



# HOW TO GET WHAT YOU REALLY REALLY WANT

**Greek  
Philosophy  
Meets The Law  
of Attraction**

**Dr. Alkistis Agio**

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‘There is nothing impossible to those who will try.’

- Alexander The Great

## INTRODUCTION

### **My Big Fat Greek Eat Pray Love Odyssey (Part 1)**

What would you do in your life right now, if you knew you couldn’t fail? I believe that every person can attract anything that they really, really want. In a moment, *I will reveal to you a powerful method for achieving this with only three simple steps.* But first, I would like to share a summary of *my* story with you. I call it, “*My Big Fat Greek Eat Pray Love Odyssey or How I got what I really, really wanted*” !

I was born on May 22, 1968 in Athens, Greece during an oppressive military dictatorship...When I was only eight months old, my family escaped to Montreal, Canada as political refugees to avoid persecution and torture. My whole life, has been affected by this dramatic beginning, and it wasn’t until *much* later that I was able to process, appreciate, and even *laugh* about it the way that Nia Vardalos portrays in her film, “*My Big Fat Greek Wedding*” or Elizabeth Gilbert portrays in “*Eat Pray Love*”. I’ll try to be mercifully brief, as I summarize my ten-year ‘Odyssey’...

After sixteen relatively quiet years in a typical middle-class North American suburb, my family moves *back* to Greece, where I attend an international high school in Athens. On a school trip to Delphi, I have a transcendental experience, that convinces me that I want to study psychology and philosophy. (During this time, I also fall madly in love with a young man named Dimitris, who’s into fishing.)

Fast-forward to when I’m in my early twenties. I’ve returned from studying the Chartered Institute of Bankers of London and I’m working at an international bank in Athens in the corporate finance department.

On the outside, I seem to have it all: an executive position, a great salary, designer clothes, hanging out with a cosmopolitan group of friends on the weekends.

On the inside however, I feel frustrated and anxious about my career path. Why? Because although I love psychology, I'm stuck in a career in banking, mainly to please my father.

Whenever I express my desire to leave my bank job, my father lectures me about the necessity of a safe job and good pay. He keeps saying '*My dear daughter, life is so harsh, full of unforeseeable challenges, when I was fifteen, the Nazis burned our village and I joined the resistance, later we had civil war in Greece, and then came the dictatorship, we had to flee*'.

My desperation to make my father proud is short-lived though. I feel trapped in a 'golden cage'. I become more and more frustrated and depressed. At work, I can't focus, and an itchy rash begins growing all over my body.

One day, I'm called to the bank headquarters to do an important presentation in front of the board of directors. I'm *petrified*, I feel like an imposter as I'm not prepared at all. The presentation doesn't go well. I feel so *humiliated* as I muddle through the presentation in front of this group of old men. At the end of the day, I face my deepest fears and hand in my resignation.

Did things get better after that? Of course not. They get *much worse*; I have a dramatic argument with my father, who is so angry and disappointed, that he throws me out of our family home. As I'm shaking on the staircase, as he calls after me, *I Tan I Epi Tas*. This ancient Spartan motto translates into, 'Return with your shield or on it!' Essentially, '*Do or die*.'

Without a plan, I pack a bag, and fly to Istanbul. I travel eastwards into Turkey with a knapsack all the way to Mt. Nemrut and Ararat, near the border with Syria and Iraq. There, I meet a group of Italians who are headed to Rome and impulsively, I tag along with them.

In Rome, my money runs out. I find work in various low-paying jobs like waitressing, living in constant *anxiety* about money and my future; my rash gets worse. I begin taking antidepressants, that leave me feeling numb. I've hit rock-bottom. Although I'm not in a good place, I feel like this is the best place to be right now- *anything but the bank*.

Then one day, a very interesting thing happens. On the bus, I start talking with a woman who's working at a top, international leadership training firm... We talk. In tears, I share with her my story and she tells me that she's leaving her job to get married in Canada, and she's looking for a replacement who is a native English speaker with some experience in the corporate world. If she doesn't find a good replacement by tomorrow, the deadline, she will be penalized two months salary for breaking her contract. She tells me that *I'm the person she has been looking for*. She offers me her job on the spot and I accept. What a stroke of luck!

