

*how to remove the emotional poisons
and negative thoughts that are destroying your life*



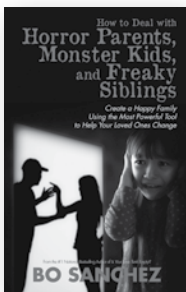
*bestselling author of how to deal with horror parents,
monster kids and freaky siblings*

bo sanchez



Bo Sanchez has written over 40 books that have changed the world. To change your life, get his three latest bestsellers:

HOW TO DEAL WITH HORROR PARENTS, MONSTER KIDS, AND FREAKY SIBLINGS (WINNER, 9th Cardinal Sin Catholic Book Awards, Family Life Category)



In this life-changing book, Bo turns into a spiritual exorcist for wounded families in haunted homes. Learn how to break the cycle of horror parenting, discover the three hats you need to wear to raise healthy kids, and have happy relationships with your siblings.

HOW TO CHANGE YOUR LIFE IN 30 DAYS (WINNER, 9th Cardinal Sin Catholic Book Awards, Inspirational Category)



Some behaviors in your life aren't working anymore. They don't make you a better person or bring you closer to your dreams. They don't bless the people you love. This book is a step-by-step Personal Change Manual. Each page, each story and each principle will equip you to change your life for the better.

LIFE MANUAL 101: HOW TO MAKE YOUR DREAMS COME TRUE



This book will teach you what to do when your dreams are bigger than your resources, how to marry your purpose and hire your strategy, and find God's solution when you encounter obstacles that stop you from fulfilling your dream. Learn how to achieve your God-ordained destiny through this life-changing book.

Heart Detox

*How to Remove the Emotional Poisons and
Negative Thoughts That Are Destroying Your Life*

BO SANCHEZ

*Bestselling Author of *How to Deal with Horror Parents,*
*Monster Kids and Freaky Siblings**

Heart Detox

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and Negative Thoughts That Are Destroying Your Life

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WARNING:

Heart Detox Will Not Be Easy

Hey, that was brave of you to pick up this book.

Warning: You don't read this book for entertainment. You read this book because you want a total life overhaul.

In these pages, you'll dig deep into your soul and uproot the poisonous thought patterns that have been buried inside you for many years. These dysfunctional thought patterns have given birth to toxic feelings which have robbed you of your happiness, health, abundance and future.

Are you ready to get rid of the garbage that you've carried inside you for many years?

Are you ready to experience radical healing now?

It's about time.

Turn the page and receive God's inner healing today.



Preface

Why Are So Many People Getting Sick?

LOOK AROUND YOU.

More and more people are getting sick.

Why?

Because we're poisoning our lives.

There are two major poisons: toxic food and toxic feelings.

In another book, I'll talk about toxic food.

But in *this* book, I'd like to talk about toxic feelings.

I thank God for modern medicine. But the problem with modern medicine is that it limits its diagnosis to the physical. Only. But when we're sick, there are real emotional roots.

For thousands of years, ancient medicine knew that. It's common knowledge that toxic feelings cause the lowering of the immune system, opening up your body to all sorts of diseases. According to ancient medicine, an illness is simply your body sending you a loud signal that there's something wrong with your feelings, thinking

and acting. A sickness has one message: *Change your life!* The disease is telling us (rather painfully), “Change your feelings, thinking and acting.”

But sadly, modern medicine makes us pop a pill, drowning out this message to change our life.

Modern medicine is only 100 years young. Traditional Chinese medicine and Ayurvedic medicine are 5,000 years old.

Ayurvedic healers already knew that specific negative feelings caused specific diseases. For example...

Jealousy causes oncological diseases. I’m not saying that if a person has cancer, he has jealousy issues. It’s not 100 percent true. But jealousy is one of the causes.

Hopelessness causes lung problems. If you notice, when you’re depressed, your shoulders are hunched down, and your chest is almost folded inward.

Rigidity causes migraines. If you’re a black-and-white person who likes to do things by the book, and are annoyed when people don’t do it that way, perhaps that’s the reason you’re having migraines.

Lying causes alcoholism. When you lie, you know you’re lying. So subconsciously, you try to drown your disturbed conscience with alcohol.

Anger causes insomnia.

Aggressiveness causes gastric ulcers. When you’re a confrontational person, you ram yourself onto others like a tank and this may be the reason you have ulcers.

Conflict causes thyroid enlargement.

Anxiety causes digestive problems and skin diseases.

Guilt causes infections, chronic diseases, skin diseases. But if you see a person with psoriasis, please don't tell that person, "Aha! You're guilty."

Please know that this doesn't assure 100 percent causality.

But here's the central point: Many diseases have emotional roots.

And modern medicine makes us deaf to this message. How? It drugs us, anesthetizes us, misdiagnoses us, and misdirects our focus on the symptoms rather than the cause. For some people, it's easier to pop a pill than to forgive yourself. For some people, it's easier to have surgery than surrender your worries. It's easier to go through chemo rather than to root out jealousy.

Modern medicine does not take feelings into consideration. Focused on the physical body alone, it will try to address physical causes of the disease by their usual tools — antibiotics, surgery and chemotherapy. The physical cause, however, is merely a symptom — not the real cause. To go to the real cause, you need to go deeper — to the emotional toxic overload in your being.

In this book that you're holding now, *Heart Detox*, I'd like to teach you powerful strategies on how you can cleanse your body of this emotional toxic overload.

Read this book with an open heart.

After reading it, read it again.

Apply what you learn and don't stop practicing the truths contained here *until* taking charge of your emotions is second nature to you.

I pray for you.

Because you deserve more success and happiness
in your life.

May this book help you to reach all that God wants
you to receive.

May your dreams come true,



Bo Sanchez

12 P.S. I've prepared a free video teaching that adds
important material that I couldn't include in this book.
Please visit **www.HeartDetoxBook.com** to watch my
free video. Get it and apply what you learn, and enrich
your life today.

Introduction

3 Steps to Manage Your Most Difficult Emotions

I KNOW IT'S JUST THE INTRODUCTION, BUT I WANT TO DIVE INTO the three most basic steps you need to do to win over toxic feelings:

1. Feel Your Feelings

You'll be surprised how many people don't do this properly.

There's a difference between *experiencing* the emotion and *expressing* the emotion. Immature, childish people don't know the difference. So they end up erupting like volcanoes.

You see, there are no bad emotions, only bad expressions of the emotion. For example, anger is not bad. But some of the expressions of anger are bad.

If you're sad, feel your sadness. If you're fearful, feel your fear. If you're angry, feel your anger.

But here's my strong recommendation: Feel your negative emotions in the presence of God. Tell God you're angry. Or worried. Or afraid. Or sad.

Why?

First, **emotions are teachers**. They're the windows of your soul. Emotions help you understand what's happening inside you.

Let me give you an example. Let's say a new officemate — barely two years in the company — is outshining you. And the boss praises her to high heavens. You smile on the outside, but deep within, you feel threatened. You desire to put her in her place. You feel jealous. Friend, that jealousy is a teacher. It is teaching you that you have an inner wound that needs to be healed — you're jealous because your self-worth is based on what other people say about you and on your position, your job title... not on the immovable, unshakeable love of God for you.

Second, **emotions are healers**.

One day, a widow called me up and asked me for help. She said that a preacher visited the wake of her husband and told her, "Your husband is in heaven. Rejoice!"

He also brought a music ministry who asked everyone to sing, "Alive, alive, alive!"

