Vseki hubav Bozhi den
disham radost i zhivot.
I likât mi e zasmyan,
che obicha men Gospod.

Every beautiful day of God,
I breathe in joy and life,
and my face is aglow with smiles,
for I am loved by God.

Slânchitseto sâs lyubov
milva moeto litse.
I glasât lyubim Hristov
shepne v moeto sârtse: (Fine)

The Sun with love
caresses my face
and the voice of our beloved Christ
whispers in my heart:

“Krepko, smelo ti zhivey
i pomagay na sveta!
S pesni radostni vâzpey
ti na Boga lyubovta –
nash Bashta lyubim i svyat
i na vsi dushi poznat.”

“Be strong, live bravely,
and help the world!
Glorify, with joyful songs,
the Love of God—
our Father beloved and holy
and known to all souls.”

24. How Happy We Are [*Kolko sme dovolni*]

Kolko sme dovolni,
che v sveta zhiveem;
kato ptichki volni
chudni pesni peem.

How happy we are
that we live in this world;
like free birds
we sing wonderful songs.

Sutrin milo slântse
posreshtame rano.
To ni blagoslavya
i zhivot ni dava.

The morning Sun
we welcome early.
It blesses us
and gives us life.

(additional lyrics and music published starting in 1941:)

Vazduh disham blagodat.
Radostno otivam za doma.
TSyalata Priroda s mene pey.
Slântseto me zhivo grey.

I breathe in grace.
I am happily going home.
Nature sings with me.
The Sun shines brightly over me.

Men prirodata obicha
i v zhivota mi pomaga,
chado svoe me naricha
i mi kazva дума blaga:

Nature loves me,
and she helps me through my life,
calls me her child,
and speaks kind words to me:

“Raboti, uchi, vreme ne gubi,
vreme ne piley, skap zhivot pazi.
Toy e Bozhi dar, mil i skapotsen.
Ti dobre vardi go vseki chas.”

“Work, study, do not waste time,
do not waste time, protect this precious life.
It is a gift from God, dear and precious.
Always protect it.”

A podir igrите
shte otida da rabotyа,
vreme da ne gubya,
dor v nebeto slantse grey.

And after the dance
I will go to work,
so as not to waste time
while the Sun shines warmly in the sky.

Hay napred, edno, dve, tri,
s bodri stapki ti hodi.
Oshte malko nie tuk
shte si poigraeme segа.

Come on, one, two, three,
walk with cheerful steps.
Just a little longer
we will continue to dance.

Hodi, hodi, hodi,
za vodata hodi,
prez rechitsa bistra,
po pateka chista.

Walk, walk, walk,
go for water,
through a clear river,
on a clear path.

O, voditse sladka, zhiva,
nosish ti zhivota nov.
Teb obicham, teb zhaduvam,
tebe tarsya vseki chas.

Oh, sweet, living water,
you bring new life.
I love you, I long for you.
I search for you every hour.

Po livadi i gradini
neprestanno tichash ti.
Tay prez vsichkite godini
byagay, tichay i leti.

Through the meadows and the gardens,
you continuously run.
And so, through all the years
run, run, and fly.

25. Step by Step [*Stâpka po stâpka*]

Stâpka po stâpka, eto niy
vârvim kâm noviya zhivot.
Chertaem svetli bâdnini
za nas i tsyal choveshki rod.

Step by step, here we go,
walking toward a new life.
We are shaping a bright future
for ourselves and all humanity.

Vsichki pregradi preodolyavame,
ne se strahuvame ot bedi.
Misli krasivi vredom posyavame.
Lyubov sveta da pobedi.

We overcome all barriers,
we are not afraid of adversity.
We sow beautiful thoughts everywhere.
May Love conquer the world.

Pâteka svetla e pred nas
i nova chudna svetlina.
Zhivot v sârtsata ni se vliva,
mâdrost i lyubov.

A bright path is before us
and a new wondrous light.
Life flows into our hearts,
as do wisdom and love.

Tsvetyata uhayat,
zreyat plodove.
Vsichko raste, zhivee,
radva se tseliy mir.

The flowers are fragrant,
fruits ripen.
Everything grows, lives,
and the world rejoices.

Vâzduh disham – aromat,
vredom – chudna krasota.
Izvori blikat – chista voda.
Bistra rosa vsyako listo
sâs brilyant krasi.

I breathe the air's fragrance,
wondrous beauty is everywhere.
Springs gush pure, clear water.
Clear drops of dew adorn every leaf with sparkling beauty.

