

*Be Master of
Your Life*



**A Course in
Empowerment**

By Richard Philippe

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Dedication

This course is dedicated to :

Catherine Amy

John Fredrick

Christopher St. John

and in memory of

Ananda Mangala Thera

&

Desma Ward

Special thanks for the help and support of:

Linda Koenig,

Thank you for the help, contributions, assistance and understanding during the creation of this course.

Brenda Newell,

Thank you for the reviews and corrections as well as being a mine of information.

Gerda Straub,

Thank you for your insights and friendship.

In appreciation,

Richard Philippe.


My position is: "I am not impressed by where you have come from, how much you have or what you have already done".

What I *am* interested in is:-

Where you are going and how much *more* you can be!

May you achieve the greatness which is you.

Richard J. Philippe.

A photograph of two seagulls in flight against a blue sky. A vibrant rainbow arches across the sky, with its reflection visible on the ocean surface below. The seagulls are positioned in the center-right of the frame, flying towards the left.

The sky is not the limit!



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**A
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Preface**

One's destination is never a place, but a new way of seeing things.

[Henry Miller](#)

Firstly, let me welcome you to my course – **A Course in Empowerment**.

It could also be called – **Your Life, Your Way**, because that is what it is all about.

Whilst my website: [Be Master of Your Life](#) - contains the basic resources of this journey into empowered living, it is really only a showcase of some of the elements of this book.

This published version puts all these resources into context and as far as possible I will try to keep the lessons relevant to most people's experience of life.

My own background is one of western values, although after a long life of contact with diverse cultures, I hope I can resonate with your hopes and aspirations regardless of your background.

After a (*long*) lifetime of studying human development courses and material, and qualifying as an instructor, facilitator or counsellor for most methods and techniques, I have assembled what has really worked into a broad ranging course.

There are any number of people out there who will tell you how great you are (*when you pay them enough*), who work on the feel-good factor (*pep em up and pump em up*), and who will leave you with examples of how others (*everyone else*) managed to lift themselves up by their bootstraps.

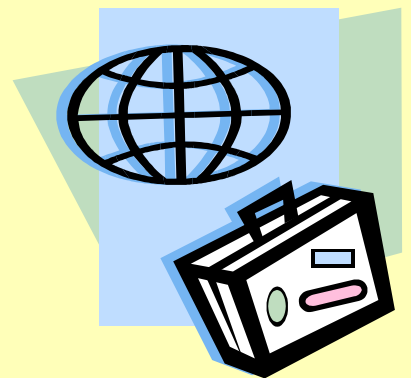
Well, getting super motivated is all well and good in the short term (*very short term*), but the reality is that sooner or later you are going to have to actually make **real** changes and actually learn some new skills – to become empowered.

Thus the downside of this course is that you are going to learn something. My job is to make your learning process as easy and pleasant as possible.

I have set out this material as a two level program to provide goals along your journey of discovery.

It is not a matter of simply learning the material.

This is a **journey** because the material is presented in a manner to help **you make fundamental changes to your life, one small step at a time.**



Do you need to make changes? Well you have come this far so obviously you recognise that you can reach further!

As human beings we seem to be wired up to want more.

I don't mean greed, after all, at some point acquiring possessions and wealth gives way to acquiring power, and then after acquiring power comes, but we'll get to that during **Life Concepts.**

Originally it was conceived that a lesson would be covered each day, however, unless you lock yourself away from the world for the duration of this journey it is simply not going to happen! Also as the course has grown and grown it has become less formal.

Just as long as you keep on going.

Part of the fun of finding out about yourself is that you are also learning what makes other people tick. In fact as you progress through the Insight chapters, you will discover other people becoming more and more transparent to you.

Some people will repeat a chapter several (many) times before moving on, so just keep a daily discipline going.

A daily dose of self discipline of course, is one of life's lessons.

No matter how chaotic your life seems at times, let's put a little self discipline into it – this is just one small step toward being in control.

Some of you need structure in your lives just to get things under control, whilst on the other hand, some of you need to let go a bit and let a breeze of change flow through.

Please set aside a given time each day for the next two months. It is important that you find not only the time, but also your "own space" for these exercises which will include meditation as well as working through personal issues.

