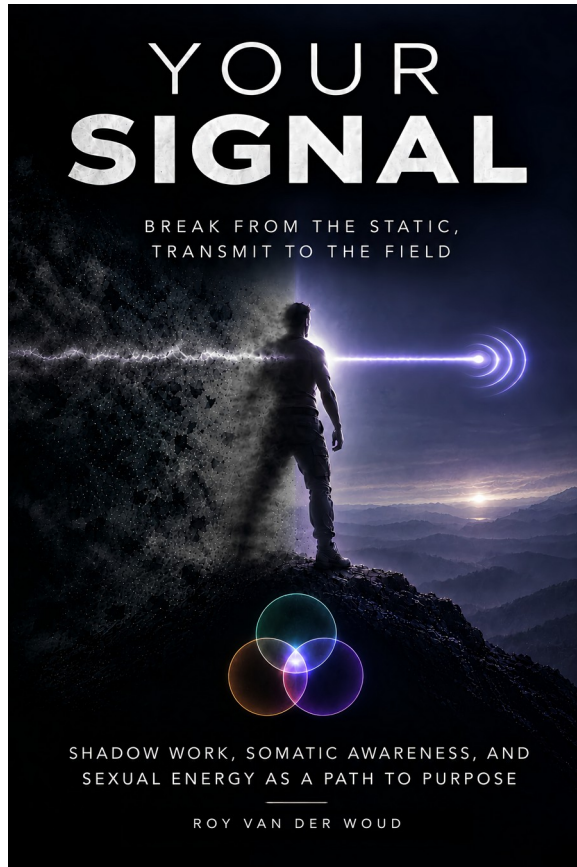


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YOUR SIGNAL

*Break From The Static, Transmit To The Field:
Shadow Work, Somatic Awareness, and
Sexual Energy as a Path to Purpose*

Roy van der Woud
Signal-to-Noise Publishing

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Introduction

You can't explain it. A pull in your chest when you say yes to the wrong thing. A restlessness that doesn't leave after the weekend. A sense that you're performing a version of yourself that doesn't fit. You've just been calling it stress. It's not stress. It's your signal. And it's been screaming through the static long enough.

Hello. My name is Roy and I'm from the Netherlands. But I'm currently living in Mexico. Quite the shift. After a lot of trial and error, and finally a breakthrough, I decided to write this book based on my own life experience. The Trifecta draws on the work of Carl Jung and on existing practices that have proven themselves over time. But while each of the pillars is rooted in existing work, combining them into a single foundation is my own creation, built on my own experience through years of trial, error, and reflection.

Here's what the signal looks like when you ignore it. It shows up as a body that won't settle. A tight pelvic floor, a jaw that's always clenched. A sex life that's functional but empty. Or one you avoid entirely. Relationships where you're managing other people's moods. Your own go unspoken. A career you chose at twenty-two. One you've been figuring out for decades. It shows up as the version of you that shows up to every event. The one who's helpful, composed, available. While the version that actually wants things stays locked away. The one that gets angry. The one that gets turned on. The one that says no. It stays in a room you stopped visiting years ago. You don't feel completely broken. You feel off. Like a radio that's almost on a station but not quite. The sound is there. You just can't make it clear.

I know this because I spent 38 years doing the work the way I was told to. From robotics and IT to industrial automation with all the bells and whistles. What finally shifted wasn't another technique. It was the moment I stopped treating my body like a problem to be solved. And started treating it like a message I'd been too afraid to read. The signal was always there, I just wasn't always transmitting it optimally.

The trifecta has three pillars.

1. The shadow. What you've buried, why you buried it. And what it's costing you to keep it locked down. This isn't about confronting your dark side in the dramatic sense. It's about the small, quiet things you've decided not to feel. The anger. The desire. The need. And how they leak out sideways when you won't let them come out front.

2. The body. How to read what your body is actually telling you. Not check-in-with-yourself platitudes. Actual somatic practice. The specific ways tension, sensation, and arousal carry information. Information your thinking mind has already edited. Your body is not a problem to be fixed. It's a communication system you've been ignoring.

3. Sexual energy. The raw, undifferentiated and creative force your body produces. Do you control it, or does it control you? Whether you're in a relationship or not. Whether you're spiritual or not. Most people either repress it or spend it reflexively. Neither of those is mastery. Mastery is learning to circulate and direct it. To use it as fuel for the things you actually want to build. Rather than letting it leak out as anxiety, distraction, or escape from pain.

These three aren't separate topics. They're one system. The shadow is what you've buried. The body is where it lives. Sexual energy is the pressure that builds when you won't let it move.

By the time you finish this book, you'll have the right tools to build this foundation. Only then can a true purpose really be committed to. You'll be able to transmit an amplified signal from the mind-body unit to the field. You name what it's about. And act on it. Even when the static is loud.

