

PAM WOOD

DipEd, AcBF, RHFP, CMBC, CertECBS



Relax...
Would it 'kill' you
to be happy?

Where the spiritual rubber meets the worldly road!


INTUITIVE TRANSFORMATIONAL LIFE COACHING

The Pursuit of Happiness

www.spiritualhealingcoaching.co.uk

Ebook

CONTENTS

About the author	3
Chapter 1 This is between you and your soul; this is soul mating.	4
Chapter 2 You are more than you were told you are!	5
Chapter 3 Where your worldly rubber meets your spiritual road.	6
Chapter 4 Transformational Tools for Epic Transformations!	7
Chapter 5 Who do you think you are?	8
Chapter 6 Meditation - Healing Your Inner Child	9
Chapter 7 Recommended Reading	10
Chapter 8 Testimonials	11
It's not the end... 	12

Would It 'Kill' You To Be Happy?

ABOUT THE AUTHOR

Pam Wood

Dip.Ed, CMBC, ACBE, RHBP, CertECBS

INTUITIVE TRANSFORMATIONAL LIFE COACH



As an experienced, accredited Intuitive Transformational Life Coach & Mind/Body Therapist, teacher and educator, Pam consults with clients who experience anxiety/stress, overeating, building confidence & self-esteem, agoraphobia, menopause, asthma, relationships, depression, life direction & more. She explains how digging deep and pulling out the innermost workings of your distorted beliefs & limiting patterns that are repeatedly wearing you down, will help you become aware of how your thoughts at an early age in your growing up, were borne out of two potent human emotions - fear and love - you're frightened you won't be loved!

She very clearly points out that each child's experience will be different, but the end result is the same for all of us. If you're judged, criticised, put down, shamed, made to feel not good enough, you conclude pretty quickly, you must be unloveable, otherwise 'they' would not say or do those hurtful things.

It's engraved forever in your kid brain, you grow up flying one wing low, develop chronic low self-esteem, self-loathing, suffer painful illnesses, and those thought patterns are engraved on your child brain forever; you're in a vicious cycle, you bury your true self and become someone else's version of who they think you should be.

What the hell! They were running around like headless chickens wounded, damaged and distorted themselves and you were powerless to stop them in their tracks. That was then. This is now and through understanding and waking up, you can reclaim yourself back to you.

This Ebook takes you through an understanding of the work Pam does in the healing of your lost, inner child and the reclaiming of your soul/spirit to transform your life.

To realise the radical being that you already are; and that you're already happy! ❤️

CHAPTER 1

THIS IS BETWEEN YOU AND YOUR SOUL, THIS IS SOUL MATING!



Have you ever wondered why, despite all your efforts, your emotional/physical problem(s) fail to heal? You think you have tackled the problem, but it never really goes away. These stubborn emotional conditions remain deep-rooted until you flush them out!

Conditions such as: anxiety, depression, irrational fears, over-sensitivity, lack of confidence, fear of being alone, phobias, difficulty sleeping, grief that won't heal, jealousy, constantly comparing yourself to others, feelings of inadequacy, obsessive compulsive disorder (OCD), nervousness, mood swings, relationship difficulties, eating disorders and anxiety/stress, are all examples of emotional imbalances that require a much deeper method of healing.

The good news is you can get your happy back! How? You need to go in deep!

- When you see the BS you were told as a kid as just that, a big, fat lie: **You open one eye.**
- When you change how you communicate with yourself and that means diving deep, going undercover to discover what's lurking in your emotional shadows: **You start to wake up.**
- When you start paying attention to how you speak to yourself and the root judgments that are causing your negative self-talk: **You wake up.**
- When you see how you're perpetuating the thoughts, feelings, old limitations, habits & patterns you **don't** want, through the very language you **do** use on yourself: **You're awake!**
- When through your commitment to yourself and your intention to deep dive, to reveal, review and reclaim yourself, you can start to enjoy your life - to really see that the world is full of possibilities rather than liabilities: **You're lit up!**
- When you let go of the negative self-talk and speak to yourself from a place of compassion, keep yourself vigilant, on your toes, aware of any self-judgments and biases that arise, replace them with truthful, helpful and kind language: **You're on fire!**

Chapter 2

YOU ARE MORE THAN YOU WERE TOLD YOU ARE!