I told her, "Tell the preacher that *grief heals*." When we suffer loss, we need that grieving process to heal us. How can grief heal us? By feeling our grief, we

acknowledge our pain. When we acknowledge our pain, we acknowledge ourselves. And when we acknowledge ourselves, we love ourselves. *And love always heals.*

When they're angry, some super spiritual people deny they are angry. They tell themselves, "Don't be angry, don't be angry, DON'T BE ANGRY!" But you have to be angry for a reason — whether the cause is real or imagined — you were offended. You were hurt.

I urge you — allow yourself to be angry in God's presence. Inhale God's love.

I repeat, by feeling our grief, we acknowledge our pain. When we acknowledge our pain, we acknowledge ourselves. And when we acknowledge ourselves, we love ourselves. *And love always heals.*

Don't Go Beyond the Expiry Date

Remember, all negative emotions have an expiry date. After the expiry date, it becomes poison.

Grief that's supposed to heal you, after its expiry date, kills you. Anger that's supposed to cure you, after its expiry date, tortures you. Fear that's supposed to protect you, after its expiry date, poisons you.

So what do you need to do?

2. Own Your Feelings

Michael Hall, the founder of meta-coaching, was hired by the United States government to teach anger

management to prison inmates. And for three years, that's what he did. He'd meet these men who had so much anger and aggression in their heart. They were angry at the father who abandoned them, they were angry at the prison guards, they were angry at the government...

Michael did two things with them that I found amazing.

First, he asked the prisoners, "Try to make me angry."

He allowed them to shout at him, curse him and insult him. And that's what they did. As you can imagine, the prisoners were experts in insulting people. They cursed him in seven languages. Their cursing vocabulary was extensive. But during the entire time, Michael just sat there in front of them, smiling.

After they spent all their energy, he told them, "Nothing you say to me can affect me. I'm *uninsultable*."

He was teaching them to *own* their anger. He told them, "You can't blame anyone for your anger. No one has the power to make you angry unless you give them that power."

When you own your anger, or own your fear, or own your sadness — you're declaring to the universe that you're taking personal control of your emotions — and therefore you're taking responsibility for the consequences of your life.

If you don't own your emotions, the opposite will happen: Your emotions will own you. *You'll be the puppet*

of your emotions. Sadly, that's the reason many people are unsuccessful in life. They're puppets to their anger, their sadness, their fear, their guilt, their hurt, their greed, their lust, their pride...

Starting today, I ask you to stop blaming circumstances for feeling the way you feel. You *allowed* yourself to be angry. Or sad. Or fearful.

The next exercise that Michael did was amazing...

3. Control Your Feelings

Michael also asked the prisoners, "Make yourself angry. Raise your anger level to a 10."

That was pretty easy for the guys. They started to shout and scream. (He always had burly guards beside him, just in case they went out of control.)

When their rage was at boiling point, he said, "OK, bring it down now to a 9... to an 8... to a 7... to a 6... to a 5... bring it up to a 6 again... bring it down to a 5... and a 4... and a 3... and a 2... bring it up to a 3 again... OK, bring it down to a 2... and a 1... and a 0.

All of a sudden, the inmates had an unbelievable realization: "OMG... we can control our emotions."

Friend, we've been fooled.

We've been told that we *can't* control our emotions.

That's why there are many people in prison now — they're there because they couldn't control their emotions.

Who Should Follow Whom?

We're emotional beings.

That's just how God created us.

And difficult emotions will always be with you. Until you die, you will always have them. So you might as well learn how to manage your emotions so that they can help you towards your dreams.

Some people let their emotions run their life. These people will never be happy or successful. If you want to be happy and successful, *don't follow your feelings. Let your feelings follow you.*

Think of all the problems you would have avoided if you didn't follow your feelings around, but let your feelings follow you.

If you didn't send that nasty email at the heat of your anger — you wouldn't have lost a 28-year-old friendship. If you didn't have that affair at that one single moment of lust — you would not have destroyed the trust of your wife and your kids. If you didn't eat uncontrollably every day — you wouldn't have diabetes and heart disease today. If you didn't shout at your kids all the time — your kids wouldn't be shouting at you all the time today.

A lot of people are in prison now because at one memorable day in their lives, they followed their feelings. A lot of people are in the hospital now, with sick bodies and broken bones, because at one memorable day in their

lives, they followed their feelings. And a lot of people are in the cemetery now, because at one memorable day in their lives, they followed their feelings.

The Bible says, “For God gave us a spirit not of fear but of power and love and self-control” (2 Timothy 1:7).

But how do you *not* follow your feelings, but let your feelings follow you? How do you control your emotions?

It seems so difficult!

In Section 1, I’ll give you five powerful “handles” to manage your most difficult emotions.

In Section 2, I’ll zero in on six specific troubling emotions that have poisoned the lives of millions and how you can overcome each of them.

Let’s begin...

SECTION 1

5 Handles of Toxic Feelings

“Better a patient person than a warrior, one with self-control than one who takes a city.” (Proverbs 16:32)

How do you deal with end-of-the-rope exasperation over the people, vampires, aliens, creatures or werewolves in your life? It could be a mother who is so overbearing that she shouts, domineers and controls you. It could be a boss who likes screaming at you for imagined mistakes. It could be your 40-year-old husband who acts like a four-year-old kid, throwing a tantrum when he doesn't get his way. Or your officemate whose fangs come out every full moon.

How do you deal with nagging frustration over rising bills, rising tuition fees and a rising dissatisfaction with your job? You so badly want to resign like Pope Benedict did, but can't. So every day, you're like a walking zombie dragging your feet to work.

How do you deal with despair that you may never get married and end up like your *Lola Nene* who lives alone sitting on a wheelchair in a small, dinky room whom no one visits?

How do you manage “crushing” on someone? I was just talking to a 45-year-old married guy who was falling head-over-heels for his business partner’s wife. This guy is religious and an all-around nice guy. But there are mornings when he wakes up like a high school kid who has a crush on a dimpled girl he saw in the school cafeteria. He gets this giddy feeling inside and his feet aren’t touching the ground. He asked me, “Bo, what should I do? I know what you’re going to tell me, ‘Give it up’ — but what do I do with these crazy feelings I have for her?”

I know of a lot of people having a hard time controlling their powerful feelings. Why? They’re missing the “handle” of their raging emotions like anger, sadness, envy, guilt and fear.

The first part of this book, *Heart Detox*, discusses these handles.

Now Here to Hold!

I travel a lot.

And I use very cheap suitcases from Divisoria. These are “almost” disposable bags. Fly two or three times with them and they start falling apart.

I remember one gigantic suitcase.

First, one wheel got stuck. No problem, I said. I was still able to pull it around — though with a lot of nerve-racking noise.

Second, the canvas ripped. No problem, I said. It looked terrible but the stuff inside was intact.

But, third, the handle tore away. Now *that* was a problem.

Without a handle, how do I carry a gigantic suitcase? Here's what I did... I wrapped my arms around it and carried it like giant baby.

Without a handle, carrying a suitcase was 10 times harder.

Why am I telling you this story?

Because it's the perfect analogy for how we deal with our difficult emotions — it's like trying to maneuver gigantic, bulky, heavy suitcases *without* a handle.

But it doesn't have to be like this.

In this book, I want to give you five powerful handles: Rules, Focus, Gap, Fantasy and Body. With these five handles, you can maneuver and control your emotions.

