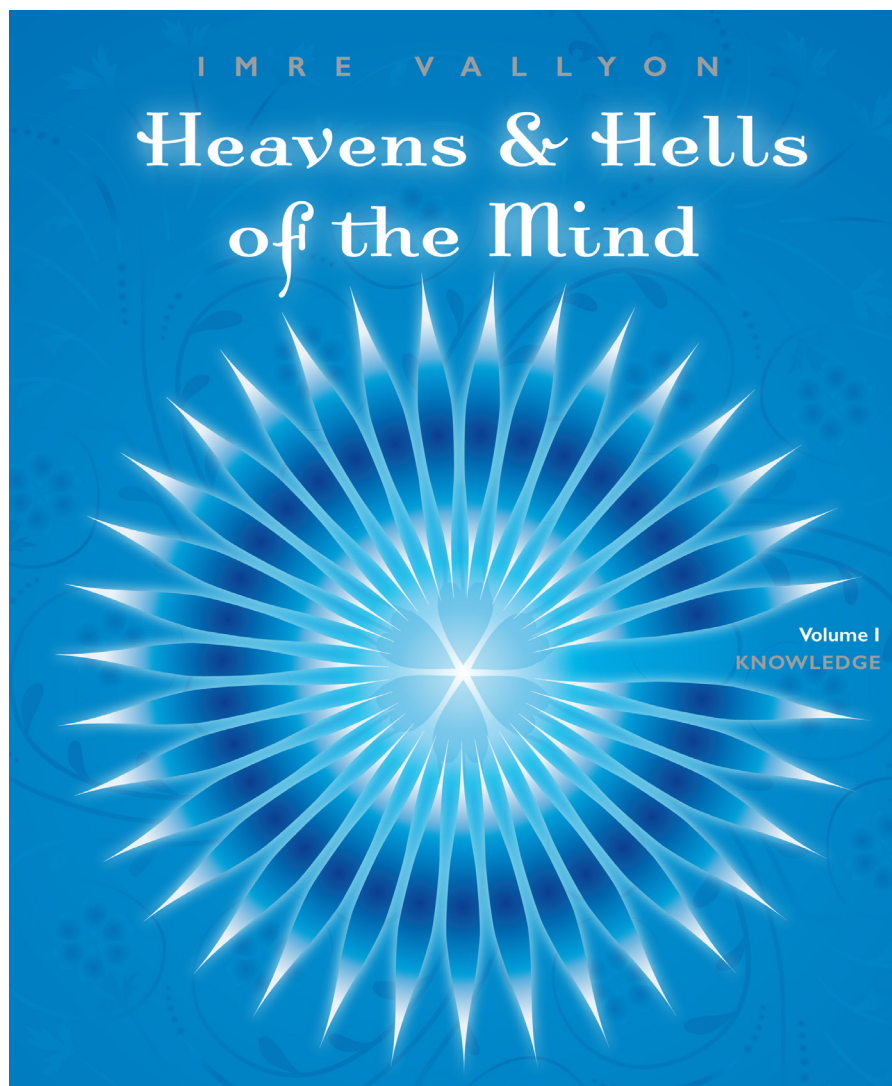




Sounding-Light Publishing Product Catalogue

June 2019



Four volume boxed set
 ISBN: 978-0-909038-30-4
 Edition: First, 2007
 Print: 190 x 230 (7.5 x 9")
 Boxed set of four volumes, 72 chapters, 2138 pp

Volume I: Knowledge
 ISBN: 978-0-909038-31-1
 Print: 190 x 230mm / 7.5 x 9"
 Softcover Smythe sewn 530p
Fundamentals of Spiritual Cosmology

Volume II: Tradition
 ISBN: 978-0-909038-32-8
 Print: 190 x 230mm / 7.5 x 9"
 Softcover Smythe sewn 602p
Inner teachings and practices of six major spiritual traditions

Volume III: Transformation
 ISBN: 978-0-909038-33-5
 Print: 190 x 230mm / 7.5 x 9"
 Softcover Smythe sewn 638p
Practical methods and guidance for attaining Higher Consciousness

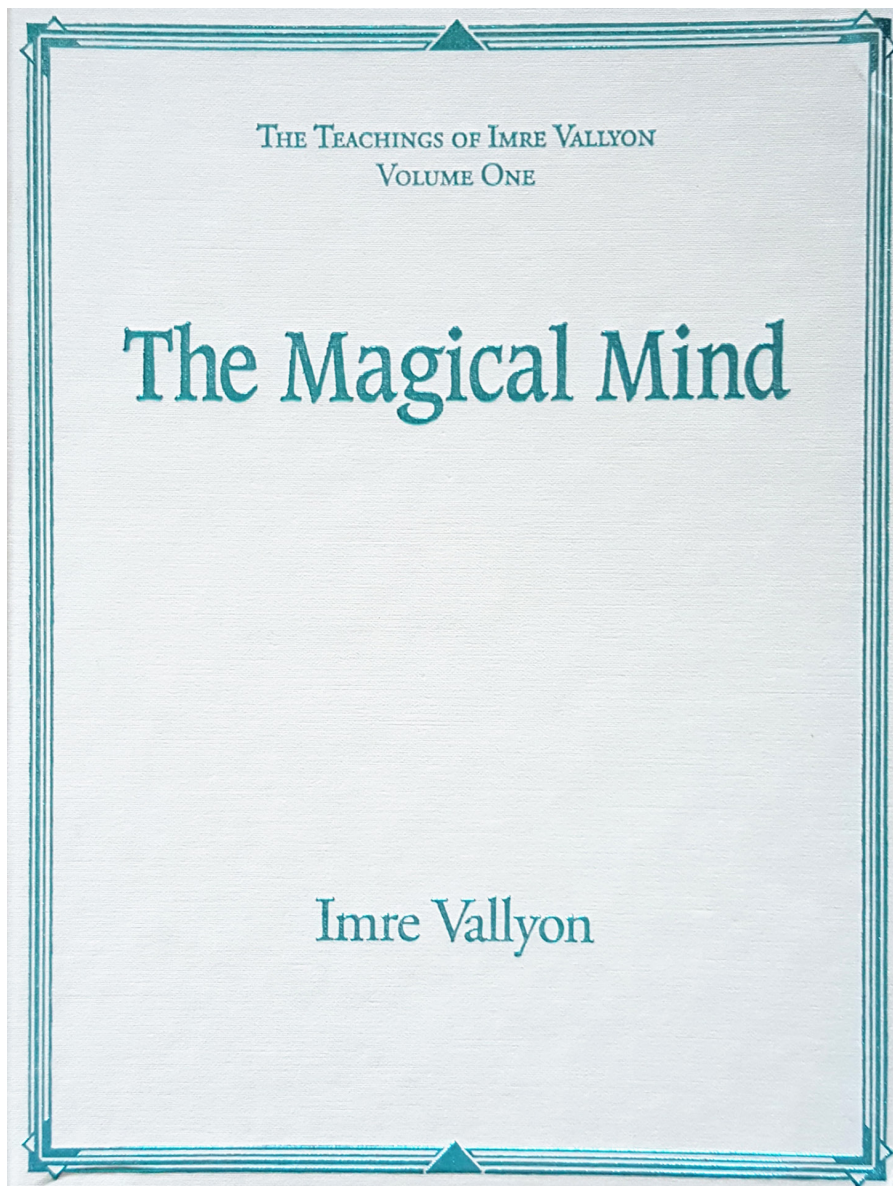
Volume IV: Lexicon
 ISBN: 978-0-909038-34-2
 Print: 190 x 230mm / 7.5 x 9"
 Softcover Smythe sewn 372p
Comprehensive Index and a 2,100 word Lexicon

