

# Parents

I cannot believe how grateful I am to have **discovered the PAUSE program as a mother.** I was introduced to the program as a nurse when PAUSE shared at a School Nurse Professional Development Day. Before implementing it in the school I started using it at home with my son. **My son suffers from anxiety and ADHD.** We went through many episodes of screaming and crying with little success calming down and redirecting. I realized that my interventions sometimes made things worse and that **he needed to have some control over the situation and redirect himself.** I introduced him to PAUSE thinking that at that point anything was worth trying. **We read the book together and immediately started "Pausing" when we were on the brink of meltdowns.** After a few times, he began to be able to identify ways that **he could help himself calm down.** He would take a break in his room to pause and come out saying, "I just thought of another way I could think about this" and "I just saw how I could do this differently." It didn't come immediately and sometimes I would have to remind him to PAUSE, but it worked! He keeps his **KIDS CAN PAUSE Practice Card** on his desk to remind him and reads it to himself. We have many less breakdowns and he is able to pull things together much quicker and **we have had a wonderful turn around.**

Jenn Wofford

School Nurse, Peabody Elementary

My oldest daughter was having test anxiety in her senior year of school. I gave her a printout of The 4 Decisions and told her to calm down. She was not sure what to do with the 4 Decisions, so I told her to calm down and read them right before taking her test. I told her to read them slowly and really Take in the steps Later that day, after school and work had ended, we were sitting around the dining room table and talking about our day. When it was her turn to tell us how her day went, she said, "It was great! After reading the steps slowly to myself, I went into the classroom to take the test. And you know what? I wasn't stressed about it or anything! And, I think I did really well!" She has since completed high school - top of her class!

**B.K.**

Father of Seven Daughters

"Oh, I use Pause! It has completely transformed my 4-year old grandson. He was out of control, doing terrible at his school, the teacher couldn't control him and he had an IEP at 4-years old! I began practicing Pause, then shared the Parents Can Pause card with my grandson's teacher and also began sharing about pausing with him. His teacher began using Pause with him as well and he has completely changed. Now at 6 years old he is well-behaved, doing great in school and getting all purple stars -that's the highest color you can get in the classroom!"

**Lisa, Postal Clerk**

## Everyday People

"It is a joy to share the Pause for Inspiration cards with others. I have found that in helping others, you help yourself to be inspired. And when I am feeling down, dehydrated and suffering from fatigue, in need of a blood transfusion, or just saying, 'Why me? Why me with this cancer?' I take the time to read the Pause For Inspiration card and feel like I get control of my life. Why don't you take the time to Pause For Inspiration and change your life?"

**Laverne Holliday**  
Breast Cancer Survivor

"Love, Love, Love all the wonderful pause cards! When people start to use and embrace the cards and the depth of their meaning does one often have an 'Ah Ha' Moment of Knowing that LOVE is who you truly are!"

**Anthony Bopp**

Long Island, NY Inspiration Station

"Your presentation and generous gifts of inspirational material at the recent conference in San Francisco were genuinely appreciated. Once again, thank you for your generosity and especially your passionate mission to bring peace and connection to humanity!"

**Lynda Hadley**

"The Pause For Inspiration/4 Decisions cards are so helpful. I have one in my car and used it when I got pulled over for a ticket, made a turn in a no turn zone, it was very helpful AND the policeman just gave me a warning, and of course I started out in my thinking with, he just wants to make money for his town, etc. etc. It really was a wonderful experience."

**Carol Powers**  
Everyday Person

"YOU were Inspiration's instrument almost two years ago that was the impetus for me to live a much fuller life and sharing my light and gifts with others. I love being in community and sharing what comes through me. Last night was so incredibly fun for me. What a great group of wonderful friends. Presenting those four of my songs was fun and rewarding but the most fun for me was dancing. The party really got rolling and I danced a lot. There were others too and I just danced alone in the group and reveled in what was a dream come true for me.....to DANCE! As a paraplegic, to move in a group or as a couple - I want to do this more and I am feeling strongly inspired to making music with others.....not just making music with my computer. I would love to sing with you!"

**Mark Madsen, Professor of Voice and Pause Ambassador**

Testimonials

# Education

"We hear of violence on school campuses; Kids are stressed, teachers are stressed. Spring standardized testing greatly contributes to the stress level for absolutely everyone. Teachers are reading your book and watching the video, with clips from the website shared during the workshop. Teachers are telling me how they are teaching their kids to use Pause for dealing with situations. Thank you so much for such a good program and sharing your 'goodies' with teachers and staff! "

**Kathy Ruserf**

"Trailblazing Teacher" by Center for Green Schools,  
Science Education Consultant,  
National Outstanding Educator by Project Learning Tree,  
Acorn Elementary, Mena, Arkansas

"I have shown so many the book you gave me at the last summit that is titled *Kids Can Pause for Help, and Parents Too! Get to Know Your Helpful Self*. This book I have read to families and shown to my new co workers and they just love it!

