

Heavens and Hells of the Mind: Epic Book Series Launches in the U.S.

San Francisco, CA (March 1, 2009) -- The culmination of the life's work of internationally-known author and teacher, Imre Vallyon, **the four-volume series, *Heavens and Hells of the Mind*, is now available in the United States.** A popular work in other countries, the book series won the prestigious, **\$10,000 Ashton Wylie Charitable Trust Book Award for 2008**, which is presented annually to "*books that encompass a wide range of beliefs, demonstrate higher consciousness, expanded awareness and enlightenment as primary objectives, focusing upon human relationships and becoming more perfectly loving.*"

A popular, inspiring teacher and lecturer, Vallyon is the author of several titles that help readers find greater health, creativity, success and the ultimate discovery of Eternal Self, Love, Wisdom and Truth as guiding principles.

Vallyon fled Communist Hungary as a teenager in 1956, and has dedicated his life to teaching Wisdom Science through his writings, workshops and retreats. In 1982 he established the Foundation for Higher Learning, an international Spiritual School offering the opportunity to practice spiritual awakening in a group environment, with the goal of self-realization and planetary transformation. Vallyon said, "*If the individual is transformed, society is transformed.*"

A major treatise on human consciousness, *Heavens and Hells of the Mind* embraces all religions and traditions, pointing beyond them to One Truth, One Life, One Reality.

- Volume 1 lays down the fundamentals of Spiritual Cosmology, unveiling the inner understanding of humanity, divinity and the universe, along with important implications for our world today.
- Volume 2 brings to life the teachings and practice of six spiritual traditions: Yoga, Christianity, Zen, Sufism, Tantra and the Warrior School.
- Volume 3 focuses on the Science of Meditation and the Spiritual Path in the Aquarian Age, with practical methods and inspirational guidance by which the contemporary seeker may attain higher consciousness.
- Volume 4 provides a comprehensive index and a 2,100-word lexicon of the Wisdom Language.

Published as a spectacular, superior-quality boxed set of four volumes, *Heavens and Hells of the Mind* contains beautifully detailed illustrations, definitions and sidebars, complemented by extensive cross-referencing and a lexicon of esoteric and sacred language terms.

The author said, *"Spiritual truths are real to me. They are not just intellectual ideas, hypotheses or theories. They are as factual as the trees, the sky, the sun and the moon, so I do not have to struggle to accept spiritual realities. God to me is a fact, the Christ is a fact, the soul is a fact, reincarnation is a fact, mystical experience is a fact. I have no doubts about such things. I simply know them, live them, intimately, by a primordial consciousness, with which I was born. Spiritual realities are as natural as water to drink or food to eat."*

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Title: *Heavens and Hells of the Mind*

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Author: Imre Vallyon

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Misha Frankel said, *"Finding a book that takes one on a journey through reality and all the different dimensions within life, is a true gem. These books answered so many questions for me and there seemed to be no limitation to the knowledge and wisdom of the author. Everything was so clear and concise whether it was cosmology, yoga, spiritual psychology, the Religion of Love, the Path to Enlightenment, the Way of the Holy Fire, the Path of Relationship or the Way of the Noble Warrior, to name but a few topics covered."*