

The PowerPause

Questions And Answers

(transcribed from the audio files)



John Harricharan and Anita Bergen

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Q & A -- The PowerPause

John Harricharan: Hi, this is John Harricharan. I want to talk about The PowerPause again for a little while today. Over the years it has been used by so many people in so many different countries. I used to lecture about The PowerPause and I used to explain it to my clients, but then people started requesting it and wanted copies of it and wanted to be taught how to use it. So The PowerPause was produced, marketed, and has helped so many people all over the world. One of the things we got from this really simply system was a question from one reader here, a question from another reader there, and although The PowerPause is simplicity itself, there were still some fine points to it and we have received so many questions from everybody concerning The PowerPause and how to use it. Anita Bergen, who is my assistant and who has worked with me for many years, collected many of these questions, grouped them together, and we decided to include them on this audio and also to produce a pdf file for you. I am going to let her explain what we will do with these.

Anita Bergen: We're going to be speaking today about The PowerPause. I'm Anita Bergen and I am going to have the opportunity today to speak with John Harricharan and

to offer him some of the questions which have been sent in to us by so many of his readers and the people who have purchased The PowerPause. Most of these questions regard details about how to use The PowerPause most effectively to get the optimum results from it. We're going to go over some of these questions so that you, the users of The PowerPause, will feel much more comfortable with it and will get the best results from it.

Question No. 1, John:

The three principles of The PowerPause are so simple and yet they're not new, we both use them. What is so remarkable or different about The PowerPause?

John Harricharan: Well, the principles themselves are remarkable in that they're simple, but I think the most amazing thing about The PowerPause is its simplicity. Many times I have gone to seminars, read books, listened to tapes or CDs and heard some of the most interesting teachers speak about life and living. What always confuses me – well, confused might be a strong word – but what always got to me was the fact that whatever they used, whatever they thought – not everyone of course, just some of them – the methods were so complex that they would take quite a while to learn, practice and do them.

The most amazing thing about The PowerPause is: No. 1 – its simplicity, and No. 2 – its practicality. It can be used to solve any problem. It's a problem-solving tool, but like

any tool, it has to be used and used properly to work. However, you do not have to spend years or even months or weeks learning how to use it, and you can do it anytime, anywhere for whatever problem you have.

Anita: Okay, John, our next question:

One of the principles of The PowerPause is to break focus and you tell us to break focus with our problems. Don't our problems need to be addressed? If we expect to solve them, we can't hide our heads in the sand and pretend that they don't exist. Isn't this denial?

John: That's precisely where The PowerPause comes in. We do not want to deny that we have problems. Everybody has problems. In fact, there are only three problems on earth: money, health, and relationships. And all of us, each and every one of us, have one, two, or three of those problems. Some people like me have had them all, but in The PowerPause we won't deny that we have problems. What we do here is to look at it in a different way.

It's not the problem that's as important as the way we look at the problem or the way we deal with the problem. And in the manuscript or the recording of the entire PowerPause book you will find the way of how you deal with these problems. They won't scare you anymore and you won't have to figure out how to do everything.

You don't have to run around trying to rush and solve this problem. What you do is you create an environment in which the problem solves itself – strange as that might seem. I told you that this is simple and very practical.

Anita: Speaking of breaking focus with our problems, our next question is:

I can't seem to break focus with my problems. I'm so worried and anxious. How do I break focus if I'm constantly haunted by my concerns?

John: That's why you have to read *The PowerPause* or listen to it and study it. It shows you in the first few chapters exactly how to break your focus with your problem. It seems simple at first when you say, "Just break focus," which means don't think about your problem. Think about something else. Yes, that statement is very simple, but to do it is a little bit more involved. I would suggest you again go through the first few chapters of the book or listen to the first part of the recording just to make sure that you get all the ideas about how simple it becomes, how practical it becomes to break focus. It's a matter of just switching, just switching channels so to say, and if you do it for the three minutes it suggests and you do it as a game, it's no longer difficult. In fact, parts of it could become real fun.

