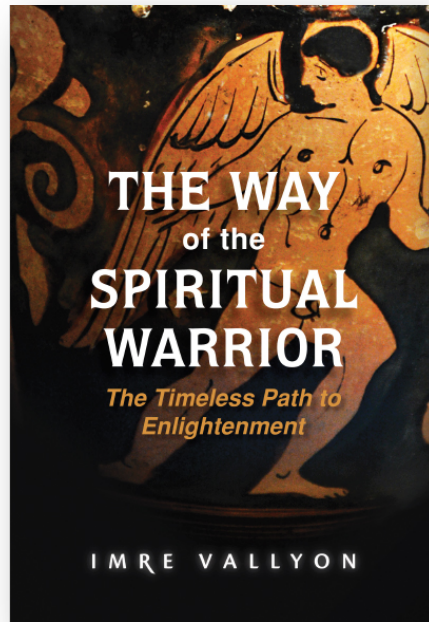


EXCERPT FROM

The Way of the Spiritual Warrior

By Imre Vallyon



500-Word Excerpt

The Spiritual Warrior School that I'm talking about has nothing to do with a particular religion, nothing to do with a particular culture, nothing to do with a particular *way*. It is the unveiling of the Divinity within each single person who enters the School, unveiling the Light within that person, because the Light shines uniquely within each person.

That is what we are trying to do, and it does not involve escaping the world. In the time of the Buddha that idea was already well established, and the Buddha also taught that you are supposed to escape from this dimension and absorb yourself into Nirvāṇa. But we do not say that you have to escape this world and enter Nirvāṇa. We say that you enter Nirvāṇa and enter this world; you enter the total Reality, because Nirvāṇa is just another part of the Inner Worlds in the Mind of God.

In the process of attaining Nirvāṇa, moreover, two things happen: first, to get there, all that matters to you is your own Liberation, so you are useless to the world; and second, when you get there you are absorbed in a tremendous Bliss Consciousness, so again you are no help to the world and its evolution. People who are already in Nirvāṇa cannot liberate this world or help planetary evolution because they are tuned up and have no tuning-down devices. They are in a state of consciousness where they cannot even perceive the world condition; to them it does not exist anymore.

The Spiritual Warrior, however, perceives the world condition and is able to put the Light of Nirvāṇa, the Divine Consciousness, into the world, to change the planetary structure, the very atomic vibration of the planet. As a Spiritual Warrior you start off *here*, using your physical body and the physical world as a base, and then slowly expand outwardly and inwardly, extending your circle of awareness towards the inner dimensions and absorbing

ever-larger realities. And when you enter Nirvāṇa as a Spiritual Warrior, Nirvāṇa becomes part of that all-inclusiveness, part of the vast embrace of the Warrior, the outer region of that embrace. But all the while you are still centred in the world, still actively working to liberate Humanity from its worldly condition.

This is what most people do not understand: The Buddha was a Spiritual Warrior; the Christ was a Spiritual Warrior; Moses was a Spiritual Warrior; Muhammad was a Spiritual Warrior; Kṛṣṇa was a Spiritual Warrior; Arjuna was a Spiritual Warrior, Lao Tzu was a Spiritual Warrior. All the great spiritual reformers of the past belonged to the Spiritual Warrior School—*without exception*. Which means they followed the Path of the Warrior that we are describing, not symbolically but in the literal sense of the word. They put the energy of Enlightenment into the world to transform the world with the Understanding and Inner Wisdom they had gained. They did it because they were Warriors—true Warriors following the true Spiritual Warrior Path.

EXCERPT FROM: *The Way of the Spiritual Warrior* by Imre Vallyon
© Imre Vallyon. Excerpt is printed with permission of the publisher Sounding-Light Publishing Ltd. ISBN: 978-0-909038-49-6 List Price: US \$19.95

1,000-Word Excerpt

The Warrior Controls the Negative Emotions

The Spiritual Path requires some sort of effort on your part, things you have to do willingly and consciously. Whether it's Yoga, Tibetan or Zen Buddhism, Christian Mysticism or Jewish Kabbalah, there is no path where effort is not required. This is important because the New Age tendency is for *easy* spirituality. There are books written on how to master the Tarot system in ten lessons or attain Enlightenment in five minutes—which is of course total nonsense. Unfortunately, people like the idea of becoming enlightened without having to work at it, but it is a delusion, a cruel and dangerous one. Every Spiritual Path requires discipline and hard work. There is no escape from it. And anybody who promises that it is an easy thing has no clue about the Spiritual Path.