Volume I: Az Istenné válás útja
 Language: Hungarian
 ISBN: 978-0-909038-35-9
 Edition: First, 2018
 Print: 190 x 235mm / 7.5 x 9.25"
 Paperback, 296 pages

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.

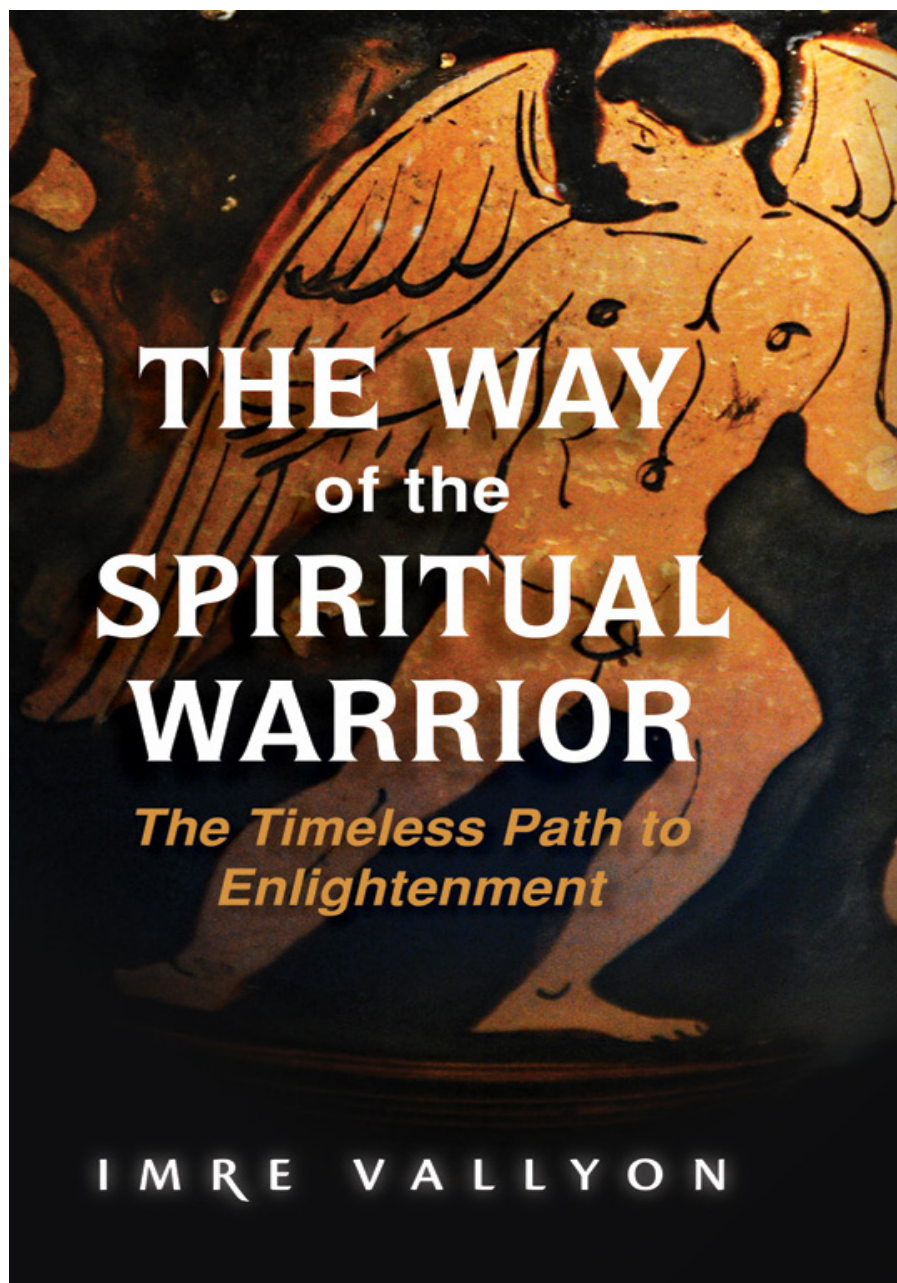
Presented as a striking four-volume boxed set of superior quality, *Heavens and Hells of the Mind* is richly illustrated with detailed graphics and evocative photography, and complemented by sidebars and definitions, extensive cross-referencing and a unique multi-lingual Lexicon of the Wisdom Language.

Download the index and sample chapters at www.soundinglight.com



The Magical Mind 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.

Title: The Magical Mind
Author: Imre Vallyon
ISBN: 978-0-909038-11-3
Edition: First, 1990
Subject: Psychology, Philosophy, Meditation
Positive Thought
Print:
200 x 255mm / 7.8 x 9.5"
Hard cover, 692 pages

