

MODULE 2

Your Life's GPS: The Rapid Transformation Protocol©

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

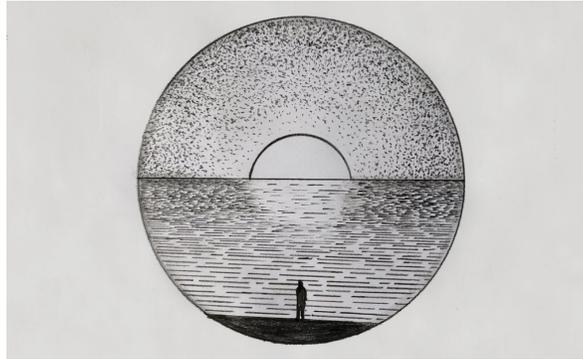


Image: Pencil drawing by Alkistis Agio

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)



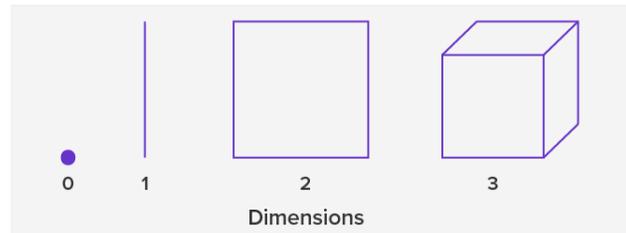
3. Is it useful?

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.



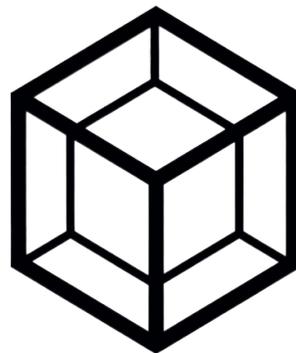
Plato taught,

‘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.)

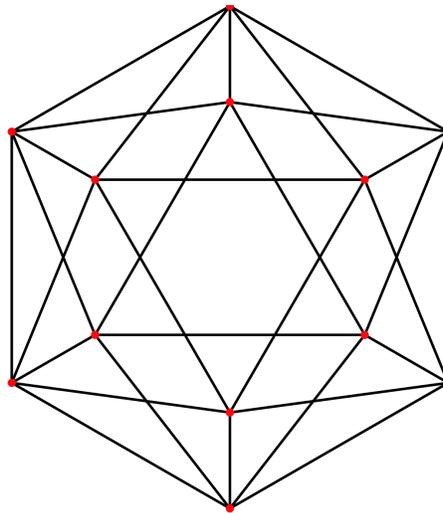


Image (CC) Shows multidimensional perspective of the 'Icosahedron' from Platonic Geometry.(Greek: *Icosi* means twenty, *Hedron*: sides/faces). Staring at this image can help you release the flow of energy as you repeat your new affirmation.

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: See Module 3