

Re-story
Restore
Restart



LEAVE LIMITING
BELIEFS BEHIND
AND MOVE FORWARD

Koralia Timotheou

THE STORIES WE TELL OURSELVES MATTER

“You ought to. You must. You can’t. You shouldn’t. You could have.”

Stories set boundaries around what we can and cannot do by cultivating self-limiting beliefs and harnessing debilitating habits. They restrict our ability to experience deeply and express freely.

Re-story, Restore, Restart is a practical guide to overcoming self-imposed limitations, tapping into your unlimited potential and getting in touch with your unique self. It offers practical tools, sample stories and exercises that will help you strip your personal myths of their power to determine your life, making space for new, fulfilling experiences.

Read this book to:

- Comprehend how patterns of thought and behavior are shaped by the stories we have been telling ourselves since birth
- Find out how you can change these stories and reclaim control of your life
- Appreciate how the fundamental principles of nature apply to your experience and how you can use them to your benefit
- Learn how to jettison deeply ingrained beliefs that are holding you back
- Discover and connect with your innate ability to thrive and make a fresh start



Koralia Timotheou is a personal development mentor and intuitive life coach. Her own bumpy life-restoration journey started making sense when she integrated her intuition with her engineering background to better understand life. She shares her approach with her clients to empower them to meet their full potential.

Learn more at www.koraliatimotheou.com

Rethink

www.rethinkpress.com

ISBN 978-1-78133-766-0



£16.99 | €18.99 | \$19.99

Re-story Restore Restart

L E A V E L I M I T I N G
B E L I E F S B E H I N D
A N D M O V E F O R W A R D

Koralia Timotheou

Re^ethink

First published in Great Britain in 2023
by Rethink Press (www.rethinkpress.com)

© Copyright Koralia Timotheou

All rights reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of the publisher.

The right of Koralia Timotheou to be identified as the author of this work has been asserted by her in accordance with the Copyright, Designs and Patents Act 1988.

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

Cover image © Shutterstock | Elena Shchukina

Disclaimer

This book contains the opinions and ideas of its author. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical, therapeutic or professional advice. This book does not intend to provide a basis for action in particular circumstances without considering a competent professional. By reading this text, the reader agrees that under no circumstances is the author responsible for any direct or indirect losses incurred as a result of using the information contained within this book, including but not limited to errors, omissions or inaccuracies. Under no circumstances will any blame or legal responsibility be held against the author for any damages, reparation or monetary loss due to the information contained within this book, either directly or indirectly.

Any persons mentioned other than the author are fictitious.

To Sophocles, who has a reputation for being wise

Contents

Introduction	1
PART ONE RE-STORYING	5
1 Story 1: The World Is Falling Apart	7
2 Story 2: I Shouldn't Be Making Mistakes	11
3 Story 3: Time Heals And I Will Survive	15
4 Story 4: I Am A Victim	21
5 Story 5: You Have A Problem? Don't Think About It	29
6 Story 6: Resist Temptation. Enjoyment Is Sin	31
7 Story 7: Guilt Makes Me A Better Person	35
8 Story 8: I Need To Suppress The Ego	39
9 Story 9: I Have Great Expectations	41
10 Story 10: Our Motives Are Complicated	45

11	Story 11: I Know Exactly Who I Am	51
12	Story 12: I Am Entitled To Happiness	55
13	Story 13: What Doesn't Kill Me Makes Me Stronger	59
14	Story 14: I Have So Many Problems	63
15	Story 15: I Have No Choice	65
	PART TWO RESTORING	69
16	Perceiving	71
17	Intuiting	83
18	Aligning Life With The Laws Of Nature	91
19	Investigating Through Personal Q&A Sessions	101
20	Paying Attention To The Body	117
21	Vibrating	135
22	Reconsidering Our Place In The World	145
23	Healing	155
	PART THREE RESTARTING	177
24	Re-establishing How Life Works	179
25	Being Me	195
26	Living Skills	205
27	Keep Going	225

Epilogue	231
Notes	235
Acknowledgments	243
The Author	245

Introduction

This book starts with stories, but what makes stories so important? We create stories just by living. There is a story of how I went to the grocery this morning, how I graduated university, how my start-up company went bankrupt, how my family develops, how I've switched jobs. We each add daily to our personal storyline and to the grand library of human history. We create experience. At the same time, our current reality—how we interpret the present—is affected by our accumulated experience: our personal and collective past stories, what has already happened to and around us.