“Heal the child and the adult will show up”

The stress and depression and anxiety and lack of self confidence et al, refuse to just go away, because they have only been treated on a superficial level or not treated at all and left to ‘fester’ for ever. Physical symptoms such as; menopause, asthma, skin complaints, heart conditions, fibromyalgia, back pain, muscular tension, headaches (migraine, sinus) fatigue the list is endless, they too all have their roots in your suppressed emotional wounds!

Intuitive Transformational Coaching

works with these conditions as a healing talk therapy, directed at the heart, talks to the healing of your inner child along with 3 other complementary healing, physical and spiritual practices;

- Access Consciousness (Running The Bars)
- Reconnective Healing and
- The Bowen Technique, directed at the body and opening the mind to rebalance your soul.

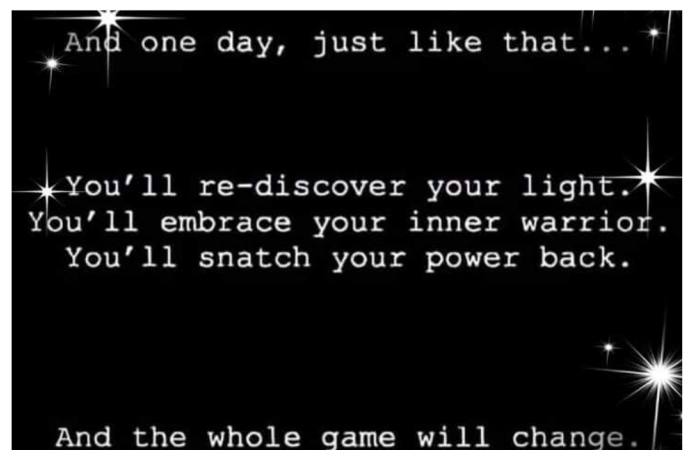
Emotional healing is the name of the ‘game’.

“You see, your children don’t have to come from you, Clare, they just have to come through you. Just make sure you notice the Collateral Beauty.”



ITC is your awakening and awareness process, revealing the ‘dark night of the soul’, healing your childhood wounds and mental programming, restoring your mind/body/spirit imbalance to its optimal health.

You’ll break open to the possibilities, options and paths available to you like you’ve never seen them before, that you wouldn’t have thought were imaginable for your life. But with this work you’ll be more connected to your self and everything. You have an unlimited resource of energy and influence when you’re in alignment with who you truly are.



Would It ‘Kill’ You To Be Happy?

Chapter 3

WHEN YOUR WORLDLY RUBBER MEETS YOUR SPIRITUAL ROAD!

Quantum Law

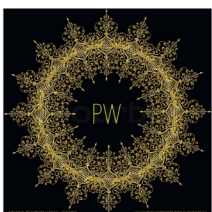
I teach that according to the absolute Quantum Law of 'so within, so without', **you** need to become the inner template of how your life goes.

The true Source of power and wholeness comes through sourcing life directly through 'Source,' which is your Higher Power and Higher Consciousness, your True Self, knowing who you really are and stop the handing away of your power, truth, values and authority to outside influences. When you are riddled with trauma, shame and false beliefs, you don't trust yourself. You may find it extremely difficult to have a solid connection to your inner, intuitive, innate wisdom – your Higher Self ('God' if you like) – which communicates to you in the form of emotions and intuition.

I quickly learned that many of my clients are intuitively gifted themselves, and not living up to their full potential. After working with me, you will.

Your intuition is the whisper you rarely hear due to all the noise around you...like your families, social media, television and cell phones and the programmed 'traffic', the endless, mindless chatter of your monkey mind!

Through my work in Intuitive Transformational Life Coaching (ITC), I guide you to tap into your own very powerful intuition. Whether you are a novice at connecting to your higher self, your soul, your spirit, your true self or have dabbled before or you're a veteran meditator, you can develop or hone your intuitive gifts by learning to tap into your true self.



Would It 'Kill' You To Be Happy?