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Here's my wonderful Rule of Happiness: "I will be happy if God loves me!" Question. Do you think I'll be happy every day? You bet.

Tool 1: Rules

If You Change Your Rules, You Change Your Results

“People are just as happy as they make up their minds to be.” (Abraham Lincoln)

What are your Rules of Happiness?

Your Rules of Happiness are conditions you require before you become happy — *conditions you require before you give yourself permission to be happy.* (I first heard this from bestselling author Tony Robbins.)

Here are some examples of Rules of Happiness:

- “I will be happy only if I have a million dollars in my bank.”
- “I will be happy only if someone gives me a Rolex.”
- “I will be happy only if I can buy my third Louie Vuitton bag.”
- “I will be happy only if I have a cute boyfriend driving me around in a brand new BMW.”

Believe me, that person can forever complain, “Why am I unhappy?” without realizing she has manufactured her own unhappiness. Why? Because her Rules of Happiness are very difficult to fulfill.

Someone has to tell her, “Simplify your Rules of Happiness.”

Some people have very simple Rules of Happiness:

- “I will be happy if I’m with my family at home, laughing around the dinner table, eating *tuyo* and *kamatis* with *hilaw na manga* (dried fish, tomato and green mangoes — a favorite Filipino dish).”
- “I will be happy if I chat with my friends over a cup of coffee.”
- “I will be happy if I attend The Feast (that’s the name of the spiritual gathering that I lead) and get blessed by the worship.”
- “I will be happy if I volunteer in a ministry.”

You can be sure this person will be happier more often. Why? Because his Rules of Happiness are so much easier to fulfill.

Here’s my wonderful Rule of Happiness: “I will be happy if God loves me!” Question. Do you think I’ll be happy every day? You bet.

Imagine the girl whose Rule of Happiness is, “I’ll be happy only if I get a cute boyfriend driving me around in a brand new BMW.” Well, what if she never gets a boyfriend? She’ll always be miserable. Or what if she has a boyfriend, but he isn’t cute? Or what if she has a boyfriend who drives a 40-year-old BMW — and he was the first owner?

Tell me which Rule will make you happier more often...

Person A: "I'm happy when I arrive at my destination."

Or,

Person B: "I'm happy when I take a single step towards my destination."

Are you familiar with person A?

"When I finish my studies, I'll be happy." But after he graduates and gets a job, he'll say, "When I get promoted, I'll be happy." When he gets promoted, he'll say, "When I get married, I'll be happy." When he gets married, he'll say, "When I have kids, I'll be happy." When he has kids, he'll say, "When my kids finish school, I'll finally be happy." When his kids finish school, he'll say, "When I retire, I'll be happy." When he retires, he has only one thing to say, "When I die, I'll be happy." That means while he's alive, he's unhappy.

Why? There's always something that's blocking their path to happiness, and that something is called *life*.

Don't tie your happiness to your destination but to your development.

Change your Rule of Happiness. Instead of saying, "I'm happy when I arrive at my destination," say instead, "I'm happy when I take a single step towards my destination."

Learn to enjoy the journey.

Every single step of it.

Every single moment.

Enjoy every detour.

Enjoy every hill and valley.
Enjoy every zig and every zag.
Enjoy the present moment.

Our Feast Journey

Do you know how The Feast started?

We would gather in an old gym. The roof was made of cancer-causing asbestos, so we always prayed for healing after each meeting. And it was so hot, we told people, “Come to our Worship and Sauna.” When people left our prayer meeting, they were 10 pounds lighter.

We had an audio system that was so primitive, it was probably brought to our shores by Magellan. Our music instruments were all second-hand instruments. We bought our drums for P600. We bought our electric guitar for P200. It sounded awful too, but hey, that was what we had, so we used them.

And then The Feast moved to Camp Aguinaldo, and then to San Juan, and then to Valle Verde, and today, we’re here at the Philippine International Convention Center, one of the most beautiful event places in the country.

What a journey! *And we enjoyed every single step.*

My Personal Journey

I’m happily married now. But it didn’t happen overnight. When I look at my personal life, I cannot

imagine the circuitous path that I had to go through to arrive at where I am today. As a teenager, I thought of becoming a priest, but then I had a girlfriend, and then we broke up, then I joined a celibate brotherhood, and later built my own celibate brotherhood, but everyone ended up getting married, so I courted a girl, but she rejected me, and in my brokenhearted state, I wondered if God really wanted me to be a priest, so I talked to a bishop if I could build my own congregation of priests, but that didn't work out, and I finally decided that God wanted me to get married, and I got married, and so for years now, I've been married to the most awesome woman in this planet, enjoying happiness beyond my wildest dreams.

Listen. Perhaps right now, you've not yet arrived. You feel discouraged that your dreams are still far away. Don't be discouraged. Wherever you find yourself now, enjoy that moment.

Here's my next example.

Tell me which Rule will make you happier more often...

Person A: "I'm happy when all things go my way."

Or,

Person B: "I'm happy when all things work for my good."

I've met people like Person A.

If life happens the way they want it to happen,

they're happy. If all their plans are carried out in the exact way they planned them, they're happy.

But will these people be happy often?

Nope.

Because much of life is unpredictable. There are so many things that we cannot control.

But Person B believes in Romans 8:28 — *All things will work for good to those who love God*. So he can sleep amidst life's surprises.

I believe God is orchestrating all my problems to work for my benefit. God is rearranging circumstances to conspire to bless me. God engineers unwanted detours towards my favor. (I believe that detours are not God's rejection but God's redirection, bringing me to a better place.)

When my wife was a young girl, she was traumatized because her classmates teased her over her large eyes. They called her "headlights!" As a young girl, she ran home, closed the door of her bedroom, and cried her eyes out. Every time she looked at the mirror, she asked God why He gave her such big eyes. She hated them.

But in 1994, Marowe joined a Catholic Bible study. And a good-looking preacher was in front (her description, not mine). She didn't really like him (too slang for her taste), but she liked what he was saying. Inspired by the messages she heard, it didn't take long for her to approach the registration table and ask, "Can I volunteer?"

Because the Bible study had a thousand people attending, the preacher never saw her there. But one morning, in the Light of Jesus office, the preacher saw a young woman reporting for work as a volunteer staff. Immediately, the first thing he saw were her lovely eyes. They were so beautiful.

What used to bring shame to her now brought her favor. Because she got her biggest blessing (ahem!) through those headlights.

Here's my proclamation to you: The very thing that caused you to cry will be the very same thing that will make you laugh one day. The very thing that made you sad will be the very same thing that will make you happy.

Let's move on to Tool #2...

Don't manage your feelings,
manage your focus.

Tool 2: Focus

When You Change Your Focus, You Change Your Feelings

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” (Socrates)

FOCUS IS THE SECOND POWERFUL “HANDLE” OF YOUR emotions.

You don’t manage your feelings *directly*. That won’t work. That has never worked. If you’re sad, it’s totally useless to tell yourself, “I’m not sad! I’m not sad! I’m not sad!” Or if you’re crushing on someone, you can’t just tell yourself, “I’m not in love! I’m not in love! I’m not in love!”

Here’s my main message: *Don’t manage your feelings, manage your focus.*

When someone tells me that he can’t control his feelings, I know I’m talking to someone who cannot control his focus.

Focus is the master switch of your entire life.

Because focus creates your reality.

That’s why the Bible says, “Finally, brothers, whatever is true, whatever is noble, whatever is right,

whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things” (Philippians 4:8).

