

# Sound and Light - The Spiritual Teachings of Imre Vallyon

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Imre Vallyon has provided for the present generation and future generations for the next 250 years a modern, sure path of spiritual enlightenment. This path both reveals the soul to the individual on a personality level, and with that accomplished allows conscious, direct access to God Absolute at a soul level.

This beautiful path of return back to God is based on the spiritual practices of Light and Sound. It is a path of Infinite Light: Amitabha-yana. In its practices and teachings this new path cultivates the two great principals of an enlightened mind and an open heart. Meditation and Mantra bring into the inner world of the student Light and Sound. Imre has coined this dual streams of esoteric knowledge as the Sounding-Light.

Imre's teachings of Light bridge the ancient esoteric traditions of both the Eastern and Western Mysteries and cloaks the essential teachings in a modern form. English is the predominant and original form for these teachings to be recorded in the lessons offered to the student. But the ancient languages of Sanskrit, Hebrew, Greek and Arabic, along with Latin are distilled, given deeper root meanings than ever before, and brought into a new parlance, and new language, which can last as a guiding light into the next 13 generations on this earth. These teachings show the deep truths that are shared in all religious traditions. The common grounds for all mystical teachings in all times and places are expressed in the most lucid of English phrasing, which is inspired and flows directly from the soul level of Imre Vallyon.

This new teaching is not channeled. Far from it. Channeled teachings have been the cause of so much confusion and wasted time for the new student on the spiritual path in this time and age. Imre shows this clearly again and again in his writings. Channeled teachings do not emanate from the heart, do not contain the truths that are revealed at our soul level, and are not directly connected to the Kingdom of God. Rather, channeling always appeals to the glamour of the personality of the spiritual seeker. Imre has firmly pointed out that no historical religious teachers have ever received their timeless spiritual teachings from channeling. Rather they all emanated from an open, compassionate heart directly in union with God. This is the same source for the spiritual teachings of Imre Vallyon.

Imre's work is truly a tonic for the soul, for his written word empowers the soul's inner journey back to God Absolute. His teachings are like a precious diamond that allows the heart to blossom open as the rose in the west and the lotus in the east to the light of God.

All of Imre's privately published teachings for his esoteric group "The Foundation of Higher Learning (FHL)" have now been gathered under one cover with additional material previously unpublished in his massive four volume magnum opus "Heavens & Hells of the Mind." The first 3 volumes make up the esoteric teachings spanning 14 parts made up of 72 chapters totaling 1730 pages. The 4th volume is an extensive lexicon of all the foreign and technical terms used in the first three volumes and is another 354 pages of unique definitions to both well known and obscure Eastern and Western mystical terminology.

Seldom does a reviewer approach a published work whose scope is so vast that it escapes the reviewer's pen. However, in this rare instance, no review can do justice to this magnificent spiritual gift to humanity. This is set of books that can guide any seeker of truth who is on the spiritual path. It will help anyone who is grappling with understanding who they really are- the most perennial question facing humanity since the dawn of time.

What I found so exciting upon first reading Imre's written words, is that the words themselves are so inspired that they speak directly from Imre's soul to your own. I found my own intimate connection to God to be echoed a hundred fold in Imre's own prose. To read Imre is to be elevated to your own spiritual essence, to be buoyed upon the bliss of your own soul. If you are already intimate with you soul then Imre's words will resonate with great meaning. If you are unaware at a soul level, then Imre's words when approached with an open heart can bring you in touch with your own higher self. Imre beyond all else loves God, and this love of God is in all that he writes. His words are the magic words of a lover, whose poetry opens our heart once and for all to the divine.

The beauty of Imre's teachings is that it appeals to all 3 centers of our attention: to our physical body, to our mind and to our heart. Often, newly invented spiritual teachings appeal to one of these 3 centers, but Imre realizes that all 3 must be fully integrated in order for the light of the soul to come through our daily lives. Specific sections of Heavens & Hells of the Mind address these 3 divisions.

For the physical body Imre has developed the Warrior School which he outlines in Part 8 of Book Two. The Spiritual Warrior is the ability to balance mind and body and manifest this as skillful living. As a spiritual warrior, the individual recognizes the current limitations on light manifesting in this world, and the need for the spiritual warrior to fight for the enlightenment of the world. This part of Imre's teaching offers much practical advice in dealing in your day to day life with opposing or antagonistic energy. Such advice can be put into action immediately in one's life (this is true for all the teachings offered by Imre). For Imre's work is practical spirituality which must be applied to one's life on a daily basis for it to take effect.

