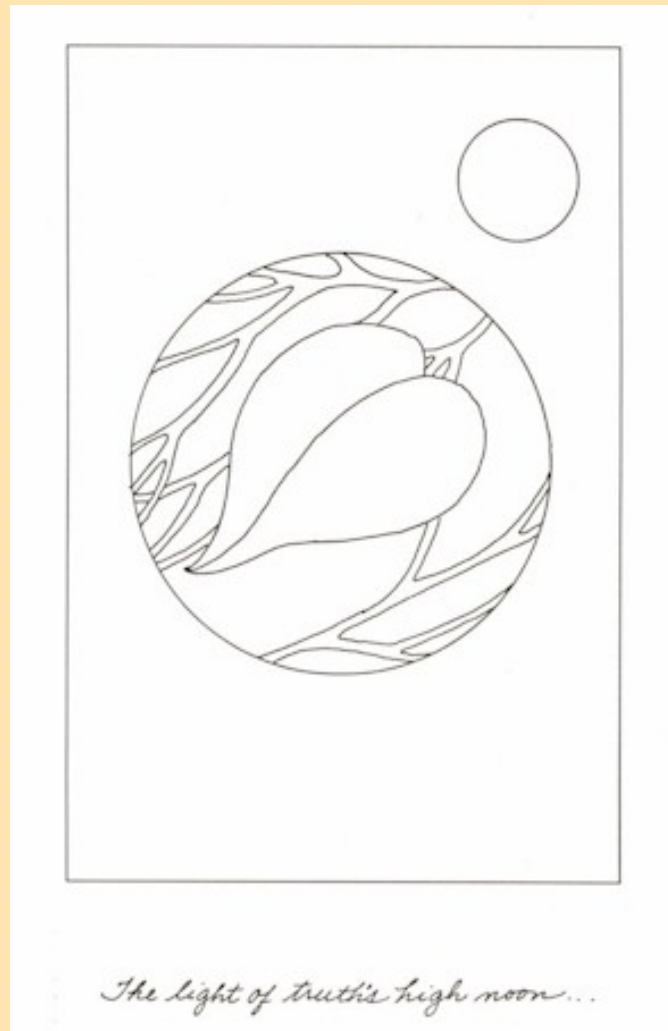


“The Light of truth’s high noon is not for tender leaves.”

Gautama Buddha



SECTION 1

Chapter One

An Introduction to TIME ALTERATIONS: an option to live

Time alterations, now there’s an irrational concept if I ever heard one.

Irrational, yes; insane, no.

Time belongs to the realm of the rational. If we are to utilize TIME ALTERATIONS as a healing tool, we must step out of our usual way of viewing things and adopt an irrational view, as therein lies our hope.

To many – and justifiably so – this work may offend their moral, social, religious and even ethical views. To you of “tender leaves” I say please read no further. I have no desire to offend or upset anyone. My objective in writing this book is to save lives. And that, my dear readers, is the basic issue.

How does a musician (as that is the profession I have pursued, and continue to pursue, my entire adult life) come to write a book on healing; and not only on healing but also a book promising to eradicate terminal illness? I do so not in the role of a healer – and this is an important distinction – but in the role of a mathematician. The study of time, with the goal of mastery of time, has been the road which I have followed and has lead me to these amazing discoveries.

I would like to make it clear at this early point that just as it is not necessary to be an automotive or mechanical engineer to drive an automobile successfully, likewise it is not necessary for one to have any background in mathematics or metaphysics whatsoever to effectively utilize the information presented in this book. We will approach this subject much as others do today with their subjects – under the heading of Pop Science (i.e. taking very abstract scientific principles and presenting them in such a way as to be understandable to the general public).

As stated previously this will not be a book dealing with moral, social, religious or ethical issues. Also, this course of study promises to leave many of the questions raised by those considerations unanswered. My objective in this undertaking is to take the essentials learned during twenty-five years of intense study in a variety of disciplines, to reduce them to their simplest form, and to make them accessible to as many people as possible.

This book is divided into two sections, theory (or pure mathematics) and practice (or applied mathematics). The theory section is not, *for the most part*, essential to the effective utilization of the techniques presented in the practice section. However, it is necessary for us to have a working knowledge of theory in order to maximize our efforts.

* * *

A Price to Be Paid

Well, here comes the catch. I knew there had to be an angle. Well, come tell us. What is it?

The price of admission for this journey to health is your *cherished beliefs* regarding the nature of life and death.

A sage once said

“Life lives and death dies.”

Hazrat Inayat Khan

As we proceed into our TALT (Time ALTerations) training, our experiences and the *results* gained from practice will force us to adjust our views to a new way of perceiving things. I want to make it clear that it is our *results* and *not* our *studies* that will necessitate this adjustment.

Many years ago I read a report indicating that moving (changing residences) is one of life’s most unsettling events. The disturbing emotional nature of a change of residence holds the same emotional discomfort as one will encounter in TALT training – namely, change.

“Nothing can make you secure if the truth can not, but the truth is, there is no security anywhere.”

The truth is also that

“The only thing that is unchanging is the fact that things are always changing.”

I recently moved from the studio where I had lived and worked for nearly ten years. I had no idea how embedded I was in

that environment until I started to move. Years of collecting and storing now created discomfort, as I had to dispose of items that had emotional value but not practical value. But, in my move, as in TALT training, I assure you that the benefits received greatly outweigh the emotional adjustment.

* * *

Resistance to Change.

For some, the status quo, no matter how deplorable, is preferable to the uncertainty of change. In many cases, illness is a direct reflection of one's resistance to change, to the point of crisis. But fortunately for us, TALT training is not an analytical process. We are not going to deal with problems such as resistance to change in an analytical way. TALT training allows us to bypass the endless maze of psychological and emotional reasoning and rationalization and to simply erase the problem in time.

I am reminded of a recent television commercial that exemplifies the issues involved in change. In the commercial, three old Russian men who had eaten yogurt all their lives were given the commercial brand to try. After trying the new brand, they all began to cry. "Didn't you like the yogurt?" they were asked. "We liked the yogurt very much," they replied. "We're crying because of all the years we were without the new brand."

Initially we feel uneasy and uncertain the first day on a new job or in a new school or during any other new experience; however, once we are past the initial hurdle, all is well and we're glad that we made the decision to try something new.

* * *

The Emotional Gap

Just as for some a deplorable status quo is preferable to the uncertainty of change, others will find death preferable to altering the dream about the nature of life and death that they have held throughout their lives. And who is to say they are wrong? Certainly not I. This TALT material offers an option for those who have no other options and for those who choose to surmount the emotional hurdles and utilize TALT knowledge for health maintenance.

* * *

The Desire Factor

There is a story about a student who was sitting alongside a stream talking to his teacher about the mystery of life. The student said he would very much like to know the answer to life's mystery. At this point the teacher grabbed the student and held his head under water until the student was ready to pass out. When the teacher finally let the student up, he asked him what he was thinking about when he was under water. The student replied that all he could think of was "air, air, air." The teacher replied, "When you want the answer to life as badly as you wanted air, you will have it."

How many times have I heard people say to me, "If only I had continued with my piano lessons when I was younger, today I would be a skilled player." It takes genuine desire and motivation to get the most out of TALT training. For those who have been diagnosed as terminally ill and who have a *sincere desire* to reverse that diagnosis, perhaps you are in an advantageous position. For just as the student replied "air, air, air," you can sincerely reply "life, life, life."

* * *

The Simpler the Better

If you have been diagnosed as terminally ill, any kind of drastic deviation from your normal life patterns would seem acceptable, given the alternative. But again, fortunately for us, TALT training takes very little time and, other than those that come about naturally, requires very little change in our life patterns.

(We all have views and opinions. Please note at this point that I will try my best not to project my views and opinions on to you. Throughout this book, when stating an opinion as opposed to a fact, I will try to make you aware of the situation.)

* * *

A Train Ride West

Does the ability to eradicate terminal illness mean one can avoid ever dying?

Of course not!

Think of a very long train heading west. This train is about to pass from one state into the next. Let's call the border between these two states the point of death. (Death = that point in time and space when our consciousness is no longer focused into our three-dimensional physical realm.) As our train travels unavoidably west over the border and into the next state, we have the option of being in the *first* car across the border or even the *last* car across in this *very long* train. But remember, this train is heading unavoidably west and all passengers will sooner or later pass into the next state.

* * *

Check the Oil, Joe!

Does TALT mean no more colds, no more pimples?

Just as the red warning light on our automobile dashboard is a signal to take corrective measures, and just as even the finest musical instruments need occasional tuning, we can still expect the human body to signal a needed change in course when necessary.

Life is not a sterile process, but rather a learning experience. As we learn, we probe and touch. If we touch something hot, we still get a blister. But hopefully we learn not to touch again.

If we eat too much chocolate, we still get a pimple. But hopefully we learn to moderate. If we push and drive ourselves too hard, we still get a cold. But the proper rest will surely set things straight.

In the final analysis, it's the same old world – only better.

* * *

The Guy with All the Answers

Are you the guy with all the answers?

No, not me.

I am proud to say that I have a lot of the answers, but far from all the answers. I continue to learn and hopefully grow through my daily encounters with the irrational perspective. I will share with you knowledge gained from my experiences to date, but remember, this is a frontier with unlimited potential and pioneers are always welcome.

* * *

“Thanks for the Memories”

I recently read a book on publishing that indicated that people do not read the introduction section of new books. Taking that suggestion, I decided to call the introduction to this book Chapter One.