In other words, focus on the good.

My First Experiment

Let’s do a crazy experiment.

Every single day for the next four weeks — and every single waking moment of each day — I want you to focus on the bad things that *have* happened, that are happening, and that *will* happen in your life. Don’t let a single moment pass without thinking of your problems.

First, think of all your financial problems. Real or imagined. All your debts. All your present bills. All your future bills.

This reminds me of my friend who woke up with chest pains. He went to see a doctor who told him, “You need a heart surgery.” He shivered. He asked, “Doc, how much will that cost?” The doctor said, “About P1.6 million.” That was when my friend had a heart attack.

For the next four weeks, think of your potential health problems. Exaggerate them. If you feel chest pains, think it’s an impending heart attack. If you feel stomach pains, imagine you have stomach cancer. If you feel pain in your backside, imagine you have cirrhosis of the liver. If you have a headache, imagine you have brain tumor.

For the next four weeks, meditate on how you're growing older. Meditate on all the signs of aging in your body. Your vanishing hair. Your vanishing teeth. Your vanishing looks. But not all are vanishing. Some are multiplying. Once upon a time, you had one chin. Now you have two. Once upon a time, you had one stomach. Now you have three. Once upon a time, you had zero cellulite. Now you have cellulite deposits compounding daily that rival the deposits of the Central Bank of the Philippines.

For the next four weeks, think of all the difficult people in your life. The selfish people. The arrogant people. The insensitive people. The vampires. The monsters. The Frankensteins. The aliens. The creatures birthed from the laboratories of hell. Relive how they tortured you. Count the ways they caused you pain. Enumerate them. Write them down.

Just do this every single day for four straight weeks.

Believe me, by the end of this experiment, you'd be a totally different person. How different? You'd be a spirit.

Because you would have killed yourself.

What Are You Drinking Every Day?

I remember the story of a serious-looking guy in the bar. For the longest time, he was just staring at his drink in front of him. Suddenly, a huge man — a bully

— walked up to his table, grabbed his drink, consumed it in one gulp, slammed the empty glass on the table, and began to laugh. That’s when the serious-looking gentleman began to sob like a baby.

The huge man said, “Hey, buddy, lighten up. I was just kidding. Why are you crying?”

The sobbing man said, “My life is a mess. My wife left me. My kids left me. I don’t have a job. I can’t do anything right...”

The big guy asked, “What do you mean you can’t do anything right?”

“I can’t do anything right,” the crying man said. “Tonight, I decided to kill myself. So I put poison in my drink. But you came and drank it. See? I can’t even kill myself!”

Here’s a fact: Every time you’re focused on the bad things happening in your life, you’re drinking your own poison. And you’re killing yourself slowly day by day.

For some people, this experiment isn’t new. Because this *is* their life. No wonder they’re miserable!

If you don’t like to do my experiment, I don’t blame you.

I have another experiment for you...

My Second Experiment

Every single day for the next four weeks, think of all the good things in your life.

For four weeks, don’t focus on your burdens; focus

on your blessings. Don't focus on what's wrong; focus on what's right. Don't focus on what you don't have; focus on what you have. Don't focus on the doors that have closed on you; focus on the opportunities that are opening to you. Don't focus on your failures; focus on the times you've risen from them.

For the next four weeks, don't think of your ailments; think of your strengths. Don't think of your aging body; think of your amazing physique. Don't think of your decreasing years; think of the enlarging bank of happy memories as time goes by. And one last thing... don't think of your decreasing hair; think of your increasing face.

Think of the good and kind and wonderful people in your life. The people who love you, inspire you, forgive you, and help you.

Are you complaining about your boss? Don't. Because that means you have a job. So many people don't have work.

Are you complaining about your noisy kids? Don't. A day will come when those kids will grow up, get married, and leave home. And you'll give anything to hear that noise for one more time.

Are you complaining about the pile of dirty dishes in your kitchen sink? Don't. Because that means you have food on your table. Thirty percent of the world's population is so poor, they can't eat three meals a day. But you can.

Focus on the good in your life.

Believe me, in four weeks, you'll be a different person. You'll have happier relationships. You'll have a healthier body. And I bet you'll be richer too! Because happy people are more productive people.

You Manufacture Your Own Happiness

Here's the truth: *You manufacture your own happiness or unhappiness from the inside.* No matter what's happening on the outside!

Remember what I said earlier: *Focus creates your reality.*

Let me give you an analogy.

The world is like a garden of two kinds of plants: Positive plants and poisonous plants. Positive plants fill your life with beauty and peace and joy and love. Poisonous plants fill your life with selfishness and pride and greed and lust and lies.

Focus is your *watering can*.

Because what you focus on flourishes.

Here's my big question: What plants do you want to flourish?

What plants in your life do you want to multiply?

Water those plants!

Let's move to Tool #3...

Tool 3: Gap

Give Yourself the Gift of the Gap

“Whoever keeps his mouth and his tongue keeps himself out of trouble.” (Proverbs 21:23)

ONE DAY, JESUS WAS SLEEPING IN A BOAT WHEN A STORM HIT them. The Bible says, “And he awoke and rebuked the wind and said to the sea, ‘Peace! Be still!’ And the wind ceased, and there was a great calm” (Mark 4:39).

Unruly powerful emotions such as anger, fear, worry and grief are like inner storms. And like Jesus, you too can say, “Peace! Be still!” And you will have great calm.

Give yourself the gift of the gap.

The Three-Second Gap

Have you ever sent an angry text message — hurtful words in ALL CAPS — and then later regretted sending it?

The problem with sending an angry text message is that it’s immortalized. The person who receives your text message has a permanent record of your angry words — an irrefutable proof of your foolishness — on his cell phone.

Some people don't know this, but when you press "send," there's a three-second gap when you can still press "cancel."

I thank God for that three-second gap. Not for my angry texts but for my careless texts.

When I text my wife, I always put the word "kiss" at the end.

"I love you. Kiss."

"I'll be late for dinner tonight. Kiss."

"You forgot to give me money this morning. Kiss."

The problem is that it has become a habit for me. So sometimes, even when I text other people, I type "Kiss."

Once, I texted our electrician, "Come to our house. Kiss."

I never saw that guy again.

But recently, I learned about that three-second gap that the phone gives me. And it has saved me many times. Out of habit, I mistakenly texted another woman — the wife of a general — "Kiss." But because I realized my mistake within the three-second gap, I pressed cancel at the nick of time. Otherwise, I'd be a ghost by now.

But this problem is nothing compared to sending a text written at the peak of one's rage.

Here's my big message: When you're overwhelmed with a negative emotion, *give yourself the wonderful Gift of the Gap.*

Depending on the situation, give yourself a three-second gap or a three-minute gap or a three-hour gap or a three-day gap!

Why Did Jesus Write on Sand?

One day, a volatile crowd of religious, self-righteous and violent men brought before Jesus a woman caught in the act of adultery. They were hungry for blood. They wanted to stone her to death. But Jesus did something amazing. The Bible says, “Jesus bent down and started to write on the ground with his finger” (John 8:6).

It was a rather strange thing to do. In the entire Bible, this is the only time Jesus wrote something — and He had to write it on sand! One author proposed that perhaps Jesus wrote down our sins on sand — to tell us that our transgressions will not be remembered. Or did Jesus write Bible verses? Or maybe He wrote a prayer?

I don’t know. The Bible doesn’t say.