My whole reality changes. I'm given a training manual and as I start training managers in '*Communications Skills and Psychology for Managers*', in English. It's the best job I've ever had and the feedback from the seminar participants is very positive. I'm getting paid a great salary, for doing what I really love and I even get a chauffeur to drive me in a Mercedes to various training facilities in northern Italy. I get to stay at beautiful hotels in Venice, Tuscany and Lake Como. Even my rash has disappeared

I have *finally* found a job that I *really, really* love...

And *guess what?* After *another* ten years, and *many more* adventures, I finally attracted the soul-mate of my dreams... but before I share *that* story with you, I want to turn back to *you* and *your story*... *because I wouldn't recommend that you to follow my example*...

Why? Because it's *a great example of what you should never do*.

I was *lucky*. Making dramatic changes in your life *without having a clue* as to where you are headed and what you want, and without any proper tools to help you along the way, is foolish, ineffective and can even be downright *dangerous*.

It's like getting in your car without a GPS and then just driving off—a cliff, usually...

But, what if I told you that there *is* a type of GPS that can help you navigate from where you're feeling stuck and frustrated in your life, to a place of *happiness and freedom*?

### **The GPS That Gets You To What You Really, Really Want**

Even though it may sound a bit strange to you, I have to confess something first: I didn't think of this GPS by myself: *It came to me in a dream*... This dream has kept coming back to me. (Who knows, maybe the 'Wonder Woman' TV series of the 70's that affected me, or maybe it was those Greek myths my parents kept reading to me when I was a child... We'll never know.)

In the dream, I was on an island of Amazons, and the goddess Athena offered me what seemed to me like a golden compass or GPS. "*It's purpose*", she said, "*...is to help you navigate on your Odyssey*..."

Over the years, this dream revealed more and more. It revealed how the compass is based on the *three golden principles of Greek philosophy, Ethos, Pathos and Logos*.... What do these mean? How can they help you on your life's Odyssey? What is the magic three-step method? I will explain everything to you, here and now. It's so simple and easy to apply, that you'll be able to start applying it *right away*, transforming yourself and your life in the process... There will be a very distinct 'before' and 'after' the process. That's why so many who have tried it, refer to it as '*amazing*'.

However, there's only one condition for it to work for you: You have to *really, really* want something in your life. And you have to make a **decision** towards it.

### **Can you name 1 thing that you *really, really* want ?**

(It doesn't matter what it is. It could be anything from, “ *I really, really want to learn to manage my anger...* ” to “*I really, really want to attract a million dollars...*” ) As long as it's a compelling goal or outcome that you want, put it on the list.

If you thought of something, that's good. (Don't panic if you don't. Just skip this part for now, to get the overview of the *process*.)

WHY do you really, really want this thing? (They say ‘If your WHY doesn't make you cry, you don't want it badly enough.’)

\*\*\* *Make a **decision** that you're going to have it.* \*\*\*

Now you may notice fears and doubts, creeping in...Here's where you take out your GPS to navigate through these!

### **Your Life's GPS: The Rapid Transformation Protocol©**

The best way to introduce *this compass or GPS*, is through a Greek legend...

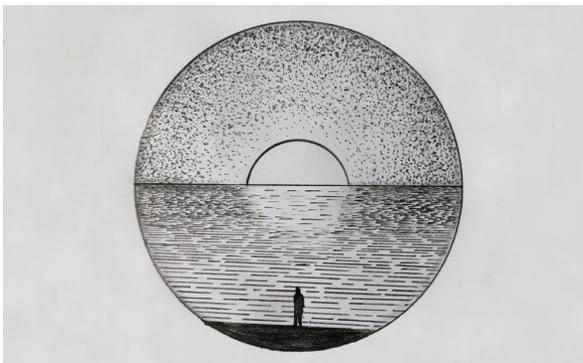


Image: Pencil drawing by Alkistis Agio

It was a warm summer's evening in ancient Athens. The smell of jasmine was in the air...

Socrates was taking a stroll by the shimmering sea near Athens, when an acquaintance ran up to him excitedly and said, 'Socrates, do you know what I just heard about one of your students?'

'Wait a moment,' Socrates replied. 'Before you tell me, I'd like you to pass a little test. It's called the Test of Three.'

'Test of Three?'

'Yes,' Socrates continued. 'Before you talk to me about my student, let's take a moment to test what you're going to say. The first test is **Truth**. Have you made absolutely sure that what you are about to tell me is true?'

'No,' the man replied. 'Actually I just heard about it.'

'All right,' says Socrates. 'So you don't really know if it's true. Now let's try the second test, the test of **Kindness**. Is what you are about to tell me about my student something good?'