PAM WOOD
(DIP.ED. RHFP. CERTECBS. ACBF. CMBC)
www.spiritualhealingcoaching.co.uk

Intuitive Transformational
Coaching
The Pursuit of Happiness

www.spiritualhealingcoaching.co.uk
+44 (0) 7947 424219

Beaux Health and Wellbeing
+44 (0) 7708 596225

The Art of Intuitive Transformation

The intent of my coaching sessions is to help, support, empower and provide you with spot-on insight, so you can:

- Connect with your natural intuitive gifts
- Read immediately any signs of old brain-washing & programming that will cut your feet out from underneath you and sabotage your best efforts at living your best life
- Suit yourself and no one else, as to what you want your life to look like and know with great intuitive certainty it will manifest exactly as you imagine it to be. You **can** have it all
- Design your dream. Live your dream. Be your dream you. Not someone else's version of who they think you should be! They're too damaged themselves and struggling with their own impotent life-traits to be given the privilege of dictating your path any longer. Take the control away from them and put it back where it belongs - safely in your own hands

This is your vision! This is your creation! This is your time!

Chapter 4

TRANSFORMATIONAL TOOLS FOR EPIC TRANSFORMATIONS

- Mind expanding, easy to follow, effective guidance - 'forensic detective work' peeling back the layers of the onion and exposing some home truths of where you've been living a 'lie' then reclaiming the truth of you and rediscovering who you really are.
- Intuitive Meditations tailor-made for you each step of the way and when you're ready for your next level your 'Empowering You' journey.
- Timeline Therapy - a transpersonal exercise that 'destroys' your negative beliefs so you can embrace your super power. In an altered state of consciousness, you'll go along your timelines - past, present & future, taking you beyond the usual limits of ego and personality to heal deeply in your cells and DNA.

With these sessions you will:

- Transform your ability to go from 'novice' to 'advanced' with a 15-minute daily visualisation/meditation practice: 'Healing Your Inner Child'
- Increase your intuitive ability while you sleep with your intention
- Learn the Art of Psyche Active Intuition
- Discover an effective way to turn your intuition on
- Create a 'Psychic Centre' so you can get better intuitive information
- Experience an empowering process that increases confidence in your life
- Use your emotions to gain intuitive insight
- Gain clarity around your triggers and situations/people that you get a 'charge' from
- Learn the Art of Imaging to create a story that supports your life
- Learn how to combine your 5 senses with your intuition - ego v soul
- Learn to easily create effective, positive flow to counter the negative limitations and beliefs you have about yourself
- Experience and receive the validation and confirmation that you are good enough



You should book a session or two if...

- **You're seeking an effective**, results-oriented, intuitive transformation in your life that fits into this busy life
- **You're committed to positive self** and life changes, you're ready, enthusiastic and looking to enhance the quality of your world from the inside out
- **You're wanting support** and guidance in developing your intuition using results oriented, easy, yet advanced techniques
- **You're wanting to be free** of fear-based decision making, while feeling called to make a positive difference in your own life
- **You're ready to claim back** your soul, your sense of freedom of you, expand your mind and go big! Coming Alive!

Anyone who enjoys hands-on, experiential, intuitive development in a supportive, fun and friendly environment with a passionate, down to earth, experienced mentor, will breeze it. It doesn't have to be hard.

And anyway, you're already happy, you just don't know it yet. You just got to dig your happy out of the closet, out from the hidden recesses of your soul!

'Would it really 'kill' you to be happy'?

Really 'George'?

Chapter 5

WHO DO YOU THINK YOU ARE?

So don't let your past limitations creep up and bite you on the ass, it's time for you to take charge. You don't have to follow someone else's demands blindly and be desperately obedient & unhappy when they shout at you, "Jump" your usual response being, "How high." Now it will be, "F**k You!" Intend your change now!



Stay Sacred

So my friends, I close with this...I wish for you everything you wish for yourselves; the belief in the depths of your soul that you are a magnificent being of the Light, a truth creator of the universe, a beautiful keeper of our planet mother earth, Gaia and the bringer of love to your self and all you meet on your journey.

That you will grow your wisdom, share your kindness and your compassion, speak highly of yourself always, think boldly of the things you'll do, go on exciting adventures, sometimes alone, other times with friends or even with strangers and make them friends, or stay still and reverently cherish the home where you live, plant your garden, dance wildly naked under the full moon, love truly, madly deeply, cry at the movies, eat popcorn, talk to a homeless person instead of passing by, rescue a donkey and talk to the animals.

