

**WORD  
IN  
THE  
MOUNT**

Seven Words for Life

*Pam Bagon*



This is for you.

You—who wanted to heal but were still afraid to extend your arms to someone who could help you.

You—who still wanted to keep your pain inside of you in fear that you may cause or pass on your pain to your loved one.

You—who wanted to change but didn't know where to begin

You—who wanted to accomplish your goal but got caught up in the middle.

Yes, you.

I see you.

I feel you.

And I don't know you.

That makes you a stranger to me.

And me to you.

And this stranger wanted three things for you.

to see you heal.

to see you break free.

to see you break through.



## HEALING IS HARD

It is true that healing is hard and messy. That is why I understand if you do not want to go through it. Perhaps you no longer wanted to relieve the bad memories, the sad memories, or the fearful memories.

Maybe you do not want to feel that again.

However, suffering is equally hard and messy.

I cannot compel you to do anything; it is your decision and your life. So instead, I offer you this: what kind of hard do you want? A hard healing or a hard suffering?

If you fear losing it, if you fear going back to square one, remember this, healing is layering. There are deep wounds, deep cuts, and deep pains that require a long and sometimes slow healing process.

If it comes to a time that you find yourself sliding back, falling back, and getting hurt again, I want you to know it is not a count of how much you fail but of how much you stand and begin again.

After all, healing is hard, messy, long, and slow.

but worth every fight.

Soon, too, you will operate your life from a healed place, and sure as I am, that is where you want to be.

So, my friend, endure.

*It's time to choose your hard.*



## SLAVERY NO MORE

**Slavery is inside of us. It is submission to the dominating influence of fear and a negative mindset.**

**Back in the old days, when colonization was every kingdom's pursuit, a slave once taken by his master would be fully owned by him. The master will give everything the slave needs. The master will decide what to eat, provide shelter and clothes, or dictate the work the slave will do. Slaves are fully submitting to their masters. In other words, the slave lacks freedom and self-reliance. They become dependent on their oppressors for personal decisions, and to a degree, they have developed comfortability and routine. The slave mentality we have resonates with this. We are mastered by fear and a negative mindset.**

**People feel, or perhaps soak up in fear when they feel their overall security is threatened. A threat to existence and life. This could be physical, practical, or psychological, and when we feel scared, we immediately lose focus so we go back to what is familiar and comfortable, even if it is wrong and uncomfortable.**

**When we find ourselves here, let us ask ourselves, am I in charge of my fear or is fear in charge of me? Let this question open you up to more possibilities and perspectives!**

*It's time to break free!*

# THE MIND IS OUR POWERHOUSE.

*It has the capability to change itself.*

*To think differently.*

*To learn new things.*

*To forget painful experiences.*

*To adapt anything life brings.*



## RESPOND TO CHANGE

Change is hard.

Change is tiring.

Change is work.

So change your perception of change.

There are changes that happen around us. Some of them we can foresee, some will come as surprises, and many are those over which we have no control.

In these moments, the call is upon your hand. Will you dance with change, or will change dance over you?

The changes that we initiate are the ones that we decide to make. You long to change something that no longer sits with you. These changes that we initiate are things we either no longer want to tolerate or new things we just want to have. Whatever it is, the process is hard. It will tire you. It will stretch your working capacity.



In these moments, your desire for change becomes a fight. Will you surrender and go back to the status quo, or will you battle until the end? Lastly, there are changes that happen within us. These are the changes that surprise us. We used to like things, and later we find ourselves distant over them. We used to love wearing these clothes then, but not anymore. Our preference changes. Our view of life changes. Our bodies change. Our lungs, skin, and heart grow older.

We grow older.

For many of us, we are afraid of these, which makes us want to run away from them.

There are different kinds of changes for different purposes.

It is now in your hands to decide what change means for you.

