THE JOURNEY WITHIN

IMRE VALLYON
The Journey Within is a print compilation from the popular Spiritual Path Series of ebooks by Imre Vallyon. It offers the spiritual seeker an accessible yet comprehensive introduction to the Universal Spiritual Teaching, stressing the need for right understanding while walking the Spiritual Path in today’s world.

Imre Vallyon discusses with clarity the big topics that are commonly encountered by the spiritual aspirant: the inner nature of our being and the cosmos; the importance of reconnecting with our higher nature through meditation; what happens after death; how to work with the law of Karma; the importance of developing love and wisdom in our lives; and why not all spiritual paths have the same end result.

Living a more spiritual life is a challenge in a world so focused on material things, but this book offers a system of guidance and right knowledge from the perception of Higher Consciousness so that the reader may be inspired and prepared for the Inner Journey.
THE WAY of the SPIRITUAL WARRIOR

The Timeless Path to Enlightenment

IMRE VALLYON
The Way of the Spiritual Warrior starts with self-knowledge, learning to harmonize your personality, bringing the several parts of you together so that your body, emotions and thoughts are coordinated and function as a unit. Here you practise physical techniques, emotional control techniques and mind control techniques so that you are integrated in yourself and in your environment.

The next stage of the Spiritual Warrior Path is Self-knowledge, also called the stage of withdrawal. Here you use meditation and other spiritual techniques to withdraw your awareness slowly inside you, deeper and deeper, until you make a connection with yourself as a Living Soul and recognize that you are an immortal spiritual being—omniscient, omnipotent and omnipresent.

Once your personality is integrated with you as a Living Soul, that is, you are a personal self able to think, feel and act in the world but at the same time are totally aware of yourself as an eternal, transcendental being, then the third stage begins. This stage is called Union with God or Union with the Divine Principle within you and within the Cosmos. This happens when you have united the Soul with the personality and you are functioning as an integrated, holistic unit and then you move further inward to reach the Transcendental Divinity within you.
Gold medalist at the 2009 Living Now Book Awards and winner of the 2008 Ashton Wylie Award. *Heavens and Hells of the Mind* is a major treatise on Human Consciousness and a concise work of religion, philosophy, and metaphysics.

Presented as a striking four-volume boxed set of superior quality, *Heavens and Hells of the Mind* is richly illustrated with detailed graphics and evocative photography, and complemented by sidebars and definitions, extensive cross-referencing and a unique multi-lingual Lexicon of the Wisdom Language.

Download the index and sample chapters at www.soundinglight.com
The Magical Mind

Psychology with a Difference. This book reveals how we can use the science of magical thinking to transform our consciousness and therefore our lives. Combining ancient truths and contemporary psychological insights from both Eastern and Western traditions, the author provides knowledge and practical meditations so we can integrate our personal, ego-centred daily lives with the transpersonal, mystical life of the Soul. Then we become the beautiful person we really are. Because of its wisdom, clarity, photographs, short chapters and variety of meditations (including daily affirmations), this book is excellent for very busy people new to the spiritual path. Like the climber who stands a distance from a mountain to get a clear view, Imre Vallyon looks into the human psyche with an uncanny perspective.

The Buddha’s Foundations of Mindfulness

Mindfulness of Breathing

“Just mindful he breathes in; just mindful he breathes out.”

This is watching the breath, with no attempt to control or regulate it. It is different from the Pranayama (regulation of breath) of Hatha Yoga. One should give full attention to the immediate experience of breathing in and breathing out. There should be no thoughts about anything. This is called “being where you are.” Attention should be at the root of the nostrils (the Third Eye center), or at the tip of the nose, where one can feel the breath (Prana) flowing in and out. Attention is where the two surfaces (the nostrils and the breath) meet. This is the same for everything one does in life. The aim of this exercise is to cultivate Direct Awareness.

Mindfulness of Posture (Asana)

“When he goes, he goes; when he stands, he stands; when he sits, he sits; when he lies down, he lies down.”

