

Free GUIDE

THE SIMPLEST PATH
TO FINDING PEACE WITHIN

for those longing for inner stillness

Patti Good



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01

HI, I'M *Patti*

I'm not your typical healer, I'm the voice of calm, gentle reassurance when your life feels like it's falling down around you.

I've dedicated my 21-year career as a Journey Practitioner and BodyTalk Energy Healer to helping 1000s of women around the world liberate their headspace, reclaim their power and raise their self-worth so radically that living their dreams becomes the only option.

I've been told I have a remarkable gift for turning chaos into clarity. To do this, I've developed my own beautiful "HEART Healing Method" that combines spiritual wisdom, deep therapeutic and trauma release tools, cutting-edge energy medicine and shamanic healing.

Helping you turn your baggage into your greatest blessings and allowing your life to blossom in ways you never thought possible.

All my work is grounded in the belief that the body is the gateway to the Soul. When you gently follow the body's natural lead, the healing path simply unfolds before you. No effort, no struggle, just calm, gentle ease.

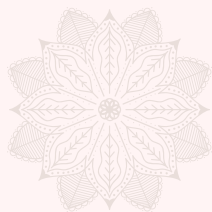
This is where healing becomes delicious and finding peace inevitable.

02



FINDING PEACE STARTS
WITH ONE VERY
POWERFUL QUESTION...

“What’s here now?”





WHY IS THIS QUESTION SO POWERFUL?

Because closing your eyes and asking “what’s... here... now...?” is the quickest and most efficient way to get you to the the peace your heart most longs for. This key question will help you **recognise** what’s happening in your body, **unlock** the real underlying issues and then help you **claim** the peace that already exists inside you. Let me explain...



RECOGNISE

First, you need to recognise your biggest triggers. Why? Because the things that stress you out the most are the best signposts on the path to finding peace.



UNLOCK

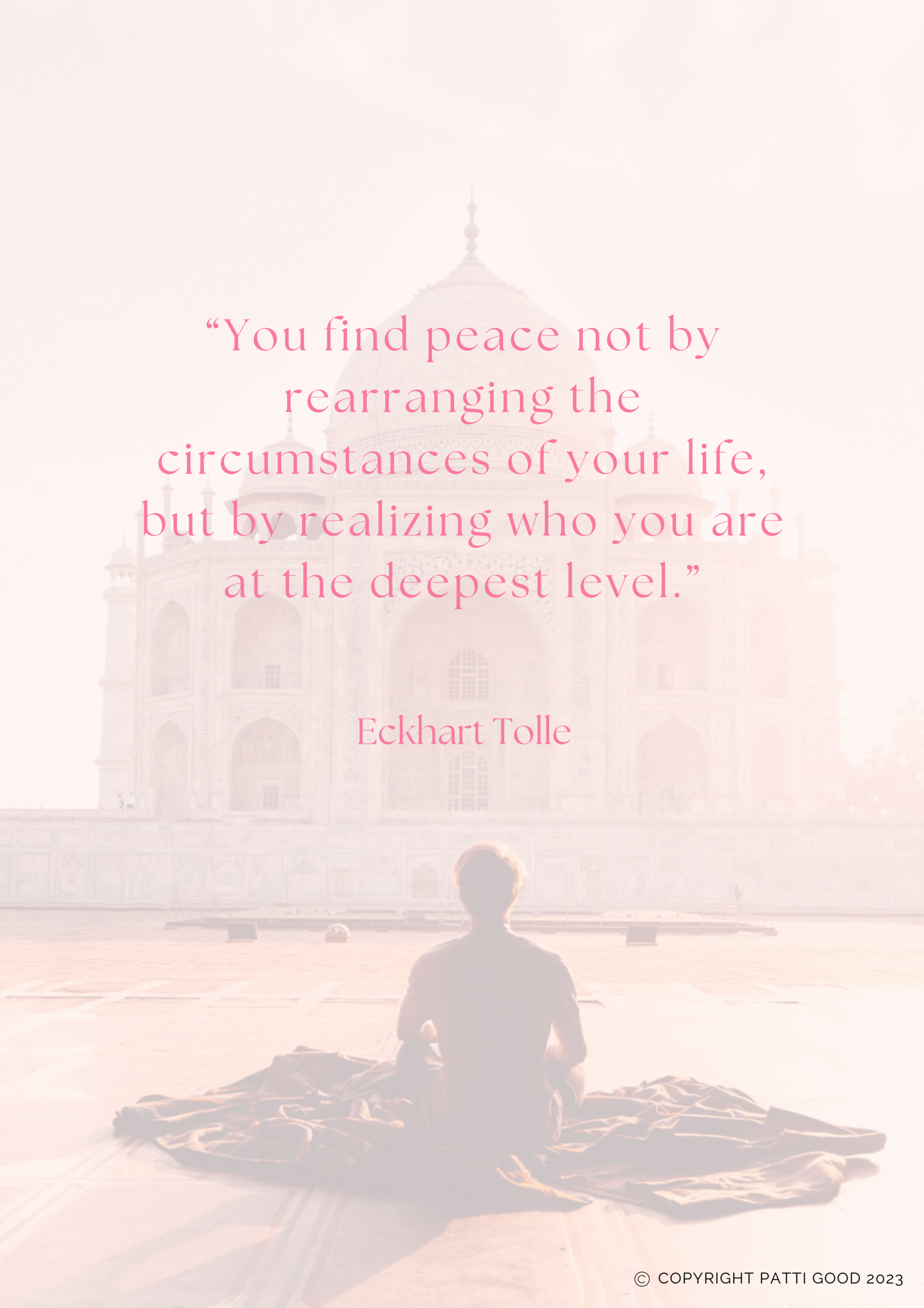
Then, knowing your triggers will help unlock the deeper issues that really need healing. These may be traumas, shadow issues or hidden stress.