The introduction section is the place where the author has the opportunity to warm up. I enjoyed writing this material so far and didn't want you to miss it. So thanks for joining me on this small journey. I enjoyed your company. And now, if you like, we can proceed to our big journey and begin this book in earnest with Chapter Two.

*A book that begins with Chapter Two!
How irrational.*

* * *

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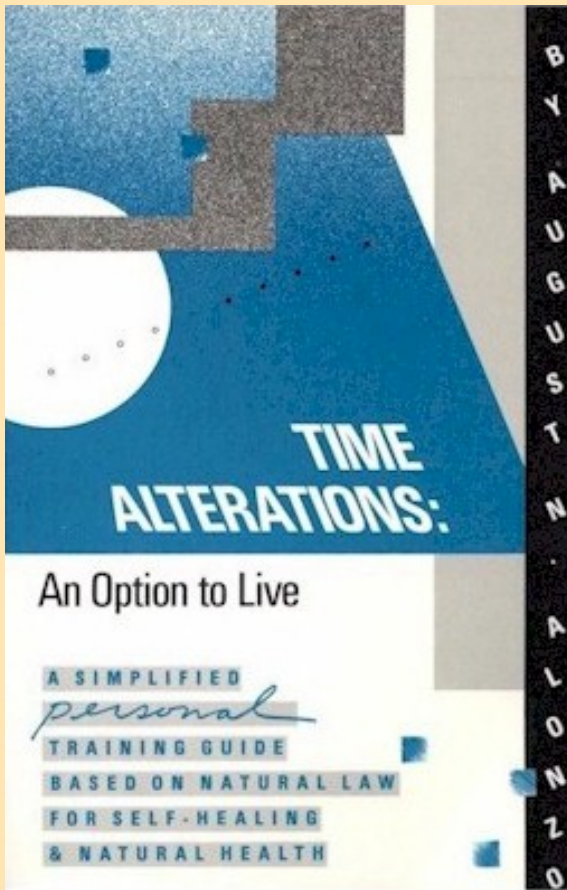
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TIME ALTERATIONS: An Option to Live

by August N. Alonzo

A simplified personal training guide based on natural law for self-healing & natural health



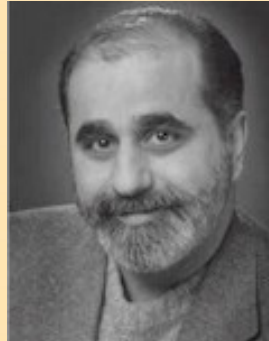
A MESSAGE FOR THE 21st CENTURY

CHICAGO, USA--- While the majority of people still rely on mainstream medical practitioners to solve their health problems, a growing number are turning to self-healing programs.

Chicago businessman, August Alonzo, formerly on the staff of American Wholehealth--during the period affiliated with Chicago's Grant Hospital--is one such person who has discovered the benefits of natural health over the past 30 years.

Far from being on the opposite side to orthodox medicine, Alonzo has actually presented seminars for healthcare professionals at Columbus Hospital, American Wholehealth and other medical facilities. His experiences have convinced him that it is possible for patients to heal themselves, whether it's a simple matter of health maintenance or a life-threatening

CURRICULUM VITAE: August Alonzo



* August Alonzo began the study and practice of Psycho-Cybernetics (Dr. Maxwell Maltz) in 1967. In February of 1970, while living in New York, he commenced the practice of Transcendental Meditation and has attended several - in residence - meditation intensives under the direct guidance of Maharishi Mahesh Yogi.

That same year he also began the study of Sufi Wisdom as expounded by Hazrat Inayat Khan, world renowned singer, musician, poet and sage.

* Mr. Alonzo has studied Esoteric Astrology, Tarot, Astral Projection and Kriya Yoga under Dr. Melvin Higgins (Chicago's Goswami Kriyananda). He has consulted with Dr. Chandrashekar G. Thakkur, Ayurvedic (Science of Longevity) Physician, studied Hatha Yoga under Srinivasan at the Sivananda Yoga Center and Hermetic Science, Tantra Yoga, Herbal Alchemy and Astral Projection under Mr. Phillip Hurley, Master Hermetic, at the Lotus School of Chicago. He has studied the Seth works of author Jane Roberts for over 25 years. He has also studied Yogi Nidra, Raja and Jhana Yoga and Pyramidology, done Bio-Feedback Research, attended numerous Meditation and Psychiatric conferences, and conducted many in-depth private studies into the expansion of consciousness.

* Mr. Alonzo is the author of "Time Alterations: An Option to Live", an acclaimed book on health and self-healing, and has lectured and presented seminars.

* As a professional singer/composer, Mr. Alonzo has worked from coast to coast and was active as a performer in the Chicago area Jazz community. Mr. Alonzo wrote and produced the theatrical musical "First Grade Babees". He was also a principal, along with jazz violinist Johnny Frigo, in creating their record album, "TALT's Theme", a music therapy album - composed and written by Mr. Alonzo - with healing qualities. Free MP3 at: www.cine-tec.com/taqua-records/

* Mr. Alonzo was also a licensed Investment Advisor,

illness.

In 1988, Alonzo decided he wanted to help others harness the healing powers that lie within, so he wrote, published and promoted a book on the subject. Since then, his business interests have grown to encompass his work as a financial intermediary, but his life's passion has remained in the realm of self-healing.

He has recently decided to re-release his book, TIME ALTERATIONS: An Option to Live, but this time, instead of being sold, Alonzo is going to give it away. "I have neither the time nor the desire to sell and promote the book, and so I will offer it free via the Internet through its own web site," he says. The book is available at:
www.time-alterations.org

"Although TIME ALTERATIONS is directed towards health matters," says Alonzo, "the concepts can also be applied to such diverse areas as weight loss, personal relationships, wealth, athletics, business and career."

He stresses that the concepts in TIME ALTERATIONS are not a substitute for a visit to the doctor, nor are they in any way harmful to your body or mind.

"Time Alterations concepts have proven extremely beneficial to me personally and professionally," confirms Dr. Mimi Lal, Chicago psychiatrist and clinical psychoneuroimmunologist.

To complement his book, Alonzo (also a well-known Jazz musician) has written an album of music that he recorded along with Jazz violinist and arranger, Johnny Frigo. Music therapy is now recognized as having a role to play in modern medicine and the American Cancer Society web site states, "There is some evidence that when used along with conventional treatment, music therapy can help to reduce pain and relieve chemotherapy-induced nausea and vomiting. It may also relieve stress and provide an overall sense of well being. Some studies have found that music therapy can lower heart rate, blood pressure, and breathing rate."

This free MP3 music therapy album, TALT's Theme, is available at:
www.cine-tec.com/taqua-records/

Alonzo says, "Listening to TALT's Theme in a comfortable place, with eyes closed and body relaxed,

specializing in major motion picture production.

* Mr. Alonzo was a Mind-Body Counsellor in practice at the American Wholehealth Center, an affiliate of Chicago's Grant Hospital. His patient consultations included Creative Visualization Therapy, Music Therapy, and Treatment & Recovery Cycle Analysis.

* Mr. Alonzo also developed and offered globally via the World Wide Web, Life Death Matters (LDM), a self-healing correspondence program for patients facing a life-threatening illness.

* Lastly, Mr. Alonzo formed Pyr Group -- Personal Energy Products -- Company: Cutting edge technology utilizing state-of-the-art pyramid forms and gem stones for personal energy, health, well-being, and efficiency.

allows the music's vibrations to radiate throughout as the body absorbs its energizing, healing and therapeutic effects."

In the opening chapter of TIME ALTERATIONS, he writes, "The price of admission for this journey to health is your cherished beliefs regarding the nature of life and death." Many will find this is a cheap price to pay for the rewards of good health.

E-mail: Info@time-alterations.org

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TIME
ALTERATIONS:
An
Option
To
Live

August N. Alonzo



* * *

Other Publications by This Author

● Financial Harmonics

Financial Harmonics, a simplified study of the natural laws of harmonic and discordant intervals and their startling applications to speculative markets, as well as other practical applications for daily living.

Contains exclusive CyB – Cycle Blend formulas for Stocks and Commodities.

* * *

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Printed in the United States of America.

Library of Congress Cataloging-in-Publication Data

Alonzo, August N.

TIME ALTERATIONS: an option to live

/ August N. Alonzo

ISBN 0-9622698-2-4 (pbk.): \$9.95.

Library of Congress Catalog Card Number:90-70502

Published by:
TAQUA PUBLISHING COMPANY
1140 N. LaSalle Street
Suite 627
Chicago, Illinois 60610
1-312-988-7524

Editorial Services:
WORD FOR WORD, INC.,
Highland Park, Illinois USA

Printed in USA
First Edition

* * *

*This book is dedicated to the loving memory of my mother, **Catherine Angeline Alonzo**, whose bout with cancer and chemotherapy has impressed upon me the desperate **need** for this book to be written.*

*--August N. Alonzo
Glencoe, Illinois*

* * *

Acknowledgments

Someone once said, "There's nothing new under the sun," but I can't remember who said it, which is really the point I want to make. All the knowledge presented in this book is universal and belongs to all. If I bring anything new, it is only a new way of saying that which was told to me by the many teachers – both formal and informal – who have helped me along the way. To all these teachers I now say thank you. My tribute to you is that I now pass along this work to others. As I proceed through this course, I will often use quotes and will give credit when I can. Please forgive me if I can't remember.