In Hatha Yoga, one assumes various postures, called Asanas. All body movements and states (bending, stretching, eating, walking, etc.) are subject to Awareness. All body functions are carried out with Awareness, in being where you are. “In walking, just walk; in sitting, just sit; in lying, just lie down.” Devote your whole attention to the situation at hand. This form of meditation can be practiced in all situations in life. This is also called “Mindfulness of the body.” A variation of this exercise is the walking exercise, where you attend to each step you make, fully conscious of the ground surface, your feet in action, your breathing, your whole body-movement.
Mindfulness of the Temporary Nature of the Body

“In this body is the Element of Earth, the Element of Water, the Element of Fire, and the Element of Air. This body is temporary, changing, and compounded, and decay is inherent in all compound things.”

Mindfulness of Death

One sees one’s body in the ground, being eaten by worms.

“My body will become like this, and will not escape its fate.”

Mindfulness of Feelings, Thoughts, Consciousness

When a monk experiences a pleasant feeling, he knows: “I am experiencing a pleasant feeling.” When he experiences a painful feeling, he knows: “I am experiencing a painful feeling.” When anger is present, he knows: “I am angry.”

He watches the arising and disappearance of feelings. He watches the arising and disappearance of mental formations, or thoughts. He watches the eyes and the visual form of objects, and the bondage that arises from those sense-imprints.

It is the same with hearing, tasting, smelling, touching. The monk is mindful of sight and the perception of objects, of the ears and sounds, of the nose and smell, of the tongue and flavors, of the body and objects touched.
The Spiritual Path Series

An expanding series of small ebooks (epub and kindle format) that briefly introduce the spiritual aspirant to a higher understanding of common themes on the Spiritual Path. With topics including Meditation, Life after Death, Karma, Love and Wisdom, Evil and Compassion, and more, this series allows readers to take the inspirational and empowering teaching of Imre Vallyon with them wherever they go.

Each ebook download includes an epub, mobi and pdf file and is compatible with Amazon, Sony, Kobo, iBook and other ebook readers.

English
1. Why Meditate?: The True Purpose of Meditation
2. The Mystery of Death: A Road Map for Your Journey Between Lives
3. The Coming Avatara: A New Planetary Reality
4. Know Your Own Mind
5. The Beatitudes: What Jesus Really Meant
6. Silence
7. Love and Wisdom: The Real Meaning of Life
8. Karma: How to Break Free of its Chains
9. Living the Spiritual Life Today
10. Finding True Happiness: The Secret of Eternal Life
11. What You Need for Your Journey You Already Have Within
12. Daily Meditations
13. Shadowland: Evil, Compassion and the Power of Thought
14. God the Mother

Spanish
1. ¿Por Qué Meditar?: El Verdadero Propósito de la Meditación
IMRE VALLYON

THE New Heaven & THE New Earth
In *The New Heaven and the New Earth*, the completion of his trilogy with *Planetary Transformation* and *The New Planetary Reality*, Imre Valyon explains the inner causes of the coming planetary changes (the New Heaven) and how the changes will play out in real-world events (the New Earth), depending on whether humanity responds to them correctly or not. To help humanity respond correctly, the author provides not only esoteric knowledge and understanding from his direct perception of Higher Reality, but also practical meditation techniques aimed at raising Consciousness.

The author provides fresh insight into a wide range of topics, including: spiritual warfare, which is not about crusades or jihads but about the conflict between the personality and the Soul; the nature of Enlightenment, which, like the Mind of God, is not a fixed state of being; and on a more practical level, the reason people get stuck, the spiritual root of which is “the conflict between Matter, which always holds on to the past, and Spirit, which is always in the future.”

