

Omraam Mikhaël Aïvanhov



**Becoming  
the creators  
of ourselves**

ÉDITIONS



PROSVETA

## “Creation, artistic and spiritual, both obey the same laws.”

The whole of civilization is nothing other than a work on matter, and we too have to do this work on the psychic plane, not only on the beings and things outside of us, but also on the matter within us. All our instincts, all our impulses, our thoughts, feelings and desires represent a substance on which we have work to do. In a sense, it is a work of creation similar to artistic creation, as it obeys the same laws. You can even see spiritual work as the true work of creation, for it engages the whole of our being. We project ourselves as high as we can to find order and structure and to catch the purest, most light-filled particles, to make up the matter of our different bodies – our spiritual and psychic bodies, as well as our physical body. This effort must be made day after day, moment by moment. Every day we add a pure colour, a harmonious form, a crystal-clear sound.'

Omraam Mikhaël Aïvanhov

**Our references are available  
in physical and digital versions**



Direct access to references

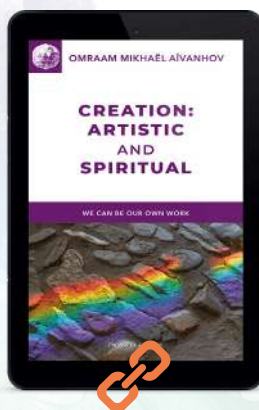
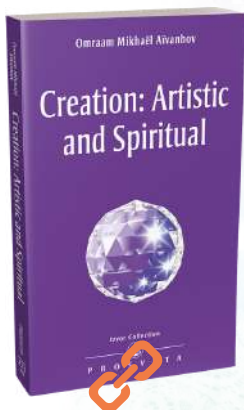
Audio, video and reading extracts available for all our titles



Find this theme online

# Creation: Artistic and Spiritual

This book is a precious guide, nourished with concrete explanations and practical methods in order to capture the purest elements to illuminate the matter of our different bodies: spiritual, psychic and physical.



- |                                       |                                          |
|---------------------------------------|------------------------------------------|
| 1 - Art, Science and Religion         | 7 - How to Listen to Music               |
| 2 - The Divine Sources of Inspiration | 8 - The Magic Power of a Gesture         |
| 3 - The Work of the Imagination       | 9 - Beauty                               |
| 4 - Prose and Poetry                  | 10 - Idealization as a Means of Creation |
| 5 - The Human Voice                   | 11 - A Living Masterpiece                |
| 6 - Choral Singing                    | 12 - Building the Temple                 |

'The laws of true artistic creation are identical with the laws of spiritual creation. The creative work of an artist is exactly the same work of inner regeneration as that undertaken by one who is striving for spiritual perfection. Just as an artist uses paint and canvas, clay or bronze to create a work of art, so a spiritual person uses the raw materials of his or her own being in striving towards inner perfection.'

Our eBooks are available in two formats



# Artistic creation – surpassing oneself

Spontaneous lecture in French – Subtitles in English



- 1 - Art comes first, then religion, then science
- 2 - Shaping ourselves according to the image of perfection deposited in us
- 3 - For there to be evolution, there must be an involution
- 4 - Great artists meditated to capture celestial things
- 5 - Health is the result of inner harmony
- 6 - Only bright thoughts can create true beauty

Length 1h 09'

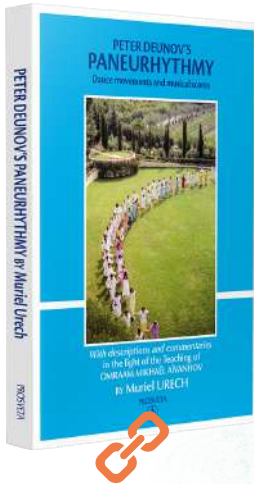
'In the future, priority will be given to artists, because the true artist is at once priest, philosopher and scientist. Yes, the role of the artist is to produce on the physical level what the intelligence understands to be true and the heart feels to be good, so that the higher world, the world of the Spirit, can come down to incarnate in matter.'

Lectures on video and audio to download available in:



# Peter Deunov's Paneurhythmy

## Dance movements and musical scores



'Everything in the universe is rhythm, and human beings themselves are part of this great cosmic rhythm. All their biological and psychic functions are subject to the laws of rhythm, even if this is not obvious. Depending on their way of life and on their thoughts, feelings and actions, they will harmonize to a lesser or greater extent with the universal rhythm. Music and dance are simply attempts to return to this universal rhythm or to remain within it. This is the reason why every culture attributes a divine origin to music and dance.'

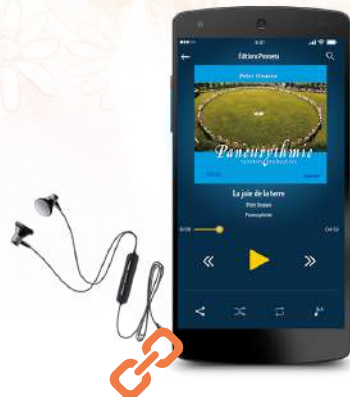
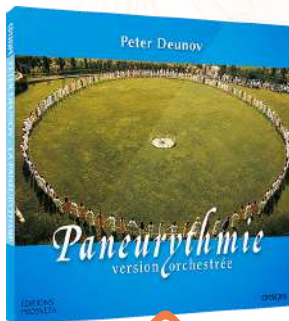
By creating the paneurhythmy, Master Peter Deunov gave us the means to harmonize with those rhythms in the universe that are the most beneficial.'