Anita: Here's another question, John:

This reader says, "I've had these problems for so long that I can't even imagine what it would feel like not to have them. How do I generate this feeling?"

John: Yes, many of us have had problems for a long time and can't even imagine, as that reader said, how we could solve them or what it would be like to live without the problems. You see, the problem with that problem, pardon me, is that this thinking has become a habit pattern. We all fall into habits, good habits or bad habits, and when we do not take conscious thought, when we do not take conscious action, the habits will continue.

What we have to do here is just a simple way of training ourselves, which could take no more than a few minutes of imagining things, using the imagination which has been called the scissors of the mind. Now, if you are to do it with a feeling of "Oh, my goodness. This is not going to work," or "I wonder if this is going to work," you will put undue stress on yourself.

That's why in The PowerPause you have to start by assuming you are playing a game for three minutes, that you really, really have three minutes to think about anything you want to and then you start thinking about pleasant thoughts, pleasant things. This is how it works. Breaking focus, feeling. We are not our feelings. We are not our thoughts. We only have our thoughts. We think them, and we have our feelings. We feel them, so we can man-

age our feelings and control our thoughts. The PowerPause shows you exactly how to do that for the three minutes it takes.

Anita: Next question, John:

I absolutely love The PowerPause, but I've been looking for results every day and things still seem to be about the same. What am I doing wrong?

John: That's a good question. I get that a lot. I'm sure you have found that to be true also, Anita. One of my thoughts about that is very similar to planting seeds. If you plant seeds and you dig them up every day to see if they'll grow, you will destroy the seeds or you will delay their growing.

What you have to do is: after you practice The PowerPause, you let it go. That's where the third principle comes in that says, be grateful and give thanks. Again, that's explained in detail in The PowerPause and also on the other audio, which is The Official Guidebook for The PowerPause.

Anita: Okay, next question:

We know that The PowerPause itself will only take three minutes, but how long will it take for the effects of The PowerPause to work?

John: That's almost like asking the question "What's the cost of a good dinner?" The answer is: It depends. For

example, if one trusts the process, one works with it as it's stated in the Guidebook – as it's said on the audio – and you practice it and faithfully do it, I have seen results that would occur in days.

In other cases, it might take weeks or even longer, but it really depends on how much you put into it and how well you follow the three principles of The PowerPause, which are: No. 1 – Break focus, No. 2 – Feel how you would feel if the thing you really wanted to have happen happened, and No. 3 – Give thanks. Again, these are described totally in The PowerPause text.

Anita: All right. The next question:

Even though I'm using The PowerPause, the solution to my problem hasn't arrived yet. Now, should I PowerPause for more than three minutes?

John: No. I absolutely do not suggest that it be done more than three minutes. There's a reason for that, a very, very important reason. It is that your mind will start wandering and you do not want that to happen. So three minutes is about the limit. No matter how well you feel, do not go beyond three minutes because then you will dilute the effects of The PowerPause.

Anita: Okay, John, another question:

Can I do The PowerPause for someone else? Take, for example, I have a friend or a relative with a problem. Can I use this method to help them?

John: Absolutely. Absolutely. You certainly could do that. In fact, I suggest that you do because – remember now – everything is connected to everything else. Everyone is connected to everyone. So especially if you are close to someone – a friend, a family member, a child, son or daughter, husband, wife, girlfriend, whoever, even a boss in your office – there is a relationship. There is an energy system that binds all of you together so you could certainly use The PowerPause to help them.

The way you do it is to see or feel how you would feel if they were much happier. How would things be? Let's say you have a grumpy boss, if you're working for someone else. If you could picture, imagine, feel that boss treating you right, doing really nice things for you and others, and if you really, really work with that, you'd be amazed at the changes in him.

Now, some people would say to me, "Isn't that forcing your will on someone else?" Let me make this very clear. We cannot force our will on someone else. They will accept it. The universe is a life-affirming universe. So I would say, "Do it for others."

