

YOU

HAVE THE

POWER

By

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Contents

1. SET YOURSELF FREE

- Pursue Change
- Seek Knowledge

2. THE MOST IMPORTANT PERSON IN YOUR LIFE

- Why We Get Emotionally Down
- The Power You Give To Others
- Focusing On External Factors
- Focusing On Internal Factors
- The Effect External Factors Have On The Way You Feel
- I Believe I Have High Self Esteem
- Who Is In Control Of Your Life?

3. THE ULTIMATE LOVE

- Putting The Cart Before the Horse
- The Ledger Of Life
- Are You A Giver Or A Receiver?
- How Much Love Should You Have For Yourself?
- When You Believe In Yourself, Others Will Believe In You
- People Are A Bonus
- Some Myths About Self Love
- Aim For a Win/Win Result
- Love They Neighbour
- To Help Others - First, Help Yourself
- Become Independent
- Like Attracts Like
- Overcoming Loneliness
- Let The Journey Begin

4. DEVELOP A PURPOSE

- Is Setting A Purpose The Same As Goal Setting?
- Set Goals
- Create A Purpose

5. BECOME MOTIVATED

- Overcoming Procrastination
- Whatever You Think, You Create
- Remove Any Limits
- Visualise Yourself Already In Possession
- Develop Persistence
- Create A Balance

6. TAKE FULL RESPONSIBILITY

- The Power You Give Away
- You Are In Control
- Overcome Denial - Be Honest With Yourself
- Banish Blame - Own The Problem
- Who Has The Problem?

7. TAKE CONTROL OF YOUR THOUGHTS

- People React To You
- Take 5
- Create a Blueprint
- Learn From Your Mistakes
- Become Detached
- Be Kind To Yourself
- Learn To Think

8. MOVE INTO ACTION

- Convert Knowledge Into Action, NOW
- Create What You Want
- Roadblocks To Taking Action
- The Way To Confidence
- Action Produces Results
- Make Things Happen

9. LOOK AFTER YOURSELF

- You Become What You Eat
- Feed Your Brain the Right Fuel
- Rules To Live By
- Develop a Fit Mind
- Develop a Fit Body
- Pursue Health

10. THINK POSITIVE

- You Learn To Feel Negative
- Become Aware of Your Negative State
- Use Positive Language
- Look For The Best In Everything and Everybody
- Turn Your Negatives Into Opportunities
- Mount The Challenge
- You Are Equal To Others
- Producing A Positive Result With Affirmations
- When All Else Fails

11. KNOW YOURSELF

- The Parts Of Your Mind
- The Great Sponge
- Your Emotional World
- Your Life's Program
- Eight Important Rules of Your Mind
- Examples of How Your Mind Works
- Everybody Handles Stress Differently
- Resolve Conflict
- The Mind-Body Connection
- Seek The Right Help

12. RELEASE FEAR

The Way You Process Fear
People Can Control Through Fear
Overcoming Fear
Everyone Loves a Winner
Fear of Winning and Success
The Worst Fear of All - Rejection
Fear of Death
Break Out Of Your Comfort Zone

13. TRUST THE PROCESS

You Are Where You Want To Be
Striving For 100%
Trust the Process
Wind the Clock Forward
Go with the Flow
Set Yourself Free
Go Forward and Enjoy Life

I dedicate this book to two important
groups of people:

To my loving family who have patiently
and energetically supported me and,

To the many people who have given me
the knowledge to go forward, to take
control of my life and find happiness
and emotional freedom.

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Chapter 1

SET YOURSELF FREE

An Introduction

Knowledge opens the door to Freedom.

What do you want from life?

A new car, a larger home, plenty of money, a new wardrobe, freedom to travel, a better job or would you like to be in business for yourself?

You may prefer non-tangible things like happiness, confidence, a loving relationship, great health, to feel motivated or to be the best at what you do?

How far are you along your journey to achieving what you desire?

From counselling people, I find very few have the ability to achieve the things in life they desire because they do not have the knowledge or the right motivation.

Emotional and physical freedom are states everyone wants to achieve. Freedom to do what you like, when you like, how you like. Freedom from pain and suffering, whether it be in a relationship, at work or with your health. Freedom to be yourself and enjoy all life has to offer. While freedom is the ultimate state, very few ever achieve it. Many think they have it when all they have is a physical freedom. Emotionally, they isolate themselves from others in some way to ensure they never get hurt.