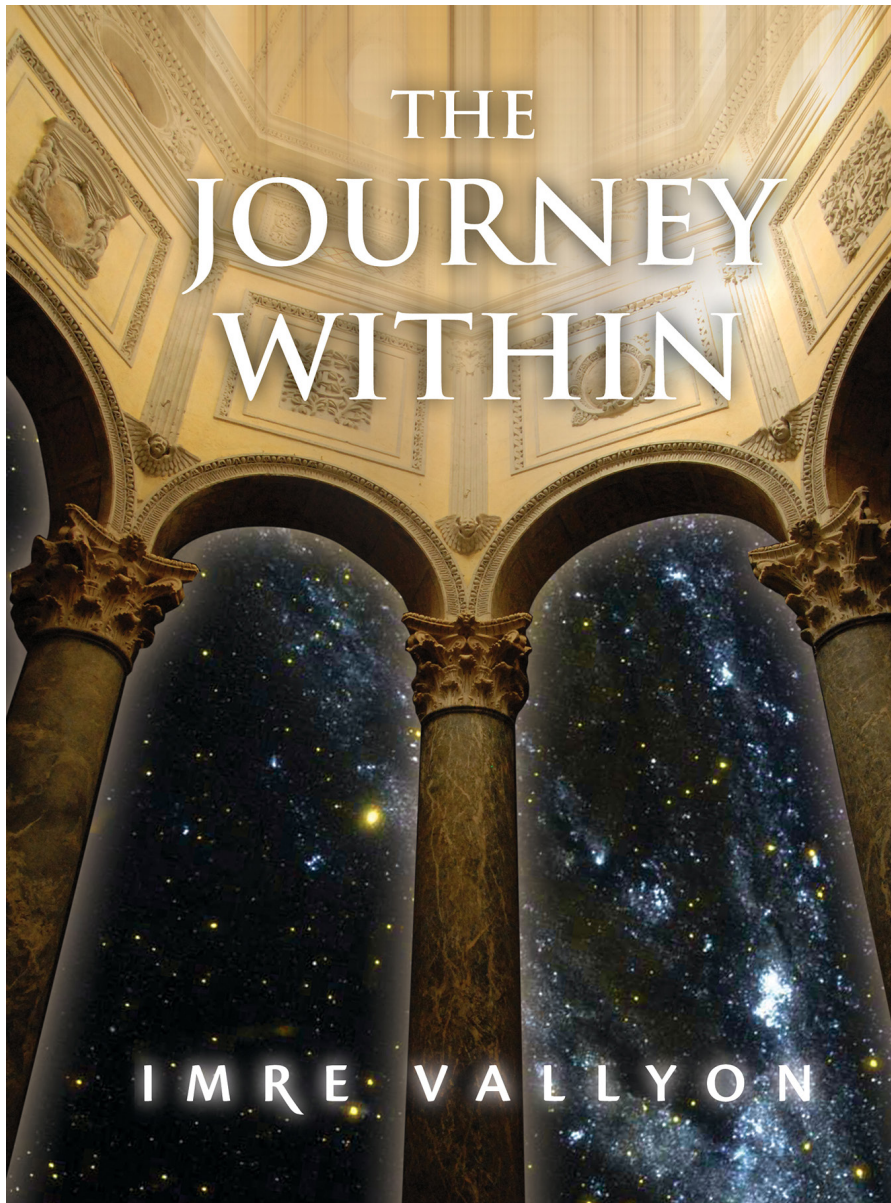


The Way of the Spiritual Warrior starts with self-knowledge, learning to harmonize your personality, bringing the several parts of you together so that your body, emotions and thoughts are coordinated and function as a unit. Here you practise physical techniques, emotional control techniques and mind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

Title: The Way of the Spiritual Warrior
Author: Imre Vallyon
ISBN: 978-0-909038-49-6
Edition: First, 2016
Subject: Body, Mind & Spirit; Enlightenment, Spiritual Warrior
Language: English
Print: 152 x 228mm/ 6 x 9"
Paperback, 364 pages
Electronic: Mobi, ePub, PDF download bundle.

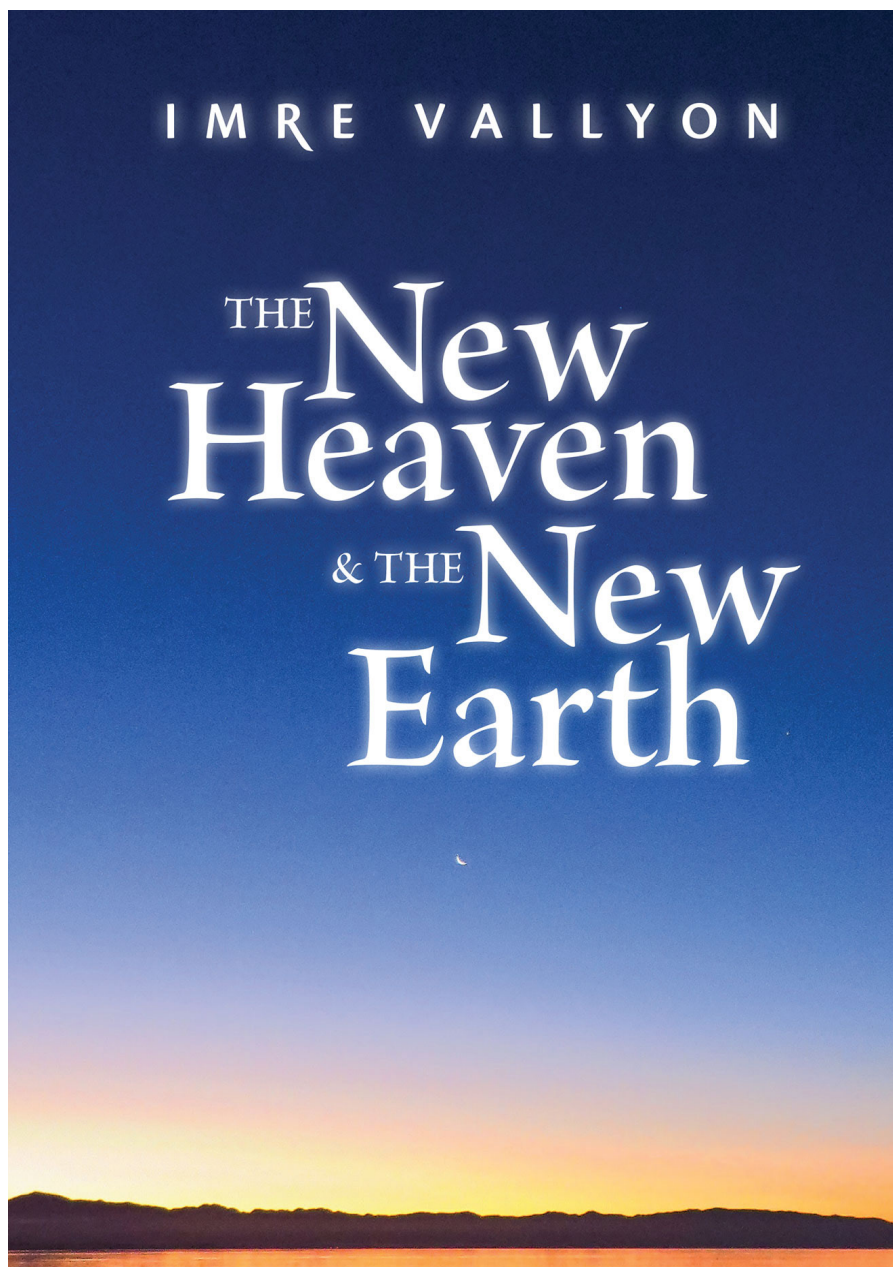


The Journey Within is a print compilation from the popular *Spiritual Path Series* of ebooks by Imre Vallyon. It offers the spiritual seeker an accessible yet comprehensive introduction to the Universal Spiritual Teaching, stressing the need for right understanding while walking the Spiritual Path in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

Title: The Journey Within
Author: Imre Vallyon
ISBN: 978-0-909038-70-0
Edition: First, 2015
Subject: Body, Mind & Spirit; Enlightenment, Karma, Death, Meditation, Yoga, Inspiration.
Compiled from the Spiritual Path series of ebooks.
Language: English
Print: 152 x 228mm/ 6 x 9"
Paperback, 252 pages



In *The New Heaven and the New Earth*, the completion of his trilogy with *Planetary Transformation* and *The New Planetary Reality*, Imre Vallyon 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.