Subsequently, our individual contemporary stories are added to a huge collective database and become cognitive input for someone else's stories: our children's, our siblings', our friends' and more. To an extent, we all participate in a relay of assumptions,

convictions and deductions, stories passing on from one generation to the next, creating common beliefs, thought patterns and world theories. Some of the old stories weaken over time and are overwritten by new, more powerful ones. Others remain alive and influential for many generations. The people who have raised us and those who raised them have lived through circumstances different from ours. We have, therefore, indirectly inherited some of their sensitivities and life views that may no longer be valid or helpful.

In this book, I share stories that have become beliefs and convictions through years of repetition and practice. They have been imprinted on us so deeply we can communicate most of them in just a few words. Stories are stories. What we make out of them is another story. Part One is a collection of fifteen stories that may consistently be misleading us because we interpret them in a certain way. They are deeply rooted in us, and we believe them so blindly that we live by them without question. They shape our reality. Fortunately, it doesn't have to be that way. We can choose not to believe these stories.

While sharing these stories, I am deconstructing and re-storying them. Deconstructing a story means identifying where it comes from and recognizing that it may be subject to alternative interpretations. This doesn't mean we have been wrong all the way. It means it may now be time to change how we read it. When a myth collapses, we strip it of its power to define us and we can leave it behind more easily. A story can then be changed and re-storied. Re-storying is

INTRODUCTION

re-telling the story differently. If a story is subject to many interpretations, choosing an empowering version is healthier, more beneficial and more fun than sticking to a disempowering one. It can create a different experience.

While the first part of this book is mostly about *what* (what is the story?), the second and third parts are about *how*. Part Two contains tools that can be used to help release deeply imprinted incapacitating beliefs, long-lived misinterpretations and misconceptions, and lifelong self-destructive habits. This is where we set ourselves free from the grip of unconstructive stories. We restore our forgotten clarity and innocence: how we would have been without those stories misleading us. Most of the tools are based on principles of physics. Life is physics. Philosophers, physicists and other scientists have been pointing this out for thousands of years.¹ It is amazing how skilled we are at ignoring them. Part Three focuses on restarting: redefining how we want life to look and how we want to be in it. It includes more tips, techniques and methods, such as minimalism, decluttering, mindfulness, flow and role play.

This book is constructed around how *I* have re-interpreted stories which are common to many of us. Having experienced the negative impact of stories and associated beliefs in my own life, I have been fortunate enough to find ways round them, with the assistance of my coaches. In turn, I have been blessed with people trusting me to help them disengage from the paralyzing control of disempowering stories

and beliefs. My aim is to share my experiences with anyone who wants to break free from limiting convictions, perceive life more simply and clearly, and move toward becoming who they are naturally inclined to be as opposed to who they think they are supposed to be. The book includes ten experiments to help put theory into practice.

If we want to change anything—our health, our finances, the world—we need to shift our thinking by abandoning obsolete and superseded stories, beliefs, thinking patterns and life models, expanding our perception, and creating new stories.

Read on and consume responsibly. We don't have to agree on everything. What applies to one doesn't necessarily suit another. Question, challenge and experiment. Take what works for you and let the rest go.

Be playful.

PART ONE

RE-STORYING

Since the beginning of human history, we have been creating stories to explain what we don't yet comprehend.