All we know is that after Jesus wrote and stood up, He spoke with incredible wisdom. He said, “Let any one of you who is without sin be the first to throw a stone at her” (John 8:7). And everyone dropped their stones and walked away.

Here’s my hunch on *why* Jesus wrote on sand: To give people the Gift of the Gap. He knew they were filled with religious rage. They wanted to commit murder. In fact, they already had sharp stones in their hands. They were like dragons — they had fumes coming out of their nostrils!

Jesus gave them the Gift of the Gap. He was telling them, “Don’t rush. Go slow. You’re driven by your temper. Calm down....”

When we’re overwhelmed by emotions, I believe

Jesus tells us the same thing. He wants to stand on the boat of your life and speak peace into your inner storms. “Pause. Ponder. Pray. Because wisdom doesn’t shout. *Wisdom speaks in whispers.* It’s only when you’re quiet inside that you’ll hear the faint voice of wisdom speak to you.”

Don’t Rush!

There are two kinds of people in this world: the emotionally responsible and the emotionally irresponsible. What’s the difference? The emotionally irresponsible person goes through two phases only: First phase, *emotion*; second phase, *expression*. There’s a direct link between emotion and expression. These people usually defend themselves by saying, “I am who I am. What you see is what you get. I say what I feel, so get used to it.”

But the emotionally responsible person goes through three phases. First phase, *emotion*; second phase, *enlightenment*; third phase, *expression*.

Without that gap of enlightenment, you say hurting words to people you love — and then regret saying them. Without that gap, you buy things you cannot afford and sabotage your financial future. Without that gap, in your frustrations, you give up on your dreams. Without that gap, you cheat on your spouse, and you destroy the future of your family. Without that gap, you eat food

that your body will later complain of through sickness. Without that gap, you destroy your life.

Choose the Pain that You Want

But giving yourself the Gift of the Gap isn't easy. In fact, it's painful.

There are two pains in this life: The pain of *restraint* and the pain of *regret*. Which pain do you want?

When you give yourself the Gift of the Gap, you're choosing the pain of restraint. It's painful because it's so much easier to shout when you're angry, or to give up when you're frustrated, or to be a coward when you're afraid.

No doubt about it. The pain of restraint is uncomfortable. But the pain of regret is unbearable.

I remember talking to a man who had an affair that destroyed his marriage. He said to me in tears, "Bo, if only there was a time machine... I'd climb into it and go back in time and say no to the affair. Today, my kids are paying for my sins. There's a lot of brokenness in them because our family is shattered."

I remember talking to a prisoner who was serving time for murder. He said the same thing. "If only I can go back in time and just give up my pride. It was because of my pride that I killed someone. Now, I'm here in prison away from my children. I can't be with them as they grow up. I want to be a father to them, but I cannot.

Today, I'll give up my pride in a heartbeat... just to be with my kids."

I Repeat: Feel Your Feelings

What is the gap for?

The purpose of the gap is *emotional detachment*.

Not *emotional denial*.

Some people think God is asking them to deny what they're feeling. Not true. God isn't asking you to brush away your bitterness or guilt or fear or anxiety as if they don't exist. Because they're real. Remember: If you deny your feeling, you're not only denying your feeling, you're denying yourself. You're basically rejecting yourself. And that will make things worse.

Because there are no good or bad feelings. It's how you respond to those feelings that are good or bad.

Some people think that Jesus had only pleasant and happy feelings. Not true. Jesus experienced the whole gamut of our emotions, including the most intense and disturbing feelings. In the Garden of Gethsemane, the Bible says, "Distress and anguish came over him, and he said to them, "The sorrow in my heart is so great that it almost crushes me...." (Mark 14:32-36). The Gospel says that Jesus was so filled with anguish, He perspired blood.

And when His friend Lazarus died, "Jesus wept" (John 11:35). (Trivia: This is the shortest verse in the Bible.)

My message? *It's OK to have difficult emotions.*

As I mentioned at the start of this book, feel your feelings. If you're sad, acknowledge your sadness. If you're afraid, acknowledge your fear. If you're angry, acknowledge your anger.

But on one condition: Feel your difficult feelings before God. Tell Him, "Lord, I'm mad," or, "Lord, I'm depressed," or, "Lord, I'm ashamed," or, "Lord, I'm very worried."

Let God put His arms around you in your grief, in your panic, in your rage, in your loneliness... When you do that, something beautiful happens: You experience healing. *Because what you feel, you can heal.*

Feelings, when acknowledged, are the windows of your soul. You get to know yourself, appreciate yourself and love yourself.

I repeat: The purpose of the Gap is *emotional detachment*, not *emotional denial*.

It was St. Ignatius who said that we should never make major decisions during moments of "desolation" (extreme sadness) or "consolation" (extreme happiness), but during times of inner peace.

And what is that peace? Peace is emotional detachment.

So how do you achieve emotional detachment?

What do you do in the Gap? You take deep breaths. You count 1 to 10. (You count 1 to 100 if you have to.) You take a walk. You pray.

Where's the Poison?

Many centuries ago in China, there lived a woman named Lili who got married to a good man. But alas, the man was good but the mother-in-law wasn't. And Lili had to live with her mother-in-law under one roof.

Her mother-in-law was a monster-in-law. Not a day passed without both of them fighting. Lili's husband was always caught in between the two women, and he didn't know what to do.

After a couple of years of this daily war, Lili had it. She believed there was only one solution to her problem: She had to kill her mother-in-law. So she searched for an herbalist, Mr. Huang. She asked him, "Mr. Huang, my mother-in-law is an evil person. Do you have poison so I can kill her?"

Mr. Huang was an old man who has heard the strangest of requests, and he wasn't surprised by this one. He simply nodded, went through his cupboards, and handed Lili a bottle of herbs. He said, "I cannot give you quick-acting poison, or people will suspect you killed her. You have to kill her slowly. What you have in your hands is a slow-acting poison. All you have to do is put a few drops into her food every day."

Lili sighed in relief. She was holding the solution to her problems in her hands. Mr. Huang said, "But so that no one will suspect you, you have to be very kind to your mother-in-law. No more raising of your voice or fighting with her. Treat her like your own mother. Speak

kindly to her. Serve her in small ways. Make her happy.”

So every day, Lili prepared a delicious meal for her mother-in-law, secretly dropping the poison inside. And following the instructions of Mr. Huang, she no longer fought with her but tried her best to be kind to her. Every day, she controlled her temper. Every day, she tried to make her mother-in-law happy.

After six months, the atmosphere at home totally changed. Gone were the fights. The mother-in-law now treated Lili like her own daughter. In fact, she bragged to her friends that Lili was the best, kindest, most beautiful daughter-in-law in the world.

One day, Lili ran to Mr. Huang, crying. She said, “Mr. Huang, you have to help me!”

“What’s wrong?” he asked.

She said, “Can you give me herbs to stop the poison from killing my mother-in-law? I was so wrong. I love her now. She is really a good and kind woman. I just didn’t understand her. Oh, I don’t want her to die!”

Mr. Huang smiled and said, “Don’t worry. I never gave you poison. The herbs I gave you were vitamins to make her healthy. The poison was just in your mind and in your heart. But love — if you give it away every day — has a way of washing the poison away from your life.”

Lili wanted to kill her mother-in-law with a quick-acting poison. But Mr. Huang gave Lili the Gift of the Gap. And that gap was enough to make Lili change her life and family.

God can do the same thing in your life.

How?