In addition to practical meditational invocations and mantras, *The New Heaven and the New Earth* also contains a 30-page glossary of spiritual terminology and a pronunciation guide for the Sanskrit terms used in the book.
The New Planetary Reality

Imre Vallyon
The New Planetary Reality

*The New Planetary Reality* starts where the author’s previous book, *Planetary Transformation*, left off. It explains the mystery of the Coming Avatara, which, unlike past Avatars like Jesus, Buddha, Lao Tzu and many others, is not a single person sent to a particular place, religion or culture but a global phenomenon—a Planetary Avatara, a Cosmic Energy coming from the inner dimensions that has already started to permeate planet Earth.

In *The New Planetary Reality*, Imre Vallyon notifies the world of a new reality that is possible for Humanity and planet Earth. He also lays out the Nine Paths to Enlightenment, timeless methods we can use to raise our consciousness so that we can respond positively to the new energies of change coming from the spiritual dimensions.

Az Új Kor

Az Új Kor - Az Eljövendő Avatára és a Megvilágosodáshoz vezető Kilenc Ösvény című könyvből került ki, ahol a Felkészülés az Új Korra című könyv véget ér. A szerző emmagyarázza az Érkező Avatára misztériumát, ami, a korábbi Avatáraktól - mint Jézus, Buddha, Lao Tzu és mások - eltérően, nem egy személy, hanem egy globális jelenség - egy Planetáris Avatára, egy Kozmikus Energia, amely a belső dimenziókból érkezik, és ami már elkezdte át-hatni a Föld bolygót. Az Új Kor - Az Eljövendő Avatára és a Megvilágosodáshoz vezető Kilenc Ösvény című könyvben, Imre Vallyon egy Új Valóság beköszön-téről tájékoztatja a világot, amely elérhető mind az emberiség, mind bolygóink számára. Szól továbbá a Megvilágosodáshoz vezető Kilenc Ösvényről, időtlen módszereket átadva az olvasóknak, amelyek által emelhető a tudatossági szintünk, így pedig pozitívan tudunk reagálni az érkező új energiákra, amelyek a spirituális dimenziókból érkeznek hozzánk.
Planetary Transformation

The coming years provide a tremendous opportunity for all of Mankind to awaken into higher awareness and for our physical planet to undergo an amazing transformation. To understand what that implies, we first have to understand the process of this fundamental transformation and what we can do about it.

In Part One of Planetary Transformation, the author outlines the spiritual roots of the physical upheavals that are manifesting on Earth, providing deeper understanding for the true spiritual seeker. In Part Two, readers are given practical meditation techniques that will raise their consciousness and help them deal with the coming changes.

Felkészülés az Új Korra

A következő évek, évtizedek hatalmas lehetőséget hoznak az emberiségnek a felemelkedésben, és ugyanígy, bolygónkra is elképesztő átalakulási folyamat vár. Fontos megértenünk az okokat, és azt, hogy miként lehetünk aktív részesei a pozitív változások elősegítésének.

A könyv első része – amelynek üzenete magasabb tudatállapotból származik –, arra ad válaszot, hogy mi is a Földön zajló felgyorsult folyamatok háttere. A második rész pedig az egyéni és csoportos lehetőségekről szól, gyakorlati technikákat is biztosítva a spiritualitásra nyitott olvasó számára.
The Sedona Talks

This book is a series of talks from a 1996 meditation retreat held in Sedona, Arizona, an area well known as an energy vortex. The talks explain the great Divine Plan and how each of us has to wake up in this chaotic World to become a Light Bearer, a Soul on Fire, who will change the conditions on Earth. Vallyon describes the vast cosmic picture and the corresponding nature of human beings who are destined to become Creator Gods. We can choose to fulfill this destiny intelligently with the right spiritual wisdom and practices. Topics include Atlantis America, the after-death conditions, spiritual teachers and spiritual schools, personal and planetary evolution.

Les Conférences de Sedona

“L’Âme est une immense Intelligence en vous! Votre Plan est simplement d’aligner parfaitement l’Âme Vivante qui est en vous et votre personnalité."

“Dès que vous vous reliez à votre Âme, vous devenez Responsables du Monde. Alors, la planète est revitalisée et régénérée par votre présence."

