

**The Art of Meditation**  
by Imre Vallyon

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Imre Vallyon

## The Art of Meditation

Genre: Energy, Healing, Meditation, Spiritual Guidance

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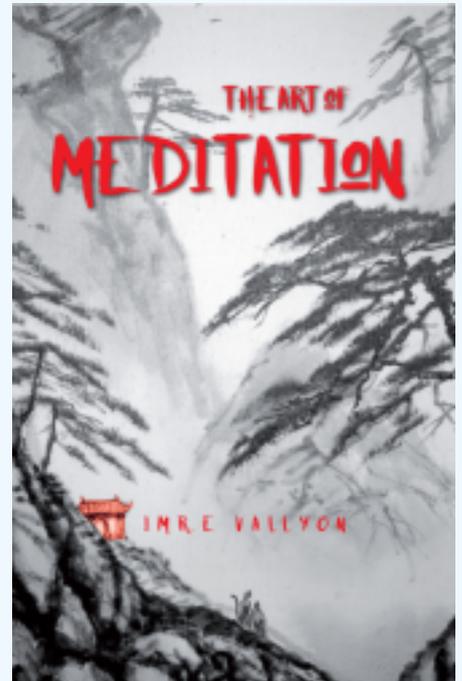
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*Body, Spirit & Mind*

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 does 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.

His 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*.