'No, on the contrary...' said the man, a little embarrassed.

Socrates continued, 'You may still pass though because there is a third test—the test of **Usefulness**. Is what you want to tell me about my student going to be useful to me?'

'No, not really...'

'Well,' concluded Socrates, 'If what you want to tell me is neither true nor kind nor even useful, then why tell it to me at all?'

As the story reveals, there are three filters we can apply to process our thoughts and beliefs through before allowing them to dwell in our minds and cause any drama or any decline in our energy level:

1. **Is it True?**

Represents **Ethos**, a Greek principle associated with integrity, credibility, accuracy and truth.

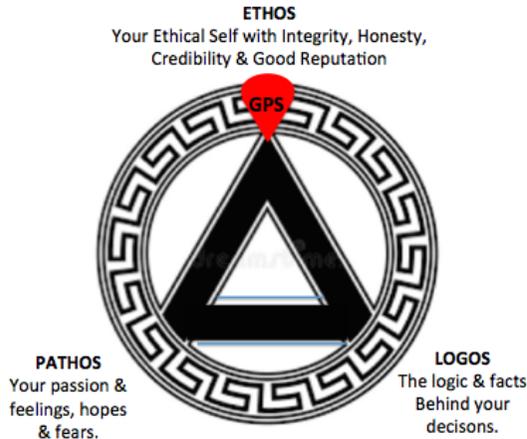
2. **Is it Kind?**

Represents **Pathos**, a Greek principle associated with feelings, emotions, compassion, and empathy.

3. **Is it Useful?**

Represents **Logos**, a Greek principle associated with reason, practicality, applicability, utility, facts and strategy.

The three principles of *Ethos*, *Pathos* and *Logos* function together like a GPS, an inner compass, to help you navigate your way past any fear, anxiety and any other inner obstacles, towards what you really, really want.



It is a ‘tool’ that I wish I had had when I started out on my own chaotic, desperate and dangerous journey. Interestingly enough, it also looks like the ‘shield’ my father told me to return with : )



Image (CC) Goddess  
Athena with shield.

Now try ‘*The Rapid Transformation Protocol* ©’ for yourself.

**Instructions:** Think of that thing that you really, really want i.e. the outcome you desire, a compelling goal...Just imagine it for a few moments...What will you see, hear, touch, taste? How will it make you feel? Feel that positive vibration!

Now, as you are in that positive vibration, you may notice some *resistance* to this positive vibration...A heavy or tight vibration of fear or doubt...Try to catch the *inner narrative* or *story* that is part of you... For example, “*That’s impossible!*” or “*That’s too difficult!*”...

If the frustrating or frightening narrative is something you are envisioning about your future, visit and experience that ‘bad’ event. For example, when I was stuck in my unfulfilling job at the bank.

The inner narrative that most worried, stressed and frustrated me was:

*‘ I’ll leave my job but my father will be so disappointed in me. I’ll lose his love and admiration. He won’t ever forgive me.’*

What is the deep-mistaken-limiting-belief that lies at the heart of that inner narrative?

*‘I’m not worthy.’*

**Now it’s *your* turn.** In one or two sentences, write down the most frustrating, angering or frightening inner narrative that comes to your mind. It will likely be a belief you presently hold about yourself, another person or a situation. It may help to think about your biggest complaint in life.

Try not to analyze it. State it simply. Start your sentence like this:



***‘Deep down inside, I’m afraid that.....’***  
(Fill in the blank.)

And what does that imply about you?



*‘On a deeper level, it implies that .....*  
 .....  
 .....’

Fill in your deep-mistaken-limiting-core-belief in the blank.

Now to process this phrase that you just wrote :

**1. Is it 100% true?**

‘Interrogate’ the belief:

- Am I perhaps *dramatizing* the situation and overblowing its importance?
- Am I perhaps *generalizing* and assuming things that are not 100% true?
- Am I perhaps *over-personalizing*, taking offense too easily or even blaming myself for matters that are not related to me?

Now ask yourself again, is my thought or belief 100% true?

NO      YES

Making a general statement that something is true, can be misleading, especially if it is only true *some* of the time. We often give perceived truths a greater ‘power’ ( or ‘percentage’) than they are due. Sometimes, all it takes is a small amount of doubt in the belief to completely discredit and deconstruct it. So, *if* your answer is ‘Yes’ (and don;t worry if it is), try to work out to what *degree* this belief is true. You may discover it is a lot less ‘true’ than you thought!. If you consider it to be true, to what degree is it true?

