

## Why use the Pause Method??

The new global Market conditions

Are you aware of how much more information you are exposed to? According to research, in 1992 consumers were exposed to 3,000 messages a day. Recently this number increased to 30,000 messages.

This information overload or commercial clutter, together with shifting markets, increased job requirements and changes in relationship expectations overload our attention and diminish our capacity to respond effectively. It challenges our ability

to focus on what's most important. Many of us work harder and do not feel an increase in quality of life. In the past, we could have held on to emotional pain and stress from prior relationships or work stress and still be effective. Today, with the increase of pace, this frozen energy threatens our capacity to function effectively.

Interpersonally, people find their interactions more frequently tainted with negative energy, hostility and frustration.

Overloaded minds tend to make more frequent and bigger mistakes. They engage in more mechanical solutions that might address the problems, but these solutions frequently create bigger problems down the line. They also:

- Decrease effective communication
- Decrease sense of what is most important
- Increase busy-work rather than true productivity, leading to decrease in energy and increases in stress-related illnesses and absenteeism
- Increase chaos and frequently cause overwhelm

Yesterday's solutions are today's problems. Prior effective methods are now giving diminishing returns. New ways are needed to release emotions and negative energies.

Twenty or thirty years ago, we could have held on to a grudge or an old self-image or identity, or unresolved issues and still excel in our lives. Given the ever-increasing speed, complexity and sheer quantity of new input, if we persist with holding on to our past, whether mediocre, nightmarish or full of great success, we compromise not only our ability to excel but also threaten our ability to function.

There is an ever-growing need to release the past -- whether a distant (childhood) past, a decade-old past, or a recent past as old as a negative interaction we had this morning. We are less and less able to afford the luxury of holding on to old sentiments or frozen energies without their bleeding through and compromising all our future interactions of the day. In a fast-paced life, we need new tools to release the past and keep creating the present from a new clearer future image.