That's the whole promise. A true transformation and clarity.

Let's move on to Chapter 1.

How to decide the destination

Why this step seems impossible

The start of my journey

At twenty-six, I finished high school. My teachers and parents told me straight:

" Get your bachelor's, or you'll never amount to anything in life. "

But I was done with school. I wanted to work, but I had no idea what I wanted to do. Being out of school meant I needed a job. I couldn't live with my folks, and I wanted a place of my own. So I just applied for a graveyard shift at a grocery warehouse: pallet jack, scan gun, same loop, different day. Weeks went by and the discontent with the job grew. I knew I had to change something. The pay sucked and I had a lot more in me. One night, doom-scrolling YouTube, I stumbled on a thumbnail that captivated me. I didn't know why. I guess it looked very cool. I knew it: this is what I wanted!

I went down the rabbit hole: PLCs, ladder logic, motion profiles, inverse kinematics. I ate it up, my room filled with printouts, and my PC full of code snippets. Then I found a small open source robotic simulator tool that visualized a 6 axis robot and interpreted the rapid programming language. I often stayed up way too late programming all the sequences for a fictitious robotics cell.

My imagination was out of control about robotics. I'd be stacking pallets but mentally jogging a robot through a weld sequence, and shaving milliseconds off cycle time. The shift lead pulled me aside: " Kid, you're not sharp, too many mistakes. Your head's somewhere else. Get your act together or you're out! "

To be honest he was right. The warehouse wasn't my type of job. So I started sending letters to every integrator I could find. I can't quite remember the exact things I wrote but I knew I put in a lot of the things I learned already. And I mentioned the simulator software and offered to do a demonstration on the intake.

Nothing much happened apart from some polite rejections. Some weeks passed by and then one evening after dinner the phone rang. My mom picked it up and said

" yes, yes he's here... "

One hand over the horn she called me over and said:

" it's for you. "

giving me a confused look with a smile. I took the phone and started answering the questions. Finally after the last question a long pause followed by:

" We normally don't hire applicants like you but we're in a bit of a pickle. We'd like to at least invite you for an interview. "

During the interview, four people were there. It was quite intimidating to be honest. They were obviously testing me to see what I was made of. The objections and frowning expressions kept coming at me. I just kept falling back on the things I learned and one guy a senior programmer spoke up after being silent with his arms crossed just observing it all. He cleared his throat and paused.

" Let me ask you a question. Say you'd have to write a robot program that would make a contour cut on a product. But due to the nature of the cutter, the product is held by the robot and the cutter is stationary on a pole in the cell. How would you approach that? "

I held my breath and a slight panic set in. While the room was already moving into " see this kid doesn't qualify attack mode " the programmer firmly spoke holding his hand above the table as if blocking a wave.

" Wait, Let him answer the question. "

and gave me a re-assuring look.

Time flew by in slow motion as it would during a car crash. The wait command had brought a calm to the panic it seemed. A moment of clarity! *'You saw a video about this man!'* I thought to myself.

I answered as if some unknown force took over on my behalf:

" First I'd set up the robot work object and tool center point configuration properly. As the product will be moving around the tool I would pick a static tool center-point and the robot holds the work-object coordinates. This allows for quick and easy adjustments when the tool needs replacing or when another product variant needs to be setup. "

Did I just say that? I thought to myself.

The senior programmer cleared his throat again, paused. And went

" Look this kid seems to know more than any other applicant we had so far. You keep wanting Mr perfect with 20 years of experience and fresh out of school to show up. I have 6 months before I retire and I can get him up to speed fast. On a starting salary I think it's worth the risk. We need to start this now so I can train him on all our products. "

The guy across from me put his pen down and sighed. He looked at the other faces in the room. Still a bit amazed by what just happened they looked up and nodded.

Awesome! I was hired, worked at the company many years. The journey of my career had started.

The moment a man truly commits to a course, the entire world seems to rearrange itself in his favor.

— Johann Wolfgang von Goethe

What had just happened? No bachelor's degree, no course in robotics. Just me, a young kid at the time, locking in on something I really wanted. That story isn't just mine alone. History is thick with young men who started similar paths to success.

John D. Rockefeller, from a hardscrabble boyhood, fixed on a single figure with an accountant's exactness. Henry Ford refused to let one idea go, burned through failure after failure, and the world changed because he would not quit.

Madam C.J. Walker, born into desperate poverty with nothing but a burning desire, became the first self-made woman millionaire in America. J.K. Rowling, destitute and rejected again and again, held a single story in her head until it broke the world open.

Each decided. Each had a clear goal and burned the bridges behind them and refused a way back.

Desire is the start to anyone's journey.

And one of them Andrew Carnegie is the story I want to hold up beside my own.