Let Jesus stand at the boat and speak to the inner storm of your life. Today, He says to your heart, “Be still, peace.” Let God give you great calm. Emotional detachment. Inner peace.

And when you have inner peace, you can hear God’s voice and obey Him.

And what do you do in the gap?

I’ll explain this in Tool #4...

Tool 4: Imagination

After Feeling Your Feelings, Fantasize Your Fantasies

“Logic will get you from A to Z; imagination will get you everywhere.” (Albert Einstein)

IN THE NEXT FEW PAGES, YOU’LL RECEIVE ONE OF THE MOST practical tools that you can use to detoxify your life.

Read carefully: *Your imagination is the remote control of your emotions.*

Question: Do you sometimes feel overwhelmed by intense emotions? Like worry, or sadness, or fear, or anger, or lust or any addictive desire... These feelings are overwhelming, it seems they’re in control over you.

Let me tell you my story.

Many years ago, when I was still single, I was working in the community office. It was a Saturday morning and I was all alone. That was when I heard a knock on the door. When I opened it, I saw a young woman, crying. She rushed in and cried on my shoulder. I invited her to sit down. She continued to pour her hurt to me, telling me about her problems with her boyfriend...

And then all of a sudden, she declared her undying love for me. Did I tell you that she was very pretty? And while I was still reeling at her startling pronouncement, she did something wild. While I was seated in front of her, she threw herself at my feet, knelt down in front of me, and embraced me.

Picture this. We were all alone in the office. I felt her supple body resting on my chest, her tears wetting my shirt. She turned her face to me, and I saw her lovely eyes begging for love, her quivering red lips asking for mine.

To this day, I cannot understand where my inner resolve came from. If it were up to me, something naughty would have happened that day. But that didn't happen. I found myself pulling her up to her feet, prayed a quick prayer for her, and pushed her out of the door.

When I finally shut the door, I said, "*Sayang...*"

But the real battle came after that day. Because for days and weeks after that, I was overwhelmed by feelings of desire. I was in my twenties then, but I felt like I was a teenybopper high school kid walking on cloud nine because a pretty young woman had fallen for me. Now I know it wasn't love, but lust. But back then, I didn't know how to and almost couldn't contain the feelings of desire.

Oh, I wish someone taught me the powerful tool that I'm about to teach you today — because it would have been much easier.

I'm not just talking about feelings of desire but any overwhelming feeling. It could be deep sadness and depression — to the point that you're thinking of killing yourself. My friend told me that she was so overwhelmed with depression that she wanted to shoot herself. She actually had a gun. (She said that what saved her was her vanity. She said she didn't pull the trigger because she imagined how horrible her face would be in the coffin if she shot herself on the head.)

It could be anger — when all you think about is getting back at your enemy to cut him, slice him, dice him, mince him and make him into sashimi to dip in wasabi sauce.

There's a solution to overwhelming, seemingly uncontrollable emotions. Here it is...

The Tool

Your thoughts create your emotions.

How? *Repeat a thought long enough and it becomes an emotion.*

What kind of thoughts, specifically?

I'd like to teach you today how to use your **imagination** — one of the most amazing instruments God has given you. *Because if you control your imagination, you control your emotion.*

As the Bible says, "For as he thinks in his heart, so is he" (Proverbs 23:7).

Let me give you an analogy...

How Do You Make a Cake?

I'm not much of a baker. The last time I baked a cake, the house almost burned down. And no, I won't tell you the story because it's so embarrassing. I swore to myself I'll never bake another cake in my entire life.

But even if I'm not a great baker, I do know one very important thing: You can't bake a cake without ingredients. Ingredients such as flour, milk, butter, eggs and sugar.

Friends, if the cake is your emotions, the ingredients are your imagination. Here's my point: The quality of your ingredients determine the quality of your cake. In the same way, the quality of your emotions is determined by the quality of your imagination.

If I just add something to the ingredients, I have a different cake. For example, if I add cocoa — it becomes a chocolate cake. In the same way, if I just change my imagination, I'll have a different emotion.

The Power of Your Imagination

Here's the truth: *What you imagine controls you!*

Your imagination has enormous power. Imagination is creating your future reality. Imagination is prophetic.

Why do you think did Jesus say that lusting after a woman is already adultery? Why did He also teach that

anyone who says “I hate you” is already committing murder? Because imagination is not just a harmless set of thoughts. *Your imagination is the factory of the future. Your imagination is where you manufacture your destiny.* That’s why St. Paul said, “We take captive every thought to make it obedient to Christ” (2 Corinthians 10:5).

I repeat: If you can control your imagination, you can control your emotions — and therefore, you can control yourself.

Self-control is a fruit of the Holy Spirit (Galatians 5:23). But how do you control yourself? One way is by the power of your God-given imagination.

I repeat: *Your imagination is the remote control of your emotions.*

And one of the best gifts of imagination is emotional detachment.

What to Do with an Angry Boss

Let’s say you have a boss who screams at you every day. So you get stressed every day too.

The only way to avoid this stress is to do two things: Find another way of earning or find another way of thinking.

Some people will tell you, “Just change jobs!”

But there really are no problems, only lessons. If you just change your job, you miss out on learning the lesson on how to deal with an angry boss.

And who says that your next job won't have another angry boss? Or a screaming customer?

Don't get me wrong. Changing your situation is important. But more important than changing your situation is changing your imagination.

By changing your imagination, the most "stressful" situation becomes relaxing. Or even funny.

Why does this happen? Because when you change your imagination, you change the *meaning* of the event or thing or person that's causing you stress.

Here's How It's Done

Right now, your screaming boss represents "danger." In your mind, he's a monster. A dictator. A giant. That's why you think thoughts of fear, anger, worry and sadness.

What should you do? *Imagine differently to feel differently!*

Imagination One: Step Back from the Situation

I got this idea from my friend Jojo Apolo, a Neuro-Linguistic Programming expert. He suggests that you watch your "difficult situation" being shown from a TV set. Specifically, a TV that's so old, it plays only in black and white! Make it a small 12-inch TV set too. All these

— the black and white show on a small TV screen — will help create a bigger emotional distance between you and what’s happening to you.

Let’s say your boss is screaming at you for the smallest mistakes. The stress from your boss is killing you. You can’t even go to work without your heart palpitating and your stomach tied up in knots. You’re filled with overwhelming fear.

Here’s my suggestion: Imagine that there’s this old and small black and white TV in front of you. The TV is playing a familiar sight. It’s a typical scene in the office. And the boss is shouting at you.

The TV’s speakers are very small and slightly distorted, so the voice of the boss is high-pitched, like a chipmunk. It actually sounds silly.

As you watch the TV show, you’ll notice that the intensity of fear within you is gone. Why? By watching it, you created an emotional distance between you and the difficult situation. What is happening? *Emotional detachment.*

When you achieve emotional detachment, free from intense and overwhelming feelings, you can now listen to wisdom and choose the wisest action. Perhaps you’ll decide to talk to your boss. Or you’ll decide to just laugh about it because it doesn’t affect you anymore. Or you’ll decide to look for another job where you’ll be more respected.

Why is the first step important? It puts objectivity into your thinking. All of a sudden, you're out of the stressful situation. When you do this, you'll feel a drastic change in your body. All of a sudden, you feel relaxed. Calmer. The urgency and intensity of your fear or anger or stress is gone suddenly.

Imagination Two: Change the Scene

Here's the second exercise.