Anita: Okay, John, another question:

You say that one of the principles of The PowerPause is that we should give thanks. We should be thankful for the solution to the problems we're trying to overcome, but really, John, practically speaking, why should I give thanks for something that hasn't happened yet?

John: Giving thanks will do a number of things for you. No. 1, it assumes that you have had something happen that's good. You give thanks when someone does something for you that you really appreciate. You give thanks to the universe for whatever it is that's beautiful and joyful – even the experiences that might be challenging that come to you.

By doing that, you are creating a feeling of expectation. You are already saying to yourself that whatever it is that you're feeling strongly about is already on its way to you. It is coming to you. It is only invisible and very soon if you keep the practice up, you give thanks and you let it go, you'll be amazed at how fast it comes to you.

And again, giving thanks is a "letting go" mechanism. Remember, we talked about the seed? If you planted a seed and dug it up every day to see if it's growing, you will delay the process or even destroy the seed. So when you give thanks, you are letting go of the process. You are letting go of results. You're not attached to outcomes any longer. Then you give the subconscious the chance to do

for you that which you really feel and that which you really want and what you really believe that you deserve.

Anita: Another question for you, John:

I seem to have all three problems, health, relationships, and prosperity. John, do you think they all have a common cause?

John: I imagine there is a common cause to all of them. The common cause is life. We live in a world where there are certain rules and laws and regulations that are universal and we don't even know how or why. Take for example the law of gravity. It will affect everything. If you were to drop a rock, it falls. If you jump off a building, you fall. If you throw a piece of stone across the way, it obeys the law of gravity. So all our problems: money, health, and relationships come from certain causes.

I think one of the causes is actually a separation from our source – our not being grounded in trusting the universe, not listening to that still, small voice within – always being worried and working ourselves up into a frenzy of fear and worry and anxiety. And when these things occur within us, we effectively close the door to information that would help us solve our problems.

So yes, there probably is a common cause or common causes and the way to defeat those – I don't care what they are – the way to defeat them, or not even defeat, but

to let them vaporize as the dew in the morning sun, is to go within yourself, do the three-minute PowerPause: Break focus, Feel how you would feel if the thing you really wanted to have happen happened, and then Be grateful.

Give thanks, and who do you give thanks to? It doesn't matter. It has nothing to do with your religion. You could be a member of any religious group or none at all, but a release mechanism of saying thank you, thank you – that would do it.

Anita: Next question:

Can I PowerPause for more than one problem at a time or is it better to use The PowerPause for each problem separately?

John: If you have many problems – let's say 40 of them – which fall under one of those three categories, you will find it very difficult to use The PowerPause for the pain in your toe or the itch on your back or the lack of money to pay the credit card or to buy some clothing for the kids, or whatever. We could lump all these problems in a bag and count them. That's not the best way. That's not the most productive way.

There are really only three categories and when it comes down to the most important thing, there aren't even three problems. There is only one problem – and that problem I'll write about one day in another book – but there is one

problem. The main part of it is that we are separated from our source; we do not listen. We do not stand firm.

So I would suggest you can use The PowerPause for everything, all in one fell swoop, because here it goes. Imagine yourself. Think about if you didn't have those 40 problems or 10 problems or 3 problems or 2. If you didn't have them, how would you feel? There would be a feeling of lightness, a feeling of joy, of peace, of love, of tranquility. You would not be anxious anymore. You won't worry as much. You would breathe much more slowly and you'd smile more often. So, yes, go ahead. Use The PowerPause for any or all at the same time.

Anita: Next question, John:

Will The PowerPause really cure health problems? Aren't most health problems caused by an imbalance or other environmental factors or poor lifestyles or hereditary factors?

John: Yes, use The PowerPause exactly the same way for money, health, or relationships. I have seen some amazing health problems fixed using The PowerPause. I can't speak for others, but I could tell you it saved my life once.

There was a time that I didn't think I was going to make it. That was a number of years ago. I couldn't walk. I could hardly see; I couldn't drive. The doctors thought that was the end of me and one day Anita said to me, "John, read The PowerPause." They had me ... the doctors had me on

all kinds of medications. I think I counted nine of them and one was, or two of them were such terrible painkillers I almost called them killers because they almost killed me and not the pain.