If you have a supportive partner with whom you can share the material and your progress, so much the better, otherwise, keep **it to yourself!**

The last thing you need whilst changing the way you view the world, (and the way the world views you), is negative input from well meaning friends and acquaintances.

In fact you are going to find that some of your well meaning friends and acquaintances want you to stay just the way you are and **where** you are.

The only way you are going to be able to impress your friends with your new found skills is that suddenly (*to them*) **you** are the person with all the answers, the person who knows where they are going.



You will discover that some of your attitudes will change during this course as you discover a greater person inside yourself, and thus a greater world.

However, your friends and acquaintances might be still stuck in their same old world, (*comfort zone*).

This course is about moving on in life and more importantly, **how** to get from here to there. Of course you will need to know where **there** is, and we can help with that also

There is a great deal of information out there telling you **where** you can go, but not much telling you **how** to get there. Success literature is full of stories of how so and so succeeded against all odds and how it worked for them; so will the same story work for **you**? Probably not! Motivation is personal, so we need to find out exactly what is special about you.

Likewise the guru's are all telling you to be yourself, but they don't tell you **how** to find out **who** you are. They will tell you that you are special, that you should believe in yourself, but what **is** it about you which is special?



One step at a time we are going to travel the path of self discovery as we uncover your mission, talents and destiny.

That is:

- **who** you are
- **how** you deal with things
- and **where** you are going.

One of life's universal truths is that :

Without *action*, desire + thought are *wishful thinking*!

Make it happen :

This **Be Master of Your Life** personal development course **will** bring about changes in your life, but **only** if **you do the exercises**.

Another of life universal truths:

You will only get out of your life what you put into it!

Just knowing about something will not make it occur!

You could read all the knowledge written on success and self development here and elsewhere - but your life would **not** have been one iota more developed.

You would have the knowledge of self development, you might even have an understanding of self development, but you would **not** have been transformed by that knowledge – your life would **not be more empowered!**

Only by making **changes** - small steps at first - can you become empowered with the tools of success.

In order to grow and develop - **you must actually do something.**



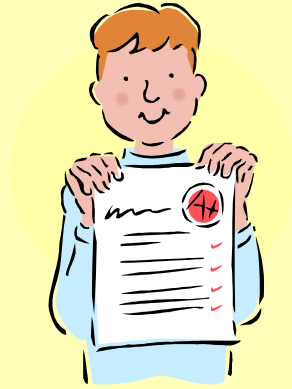
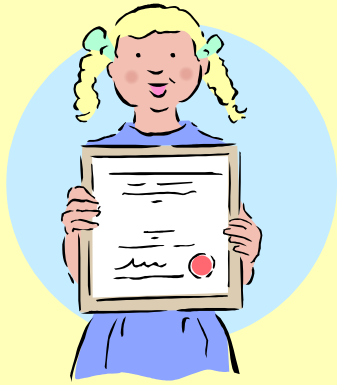
A practical example:

If you wanted to lose or gain weight - **having** the diet **information** on how to change your weight is **not going to change** your weight.

You must actually follow the diet requirements in order to change weight, ie. **you** must actually **do something!**

You could say that **Be Master of Your Life** is a diet for the mind.

And what do you receive for all your work at the end of the course:



You get to be responsible for all that happens in your life because you will understand the unwritten (*secret*) rules which govern all of us and posses the know-how to use them.

In other words, you will have empowered yourself to make it happen **your way!**

That's right:

**Your life,
Your way!**



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A

Course in Empowerment



Foreword

One's destination is never a place, but a new way of seeing things.

[Henry Miller](#)

Just what is it that enables some people to live a dream life?

They have the career they want.

They have the house/lifestyle they want.

They have happy relationships, good health and sufficient wealth.

- **Is it luck?**
- **Is it good connections?**
- **Is it being born wealthy?**
- **Is it all an illusion?**

For a start, it is **not** an illusion, which you will prove to yourself as you travel this journey.

Perhaps one does get a head start from being born lucky, wealthy or having the right connections, but if you are not presently in this situation, you are going to have to learn how to get there all by yourself.

How?

That is what becoming **Master of Your Life** is all about!

It is your **relationship with life** and **your world** which makes all the difference. One could express it as **personal power**, another term for it is **emotional intelligence**.