Instead of thinking of the angry boss as a monster, think of your angry boss as a little boy who's throwing a tantrum. In your mind, shrink your boss to a three-year-old toddler in shorts, bawling. Because in truth, he's really an emotionally immature and insecure man. Beneath the outer rage, he's actually filled with self-doubt. His screaming is fueled by an inner fear of being out of control.

When he screams, picture a crybaby in your mind. Imagine the little toddler on the floor, crying, wailing, stomping his chubby feet, flailing his chubby arms. Believe me, if you do this every time, fear won't grip you anymore. Instead, his screaming will make you pity him.

Note: Habits die hard. When your boss starts screaming in the other room, you'll feel the automatic response of fear or anger in your heart. So close your eyes. Inhale. Think of your boss as the crying toddler.

Say a prayer for him. And chuckle! Believe me, you'll feel the fear drain from your body.

Keep inhaling peace. Surrender all your worries to God. See yourself in God's embrace. Trust your future to Him — and believe that He has the best in store for you.

Then ask God to give you another job with a more mature boss!

Here's the third exercise...

Imagination Three: Fast-Forward Your Fantasy

Go to the future.

How does this difficult situation look like 10 or 20 or 30 years from now? Here's the truth: Most of the things that bother us today mean absolutely *nothing* in the future.

When some people disrespect me, or criticize me, or say bad things about me — and I feel that my ego is being stepped on — all I do is imagine my mother in the last year of her life.

Because that is very real to me. I saw her in the last months. Mom was 88 years old when she passed away. At the last year of her life, she forgot much of what has happened to her life. Facts were a blur.

One day, I asked her, "Mom, what is Dad's name?" She began to think and said, "Oh my, I forgot. What is his name?"

But despite her condition, Mom was generally happy. At that stage in her life, she didn't talk much anymore, except to tell me, "I love you."

Life is short. We will all grow old. And then we disappear from the face of the Earth. *If you really think about it, what bothers you today doesn't matter in the future.*

This picture keeps me humble. When I'm adored by the crowd — pressed on every side by people who want my blessing, my autograph, my photo — and I feel pride seeping into my heart, I simply close my eyes and imagine me on my dying day.

And pride blows away like dried leaves on a summer's day.

Car Chase and Broken Bones?

Let's say you're driving in the highway. All of a sudden, another car cuts in front of you — and you had to swerve sharply to avoid crashing onto him. Your blood rises. Your face turns red. You want to curse him in 11 languages. You press on the gas pedal and chase after him. You manage to use the other lane and cut him off as well. You feel a sense of victory. But he chases after you and he cuts you off again!

Grrrrrr! You want to explode like Mt. Pinatubo.

At that precise moment, you remember this book. You remember that this is the perfect time to give yourself the Gift of the Gap. And on the black and white TV set, you watch your car and his car chasing each other.

From this perspective, it really looks juvenile. Immature. Childish!

But you go one step further. You fast-forward the video. You see yourself hitting another car. Crash! You see yourself in the emergency room with a broken arm. Plus P172,000 in hospital bills and car repair.

Your rage vanishes in a snap. You thank God for the Gift of the Gap!

One last example...

Broken Family or Golden Anniversary?

One day, a woman talked to me. She said, “Bo, I’m falling head over heels for my boss! I’m getting obsessed. Help me. I catch myself staring at him. During the day, I imagine myself married to him. It doesn’t help that he looks exactly like Sir Chief (this was during the time when that sitcom was the rage). He’s quiet, reserved and dignified-looking... But there are two problems, Bo. One, I’m a married woman. Two, he’s a married man.”

She told me that she has two wonderful kids whom she loves very much. She also told me that her husband may not be as good-looking as Sir Chief, but he’s a good man, a good provider, and a good father to their children.

“What should I do, Bo?” she asked.

I told her what I’m telling you now. “Fast-forward your fantasy. Imagine yourself going with Sir Chief, and you leave your kids behind. Imagine 15 years from now — you see your kids all grown up. They grew up without

you. Imagine the wound in their hearts. Imagine how growing up without you affected their confidence, their self-worth, their spiritual life..."

"Bo, *walang basagan ng trip,*" she laughed. (Don't take away my pleasure.) She explained to me that when she changed her imagination, all of a sudden, the exciting magic of falling in love vanished. She said, "Bo, I don't want anything like that to happen. I love my kids. And I love my husband. Thank you for making it clear to me that I was going to destroy my family and my kids!"

Then I told her to do the next imagination exercise...

Imagination Four: God's Dream for Your Life

I told her to picture their 50th golden wedding anniversary with her husband. She in a beautiful white wedding gown, her husband in a coat and tie, in front of the church altar, renewing their covenant with God. They're surrounded by their children and grandchildren, all of them happy and successful. They're surrounded by dear friends. "You grew old together," I said. "And you still love each other. Do you want this future?"

A tear escaped her eye. "Yes, Bo. How silly of me to substitute this for something so cheap and flimsy as my crush for Sir Chief."

Friend, God has a wonderful dream for your life. It's a Dream of Abundance. Always remind yourself of

this dream. Pray for it every day. Write a more detailed description in your dream book. Cut out pictures about it and paste it on your dream board. Talk about it with your confidants and mentors.

The Bible says that your imagination is powerful. God's promise in Ephesians 3:20 is, "He can do exceedingly, abundantly, above all you could ask or imagine, according to the power at work in us."

This is what you do in the gap: Imagining God's dream for your life helps your feelings follow you, not you following your feelings.

Finally, let's look at the last tool...

Tool 5: Body

Emotion Comes from Motion

*“Show me your faith without action and
I will show you my faith by my action...”*

(James 2:18)

SOME PEOPLE THINK THAT WHEN YOU’RE ANGRY, THE SOLUTION is to punch a wall; or scream at the top of your voice; or paste the photo of your enemy on a dartboard and throw darts, knives, spears and grenades at the picture; or smash plates on the floor. Believe me, this will only increase your anger. It may relieve you for a while, but the anger comes back.

Here’s my big message for you: *The antidote to toxic feelings is terrific acting.*

You see, emotions have two remote controls.

First, your imagination (Tool #4).

Second, your body (Tool #5).

Spoon Experiment

In a psychological test, participants were formed into two groups. Facilitators asked those in Group A to

bite a spoon with their teeth, and asked those in Group B to bite a spoon with their lips.

After five minutes, the results were out. Group A — who bit their spoon with their teeth — felt happier. And Group B — who bit their spoon with their lips — didn't feel happy.

Why is this so? Because the act of biting a spoon with your teeth mimics the act of smiling. And the act of biting a spoon with your lips mimics the act of pouting. Think about that phenomenon: Just acting like you're smiling or pouting produces the feelings connected with the action.

Change your action and you change your emotion. Because your body is the remote control of your feelings.

(Note: Your body's actions can also be a remote control of other people's emotions, too! If you cross your arms while someone is talking to you, you're telling someone, "I'm not interested" and this will affect his enthusiasm in talking to you. If someone asked you for directions to the toilet, and you point him to the right direction with an open palm instead of a pointed finger — or because you're a Filipino, with your lips — those gestures will affect his emotional mood, too. But this is for another book!)

God Speaks in My Marriage

Recently, I was on a plane with my wife, Marowe.

It was a 12-hour flight. In the middle of the flight, I felt like it was winter inside the plane. I was wearing a jacket but I still felt cold.

But before I could tell her, she said, “My right shoulder is stiff. Can you massage it?”

Obviously, I wasn’t in the mood to massage her shoulder because I felt cold.