* * *

About the Author

August N. Alonzo has dedicated the last 35 years studying with the most prominent authorities in the areas of Expanded Consciousness and Holistic Health. These studies, which have given Mr. Alonzo exceptional understanding, include Psycho-Cybernetics, Transcendental Meditation, Sufi Wisdom, Esoteric Astrology, Ayurvedic Medicine, Hermetic Science, Herbal Alchemy, Pyramidology and Bio-Feedback. He has also

studied and practices a wide range of Yoga techniques.

Mr. Alonzo also displays impressive professional credentials in the music and entertainment fields and as a registered commodity trader.

* * *

FOREWORD

To meet Augie Alonzo is to be immediately beset with wonderment. One is confronted with a person who is small in stature, but whose very presence seems to radiate large amounts of enthusiasm, energy, and confidence.

Here is a musician whose East and West Coast experiences as producer, writer and performer have brought him much fame and friendship. Although he began his study of the piano way past the time many mothers expose their youngsters, his diligence and obvious talent have triumphed. As he composes on his keyboard, his voice, too, is as sweet as the notes and the lyrics he pens.

Here is a mathematician whose abilities have brought him recognition and success in the pinstripe-suit and paisley-tie world of the financial markets. He is licensed by the Commodity Exchanges as an advisor, and is a professional investment specialist who has shared his forecasting abilities on radio and TV.

Here, too, is a mystic – a man obviously enthralled and driven by the outer reaches of the universe. A man who questions as much as he studies, who is not afraid to explore, to hypothesize, to search out an answer.

The result of such a unique blending of strengths and knowledge yields a man with the desire to share what he knows with those who can benefit. The result is TALT, Time ALTERations training, which Mr. Alonzo reveals in this book because he genuinely cares about his students and sincerely wants to foster health maintenance for all with the desire to explore, the intelligence to hypothesize and the flexibility to search out alternatives.

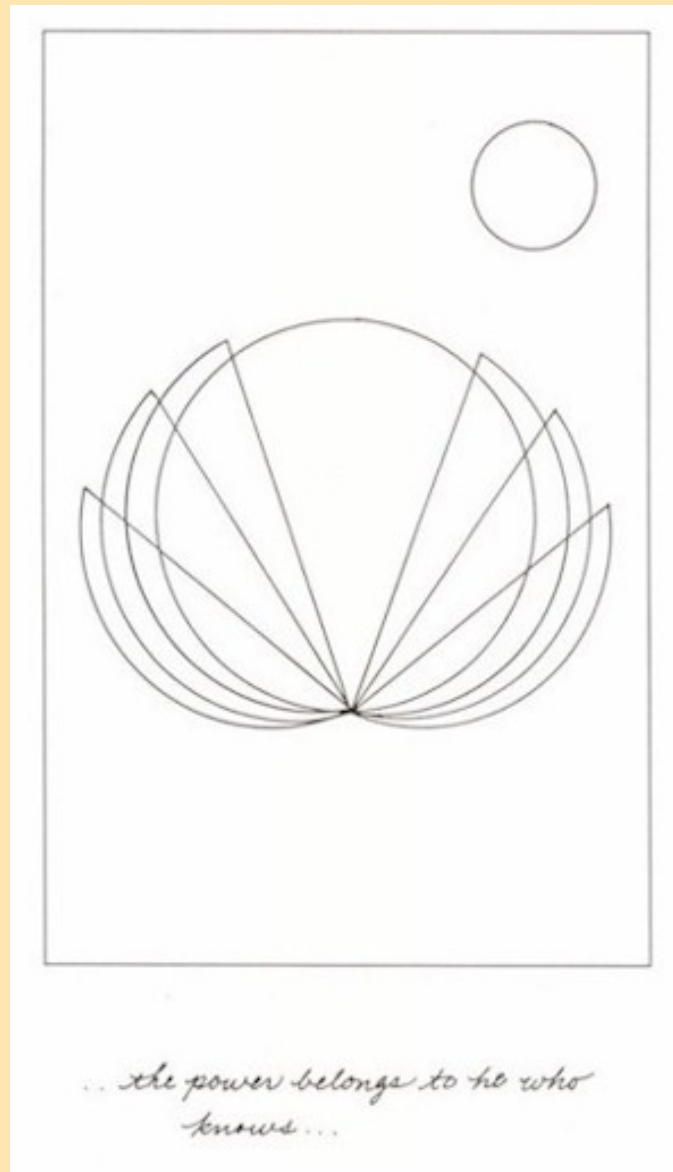
--*Barbara H. Wohlstadter*

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“The power belongs to he who knows,' and he who knows is then responsible.”

Eden Gray



Chapter Two

**The Theory of *TIME ALTERATIONS*:
an option to live**

The following four thoughts form the basis for TALT.....

“The world is of mental construction”

Eastern Philosopher/Mathematician

“Imagination is more important than knowledge.”

Doctor Albert Einstein

“Time is only floating in your mind.”

Stevie Wonder

“Physical health is a state of mind.”

(A state of mind that realizes the following: (a) that physical health *is* a state of mind, and (b) that we are not subject to external influence unless we believe ourselves to be. When these two issues become a reality to the conscious mind through belief reinforcement techniques, we are then in a self-perpetuating state of health.)

August N. Alonzo

Let's explore these four thoughts one by one and see where they lead us.

#1: “The world is of mental construction.”

#2: “Imagination is more important than knowledge.”

#3: “Time is only floating in your mind.”

#4: “Physical health is a state of mind.” (A state of mind that realizes the following:

(a) that physical health *is* a state of mind, and (b) that we are not subject to external influence unless we believe ourselves to be.

When these two issues become a reality to the conscious mind through belief reinforcement techniques, we are then in a self-perpetuating state of health.)

#1/ The world is of mental construction.

The entire universe, in its physical, mental and emotional manifestations, is made of pure intelligence. Just as ice, snow, steam, and water are different manifestations of the same hydrogen-oxygen combination operating at various vibratory levels, so too is every physical object, mental thought, and emotional feeling made from this pure intelligence operating at various vibratory levels. We are, in essence, made of the very material of the universe. Our every feeling, thought, and action affect not only our personal world, but also to some degree, the entire universe.

This pure intelligence, or basic universal component as we will call it, is timeless. It always was and always will be. Just as ice, snow, steam and water through all their various manifestations return eventually to the basic hydrogen-oxygen

combination, so does the entire universe in its physical, mental and emotional manifestations return eventually to this basic universal component. For now, let us utilize this basic universal component constructively to fulfill our daily needs.

The mind does not exist in some small section of the brain, but rather we live in our mind – the same mind we share with both our loved ones and our enemies. As jazz musician and mystic Horace Silver says in his song, “Cause and Effect.”:

“I am the winner and the loser, the blessed and the damned, the cause and effect of what I really am.”

I do realize this phase of the material is quite abstract. It is not essential that you grasp these concepts completely. There are, however, certain elements that are important to comprehend the full effectiveness of the techniques to be presented in the practice section of this book. These elements will be stressed at a later point. In the meantime, grasp as much of this material as you comfortably can. After all, this TALT material is to be evaluated by its effectiveness, not by your intellectual grasp of its abstract principles. Besides, some of these concepts are beyond the grasp of the intellect anyway. They can be experienced, but not intellectualized. This is the equivalent of the human eye being able to see everything but itself. To see itself, it needs a reflector.

Now that we can *somewhat* understand that we live in the vastness of a universal mind, let’s find out how we can put this abstract *knowledge* to practical use.

* * *

#2/ Imagination is more important than knowledge.

How else would a world of mental construction be molded and shaped but through the use of creative imagination?

All the dreamers and mystics of the world can now come out of the closet. Your talents have finally become valuable.

Actually, this creative imagination is something that we all already possess. As a matter of fact, it is imagination in the first place that has impressed the IMAGE of illness upon our personal portion of the universal mind. From a metaphysical point of view, we might say that the entire universe is the result of creative imagination. We might even say that

“The world we know is the dream of a higher reality.”

Hmm, imagine that!

It is not important that you believe or accept these ideas. They are presented in this book to stretch your view of what is and what is not possible for us to accomplish. Now the words of Maharishi Mahesh Yogi take on added meaning.

“Anything is possible.”

In a world made of our own minds and molded and shaped through the use of imagination, indeed, anything is possible.

As you can see, we are edging further and further into the realm of the irrational. If for any reason you decide not to continue on this journey, the way out is the same way you came in. Just follow the pages in reverse. They will lead you to your starting point.

The question still remains, “Why is imagination more important than knowledge?” Knowledge without the ability to utilize it can be more frustrating than not having knowledge at all. But even if we don’t possess sufficient knowledge about a given problem, the imagination can always dream up a solution. Now that we possess the knowledge that the world is of mental construction and that it can be brought under our control through the use of creative imagination, perhaps we can begin to see a light at the end of that long, dark tunnel.

Or is that just our imagination?

* * *

#3/ Time is only floating in your mind.

Task! Of course! Why didn't I think of it? If the world is of mental construction, where else would we find time, but in our mind? Does that mean we can alter time through the use of creative imagination?

Now we can have some fun. If the basic universal component is timeless, and the basic universal component makes up the entire universe, then the entire universe is timeless! Correct?

Think of time as a 10,000 page book. At the present we are on page 2136 and the main character has been diagnosed as terminally ill. We also know, or can easily find out, that the illness originated on Page 1368 of the book. As authors of this book, we can go back to page 1368 and alter the story at that point to allow a reversal of the diagnosis currently being dealt with on page 2136.

Now that's really irrational!

Ah! You're doing quite well.

