

Unstuck Yourself

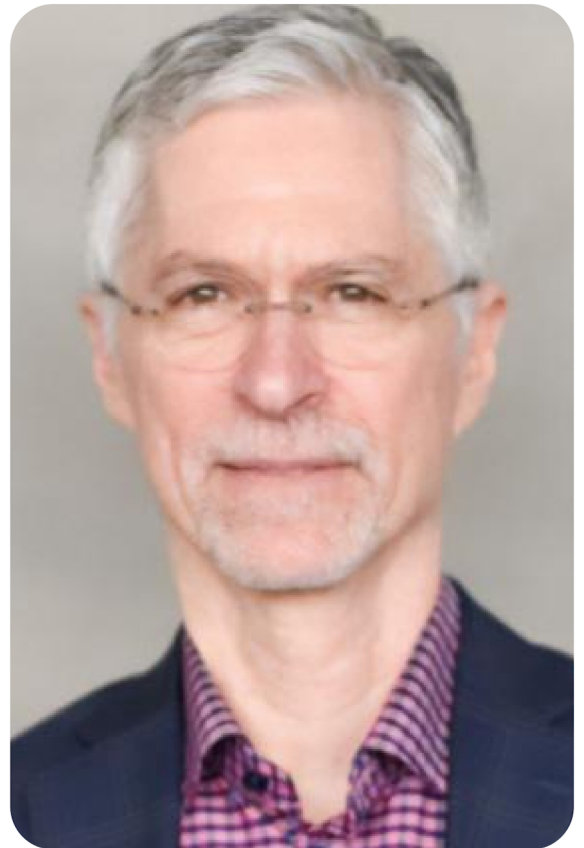


Break free from
limitations and move
forward with the Tools[®]
and the Field.

BY SYLVIA HOLTSLAG

Acknowledgement

My work in this eBook is inspired by the teachings of Dr. Phil Stutz and Dr. Barry Michels. I owe a great debt of gratitude to these two remarkable individuals for their invaluable insights.



Introduction: Feeling stuck

Ever felt like there's more to you than meets the eye, just waiting to shine, but something keeps getting in the way?

Many of us can relate to this inner battle, and it often shows up as:

Examples



- Procrastination
- Dealing with life's disappointments
- Negative self-talk
- Struggles with anger or frustration
- Battling self-doubt, perfectionism, and self-sabotage

"I've got to break free!"

The strong desire to break free from these chains and embrace more of yourself is absolutely possible. But how do you do it? The answer, according to my humble opinion, lies in using the Tools® by Phil Stutz and Barry Michels and learning from your darker side, also known as shadow work.

In this eBook, we'll dig a little deeper into why the Tools® are the spark you need to bring out more of you, battle those feelings of not being good enough, and take hold of your full potential.



3 reasons to use the Tools®

1. Immediate Inner Shift: The Tools are highly practical, instantly shifting your energy and inner state.
2. Uncover Hidden Strengths: You'll discover that you are capable of so much more than you ever thought and that your greatest insecurities are your secret powers
3. Achieve Action Consistency: Shift your inner state to change your behavior and achieve consistent action.

Exercise

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Think about what you want to change about yourself or your life. Write down what your biggest wish is. After that write down what the outcome of that wish would be. How would you think and feel about yourself and your life if you would reach it?

Now write down what's getting in the way.

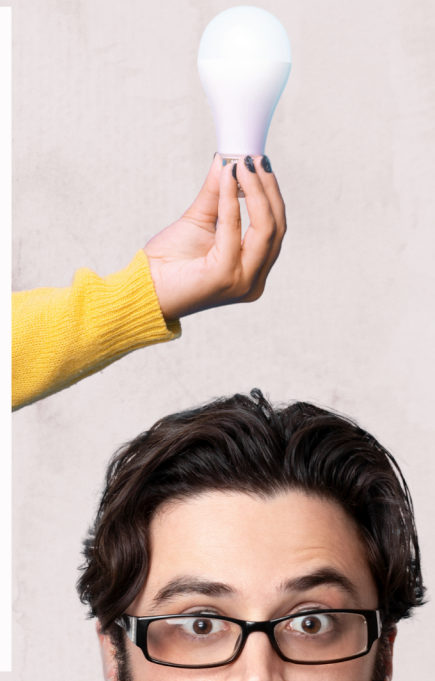
What is holding you back to do or living it?

