

Transformational Tools

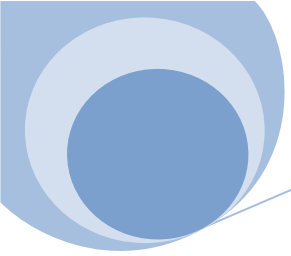
Tools to Become the Hero Inside You



By Rhett Bise

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Transformational Tools

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Now... with that out of the way... let’s get to the real work at hand!

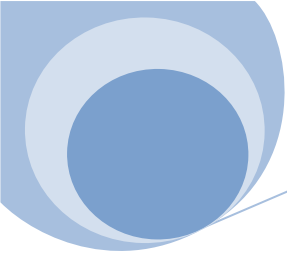
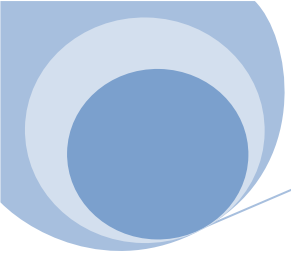


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Introduction: Taking That First Step

Congratulations! You have taken the first step in shedding that “old you,” the one who is covered with layer upon layer of BS put there by others, and transforming into the amazing, sexy, magnetic HERO that lies inside you, wanting to come out.

This mini-course will give you essential tools and concepts to help you through your transformational journey. You’ll find cutting-edge techniques to help you find your breakthroughs and dramatically change your life.

You deserve this change. You deserve to live a big life. No more trying to “get something,” it’s time for you to BE that something, to discover a greatness you only dreamed about before.

My Personal Journey

For YEARS I was one of those guys like you who tried EVERYTHING, and nothing seemed to “stick.” But something inside me kept driving me to keep trying, to keep going. The hero in me wanted to emerge, but I kept stumbling.

And I was super frustrated.

I mean, I’m reasonably good-looking, smart, good personality, doing a lot of great things in my life... yet I was feeling “tied down” to this small life, this low opinion of myself. And all the things I tried to get the success I thought I deserved in my life never seemed to click.

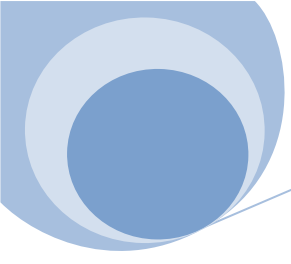
I kept thinking to myself “I SHOULD be better than this. WHAT’S WRONG WITH ME??”

Eventually my self-doubt and frustration led me to some bad places in life, and it was there, in the throes of frustration and insecurity, that I had my breakthrough. I found what it was that was keeping me from “getting it.”

And then I started “getting it!”

I went from being one of the “frustrated ninety percent” who try self-improvement systems and fail to the “phenomenal ten percent.” In fact, within a few months of my breakthrough, I became a “superstar student” to one of the world’s elite personal coaches – who was telling me I was inspiring HIM!

Now I’m at a point where I have the skills and the belief system to create the superstar identity I want for myself. The sky is the limit.



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It's Not About Getting, It's About Being

I realized my whole matrix was messed up. It wasn't about "finding the success" I wanted, it was about BEING GREAT. Whatever you think you want in life, whether it be relationships, money, friends, spiritual connection, is a byproduct of your being. When you step into your heroic self, the things you need for fulfillment will come into your life naturally, effortlessly.

The more you reach for "something," whether it be a woman, money, approval, anything, the more it slips out of reach. The more you allow yourself to BECOME the amazing man you are, the more you are BEING that big, amazing, fulfilled man, the more you realize there is nothing "out there" to reach for. And then amazing things start finding you.

How To Use This Book

This is not a novel to read at bedtime. This is an interactive study that requires your full participation. And for the lessons to have their intended effect, you need to learn and embody them.

So first, take your time and carefully read the lessons. You may need to read them more than once, repetition is critical to learning.

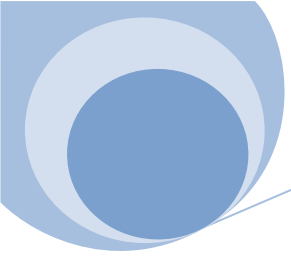
Second, do the practices, actually do them. Keep doing the practices and make them a part of your being. Embody the practices. This is essential to any change.

And please let me know about your progress – successes, breakthroughs, resistance and questions. I want to help you succeed. Email me: Rhett@herotransformation.com

Finally, I invite you to see this mini-course a "first step" in your total life transformation.

After embodying the practices in here, I want you to find the inspiration to make a commitment to COMPLETE change – commit to the whole system by purchasing "The Phone Book" and making a commitment to total life transformation.

When you are ready, order it here: www.herotransformation.com/phonebooth



Chapter One: The Foundation

What Does It Mean To Be A Hero?