If you suffer in any way, physically or emotionally, you are not free. You are bound and tied to that which is causing the pain and in turn it has control over you.

If you react to another person in any way, if you feel angry, frustrated, depressed, or envious towards them, you are being controlled by that person. If you follow something or someone blindly, you are not free. Other people and things dictate the way you feel and thus have power over you.

To be truly free means to know and understand yourself.

Imagine living your life in a room. You can sit there all day and night with the shutters closed and the lights on. You can do your work and be happy with what you have. When something goes wrong, you can blame someone or something and hope they will fix it. You can put up with what you have and believe "this is my lot in life" or "this is the hand life has dealt me". Your suffering can lead to more suffering and perhaps even ill health and death.

While you may think you are not living in a room with the shutters down, you may be. If you are suffering in any way and you continue to do things the same old way, then the shutters are down. You may be going from one relationship to another, living in hope that the right person is still yet to appear; you may be tired of relationships and have said to yourself "I am never going to get involved in a relationship again because I am tired of being hurt". You may be moving from one job to another without finding happiness. You may be long term unemployed, have financial worries, family problems, depression or an illness.

To live life with the shutters down is to live in ignorance of what you can have. At a recent seminar, during a break I listened to five business owners discussing how poor their businesses were going. They blamed the customers for not doing business with them, the government for not stimulating the economy and charging too many taxes, their opposition for undercutting their prices, their staff for asking for higher wages and not appearing motivated ... the list of excuses went on.

These excuses will not solve their problems. If the business people return to their businesses and proceed to do the same things they have in the past, like living in "hope" something will change in order to bring more customers through their door, there is a good chance they will be sadly disappointed. When the business owners eventually go broke and "give" the business away, they become bitter with the world for not providing them with a living.

This same scenario applies to relationships, employment, illness and all areas of life. People continually complain about what is wrong in their life yet seldom take the necessary steps to rectify it.

Pursue Change

We are creatures of habit. Examine how much your day changes from one to the next. You may get up in the morning, have a shower, breakfast (eat the same food you have for eons), go to work (maybe each day is different here), come home, have tea, watch TV and go to bed. You develop a way of doing things and become reluctant to change.

People would rather suffer than discover a new way of doing things. It is easier to stay the way they are, just like the business people.

Change means going from the known into the unknown. It also means moving out of your comfort zone and putting effort into achieving a new state. You may resist change for a number of reasons: (i) fear you may be worse off; (ii) you may not have the knowledge to change; and (iii) you may be reluctant to put the energy into changing ("It's easier to stay the way I am").

While change may seem daunting at the start, once you achieve the new state, you feel happy and may even wonder why you did not do it earlier. When you have to go through change, accept that it is going to work and enter the change seeking a positive result.

"You Have The Power" is about change. For you to pick it up and read it, or in fact any self development book, you are already looking for answers so you can attain a better state than the one you are currently in.

In order to receive the benefits from change, you have to create the energy to do so. This may include a new way of thinking or doing a specific task. The more energy you put in, the quicker and more profound the change generally becomes.

Look forward to change. It indicates you are moving forward and will improve in some way. If you feel you are not better off, identify what you can learn from the experience to allow yourself to grow. Where possible, turn the unknown into the known.

Seek Knowledge

Have you ever wondered why so many people seem to enjoy life to the full, while others tend to suffer? It seems such a great injustice. There are many people who have great luck with everything they touch. They are always healthy, whatever they do always seems to work and they appear to enjoy themselves. On the other hand, other people are plagued with bad luck, nothing ever goes right and they are constantly ill.

How can there be such a difference between the lives of each person? From my own personal experience and from empowering people out of depression, ill health and stress, I have concluded people suffer because they do not have the knowledge on how to live a better life.

There is currently more stress on people to perform than ever before. The stress of doing well at school; of not only getting a job but also retaining it; the pressure to be good at whatever they do; to be liked, loved and accepted; the stresses of relationships and making them work.

With more stress, people need to find a way to cope. They achieve this by either putting up with the stress, yelling and screaming, consuming alcohol, smoking, taking drugs (prescribed or recreational), removing the stress, or, as a minority do, dealing with it.

When something goes wrong, people tend to focus on what is not happening for them, what is going wrong and the way things affect them in a negative way. Once they begin suffering, they look for ways to feel better and so compensate.