26. Early in the Morning [*Na ranina*]

Koy na ranina stava da igray (2)
po zelenata treva i na bistrata rosa, (2)
toy shte bâde vechno mlad,
zdrav i hubav, i bogat;
shte se uchi nay-dobre,
nyama nivga da umre.

Whoever rises early to dance
on the green grass and the clear dew,
will be forever young,
healthy, beautiful, and wealthy;
they will study well
and never die.

Rano ti stani, Slântseto posreshtni (2)
i zapey sâs bodâr glas, poigray si ti zavchas. (2)
Bodra gimnastika, raz, dva, tri.
Podvizhi se i se spri.
Smelo pak trâgni napred,
radvay se na Bozhiy svet.

Wake up early, greet the Sun,
sing with a cheerful voice, and then dance.
Cheerful gymnastics, one, two, three.
Move and stop.
Boldly go forward again,
rejoice in God's world.

27. Breathing [*Dishane*]
(Singing "Ah")

28. The Blessing [*Promisâl*]
(pronounced 3 times)

Da prebâde Bozhiyat mir
i da izgree Bozhiyata radost
i Bozhieto veselie v nashite sârtsa.

(closer line-by-line translation)
May the peace of God abide,
and may God's joy shine forth
and God's gladness be in our hearts.

(better overall translation)

May the peace of God abide,
And may God's joy and gladness arise in our hearts.

PART II. THE SUN RAYS [*Slanchevi lachi*] x 3

1.

Zora se e chudna zazorila,
tya zhivota nov e proyavila.
Slanchev tanets v planinata zaigravame
i zadruzhno niy zapyavame slanchevite pesni.

A wondrous dawn has broken
revealing a new life.
In the mountains, we dance the dance of the Sun,
and together we sing the songs of the Sun.

2.

Te sartsata ni raztvaryat za lachite,
Slantseto ni progovarya chrez igrите.
Nov zhivot ni to daryava,
nova svetlina, nova svetlina.
Skarbi zemni raztopyava
s'svoyta toplina.

They open our hearts to the sunrays,
and the Sun speaks to us through the dance.
It gives a new life and new light,
melting the earthly sorrows
with its warmth.

3.

Vyarna stapka ti vzemi,
svetla misal priemi;
tya zhivot shte ti dari,
radost nova i krasivi
badnini shte izgradi.

Take the right step
and receive a bright thought
that will give you life,
bring new joy,
and build a beautiful future.

4.

Vse napred, v stroen red
smelo niy tragvame napred.
Kam zhivot chist i nov moshten zov
prashtame navred.
Ide vech v sveta bratstvo i lyubov,
ide vech v sveta bratstvo i lyubov.

Always onward, in order,
and bravely we move forward.
A powerful call for a pure and new life
we send everywhere.
Brotherhood and love are now coming into the world,
brotherhood and love are now coming into the world.

5.

V nashata zemya nov zhivot
koga izgree,
vsichko zhivo shte zapee za Slantseto.
V znanie, lyubov i svoboda
vseki shte zhivey.

When a new life rises on Earth,
all living beings will sing of the Sun. Everyone will then live in
knowledge, love, and freedom.

6.

Patya nov e gotov; ot kraga tesen izlezni.
Ram varha, kam vazhod
v druzhen hod smelo dnes tragni.
Gore te zovat svetli visini;
ti kam svoboda patya poemi.

The new path is ready; you need to leave the narrow circle.
Take bold steps, and all together ascend to the summit.
From above, bright heights are calling you;
You take the path to freedom.

Idyll (lyrics by Beinsa Douno, to be sung in Bulgarian)

1.

Ti si me, mamо, chovek krasiv rodila,
umen da stana, dobre da mislya,
dobre da lyubya.
Tuy zhivota e na raya.
(2x if optional verses aren't sung)

You have given birth to me, Mother, as a beautiful human being
so that I may become wise, think rightly, and love well.
This is the life of paradise.

Optional Extra 2 verses – total of 3 with the 1 above

2.

Ti si me, mamо, s chisto sartse rodila,
da obicham, vsichko zhivo, tsyalata vselena.
Tuy zhivota e na raya.

You have given birth to me, Mother, with a pure heart,
so that I may love every living being and the entire universe.
This is the life of paradise.

3.

Ti si me, mamо, s moshten dukh rodila, dobre da peya, dobre da
svetya, na dushite. Tuy zhivota e na raya.

You have given birth to me, Mother, with a mighty spirit,
so that I may sing well and shine brightly to all souls.
This is the life of paradise.