Anita kept bugging me and saying, "Read The PowerPause. You've got to read The PowerPause." So one day I decided to do that, but not because I wanted to. I said to myself, "PowerPause. Big deal. I wrote it, but look how I am now. Look what has happened to me." But she wouldn't give up. She kept saying, "Read The PowerPause." And just to keep her quiet, I decided that weekend I was going to read The PowerPause again and I did.

Now, remember, I was walking with a cane for almost a year. I wasn't driving. I could hardly take care of myself and decided finally to read The PowerPause again. I did. Nothing happened, of course, except when Anita came in on Monday morning I said, "Well, I read The PowerPause." But there was a sense of excitement in me and I noticed some strange things starting to happen.

I still was walking around with a cane the first day, the second day, also. By the third day, I noticed that I had forgotten and left the cane when I walked around the room. By the end of the week, I had put away the cane – never to pick it up again. Today I am healthier than I have ever been. I'm off all or almost all medications.

I still have my bad habits of not eating properly and not having enough exercise. You see, I am the type of person who believes that there should be a business called "Rent-A-Jogger" so I could sit under a tree and pay someone to jog about ten laps for me because I don't exercise that much.

But with the proper combination of The PowerPause and balance, I do get the urge to walk more, to eat better, to sleep better, and to take care of myself. So, does The PowerPause work for health? For me, it did. I will never, ever forget that. I suggest you try it, not only for health, but for everything else.

Anita: Your personal story is truly amazing, John. Here is our final question:

Are there benefits to having a special time to practice The PowerPause?

John: There are benefits to that because you're forming a habit pattern, but really, when you look at it, it doesn't matter. The benefit, of course, has to do with certain times and so forth. Let me explain this. Two of the best times to use The PowerPause would be on waking up first thing in the morning or just before falling asleep at night-time.

The reason for this is because at those times alpha waves predominate in our brain. It's one of our more creative

times. It's one of the times in which you could be in touch with the subconscious much more effectively. So just after you get up in the morning and just before falling asleep at night are two of the better times.

However, that doesn't mean that in the middle of a great problem you couldn't take a few minutes – three minutes off – and say to yourself, "I'm going to do this now for three minutes. I owe it to myself." So really, there are good times and better times, but any time you practice The PowerPause is a good time.

Anita: John, I'd like to thank you very much for helping us out with these questions and answers. I know you certainly helped me. Your answers have really filled in a lot of the gaps and explained a lot of the details to using this very powerful and practical program to help us solve all the problems and challenges we come in contact with and have to work with every single day. Do you have a final word for us?

John: Well, thank you so much, Anita, for agreeing to collect those questions for me, so I could answer them as best as I could. I would suggest that each and every one who is listening to this audio read The PowerPause again. Listen to the audio files, the Question and Answers – this one that is just being done. Read The Official Guidebook or listen to The Guidebook audio together, and make sure

that you read or listen to The PowerPause – the entire method – at least three times.

That would help you to make it a habit, and please, practice, practice, practice until it becomes a habit. Don't do it just for one day or two days and say it doesn't work. It will work, if you work it. I have seen it work so many times. We have a drawer full of letters and printed emails from people all over the world – almost from every continent – who have been so pleased with situations that have been resolved because of The PowerPause.

I know one special case that I always remember where a lady who was 71 years old wanted a relationship so badly. She ended up getting one and she's planning on being with this person for the rest of her life. The person is in his 40s. I know another one where somebody was totally, totally in need of a lot of money to keep his company going. Within a period of a month he was able to gain over \$100,000.00.

I know of all kinds of problem situations in health, money, and relationships that The PowerPause has helped to resolve. The PowerPause does work, if you work it. Thank you again for being here and for listening to this audio.

I appreciate all of you. Have a wonderful, wonderful life full of all good things. This is John Harricharan.