Once upon a time, Native Americans thought the stars in the sky were the long-gone souls of both humans and animals.² The Hindus believed the Earth was supported on the backs of elephants, resting on the back of a turtle.³ Ancient Greeks were convinced that a bodybuilder by the name of Atlas was holding the Earth on his shoulders.⁴ Wonderful stories, but they are just that: stories. As soon as scientific evidence proves them incorrect, stories are deconstructed and re-storied, updated and retold.

This is what we humans do best: make up stories and then invalidate them to generate new ones. We no longer believe it is possible to fall off the edge of the

RE-STORY, RESTORE, RESTART

Earth, but sometimes we are convinced God is punishing us, other people have the power to harm us, we are victims of circumstances, life is a struggle. Two thousand years from now, today's convictions will probably be outdated, even amusing. Until then, these thoughts are our current realities because we believe them. What if most of these realities are nothing more than stories passing from generation to generation? What if none of them is truer than a bolt of lightning being the wrath of gods?

Our stories shape our beliefs; therefore, just as stories can be changed, our beliefs can be questioned and challenged. It doesn't necessarily mean they are wrong. It means:

- Not taking them for granted
- Questioning their applicability
- Testing them
- Using informed, personal decisions to apply them sparingly
- Making choices
- Unlearning what we have assumed for years

At some point in the process, an old dog may choose to learn new tricks and unlearn some of the outdated ones.

It is not hard to re-story a story. A small change in punctuation, interpretation, angle and perspective can turn a story around. Let's rethink some stories!

1

Story 1: The World Is Falling Apart

Is it? Or is this how we perceive it to be?

There is a European folk tale, which goes something like this...⁵ Once upon a time, a band of animals lived happily at a poultry farm. One morning, as Chicken Little was plucking worms from the ground, an acorn fell on her head. She didn't know what hit her. The blow was so forceful that she assumed that the sky must be falling. What imminent danger! She had better warn the king. On her way to the palace, she summoned other birds too. Even though they had their reservations, the rooster, the duck, the goose and the turkey joined her in her concern. The party finally came across a fox. The fox volunteered to show them a shortcut to the palace and tricked them into her den, next to a big tree. Fortunately, a couple of the birds were alert. They shook the tree, causing acorns to fall

and knock out the fox. The birds managed to escape but not before an acorn fell on Chicken Little's head.

"AHA!" thought Chicken Little. "It was an acorn all along. The sky is not falling after all."

Chicken Little had assumed wrong. She didn't see the acorn when it fell on her head earlier that morning. A simple explanation was there all along, but she couldn't grasp it because she missed an important piece of information. Trying to interpret her experience using her limited perception, she made up a tale of the sky collapsing and the world falling apart. She spread terror to her neighbors, who took her story for granted. When an unfortunate mishap occurs, we let our imagination run wild, jump to conclusions and generalize. A falling acorn is interpreted as the end of the world.

We are bombarded with stories from the media. Some are factual, some are based on assumptions, and others are fabricated. We receive massive doses of information about malice, fear, perversion and manipulation, while examples of kindness, love and compassion rarely make the newscasts. How do we expect to be balanced, healthy and sane when we are exposed daily to such an imbalanced intake of audio-visual material?

Perhaps the world is not falling apart. There are problems to be solved and edges to be rounded, but this doesn't mean the future is bleak. Now, more than ever, we communicate well, accept, respect and help each other. We care.⁶ What I read on the internet, hear on the radio or watch on TV is not necessarily

STORY 1: THE WORLD IS FALLING APART

representative of how the world is. Selecting reliable news feeds, listening to brief news summaries instead of subjective elaborate analyses, watching informative documentaries and inspiring stories, I balance my exposure to sad and happy news, to distress and hope. Being balanced, I can be helpful and supportive without becoming depleted. Recognizing that there is love, care and beauty in the world makes my efforts seem worthwhile and keeps me motivated and energized.