Now, discipline is a part of the Warrior Path also. By *discipline* I do not mean the gloomy Christian idea of discipline: that you can't go dancing because it is of the devil or you can't eat chocolate cake because it is of the devil. This, too, is just nonsense. And *discipline* is not what the Indian sādhu do who stand on one leg until the other leg withers away or who contort their bodies for years until they are totally useless. That is not discipline either, just

another form of stupidity.

By *discipline* I mean that you structure your life in such a way that it makes sense towards your spiritual ideal, that you organize your time and energy in such a way that you will be able to perform the spiritual work necessary to accomplish your goal. That is true discipline; it is intelligent and coherent and has understanding and purpose.

Part of the discipline of every true Spiritual Path is that you are required to work on your emotions. First, of course, you have to have emotions. I am not joking. Some people nowadays are so intellectual, so focused on the activity of their brain cells, that they do not actually feel emotions. They work out everything in their computer brains, like how they should react in certain situations, because they think emotions are just functions of the mind. They do not know that we have an emotional body and a mental body and that the two are completely separate from each other.

This is a tragedy, of course, but it does not concern us here. Most people have emotions and dealing with them is a supreme challenge on the Spiritual Path, whether it is an Eastern or Western Path. Whatever spiritual attainment you want, you must have *some* control over your emotions. I do not say complete control but some control.

The Warrior Path is the best and clearest example of this. In the olden days you had to fight with physical weapons. Nowadays you just shoot each other; there's no art in it at all. Anybody can shoot anybody; there's little skill required. But in the olden days the Warrior really had to be *aware*; it was a matter of life and death. In the midst of a battle you couldn't daydream, and if you lost control of your emotions, if you suddenly became angry and allowed the emotion to sweep over you, you would immediately lose your balance and you would be finished in no time. The Art of the Warrior is the supreme example of being in the moment one hundred percent, because if you are not, if you lose yourself for one second, you are finished.

This is a Warrior Principle and it can be applied in daily life because it is a practical example of the right way of living. When this principle of battle is transcribed into the battle of life (because life is literally a battle situation) it becomes: *If you lose emotional control, you have lost the battle.*

The real Warriors were warriors twenty-four hours a day and they lived as if they were in battle conditions every second of every day. They had to be full on, awake, aware, with their emotions under control and everything in their existence flowing coherently. It was an amazing spiritual discipline—unfortunately gone out of fashion these days—the toughest and the best of all the spiritual schools on the planet: the Spiritual Warrior School. It demanded total commitment and the results were miraculous.

EXCERPT FROM: *The Way of the Spiritual Warrior* by Imre Vallyon
© Imre Vallyon. Excerpt is printed with permission of the publisher Sounding-Light Publishing Ltd. ISBN: 978-0-909038-49-6 List Price: US \$19.95

1,500-Word Excerpt

The Science of Using the Life-Force

The ancient Warriors were focused on how to discover the life-force and use it. In China, there were two great warrior schools: the Shaolin Monastery and the Wudan Monastery. In the Shaolin School they used the life-force to strengthen the power of the physical body. In the Wudan School they developed miraculous powers like flying through the air by tapping into the subtle psychic regions of the life-force.

In India the yogī used the life-force for many purposes: to levitate, to perform miracles, to heal. And the ancient Hebrew Kabbalists used the same life-force, calling on the names of God, because to them a divine power was an expression of a name of God. In the Tibetan Bonpo arts and in Chinese Taoism, and in the Mystery Schools of all the ancient races, they were after the same secret: how to expand their life-force and be able to do more, express themselves more, live more and be more; how to use the life-force to evolve and progress spiritually.

Nowadays it is obvious that the average person is not progressing at all. People are born with a certain amount of life-energy and they live with that energy until they die. They are not taught in school or anywhere else that they can actually increase their life-force—on all levels. I'm not talking about physical life only: I'm talking about the life of your mind, to make your mind illumined; the life of your emotions, to feel the cosmic harmony around you; the life of your Soul, to become more radiant and divine and god-like.

So this knowledge was prevalent all over the ancient world and people were practising techniques aimed at developing aspects of this tremendous Life-Power. And then came the Piscean Age. During the last 2,160 years people forgot about that science because they were focused on internal illumination, escaping from the lower worlds, the physical, psychic and mental dimensions, into the purely spiritual heights of the Buddhist Plane and the Nirvāṇic Plane, where miraculous powers are not necessary. Since the emphasis was on escaping, naturally the science of using the life-force in this lower Creation was forgotten.