Yesterday, or for that matter last week, or last year, or even last century still exists. Think of time as an overlay on eternity. Time provides a fixed position from which we can measure our progress. Without time we would not know that we are progressing. But nonetheless, time is still conceptual. Look at it this way: At some point you have probably sat on a train while in the station or in a car in traffic when the vehicle begins to move – or so we think – while in actuality it was the train or the car next to you that was moving. The perception that your vehicle was moving was just an illusion. So, too, with time. Time is stationary and all that really moves is our focus – as though we were reading a book.

All possibilities exist now. All possible endings to all possible stories exist now. As authors of these books we can choose whichever ending we wish. We can alter the story in whatever way we wish. The only requirement for our ending to materialize in our three-dimensional reality is that *there must be a rationale*.

“The rationale forms the channel by which creative imagination becomes physically materialized.”

Until this point we have been quite busy creating an “irrational” rationale (i.e. underlying reason) for why time can be altered, for why terminal illness can be erased. But our objective now is to heal and not to find fault with our irrational rationale. In fact, once we become accustomed to this irrational rationale, it becomes quite rational.

There will be more to say on the subject of time later in this book – that is, if we have time. Oh, now that I think about it, I'm sure we'll have an eternity. Come, let's journey on.

* * *

#4/ Physical health is a state of mind.

Well, if we found time in our minds and if the world is of mental construction, I assume we will also find health, illness and their origins in our minds as well.

This is indeed the case.

If we don't already possess a healthful state of mind, we can produce it through the rational use of creative imagination. We can produce that special state of mind that realizes the following: (a) that physical health *is* a state of mind, and (b) that we are not subject to external influence unless we believe ourselves to be. We will make these two issues a reality to the conscious mind through the use of belief reinforcement techniques and, thereby create a self-perpetuating state of health while simultaneously erasing the ill-health state of mind.

Well, this sounds great to me, but I just can't imagine it being quite so easy. Did I say "I just can't imagine it"? My, how revealing. This is really quite mystical.

Yes, it is mysterious.

It is interesting though that mysticism is mysterious to everyone but the mystic. He or she having mastered his or her own fears regarding these mysteries can view the so-called mysteries objectively and, therefore, scientifically. Let's move ahead to Chapter Three and see what else of interest we can find in this universal mind.

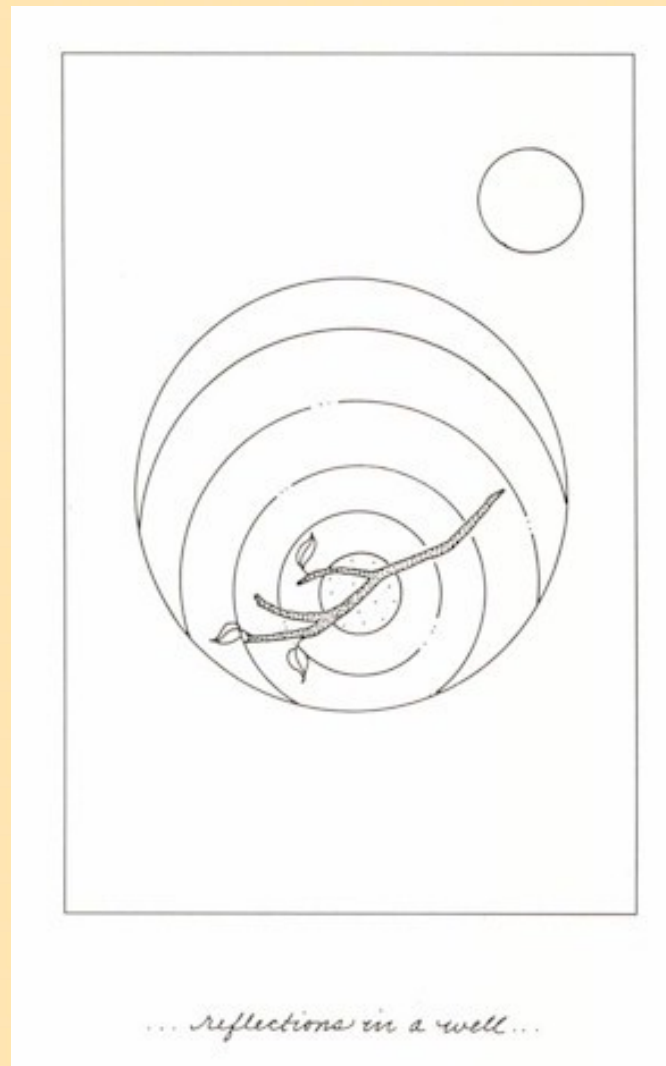
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“Now you’ve heard the stories these signs are made to tell, that our lives and nature’s plan are reflections in a well.”

*From the musical
FIRST GRADE BABEES
By Augie Alonzo*



Chapter Three

Set Me Free, or More Mysteries from the Universal Mind

I am anxious to move into Chapter Three. Limiting myself to giving an introductory explanation to the major four premises of TALT as presented in Chapter Two has been restricting. Now we can move more easily into the irrational to see what else we can discover before proceeding into the practice section of this book.

While I limber up for the journey, I will share with you a few thoughts that come to mind. I was listening to an interview with an avant-garde composer whose name now escapes me. This highly trained musician was telling how, after twenty

years of formal classical training, he had reached an unlearning stage. That is, in order to proceed with his musical growth, he had to try to forget all that he had learned up to that point so that he could be free to explore new dimensions and creative viewpoints.

That is exactly what we want to accomplish in this book. Not that our current perspective is erroneous, but rather that we need more working room to explore new dimensions and creative viewpoints. And we do need a lot of working space. For you see, in the rational, 2+2 always equals 4; in the irrational, 2+2 can equal 93 or 376 or 2136 or anything else we so choose. So we must be prepared for the unexpected and the unusual during our journey. There, I guess I'm ready now. Let's move out.

* * *

Say NO to Illness

In the series of *Don Juan* books by anthropologist Carlos Casteneda, Carlos continually challenges Don Juan's irrational perspective. At one point, Carlos asks Don Juan that if his perception is so all-inclusive, what would he do if he was unaware that someone was hiding in the bushes with a rifle waiting to ambush him as he came home? Don Juan replied, "If someone is hiding in the bushes waiting to ambush me with a rifle, I simply will not come around."

That's certainly irrational!

Once we have *established* the healthful state of mind, our automatic creative system is programmed to *reject* the acceptance of illness. This rejection takes place on both the conscious and subconscious levels, whereas previously the conscious and subconscious had been programmed to accept blindly those illnesses that were part of our current belief program. This applies to current problems from a healing point of view and potential problems from a prevention point of view. We can and already do in some cases say NO to illness.

* * *

It's a Miracle

Since the entire universe is of mental construction, all illness originates in the mind. We have discussed TALT in reference to the two extremes of illness, namely health maintenance (no illness) and terminal illness (total illness). These principles are applicable to the two extremes as well as to the myriad of problems in between, and all can be influenced by the application of TALT techniques.

When a healing event that cannot be explained by our current understanding of healing principles occurs, it is often called a miracle. Most likely, natives in a remote setting would consider the many marvels of modern scientific achievement miraculous. The modern technician, however, understanding the scientific basis for his or her accomplishments, would accept the results as part of modern progress.

Much that can be accomplished through the use of TALT will provide no explanation – by current scientific understanding – as to how it has transpired. By current understanding, what will be accomplished through TALT may be considered miraculous. As we expand our understanding of these universal principles, we will certainly be in awe of their unfoldment but will no longer attribute the results to a miraculous nature.

* * *

Don't Let External Obstacles Fool You

For all practical purposes, you are sick if you say you are. I am a practical man and am not blinded by illusion to the point of not recognizing genuine suffering when I see it. This suffering is as genuine as it is possible to be within our world of mental construction. It is genuine and real but can be altered nonetheless.

“For a consciousness aware of the sign of eternity above it, there are no obstacles, nor can there be any fear of resistance.”

Eden Gray

The words of Eden Gray point out that all obstacles are of an illusionary nature and can be altered. Whatever has been the norm up to this point is no longer valid. We have gone beyond and behind the apparent illness and can now recognize it for what it is: the uncontrolled manifestation of creative imagination. We can and must take control of this *automatic* and *impersonal* process if we wish to be in control of our own destiny and not subject to the whims and fancies of an out-of-control personal consciousness.

* * *

At the Helm

With this knowledge comes responsibility for our personal situation. We all wish to blame someone else for our situation. It's his fault; it's her fault; someone must have it in for me; I'm so unlucky, etc. etc. With the acceptance of this knowledge comes the realization that if our situation has deteriorated to crisis dimensions, it is because no one is at the helm and the ship is out of control.

* * *

Practice Makes Permanent

“Practice makes permanent.”

These are the words my first piano teacher, S. Lane Emery, told me many years ago. The same is true today in TALT training. The real proof of this TALT material will be found in the practice section of this book, which is coming up shortly.

It is *most important* that we learn one thing from this theory section of the book.

“Time is alterable!”

This is what we will be doing in TALT training: altering time in order to change or affect a present situation now being reflected in our present reality.

You do not have to accept or believe these issues at this time. It is important only that you understand what is happening in order to provide the necessary rationale (underlying reason) for the changes taking place in your everyday environment. Belief in these issues will come about as we begin to see the objective results of our practice in our daily lives. So, without further adieu, we will continue on with our journey.