We begin our journey by discovering what a hero really is.

Being a hero doesn't necessarily mean rescuing people from burning buildings or arresting bad guys. That could be your calling, but this world need all kinds of heroes, and your inner hero will look different than someone else's. So what is a hero?

A hero is connected to his inner essence and fully embodies the divine in him.

- A hero has let go of the negative BS of the world. He is energized from within and does not look to others for approval or permission.
- A hero is powerfully present and connected to the moment. A hero lives in the moment, fully embodied. His presence fills the room. People notice his presence before they even see him.
- A hero is courageously authentic. A hero is committed to his true self and asserts that true self in the face of disapproval from others.
- A hero is open-hearted, loving and recognizes the divine in everyone around him. He is connected to the divine inside himself and the divine in everyone around him. This makes him both a humble servant and a bold leader.
- A hero is committed to his purpose and makes his purpose his top priority.

And What Do You Get For Being A Hero?

There are a lot of benefits for going into that phone booth and becoming that hero.

- A hero is damn sexy. A man who is on his purpose, who honors the divine in himself and everyone around him, who isn't looking for approval or validation, who is courageously authentic, who is deeply present, is being his divine masculine self. There is nothing more attractive in a man. No techniques, no lines, no routines can make up for the "real deal," and the hero IS the "real deal."
- A hero is fulfilled from within. A hero is living his purpose and being his true self. There is no little voice telling him to do something else, because he is living his truth.

This is a process of getting to know the hero inside you, letting go of the BS that's keeping you from embodying your essence, and stepping into that heroic you. You'll be donning a new mask, a new personality, like Clark Kent going into the phone booth and emerging Superman. You aren't going to go back and "fix what's wrong," you're going to create a whole new you, the man you've always dreamed of being, the man filled with purpose, fully authentic. Because the man you want to be is the man you truly are. And when you're fully authentic and living as the man you want to be, connected to your divinity, you will be the hero you were meant to be.

Your hero is calling you. Are you ready?

How Badly Do You Want This?

Are you ready for REAL transformation? Are you ready to stop looking for half-measures? Are you ready to live your real dream, to be that fully evolved man you were meant to be? That's why this book came into your life. Grab this opportunity, for you.

Find that part of you that's SICK and TIRED of wanting more and falling short. Find that part of you that is SICK and TIRED of feeling inferior to other men, of being needy and intimidated around women. Find that part of you that is SICK and TIRED of living a second-best life.

There's a lot involved in this transformation process. Whether you see it as "work" or "inspiration" depends on how ready you are to make that change. Your success in this process requires you to be willing to do whatever it takes to make this happen in your life.

So find that part of you that wants to BE that man. Make a promise to do whatever it takes to make that change. If you are fully committed, you WILL become that hero.

The Key Ingredient to Real Change

The key to real transformation comes down to MINDSET.

I want you to throw away whatever reason you originally had for coming to this place. You see, since most guys have to be pretty much dragged kicking and screaming to a place where they're willing to work on themselves, they usually have a very good-sounding "external reason" for doing so. Not to over-generalize, but most of the time it's "success with women."

Guys come into this arena to GET more external success. And we think we're going to go in, find the magic bullet, to get that thing we want and get the hell out.

And, years later... here we are, stuck in a quagmire, with no "success."

So stop thinking in terms of getting an outcome. Change for the RIGHT reason: because it's the best thing for YOU!

The KEY INGREDIENT to Real Change: Doing It For YOU!

If you are trying to change to get women to like you, or to get money or approval from others, you will not change. It will never happen.

However, if you are changing because it's something you genuinely want in your life, ANY change is possible. And if you want it, you will have it.

DO THIS FOR YOU!

So you can try a bunch of systems that promise to “get” you things, like women, or money, or success, and maybe have some shallow success and wonder why you're still unfulfilled...

...or you can BECOME the HERO. You can step into that powerful man, on his purpose, complete and fulfilled, living a big, amazing, meaningful life. And as that hero, you can and have those “things” you truly desire built into your life, without NEEDING them. You can be that man who loves himself, loves his life, loves the world and has the world loving him back, a man fully connected to his divinity and happiness.

So which do you really want?

That's what I thought. Now make the commitment.

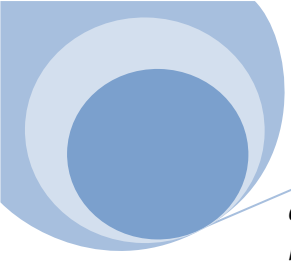
Your Heroic Commitment

Right now, take out a piece of paper. Write down today's date. Write on that piece of paper your personal promise – you are committed to becoming the hero you were meant to be, and today is the first day of your new life. Then sign it. Keep this around as your personal contract to break through into a new life.