It is the power to decide what you want in life – **and get it**.

On a one to one basis, as your personal trainer who knows your personality profile and history, I could tailor a program to suit your

situation, but as that is not possible here, I am going to teach you to be your own personal trainer.

Of course I have provided a help hotline via email for when you need help, but the responsibility for completing this course will rest with you.



When you complete this course along with all the exercises included, I **guarantee** that you **will** transform your life.

As I will no doubt keep repeating throughout, **you will get out of this course only that which you put into it!**

There will be repetition.

There will be exercises which might not make sense at the time.

I do ask that once you have started the course – try not to miss a day.

How long you spend on any given lesson is up to you; just as long as you keep the daily discipline going.

To make a change - *any change* - in your life, you must practice that new behaviour each day for 21 days. Only then will it be permanent!

As we make small changes to your mind set, and small changes to your attitude and behaviour, you will discover in turn, that small changes begin to occur in how the world rewards you.

As they say, it is not going to happen overnight, but it **is** going to happen.

Change becomes a reinforcing process, an upward spiral, a positive feedback loop, and you will discover that you are not really on your own, as you re-invent your relationship with the world at large.

One of the discoveries you are going to find is that you are not just living **in** the world; you are in **partnership** with the world and everything in it.



Point of View.

Throughout life we seem to be taught that everything has two states, or falls into two categories, i.e.:

- **Good vs. evil**
- **Attack vs. defence**
- **Happy vs. sad**
- **Success vs. failure**
- **Light vs. dark**
- **On vs. off**
- **Win vs. lose**

– in other words, **binary thinking**.

This view of life may suit the news media's use of adjectives for the purpose of creating sensation, however this is only an expression of opinion, a convenience, an oversimplification – it is **not** the way it really is.

The reality is always more complex. There is always another way, or in this case, a better way – for you, this is **your way**.

In fact **your** reality may well often defy being categorised!

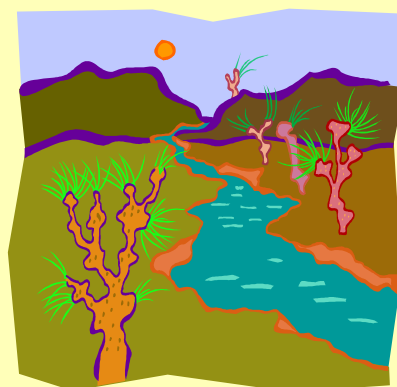
Once we categorise, or define, we **limit**. When we define or categorise ourselves, or even worse, allow others to categorise us, we limit our potential.

This is like deciding not to take a journey because we don't know what we might find - you'll never know if you never go!

The only time we want to use a definition of ourselves is to provide a benchmark of where we are now so we can measure our progress into the future.

Simply put, there are three ways of living your life, using the **stream** analogy:

- You can **accept** whatever does or does not come to you - this is the mollusc clinging to a rock in the stream – not really going anywhere.

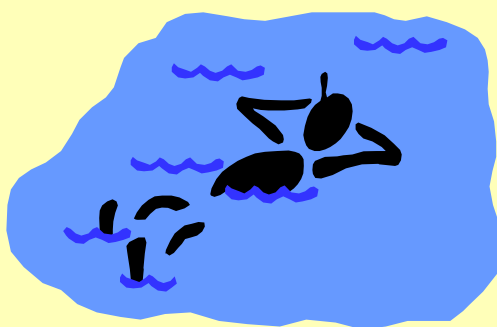


- You can struggle to **contest** the game of life – this is swimming upstream and is definitely the **hard way!**

- The alternative is that you can **attract** the outcomes you desire. This is the **easy way**! This is when our life is an adventure, a journey which is going **with** the flow.

Yet at the same time, **you will be directing the flow.**

That is what we are setting out to achieve.



Putting your life into context:

This means stepping back and seeing your life in the third person. The most limiting factor for most people is that they see life by peering out through the bars of their comfort zone – which separates them from the world at large.

Well, guess what! You are connected to, and (an important) part of the world as a whole.

Once we have a picture of **where** we are, then we can look at **who** we are. Who we are provides us with the tools we have to work with. This is our self understanding or insight section.

Self understanding is necessary to get a handle on your relationship with life.