Title: The New Heaven and the New Earth

Author: Imre Vallyon

ISBN: 978-0-909038-68-7

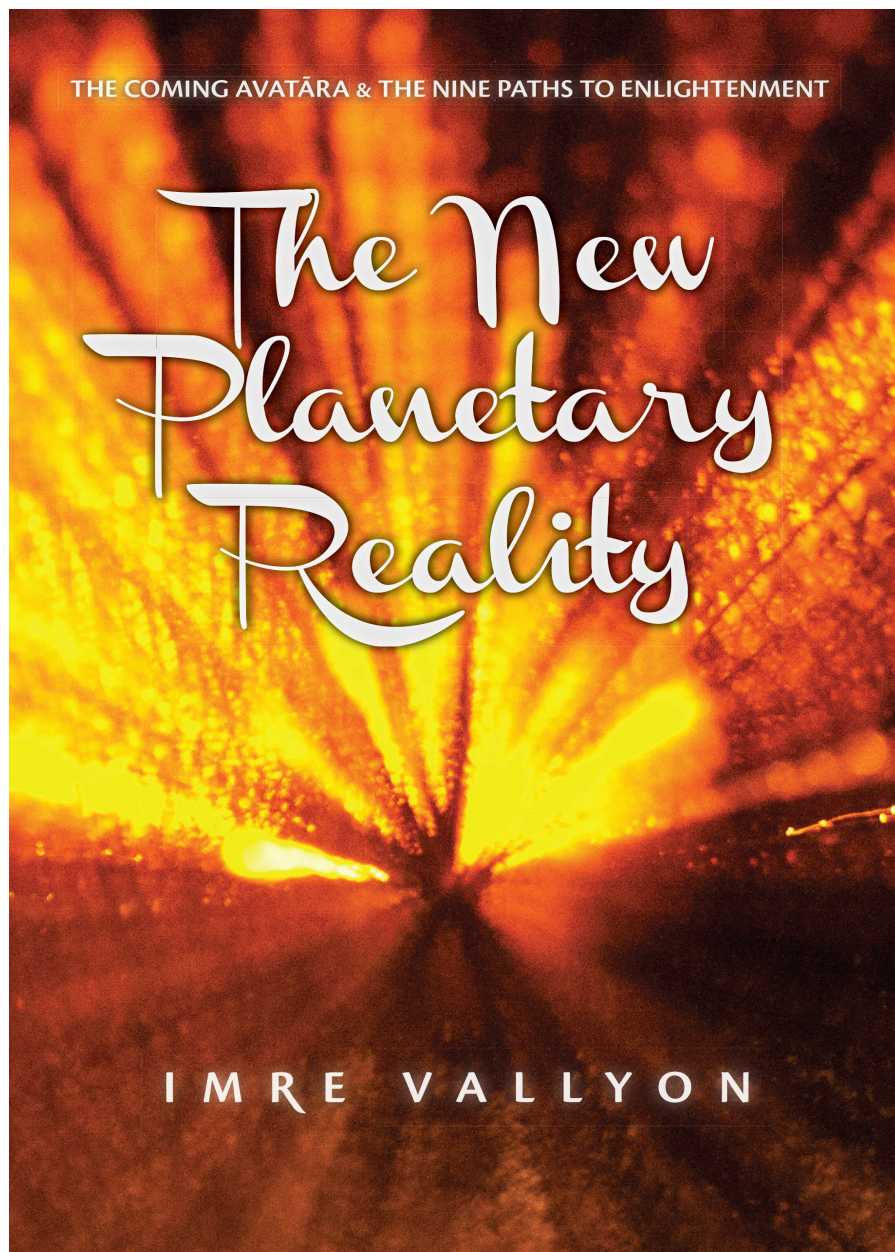
Edition: First, 2014

Subject: Body, Mind & Spirit; Enlightenment, Planetary Transformation

Language: English

Print: Paperback, 252 pages
152x228mm/6x9"

Electronic: Mobi, ePub,
PDF download bundle.



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.