Part x

In essence, Part X is that what blocks you. It's that inner critical voice or feeling which often engages in self-sabotage, discouraging us from taking action and risks, sticking to healthy habits, or pursuing new opportunities by telling us we're not strong or deserving enough. Part X's strategy includes inducing rumination on events in your life, particularly those where you hold negative perspectives, making you feel they are unjust or shouldn't be happening to you.

Important insight

You can't change what is happening, but you can choose your response. That's so much easier said than done and the Tools® help you actually do that. Getting the new response in your system is like building a muscle. Weak in the beginning, but it gets stronger as you train it.



How can the Tools® help you?

The Tools are your dynamic catalysts for personal evolution, they are the bridge from where you are to where you want to be, closing the gap, unlocking your full potential, and unleashing the best version of yourself.

These are not mere superficial pursuits like six-packs or bank balances - they're your keys to lasting, inner happiness.

With the "Tools," you don't just flip the script; you rewrite it. It's a roadmap for reshaping your thinking, emotions, and actions, propelling you toward an extraordinary you.

If you want to reach something meaningful in life, you have to do the work, and that's hard.

That's because nothing worth having in life ever comes easy. We have to do the work. There's no magical fix, no easy street, nobody can save you. It's all on you. But the beautiful thing is that you are not alone on this earth, and I don't mean other people with that, although you do need them. You don't have to do it alone. Actually, you can't do it alone. There's a field that is willing to help you. But there are some ground rules, so to speak, to get the support.

The Feminine Force: Embracing The Field's Guidance

What is the Field?

1. Invisible Creative Force:

The Field is a powerful energy that can't be seen or touched but influences our experiences.

2. Goal-Directed:

It operates with a specific purpose, guiding us toward what we genuinely need.

3. Feminine Quality:

The Field can't be controlled or forced; it requires connection and alignment.

4. Out of Our Control:

Control isn't always in our hands; The Field follows its own principles.

5. Defies Individual Achievement:

Our success isn't solely due to personal effort; The Field plays a role.

6. Connection, Not Control:

To benefit from it, we must connect and align with its objectives instead of trying to control it. It reminds us that our actions are just one part of a more complex tapestry, offering the potential for profound personal growth.

Why would you want the support of the Field?

Because you can't do it alone. You need the energy from the Field. Our success isn't solely due to personal effort; The Field plays a role a very significant you. It helps you tap into the energy of the Life Force in the higher world instead of the lower world. The lower world is where hedonistic pleasure and the comfort zone reside, offering a comfortable and cozy existence, but no significant growth.

*"If you deliberately plan to be less than you are capable of being, then I warn you that you'll be deeply unhappy for the rest of your life."
-Abraham Maslow*

Abraham Maslow's message is straightforward: strive to become the best version of yourself, fully engaged and firing on all cylinders. If you're in pursuit of genuine happiness, enduring joy, and the thrill of giving your best each day, the key is steady progress, one step at a time.

The Field is here to offer support, but the onus is on us to put in the effort because it won't find us in the lower world. It's akin to someone calling but receiving no answer, as if no one is home, and in such cases, those supportive forces leave.

The Laws of the Field

To move forward in life, and get support from higher forces we must abide by the laws of the field.

Non-Attachment

= Detach from the outcome

Micro-transactions

= Connect to everyone

Commitment

= Do what you said you would do

Self-restraint

= stay away from unhealthy habits

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The field is a feminine force that doesn't always provide what you want, but offers what you need for your personal evolution as a human being and soul.

If you want to activate the field you can't violate the rules.

You are always within the field, whether you like it or not. In the field, no achievement is purely individual, and none is entirely your own. Likewise, no failure is exclusively yours. The field assumes a significant role, knowing precisely when the time is right for you to attain something or achieve a specific goal. A classic example is when a couple stops trying to conceive, and it occurs because they are no longer forcing it. The field decided it was time, partially because they stopped focusing on the outcome.



Which Tools can you use to receive support from the Field?