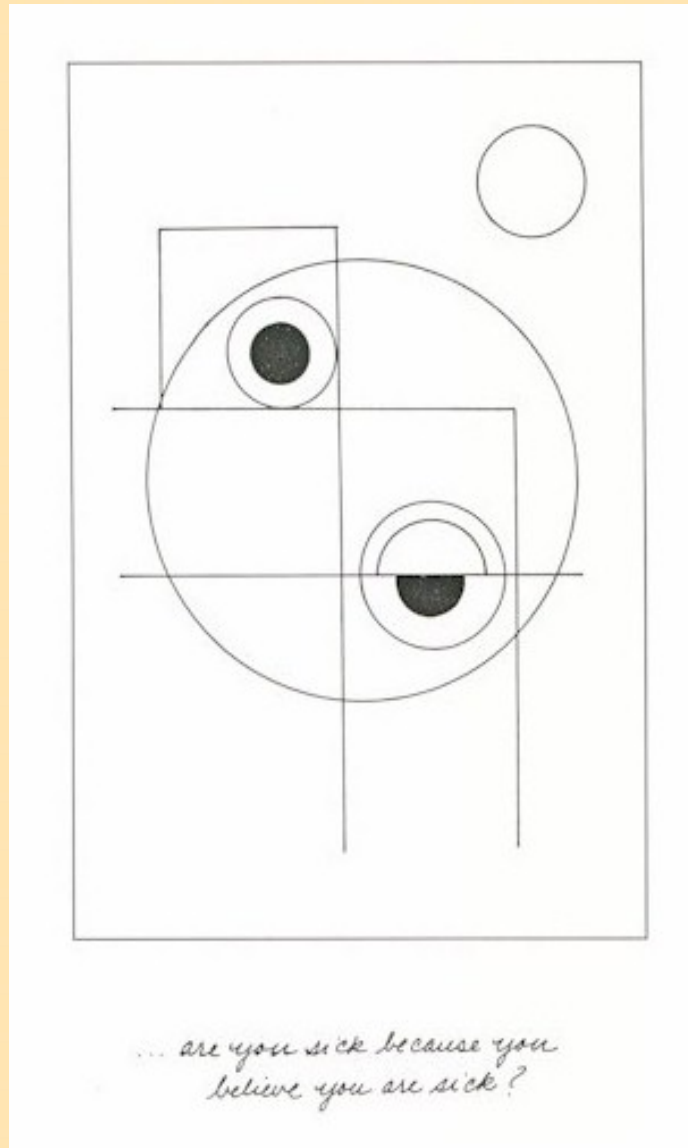
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[Chapter 4](#)

**“Do you believe you are sick, because you are sick,
or are you sick, because you believe you are sick?”**

August N. Alonzo



SECTION 2

Chapter Four

Practice

Well, we've made it this far. Let's see what else needs to be said.

That which we see and experience privately and that which we see and experience jointly with others are the result of various impressions upon our conscious and subconscious minds. These impressions are then reflected as our three-dimensional physical reality – the only reality, for the most part, that our conscious, everyday, individual self knows. This is the only reality to which TALT training directs itself; the only reality in which we will look for results. This everyday, practical reality which may now be reflecting illness can be changed by inserting and reinforcing the proper impressions and thereby reflecting the chosen condition of health.

I don't believe that.

That is why you don't reflect a state of health.

You are reflecting your own beliefs in your ill-health and that has become your physical reality. It has its roots in time as we know it to be. Your illness is an undeniable, verifiable fact. The doctor says you are sick, your family says so, and you can see it with your own two eyes. However, your illness can be altered in time. Our beliefs about life and our physical reality exist as impressions upon the mind. These impressions are reflected as our three-dimensional physical reality. As we alter our current belief impressions, so do we alter our three-dimensional physical reality. TALT training is designed to bring you awareness of this fact, give an explanation as to how it operates, teach you the techniques of operation, show you how to appropriately apply them, and prepare you to recognize the results of your efforts for maximum effectiveness.

* * *

Starting from Scratch

One of the most amazing and important aspects of this work is that it matters not how you arrived at your current situation. All those factors belong to a different belief program. As the old program of lingering fear and doubt automatically attempts to undermine our new program with reasons why the new program is doomed to failure, we can counter with the knowledge that it matters not how we proceeded in the past, but rather how we proceed in the future.

“I mastered fear by realizing physical health is a state of mind, and mastered doubt by realizing that happiness and physical well-being are states of mind, which I am currently materializing through belief reinforcement techniques.”

August N. Alonzo.

Yea, but, but, but!

Sorry!

Or should I say glad to let you know that this *is* the bottom line. This *is* the nature of our three-dimensional reality. This monster of our personal reasoning mind, which we have created, will be trying every trick it knows to maintain control of the situation, even at the cost of our demise. We must continually say NO to illness by dedicatedly applying TALT techniques.

* * *

Practice Still Makes Permanent

All those still on the journey please gather 'round. We're going to build something – which means that although I still

have quite a bit to say, all that remains to be said will follow the construction of the TALT techniques. So as we build, just follow along. The explanation will follow the construction.

“Do the thing and you will have the power.”

Ralph Waldo Emerson

WORKSHEET (sample)			
A	B	C	D
1. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
2. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
3. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
4. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
5. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
6. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
7. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
8. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
9. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
10. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
11. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
12. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
13. REINFORCE THE BELIEF	<i>I am radiantly healthy.</i>	REFLECT THE RESULTS	*****
E			
<i>T/1 I'm doing my job well.</i>		<i>T/5 I am very receptive to reinforcement suggestion.</i>	
<i>T/2 The children, they sure can tell.</i>		<i>T/6 I reflect what I need and banish dejection.</i>	
<i>T/3 My popularity that sure is swell.</i>			
<i>T/4 My savings, they never fell.</i>			

1.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
2.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
3.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
4.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
5.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
6.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
7.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
8.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
9.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
10.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
11.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
12.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS
13.	REINFORCE THE BELIEF	I AM RADIANTLY HEALTHY	REFLECT THE RESULTS

I'M DOING MY JOB WELL.

THE CHILDREN, THEY SURE CAN TELL.

MY POPULARITY, THAT SURE IS SWELL.

MY SAVINGS, THEY NEVER FELL.

I AM VERY RECEPTIVE TO

REINFORCEMENT SUGGESTION.

I REFLECT WHAT I NEED AND

BANISH DEJECTION.

As you can see, we have constructed two worksheets. One of the worksheets is computer-printed with Sections A through E labeled. The other worksheet is a sample worksheet handwritten by a hypothetical grandmother who is a 56-year old terminally ill cancer patient. We will analyze the computer sheet by section and response. (The handwritten worksheet is provided to show what your own handwritten worksheet may look like.)

SECTION A

The “reinforce the belief” section refers to the first step in the TALT technique. What we wish to accomplish at this point is to remind ourselves of what we are doing.

What am I doing? Answer: I am reinforcing the belief.

It is important during actual practice to remain aware of what you are doing, or at least try to do so. The answer to Section A leads us to the response in Section B.

SECTION B

This is a blank space to be filled in by the TALT trainee with a short, positive affirmation of the new belief impression we are establishing. This affirmation is to be quietly spoken or mentally repeated. It is very important that this affirmation be stated in the present tense. It does not say I am hoping to be healthy. It does not say some day I'll be healthy. It does not say if all goes well I'll be healthy. It says *I am radiantly healthy*, which means I am healthy NOW! It says so with conviction. It expresses its reality with radiant exuberance and enthusiasm.

At this point the TALT objective is to *feel* what you mean by radiant health. The use of the word *radiant* in your

affirmation is helpful in allowing the feeling of health to emanate from within. This is the practice of creative imagination on the emotional or feeling level. This practice is very important in the process of establishing new belief impressions.

“But I don’t feel healthy.”

If we look at your state of health we can understand why you don’t feel healthy.

But that’s not important. The time spent repeating the positive affirmation of health is that short period each day when we become actors and actresses. For that short period each day we pretend that the desired state of health is real.

“My experience is contradictory.”

If it weren’t contradictory, you wouldn’t have anything to change through this creative process.

Try your best at this point to *feel* what you think radiant health feels like. No pictures in the mind or imaginings. Just a feeling of health that you would like to create as your reality. Feel, feel, feel that health. Continue to create the desired results on the deep emotional/feeling level. Make it your reality. Make it your own. This stage leads us to Section C and the third step in the TALT technique.

SECTION C

The “reflect the results” section refers to the third step in the TALT technique. What we wish to accomplish at this point is to again remind ourselves of what we are doing.

What am I doing? Answer: I am reflecting the results.

As we begin to establish the impression of a deep inner feeling of radiant health, we begin to reflect it in our daily environment. This is the stage at which the creative process is shaped and molded by creative imagination. The creative impulse that originated – through our efforts – has now reached the mental or thought stage and needs the conscious direction of our mental imaginings to give it shape and direction. That direction unfolds in section D.

SECTION D

At this point the creative impulse which we originated as a deep emotional feeling has entered the mental stage. Now we experience it not as a feeling, but as picture in our minds. This is where we picture to ourselves what being radiantly healthy means. Depending on how cooperative the mental process is, we can either imagine a fixed symbol of what health means to us (i.e. seeing a smile on the face of a loved one as he or she reacts favorably to our new-found health, or seeing ourselves standing at the top of those stairs we have been unable to ascend since being ill, or visualizing any picture or image that enhances the feeling of radiant health) or, if you have a vivid and fluid imagination, you may want to see yourself actually ascending the stairs, or being back on the job, or whatever, whatever, whatever. This in turn leads us to Section E.

SECTION E

Section E is called “the poem.” Its purpose is to get us creatively involved in the process. What does being radiantly healthy mean to you? Think about it. Spell it out. Put it down on paper. You do not necessarily have to write in rhyme, but the more you put into making the poem a personal statement of your objectives, the more helpful it will be to you.