Title: The New Planetary Reality

Author: Imre Vallyon

ISBN: 978-0-909038-65-6

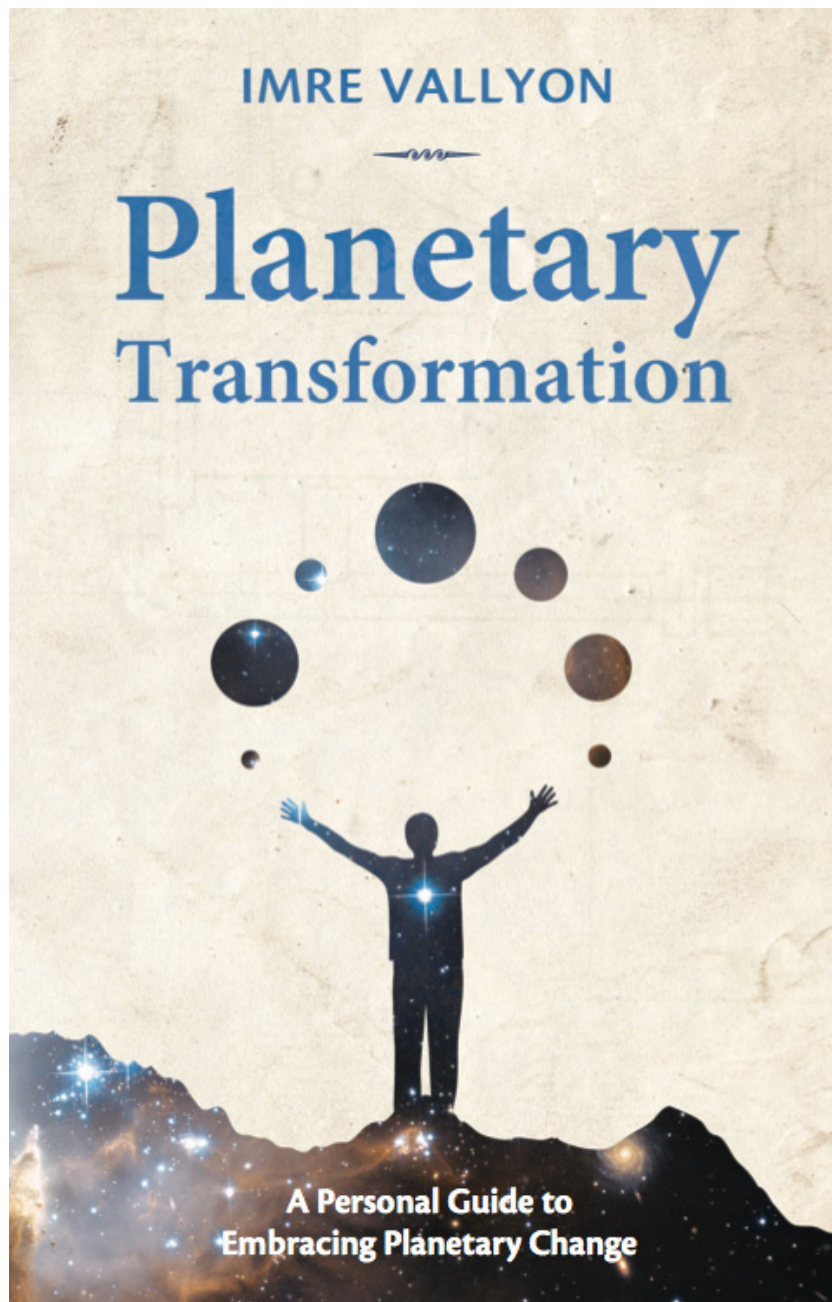
Edition: Second, 2015

Subject: Body, Mind & Spirit; Enlightenment, Planetary Transformation

Print: 152 x 228mm/ 6 x 9"

Paperback, 238 pages

Electronic: Mobi, ePub, PDF download bundle.



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.



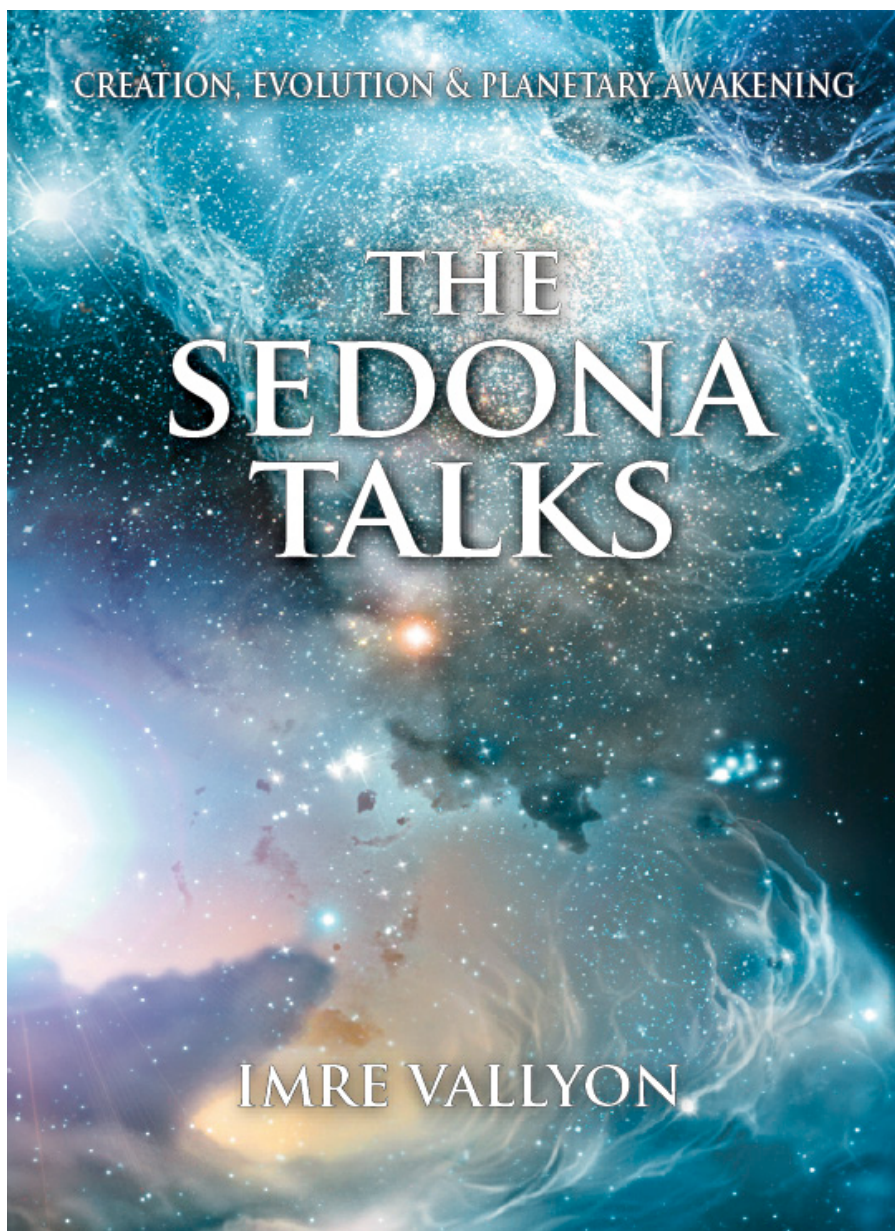
Felkészülés az Új Korra

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 válaszokat, 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.

Language: English
Author: Imre Vallyon
ISBN: 978-0-909038-61-8
Edition: First, 2010
Subject: Body, Mind & Spirit; Enlightenment, Planetary Transformation
Print: 133 x 203mm / 5.2 x 8"
Paperback, 230 pages
Electronic: Mobi, ePub, PDF download bundle.

Language: Hungarian
ISBN: 978-0-909038-62-5
Editions: Second 2014
Print: 133 x 203mm / 5.2 x 8"
Paperback, 212 pages



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."

Language: English

Author: Imre Vallyon

ISBN: 978-0-909038-46-5

Edition: Third, 2016

Print: 152 x 228mm / 6 x 9"

Paperback, 152 pages

Electronic: Mobi, ePub, PDF download bundle.

Language: French

ISBN: 978-0-909038-59-5

Edition: First, 2010

Print: 133 x 203mm / 5.2 x 8"

Paperback, 216 pages

Electronic: PDF download bundle.

Heart to Heart Talks

IMRE VALLYON



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.

