

Le Bonfin

Spiritual School of Master Omraam Mikhaël Aïvanhov



*"If you are seeking
favourable conditions
to restore order
and harmony within yourself,
to allow your higher nature
to blossom and to undertake
a gigantic work for the benefit
of the whole world,
then **this is the place to come,**
here at the Bonfin,
where you are most welcome!"*

*So, for your own sake,
for your own good,
make up your mind
to make the best possible use
of your stay here,
in harmony, love and light."*

Izvor 206,
A Philosophy of Universality,
Chap. 9, Part I

A little history, a few noteworthy dates...

In the 1950s, Brother André Jahan, known as “Brother Jean”, who owned several acres of land near Fréjus called “The Bonfin”, made it available to the Brotherhood. It was there, on the Master’s initiative that the first summer gathering of the brothers and sisters took place in **July 1953**.

Construction and development work was carried out, but for years, the area remained very arid, supplied by only a few wells. *“To meet the community’s drinking water needs, Brother Jean went down to Fréjus with his sidecar... He made several trips a day to draw this precious liquid from the municipal fountains”.*

Collective Work: Finally, we see a Light – The First Disciples

To the east of the land a large hill rises from which one can see the sunrise: it is here that the Master chose the site for the “Rocher de la Prière” or “The Prayer Rock”.

On **AUGUST 8, 1958**, at the end of the evening meal, the Master announced that the city’s water supply had finally reached the Bonfin. He added that this had symbolic significance and that with this water the Brotherhood had received a precious gift.

During those early years, five chalets were built of wood using recycled materials; one of them was reserved for the Master, who actively participated in the various tasks: masonry, painting, carpentry, and so on.

From **FEBRUARY 11, 1959 TO FEBRUARY 9, 1960** the Master went on an initiatic journey to India. There, he met great saints in the Hindu tradition such as Mâ Ananda Moyî, Neem Karoli Babaji, Nityananda and Shivananda. During his absence, Brother Jean Kruger, the president at the time, and the Master’s secretary, Sister Stella Bellemin, were responsible for the summer retreat of 1959.

It was during his stay in India that “**BROTHER MIKHAËL**” received a new name, **OMRAAM**, whose two syllables respectively mean solve and coagula, that is to say, dissolve and condense. The retreat of 1960 took place in the presence of the Master Omraam Mikhaël Aïvanhov.

The Great Hall was built in **1961** and was first enlarged in 1967.

In **1963**, Brother John Bessat, a winemaker in Switzerland, accepted the Master’s request to come to the Bonfin and cultivate vineyards. He began with the Master’s garden, then created new plots in various locations around the Bonfin.

In **1967**, the Master welcomed Zen Master Taisen Deshimaru to the Bonfin, who in turn received the Master during his trip to Japan In 1970.

Brother Jean passed away on January 15, 1973. Following his departure, the Master asked Brother Guy Lavanchy to take charge of the work at the Bonfin, having observed his abilities at his Castelframa property. This brother’s great dynamism spurred all the brothers and sisters

to work. At the Master's instigation, he transformed the face of the Bonfin: a new terrain for gymnastics and Paneurhythmy, tree planting, agricultural development, installation of greenhouses, and so on. He remained there until 1981.

In **1980**, the Great Hall was enlarged for the second time to its current size, with the help of many enthusiastic brothers and sisters!

On **APRIL 1, 1980**, the Master chose to take up residence at the Bonfin.

On **JANUARY 20, 1981**, the Master invited the brothers and sisters present (about one hundred of them) to an important meeting in the Great Hall at the Bonfin and said to them: *"My dear brothers and sisters, astrologically this is an important, exceptional day, and today I proclaim that we are laying the first stone of synarchy."* But let us not forget that *"True synarchy will be established only when each of us becomes the king of our own realm, and first and most important, of our own thoughts, feelings and desires."*

It was at the Michaelmas **FIRE CEREMONY IN 1985** that the Master appeared among his brothers and sisters for the last time.

On **DECEMBER 25, 1986**, fully conscious of his passage to the great beyond, the Master left this earth at the Bonfin, where his body now rests.



Practical Information

It is the mission of **RECEPTION AT THE BONFIN** to facilitate your stay. Upon arrival, head to the Reception chalet to confirm the dates of your stay. If this is your first visit, a brother or a sister will accompany you to your accommodations and will tell you about the various activities at the Bonfin. Should you have any questions, contact Reception at +33 (0)4 98 11 02 20 or accueil@bonfin.org.