The poem can provide the symbol or running imagery needed for the mental process in Section D. The difference between Section D and Section E is that we take time in the poem section to expand that process:

Section E/1: *I'm doing my job well.*

Since being diagnosed as having cancer, our 56-year-old grandmother – we will call her Mary – has had many problems on the job. This has caused her grief. In the poem section she now imagines herself fully in control of her situation as she once was.

Section E/2: *The children they sure can tell.*

What a joy seeing the faces of her family reacting favorably to her new-found health. This imagining brings her much pleasure.

Section E/3: *My popularity that sure is swell.*

After her diagnosis, Mary saw changes in her friends and relatives. They felt uncomfortable with her situation and she could easily sense that. In this imagining Mary sees things as they should be. Everyone is joyful. This too brings Mary a sense of well-being.

Is the belief taking hold?

Section E/4: *My savings they never fell.*

Being ill is a costly indulgence and Mary's bank account has felt the blow. In this imagining Mary is free from those monetary concerns.

Section E/5: *I am very receptive to reinforcement suggestion.*

Mary was quite concerned that she would have trouble with the imagination section. In this imaging Mary sees herself making steady progress toward her creative goals.

Section E/6: *I reflect what I need and banish dejection.*

In this imagining Mary has understood that her inner thoughts and emotions had caused her problems, and now she sees herself utilizing the TALT techniques successfully and banishing the state of hopelessness and dejection.

If you encounter an obstacle or the inability to reconcile your situation at any point in the training, create a line for your poem that exemplifies the situation as you want it to be, as opposed to the reflection you are currently experiencing. This process gives further shape to your creative endeavors as they grow into reality. If being slim and trim is a symbol of health, incorporate that into your poem. Be creative in your poem utilizations, but don't go overboard. Six to eight lines tops.

* * *

How much TIME does all this stuff take?

How much time does all this stuff take? Oh, oh, there's that word again. TIME.

Very little.

Once a day for approximately 10 to 15 minutes you should find a quiet place to concentrate upon the TALT techniques. I say quiet place and time ideally. If you're serious, you will always find the time and place to apply your techniques no matter what your surroundings.

Later on I will present a list of reasons *not to worry*. The ideal TALT session will begin with reading through and

assimilating these reasons not to worry. After reading the reasons not to worry list, go to your worksheet. The worksheet information can be of your own creation or you can use some of the sample's ideas. As you proceed, remind yourself of the following:

- In Section A, what am I doing?
Answer: reinforcing the belief.
- In Section B, I feel what it means to be radiantly healthy.
- In Section C, what am I doing?
Answer: reflecting the results
- In Section D, I reflect the results.

At this point visualize a symbol or activity of your radiant health. This is round one. Continue on to line two and repeat the process. Do this for all thirteen lines. (The number thirteen is purely arbitrary but does give us a good workout). After line thirteen proceed to your poem.

- In Section E, read and think through each line of the poem one time.

You have completed your practice for the day. We do the practice only *once* per day for approximately 10 to 15 minutes. If you are interrupted, you can always resume your practice later. You can read through the reasons not to worry list as often as it serves to prevent you from worrying about the results.

As you proceed with your TALT training, the wording for the reinforcement section or your poem may need adjustment in order to feel comfortable. Make these adjustments on your personal worksheet. In the final analysis, however, the intention behind the words makes the difference, not the choice of words or phrasing.

As mentioned previously, try to stay aware of what you are doing at each step in the process. Try not to let the mind wander. If it does, bring your attention back to the work at hand. Remember, it is the intensity of concentration that serves to create the deep impressions of health which we wish to establish.

* * *

When Do I See Results?

I will start out with a little story that you can refer to from time to time. There was a great sage or teacher traveling to various villages in the East. A villager heard that this great teacher was to be in the neighboring village and went to hear him speak. The teacher was telling the audience that if they had sufficient faith (i.e. self-confidence) they could walk on water.

After the presentation the villager went over to this teacher and told him how impressed he was with the lecture. He asked if the teacher would grace his home by joining him for lunch the following day. The teacher said he would be delighted and asked if the villager would meet him at noon tomorrow to show him the way.

As scheduled they met at noon and set off for the neighboring village. After about a half hour of walking, they approached

a wide river. The teacher asked the villager, “Where is the boat that brought you here?” The villager replied, “Boat? You said that if we had enough faith (i.e. self-confidence) we could walk on water. So, I just walked across.”

This little allegorical tale will lead our journey into the “what to expect and when to expect it” section. Results *can* be expected in as short a time as it took the villager to accept the belief impression that he could walk on water. However, the more likely unfoldment will see progress measured in weeks and months, as opposed to days or hours.

A number of years ago there was a television show called Naked City. This show would end by saying, “There are eight million stories in this naked city; this was one of them.” So, too, might we say there are five billion stories on this Naked Planet of ours. Since each story is unique, each individual will unfold according to his or her own unique set of emotional and psychological needs. But, nonetheless, the most likely unfoldment will see progress measured in weeks and months, although after a few days you might begin to see events or situations that if you choose to stretch your imagination – and please do – might be explained as results.

For some the first recognizable influence might be found at the thirty-day juncture. As we begin to establish new belief impressions, we are operating somewhat like we would with a tape or video recorder. If we don’t like what we see or hear, we don’t throw away the tape. We simply record over the old impressions. The act of re-recording simultaneously erases the old impressions. In our case, the re-recording must be an on-going process.

Once we are doing our practice for a while, there will be times when the old, the new, or both impressions simultaneously will be the dominant reflection in our daily environment. Take this all in stride.

Yeah, I know, I know. It’s easy for me to say.

The current impression of ill-health is well rooted in your thoughts and emotions or it would not have found its way into physical reality. But it is doomed to destruction because it has as its adversary your WILL to change. As soon as the will to change – as exemplified by your practice of TALT techniques – is put into motion, so too is the automatic creative process to carry out that change set into motion. You have but one thing to do to keep the process operational: the systematic and regular practice of TALT techniques.

* * *

What if?, What if?, What if?....

I’ve learned not to second guess the process. By utilizing the power of the universal mind in our endeavors we have access to universal wisdom as well. What we, from our limited perspective, see as the most expedient path may be viewed quite differently from a universal perspective. Our job is to insert and reinforce the feeling and picture of our desired end results and allow the automatic process to determine the best course of action.

“The dream may not unfold as envisioned, but always as it should.”

Doctor Melvin Higgins

* * *

Shall I Throw Away the Crutches?

Shall I throw away the crutches?

Hold on, hold on.

Not until such time as you can walk on water – and that is to be taken figuratively – should you stop your traditional therapy. Continue with your doctor’s advice. Explain to him or her what you are doing and ask for his or her support. There should be absolutely no interference with the doctor’s efforts. You’ll know when you can “walk on water” when your traditional practitioner says you are ready.

* * *

A Defensive Emotional Position

When we begin to utilize TALT techniques, we are quite literally altering the physical universe. As we do, we can expect some apparent resistance from the status quo. To avoid such resistance from others, one possible course of action is to keep TALT under your hat. Don’t discuss your TALT training with anyone other than those from whom you are assured total support. A supportive environment is helpful, and to open yourself up to the objections of everyone who has a different point of view is not in your best interest. In fact, you might enlist the support of your closest ally to run defense for you when necessary.

You see, even though you may choose not to discuss your training with others at the present, they will still be peripherally aware of the changes taking place in your environment and will react accordingly. When this happens, it’s nice to have someone to intercede until you are truly strong enough to maintain your position without taking needed energy -- which can be well used for healing – and squandering it on useless debate.

* * *

Watch for Your Cue

There’s a great show biz story I would like to relate to you about a New York actor who waited twenty years for his Broadway debut. His part wasn’t big – in fact it was only one line – but it was his big opportunity. His classic line was “Hark, I hear the cannons roar.”

For weeks before the opening night he practiced his line. *Hark, I hear the cannons roar. Hark, I hear the cannons roar. Hark, I hear the cannons roar, etc., etc., etc.* Well, finally opening night arrived. The house was full; the press right up front. This was it. The curtain rose. The actor walked on stage. The cannon roared. The actor said, “What the hell was that?”