**Carrie Ragsdale**

Intensive In-Home Specialist  
Family Facet

"The PAUSE Program proved to be an excellent intervention for a selected group of students at Roosevelt High School. The group sessions provided an avenue for students to vent their feelings and discover alternate responses to situations at school, in the community and at home. Students were observed using the cue cards as prompts both in the classroom and hallways as well as sharing the information with their peers."

**Jim Wiesen**

**Work Experience Coordinator**  
Roosevelt High School

"When I use the Pause it helps me to block out the negative self-talk that is trying to remind me of how worthless I am. I simply Pause, step back from having any judgments about myself and others. I allow my mind to rest. Then Inspiration enters and transforms my thinking to Peace."  
~ Dr. Bridget Long, Ph.D.

"The PAUSE program can make a change in the life a person. Young or old, experienced or new to this world, PAUSE teaches you to take a moment and pause to listen, not only listen to the world around you but to the inner world of your mind and soul. This moment allows you to step back from what is happening, get out of your own way and have a moment to listen for your inspired mind. Mary from PAUSE has been coming to our campus for over a year now. She teaches the PAUSE to our students and staff. I have seen a wonderful change in our culture here on campus. I recommend PAUSE for everyone. If you have a school, a youth group, or a business office that needs to improve performance, PAUSE is for you."

**Jeffrey Taylor**

Business Community Liaison, St. Louis Job Corps

"One of my parents that met with you, Mary, was excited to use the book for her children. She started using it with her 9 year old son to help him regulate his emotions in a healthy way. She has him write down two scenarios a day on how he used the Pause to help with confrontation at school. It's working she says!"

**Shera Williams**  
**Family Advocate**

YWCA Head Start - Lewis & Clark

Job Corps' Youth - When asked: "What does Pause for Inspiration mean to you?"

One young man said, "It means to be open to correction."

Another young man shared, "It's to receive new solutions."

And a young woman shared, "It means to shift. To see another way; to see a person or situation in another way."

While reading through our *Kids Can Pause and Parents Too!* book to give us feedback, one student shared,  
"I wish I had PAUSE when I was younger. I really could have used this."  
15-year old Student  
Roosevelt High School

"An empowering action plan for children and the adults who educate and care for them. The message is a reminder that we are never really alone, we always have a choice that brings us together, and that a helpful mindset can yield immediate and conflict-free results. I view this book as a highly valuable addition across home and school settings. And that children will enjoy putting it into practice."

**Dana Marrocco, Ph.D.**

**Licensed School Psychologist & Author**

"THE TOP TEN LIES WE TELL OURSELVES, And How to Stop Living Them."

Testimonials

# Medical

"Continue to provide tools that help people connect with their helpful self. The ability to do so is beneficial for self and others. The cards you provide are helpful. We look forward to having the School Nurses create Pause cards of their own with your guidance! Thank you."

**Surilla Shaw, RN, MSN**  
School Nurse Coordinator, Saint Louis Public Schools

"When someone is in need, naturally we think of bills, medications, food and all of the physical and material necessities to live. The one most important thing everyone needs is support of the Mind. For someone to succeed and get around those roadblocks in life you need mental support also. That is why programs like this are so important to have and grow. Thank you for helping provide such needed support."

**Candice Herin and Marty Clarke, PAC, PhD**  
Washington University School of Medicine  
Cancer Psychiatry Consult Service

"I have been applying "The Pause" in my work with substance-addicted people for five years at the Center. It is of tremendous help to my clients. They carry the card with them, proudly display it and share how the concept helps them in their quest for recovery."

**Valerie Adams**  
Educator/Counselor  
Comprehensive Behavioral Health Center  
East St. Louis, Illinois

"I frequently give Pause for Inspiration cards to my psychotherapy clients. They often report it helps them find their own source of wisdom."

**Steve Franklin MSW, LCSW**

"Our clients love and utilize your book! Our clients really benefit from your material! They like that Pause is a simple concept, yet so powerful and can be applied to many aspects of their life. Thank you so much for what you do."