THE INFORMATION DESK is located in the building opposite the Great Hall. Please come and consult it should the need arise: lost and found, washing machine tokens, etc. Telephone: +33 (0)4 98 11 02 22



A schedule of activities is also provided at Reception and posted on information boards around the domain.

GUARD DUTY: the chalet at the entrance to the Bonfin is reserved for the brother on watch. Telephone **+33 (0)4 98 11 02 28**



A watch rotation is regularly maintained on the domain. Brothers present at the retreat are invited to take part in the rounds at least once during their stay; for them this will be a real work of protection of the Bonfin on the physical as well as the spiritual plane.

AUDIO-VISUAL RECORDINGS: in compliance with image rights and intellectual property rights, no recordings of the Master's talks or videos, the songs, Paneurhythmy or the performances are permitted.

MOBILE PHONES must be switched off or put in flight mode during the meetings, meditations and at sunrise.

Photos and films may be taken by authorized persons only (identified by a special badge) and are strictly for the association's internal use.

INTERNET: computers are available in the yellow room near the kitchen for checking your e-mail. Internet access is also available for your personal computers on the cafeteria veranda.



INFIRMARY: THERE IS NO INFIRMARY AT THE BONFIN. If necessary, contact a medical professional. The emergency numbers are posted on the information board outside the children's room, and are also available in the office. First aid kits are available in the office, in the kitchen and at Reception. A defibrillator is available at the entrance to the children's room (pink room).

MAIL: mail is collected every morning at 8:00 a.m. (mailbox near the entrance to the children's room). Mail is also delivered in the morning in alphabetical boxes next to the mailbox.

URGENT MESSAGES: in the event of an emergency, your loved ones can leave a message at +33 (0) 4 98 11 02 22. It will be delivered to you in person.

FIRE SAFETY: there is a high risk of fire all year round and particularly in the summer. To avoid starting a fire, the use of candles, incense, camping gas and barbecues is strictly forbidden. The Domain is entirely non-smoking.



IN THE EVENT OF A FIRE:

- Take immediate action using fire extinguishers.
- Then notify the Bonfin at +33 (0)4 98 11 02 22 or at extension 201 from the emergency telephones in the buildings, and notify the fire brigade by dialling 18 from a landline or 112 from a mobile phone.

Safety information is provided in 6 languages.

SAVING ENERGY: in times of drought, water can be in short supply, so please remember to save water. Turn off taps tightly, take short showers, etc.

Similarly, try to save electricity: avoid leaving heaters or air conditioners on for no reason, remember to turn off lights, etc.



LAUNDRY: 4 washing machines are available: 2 in the Tahiti sanitary facilities and 2 in the Devitça dormitory.

TRASH: the Bonfin requests that you sort your trash and put it:

- 1) In the compost bins,
- 2) In the yellow bins,
- 3) In the bins for glass,
- 4) In the rubbish bins. For bulky items, please report your needs to the Information Desk.

TRAFFIC inside the Bonfin:

- It is imperative **to drive at a crawl on the Domain**, scooters included.
- Cars may be used only for loading and unloading luggage. Special traffic permits will be issued by Reception to people with reduced mobility and to those responsible for work within the Bonfin.
- **No parking is allowed on the roads.** Two parking lots are available, one at the entrance to the Bonfin and the other at the Villa Belvédère.



- The Bonfin Domain is **accessible to people with reduced mobility**.
- It is strictly forbidden to recharge electric vehicles using domestic outlets at the Bonfin, given the risk of over heating and even fire.
- If you have any questions regarding your vehicle, please contact Reception.

SILENCE must be maintained throughout the Bonfin as of 9:30 p.m.

At the heart of our spiritual life

At the Bonfin, the most important work takes place during the moments of silence, for silence is the foundation of the spiritual life. *“Many people confuse silence with solitude. That is why they are afraid of silence: they are afraid of loneliness... Learn to love this silence, try to surround yourself with an atmosphere of spiritual silence and harmony so as to prepare for the coming of powerful, luminous beings.”* Izvor 229; The Path of Silence, Chap. VI.