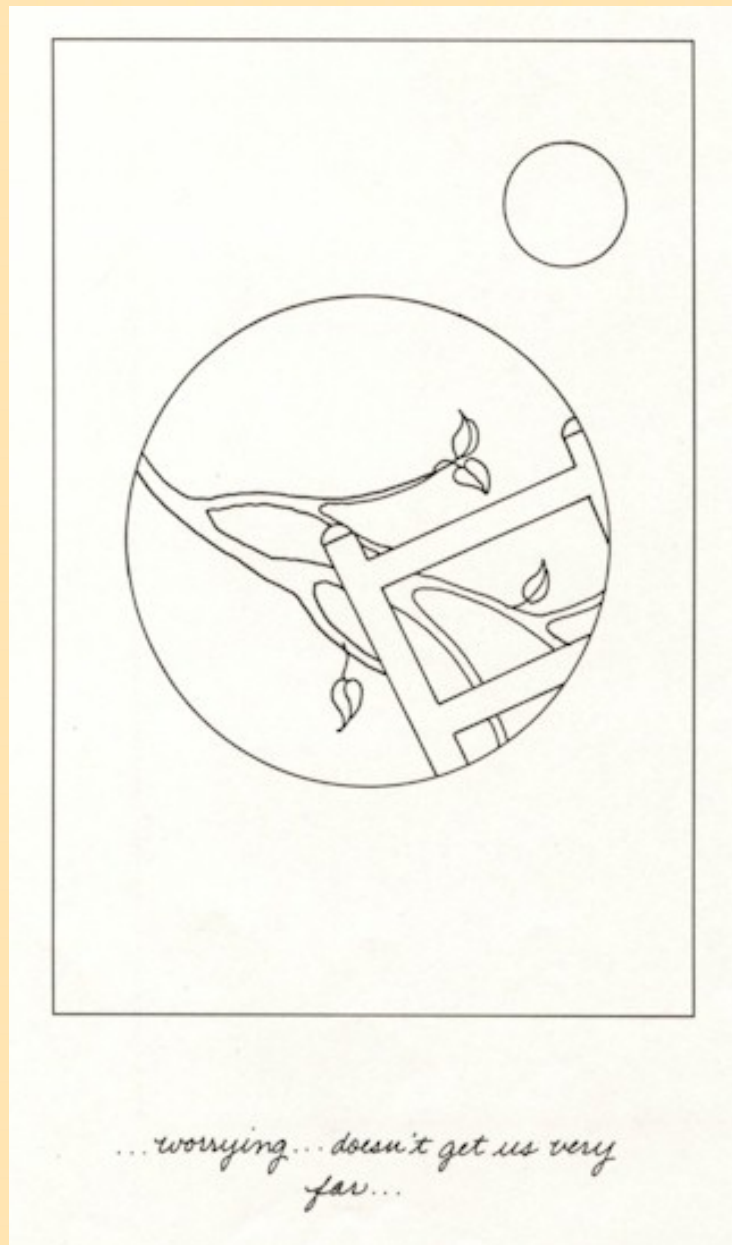
Why do I relate this story? Because I ask you not to allow me to take something that is extremely simple (TALT training) and make it complex because of all my warnings and concerns. I have complete confidence that you will do just fine. You have no reason to worry. In fact, the next section will provide a list of reasons why you have nothing to worry about at all. So, fellow journeyers, on with the show.

* * *

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[Chapter 5](#)

**“Worry is like a rocking chair. It gives us something to do,
but it doesn’t get us very far.”**



Chapter Five

Not to Worry

Worry can be a big drain on our healing energies. In fact, to be constantly worried and anxious about our problems can actually worsen the situation. We are going to create a list of reasons why there is no need to worry, and we can refer to this list whenever we need to ward off approaching states of depression. You may even want to duplicate a copy and keep it with you. This will allow you to reinforce your worry-free position whenever the need arises.

Physical health is a state of mind which I am currently materializing through belief reinforcement techniques.

Comment: I consider this to be one of the strongest anti-worry thoughts in the arsenal. Once this begins to dawn, we will indeed realize that there *is* nothing to worry about.

We are not subject to external influence unless we believe ourselves to be.

Comment: The influence of external factors (i.e. blindly accepting illness as part of life) belongs to an old program of beliefs. However, the program we are currently inserting understands that on both the conscious and subconscious levels, we *can* reject illness, and this will begin to manifest as our physical reality.

The state of health that we seek is already in existence.

Comment: Since time is stationary, all possible states of health already exist as optional storylines. Success is simply a matter of bringing the desired state of health into our three-dimensional physical reality through TALT training.

Our automatic creative mechanism will show the way.

Comment: No need to fret about how we will bring the desired end to fruition. By practicing TALT techniques, we automatically set into motion the process that will analyze the situation and provide the best course of action through our daily encounters. This day-to-day juncture is where we can choose to utilize the direction the process provides.

Apparent setbacks are correction phases which allow the process to move more expediently toward the desired goal.

Comment: Temporary setbacks allow the process additional information to analyze, correct, and assimilate in its movement toward the desired goal.

The creative process is your trusted friend.

Comment: The creative process is your closest friend; in fact, so close as to almost actually be you. In fact, it is you, making decisions in your long-range best interests from the vantage point of universal perception. All done automatically, of course.

There's no need to force the process.

Comment: This process was designed with one purpose in mind: to serve your long-range best interests. There is no need to hurry or be concerned if it is working or not. It was designed and planned to do exactly what it does best, resolve your problems, and most of the work will be done out of your sight, below the conscious level.

The creative process awaits your command.

Comment: The creative process awaits your command via TALT training to solve whichever health problems you present to be solved. The answer to these problems is already in existence – as are the answers to all problems. The process merely chooses the most appropriate approach.

I control my feelings, thoughts, and emotions. My feelings, thoughts, and emotions do not control me.

Comment: In the final analysis you are in charge of your own destiny. By practicing TALT techniques you are exercising your free will to command your own life.

These are just a few thoughts meant to ally our position before using the worksheets and to bolster us at times of uncertainty. Utilize those that relate to the problem at hand. You may even want to add other thoughts presented in this book or meaningful thoughts of your own.

Does that mean the journey is over?

Not quite.

I know you are anxious to begin your practice, but there are a few other points of interest that I'm sure will peak your curiosity. So let's move ahead while there is still daylight.

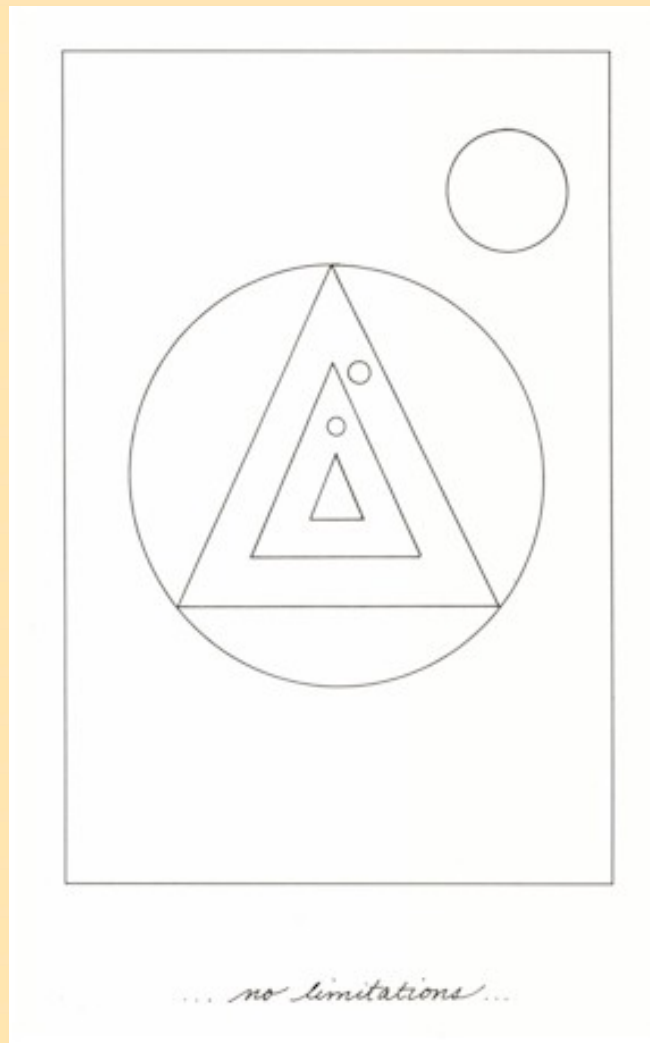
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[Chapter 6](#)

“The human personality has no limitations except those which it accepts. There are no limits to its development or growth, if it will accept no limits.”

Jane Roberts



Chapter Six

And Then It Was My Turn

I had mentioned in Chapter One that I would let you know when I was expressing my personal views as opposed to objectively presenting TALT principles. This is it. Along the way to acquiring the TALT information that I have just presented, I also learned a few other things I believe can be of value in healing and health maintenance. These optional programs *are not* part of TALT training, but I do believe that they can get you “walking on water” more quickly by helping to create a more receptive state of emotion, mind and body. TALT will work with or without these additional factors, but I believe we can use all the assistance we can get. So, let’s have a peek at these other factors before the sun sets.

The Power of the Pyramid

Yes, I admit it. I won't deny it.

I have slept in/under a five-and-one-half foot high copper pyramid frame for the last eleven years. Why? After hearing about, reading, and studying with knowledgeable authorities in the field, I decided it was worth a try and I have been doing so ever since. I figured anything that can cause a razor blade to sharpen itself – as pyramid forms can – must have something going on inside. I believe it can enhance and hasten the regenerative process and ultimately get us “walking on water” more quickly.

Pyramids are inexpensive or can be made quite easily at home. Why it works, how it works, and when it works are not the domain of this book. However, there are any number of books on the subject of pyramid power. With a little effort, these can be located at specialty bookstores or even at your local library.

* * *

Dis-ease = Lack of Harmony

The first manifestation to emerge from the basic universal component is sound. Sound is basic to life itself. The lack of proportion of sound within our body, mind, and emotions creates disease.

Like the other programs presented in this section that are based on my opinions, we do not need to practice with the healing nature of sound – as presented – in order for TALT to be effective. But, some of you may find this useful.

TAQUA Records has released a special record album, “TALT’s Theme.” This album, recorded by the musical group “Keepsake” is available at bookstores, record stores, or by contacting the publisher.

The title cut on this recording is called “TALT’s Theme” and was written especially from me to you. This music was written from the same block of emotional energy that this entire TALT training course was written. There is a definite affinity between the two.

As we proceed with our TALT training we will recognize our progress by a growing sense of clarity of perception. It is during these periods of clear perception that the issues presented in this book will be our reality, with its accompanying state of optimism. Then, the phone may ring, or someone may knock on the door, or any other series of mundane events which require our attention may distract us from this clarity. We will get caught up in the issues at hand and simultaneously will lose our state of optimism.