*It's time to change your response to change.*



## GET THE THREE

**Self-decay is a result of a lack of wisdom, understanding, and knowledge. A person without these comes to only one place: ruin.**

**Life works in seasons. There are days when life seems like a great pasture, and there are days when it feels like hell on earth. There are times when we know and understand, and there are times when we feel left in the dark, vulnerable, and blinded.**

**We always wanted certainty, stability, and control, but it always seemed uncertain, unstable, and out of control.**

**We don't always figure out life, nor do we know why we suffer.**

**Indeed, life is full of troubles. Life is full of surprises. Life is full of pushes and pulls.**

**Now, you wonder how to really make sense of life.**

**Let there be wisdom. Wisdom makes you see from above and beneath. It is your foundation.**

**Let there be knowledge. Knowledge is light. Knowledge gives instruction.**

**Let there be understanding, for it will protect you and guide your path.**

**Remember this: it is only through wisdom that you will know how to understand knowledge.**

*It's time to get the three: wisdom, understanding, and knowledge.*

ONCE YOU  
UNDERSTAND IT,  
IT'S YOURS  
ALREADY.



## THE TRUE LAW

Law is the foundation of everything—of life, of order, and of creations. This means that nothing that you know in the physical world exists without law. However, our understanding of it could either be limited or wrong, for we find some of us rebelling against the laws because we think they are our enemies, while some of us are afraid of them because of the consequences they carry, or maybe we just do not care anymore because somehow we lost our faith in the laws.

Wherever we stand, may this message help all of us reposition ourselves before the law.

True law is made out of love.

It is never given to restrict us, but to protect us.

True law is unshakable.

It does not change or distinguish.

True law sets you free.

It carries life in it.

If you are lost in understanding whether it protects or oppresses, suppresses or assists, I offer you this: go back to the intention of the law.



**No matter how hard or restrictive the law is worded, the intention will guide you to be in the right position before the law.**

**A manual that carries a warning of usage is never written by its inventors to limit our use of the thing but instead to make sure we maximize the use of the thing.**

**Do not forget that an effective life is a life lived in true laws.**

*It's time to know the law.*



## LAST FIVE WORDS

Everything is permissible, but not everything is beneficial.

We seemed to understand the first three words of this and forgot the last five:

"But not everything is beneficial."

Yes, we are free to do everything we want to do.

Yes, we are free.

But no, we are not.

Freedom is not free.

Freedom is costly and demanding.

And you'll understand this when you finally understand the last five words.

For it will compel you to always tell yourself, "I am free to do this, but is it beneficial for me?"

Freedom is a difficult place to live, for the currency of freedom is maturity.

maturity to work because we know the responsibilities behind freedom.

maturity to say no and understand what our "no" means.

and lastly, the maturity to choose to live a wise life in a time when our society is highly permissible and highly democratic.

The real definition of freedom is "I am free to do it, but is it right for me?"

*It's time to be really, really free.*



## BEGIN TO WIN

**Whatever you fail to manage, you will lose.**

**The in-between of all breaking free and breaking through is management.**

**The painful truth is that you will lose whatever you have gained if you do not manage well.**

**You can lose relationships through mismanagement.**

**You can lose possessions through mismanagement.**

**You can lose yourself through mismanagement.**

**The tragedy is that we have thousands of stories about these.**

**Is your story one of them?**

**Today, it probably is. Tomorrow it won't be.**

**It shouldn't be.**

**And the keys to successful management are the understanding and acceptance that everything you are managing will pass through processes and seasons.**

**There are days when the season is as hot as summer or as cold as winter.**

**These are the times when standing by your decisions is too difficult. But when you pass through any stormy seasons, I hope you learn to rest in the storm.**



**Lastly, management is like the farming process. You cannot plant today and expect fruit tomorrow. Waiting is slowly becoming the road less traveled, but ignored from the beginning. But if you really want to master management, you will embrace and endure the process.**

**You ought not to be a good starter.**

**You are called to be a good finisher.**

**Be one.**

**You can.**

**I know, you can.**

*It's time to win life.*



## Dear Stranger,

Walking with you through the words of this book means as much to me as it does to you, perhaps and hopefully.

From the bottom of my heart, thank you taking the time to read it.

We're still strangers to one another, but I hope this book becomes for you what I intended it to be: a source of light and hope.

Heal.

Break free.

Breakthrough.

I know you can win, for I know what you received is light.

May God bless you and keep you. May He keep His face shining upon you in light.