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BOOKS

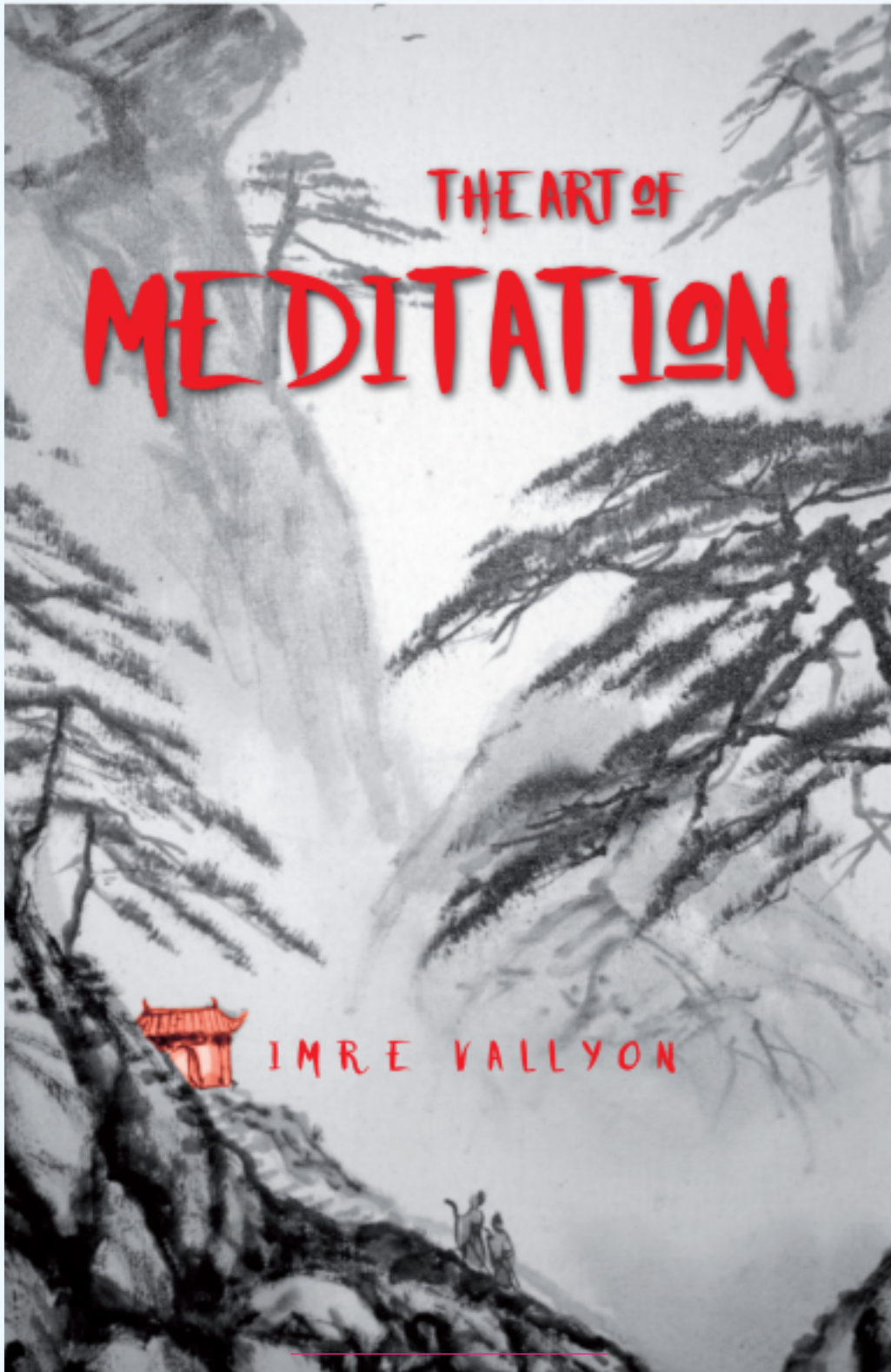
#BOOK
OF THE MONTH

STARTS SAT. 1. JUNE 2019
ENDS SUNDAY 30. JUNE 2019

GERMANY

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The Art of Meditation
by Imre Vallyon

www.the-wittmann-agency.com



Imre Vallyon

The Art of Meditation

Paperback · 112 pages · 13,0 x18,0 cm · Genre: Energy, Healing, Meditation, Spiritual Guidance

Language: English

Cover and inside picture artwork can be licensed separately

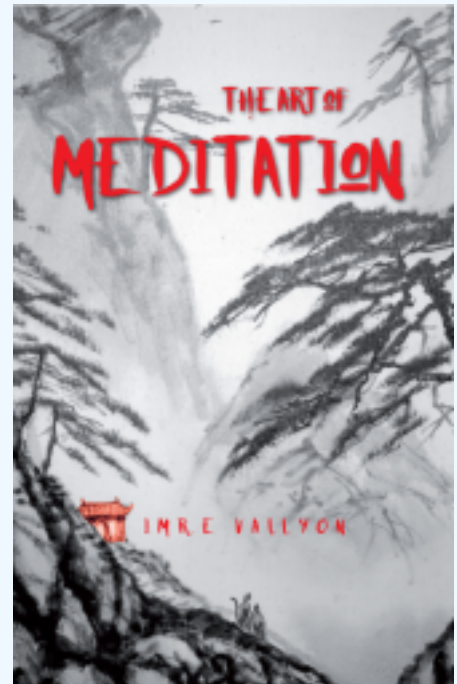
1st edition: 2002, 2nd edition: 2007

Publisher: Sounding-Light Publishing, New Zealand

ISBN 978-0-909038-56-4 · US-\$ 11,95

English manuscript - Dutch manuscript - French manuscript available

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Body, Spirit & Mind

English Description: © Sounding-Light Publishing, NZ

“The first lesson of meditation is: be yourself and begin where you are,” writes Imre Vallyon. 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?