I believe this journey of life is something to be celebrated and enjoyed rather than something to be merely endured. It is indeed a precious gift. Suffering and struggle belong to the 3D Matrix and have no place in the emerging 5D timeline. Challenges will still come and they come, not to punish or block you, but to awaken you and to activate your inner latent resources and gifts.

Be very good to you. Keep alert. Stay awake. Weave your own special magic. Don't forget you are reclaiming your soul. This is between you and your soul. This is soul mating. Stay sacred my sweet souls, at all times, stay sacred and stay true to you, stay true in your love for you. And when you do, the rest follows, the rest of your life flows effortlessly, decisions are made easily, you know who you are, where you want to be and who you want to be with - me, myself and I or with an other. You'll be picky, choosy and know it is **all** but a choice away. The energy of your life runs through your veins, you are heady with living truthfully and purposely in your skin, there are no regrets because you'll know for sure all paths were leading you home - to you.

You bring deep inner peace & transformation to your life

I invite you to live a more meaningful life, close to your own truth, the truth of your own spirit. This is your wake up call to the divine Light within you, to transform yourself, to transform your life, to better it, to follow your destiny, your inner calling, that there is no separation between you and 'god' and the divine essence of you. This revelation which is intimately felt, brings on a celebration, a call to action; it's time to create something new, to stand up in your own big boots and shake off your past. Let go of past mistakes and turbulence, start fresh and reveal the real you to you, the one you can't hide from. You are the knower and keeper of your lost secrets, of your magical system, your treasure you've long since hidden and buried deep inside of you. And that clear knowing gives you tremendous power. Remember this: You love, and you are loved exponentially when you reclaim yourself back to yourself – the rest of it, that's going on out there, is largely irrelevant anyway. Let the tears clearing and cleansing you, come.

Be good to you.

All my love.

Pam x

Chapter 6

MEDITATION – HEALING YOUR INNER CHILD

This guided meditation is a great way to re-connect to some of your

childhood memories and bring them to the forefront of your mind.

Commit to memory.; they are there, buried deep. The first step

towards healing is to recognise that healing is needed. Spend

some time paying attention to your inner child and have a listen to

what it has to say. Get a dialogue going and reconnect. It is an

important step towards your happiness and the power of you.



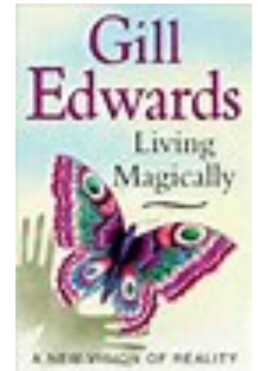
- **Lie down** comfortably warm in a place where you know you won't be disturbed
- **Take 3 long**, deep breaths in and out
- **See a protective** divine light all around you
- **See yourself walking** down a path through a forest. Feel everything with all your senses: the sun beating down and warming you through, the song of the birds, the breeze in the trees, the scent of the flowers and grass.
- **Or if you're walking** at the water's edge, feel the sand between your toes, the smell of the ocean invigorating you, the warmth of the sun, the blue sky, the lapping of the waves on the shore.
- **Everything is peaceful** and you are happy and calm
- **In the distance** you see a figure walking towards you. As they get closer, you see it's yourself as a child. You decide its age determined by your earliest memory of you being traumatised, made to feel less than, or verbally put down by thoughtless words
- **Your inner child stops** just in front of you and you notice its face is dark and very sad
- **You notice a dark cord** attaching your heart with theirs and you explain gently that you're going to cut this cord because it represents all the hurt and pain you both feel from your earliest days but ask them is there anything they want to tell you. They may or may not, want to share some memory with you, give them space and wait to hear their long suppressed voice
- **You reassure** your inner child that you want them to come home to you now, that you're ready to look after them properly, to care for them and to love them
- **Tell them how sorry** you are that you'd abandoned them, left them alone but that you're here for them now - ask them if that's ok
- **Cut the dark cord** and you both watch it dissolve into the air. Immediately a golden thread replaces it between your hearts connecting through the Light
- **You watch delighted** as your inner child's face lights up with joy, happiness, a beautiful lightness of being and you hold hands and dance laughing, singing, loving each other. There is nothing else to want for, you have each other, she has come home and filled you up from the inside
- **You open your arms wide** and welcome her home into your heart; she is thrilled to be with you again
- **Take your time to walk back** along the path and remember, savour this happy moment
- **When you're ready breathe** deeply and come back into the room and open your eyes
- **Write down in a journal** anything that came up for you that you want to remember
- **Repeat this meditation every day** for 21 days - scientific research has shown that it only takes that short time to change the brainwave patterns of a lifetime but the trick is consistency and that's not easy. But the more you repeat this inner child meditation in a day, the quicker your brilliant results at rebooting will be and the sooner you will start feeling a sense of inner peace, contentment and power in your life! What's not to love?

