

InnerTalk®

... When Believing in Yourself Matters!

Freedom from Stress

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Congratulations!

You have invested in the finest of self improvement programs. InnerTalk is the leading edge technology designed for personal empowerment. We believe that you absolutely have the power and the ability to change your life and realize the highest of your real virtues—your true higher self! Our patented and proven technology will assist you in believing in yourself today, for whatever you believe you can do—you can do!

Everything First Begins In The Mind

Quality is paramount when investing in your most valuable asset — your mind. You can trust that nothing is more important to InnerTalk than quality at every level of production. This ensures your satisfaction and ultimate success!

InnerTalk: The Original and So Unique It's Patented!

InnerTalk's philosophy and commitment to quality has created the finest programs available. Our patented methods have been proven to work! There are many different ways in which this technology is different from other technologies. For example:

Permissive and Authoritarian

On one channel, accessing the left brain, are meaningfully spoken, forward-masked, permissive affirmations, such as *"It's okay to feel good,"* delivered in a round robin manner by a male, female and usually a child's voice. (Research shows that individuals may respond more favorably according to their preference of male, female or child voice). On another channel directive messages such as *"I am good,"* in the same voices, are recorded in reverse. The analytical left hemisphere cannot argue with the permissive statement and the non-analytical right hemisphere simply accepts the authoritarian statement. (This process is based on Eldon Taylor's mirror image paradigm—for more information please contact us at InnerTalk). Since the hemispheres are task oriented, both the left and right brain become involved according to their specialties, and

this procedure further enables the masking process ensuring that the messages are registered by the brain.

Affirmation Synchronization

Our patented process electronically synchronizes the affirmations with the volume level of the primary carrier, music for example, ensuring that your subconscious perceives all of every message.

The Unsubliminal Subliminal

Each InnerTalk subliminal program is tone coded at the front of the program to ensure absolutely no confusion or mistakes in titles, and to eliminate words that may disturb your listening pleasure. However, you should know that you will hear words from time to time, especially when you're deeply relaxed. Our affirmations are not buried, hidden messages. That's one reason they work. We call it an audio illusion. Others call it the unsubliminal.

Finest Subliminal Affirmation Set

InnerTalk subliminal programs have the finest and most complete affirmation lists which guarantee your success! All affirmations are positive. You will generally hear no spoken words, just as you may not hear someone talking to you in a moving automobile or on a busy street near a construction site. Nevertheless, soon the messages will come as part of your self talk, from the inside out. As a result you'll believe and act on them.

The Process

The affirmations are concealed in the gentle sounds of ocean surf or music. The messages enter the ear and travel to the brain where they are converted from electrical impulses to meaningful message units. The words are disguised from the conscious mind. What has in effect occurred, is simply that the conscious mind has failed to discriminate the words, while the subconscious, with its vast reservoir of knowledge and ability, processes the verbal messages.

Independently Researched and Demonstrated Effective!

InnerTalk technology has been researched and demonstrated effective by many independent researchers at universities and institutes across America and in Europe. Some examples are: Colorado State University, Weber State University, Stanford/Santa Clara Universities, University of Southern California, Bremen University, Munich University and the Mexican Government, Department of Social Services, Medical Division. Professor Kruse of Bremen University in Germany believes InnerTalk technology to be so different from other subliminal technologies that he refers to it as the “*Taylor Method*.” To the best of our knowledge InnerTalk is the only technology of kind to have been demonstrated effective in independent double-blind studies.

Educational

Our programs are for educational and spiritual purposes only. Our health and wellness programs, as well as most of our other programs, are designed to elicit a strong spiritual awareness that when combined with mind and body may enhance the quality of life. Nevertheless, no therapeutic claims of any kind are made regarding these recordings.

InnerTalk - Simple and Easy to Use

InnerTalk subliminal programs create a relatively easy method to tap the vast hidden powers of your own inner being. Simply play the programs as you go about your normal daily activities. No special concentration is required. The change is natural from the inside out. Once the control of the negative is canceled with positive input, there exists no limit to how good you can feel or how high you can soar. You were meant to succeed and to have it all!

Contraindications:

As with any powerful modality, one should use common sense in their application. For example, the use of the InnerTalk program for relaxation while driving vehicles or when operating dangerous machinery could create a hazard. Also, the use of these programs by those who have serious emotional or medical conditions requiring that they be closely monitored and supervised by an appropriate physician should not be undertaken without the health care professional's consent and supervision.

Affirmations

Where appropriate, affirmations are presented in permissive language, such as It's okay to be calm, and authoritarian language, such as I am calm.

The messages are channel differentiated for hemispheric friendly use.

Where appropriate, forgiveness set and symbiotic messages are recorded on all InnerTalk programs

Freedom from Stress

I am calm.	I am comfortable.
I am relaxed.	I like myself.
I am confident.	I like others.
I am stress free.	I love living.
I release stress.	I like exercise.
I release anxiety.	I exercise.
I externalize stress.	I like relaxation.
I desensitize stimuli.	I relax regularly.
I breathe deeply.	I am tranquil.
I have a proper perspective.	I am at peace.
I am in charge.	I forgive others.
I am in control.	I am at ease.
I am at peace with myself.	
I am at peace with the world around me.	



For more information or a free catalog of other products
available from InnerTalk, call 1-800-964-3551 (toll-free)
or visit us on the Internet at www.innertalk.com

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