But now in this Aquarian Age, which is the complete opposite of the Piscean Age, the science of using the life-force is going to be revived. And we are starting that revival. It will be a

science again in this age, which is practical and down-to-earth, and it will develop the body, the mind, the emotions, the total personality. It will be taught to increasingly larger numbers of people until it becomes a major science about how to extend the life-force and how to invoke the Divinity *in manifestation*, not in abstraction. In the Buddhic World or the Nirvāṇic World you meet God-Transcendent, the Transcendental Deity; but when you bring the Life-Force down to the personality level, you meet God-Immanent, God-in-Incarnation, the aspect of God that is right here with us.

This knowledge will increasingly come to be rediscovered over the next one or two hundred years, and people working in Haṅha Yoga, Tai Chi and other esoteric exercise systems will especially understand that it is not the physical exercises that are important; the real goal is to awaken the life-force and to be able to use it. For what? For self-evolution, for evolving yourself intelligently and consciously from point A to point B.

In other words, this will become a science of self-evolution, and as part of that, the evolution of Humanity, because nobody is an island, as you know. If a person attains a skill or a degree of mastery over anything in life, they make that possibility available to all of Humankind.

For example, if you take a kitten away from its mother and other cats, it will still lick its fur and sharpen its claws and behave like a cat as if it had undergone training for years. It will know how to catch a mouse, how to do everything an adult cat does, without any instruction. What this shows is that within the subconscious mind of the cat, the whole plan of being a cat is already programmed, because other cats did those things before.

The lesson here for human beings is that when a person discovers something or learns to do something, that knowledge gets transferred to the human subconscious mind and becomes common to the human family. That is to say, whatever humans have done in the past is already within your subconscious mind—even something you have never done before—but it has to be awakened.

Human Potential Development

So all the knowledge of the Ancients is already in your subconscious mind. All the miraculous powers they achieved are already programmed inside you and are therefore accessible to you. We grow by the knowledge of the Ancients; we grow by the wisdom of the Wise; we grow by the enlightenment of the Enlightened. The Divine Powers, the powers of the god-like beings, are already programmed inside us; the possibility of divine evolution for the human species is already here. All we have to do is unveil those powers, or bring them out of ourselves.

So how do we bring out that possibility?

The first step is to realize that you are a fish in an infinite ocean of energy and that up to now you have been alive in proportion to how much you could breathe in, or use, that energy. The next step is to go a bit further and recognize that you do not have to stay on the same level as when you were born, that there are ways to increase that life-force inside you so that your life-wave becomes larger, your ability to be becomes larger.

Suppose there is a tiny fish that wants to become a whale. There's a problem of evolution there, of course, because the little fish cannot become a whale; it has to wait for the next cycle of Evolution. This is true in the Mineral Kingdom, the Vegetable Kingdom and the Animal Kingdom but not in the Human Kingdom. In fact, the whole purpose of human evolution is to become more.

At this time I have to remind you that we are not apes. The apes are limited to a certain evolutionary level and they must stay there and they will. But we humans are in another category, on another evolutionary level, and we have a choice to become more than what we have attained by natural evolution. If you want to follow the natural evolutionary pattern over millions of years, you will be perfected, that is, Mother Nature will force you to evolve by the time the natural evolutionary span expires. But you have to have infinite patience for that; you have to incarnate another hundred thousand times and do the same old silly stuff, each time making a microscopic movement forward.

But because we are humans we can move up to a higher level *consciously*—by right understanding, right practices, right behaviour and the right mode of being. We have that choice by birthright as human beings belonging to the Human Kingdom.

There is another thing to understand, that the hundreds of millions of people are evolving along what I call the mass consciousness, or world consciousness, level of Evolution. They keep plodding along until somebody tells them that they don't have to be like that all their life, that they can actually become more and develop their human potential. But we have to understand what they mean by *human potential*. Nowadays there is a big movement amongst the new agers toward all kinds of human potential development, by which they mean developing one's personal power for money, for name, for fame, to be able to control other people. Their so-called personal development courses aim to do just that, with no spiritual understanding whatsoever. They do not understand that the human being is a spiritual being, that the personality is part of a larger reality and is not the *only* reality.

By *human potential development* I mean the development of the total reality that you are—Spirit, Soul, mind, emotions, body. And the total reality that you are can be developed by increasingly absorbing the Life-Force and increasingly becoming more like the Life-Force. This is the secret science that was known to the ancient Chinese, Kabbalists, Sūfī Masters, the ancient Jewish Prophets. All the highly evolved people in the East, West, North and

South understood and practised this science, and they achieved success according to their ability to understand and practise—right understanding and right practice.

EXCERPT FROM: *The Way of the Spiritual Warrior* by Imre Vallyon
© Imre Vallyon. Excerpt is printed with permission of the publisher Sounding-Light Publishing Ltd. ISBN: 978-0-909038-49-6 List Price: US \$19.95