Chapter 7

RECOMMENDED READING

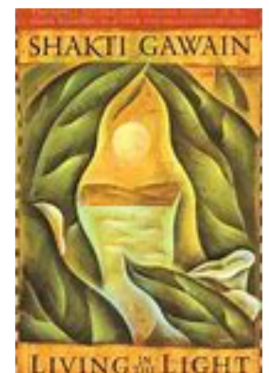
Gill Edwards 'Living Magically'

She believes that reality is an illusion that we create and nothing happens to us unless we make it happen. She outlines a number of techniques that enable humans to find and use their innate wisdom to live better lives.



Shakti Gawain 'Living In The Light'

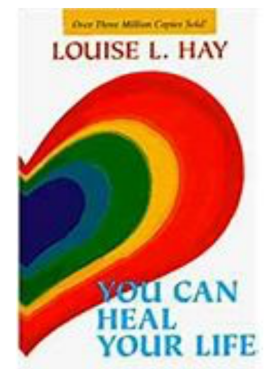
introduces to millions of readers a powerful new way of life - one where we listen to our intuition and rely on it as a guiding force. Shakti addresses the importance of acknowledging and embracing our disowned energies - our shadow side. Creative Visualisation had helped thousands of people explore and connect with their higher selves and create dynamic changes in their lives.



Louise Hay 'You Can Heal Your Life'

Provides insights into the relationship between mind and body, and shows how limiting thoughts, beliefs and negative emotions affect us and are linked to our physical diseases.

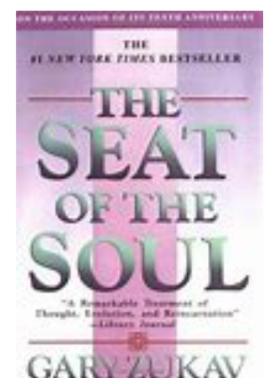
- The issues that we face in our lives stem from a lack of self love
- You have to approve of yourself exactly as you are
- You get what you focus on. Focus on positives



Gary Zukav 'The Seat of The Soul'

The higher self is the connecting link when the soul speaks to its personality. It is the dialogue between the personality and its immortal self. So powerful is the energy of the soul that it could not advance into a physical form without exploding that form. In the creation of a personality, the soul calibrates parts of itself, reduces parts of itself, to take on the human experience. Your higher self is that aspect of your soul that is in you and available to guide you always.

The personality is never separate from its soul, and the soul and its personalities are continually assisted and guided when you connect with your higher self.



Chapter 8

TESTIMONIALS

What they're saying...

"All I can say is WOW, the Intuitive Transformational sessions with Pam are amazing! They're beyond anything I've ever experienced. To be able to confidently tap into my intuition and get answers that were spot on, just blew my mind!

To realise my intuition was powerful, that I'd been intuitive all along and was able to develop my intuition even further, using it to create a better life from the inside out, was amazing. I learned new skills and learned how to develop even more trust and belief in myself and in my own personal power. Now that was a new concept!" - Carl

"In Pam's Intuitive Transformational Coaching sessions, I learned more about my real self than I'd ever known. And I realised then that I'd never really known me at all. I don't know who the hell I thought I was being all that time in my life before ITC and waking up! I learned that I had a powerful intuition at my fingertips, for my life, for my happiness, for my best me and how to connect with *it*...though at first I kept asking where *it* was! I am able to be, do and have anything I decide is right for me now...and this is great!" - Robert