With descriptions and commentaries in the light of the Teaching of Omraam Mikhaël Aïvanhov by Muriel Urech.

Meanings and descriptions (with diagrams) of the dance movements of the paneurhythmy.

## Paneurhythmy

### Orchestrated recording of the music of Peter Deunov's Paneurhythmy



Length 34'36"

# Paneurhythmy (video clip)

1<sup>st</sup> movement 'Awakening'



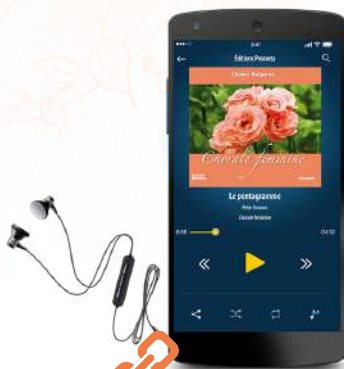
## Female choir

Bulgarian harmonized songs for women's voices according to the music of Peter Deunov records.

Songs of the Fraternité Blanche Universelle



Length 50'06"

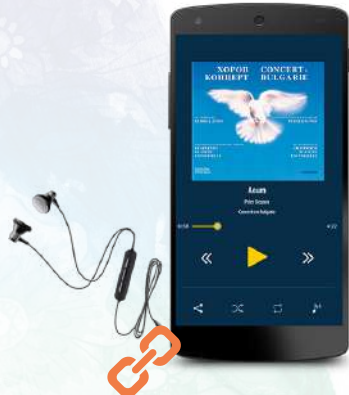


## Concert in Bulgaria

Public recording concert July 9, 1995 by the International Choir of the Fraternité Blanche Universelle – Mixed Choir, soloists and instrumental ensemble.



Length 53'06"

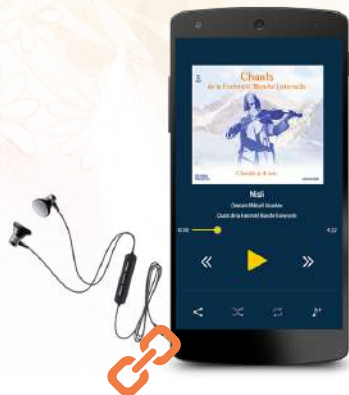


## Songs of the Fraternité Blanche Universelle

4-voice choir – 53 mystical chants in the Bulgarian language composed by Master Peter Deunov

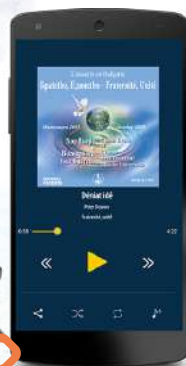


Length 2h 09'



## Brotherhood, Unity

Public recording of concerts given in Varna and in Sofia on October (Bulgaria) by the Evera Choir and the Choir of the Fraternité Blanche Universelle. Mixed chorus, soloists and instrumental ensemble.



Length 66'19"

## Mystical Songs

Soloists, chorus and orchestra of the Fraternité Blanche Universelle



Length 58'

Only available for download



# Music helps humans to harmonise themselves

Video clip



'Music is power, it inspires emotions, feelings, it gives momentum. But that is not enough.

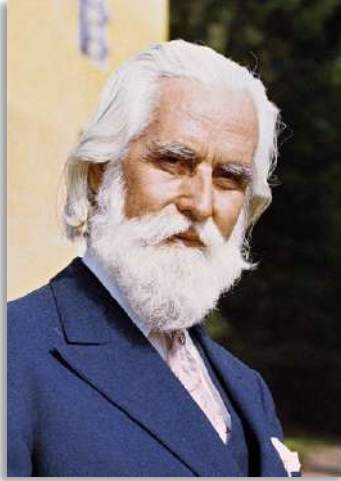
Emotions, feelings, impulses must be oriented, and a good orientation supposes a philosophy, a wisdom. In philosophy as conceived by the Initiates, music is always present. Why?...'

## Music, a powerful aid

Theme



'Music is not just a succession of pleasant sounds; music is forces, vibrations. With it, we enter, in a way, into the world of magic: we can use the power of these sound vibrations not only to project ourselves into space, but also to create...'



The distinguished philosopher and spiritual Master, Omraam Mikhaël Aïvanhov (1900 - 1986), was born in Bulgaria. In 1937 he moved to France, where he lived and taught for almost fifty years until his death. One of the most striking aspects of the Master's teaching is the enormous variety of ways in which he presents the one central theme of man and his growth in perfection. Whatever the question under discussion, it is invariably dealt with in terms of how man can better conduct his life.

Éditions PROSVETA S.A.

83600 Fréjus (France)

Tél. (33) 04 94 19 33 33

[www.prosveta.fr/en](http://www.prosveta.fr/en)

[contact@prosveta.fr](mailto:contact@prosveta.fr)