Yoga of the Sun

“You need to prepare yourselves for the sunrise the evening before. Otherwise you will concentrate on your worries, your griefs, your plans, and the sunrise will be of no benefit to you. You will receive a little light and warmth, nothing more. You will never know the sun as a servant of God, as an inexhaustible source, as an absolute, sublime intelligence, a transmitter of the divine will, as a reservoir of glittering gold capable of nourishing all your cells.” C.W., Vol. 10, Chap. XVI: Christ and the Solar Religion

Breathing Exercises

“The breathing exercises we practise here in our School are very simple:

- *Begin by closing your left nostril (with your middle finger) and breathing in deeply through the right nostril, while you count to four.*
- *Hold your breath to the count of sixteen.*
- *Close your right nostril and breathe out through the left nostril to the count of eight.*
- *Then begin again, starting with the right nostril closed: breathe in through the left nostril to the count of four. Hold your breath to the count of sixteen. Breathe out through the right nostril to the count of eight.*
- *Do this six times for each nostril.*

Once the exercise becomes easy for you, you can double the time of each movement, counting eight, thirty-two and sixteen, but I don't advise you to go further than that.” C.W., Vol. 32, Chap. XVI: Human and Cosmic Respiration

“In this way you begin to discover the ebb and flow which is key to all the rhythms of the universe. When you become conscious of this movement within you, you enter into the harmony of the cosmos... For, as you breathe in, you inhale elements from space and, as you breathe out, you send out into space something of your own heart and soul.” Izvor 227, Chap. 6: Respiration

The Fraternal Greeting

In our school we greet each other by gently raising our right hand. This allows us to engage in a more spiritual, subtle exchange than shaking hands or kissing.

“This gesture can be tremendously significant and effective and we can use it to encourage, console and vivify others, giving them a great deal of light and love. A greeting should be a true communion that is potent, harmonious and alive.” Izvor 226, Chap. 12: The Hand.

Yoga of Nutrition

"For years I have been asking you to make an effort to eat in silence (not only to refrain from talking but to avoid all noise with your utensils), to chew every mouthful a long time, and to breathe deeply from time to time. Above all, I ask you to concentrate on your food in a spirit of gratitude to the Lord for all these riches. As I have already explained, these exercises, seemingly so insignificant, are in fact some of the very best ways of acquiring true self-mastery... Learning how to eat is as important as attending the sunrise." C.W., Vol. 30, Chap. IV, I: Hrani-Yoga and Surya-Yoga

Fasting

The Teaching recommends fasting for 24 hours a week. At the Bonfin, no meal is served on Thursday evenings, and the cafeteria is closed on Friday mornings. However, these meals are provided for children and teenagers.

Prayers, meditation, songs and music before and after meals

Before every meal, we sing and meditate to prepare ourselves to enter into harmony with the life that God has placed in the food. We then recite the formula given by the Master in Bulgarian: *"BOJIATA LIOUBOV RAZRÉCHAVA VSITCHKITÉ PROBLÉMI"*, which means: "The love of God resolves all problems."

FASTING for more than 24 hours is prohibited at the Bonfin.