“Notre Œuvre est d’amener les gens à la Conscience Cosmique, de donner un enseignement et des pratiques par lesquels les gens peuvent connaître leur propre Divinité. C’est notre plan et notre but.”
Heart to Heart Talks

The Feminine Principle is a glorious Sun of infinite, unimaginable beauty. But how are you going to approach Her? Obviously, not through the mind. But something in the Heart can do it; through Devotion you can do it. When you set a devotional vibration in your Heart, you can transcend and attain a different state of consciousness.

Enseignements De Cœur À Cœur

Le cœur physique est au centre de notre corps, le Cœur spirituel au centre de notre Âme. Par le Cœur nous communiquons d’une façon directe et harmonieuse avec nos semblables et avec le Divin. Le pouvoir d’Amour dans le Cœur vient de la Mère Cosmique, Dieu au féminin sous sa forme immanente. Imre nous présente ici un enseignement tantrique réservé aux initiés sous la forme de dévotion à Shodashi. Cette pratique amène la Déesse à se manifester en nous et autour de nous en tant que Beauté sublime, Amour absolu, pour une transformation profonde et durable. Notre Chemin Spirituel devient alors un chemin de Joie infinie.
The Art of Meditation

“The first lesson of meditation is: be yourself and begin where you are.”
This simple but comprehensive book explains the art and science of meditation in clear language. It includes:

• Why meditate? How does it differ from thinking?
• How do the power of sacred mantras change our consciousness?
• Why are breathing meditations so important?
• How are mystical states experienced differently in individuals?
• How do psychic experiences differ from genuine spiritual ones?
• What is necessary to meditate successfully?
• What makes a meditation teacher effective and who are the outer teacher, the inner teacher, and the ultimate teacher?

Language: English  
ISBN: 978-0-909038-56-4  
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Paperback, 112 pages  
Electronic: Mobi, ePub, PDF download bundle.

l’Art de la Méditation


Language: French  
ISBN: 978-0-909038-60-1  
Edition: First, 2010  
Print: 133x203mm/5.2x8”  
Paperback, 124 pages  
Electronic: Mobi, ePub, PDF download bundle.

De Kunst van Meditatie

We leven in een wonderbaarlijk tijdsgewricht. Nooit eerder in de geschiedenis was er zoveel (goede) kennis over spiritualiteit en meditatie voor zoveel mensen beschikbaar en toegankelijk. Meditatie is een zoeken naar het werklike, het onvergankelijke en het eeuwige in jezelf en in de kosmos. Dit bijzondere esoterische boek(je) beschrijft in een notendop het al even wonderlijke hoe en waarom van meditatie, het toepassen van meditatietechnieken, de bijzondere kracht en wetenschap van Mantra, de talloze mystieke ervaringen, het spirituele pad en de stadia van meditatie, het belang van deskundig spiritueel onderricht en de diepere lagen en oorzaken van het leven.

Language: Dutch  
Edition: First, 2011  
Print: 130x180mm / 5x7”  
Paperback, 144 pages  
Electronic: Mobi, ePub, PDF download bundle.
THE WARRIOR CODE
365 APHORISMS OF THE SPIRITUAL WARRIOR
IMRE VALLYON
Your Sword is only as sharp as your Awareness.

Adapt like water

Free your Mind from fear.

A strong body and a sharp mind is the first step for the Warrior.
The Warrior Code

The Spiritual Warrior surrenders the ego to the Heart and works from the impulse that comes from the Heart. This means the whole life of the Spiritual Warrior is Heart-focused. And because the Heart connects to all things, the Spiritual Warrior can sense all things and know whether a situation is right or wrong, whether a person is right or wrong, whether an enemy is a real enemy or a friend is a real friend. Those who live by the Warrior Code cannot be deceived because the Heart cannot be deceived.