"Pam is an outstanding practitioner, with more letters after her name than I have ever seen. Pam Intuitively knows what's going on with you and tells it like it is. She's warm and straight to the point. I love her style of Talk Therapy and think everyone needs some Pam Wood in their lives. Everyone needs The Pam Wood Experience! It's life changing" - Lauren

"Pam's Intuitive Transformational Coaching is AMAZING!! She makes what I thought at the start was 'un-natural', nothing to do with me, a bit weird really, definitely not a bloke thing, absolutely doable by week three...It was an incredibly easy and fun way to develop my relationship with myself and my intuition to boot! Yeah, I so do have a power source - me!" - Jono

"A year ago, I embarked on a spiritual journey seeking my 'life's purpose. Ha!!! Little did I know, I was to get far more than that, I was to get me back!

My first teacher/coach on this path was Pam Wood. She helped me 'see' beyond the limitations that I always thought I was stuck with like - victim, being poor little me, 'playing' at having no confidence and so shy, yet under the radar, I had these sneaky passive/aggressive tendencies going on. Pam's Intuitive Transformational Coaching gave me the opportunity to see them, make sense of them, 'hear' the inner negative self-talk, the parental judgemental voices going on in my head, feel the shadows I was ashamed of that haunted me everywhere I went, unpredictable emotions like I'd get angry at the slightest provocation and couldn't stop the rants. My god, what a mess! I alienated myself in my own misery. After only a few sessions, I understood all of it, the 'crap' vanished, all processed, all healed and I became invincible! Best Coach Ever!" - Molly

"Pam's Intuitive Transformational Coaching sessions helped me believe in magic...the magic of myself. Her guidance led me, quite effortlessly and quite quickly, to my being able to release my own intuition, helping me unlock the power of my inner voice. It's pretty powerful stuff. After working with Pam, I was able to tune out all the haters, the naysayers, the ones I'd allowed to have far too much say in what I should and shouldn't do in my life. No wonder I was anxious and stressed most of the time! For anyone yearning to discover and realise their heart's desire, Pam will show you the way back home to you. As she says, it's an inside job, are you ready? Oh I was so ready!" - Rosalie

THIS IS NOT THE END...IT IS JUST THE BEGINNING!

YOU ARE THE ONE YOU'VE BEEN LOOKING FOR...

The end of this Ebook is only just the beginning...

An attitude of gratitude is the best place to start. Focus on the positives in your life from a place of gratitude - thanking the lessons, themes and people that contributed to this difficult place for you, which has forced you to embody the energy you need to reach greater possibilities for your life. It is **your** life! I am not your guru. I will not give you your answers. I am not better nor worse than you. I have different skills than you. You have your own special, mad skills that are unique to you; celebrate them, celebrate you.

I will, however, push you, prod you, take no prisoners if you're ready to grab your own truth of you in both your hands and run with it straight to your heart and live your life on your terms!

I wish for you everything you wish for yourself; wish big!

It's an inside job: See you on the inside.

With hugs and love - Pam x



"FINDING YOURSELF" IS NOT REALLY HOW IT WORKS. YOU AREN'T A TEN-DOLLAR BILL IN LAST WINTER'S COAT POCKET. YOU ARE ALSO NOT LOST. YOUR TRUE SELF IS RIGHT THERE, BURIED UNDER CULTURAL CONDITIONING, OTHER PEOPLE'S OPINIONS, AND INACCURATE CONCLUSIONS YOU DREW AS A KID THAT BECAME YOUR BELIEFS ABOUT WHO YOU ARE. "FINDING YOURSELF" IS ACTUALLY RETURNING TO YOURSELF. AN UNLEARNING, AN EXCAVATION, A REMEMBERING WHO YOU WERE BEFORE THE WORLD GOT ITS HANDS ON YOU.

Pam Wood - The Garden of Divine Elements at Beaux Health and Wellbeing

20 The Crescent, Taunton TA1 4EB UK

+44(0)7708 586225

Pam +44(0)7947 424219

Pam Wood

www.spiritualhealingcoaching.co.uk

www.beauxhealthandwellbeing.co.uk

E - pam@spiritualhealingcoaching.co.uk