In the Warrior training section, Imre offers body posture and breathing techniques. He ends this section with a key to the primordial language of all languages. Imre's practical teachings throughout this wonderful work involves the power of chanting sacred words. Here, he offers the power of chanting the 5 vowels. These 5 vowels are based on their ancient Sanskrit pronunciation, and Imre gives us a key to this. By just experiencing these sound-vibrations in chanting them, a tremendous healing power is opened up. These primordial sounds connect us directly to the Godhead.

Imre's teachings values the human body as a vehicle of the soul and our present incarnation with all of its possibilities for soul evolution as a precious gift from God and our teachers. The most effective possible spiritual work towards the evolution of the soul is here now in the present moment. Imre stresses that we should thank God everyday for this life, these spiritual teachings and this spiritual path.

For the mind, Imre's first book gives a vivid description of the cosmic order. The planes of existence are detailed like no other book, as well as a beautiful description of our soul. These descriptions are dependent on a seven fold plan, for Imre's work is an expansion and refinement of the seven planes of existence described by Madame Helena Blavatsky in her pioneering work of Isis Unveiled first published in 1875 (and further expanded upon by Alice Bailey on her teachings concerning the 7 rays of existence). The creative hierarchies, the divine being of God, our actions in this plane, and the real story of our creation and spiritual evolution are clearly outlined in

this first volume. The pitfalls of psychic phenomena, of channeling and mediumship as hindrances to true spiritual development are also fully detailed in this first volume.

However, in Imre's third book in Part 11, a form of spiritual psychology is explained. Specifically, Chapter 60-Metanoia: The Renaissance of the Mind is the best tool Imre offers the reader in dealing with all the negative emotions of the mind. This section clearly gives the reader tools to break out of former fearful and negative traits of thinking by realizing their source. This one chapter offers the potential to liberate the mental constraints most beginning students on the spiritual path encounter.

As to the path of meditation Imre offers great practical advice in Part 9 of the third book- The Path of Return. Chapter 52 deals exclusively with meditation practices that the reader can immediately begin to work with. And in the second book both the teachings of Yoga in the Hindu tradition of Patanjali, and the path of Zen Buddhism, is discussed with great clarity and precision by Imre to aid the reader in their own meditation practices.

To love God is the way of the heart, and the path to this devotional love is the chanting of the mantra. Imre clearly gives method and meaning to hundreds of mantras throughout this work to help the reader unite with God through the power of sound. For Imre above all else is a master of mantra-shasta (the science of chanting).

Imre addresses the realm of the heart in all of his writings that deal with the great religious teachings of the world. In the second book of this series under Part 4 as Christianity and Part 6 as Sufism, these religions are viewed in their purest and highest form as a path of the heart in love with God. But in the third book the reader is given three sections which just by reading floods one's heart with love divine. Part 10 describes this way or path of the heart, and gives the true meaning and purpose of prayer. Part 12 gives the greatest spiritual secret the world has to offer, the feminine divinity of God. It clearly shows the Hindu tradition known as Sri Vidya (Her wisdom) which gives the most loving of images of God Absolute as our Mother Divine. Her name is Lalita, and she is the key to our own devotional heart. Her mantra is of 16 syllables and is clearly defined by Imre. Part 13 offers the greatest mantra of the heart. This mantra is the Gayatri mantra which connects us to the spiritual deity residing in our sun. This 13th section deals with the mystery of our sun and its connection to our own heart.

Imre ends his monumental work with a fourth book that is a lexicon to all the sacred languages used in this work. The lexicon alone can be read definition by definition as a book unto itself. Even if the student is familiar with such terms as karma, yoga, guru, etc. the meanings offered by Imre are more extensive than any other glossary of spiritual terms. This lexicon can be used when reading other works outside of Imre as well, for a deeper understanding of spiritual terms found in Sanskrit, Hebrew, Greek, Arabic, Latin and other ancient languages.

I am thankful I have been given an opportunity to review this marvelous work by Imre Vallyon. I hope all that have read this review will be curious enough to find this work and read its illuminating contents, for Imre has written this book as a guide for every soul incarnating on this planet for the next 250 years.