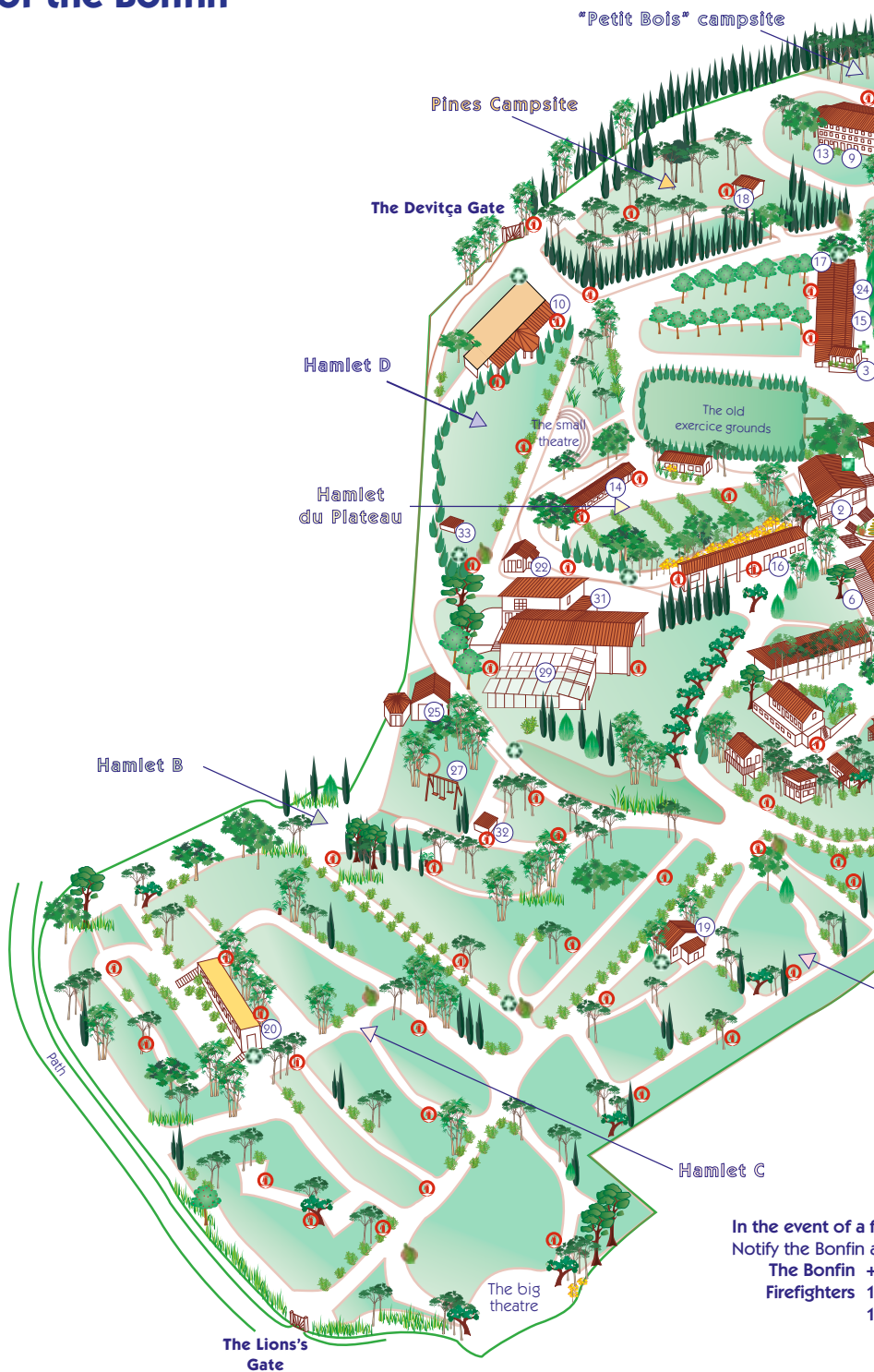
Clothing is adapted to the weather and activity

At sunrise: bring warm clothing, socks, a cushion and sunglasses...

