

## **Imre Vallyon's *Heavens and Hells of the Mind*: An Overview Pertaining to the Mastery of Yoga**

by S. M. Keiran

*“Yoga is a school of ancient Vedic philosophy prescribing a course of physical, emotional and mental disciplines for the purpose of attaining liberation from the material world, the union of the self (the personality) with the Higher Self (Ātman), and the union of the Higher Self with the Godhead (Brahman).”*

Imre Vallyon,  
*Heavens and Hells of the Mind*,  
volume 2: *Tradition*, chapter 23, p. 520,  
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Yoga is a daunting way of life to approach, to practice, to master and to teach, because it is so vast and all-encompassing. The essential thesis, as it pertains to yoga, of Imre Vallyon's epic and award-winning 4-part book series on consciousness, *Heavens and Hells of the Mind*, is that yoga is spiritual work which provides clear, definitive steps to the realization of enlightenment. He then proceeds to outline these steps explicitly and concisely.

### **A Holistic Approach**

Yoga has become compartmentalized over the millennia into at least twelve major separate schools or pathways, which Vallyon defines thusly: Hatha, Karma, Laya, Kundalini, Bhakti, Jnana, Raja, Shakti, Mantra, Yantra, Dhyana, and Samadhi. Each has their specific techniques, purposes, and common languages, and their unique strengths and achievements—all carefully delineated. Within each principle pathway, there are myriad individual sects and processes, each with its own name. Invariably, however, their epistemology aligns to one or two predominant 'streams' of work.

The problem with this ruction is that, while each school has such unique features, each also has limitations. Some prevent people from expanding their experiences beyond the personality structure—the body, emotions and mind; for others, spiritual awareness is attained, but cannot be integrated into the world, into physical reality, into affecting change through relationships with others and acts of service—acts guided by higher consciousness, and which have broad, transpersonal implications. Some postulate that these different schools split off because they are geared to the strengths of their followers, so that people who have strong intellects would practice Jnana yoga, for example, or those who are more emotionally expressive could work along the devotional Bhakti yoga lines. The attainment of self-realization, however, includes overcoming the challenges of weakness—areas where we need to improve. Therefore yoga must be approached holistically.

This is the essence of yoga, its very definition: to unite, to join, to become One (from Sanskrit, *Yugh*, to yoke, to bind together.) Originally, all the variant streams of yoga came under one large inclusive field.

Vallyon's holistic series of over 72 treatises on esoteric wisdom works for beginners and masters alike because of its emphasis on enlightenment as an ongoing process. Growth and evolution is a continuous process and even the greatest minds, the most loving hearts, the most powerful action-oriented people have more to learn, express, heal, inspire and enjoy. He not only shows this, but explains how to do it.

*Heavens and Hells of the Mind* links yoga with other major spiritual traditions, including but not limited to Christianity, Judaism, Tibetan and Zen Buddhism, Gnosticism and Sufism, drawing parallel frameworks to illustrate where they connect and share essential truths and origins. It provides practical techniques, explanations and support for moving past personal limitations and obstructions, and integrating spiritual experiences into ordinary life.

Imre Vallyon fled communist Hungary in 1956 to establish the worldwide Foundation for Higher Learning. His 4-volume set of books is a hefty 2142 pages long, and one of many different titles available through Sounding-Light Publications. It includes a 353-page lexicon and index, and comprises three distinct sections:

1. Knowledge
2. Tradition
3. Transformation

*Heavens and Hells of the Mind* is so impressive and masterful that it has won major international awards, including a gold medal from the Independent Publishers' *Living Now* awards, and first place in New Zealand's *Ashton Wylie Charitable Trust Book Award*, whose judges pronounced it, "A remarkable and exhaustive work on human consciousness and the wisdom of the ages."

*Heavens and Hells of the Mind* can be purchased as individual books or as a set. It is available online at [www.soundinglight.com](http://www.soundinglight.com), or through Amazon and other distributors.

Philip Carter, editor of *Heavens and Hells of the Mind*, a project twenty years in the making, comprising thousands of pages of notes and hundreds of talks, will be conducting a book tour through western Canada. Here are dates, places and times where he will appear:

<b>City:</b>	<b>Location:</b>	<b>Date:</b>	<b>Times:</b>
<b>Grand Forks</b>	Grand Forks Public Library	May 26, 2009	7:30 – 9:30 pm
<b>Kelowna</b>	Rotary Centre for the Arts	May 27, 2009	7:30 – 9:30 pm
<b>Salmon Arm</b>	Downtown Activity Centre	May 28, 2009	7:30 – 9:30 pm
<b>Kamloops</b>	Smorgasbord	May 29, 2009	6:30 – 8:30 pm
<b>Silverton</b>	Hand & Soul	May 31, 2009	7:30 – 9:30 pm
<b>Kaslo</b>	Langham Museum and Archives	June 1, 2009	7:30 – 9:30 pm
<b>Vancouver</b>	TBA	June 4 – 6, 2009	TBA
<b>Calgary</b>	TBA	June 13 – 14, 2009	TBA
<b>Edmonton</b>	TBA	June 15, 2009	TBA
<b>Saskatoon</b>	TBA	June 16, 2009	TBA