Imre Vallyon

Born in 1940 in Budapest, Hungary, Imre Vallyon emigrated to New Zealand at the age of sixteen. Imre's extraordinary knowledge of human spirituality is neither derived from scholarly research nor channelled from the psychic dimensions. Imre's work is one of synthesis. His writing is universal, not biased towards any particular religion or tradition. His Teaching spans the full spectrum of human experience: reaching through time, illuminating the great Spiritual Teachings and Sacred Languages of our planetary history while pointing the way to the future. Over the past decade Imre's writings and talks have been focused on the momentous changes of our planet. The four-volume treatise Heavens & Hells Mind was awarded first place in the prestigious Ashton Wylie Charitable Trust Awards, and won a gold medal in the Living Now Awards.

PUB QUIZ

JUNE 2019

Self Test...

What is

Backlist in book publishing?

Backlist - Books from previous seasons that are still in print. In non-fiction and children's publishing, a book can remain on a publisher's backlist for many years, particularly if they are award-winners or regarded as "classics." Backlist books often outsell new titles, and for that reason many local bookstores carry more backlist than "frontlist" titles.

Spoiler: Did you know amazon, iTunes and the likes make over 50% of their turnover and profit from the long-tail and not the best-sellers?



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WANT MORE?

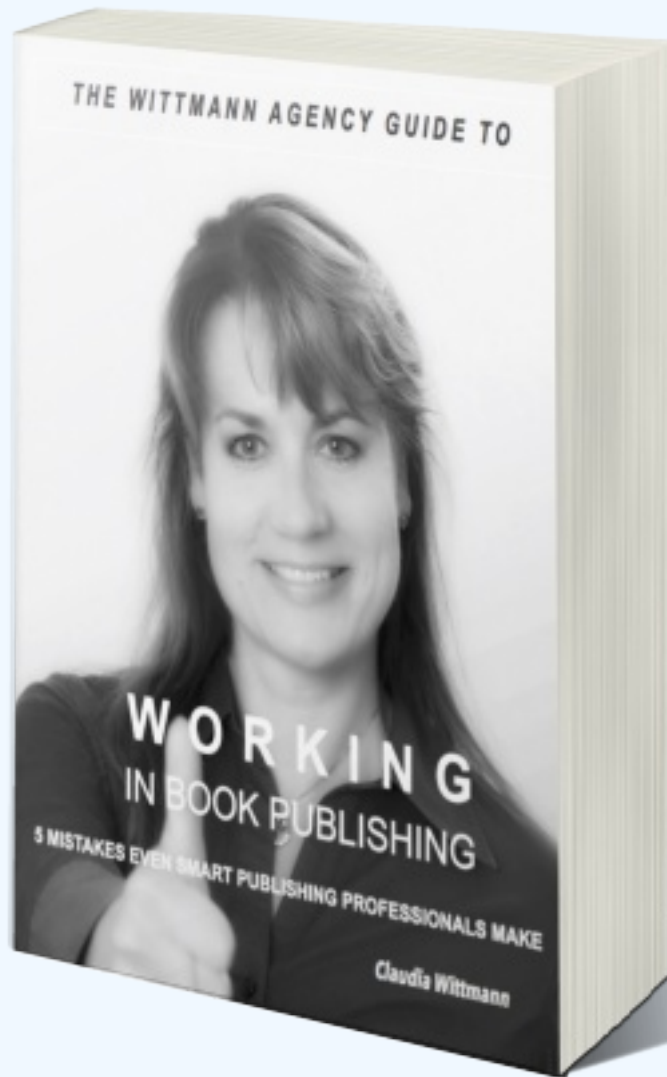
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Free Guide /Workbook
by Claudia Wittmann

www.the-wittmann-agency.com

What you'll discover in this guide

This guide breaks down the 5 biggest mistakes
publishing pros make in online business
nowadays and gives you context on why they
matter and how to spot and fix them.

You get tips, tools and best practice to avoid these
mistakes in future.

Recommended for people who want to make an
impact online.

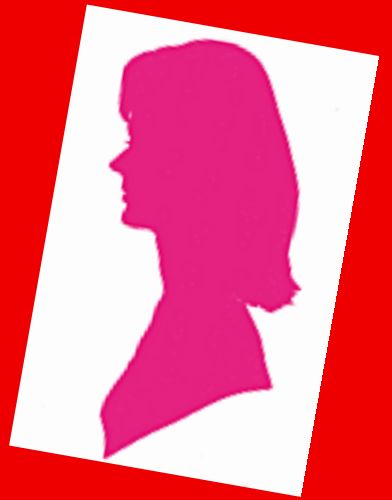
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