Final verses of Idyll

4.

Ray, ray, ray...
Tuy e ray, ray, ray.
Ray, ray, ray...
Tuy e ray, ray, ray.

Paradise, paradise...this is paradise.

5.

Kazhi mi, kazhi mi,
kazhi mi sladki dumi dve.
Kazhi mi, kazhi mi,
kazhi mi sladki dumi dve.
Tvoyte dumi dve, sladki dumi dve.
Tvoyte dumi dve, sladki dumi dve.

Tell me, tell me,
tell me two sweet words.
Your two words—sweet two words.

6.

Tuy e ray, tuy e ray,
Tuy e ray, tuy e ray, ray.
Tuy e ray, tuy e ray,
Tuy e ray, tuy e ray, ray

This is paradise.

PART III. THE PENTAGRAM

Eto vech idem niy,
svetlozarni lâchi;
tsarski dar nosim blag –
radost, mir i lyubov,
svetlina i zhiva krasota,
svoboda za vsichkite razumni dushi. (Fine)

Here we come,
luminous rays,
bearing royal gifts
of joy, peace, and love,
light and living beauty,
and freedom for all awakened souls.

Niy sme slânchevi lâchi na lyubovta,
doshli v sveta
zlo da pobedim, mir da vâdvorim.
Sâs blagost, svetlina, nezhna lyubov,
nov zhivot na milostta v sveta da vâdvorim.
Sâs blagost, svetlina, nezhna lyubov,
nov zhivot na milostta v sveta da vâdvorim.

We are sunrays of love, coming into the world
to conquer evil and bring peace.
And with kindness, light, and gentle love,
to bring a new life of compassion in the world.
And with kindness, light, and gentle love,
to bring a new life of compassion in the world.

Part V: Paneurhythmy Lyrics in Bulgarian with Cyrillic Script

Първият ден на пролетта – включва първите десет упражнения

1. Пробуждане

Първият ден на пролетта,
първият ден на радостта,
първият ден на любовта
носят сила и живот,
носят сила и живот.

2. Примирение

И оживява, и ни буди със любов.
Ставайте от сън, деца.
Пролет мила веч дойде.
Цялата природа пее;
Слънце топло вече грей.
Носи цветя и плодове,
носи песни и игри.

3. Даване

Пълни всяка твар с живот,
буди радост във духа,
развеселява сърцата ни.
Грее, грей слънцето благодатно,
целува нежно цялата земя
и я окичва с прелестни, безброй цветя.

4. Възлизане

Бляскави звезди – брилянти
светли сказания мълвят.
Грее чистата луна,
безспир лети по своя път
по небесна шир.
И денят пристига след нощта.

5. Издигане (Дигане)

Сила и радост,
младост и обич
слънцето носи
и вдъхновява,
и възраства в красота.

Сан Зи (Красивият ден) : упражнения 6,7,8

6. Отваряне

Ето го, ражда се красивий ден.
Ето го, Слънцето към нази грей.
Химни в гората весело птиченце пей.
Бодро играем по росни треви и цветя.
Светлата радост обилно ни грей.
Сила в душата безспирно излива ни тя.

7. Освобождаване

Ний планините обичаме.
Дивния Мусала възпяваме.
При седмострунна арфа на Рила седим.
Мощното слънце посрещаме на ранина.
Вечер сияйните звезди следим.
И луната прекрасна в небесната шир.

8. Пляскане

Ето го, ражда се красивий ден.
Ето го, Слънцето към нази грей.
Химни в гората весело птиченце пей.
Бодро играем по росни треви и цветя.
Светлата радост обилно ни грей.
Сила в душата безспирно излива ни тя.

9. Чистене

Първият ден на пролетта,
първият ден на радостта,
първият ден на любовта
носят сила и живот,
носят сила и живот.

10. Летене

И Земята се събужда от съня.
Почва новий светъл ден,
новия ден на пролетта.
И Природата ликува,
че я слънце топло грей
и лъчи обилно лей.
Всичко радва се и пей.

11. Евера

Слънцето грей, гали с лъчи
цветенца, и треви и нас.
На ранина възторжено играем ний.

Въздух – благодат.
Птички хвъркат весело над нас.
Природата сияе цяла в красота.
Росна тревица блеснала в елмаз.
Цветята леят аромат.

Слънцето грей, праща веселие по цялата земя.
Целия мир събужда, вика със любов.
Влива ни живот,
дава радост, мир и красота.
Залязва то, но вечно се явява пак.
Блести, изпраща жива светлина –
служител мил на благ Баща.