**Kathy Sherwood**  
St. Mary's Outpatient  
Behavioral Health Center

I use the Pause Practice every day! Firstly, to settle and quiet my "me-character" so I can hear the wisdom of my Helpful Self beneath mental chatter and changing emotions. Secondly, to share with others who are grateful someone even noticed their presence. My Helpful Self is an inner resource directing me with what to say and do, or not. These inner nudges are always wise, practical and loving. It's no wonder that my itty bitsy me-character couldn't come up with them!

**Mary Lenihan, M.S. OTR/L**  
Licensed Occupational Therapist

# Sports

"Whenever I play matches, Pause brings me better shot selection. My serves are better. It's a really good way to make the right decision at the right moment. I use it to reorganize in my head to get ready for the next move."

**Jesus Bandres**  
Professional Tennis Player  
and Instructor

"I curse myself if I don't use Pause for Inspiration when putting because it has changed my putting game!"

**Greg**  
Golfer

# Community

"It is a MUST and a PLUS!"

**Vanessa White**  
Zion Travelers

"You and I have combined our efforts to bring PAUSE to caregivers of children and youth with disabilities. The people that I serve in St. Louis city have the opportunity to find inner strength with PAUSE through personal and environmental challenges. I look forward to continuing our combined mission!"

**Karina Crouch**  
Multicultural Coordinator, MPACT

"Thank you again for your continual support! You and Lisa are doing an awesome job; you're touching one life at a time and that's what it is about!"

**Shera Williams**  
Family Advocate  
YWCA Head Start -  
Lewis & Clark

Testimonials

# Business

"Oh, I know what this card is for! It keeps you from doing something stupid."

**Jay Woodside**  
Entrepreneur  
Scotsman Coin and Jewelry

Pausing For Inspiration has improved my life when I have remembered to use it, and then made the choice to do it. When I'm using the Pause For Inspiration practice I can feel that I am in nature's natural flow.

My daily work routine is building and supporting data flows between hospital systems in the daytime, and playing tennis, pickle-ball, shooting pool, or just hanging out with friends in the evenings.

Work or play, if I remember to Pause and get out of my own way, and go with inspired guidance, then The experience will be more enjoyable for everyone involved. And I will perform way beyond what used to be my normal.

**Joe Schneider**  
Festus, MO

"In the daily demands of business, it is far too easy to get stuck in a narrow mechanical focus on the task becoming detached and disconnected from deeper internal resources of creativity and inspiration. Tapping into those resources is often lost in the fog of the daily grind of business. Pause for Inspiration is an excellent method of lifting that fog and accessing the creative and inspired resources within each of us."

**Gene Holtzman, Vice President**  
Hutkin Development Company

"It is very refreshing on the 40 minute drive into work to listen to the Pause cd's before 10-12 hours of the stress and anxiety of work."

**Michael M**  
Automotive Industry

"Pause for Inspiration" has been a life changing experience for me. I was introduced to "Pause" a year or two ago and I practice this method in my every day activities, and in managing my people at work.

It takes so little to Stop and Pause a moment and experience a clear mind when making management decisions, but the results are outstandingly beneficial. I truly believe if our elected officials would consider practicing this method we could change the world.

**Richard A. Matt**  
Senior Supervisor of Operations  
Commercial Property Services

# International

"When I started reading it, and translating it word by word, I realized the different stages of making the right decisions. Sometimes to take that time for yourself to reconstruct some ideas and put them in order in order to make really good decisions for a good outcome. When I was translating, I was thinking, 'Wow, this is actually true. Sometimes you just need to take your time, just blank everything from your mind, and start thinking of new ways of doing things and coming up with new solutions for those times we need help.'"

**Enrique De La Paz**  
Pause Translator  
Nuevo Vallarta, Mexico

"Thank you PAUSE FOR INSPIRATION. Because you sent your precious materials on time, I can carry them to Africa from South Korea, which is my home country. I hope you write more of such amazing materials for many people are hungry for inner guidance."

**Enoch Seo**  
South Korea

"Hi Mary, from South Africa. You have no idea how much my friends and colleagues love your cards. How amazing is it that your message has traveled so far across the world! "The 4 Decisions" have helped so many people and my aim is to get it to as many people as I can here in South Africa, as there is a definite need here. "Just Pause" has become a regular phrase between my friends and colleagues. When someone is distressed or something causes him or her to become upset, someone will shout out "Just Pause" and it works like a charm. Even on the netball court, when the competitiveness gets too much, someone will call out 'Just Pause' and the whole game changes. We are even contemplating changing our team name to PAUSE. I am hoping to one day, open a sanctuary for the dispirited where I can distribute your cards and books."

**Sandy White**  
Johannesburg, South Africa

Testimonials