- It’s only 10%-20% true
- It’s only 21- 30% true

How do you feel when you think that **deep mistaken limiting belief?**

## 2. Is it kind?

Is that narrative kind towards *you*? Are you putting yourself down, being too critical? Self-reflection is good, but very often we judge ourselves too harshly. We're all human and we all make mistakes; the point is to learn from them, not to let them drain our energy and confidence. (You may find that you can trace back this harsh criticism or to the way you were disciplined when you were a child).

Also, is it kind towards the *other* people involved? How does the situation look from their perspective? Nobody's perfect. Have you judged them correctly? Remember that the goal of doing this transformation is to protect *your happiness*. The kindness serves *you*, by ridding *you* of poisonous, toxic thoughts. This may be an opportunity to forgive someone.



***Write your thoughts down.***

*This diagram may assist you in this process by showing how perspective affects our view of truth: What do you see here, an old lady (looking forwards), or a young lady (looking backwards)?*

(Image W.E.Hill 1915)



## 3. Is it useful?

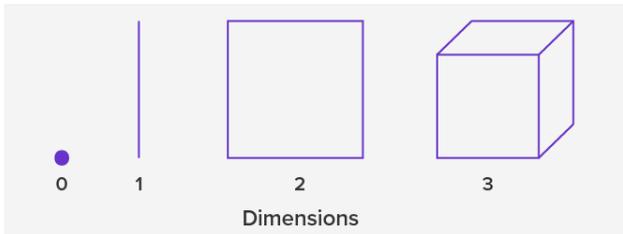
Although fear can sometimes be beneficial, alerting you to real dangers, too much fear and pessimism can poison your mind with self-defeating doubt and paralyze you with indecision. It may also be concealing your deeper desire, or an opportunity. You have, therefore, to become a 'witness' to your thought-streams and

encourage yourself to think thoughts which are *useful*, in order to keep them healthy and productive.

Consider your victim-story narrative or that deep-limiting-belief. What is the benefit of allowing it to run around in your mind? Does it help you in any way? Of course not ! It just perpetuates the situation.

Imagine for a moment: Who could you be if you didn't have that thought? What sort of thoughts would you have instead?

What would your life look like, if it did not exist? It's a really a question of shifting to a higher dimension. Let's elevate your perspective from two-dimensional perspective, to three-dimensional perspective.



Plato taught,

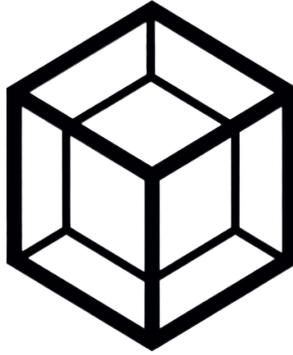
‘Whenever you want to talk about people, it’s best to take a bird’s eye-view and see everything all at once.’

From this elevated perspective, imagine who you could be without your victim-story or limiting belief.

I’m not asking you to do it right now, just to imagine yourself, from up above, looking down on that situation... Could you *imagine* releasing it?

If you’d like some help to do this exercise and go to an *even higher dimension* (i.e. shift from 3 to 4 dimensional thinking), take three

deep breaths, and feel yourself connecting or attuning with your Inner Source of Power.



**4-Dimensional Cube “Tesseract”**

In this state of deep connection, could you now *imagine* letting go of your old narrative and the emotion/vibration of fear that comes with it?

- Yes I can imagine letting go
- No I can't imagine letting go

Let's get more specific: *By when* are you *interested* in experiencing this freedom?

- A week from now
- A month from now?
- Tomorrow?
- What about right now?

How can you *rephrase, change or modify* the narrative or belief, so that it's more *truthful, kind and useful* ?



Write down this new, re-phrased statement, in positive terms.

.....  
.....

(Read it out loud, *putting your heart into it*, until it sounds and feels just right i.e. you will feel a flowing, uplifting vibration, you will feel energized as you say it. The next image may also help as it shows a ‘20-dimensional’ geometric form from Plato’s teachings.)