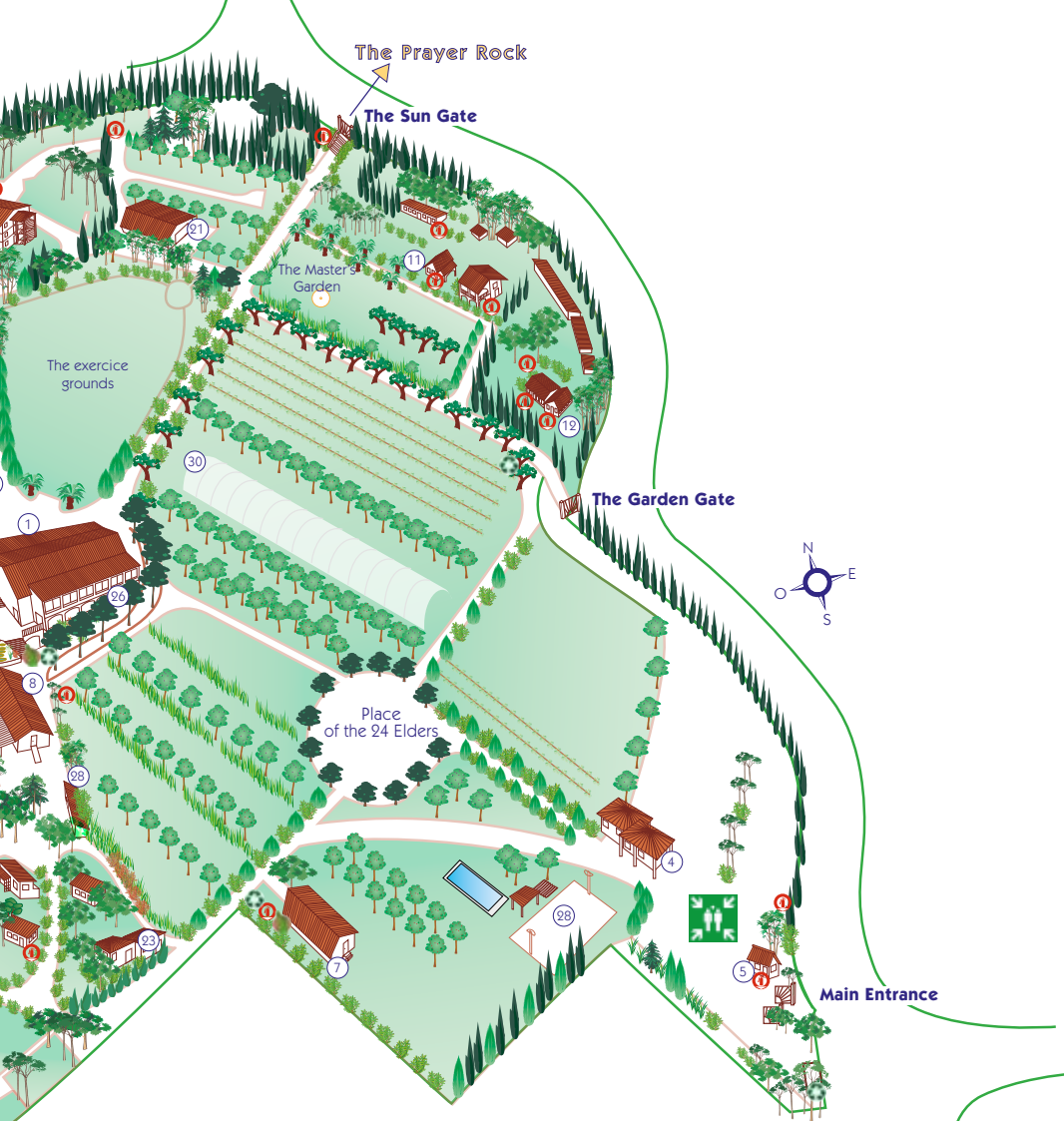
For the collective spiritual activities: : brothers dress in white; white light represents the masculine principle, the spirit. Sisters, who represent the feminine principle, the soul, wear coloured clothing, ideally solids! The colours chosen are like those of the sun refracted in a crystal, each of the 7 colours corresponding to a virtue. The harmony of colours created by this way of dressing stimulates the spiritual and sacred work we have come here to do.

For outdoor activities: you can wear shorts or bathing suits in order to enjoy the benefits of the sun just as you would at the beach! On this subject the Master said, *"Try to understand what I am saying. If you want to go and swim in the sea, I have no objection, for water is a divine element. But if you do so, you must choose a spot where you can peacefully communicate with the sun, with the Creator, with the divine Mother. When you return to the Bonfin, you will be in a position to pour out to the other brothers and sisters all the freshness and purity you have received. But if you go to the beach and then bring back all those old influences that we are doing our best to get rid of, you will not be doing anybody any good."* C.W., Vol. 30—Life and Work In an Initiatic School, Chap. II, Part II

Map of the Bonfin



In the event of a fire
Notify the Bonfin
The Bonfin +
Firefighters 112



- | | | |
|------------------------|-----------------------------|--------------------------|
| ① Great Hall | ⑫ Chalet 6 | ②③ The Misli Mediatech |
| ② Children's Room | ⑬ The Pines Dormitory | ②④ Prosveta Counter |
| ③ Offices | ⑭ The Plateau Dormitory | ②⑤ The Children's chalet |
| ④ Reception Chalet | ⑮ The Apple Trees Dormitory | ②⑥ Kitchen & Prep |
| ⑤ Guard Duty Chalet | ⑯ Cafeteria Washrooms | ②⑦ Children's Playground |
| ⑥ Cafeteria | ⑰ Apple Trees Washrooms | ②⑧ Teenagers' Playground |
| ⑦ Arts Building | ⑱ Pines Camping Washrooms | ②⑨ The glass greenhouse |
| ⑧ Cedars Building | ⑲ The Solar Washrooms | ③① The big greenhouse |
| ⑨ The Pines Hotel | ⑳ The Tahiti Washrooms | ③② Workshops |
| ⑩ The Devitça Building | ㉑ The Chalet of Colours | ③③ Playground sanitary |
| ⑪ Chalet Alexandre | ㉒ The Music Chalet | ③④ Devitça sanitary |