For cultivating **non-attachment**, consider employing the tool "**Loss Processing**". This facilitates your ability to release your desires, allowing the Field to provide what is necessary.

In the realm of **micro-transactions**, you have at your disposal "**the Wooden Heart Tool**", my personalized take on Phil and Barry's Active Love Method.

When it comes to nurturing commitment, practice "**the Reversal of Desire Tool**" whenever you need to relinquish your obligations and persevere.

To summon greater self-restraint, turn to "**the Wave**" This empowers you to draw forth inner energy, rather than seeking external means to fill the void within.



the Loss Processing tool

based on the info of the tools website www.thetoolsbook.com

Step 1) Embrace the Loss

Close your eyes and think of something you need to detach from – perhaps a desired outcome like a job, a relationship, clients, or a substantial sum of money. Let the emotions flow as you sense your profound connection to what you must let go of. Feel the ache of that loss and the yearning for what once was.

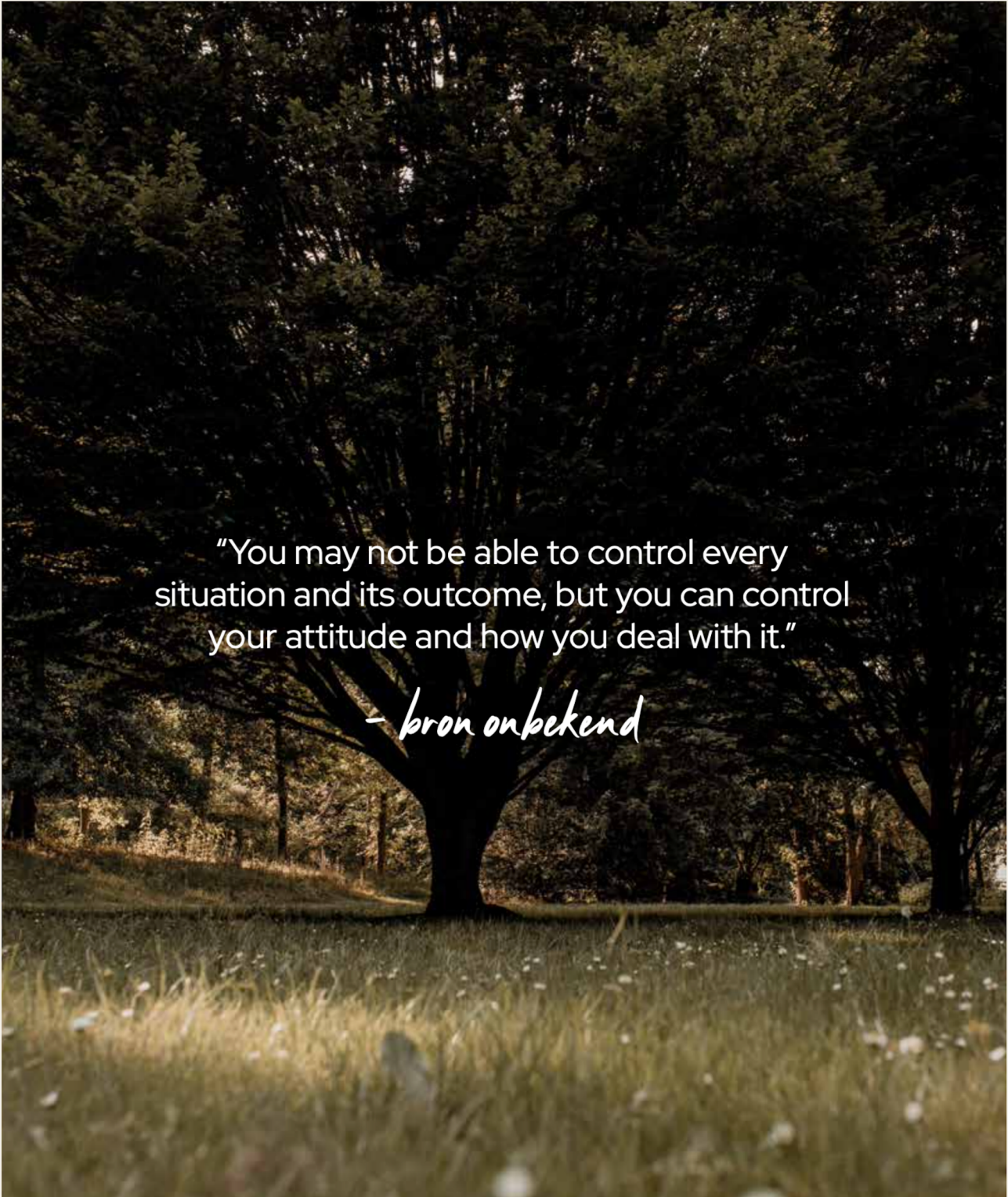
Step 2) Put It in a Box

Visualize placing the desired outcome in a large cardboard box. As you do, imagine yourself holding the box and then letting it go, taking a bold step backward from a great height. You gently descend backward. There's a descent, but it is remarkably gentle. Say to yourself, "I've released [whatever you've chosen], and now I'm prepared to let it all go." With this declaration, you immerse yourself in the surface of the sun.

Step 3) Ignite Infinite Energy

Fuse with the sun, transforming into a luminous being of light and boundless energy, forever radiating from your core in all directions. Whisper to yourself, "The only possession I'll ever hold is this limitless energy from within me."

The Tools help you change your response to any given challenge.

A large, dark tree stands in a field of tall grass. The tree's canopy is dense and dark, filling the upper half of the frame. The grass in the foreground is tall and slightly out of focus, with some white dandelion seeds visible. The background shows more trees and a hint of a fence. The overall lighting is soft, suggesting late afternoon or early morning.

"You may not be able to control every situation and its outcome, but you can control your attitude and how you deal with it."

- bron onbekend

the Wooden Heart Tool

a variation based on the active love tool of the tools website www.thetoolsbook.com