De Code van de Krijger

De weg van de spirituele krijger is een bijzondere vorm van spirituele ontwikkeling, die de auteur opnieuw toegankelijk heeft gemaakt voor beoefening in de moderne samenleving. Hoewel het beoefenen van de edele vechtkunst en zwaardwerk een belangrijk onderdeel van dit Pad vormen, gaat het in eerste instantie om meditatie en het ontwikkelen van diepere levenswaarden als vrede, inzicht, begripsvermogen, liefde en kosmisch bewustzijn. De 365 aforismen in dit mooie en compact vormgeven boekwerk vormen met elkaar een praktische gids voor het dagelijks leven, maar kunnen ook worden gebruikt in tijden van geestelijke nood en onbalans. De lezer kan elke dag op een ander aforisme mediteren of een tijdlang op dezelfde.

Le Chemin du Guerrier Spirituel

Le guerrier spirituel doit se mettre sur le chemin de la Sagesse et de l’Amour. Ceci est un chemin de transformation personnelle qui amène à cette gloire intérieure d’où le guerrier spirituel va pouvoir agir dans le monde et y apporter la Lumiére, et ainsi aider à libérer l’humanité du joug du matérialisme et de l’ignorance spirituelle. Les aphorismes du guerrier spirituel sont comme autant de perles de sagesse qui nous permettent de rester sur ce chemin et d’y progresser. Ces petites phrases délient notre mental et élargissent notre conscience, elles ouvrent notre cœur. Les instructions de méditation nous donnent les armes nécessaires pour gagner le conflit entre notre mental, nos émotions et notre soi supérieur; elles nous aident à devenir un, à trouver la paix et l’équilibre intérieur nécessaires pour devenir un guerrier de Lumiére.
A Spirituális Harcos

„A spirituális harcos“ bámulatos kézikönyv arról, hogyan éljünk harcosként ezen a bolygón. Számtalan gyakorlati tanácsot tartalmaz. De más haszna is van, segíti a problémák özönében tisztán látni. Ha csak véletlenszerűen csapod is fel a könyvet, mindig választ fogsz kapni az aktuális kérdéseidre. Egy idő után ennek segítségével megtanulod kezelni a konfliktushelyzeteket, az emberekkel való kommunikációból verhetetlen leszel. Ez a könyv tanácsot ad, az adott helyzetben miként cselekedj.

Azt azonban tisztáznunk kell, hogy „A spirituális harcos“ nem földi bölcsességeket tartalmaz. A könyv által a Fény vezet majd, amely szembesít élettel és halállal, benső élményeket hoz számodra és igaz tudást.

Il Guerriero Spirituale

Il guerriero spirituale deve mettersi sul cammino della Saggezza e dell’Amore. Questo è un cammino verso la trasformazione personale che porta a quella gloria interiore con cui il guerriero spirituale può agire nel mondo e apportarvi la Luce, aiutando così l’umanità a liberarsi dal giogo del materialismo e dell’ignoranza spirituale. Gli aforismi del guerriero spirituale sono delle perle di saggezza che ci permettono di restare su questo cammino e di crescere. Queste piccole frasi sciolgono il nostro mentale, ampliano la nostra coscienza e aprono il nostro cuore. Le meditazioni proposte ci danno le tecniche necessarie per vincere il conflitto fra il nostro mentale, le nostre emozioni e il nostro io superiore. Ci aiutano a diventare uno, a trovare la pace e l’equilibrio interiore necessario per diventare un guerriero della Luce.
THE DIVINE PLAN

AND THE DESTINY OF MANKIND

IMRE VALLYON
When you become Cosmic Conscious or conscious of being in the Kingdom of God, the meaning of your life will be unveiled to you—not as a personality but as a living Soul—and you will know how that meaning relates to the here and now.

This comprehensive book explains the nature of the Cosmos, planet Earth and human beings, and the spiritual evolution of all three. It includes essential esoteric knowledge about: the Divine Plan, the Spiritual Sun, the Way of the Heart, the Cosmic Christ, thought power, mantra power, psychism, karma, kundalini, reincarnation, healing, the art of dying, the Piscean Age, and the future.
Chants of Illumination

Chanting has been used by religions and cultures in all ages; for it has the power to put us in a meditative state, in a state of harmony. This is especially important today, when we are bombarded by disharmonious sounds in our environment.

