

FAQ's

Keith Foster answers your questions.

Q How did you discover a new way to relieve stress?

A I do a lot of research when writing my books and after several years when I was researching brain function for a book I am writing on dementia, I had an epiphany when several strands of research came together to form a new method. Since then I've taught a number of people my method and they've all been able subsequently to avoid stress in their otherwise stressful lives.

Q Does this method involve any meditation and/or hypnosis?

A No.

Q What do you mean when you say science-based on your website?

A To put together this method, I've relied on the work of many members of the scientific community, all of which has been published in peer-review journals. Several Nobel Prize winners have in this way contributed to my conclusions and the development of my methods.

Q What is the basis of your method?

A I teach people a new perspective on stress. Using this knowledge they rapidly incorporate this into their lives and become far less stressed. In other words, I teach a new dimension, a new understanding of what stress is and how it can be resolved.

Q What is Harmonic Power?

A An harmonic state exists when a free transfer of energy takes place between two or more objects resonating at the same frequency. This is the subject of the course.

Q Can anybody benefit from your course?

A Yes, it's suitable for anyone.

Q Does your method involve any special diet?

A No

Q Does your method have any religious aspect?

A No

Q Does your method involve any studying beyond coming on the course?

A No. Sufficient life-changing information is transferred on the course. Later readings/study is optional but not essential.

Q Is further support for later development available after completion of the course?

A Yes, by appointment.

Q Does the course offer any other advantages beyond stress control?

A Yes. You'll probably age more slowly and be more healthy after you've taken on board the core of the method on the course.
Your relationships can improve as you become more focused, relaxed and calm. Your health can improve as your system becomes much less stressed. Your intelligence can improve insofar as you become better able to focus on your decisions and (this is a major bonus) you will be able to sleep much better.

Q Are there any other less easily defined benefits that will accrue from taking this course?

A Yes. Once you have the knowledge, you can use it to not only live better but also you can live longer. (This is not a given but has a high probability since your stress hormones will not keep you in such a high state of tension all the time.)

You will have everything you need to be the best you can be.

Q How long after the course will it take before I can begin to benefit from the method?

A The effect is more or less immediate but takes no more than a further week to become fully operational, provided you develop this into a short and regular routine.

Q Is the benefit permanent?

A Yes, as long as you follow the simple pattern or routine that I teach you.

Q Can there be any side-effect or problems that can arrive following this method?

A No. All of the knock-on effects are beneficial.