Use this tool with anyone who crosses your path, from the cashier at the supermarket to the highest executive in your workplace (even if you may not particularly like them). It's all about connecting with others. Visualize your heart, keeping it simple. It has two beautiful wooden doors. Open these shutters widely from the inside out. For the sake of the exercise, assume that the energy of love surrounds us everywhere. You can see it for instance in the trees, plants, and animals, in the sun, in a bouquet of flowers on your table, and feel it for a loved one or for the world. Now, imagine inhaling this energy of love and then sending it to the heart of the other person. Practice this with everyone you encounter and observe any changes in the energy, both in yourself and in them.

So:

Step 1) Open the shutters of your heart.

Step 2) Inhale: the energy of love.

Step 3) Exhale: radiate love toward the other person, visualizing the laser beam.

Step 4) Repeat. As often as necessary. Observe whether there is a change in the energy between you.

Practice this tool as frequently as possible, especially with those in your immediate surroundings.

The Reversal of Desire

based on the info of the tools website www.thetoolsbook.com

This tool was my favorite in the beginning when I started working with the Tools. It guided me through many difficult and challenging moments in my life. I would never have completed the process of writing and publishing my books without this tool.

Cues to use the Tool

When you have to do something uncomfortable and you feel fear or resistance, use the tool right before you act.

The second cue occurs whenever you think about doing something painful or difficult. If you use the tool every time you have these thoughts, you will build a force that will allow you to act when the time comes.

Step 1) Face the Pain

Focus on the pain you are avoiding; see it appear in front of you as a cloud. Silently scream, "Bring it on!" to demand the pain; you want it because it has great value.

Step 2) Move Toward the Pain

Scream silently, "I love pain!" as you keep moving forward. Move so deeply into the pain you're at one with it.

Step 3) Freedom

Feel the cloud spit you out and close behind you. Say inwardly, "Pain sets me free!" As you leave the cloud, feel your self propelled forward into a realm of pure light.

The Wave

a variation based on the Black Sun tool

Apply this tool the instant you find yourself inundated by Part X (your inner enemy), urging self-sabotage, whether it's the craving for ice cream, the temptation of potato chips, the compulsive social media-checking, or an angry outburst, and so forth. With regular use, this tool will instill the discipline to resist such impulses and redirect your focus inward.

The Tool in Brief Step 1) Intense Longing

Embrace the profound longing for what you desire. Allow yourself to feel this longing with utmost intensity. Now, release the attachment to your desire. Forget about the external world as the source of your fulfillment; let it fade away.