These chants are not only beautiful and harmonious, but also contain subtle energies that can lead us to higher states of consciousness. Chanting is a tool for reconnecting us to our Soul.

The Chants of Illumination series is available as a music CD or as an electronic download.
Chants of Illumination I
Sanskrit Mantras to the Light

Format: Audio CD, 67 mins

Chants of Illumination II
Sanskrit Mantras to the Divine Mother

ISBN: 978-0-909038-74-8
Edition: First, 2007
Format: Audio CD, 64 mins
Production: Sanskrit chanting by members of Foundation for Higher Learning. Recorded in Cloppenburg, German. Mastered by Musicom, Münster, Germany.
Booklet: 20 page booklet in English, French, German and Dutch

Chants of Illumination III
Sanskrit Mantras to the Heart

Edition: Second, 2015
Format: Audio CD, 79 mins
What Do You Seek out of Your Life?

Most of us identify with a minute reality we call the personality: our physical body, mind and emotions. And we seek its worldly needs: wealth, happiness, a partner, children. Before we can intelligently seek the true meaning of life, we have to understand who we really are, and that is far beyond the personality. Body-mind-emotions is an extremely limited, and temporary, reality when compared to the grandeur of what the human being really is. [2814]

The Science of Spiritual Life

In the Aquarian Age, mentally oriented people do not want theories, philosophy or metaphysics but a means whereby they can prove things: techniques and meditations through which they can attain Self-Realization or Union with God. And they do not want to read about it in books but actually learn how to attain it. You can be a proper spiritual scientist, able to build upon your Spiritual Science and attain Enlightenment in this lifetime. Then you’re no longer a pupil of Spiritual Science. You are a Master of Spiritual Science. [2980]

The True Meaning of Competition - Harmony Out of Conflict

Have you ever wondered why human beings fight each other all the time, and have done so since time immemorial? A big part of the problem is competition in schools, business and politics, and in human relationships. There is actually nothing wrong with competitiveness but where we are off-key is that human struggle is meant to be for the positive outcome of all. The energy of competitiveness should be used for our enhancement and growth. [3085]
WHERE WILL YOU GO WHEN YOU DIE?

In this excerpt, Imre gives us a potent but beautiful challenge: we’re all going to die, maybe tomorrow or next year - it’s inescapable. What then? The challenge is that we take the time to think about what will happen when our physical body dies. Our predominating energy patterns during life determine where we go after death - hell, purgatory, the limbo states, or the refined and glorious Realms of Divine Light, called the Kingdom of God in the West, Nirvana in the East. “What then?” is the most important question of your life. At least think about it. [3541]

IN SEARCH OF YOUR-SELF; WHO AM I?

Imre gives instructions on an ancient and simple but profound meditation. You sit quietly, focus in the Heart Chakra, and ask yourself, “Who am I?” It’s a question addressed to that little Divine Spark within your Heart and it will help you re-discover who you really are. After a while, you begin to sense that the Divine Being is pulling you deeper and deeper within until you the questioner and You the Divine Being are One. The answer is there in that Oneness. Then there are no more questions. [3470]

THE 21st CENTURY AND THE DESTINY OF MANKIND

Ten great influences, both seen and unseen and vast in implication, are impacting on planet Earth and humanity, spanning the vast vista of time since the dawn of Creation to the present. The influences, including the ‘War in Heaven’, natural disasters and the possibility of Divine Intervention, will work either for or against the evolution of human consciousness. The battle will be resolved in this 21st century in a future that is either wholly wondrous or another Dark Age. [3989]
## English Large Format Books

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✓ Indicates a New Release! Prices are RRP in USD.
Available at soundinglight.com, amazon.com and selected retailers.
### Dutch Paperback Titles
- De Kunst van Meditatie 978-0-909038-63-2 15.95 Paperback
- De Code van de Krijger 978-0-909038-66-3 12.95 Paperback

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