People suffer because they are unaware of how they function and what they can potentially achieve. There is very little thought placed on how they live their lives, how they think and why they react. People spend more time organising a night out, their weekend or a holiday than they do on planning their life.

All problems, no matter how immense, have solutions. It is simply a matter of finding them. Looking for solutions gives you **knowledge** (a state of knowing) and allows you to enjoy a better way of living.

The solutions to your problems lie in (i) the way you choose to process your world in your thoughts, (ii) understanding why you react to things, (iii) understanding others and why they do what they do, (iv) your ability to learn from mistakes and successes and (v) gaining knowledge. The key to living a better life is to understand the way you function. Once you do, you are then able to take control.

How many people do you know who really enjoy life? More importantly, how many people know how to enjoy it? When you think about it, it is something we are never taught.

Once you arrive on this physical plane through the birth process, you are on your own. No longer are you assured of the bonding you had with your mother or the security of the womb that kept you safe.

On becoming an adult you often mimic the life your parents lived. Because you are never taught about how your mind works, how your body functions, the effect different foods have on the way you feel and perform, about succeeding in relationships and as parents, it is "hit and miss". You live in hope everything will work out as you enjoy the ups and endure the downs that life presents.

While many people suffer, they do so needlessly. They do not have the knowledge to stop it.

People are forever giving their power over to others. They want others to change to satisfy their needs. It is only when they take responsibility for what is happening in their life that they find solutions. To every problem there is a solution, you simply need to find it. In order to find it, you have to look outside that which you know.

When you look for the answers within the confines of your current belief system, they may not be there. When you reach a standstill and all your old ways of dealing with a problem are not working, begin to look outside that which you currently know for a solution. It will be there.

Like the business people described earlier in this chapter, they want everything to change except their own beliefs. They want more customers, less taxes and no opposition undercutting their prices so they can make more money. It is not going to happen. As soon as they take responsibility for what is happening to their business and begin to examine new and different ways to gain customers, their business will begin to prosper. One option is to examine the way successful businesses do business and implement a similar strategy. Successful businesses have a formula for ensuring they optimise profit.

The same applies to all areas of life. If one person can achieve a certain state, all others have the potential to do the same. You simply need to acquire the knowledge on how it is done. Failure to gain this knowledge means you continue to reproduce what you currently have. For example, people leave one relationship and jump straight into the next one without resolving why the last one failed. Because they take their “emotional baggage” from the last relationship into the new one, it is also headed for trouble.

When a problem arises, there are a number of things you can do: ignore it, remove it, remove yourself from it or deal with the problem so it no longer affects you.

One sure way of resolving a problem is to deal with the cause. For example, the case of a leaking tyre. You can continue to pump air into it to keep it inflated or you can examine the tyre to find why it is leaking. Once you discover the cause of the leak you can then repair it so the tyre no longer leaks and you enjoy the benefits of driving on an inflated tyre. Many depressed people continue to take drugs and suffer because they fail to look at the cause of their problems; people suffer in relationships because they fail to examine what has gone wrong and their part in it.

*To overcome a problem, you need to either change
the way you do things or
change your attitude.*

If your employment is annoying you, you can leave and find another job or you can change your attitude to your work by focusing on the positives and the benefits it has to offer.

To change your thoughts, you have to know “how” to change and what to change them to. This represents knowledge. Through understanding the way you function, you gain knowledge as to why you do things and how to take control of your thoughts and actions.

Imagine you have purchased a new program for your computer, a program you have no idea of how to operate. If there is no instruction manual with the program you will probably become frustrated as you make many mistakes trying to operate it.

Once you have the manual, you have knowledge and are able to move forward.

The more knowledge you have, the more choices that are available to you. Gaining knowledge is the greatest investment you can make. When coupled with action, it gives you freedom. Once you obtain a better state, you will never look back. Develop a passion for learning to continually improve yourself.

Open the shutters to take in the magnificent view. You may well be amazed with what you see and experience. You have an awesome power within to achieve whatever you desire. This inner power is readily at your disposal to create a world you may have only dreamed of. A world where you are in total control of your life, how you feel, how you react, the direction you take, the results you achieve. Once you understand how to harness and unleash this great inner power, you enjoy a sense of peace like never before.

To develop your inner power, begin by working with the most important person in your life, You.