The Success Belief

Sitting quietly, with your spine erect, begin to notice your breath. Is your breath shallow or deep? Is your breath rapid or slow? With your next breath, make your breathing slower and deeper. Make the next breath even slower and deeper. Make each breath the slowest and deepest breath you have ever taken.

Close your eyes. Feel your feet on the ground, your butt and the back of your legs on the chair. Feel the muscles in your body relax, starting from the top of your head, down your face, down your neck, into your shoulders, down your arms into your hands,



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down your chest and back, down your abdomen, into your pelvis. Feel your cock and balls relax. Feel your thighs relax. Feel your shins and feet relax.

Imagine a line going to your right, going into your future. Imagine yourself leaving the body you're in and travelling down that line. One day. One week. One month into your future. Feel yourself moving down that timeline to the right, further into the future. Two months. Feel yourself moving a little faster. Four months.

Feel yourself stopping at six months into the future. Maybe you've mastered this book, maybe you're still going through the work, but you've made amazing strides. Now imagine a mirror in front of you. Notice how much you've changed. You've REALLY changed! It's visible, it's tangible.

Feel into your body – notice how much more embodied you feel. Feel into your emotions – you're so much more present, grounded, confident. You've done it! You've changed!

There is no backsliding, only momentum to keep changing, to keep going. You've finally made it through all those old sticking points.

Now, imagine this new you taking on one of those old challenges and mastering it with ease. Now having success with women, or your career, or whatever it is you're wanting, is just a byproduct of your new way of being. How does that feel?

How does it feel knowing all of this has ALREADY HAPPENED?

Slowly bring yourself back to the you seated there. Bring yourself into your body. Open your eyes. Know this WILL happen for you.

Find Your Purpose

When you were placed on this earth, you were given a purpose. It is your unique gift and your divine expression to the world. It is what motivates a man and connects him to his divinity. It is part of your unique, amazing, divine essence.

A man on his purpose is in alignment. He is powerful, focused and fulfilled. He may likely never achieve what he was set out on this earth to do, that is part of what a purpose is, a commitment to something greater than himself.

While a man will not fulfill his purpose, a man on his purpose will fulfill his unique and essential part, ensuring the world he leaves behind is better for his efforts. In this way, a man on his purpose is a hero.

A man on his purpose is not looking to others to tell him how to live, or looking for someone else to fulfill him. A man on his purpose is fulfilled from within. He is guided by something within that compels him to serve something greater than himself.

Most men today have lost their sense of purpose. They are either looking to others to figure out what to do, or simply living lives of stunted adolescence, living for temporary pleasure with no meaningful direction. These men act like children and do not command respect from others. Often these men have hidden away their purpose out of fear, that their purpose is not acceptable, or that they are unworthy of living such a purpose.

This doesn't mean a man on his purpose doesn't have fun. In fact, a man living his purpose experiences far deeper pleasure and connections because he is aligned, and thus fully able to experience the joys in life. Meanwhile the man in rudderless pursuit of pleasure is looking to experiences to distract him from the part of his life that seems unfulfilled. Therefore he can only experience pleasure in a limited way, and is constantly anxious for acquiring the next source of pleasure.

A man on his purpose is powerfully attractive to a woman, because he is fully being the man he was born to be. A man on his purpose will attract women and friends who are also drawn to his purpose. He becomes the sun around which others orbit.

And because he is living his purpose, driven by something more powerful than himself, his relationships take on a new meaning. He isn't dependent on others, whether it's a woman, friends or family, for his fulfillment. His greater purpose is his fulfillment. His energy is focused on his purpose, not on gaining the approval of others.

It's time for you to find your purpose.

Begin exploring your purpose in life. Ask yourself what is your purpose. Can you picture one? Is there anything that you feel compels you at your core? This doesn't have to be what you do, but what truly drives you.

It's okay if nothing comes to mind, or if it's very fuzzy right now. But begin to think about it. And picture being a man on his purpose, living in the way described above.

Realize You Are Not Who You Think You Are

Right now, you are living someone else's life. The thoughts you are thinking, the beliefs you call "true" for you, your identity, the way you think, is programming that was put in there by someone else. You might tell yourself that you consciously chose to accept these things, or you have really good rational proof for what you believe and how you see yourself. But when you drill down to the core, most often you'll find all of what you see as "you" is someone else's thoughts, beliefs, fears, doubts and wishes.

You're going to need to come to terms with this reality. You are not your thoughts. There is a real you witnessing those thoughts. You are not your identity, or the sum of your actions. There is a divine essence that transcends all thought, all ego, and all actions.

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