12. Скачане

Нагоре да полетим!
Към небесния простор.
С мир, любов и светлина
всичко расте в красота
и ни носи мъдростта!

13. Тъкане

Всеки ден, всеки час, всякоя минута
ний сновем и тъчем най-красиви мисли,
и живот свят и чист във душите вливаме.
Нека мир и любов в сърца ни да царува,
доброта, милосърдие в нази да живеят.
Светлина и веселие навред да греят.

Цветенцата аромат сладостен пилеят,
птичките в небесна шир чуруликат, пеят.
И дъждеца ромоли над ниви и ливади.
Тъй и ний всеки ден, всякоя минута
ще работим, ще растем и добро ще сеем,
и в душите си красиви мисли ние да втъчем.

14. Мисли

Мисли, право мисли.
Мисли, право мисли.
Свещени мисли за живота ти крепи.
Свещени мисли за живота ти крепи.
Крепи, крепи, крепи.
Свещени мисли за живота ти крепи.

15. Аум

Аум, Аум, Аум, Ом, Ом, Аумен.

16. Изгрява слънцето

Изгрява Слънцето,
праща светлина,
носи радост за живота тя.

Сила жива изворна течуща,
сила жива изворна течуща.

Зун ме зун, зун ме зун,
бином ту мето.
Зун ме зун, зун ме зун,
бином ту мето.

17. Квадрат

Слънцето грей,
трепти зората от живот и любов.
Трепти зората, грейнала в брилянтени лъчи.
Всичко днес пей,
всичко днес сладкогласно пей
за Божий ден,
за новий светъл Божи ден
за радост нова,
що в сърцата ни безспирно лей.

18. Красота

Всяка сутрин в ранен час
Слънцето посрещаме.
Лъчи, въздух и роса
радват нашите сърца.
Вдъхновени мисли в нас да потекат
и красиви чувства да растат.
Сладки зрели плодове да дават
и живота вред да украсяват.
Грейнали лъчи навред.
Бистро изворче шурти.
Радост блика в целий свят.
Птичка весело лети.

19. Подвижност

Всяка сутрин в ранен час
Слънцето посрещаме.

Лъчи, въздух и роса
радват нашите сърца.
Вдъхновени мисли в нас да потекат
и красиви чувства да растат.
Сладки зрели плодове да дават
и живота вред да украсяват.
Грейнали лъчи навред.
Бистро изворче шурти.
Радост блика в целий свят.
Птичка весело лети.

20. Побеждаване

Денят пристига след нощта
и радост иде след скръбта.
Вървие ний по светлий път.
Прегради няма да ни спрат.
Тъй безспирно ще вървие
с вяра и любов в гърдите,
към победи ще летиме,
докат' гледат ни очите.

Бодро вдигаме чела,
смело тръгваме напред!
Дори в неволя и беда
за нас е хубав Божий свет.
Милва ни тихият зефир.
Пеят ни птички с весел глас.
Лей се в душата еликсир
при изгрев слънце в ранен час.

21. Радостта на земята

Ликува цялата земя
и се радва от сърце,
и тича тя по своя път
като девица възлюбена.

Тя жадува Слънцето
и към него се стреми.
То я милва отдалеч
и целува я с лъчи.

Тя се радва и му пей:
"О, слънце на живота мой!
Летя, летя

към тебе непрестанно
и пълна с радост.

Реки текат,
извори бликат чисти,
върхове белоснежни
във розови сияния
обливаш изобилно
с милувки нежни.”

22. Запознаване

Колко приятно птиченце пее
и благодатно слънцето грей.
Росни ливадите, свежи поляните,
играем ний и пеем в ранина.
Живота е красив и изобилен,
че Бог над нази е милостив.

А след игри и песни красиви
ние работим в нашите ниви.
И ги посяваме – семе избрано,
да никнат, зреят житни класове.
И дребен дъжд – роса ще ги полее
и Слънцето ще ги възрасти.

23. Хубав ден

Всеки хубав Божи ден
дишам радост и живот.
И ликът ми е засмян,
че обича мен Господ.

Слънчицето със любов
милва моето лице.
И гласът любим Христов
шепне в моето сърце:

“Крепко, смело ти живеј
и помагај на света!
С песни, радостни възпей
ти на Бога любовта –
наш Баща любим и свят
и на вси души познат.”

24. Колко сме доволни

Колко сме доволни,
че в света живеем;
като птички волни
чудни песни пеем.

Сутрин мило слънце
посрещаме рано.
То ни благославя
и живот ни дава.