CLAIM

Finally, you’ll be able to claim the peace that’s always been here. Waiting for you in the very core of the things you’ve been resisting.



A person is seen from behind, sitting in a meditative posture on a dark mat on the ground. They are facing the Taj Mahal, which is illuminated by the warm, golden light of a sunrise or sunset. The sky is a soft, hazy orange, and the overall atmosphere is peaceful and contemplative.

“You find peace not by
rearranging the
circumstances of your life,
but by realizing who you are
at the deepest level.”

Eckhart Tolle



03

RECOGNISE



Your triggers, stress and symptoms are the primary way that your body uses to try and get your attention.

First your body will send a feather, then a brick, then a bus!

Stopping and listening to your triggers (instead of just ignoring them!) leads to real healing and transformation.


This builds the strongest foundation for finding inner peace.

Samantha's Story

The smallest thing would set Sam off. She said she used to have such great tolerance for different situations but now, the tiniest noise would trigger all-out rage. She was okay at work but home life was becoming hell.

How I helped: Sam hadn't realised that her triggers were just her body's way of getting her attention. Together we cleared the underlying issues: the trauma of a bad birth, bullying in her childhood and deep feelings of being alone.

Within a few weeks Sam noticed that noise at work didn't seem to bother her anymore. Then her home life started improving too. Once she felt calm and in control, she realised she had more "emotional bandwidth". This allowed her and hubby to move forward with renovations they'd been delaying for months.





MYTH

You need to fix part of you to feel better? Not true!

TRUTH

You are not broken! Nothing needs to be "fixed". Recognising "what's here now" opens the door to integrating the gifts your body is trying to share with you.

WHAT ARE YOUR BIGGEST EMOTIONAL TRIGGERS?

HOW IS YOUR BODY YELLING AT YOU TO GET YOUR ATTENTION?
THINK TRIGGERS, STRESSORS & PHYSICAL SYMPTOMS

04



UNLOCK

Your triggers unlock the door to the real underlying issues that your body really wants to let go of.

Uncovering and clearing any trauma, shadow issues and hidden stress is fundamental to finding inner peace.

Trauma is not just car accidents and child abuse, it's anything that leaves an emotional scar.

Carol's story

Carol's life was a mess. She was overwhelmed by awful panic attacks and her job had become a total nightmare. Her self-confidence was rock-bottom and she couldn't see a way through.

How I helped: Carol needed specific help to end the phobic cycle in her body. Once she was out of panic mode, she could do the deeper healing. Growing up with an abusive, alcohol step-parent had left her nervous system on red-alert and she had no idea how to trust anyone, let alone herself.

Using her triggers as guidance, Carol was able to clear the trauma and start the work of finding peace in her body and nervous system. She totally turned her work around and even got promoted!



