

# THE HANDTOOL

Become your Freedom



## The *powerful* Hand tool

- An life-enriching approach how to face challenging emotions and life circumstances

*"I am in charge of how I feel, and today I am choosing Happiness"*

*- An unknown*

Now you have an access to one of the most powerful tools I have come across on my way!

Any time you feel yourself challenged by difficult feelings or you are facing challenging life circumstances, by someone, a situation in life, the HandTool is an excellent tool for you to deal with these, and release yourself from the grip of the affection of these.

In the beginning it might take some time to establish it as your automatic habit, but after some practise it might take just a minut or so to go through the whole process.

And many times it do takes up to 15 - 30min, or more, to deal with the emotions that want eagerly your attention.

We could say: Tension seek always resolution.

Meaning; Your Essence, your true Being 'knows' that you are NOT the feelings and thoughts you are experiencing, and 'knows' that these are just another 'stormy weather' passing by.

Knowing that tension is always seeking for being released, to let go, to be simply acknowledged for its existence. Not trying avoiding it, hiding it, as most of us have as a strategy to deal with these. "What You resist, persists".

The deep inner Healing and Empowerment happens when we learn to be with these emotions. We become our freedom and we are taking our Power back from the grip of those feelings and thoughts that creates our painful reality, and this if we don't cultivate sharp loving awareness in our daily living.

So, enough of teachings about this, let us dive in NOW!

"a *mental state* achieved by focusing one's awareness on the present moment, while calmly and lovingly acknowledging and allowing one's feelings, thoughts, and bodily sensations"

- Jon Kabat-Zinn, *Mindfulness*



### Step 1. Stopping.

Stopp whatever you are up to. Take a pause.

And this might be the most difficult step for many when we are in stress, when we are in a grip of difficult emotions and the current situation.

### Step 2. Noticing.

What do you notice? What do you experience? Your inner experience and outer experience?

The most important here is your inner experience, such as your feelings, sensations, thoughts. Take a moment and curiously explore what is alive in you - what sensations, feelings, even thoughts are wanting obviously your attention right now. Observe the obvious.

### Step 3. Allowing.

The experience you are having, can You allow it, exactly as it is?

Or is there a No, a resistance to it, or to part of it perhaps? How is the resistance experienced? Can you say Yes to the resistance, to the No/partly... also?

Cultivate a loving awareness. A kind witnessing presence to your actual experience. This is very important to heal in deeper level. Saying sentences like perhaps "It's ok", "I am safe", "The danger is not real", "May I live in peace and joy" can be supportive.

### Step 4. Fully experiencing/Investigate.

Now, allow yourself fully to feel and experience the experience that is obvious. Jump into the pool of the actual experience, and swim in the experience so to say:) Embrace the experience with loving awareness, and the Magic and KEY-word here is: *Feel*.

Without a tensed focus, and with a more relaxed curious loving Focus you just stay and feel the feelings/sensations. Saying perhaps "Here I am" to yourself, and noticing the sentence connecting to your resourceful silent Being.

### Step 5. Including space.

You are Space, as well Silence, Emptiness, Stillness, Love, Presence, and many other qualities. Now... *feel* the room outside of your body, the space, feeling the air surrounding you, the silence. The space. Feel the whole room and noticing yourself in it. Feel the whole home, the whole area around your home... and that is the outer space, and now also feel the inner space by feeling your whole body at once... for example. This is a learning so let it take its time ;)

Now include the experience of Space with your inner experience, and feel how that is...

## Important!

*IF YOU OF ANY REASON FEEL OVERWHELMED - you are feeling very strong emotions that feels almost out of control for you, you have difficulties to be with these, you mentally check-out, you feel numb... you freeze... or overloaded. Then you are possibly re-experiencing a trauma. And then you need to do the work a bit differently.*

*By applying a Resource when coming to Step 3, Allowing.*

*A Resource, a positive affirmation of any kind that supports you to feel safe, joy, be in ease, is needed to calm your nervous-system down, helping the body to self-regulate again, meaning; calming down the overwhelmed nervous-system so the body can by its own Intelligence handle the strong emotion-experience, and coming into balance.*

*So you become resourceful again, having capacity, to face those difficult emotions by simply relaxing into curious presence, and a loving space holder.*

*I hope you feel excited, and ready to start exploring the Hand Tool!*

If You want to know more about this tool, or feeling curious how to start changing your life to the better, by deepening your Intuition and learning to manifest what you love, how to tap into your high-frequency creativity, or just simply wanting to elevate yourself to your most amazing experience of yourself, and life, reach out for me and let us find a way that works for you!

*Enjoy the Journey!*

*With Love and Presence*

*Andreas Eder*

- Eder Coaching -