Language: English

Author: Imre Vallyon

ISBN: 978-0-909038-43-4

Edition: Second, 2016

Print: 152 x 228mm / 6 x 9"

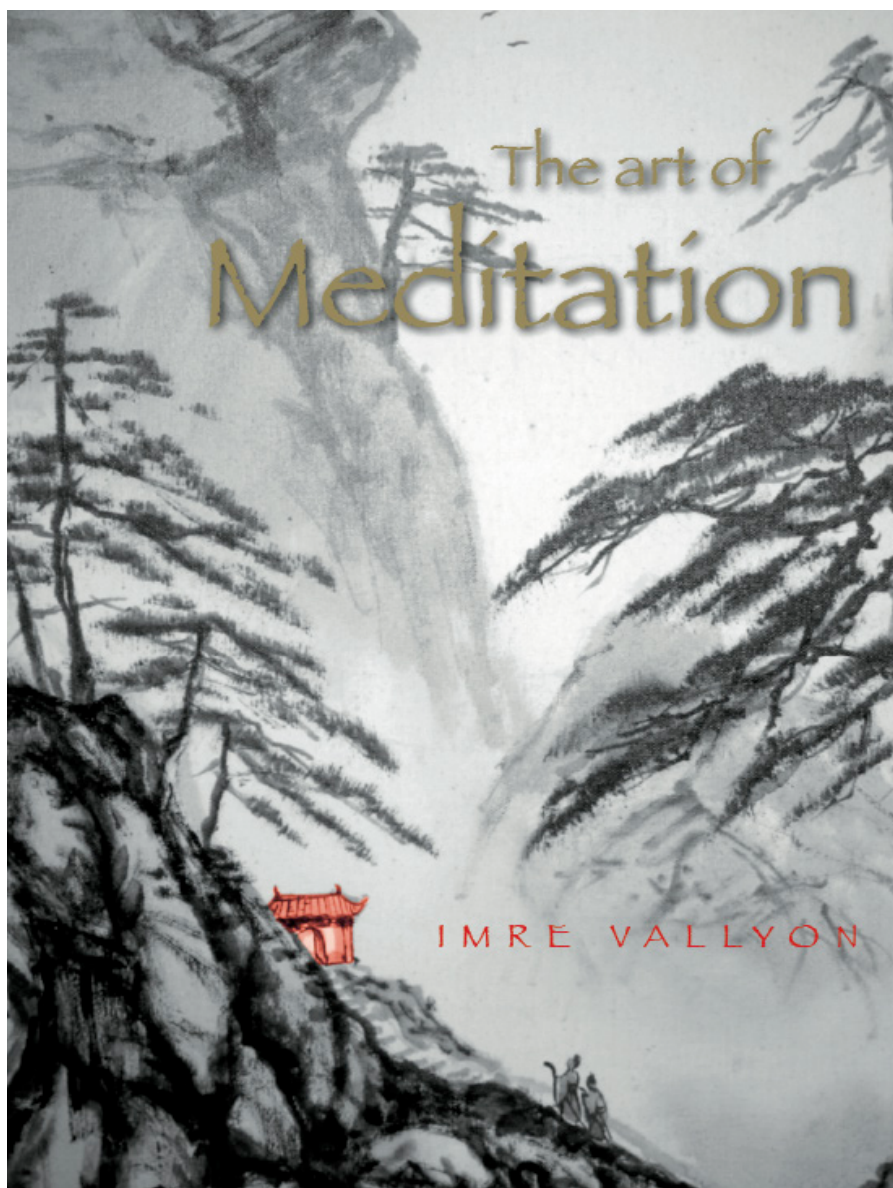
Paperback, 118 pages

Language: French

ISBN: 978-0-909038-48-9

Edition: First, 2015

Electronic: Mobi, ePub, PDF
download bundle.



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
Edition: Second, 2007
Print: 130 x 180mm / 5 x 7"
Paperback, 112 pages
Electronic: Mobi, ePub, PDF download bundle.



l'Art de la Méditation

Pourquoi faire un travail spirituel? Pourquoi méditer? En quoi les Voies orientale et occidentale sont-elles différentes? Ces questions trouvent leurs réponses dans ce livre qui va du but jusqu'à l'art de la méditation en passant par les processus de méditation des diverses traditions spirituelles. Les concepts de prière et de mantra sont présentés et expliqués d'une manière simple et non sectaire. Ce livre s'adresse aussi bien au débutant qu'à ceux en charge d'enseigner la méditation avec pour but la libération de l'Etre humain.

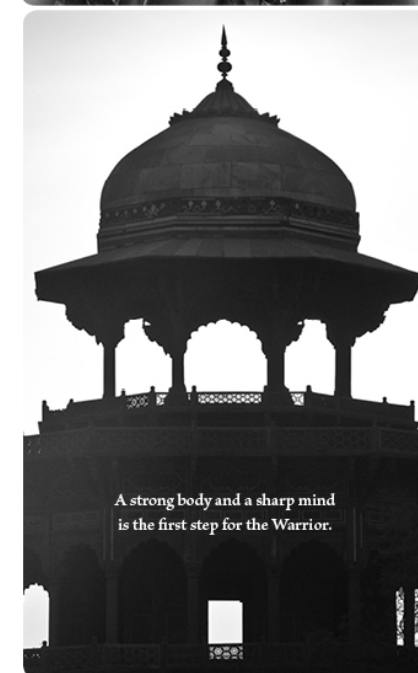
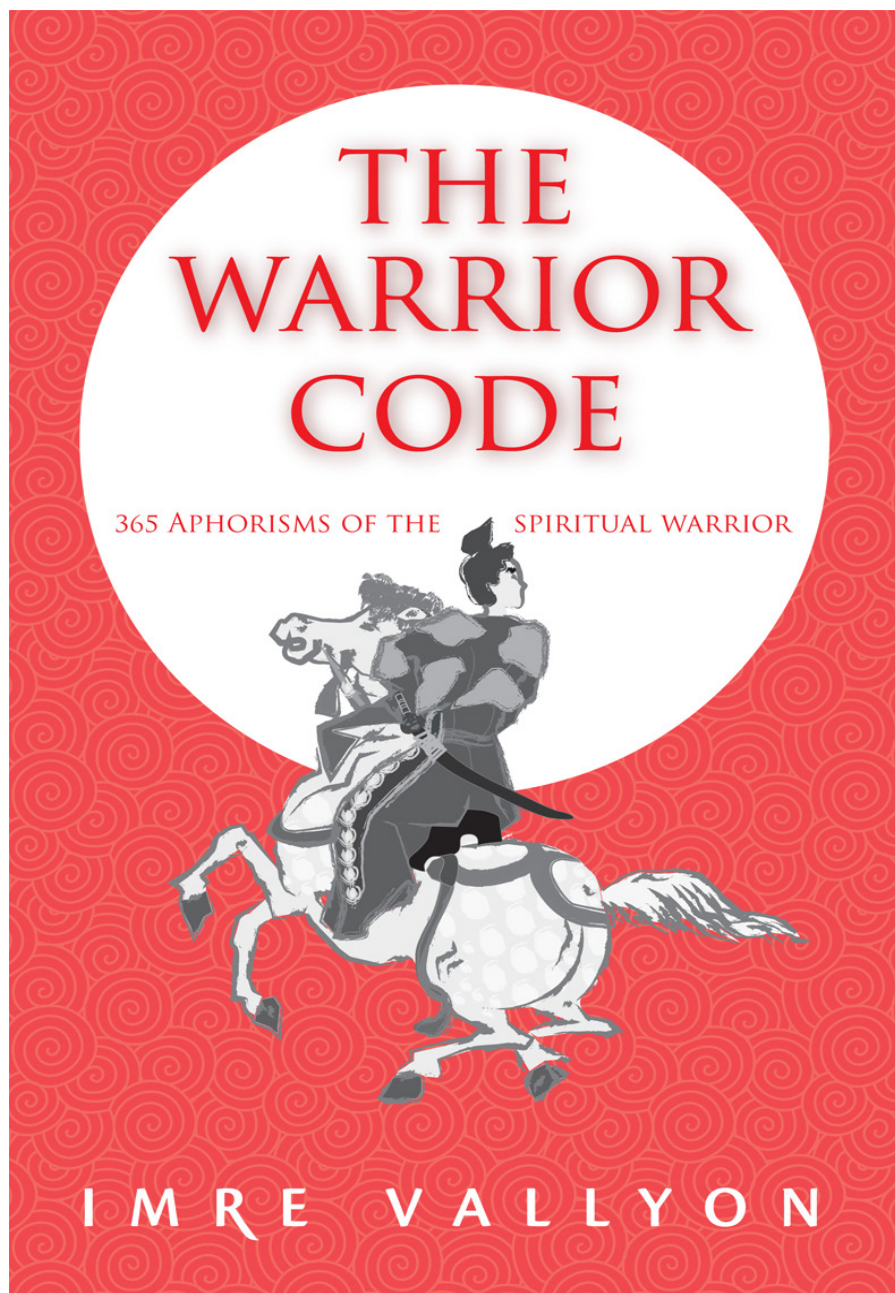
Language: French
ISBN: 978-0-909038-60-1
Edition: First, 2010
Print: 133 x 203mm / 5.2 x 8"
Paperback, 124 pages
Electronic: Mobi, ePub, PDF download bundle.