Des machines à laver sont à disposition au Dortoir Devitça ⑩ et au sanitaire Tahiti ②①

In fire emergency, take immediate action using fire extinguishers. ①
 and the fire brigade:
33(0)4 98 11 02 22
 8 from a landline
 12 from a mobile phone

Bonfin Evacuation Plan

Assembly Areas

Car park

Défibrillateur

First aid kit

Composter

Selective sorting

Exercises and practices of the Teaching

Meditation – Concentration

“Meditation is an activity by which the mind endeavours to penetrate spiritual truths... One of the best exercises in concentration that I have given you is to meditate before the rising sun, to focus all your powers of concentration on the sun to the exclusion of every other thought...” C.W., Vol. 18, Chap. VI, Parts 1 & 2: Concentration, Meditation, Contemplation and Identification

The Laser Meditation

At the beginning of fraternal meetings, between songs, after meals, etc., every moment of silence is an opportunity to carry out the work that the Master calls the spiritual LASER. *“This is why, when we have a few minutes of meditation together, you must get into the habit of putting all your preoccupations to one side and concentrating on heavenly light. In this way you will attract it and draw it into yourself so that all the worn-out particles of your body are gradually replaced by pure particles of light... We can imagine the light of the sun: brilliantly white, dazzling and transparent, and if we do this as I have explained, to the rhythm of our breathing, we will generate tremendous spiritual energy and awaken the consciousness of millions of individuals in the world.”* Izvor 212, Chap. IX, Part III: The Spiritual Laser



Gymnastic Exercises

“Do not let a single day go by without making some small effort. You have a wonderful opportunity to do so with the gymnastics exercises. Do them with the conviction that they not only maintain your flexibility but also improve your breathing and circulation, bringing you into harmony with the universe. They attract cosmic energies to you which they distribute harmoniously throughout your body, and your cells, feeling regenerated, are bathed in joy.” Stani Coll., Parts I,III: Giving Life to Symbols

We practise these exercises together, in unison, with the brothers at the front and the sisters in the back, symbolizing the masculine and feminine principles which work throughout the universe to create life.

Each movement is accompanied mentally by a formula, a prayer, that helps us to become aware of the meaning and importance of each gesture. It is not just a physical effort, but also a psychic, spiritual activity through which we feel waves of pure energy flowing into us.

Paneurhythmy



This is a sacred dance that Master Peter Deunov defined as “as an intelligent exchange with the forces of living Nature.”

By means of its harmonious movements, one goes to meet the Divine and receives it.

“Paneurhythmy is an evocation of nature awakening in the spring. Through music and dance, we take part in this renewal, it is as if we were drinking the elixir of everlasting life. The movements associated with the music are very powerful.” Synopsis 2, Part III, Chap. 6: Gymnastics Exercises and Paneurhythmy

Paneurhythmy is danced outdoors in the morning, in spring and summer. It is taught at the Bonfin. The sisters wear plain-coloured dresses and the brothers wear white.

Music – Choral Singing

“If you devote more time to singing, and if each of you without exception learns to sing in harmony, the results will be extraordinary... You will be working first on yourselves, and secondly, on the world around you, for this harmony reflects on your surroundings, and sooner or later the whole world will experience its influence. In this way, you will be working for the good of humanity.” C.W., Vol. 18, Chap. 10, Part III: Art and Music

The mystical songs composed by Master Peter Deunov are sung to strengthen the harmony required for our spiritual work. Everyone is invited, according to their voice type (bass, tenor, alto, soprano), to participate in rehearsals, either to learn the songs, or to benefit from this collective work: singing in unity and harmony, with enthusiasm.

The Media Library (Mediatech) at the Misli Chalet

Here you will find:

- **A room in which to listen individually** to recorded lectures categorized by theme, as well as testimonials and various audio-visual documents about the Brotherhood. You are advised to bring your own headphones.
- **A library** from which you can borrow books by the Master and choose from a large selection of other spiritual books during your stay.
- An on-site reading area where you can browse through typed lectures, written testimonials and photo albums. Storybooks are available for children.
- All available translations of the books published by Prosveta.

The Prosveta Counter

This is located in the alley leading from the Great Hall towards the Pines Hotel.

