



# THE MIDWEST BOOK REVIEW

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## The Religion/Spirituality Shelf

Heavens and Hells of the Mind  
Imre Vallyon  
Sounding-Light Publishing Ltd.  
c/o Warwick Associates Public Relations  
18340 Sonoma Highway, Sonoma, CA 95476  
[www.soundinglight.com](http://www.soundinglight.com)  
9780909038304, \$119.95, [www.amazon.com](http://www.amazon.com)

Consisting of a beautifully designed boxed set of four volumes, Imre Vallyon's "Heavens and Hells of the Mind" is an inspired and inspiring, descriptively detailed, and thoroughly 'reader friendly' analytical survey of the basic spiritual/religious concepts included in the teachings, practices, rituals, and scriptures of Christianity, Yoga, Zen Buddhism, Tantra, Sufism, and the 'Warrior School'. "Heavens and Hells of the Mind" presents an articulate, exhaustive, thoughtful, and thought-provoking extended commentary on the contributions of meditation to obtaining a state of 'higher consciousness'. Of special note is a 2100-word lexicon of 'Wisdom Language'. A massive undertaking embodying an impressive degree of scholarship, "Heavens and Hells of the Mind" is a seminal and highly recommended addition to personal, academic, and community library Religion & Spirituality reference collections and study lists.