MYTH

You need years of therapy to heal. This is utter rubbish!

TRUTH

The quickest, most efficient path to healing is following the Body's lead. When you trust the Innate Wisdom of the body, it will guide you directly to the part that is longing for freedom.

WHAT'S YOUR SINGLE BIGGEST TRIGGER? WHY IS THIS THE BIGGIE?

HOW WOULD YOUR LIFE IMPROVE IF THIS WERE NO LONGER AN ISSUE? WHAT'S IT STOPPING YOU FROM ACHIEVING?



05



CLAIM

The peace you long for lies in the very heart of your deepest pain, fear and sadness.

These scary, ugly emotions are the doorway to all the peace, love, joy & purpose you're craving.

Being willing to simply sit still and experience these emotions moving through the body is a deep spiritual practice and will change your life.

Do you want to find more peace? There's a special gift waiting at the end.

My own story

My journey to inner healing and personal transformation happened as a result of huge loss. I lost 11 friends and family members, lost my job and broke up a relationship all in under 12 months.

I came to a place where life had brought me to my knees and I had to stop looking outside of myself and finally turn inwards to do the work.

This path led me to the peace & stillness that I had been aching for. The place that is now my absolute anchor in the madness of anything going on around me.

This inner transformation led to me finding my passion, my purpose and my path. I set up my business on Harley Street and the rest, as they say, is history.

06

WHAT DOES LESS TRIGGERED LOOK LIKE?



MORE PEACE

Releasing emotional triggers immediately reduces stress leading to more calm, more clarity, more peace & harmony and more stability in your daily life.



MORE CONFIDENCE

Re-centring leads to feeling more stable and steady in your body. It gets you out of fight/flight/freeze and gets you grounded in the present. This calms the mind, reduces self doubt but gives you full access to your beautiful inner resources.



BETTER RELATIONSHIPS

When you're present in your body, you are far more emotionally available to the people in your life. This creates more intimacy, connection and better quality relationships.



MORE SAFETY

Coming present in your body means you're immediately more connected to your intuition and inner guidance. This creates a deeper sense of safety and trust and allows your life to feel more aligned and guided.



WHAT DOES MY “HEART HEALING” METHOD LOOK LIKE?

HE

HEAL YOUR PAST

Do the inner work to follow the signposts of your triggers, to uncover & clear the real underlying issues

A

AWAKEN YOUR
LONGINGS

Awaken your heart's deepest longings to help you harness the manifestation power of the Universe

RT

REAL
TRANSFORMATION

Take inspired action to bring about real transformation so your passion, purpose & path light up effortlessly

built on a strong
foundation of inner peace

LOVE NOTES



"Wow! What can I say about Patti – she is AMAZING! I feel more in balance with who I am, more relaxed and so much happier. I cannot remember the last time I felt this good!

Thank you so much for everything you have done. I really believe that you have helped redirect my life for the better and this is a gift I can never repay." Sue Hanson, Durban



"When I first came to see Patti I was just recently divorced and was struggling with low esteem, lack of belief, lack of hope...My sessions felt incredibly liberating. You helped me to navigate, to get myself know better, to be more positive and to be able to tune in and listen to my body.

Patti, you are one of the most beautiful people I have ever known. Just being around you had a profound calming effect on me. My whole life I was trying to be perfect and struggled when I was not succeeding so I remember one day you told me: "Be bad! See what happens" :) and it really liberated me! I would definitely recommend Patti." Mehriban Gafarova, London



"I have witnessed Patti in action as a therapist and marvelled at her extraordinary ability to use the tools that she has in the most powerful and precise way. Her interventions literally change lives, maybe even save lives. With her reassuring manner and empowering words, Patti shines a light on a new pathway for her clients to follow. As a colleague and fellow therapist, I can highly recommend her skills to everyone."

Marion Young - Former Harley Street Practice Colleague, fellow therapist and retreat facilitator.





YOUR SPECIAL GIFT



Ready to find your own
path to peace?



RE-CENTRE
MASTERING EMOTIONAL TRIGGERS

7 Neuroscience-backed energy healing
tools to help time-pressured women over
40 release emotional triggers & re-centre
in minutes



TRY IT FOR FREE



calm, clear & back in control