Family life during a retreat at the Bonfin

At the Bonfin, the golden rule is that parents are fully responsible for their children, big and small.

A meeting between parents and the activity coordinators is held every Monday morning to establish the programme for the week.

- The Master preferred that the Teaching be given to parents, helping them to become role models and to instill an appetite for the spiritual life in their children.
- Two rooms are provided for children and teenagers under the age of 14.

At the Rock of Prayer

An area is reserved for parents accompanied by their young children.
Teenagers are invited to join the other brothers and sisters.

Children's Meals

These are organized by the parents and modelled on the meals in the Great Hall. Parents oversee the general harmony and teach the yoga of nutrition. They show the children the importance of silence and attention when handling cutlery.

Paneurhythmy

Teenagers are encouraged to learn it and to participate.

Gymnastics Exercises

Teenagers practise the gymnastics exercises. Younger children join in spontaneously with one of their parents: it is like a game for them and a way to feel grown up and included!

As of the age of 14, teenagers are welcome in the Great Hall where they can take part in the spiritual work: meditation, singing, listening to the lectures, and the yoga of nutrition.

Teenage girls are welcome to join the Sisters' Choir, whose pure, light and vivifying voices create a choir of angels.

Participating in Collective Activities

Just like at home, younger children are free to join their parents in collective activities such as setting and clearing the tables, light gardening, maintaining the grounds, and so on. Teenagers are also welcome!

Artistic Creations

Depending on the time of year and the volunteers available, various arts and crafts activities are offered to children and teenagers: singing, dancing, instrumental music, theatre, storytelling, painting, sculpture, basket weaving, etc., giving them free rein to their creativity.

If you have a particular skill for leading creative activities for children, please volunteer to do so.

On some evenings, brothers and sisters tell stories to the children.

Play Areas

There are two play areas designated for recreational activities:

- **A playground** reserved for younger children accompanied by their parents, with swings, water fountains, etc.
- **An area reserved for various sports** enjoyed by everyone, adults and teenagers alike: basketball, volleyball, ping-pong, etc.

Parents are asked to make sure that their children remain quiet around the Great Hall during the meetings, and throughout the grounds as of 9:30 p.m.

Life in the Brotherhood: Participation and Exchanges

Physical Work and Spiritual Work

Life in the Brotherhood requires everyone to participate: helping to maintain the premises and green spaces, preparing meals, setting the tables, washing dishes, etc.

"Far too many people see physical work as being incompatible with spiritual work. Well, they are mistaken, for any physical activity can become truly spiritual if you know how to inject an element of the divine into it." Synopsis 2, Part VII, 2: The balance between the material and the spiritual

One day, the Master asked us to undertake a major clean-up of the Bonfin, and afterwards he said, *"I was watching you yesterday, and you were not like ants, you were not like bees, you were something better, prettier, like angels. You came and went tirelessly, with smiles, joy and beauty on your faces, and no one was tired... You moved a lot of things, you cleaned... This cleaning, these changes were happening within yourselves."*

Coming to the Brotherhood means entering a new world where everyone learns to open up to others, to love them, so as to create together a luminous, harmonious and fraternal atmosphere.



A place to meet and talk

All interested brothers and sisters, especially new members, those recently arrived and visitors, are invited to participate in fraternal meetings on the methods and exercises proposed by the Teaching.



THESE MEETINGS are held during the summer in the **CHALET OF COLOURS**, the usual venue for meetings and exhibitions of works by the Brotherhood's artists.

Audio, video and paper documents support these discussions, which last about an hour. These meetings are announced in the Great Hall. A team of brothers and sisters (a leader, a witness and a moderator) facilitates these discussions in the light and spirit of the Teaching. Everyone can express themselves freely.





*"Brotherhood must exist in the world, among human beings,
because it already exists in nature, and we must live
according to the laws of nature. This Brotherhood that exists in the universe
is called the Universal White Brotherhood
and is made up of all the great Prophets, Initiates and Masters of humanity.
They all work together..."*

*Remember that what matters above all else is to cherish your ties
with the great Beings on high so that the currents
from above can continually flow through you, purify and illuminate you."*

C.W., Vol. 1, Chap. 8: The Living Chain of the Universal White Brotherhood.



Domaine du Bonfin

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2 websites : **fbu.org** and **fraternite-blanche-universelle.org**



FBU.org



FBUOfficiel



**Fraternité Blanche
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