

For Immediate Release
Media Contact: Mallory Clay
warwick@vom.com
(707) 939-9212
www.warwickassociates.net

A Guide for the Spiritual Warrior in Today's Turbulent Times

"Once again Imre has presented us with a gift of his knowledge. Every time I read one of his books, I know in my heart that I have just heard the Truth. For those of us who search for greater consciousness and enlightenment, he presents a very clear and precise path for us to follow."

San Francisco, CA (July 1, 2011) -- The internationally-known author and teacher whose books are bestsellers around the world, Imrie Vallyon has distilled his unique Warrior School Workshops into a practical guide for today's tumultuous times. *The Warrior Code: 365 Aphorisms of the Spiritual Warrior* is a book to keep by the bedside, to dip into as a source of inspiration and direction in the quest for divine consciousness.

The new guide is a wonderful introduction to the insight of this renowned teacher whose extraordinary synthesis of spiritual traditions has kindled the spark of compassionate understanding and higher consciousness in legions of people who read his books or attend his presentations. Vallyon is a Mantra Yogi and a natural educator who was born with a unique Cosmic Consciousness from which he is able to merge East and West traditions into a universal way of life and thinking.

For Vallyon, spiritual truths, mystical experiences, God and the Soul are neither intellectual ideas nor philosophies, they are as natural as the sun and the moon. *The Warrior Code* is an enlightening, extensive collection of fascinating aphorisms that span the full spectrum of human experience and the three centers of our attention: physical body, mind and heart. The 365 truths in the book are keys to the behavior, the qualities and the mind-set of a spiritual warrior, as a sage, a meditator, a seeker, and a purposeful, dynamic, loving being.

About the author: Imre Vallyon fled Communist Hungary as a teenager in 1956, and has dedicated his life to teaching Wisdom Science through his writings, workshops and retreats. In 1982 he established the Foundation for Higher Learning, an international Spiritual School offering the opportunity to practice spiritual awakening in a group environment, with the goal of self-realization and planetary transformation. Vallyon said, *"If the individual is transformed, society is transformed."*

In 2008 Vallyon won the Ashton Wylie Charitable Trust Book Award for his four-volume treatise *Heavens and Hells of the Mind*, which the judges described as “a remarkable and exhaustive work on human consciousness and the wisdom of the ages.” One of the largest prizes for literature, the award recognizes “excellence in the mind, body and spirit genre”.

Imre Vallyon is the author of many books, including:

Planetary Transformation

Heavens and Hells of the Mind

The Art of Meditation

The Divine Plan

Heart to Heart Talks

The Magical Mind

The Sedona Talks

#

Title: *The Warrior Code: 365 Aphorisms of the Spiritual Warrior*

Pub Date: July 2011

Author: Imre Vallyon

Publisher: Sounding-Light Publishing

ISBN: 9780909038649

Distributors: New Leaf, Baker & Taylor, Ingram

Information: www.warwickassociates.net

List Price: \$14.95

Format: paperback, 6" X 9", 168 pages

Category: Mind, Body, Spirit

Rights: World