(допълнителен текст: по Паневритмия на петте сестри)

Въздух дишам благодат.
Радостно отивам за дома.
Цялата Природа с мене пей.
Слънцето ме живо грей.

Мен природата обича
и в живота ми помага,
чадо свое ме нарича
и ми казва дума блага:

“Работи, учи, време не губи,
време не пилей, скъп живот пази.
Той е Божи дар, мил и скъпоцен.
Ти добре варди го всеки час.”

А подир игрите
ще отида да работя,
време да не губя,
дор в небето слънце грей.

Хай напред, едно, две, три,
с бодри стъпки ти ходи.
Още малко ние тук
ще си поиграеме сега.

Ходи, ходи, ходи,
за водата ходи,
през речица бистра,
по пътека чиста.

О, водице сладка, жива,

носиш ти живота нов.
Теб обичам, теб жадувам,
тебе търся всеки час.

По ливади и градини
непрестанно тичаш ти.
Тъй през всичките години
бягай, тичай и лети.

25. Стъпка по стъпка

Стъпка по стъпка, ето ний
вървим към новия живот.
Чертаем светли бъднини
за нас и цял човешки род.

Всички прегради преодоляваме,
не се страхуваме от беди.
Мисли красиви вредом посяваме.
Любов света да победи.

Пътека светла е пред нас
и нова чудна светлина.
Живот в сърцата ни се влива,
мъдрост и любов.

Цветята ухаят,
зреят плодове.
Всичко расте, живее,
радва се целий мир.

Въздух дишам – аромат,
вредом – чудна красота.
Извори бликат чиста вода.
Бистра роса всяко листо със брилянт краси.

26. На ранина

Кой на ранина става да играй
по зелената трева и на бистрата роса,
той ще бъде вечно млад,
здрав и хубав и богат;
ще се учи най-добре,
няма нивга да умре.

Рано ти стани, слънцето посрещни
и запей със бодър глас, поиграй си ти завчас.
Бодра гимнастика, раз, два, три.
Подвижи се и се спри.
Смело пак тръгни напред,
радвай се на Божий свет.

27. Дишане.

(пее се "а")

28. Промисъл

произнася се 3 пъти:

*"Да пребъде Божият мир и да изгрее Божията радост
и Божието Веселие в нашите сърца."*

II Слънчеви лъчи

Зора се е чудна зазорила,
тя живота нов е проявила.
Слънчев танец
в'планината заиграваме
и задружно ний запяваме
слънчевите песни.
Те сърцата ни разтварят за лъчите,
слънцето ни проговоря чрез игрите.
Нов живот то дарява,
нова светлина, нова светлина.
Скърби земни разтопява
с'свойта топлина.
Вярна стъпка ти вземи,
светла мисъл приеми;
тя живот ще ти дари,
радост нова и красиви
бъднини ще изгради.

Все напред в'строен ред
смело ний тръгваме напред.
Към живот чист и нов мощен зов
пращаме навред.
Иде веч в'света братство и любов.
В'нашата земя нов живот кога изгрее
всичко живо ще запее за слънцето.
В'знание, любов и свобода всеки ще живей.
Пътя нов е готов, от кръга тесен излезни.

Към върха, към възход в'дружен ход смело днес тръгни.
Горе те зоват светли висини;
ти към свобода пътя поеми.

Ти си ме, мамо, човек красив родила,
умен да стана, добре да мисля, добре да любя.
Туй живота е на рая.

Рай, рай рай, рай, рай,
Рай, рай рай, рай, рай,
Рай, рай рай, рай, рай,
Рай, рай рай, рай, рай, рай.
Туй е рай, рай, рай.

Каж ми, кажи ми, кажи ми
сладки думи две.
Твойте думи две, сладки думи две.
Твойте думи две, сладки думи две.
Туй е рай, туй е рай, туй е рай, рай.

III Пентаграм

Ето, веч идем ний,
светлозарни лъчи;
царски дар носим благ –
радост, мир и любов,
светлина и жива красота,
свобода за всичките разумни души.

Ний сме слънчеви лъчи на любовта,
дошли в света,
зло да победим, мир да въдворим.

Със благост, светлина, нежна любов
нов живот на милостта
в света да въдворим.

Ето, веч идем ний,
светлозарни лъчи;
царски дар носим благ –
радост, мир и любов,
светлина и жива красота,
свобода за всичките разумни души.

Забележка: Повторенията, които се изпълняват в музикалното изпълнение, не са отбелязани в текста.

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За останалите - разни ученици

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