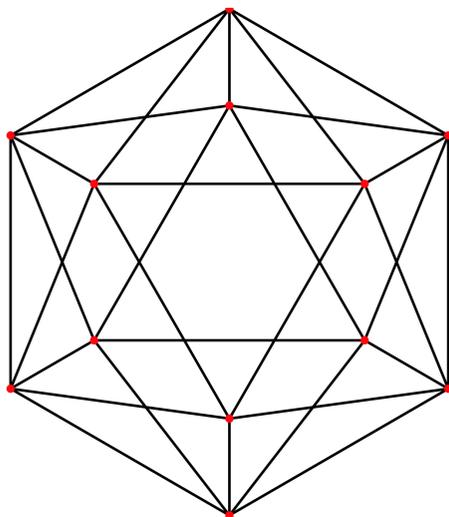


Image (CC) Shows multidimensional perspective of the ‘Icosahedron’ from Platonic Geometry.(Greek: *Icosi* means twenty, *Hedron*: sides/faces). Staring at this image can help you release the flow of energy as you repeat your new affirmation.

## **CONGRATULATIONS you did it !**

This can become your New Narrative-Core Belief. **The Rapid Transformation Protocol**© will keep getting easier, the more you practice it....It will keep helping you to process your thoughts so that they are more clear (true), kind and useful. This GPS, inner compass can help you keep adjusting your thinking and vibration to navigate out of *any challenges* you may meet along the way to getting what you *really, really* want.

Now, you may be wondering, “*Yes, Dr. Agio I do believe this New Core Belief now, but how long will that last? What happens if I forget it? How can I make this new narrative or core belief last forever?*”

I have the answer for you:

### **How to Make Your New Narrative-Core Belief Last Forever and Bring You Results You *Really, Really* Want**

‘Day by day, what you choose, what you think,  
what you do, is who you become.’

- Heraclitus

In order to maintain and reinforce this New Narrative-Core Belief so that you know it ‘*by heart*’ and apply it with all your being-*especially when you are challenged*, there are two things you can do:

**First, repeat it regularly each day.** Make it your ‘motto’. (Note: You can have more than one motto.) Each time you repeat your motto to yourself, it’s very important to evoke the positive *emotion* that is linked to it. It’s not enough just to repeat it mentally. You must say it *through your heart*. Ideally, you should be looking into your eyes in a mirror. This changes your emotional state and most of all, it transforms your *vibration*. (You will learn more about *vibration* in Sections 2 and 3 of this book).

**Second, repeat it while in a deeply relaxed state.** Scientific studies have proven that in a deeply relaxed state, as in guided meditation or hypnotherapy, known as *Alpha* and *Theta* brainwaves, the mind is *over two hundred times more receptive to suggestions*, than in its ordinary, conscious state.

When asked about hypnotherapy in an article of the *Harvard Medical School Journal* (Sept. 2015) Dr. Max Shapiro, psychologist, answered that:

‘It is now known that the brain has greater ability to influence the body than previously acknowledged... A hypnotic trance empowers people to activate neural circuits that are otherwise hidden... This circuitry can activate greater comfort for pain relief, greater mental focus for certain activities, and greater self-esteem.’

To help you enter a deeply relaxed, open state, download this specially designed FREE guided meditation MP3 from the link below:

[http://www.alkistis.net/free\\_mp3.html](http://www.alkistis.net/free_mp3.html)

This guided meditation, is designed to induce a calm, relaxed, open and harmonious state of body, mind and spirit. It may take a few tries if you have never meditated before.

Today, modern doctors recommend the daily practice of deeply relaxing the body and mind, for at least twenty minutes, to help us manage stress and anxiety in a natural, non-chemical way.

(You will learn more about research on *Alpha* and *Theta* brainwaves, in Section 2 of this book.)

When you are in *Alpha* and *Theta* brainwave states, you are also connecting to a higher universe from which things are generated in our dimension. (You will learn more about research on *brainwaves* in Section 2 of this book.)

‘If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.’

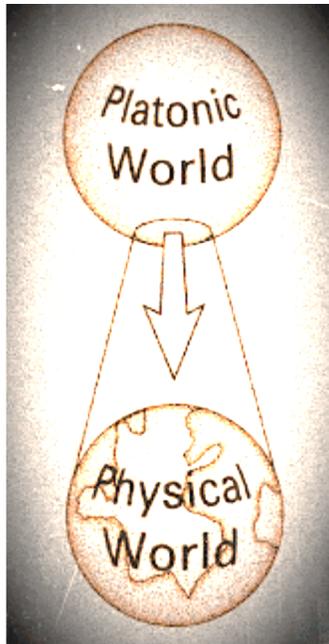
-Nikola Tesla, Scientist

Plato taught that everything that is manifested in our dimension, has been *conceived* in a higher, metaphysical hyper-space realm, an energy field he named ‘*The World of Ideas*’ i.e The *Noumenal World*, from which things that we perceive, are *born* or materialize from Mind.. (*Nous* in Greek is the word for ‘Mind’.)

