

INTERVIEW QUESTIONS

The Way of the Spiritual Warrior

By Imre Vallyon



Introductory Questions:

1. The book is called The Way of the Spiritual Warrior. Can you explain this?
2. Who is the author, Imre Vallyon?
3. Can you sum up what he teaches?
4. What is Enlightenment? Is it achievable by ordinary people?
5. If I want to become a Spiritual Warrior, what do I have to do?
6. What is the Threefold Training of the Warrior as described in Ch. 16?
7. Can you tell us the simple Hong Sau breathing exercise in Ch. 7 so listeners can practise it? Why, in connection with this, are Kung Foo fighters in the movies able to fly through the air? Is this real?
8. There are a lot of wonderful spiritual truths in this book. What are the greatest ones that speak to you?
9. If you wanted the listener to take away three points from this interview, what would they be?
10. How would I live my life differently after I have read this book?
11. How is existence structured according to Imre, in simple terms?
12. Where did I come from and where am I going to?
13. Have you done the Spiritual Warrior training and what did it do for you?
14. What are three reasons why I would buy this book?
15. If I wanted learn more about Imre, where can I find more information?

Advanced Questions:

1. This book says, “The way of the Spiritual Warrior is ancient and completely misunderstood today.” Can you clarify?
2. The Spiritual Warrior Path is a Path towards Enlightenment. How does it work?
3. As a Spiritual Warrior you do not fight this creation: you understand it and, having understood it, work with it in order to liberate yourself to Greater Awareness, Greater Union with the Total Reality. Why is this Path so powerful for today’s seekers?
4. The Way of the Spiritual Warrior is an individual attainment. By the same time, you know others in the Spiritual School are doing the same things for themselves, and together you form one Hierarchy of evolving Sentient Beings, One Hierarchy, One School, One Reality. Can you explain?
5. In the Inner Worlds, there is only one Spiritual School, and only one Spiritual Hierarchy of Enlightened Adepts or, if you like, Spiritual Warriors. 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. How is this possible?
6. Remember, that this is a non-selfish Path. You attain Enlightenment so that you can help the world and help the Evolution of Human Consciousness. “You walk the Path within you, but you are walking together with others, and every discovery you make within you, helps the others and believe it or not, it helps Humanity”. How is this possible?
7. This is the why the Buddha said, “Be a Light unto yourself,” and the Christ said, “I am the Light of the World.” An invisible Light shines out of you that stimulates other people’s minds and understanding, improving their consciousness, their knowledge, their way of Living. Can you describe this?
8. When the Light shines within you, you know that you are one with everybody and everybody is equal. So you do not have to struggle to conquer somebody else because they are part of you. Tell us more?
9. Explain the four wheels of the personality and how that relates to Health?
10. How is Karma related to these four wheels?
11. And how does the Soul relate to the condition of the four wheels and true Health?
12. The true Warrior Life is the ultimate preventative medicine. What does this mean?
13. Please explain the Healing power of Ram?
14. What is the Warrior and the Life Force?
15. The RU-HA is one of the connecting Breath technique that a Warrior utilizes to transform himself or herself to become the larger Cosmos. Can you explain this technique?

16. The Foundation of the World is Muladhara, the root source, the base chakra. The crown chakra and the base Chakra and everything in between is the correct functioning of your whole energy field. Too much base Chakra, you are material and too dense in vibration and too much crown chakra, you are spaced out and not grounded, so a Warrior is balanced like a cross, feet on the ground and head in the clouds. A Warrior embraces the physical, astral, mental, causal and buddhic worlds in one massive Sea of Consciousness. Can you explain how this is done?
17. Imre said, "Many years ago, when I was a teenager, I woke up and sensed a tremendous Majesty inside me. It was like being in the presence of a King, not a worldly King but an awesome spiritual power, an awesome perfection that contained irresistible power, all knowledge and all possibilities. Once you have a vision of that Divine Being inside you and sense that it is somehow you, then at that moment your life forever changes. And you realize that there is only one thing you can do in your life; become a Spiritual Warrior, a Warrior for that Divine Being inside you." How can we relate to this?
18. Please explain the Warrior and Feminine Power?
19. The state of your Heart shows the stage of evolution you have reached in all your lifetimes, in your total reality. Please explain?
20. On the Spiritual Warrior Path you do not quit the world; you meet the world head on. And in that meeting, moment by moment, there is Enlightenment. The Art of the Warrior is to be enlightened every second of every day. Please explain.