Understanding the unique set of tools which you have been given, and how to best use them, is going to **multiply** your effectiveness.

Once we know **where** we are and **who** we are, we then need the life skills to take us where we want to go. These life skills are:

- **Mind Power**
- **Affirmations**
- **E.F.T.**



In addition to that which is within ourselves, we need a connection to a further dimension, in this case, the Universe at large.

This is provided by the **Mind Power** and **Affirmation skills** which enable us to reach beyond ourselves, to tap into the abundance of the Universe.

When coupled with **E.F.T. skills** which release you from the effects of negative experiences in your past that have become obstacles on your path to success, this combination will empower you as sovereign of your life as you were meant to be.

All this means change. Change means behaviour modification, which means a progressive transformation of yourself towards your ideal.

We are not going to change **who** you are, but we are going to empower you to change **what** you are, that is we are going to **mature** you.

This is not a course in becoming more aggressive, this is a course in getting it all to happen.

As you become older an can look back on your life this change will be evident even without any form of personal development courses. The problem is, **just how long!** 20, 30, or it may even take 40 years to reach your ideal level of maturity.

The concept of [Be Master of Your Life](#) is to help you reach that level of maturity **now!**

In fact for many people, just to reveal to themselves **who** they really are is in itself life changing.

We will get to the definition of **who** you are, but not before building a contextual framework.



Before we begin let me explain my ubiquitous use of the term "Universe"!

I use the term "Universe" as an all encompassing term for whatever it is which we hold to be greater than ourselves.

Again, to define is to limit, and I have no way of knowing what it is that you hold to be sacred.

So please insert your own understanding of God, Allah, Infinite Intelligence, Super Consciousness, Collective Consciousness, Brotherhood of Man etc. when I use the term "Universe".



At least for the purposes of this Be Master of Your Life journey - I shall ask you to accept the following statements at face value, at least for now.

- **Your emotions make up shapes your view of the world you live in.**
- **There is a cause and effect link between your physical ailments (diseases), and your emotional reactions.**
- **Whether you hold spiritual beliefs or not, you are connected to the whole, (which in turn is connected to you).**



With so many segments to cover, I feel that an explanation of each section is in order to put all the lessons into perspective before embarking on the detail of Insight and Life Skills.

The first seven chapters are a complete overview of each section of the course. Together they make up the whole of the course, without the detail of the individual lessons.

Chapters four, five and six are the life skills perspectives and each has its own section of skill lesson chapters in the Life Skills section of the course.

It is your choice as to whether you complete each life skill section including the relevant lesson chapters **before** moving on the next perspective chapter, or covering all the perspective chapters (overviews) then concentrating on each of the life skill chapters in turn.

The purpose of this layout is to provide you with your general direction and allow you to develop your own self discipline for tackling the Insight and Life skills sections.

Note: As you complete each of the life skills sections, that life skill needs to be practised daily from that time on.





*Be Master
of your Life*

**A
Course in
Empowerment
Perspective
Chapters**

Your World

Universal law

Word Power

Mind Power

Affirmations

E.F.T.

Success

Clicking on headings and menu items will select that chapter.



*Be Master
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**A
Course in
Empowerment**

**Chapter 1
Your World**



Everyone thinks of changing the world, but no one thinks of changing himself. - [Leo Tolstoy](#)

Here is where **Your Empowerment** really begins.

First we look at where your reality is now, then we find out how it all fits with Universal Law – the determining factor of your success in life, or otherwise!

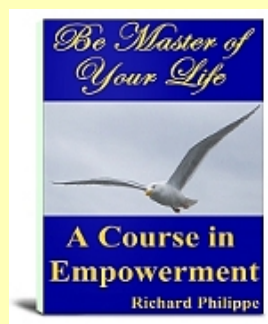
Once we understand where we are now, and learn how it all works, we can start on the real purpose of this course – making **Your Empowerment** a practical reality.

When you next look in the mirror, ask yourself, which side of the mirror am I on?

Are you on the 'wrong side' of the glass with the feeling of observing life rather than living it?

Learn how to cross over the 'mirror boundary' to live your life with conviction and passion.

Become empowered to live the life you were meant to!



**Please click the book to purchase
your full download!**