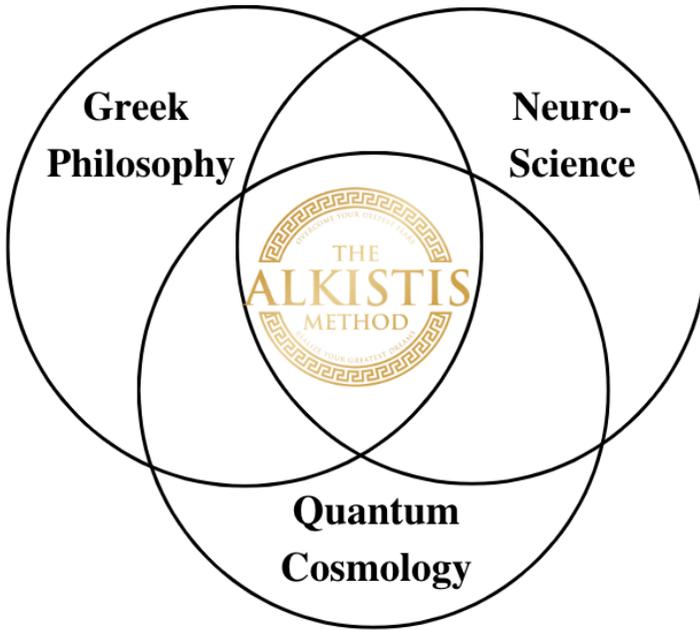
These things materialize into the three dimensional world that we perceive through our senses. ie *The 'Phenomenal' World*. (The English word *phenomenon*, comes from this ancient Greek word to show, to be visible)

When we are in the deeply relaxed state of guided meditation or self-hypnosis, we can enter this hyper-space to focus on the vision, feeling and vibration of the experiences that we want to manifest in our life.

(You will learn about in Sections 1 and 3 of this book).



Here is a diagram that shows the vital components of The Alkistis Method®



THANK YOU FOR READING, I'll see you on the 'inside of The Alkistis Method®.  
**Sending you my love from Greece.**



## About The Author

*'Alkistis you are a hero to me. I hope you see me as a representative of your book. You are a modern Greek oracle.'*

- Steve Wosniak, Co-founder Apple computers.

Dr. Alkistis Agio Inspirational Speaker (TEDx), Philosopher, Creator of 'The Greek Oracle' App, Author

Since 2007, her webTV shows, books, seminars and guided meditations have brought relief, wellness, empowerment and inspiration to over 2.3 million people. Her signature method for self-realization, The ALKISTIS Method© elegantly integrates Greek philosophy, neuroscience and quantum cosmology, activating The Law of Attraction in 3 simple steps, to get what we really, *really* want.

Many VIPs have recommended her work including Steve Wosniak (Apple co-founder), Dr. Drew (American TV Host), Nadia Comaneci (Multiple Olympic Gold Medalist), Jason Silva (Filmmaker, Philosopher, American TV host), Pricilla Presley (Actress, former wife of Elvis Presley) and Arianna Huffington (Publisher, Author).

Of Greek origin, she grew up in Montreal and has worked in Italy, France, Germany, Greece, the United States and the United Arab Emirates. She speaks five languages.

Alkistis first studied International Banking at the Chartered Institute of Bankers in London and worked in corporate finance (Barclays) and later transitioned to her second career, by earning a Master's in Integrative Psychotherapy from Middlesex University and a Doctor of Philosophy. She has studied neuro-coaching with Anthony Robbins and has served as a trainer for the Dale Carnegie System for several years before developing her own method, based on Greek Philosophy.

For over 15 years, ‘AlkistisTV: Wisdom, Wellness, Wonder’ books, seminars and guided meditation films, have brought relief, wellness, empowerment and inspiration to millions of individuals all over the world.

Clients include some of the largest companies in the world, where she has trained professionals (in person and via online courses) to transition from anxiety and anger to calm, confident self-leadership.

In 2019, she co-hosted a historic event, ‘STOICON’, the first international conference of modern Stoics in Athens, Greece.

Her work has been featured on CBS, The Sunday Times and Washington Post, CNN, FOX, ALJAZEERA, NBC as "The Greek Oracle"



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