Step 2) Confront the Abyss

Gaze within yourself. The previous sense of longing has transformed into an endless abyss. Confront it with serenity and stillness.

Step 3) Ride the Inundating Wave

From the profound depths of this abyss, envision a tremendous wave in a beautiful color rising, a flood of warm, boundless energy. Sense how it fills every corner of your body, forging a profound connection with this wave.

Step 4) Generosity Unleashed

Shift your focus back to the external world. Allow the wave of energy to overflow, bursting forth from within you like a fountain. As it streams into the world, it transforms into an unending, pure outpouring of infinite generosity. Take action and contribute to the world—perhaps by reaching out to someone you haven't spoken to in a while or helping someone in need.

FAQ

What if I don't believe in Part x, a Field or higher forces?

That's no problem, that's one of the wonderful aspects of the Tools®! You don't need to believe in them for them to be effective. To give them a fair chance, simply engage in the Tools® and experience their impact for yourself.

What is the Shadow?

This is a longer conversation, but in a nutshell: the shadow represents the hidden, often unconscious aspects of a person's personality. It includes the unresolved issues, suppressed emotions, and self-defeating patterns of behavior that people may not be aware of, but which still influence their thoughts, actions, and relationships.

What is the difference between Part x and the Shadow?

- 1) Part X sabotages, while the shadow unveils hidden strengths. Visualize and transform critical voices; resistance indicates Part X.
- 2) Part X hides and undermines from the unconscious, while the shadow seeks recognition and connection. Part X opposes relationships, even with the shadow.
- 3) Part X remains unchangeable; the shadow evolves, embodying a range of emotions and experiences.

About me

For the past 7 years, I've been a dedicated practitioner of the Tools®. Everything changed from the day I began listening to and reading about the Tools®. I transformed from a self-centered, negative individual to a woman who now approaches life with an open mind, positivity, love, and gratitude every day.

Before discovering the Tools®, I had studied psychology, coaching, and experienced various forms of therapy. Yet, in my opinion, nothing has been as life-changing and beneficial as the Tools®. It's a sentiment I frequently hear from my clients as well.

Conventional therapy often focuses on understanding "why" someone is stuck, but it frequently lacks an effective solution. Medication is sometimes prescribed, but it often falls short of providing a longterm transformative remedy. In my view, the Tools® are the answer to this longstanding issue.

This is me as well:

Humorous I love breaking the ice with jokes. It helps me think from a different perspective, often leading others to do the same.

Spiritual I find spirituality remarkably intriguing in a very down-to-earth and practical manner.

Passionate Enthusiast When it comes to my work: I LOVE IT! In essence, I only do what I enjoy, except for the paperwork, of course...

Energetic No, I'm not officially diagnosed with ADHD, but there are doubts. I believe it's because I also work on my physical energy a lot.

Curious Learner

I devour information about psychology, philosophy, nutrition, and personal development for breakfast, on the days when I don't "really" have breakfast.

Compassionately Confrontational

Read: I can be rather "in your face" at times, but always from a place of love and the best intentions.

Thank you!

Thank you for reading this eBook. I also want to take a moment to let you know that if you ever find yourself wanting more or in need of guidance with the Tools and/or work with the Tools, the Field, and Shadowwork, I'm here for you. My journey, which has included extensive education in psychology, nutrition, and coaching, has been devoted to immersing myself in the wisdom of Phil Stutz and Barry Michels for the past 7 years. I've traveled to the USA multiple times to attend live workshops and meet these two individuals, whom I genuinely consider real-life heroes. Each day, without fail, I practice at least one, and often several, Tools. It's no exaggeration to say that they've brought profound transformation to my life.

Now, I believe it's my life's purpose to share this wisdom and transformation with others. It would be an honor for me to guide you on a similar journey, allowing you to be the next individual to experience the remarkable changes that the Tools can bring. You can schedule a free introductory session with me by scanning the QR code or clicking on the website link below.



♡
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**Close the gap between who you
are and who you want to be.**



Sylvia Hottslag
Tools® Coaching

***Unleash your potential and bring
out the best in yourself.***