Intro to Andrew Carnegie's journey

Andrew Carnegie ran the same pattern I did. Even as a boy he fixed the exact number in his head: the family must save three hundred dollars a year, twenty-five dollars a month, until they stood on their own.

He began at the very bottom, a bobbin boy in a Pittsburgh cotton mill at a dollar and twenty cents a week. Exactly like me learning the trade in my room, he went beyond the letter of the job: he taught himself Morse code by sound, and he memorized the streets of Pittsburgh and the names of the men who mattered.

The break came the same way it came to me: preparation meeting opportunity. Thomas A. Scott noticed the sharp messenger and took him on. Scott lent him the price of ten shares; when the first dividend arrived, Carnegie saw it for what it was, the machine that would carry him. He rose, then went into business with his former bosses as a partner.

He decided, and kept deciding, until the world yielded.

A strong vision and persistence made it a success.

But when you walk into a dealership and announce " I'll take the one with the wheels on it, " you'll be met with confusion. And for good reason. Clarity is everything. What goes out into the field as your aim ought to be equally precise. Figure it out down to the detail.

A Vague Aim Draws Nowhere

Every winning man shares this trait. He carried a vision, and that vision was exact by nature.

Let's examine this a bit further and look at Carnegie's career path and time line.

- Age 12 (1848): bobbin boy, cotton mill \$1.20/week
- Age 13-14: telegraph messenger boy (self-taught)
- Age ~19 (1854): private secretary at Pennsylvania Railroad
- Age 24 (1859): division superintendent of the PA Railroad
- Age 30 (1865): resigned to go into business on his own
- Age 66 (1901): sold Carnegie Steel to J.P. Morgan for ~\$303M/\$480M

While I was a bit older when I started, the fact of the matter remains, I had a young mind not yet programmed with so many blockages. The blockages accumulate and your youthful creative energy decreases over time.

But not to worry. If you are an older man, keep reading.

This book is for men of all ages. It may be tempting to go into a full blown how-to guide and say

“OK, that’s how it’s done”.

No. The internet is full of these fast you-tubers that use AI to write up a quick guide and launch it. I made a clear decision not to do that with this book. It HAD to be personal. It had to be genuine and authentic. I realized I HAD TO cover the most **effective** ways first before I could launch the reader into a practical action plan. The kind us men like! No overly long anecdotes but raw usable instructions! Well we have the first step right? Knowing what you want. Hang on and keep reading, to discover how to do that.

My career path further examined

While I had a great career in The Netherlands my home country. That all changed and the lessons I learned came out of a necessity.

See, while I had what many would consider a great career path climbing the ladder at robotics and automation companies. Something was missing the whole time. Even though my salary increased and followed all the steps that society tells you... What is their playbook again?

Get a house, a car, a girlfriend, get married have kids and retire.

Sounds good doesn’t it? It worked for my parents. But something always felt off. During my career I was always questioning this and also in a battle fighting authority. Office managers with great ideas to save money on certain processes while never even having set foot on the actual work floor. Having to work for these bozos really drain the life out of you. I had always had that dream to start my own business, run my own

show. But I was always told " No, work for a boss, have job security and a good pension ". In 2020 that fake thing happened in the world. I decided it was done

I completely changed course and moved to Mexico. I could see where Europe was heading and it wasn't good. The wake up call I needed. I realized I mainly lived my life for other people to fit their ideal picture. Once in Mexico it was a huge culture shock, but I managed to unwind. Reflect on things as I was out of the rat race. This process took a long time. The money from selling my house went into crypto-currency. That was a bad move. I got in high and it crashed pretty hard.

I went through my savings fast not making any money. And then I realized I could not maintain that lifestyle and had to change. Start working again? For a boss? Hell no! Not an option. No. I decided I didn't want that anymore when I left The Netherlands.

So work for myself huh? I tried a few business ventures; they failed. Then I had to come up with yet another idea for a business. That was hard, sitting there staring into nothingness and nothing would come to mind. So why was that? Why was that so hard? I actually started pondering on that. Why could I not find my new aim, my new goal? Slowly I started finding answers from books, from YouTube.

Looking back I've always been able to function well and perform well working at a company to the point where I outgrew it. But all that time working for a boss I did so in survival mode, a manageable survival mode but one nonetheless. See because the scope of the work is always limited (and certainly for a bigger company) it is manageable. But in order to run your own business and thrive... Well you know the saying you can't thrive when trying to survive. But man, I was thriving at those companies so what's the issue? Yes, ok, maybe from a birds eye

view I was thriving. From that perspective it was thriving because I climbed the ladder, got promotions and moved on every time I hit a ceiling. But in a way I was surviving. It was a different survival mode, the type the body knows.

See the body remembers and stores things inside that happened in your past. Now most men are triggered by the word 'trauma' but hold on. All of us have experienced various degrees and the body made defense mechanisms for us. However you have to deal with those when they no longer serve you. You have to do it or it's going to get in your way. You may have heard about the mind/body connection. I'd say it's ONE unit.