When this happens, it's time for a tune-up. Just as we have our Not To Worry list to bolster our views during periods of doubt, we now have “TALT’s Theme” to remind us on the deep emotional level that we have nothing at all to worry about. As the famous Doctor Pavlov worked with a conditioned response to the sound of a bell, so too, will we condition ourselves to activate the desired state of clarity and optimism by listening to “TALT’s Theme.”

Thus, until such time as the desired state of health and optimism becomes our permanent reality, we now have yet another tool to assist us on our journey to health.

Anyone care to dance?

[TAQUA Records is providing a free MP3 copy of the "TALT's Theme" album: www.cine-tec.com/taqua-records]

* * *

1,2,3,4 ... 1,2,3,4 ... 1,2,3,4*Oh no, exercise.***Oh yes, we all need exercise.**

Again – and I am certainly not alone in this regard – I believe that, if possible, a program of exercise tailored to your particular needs can be quite effective in establishing receptivity to TALT training.

Expressing my opinion, as I'm allowed to do in this section, leads me to tell you about my personal choice of exercise programs, Hatha Yoga. Hatha Yoga (postures) is the most commonly known of the yogic sciences. You don't have to be a scholar to learn the various bending and stretching techniques utilized, as well as the value of using them. Again, there are many books, classes and tapes on the subject of Hatha Yoga which enumerate its many advantages, but let me mention a few.

Aside from the movement and limbering, many of the postures activate the secretion of certain hormones into the blood stream. These hormones can be very helpful in avoiding depression. Hatha Yoga also includes a series of advanced breathing exercises which can be very helpful in maintaining the proper frame of mind. (Courses that include the advanced breathing techniques can be a bit harder to locate as many teachers do not offer them.)

Hatha Yoga also offers a series of personal cleansing techniques which can be quite valuable in maintaining physical, mental and emotional health.

As you can probably tell, I think highly of these programs and recommend them as useful adjuncts to TALT training. I'm sure a bit of careful research and inquiry will lead you to a qualified source for this very inexpensive tool.

Well, now that we are all in such good shape, what do you say we jog to our next stop and work up an appetite along the way?

* * *

The Razor's Edge

Diet!? Here we are down to the last subject before the conclusion and you jeopardize everything with a discussion of diet? Don't you know that diet is the most emotional of personal factors?

Yes. I do know people can get quite nervous when a discussion of diet comes up.

TALT teaches that healing takes place in the mind and not in the stomach, but my personal views indicate that a well-planned diet can play a very useful role in a total health and healing program.

If there are a number of books available on pyramids, and many books available on Hatha Yoga, there is a deluge of books and information available on diet. I won't say much more than that I believe that a well thought out natural diet will offer great assistance in achieving your goals of health.

Which natural diet?

Investigate a few and choose one with which you can feel relatively comfortable. Then try it. Without belaboring the point, a natural diet can have a positive financial component as well because a well-planned natural diet can be very inexpensive. Whatever your decision regarding diet will not affect the results of your TALT training.

To end this section on diet, I will share with you a favorite recipe. In your honor, we will name this recipe **TALT TONIC**.

Into a blender add the following:

1 cup whole milk

½ very ripe small to medium banana

¼ measured teaspoon of ginger powder

¼ measured teaspoon of licorice powder

¼ measured teaspoon of ginseng powder

Blend and drink only once per day, approximately one hour before bedtime. The TALT TONIC is delicious, nutritious, and has great rejuvenating qualities. You may have to search a bit to find the licorice and ginseng powder, but using the phone book under the heading of herbs or health foods should yield results.

Now that it's getting dark, I'll let you know that I sent a few travelers ahead to camp, so when we arrive we will have a nice fire to sit around and discuss the conclusion.

Rational, eh?

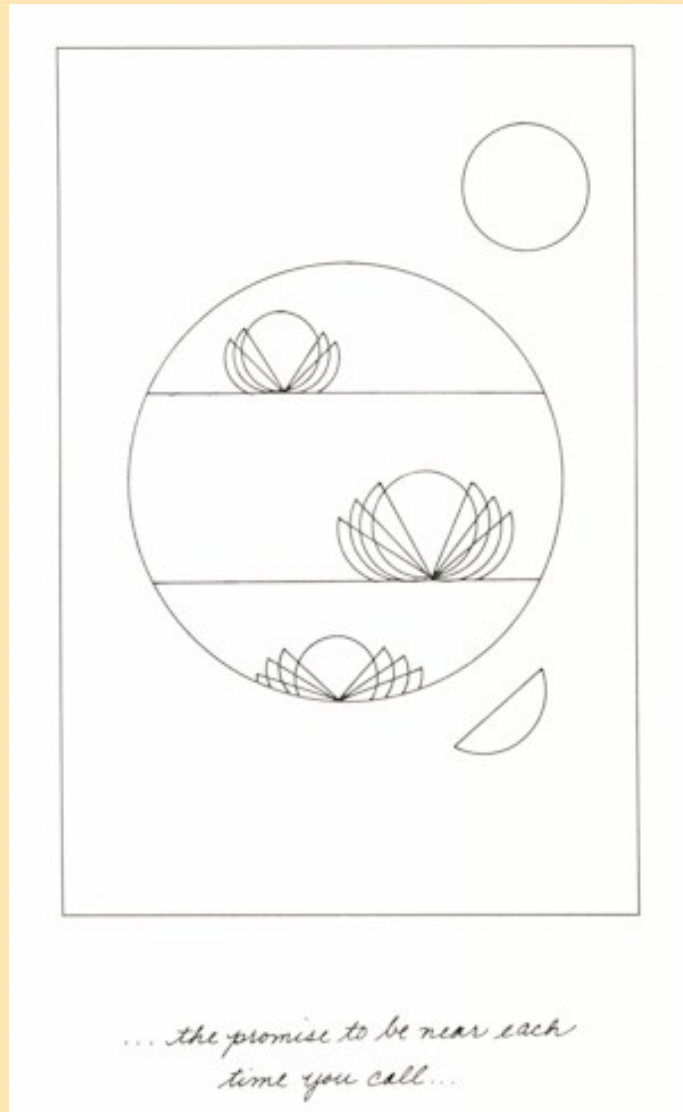
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[Chapter 7](#)

“I can only give you love that lasts forever, and the promise to be near each time you call.”

From the song “That’s All” By Alan Brandt and Bob Haymes



Chapter Seven

Conclusion: A Fireside Symposium

Before taking this job as journey guide, each summer I attended a symposium on combined therapies offered by the Himalayan Institute. The director of the organization, Swami Rama, told a story that I would like to share with you.

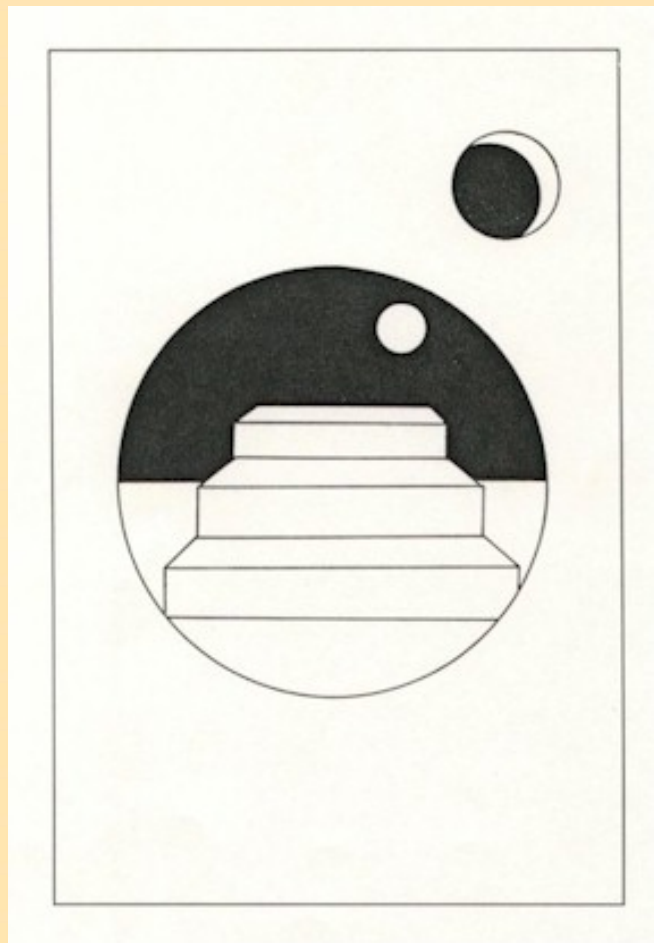
As head of the conference, the director was asked by a participant if he would kindly show him the symposium. The director agreed and took the participant to the speakers’ suite and introduced him to the speakers. The participant said, “No, I want to see the symposium.”

The director then took him backstage to see the speaking area. Again the participant said, “No, I want to see the symposium.” The director then took the man to the auditorium to see the viewing area. Again the man said, “No, I want to see the symposium.” At this point the director realized that you can never see the symposium, only its parts.

To see the symposium, there must be a dawning as to that fact; so, too, with the material which we have just encountered. At some point there will be a dawning at which time all the parts will become a whole. It comes as a realization – an “Oh, I see” type of event. But until that time, the TALT techniques will continue to be as effective with our without that dawning. So concentrate on getting well first and then be concerned with the dawning. Ok?

The only sad part about this guide job of mine is that it has to end. I’ve become kind of attached to you. But, as we know, tomorrow there will be a fresh group of faces who have come for the journey as well. And they must have their opportunity to learn, too. So, before we turn in, I would like to propose a toast to you, my fellow journeyers. I wish you health and happiness and may you live a hundred years.

* * *



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