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 werkelijke, 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
ISBN: 978-0-909038-63-2
Edition: First, 2011
Print: 130 x 180mm / 5 x 7"
Paperback, 144 pages





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 vormgegeven 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 Lumière, 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 Lumière.



A Spirituális Harcos

„A spirituális harcos” bámulatos kézikönyv arról, hogyan élünk harcokként ezen a bolygón. Számtalan gyakorlati tanácsot tartalmaz. De más haszna is van, segít a problémák özőnében 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 kommunikációban 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 étellel 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.

Language: English
Author: Imre Vallyon
ISBN: 978-0-909038-64-9
Edition: Second, 2011
Paperback, 168 pages
Electronic: Mobi, ePub, PDF download bundle.

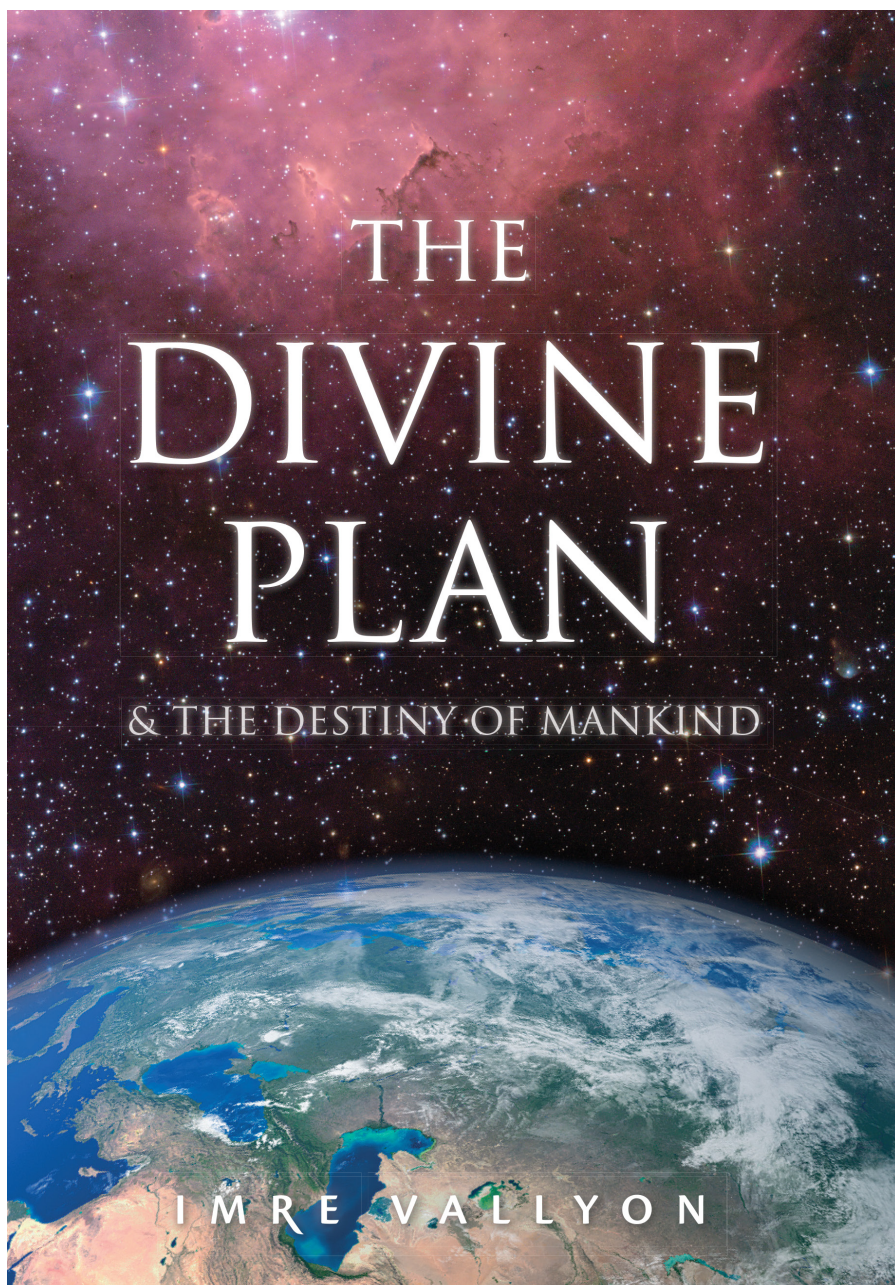
Language: Dutch
ISBN: 978-0-909038-66-3
Edition: First, 2012
Paperback, 172 pages

Language: French
ISBN: 978-0-909038-58-8
Edition: First, 2009
Paperback, 122 pages

Language: Hungarian
ISBN: 978-0-909038-57-1
Edition: First, 2009
Paperback, 102 pages

Language: Italian
ISBN: 978-0-909038-67-0
Edition: First, 2014
Paperback, 122 pages

FOREIGN RIGHTS GRANTED
Language: Turkish
Publisher: Mona Kitap
ISBN: 978-6-052182-12-3
Edition: First, 2017
Paperback, 158 pages



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.