See us men especially, we are very logical thinking beings. We are taught to problem solve with logic and reason. But the subconscious is not readable in an easy way. You have to dive in to find things. This is the hard part, not fun at all. Going back in there? You'll actually find the beliefs you hold and know where they came from. It will bring back those memories. But it's absolutely necessary. You'll need it to write the correct affirmations and to coach and parent your inner child. More on that later. First let's move on to one of the hardest parts. Part one of the mind-body trifecta is Shadow work. Now don't be discouraged. We begin with a low barrier way to get into this. The important part is awareness.

Watch the movie Revolver

Revolver, 2005. Guy Ritchie. Find the UK/European cut, not the US release. The US version is 15 minutes shorter and, more importantly, it cuts the exact scenes that make the ending land. You need all of it.

Watch it first. Don't overthink it. Let it hit you as a heist thriller with a philosophical undercurrent. You'll walk away thinking you got it. You didn't. That's the point.

Now go read the shadow work chapter.

Then come back and **re-watch** it.

This time you'll notice things that were there the first time but invisible. The way Jack's confidence is actually a cage. The way the "smartest guy in the room" is the most trapped. The way the person running the game isn't the one you think. The final ten minutes will hit completely differently, because you'll recognize the pattern by name.

I'm not going to tell you what the pattern is. That's the whole point. You'll feel it in your chest before you can articulate it, and that's the signal the chapter did its job.

If you're not a movie fan, go ahead, keep reading. But you're leaving a 90-minute interactive lesson on the table. The movie is like the shadow work chapter with a plot. Ok then, so what is shadow work?

Remaining chapters in the complete book...

What can you expect? A brief summary of each chapter:

What's Inside

What is in the rest of the book. Five more chapters, an interesting path no other self-improvement book covers.

Chapter 2: Shadow Work

The 1st pillar of the trifecta, and the one most men would rather skip. Jung gives you the map, the defense mechanisms give you the names of the things running your life without permission, and the five-step technique turns a vague feeling into something you can sit down and actually talk to. You also get the burning method, the re-write technique for old failures, and the re-watch of Revolver that the last chapter assigned you. There is therapy, dreamwork, freewriting and breath work in here too. The best part is the part nobody expects. Every trigger you have is a confession. You will find out what yours is pointing at.

Chapter 3: Calisthenics

The 2nd pillar of the trifecta, and the one that makes the other two possible. There is overlap with shadow work and retention. Two voices argue at every rep: Fred, who wants the beer, the girls, Netflix and gaming; Sergeant Pane, who wants discipline and results. Underneath the banter sits the research. Men with powerful legs carry half the risk of death, grip strength is the most studied predictor of mortality in exercise science. Then the actual technique, push-ups, pull-ups, squats, dips, handstands, every rep spelled out with the tempo and the cues. The reason this chapter matters is not the mirror. A man with a strong mind-body unit has a calm nervous system and a capable body.

Chapter 4: Semen Retention

The 3rd trifacta foundation pillar. Most men get into this for the wrong reasons and stay for the right ones, so we start with the wrong way. Willpower alone, the siege, the obsession phase, the never again trap, the guilt spiral after one accident. Then the five energy leaks you must address before retaining. Energy follows attention, and attention is a handle. This chapter does not sell you a streak. It gives you the method of holding energy and transmuting it.

Chapter 5: The people you surround yourself with

The way forward on the trifacta foundation. Changing your environment by itself is not enough, because the environment is the people around you. The criticism arrives the moment you start moving toward something real, and the rule that holds is simple: don't say a word about it until it's visible. You get the test, one conversation where you talk only about what is working, and then you watch what the other person does with it. There is also the part nobody warns you about, a slump is weather and not a verdict, and a sudden windfall is harder to survive than a slow lack. You cannot control the company. You can only choose which room you sit in and how long you are willing to stay.

Chapter 6: The Signal Is Already Broadcasting

The seventeen principles, and the whole reason the book exists. True purpose, conviction, signal integrity, the carrier, reinforcement, calibration, architecture, consistent execution path, lock, continuity, resonance network, amplification, the processing layer, environment, readout, field feedback, and aim. That is the machine. You also get to know about the prerequisite trap, and of course how to deal with it.

After you finish this book and commit to maintaining the trifacta foundation, you can finally discover your true purpose and stay on a plan that leads to fulfillment and wealth beyond just the financial.

Thanks for reading

This is just the beginning

If something in here hit you and you want to talk, email me at
[EMAIL_PLACEHOLDER]

I wish I had my trifecta foundation in place in my early twenties. Grab this book, avoid my mistakes.

The full book is here →
[PURCHASE_LINK_PLACEHOLDER]