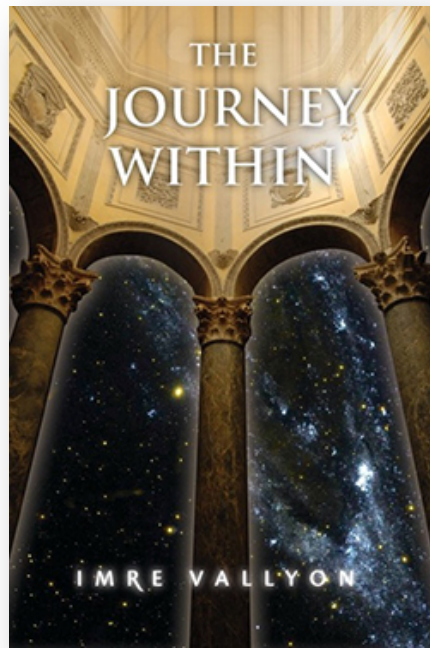


# EXCERPT FROM

## The Journey Within

By Imre Vallyon

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### **Excerpt One:** (300 words)

**E**very living human being has a physical body, a temporary house, but we also have a source from which we have come, a divine source.

The Spiritual Path begins for you when you have a desire to reconnect to that source. And then you are faced with a dilemma: *how* do you reconnect to your Source?

So you begin what we call the *seeking stage*. You listen to Hindu swamis or Tibetan monks; you go to a Christian church, a Jewish synagogue, a Muslim mosque. This is where the beginning of the Path is so confusing because the world offers so many choices and steers you in so many directions. With the ease of communication nowadays, you can search the Internet and get all kinds of information. Your mind can become overloaded with conflicting ideas from philosophers, theologians, metaphysicians and religious people. It doesn't mean that the Dalai Lama is wrong or the Pope is wrong. All it means is that out of that welter of confusion, you have to find *your* path, what *you* have to do to reconnect.

Here lies your dilemma and this is where you need a real Teacher, not someone who teaches theoretical ideas but who has actual experience, because the Spiritual Path is only experience. Some of the greatest saints had no philosophy or structured thinking whatsoever; they just *experienced* the inner realities and they taught from that. People were able to follow their instruction and experience the Inner Reality without any kind of background philosophy, without getting bogged down with complicated theological doctrines that lead precisely nowhere.

So I will try to simplify the whole issue from my personal experience so that you can understand what this spiritual quest, the search for Enlightenment, is really about. There are basically two paths to Enlightenment: the *Passive Path* and the *Active Path*.

### **Excerpt Two:** (480 words)

In this extremely materialistic society in which we are living, there is too much emphasis on physical things, on physical comforts and enjoyment, on mental creativity and thinking for its own sake. With all that busyness of society, the *spiritual* part of us—that which has existed since the beginning of time and which will exist until the end of time and beyond—is completely forgotten. Of all the people in the world, how many are desperately seeking the spiritual part of themselves? Thousands maybe, but what is that compared to the seven billion on this planet?

To use an analogy: imagine you have fifteen million euros in a Swiss bank account. Your parents gave it to you but somehow you know nothing about it, and meanwhile you continue to live as a homeless person, sleeping at the railway station and thinking you are miserable and unhappy. Similarly, we each have this incredible Spiritual Reality within us—we are omniscient, omnipresent, omnipotent, full of absolute Bliss, Love, Joy, Ecstasy and vibrant living—and we know nothing about it! Furthermore, we are not even interested in seeking it, because we are so entrapped in material pursuits or personality satisfaction—the satisfaction of the physical body, the mind and the emotions.

Within us is another dimension, another vast, bright, imperishable Reality, full of Ecstasy, Joy, Potential and Creativity beyond imagination, and we don't even want to know about it! This is the disaster of modern society. And because we have forgotten the essential Self, the *real Being* within ourselves, we have wars and stress in society; we have family problems, work problems, political and religious problems. We are not connected to our Spiritual Source; we are completely out of tune with Reality and will continue to have problems until the end of time unless we realize that our society is completely off the rails. We are looking for solutions at the level of the personality—psychological, sociological, philosophical and political explanations—but they never have solved the problem and never will. They cannot solve the problem because they only revolve around this limited expression of reality.

What we see in this world is only a fragment of Creation. The vast *physical* Universe is literally just the surface or skin of the multidimensional, infinite Space. People do not seem bothered to seek this multidimensional, almighty part of Nature and that great, almighty part of themselves.

However, those people who have started on the Spiritual Path have seen beyond that limited view of reality and believe there is something inside them that is greater, something well worth seeking. You may call it Self-Realization, the Realization of Truth, the Realization of God, the Realization of Nirvāṇa, of the Buddha-Mind or the Kingdom of Heaven. That belief is an indication that people are searching within for the greater part of themselves and the greater part of the Cosmos—that which they cannot see.