Title: The Divine Plan and

the Destiny of Mankind

Author: Imre Vallyon

ISBN: 978-0-909038-47-2

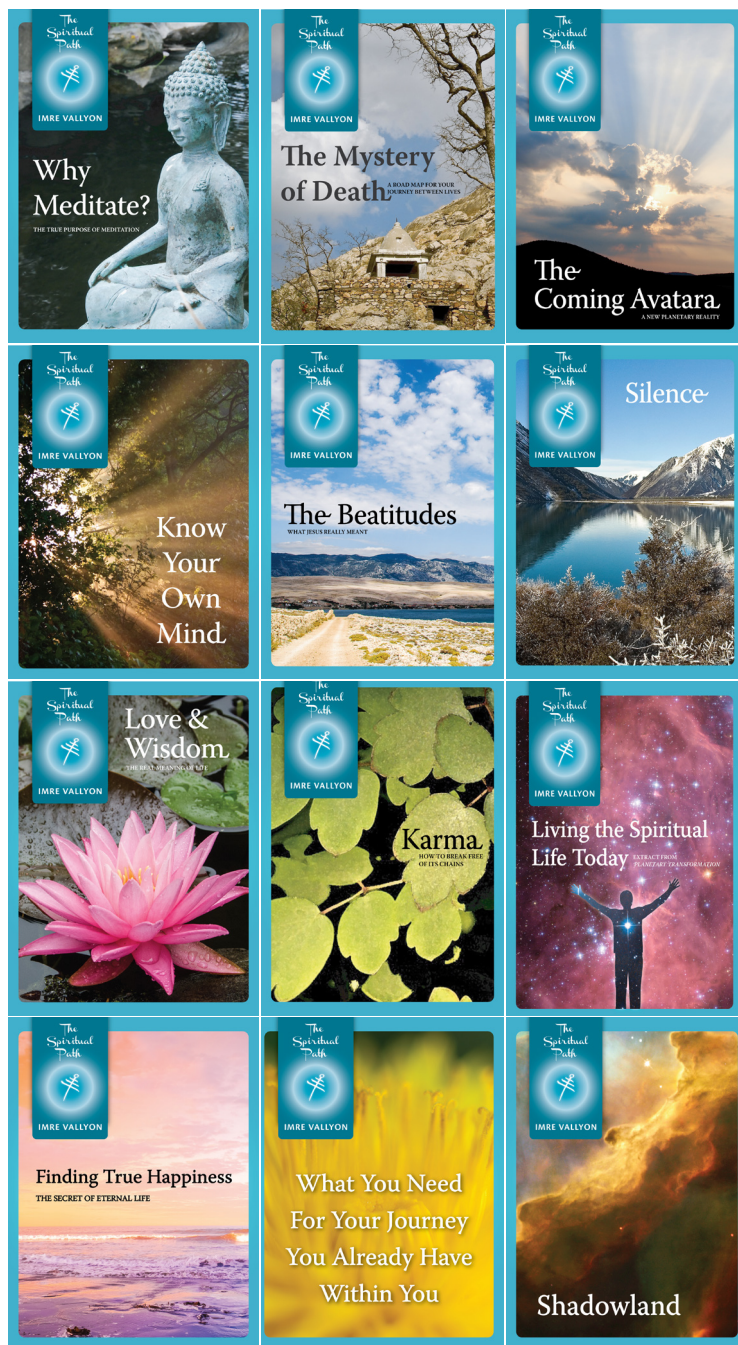
Edition: Second, 2016

Print: 152 x 228mm / 6 x 9"

Paperback, 250 pages

Language: English

Electronic: Mobi, ePub, PDF
download bundle.



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.

Title: The Spiritual Path
Author: Imre Vallyon
Electronic: Download in ePub, mobi & PDF format.

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

German

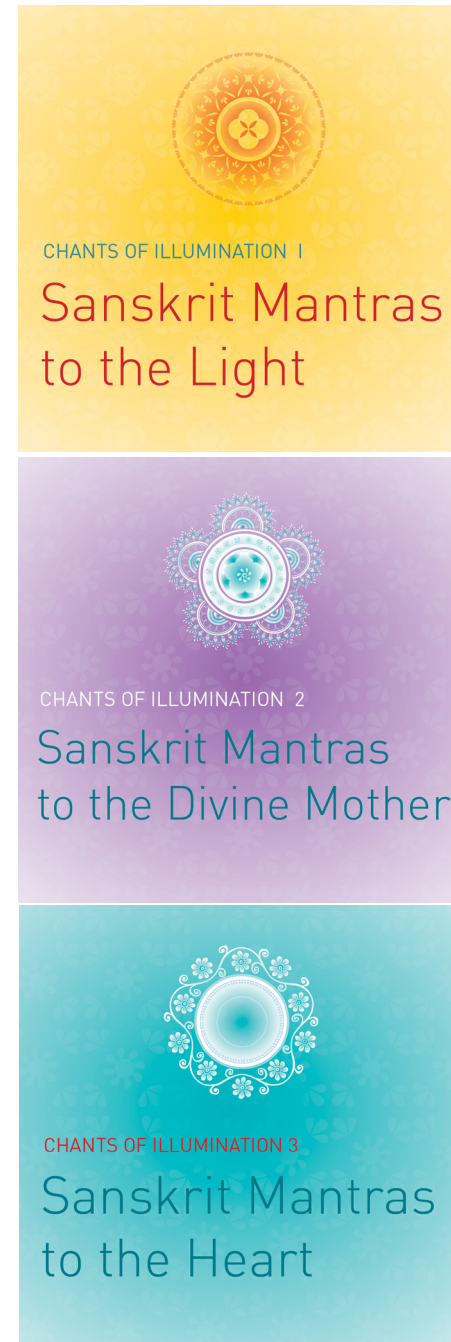
10. Die Suche nach dem wahren Glück

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

ISBN: 978-0-909038-73-1

Editions: First Edition 2006,
Second Edition 2014

Format: Audio CD, 67 mins

Production: Sanskrit chanting by members
of Foundation for Higher Learning.
Recorded in 'Kasteel de Berckt', Holland.
Mastered by Musicom, Münster, Germany.

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

ISBN: 978-0-909038-75-5

Edition: Second, 2015

Format: Audio CD, 79 mins

Production: Sanskrit chanting by
members of Foundation for Higher
Learning. Recorded in Baarlo, Holland.
Mastered by Musicom, Münster,
Germany.

Wisdom Talks by Imre Vallyon

A prolific writer and lecturer, Imre Vallyon inspires readers towards deeper meaning and purpose in their lives through the cultivation of spiritual Knowledge, Wisdom and Love. Born with a gift of Interior Realization, Imre fled Hungary as a teenager in 1956. Since 1980 he has travelled extensively, sharing his profound insights into the nature of Reality and the human experience, along with the intensely practical process of reconnecting to our inner selves, the eternal Self that cannot die.



All Wisdom Talks are available as MP3 downloads for use on ipod, iphone, mp3 players and personal computers. Wisdom Talks can be purchased and downloaded at the Sounding-Light Publishing store at www.soundinglight.com

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

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