I will reveal to you today the secret to my happy marriage. In my marriage, I hear God’s voice quite often. When my wife speaks, I hear God’s voice. So when she asked me, “Can you massage my shoulder?”

I answered her, “Yes, Lord.” (Just kidding).

But this is what I noticed. After two minutes of massaging her shoulder, I felt so much better because I didn’t feel cold anymore. The act of massaging and exerting pressure warmed me up.

I’m using this as analogy for doing what you don’t feel like doing — but find yourself being blessed by it. Why? *Because when you change your physical state, you change your emotional state.*

The Secret to My Consistency for the Past 30 Years

I preach four times every Sunday. People ask me, “Bo, how can you preach with the same power and passion every single week? Don’t you sometimes have low energy?”

Of course, I have those days. I’m human.

There are days when I don’t have the energy to

preach. When I feel tired. When I feel lethargic. When all I want to do is lie down on a hammock in Boracay. But I know that if I step on stage with that lousy feeling in me, I won't be able to serve my spiritual family well. And I *love* my spiritual family. I always need to give you my best. My audience deserves to hear a message proclaimed with passion.

So what do I do? *I use my body to change my feelings. Before I step on stage, I dance.*

Yes, I dance inside the dressing room. Mind you, I don't know how to dance. But I don't care. I dance with full abandon. I dance like I'm a contestant in *Dance with the Stars*. There's actually a CCTV camera inside my room, so I bet I'm the comic relief of the security guards in the building. At exactly the same time every Sunday, they probably call everyone to watch the monitor. Someone yells to all the guards and janitors, "Hey, Bo is going to dance again!" And all of them roll on the floor and die laughing.

At the start, do I feel like dancing? Of course not. But I dance anyway. And as sure as the sun rises every morning, as sure as the pope is Catholic, as sure as Bo is handsome, in 60 seconds flat, like a switch that's turned on, I feel alive. I'm full batt. I'm raring to preach!

I've discovered that my body is the remote control of my emotions.

You can apply this truth anywhere.

There are days when I don't feel like writing.

So I tell myself, “Tough. I’ll write anyway.”

At first, I’m pounding each letter on the keyboard like I’m squeezing an old toothpaste tube that’s long been empty. But after a few minutes, words start flowing, first like a trickle, then a small brook, then a bigger stream, then a rampaging river!

That’s the reason I’m consistent. *I don’t let my emotions dictate to my body. I let my body dictate my emotions.*

Actions Are Like the External Structure of...

Many years ago, we built a chapel in Anawim, our home for the elderly.

That was where I saw how a huge cement post was made. As you know, cement starts as a soft mixture of sand and gravel and water. So how does it become a huge cement post that’s strong and sturdy? Here’s the secret: four wood panels acting as an external mold for the wet cement. When the cement hardens, you can remove the wooden planks around it — because the cement post can already stand on its own.

Imagine if we didn’t use those wood panels. How would we make that cement post?

You’ll always need a mold.

Well, your actions can be the mold of your emotions. The wooden planks are your actions — and the wet blob of cement is your emotions.

Just Do What Is Right

Even when you don't feel like doing the right thing, just do the right thing anyway. Sooner or later, you'll begin to like doing it.

You don't feel like loving your husband. Love him anyway. Sooner or later, you'll enjoy loving him.

You don't like serving today. Serve anyway. Sooner or later, you'll love serving.

You don't feel like praying. Pray anyway. Sooner or later, you'll love praying too.

Think about it. When Jesus said, "Love one another as I have loved you," He didn't say, "Feel loving towards one another," or "Have emotions of love." He said, "Love one another." What does that mean? Do something! Serve. Feed the hungry, give drink to the thirsty, visit those who are in prison and clothe the naked.

Obedience is about actions, not emotions.

Just do the right thing!

Emotion Comes from Motion

Let me tell you a Bible story.

Many years ago, the Babylonian army attacked the Israelites and vanquished them. By force, the entire population was exiled, with their hands bound, to Babylonia.

Years later, a miracle happened. The Persians, who

took over Babylon, allowed the Israelites to go back to their country.

These Israelite *balikbayans* rebuilt their city. And on one historic day, they gathered to hold their first religious gathering. For an entire generation, they weren't able to do it. So you can imagine how touching this moment was for them.

In that religious ceremony, when they heard God's Word being read, everyone broke down. They cried. Perhaps they realized how much pain they went through during exile. Perhaps they felt sorry for not hearing from God for the longest time. Or they felt sorry for their sins. Whatever the reason, everyone was sobbing.

But a surprising thing happened. Nehemiah, the man who God used to rebuild the city, announced, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength" (Nehemiah 8:10).

In other words, he was saying, "Let's party!"

And that's what the Israelites did. They stopped crying and started partying.

My message: *Emotion comes from motion.*

Act in Faith

This is exactly what happens at The Feast, our prayer gathering, every week.

People who go to The Feast come with their worries and fears and sadness and grief. But the moment they walk into this place, something happens to them. All of a sudden, instead of worry, they feel peace. Instead of despair, they feel hope. Instead of sadness, they feel joy.

What's the secret? Yes, God's power is here! But God's power can only come to a person who *acts* in faith.

So there's really no secret. Instead of moping inside your home watching mindless TV and being depressed, you're standing up, raising your arms, clapping your hands, singing songs of faith, praying prayers of hope and speaking declarations of abundance!

God Likes to Party

Let me digress to a side topic here.

Today, it's funny how we think of "sacred" automatically as "solemn." For many people, those two words are equal.

When I was a kid, I remember my mother bringing me to church. Before we enter, she'd put her finger between her lips and say, "Shhhh! Be quiet. Make the sign of the cross." Every time we entered a church, my mother would tell me the same thing, so much so that when I entered the school library and the librarian placed her finger between her lips and said, "Shhhhh! Be quiet," I made the sign of the cross.

But in the Bible, the very opposite was true. If the day was holy, if the gathering was holy, if the place was

holy, it would be an insult *not* to make a joyful noise unto God. People *should* dance and jump and sing to God.

Start the music and beat the tambourines; play pleasant music on the harps and the lyres. This is the law in Israel, an order from the God of Jacob (Psalms 81:2-4).

Don't you find this shocking? *It was a law to celebrate, to party before God.*

There are religious people who don't like this type of worship. They'd rather be quiet. Muted. Toned down. And that's fine! Because that too is in the Bible. The Bible embraces various prayer languages.

One day, the disciples of Jesus were praising God loudly. Some Pharisees who didn't like exuberant worship asked Jesus, "Gosh, they're so noisy! Can You tell Your disciples to be quiet?" In other words, "Can You tell Your disciples to pray the way we pray? We pray quietly, respectfully, solemnly." (This is spiritual arrogance, but that's another topic.)

What did Jesus tell them? "If they keep quiet, the stones will cry out!" (Luke 19:40). All of the material and spiritual creation is longing, thirsting and groaning to worship.

Because God likes to party.

Because action precedes emotion...

Who Dictates to Whom?

Do you want to succeed in life?

Here's the key: *Don't let your feelings dictate your*

action, but let your action dictate your feelings.

So even if you don't feel like singing, sing anyway.

And if you don't feel like smiling, smile anyway.

And if you don't feel like working, work anyway.

And if you don't feel like serving, serve anyway.

And if you don't feel like loving, love anyway.

Here's my experience: the feelings follow!

One morning, Ricky didn't want to go to school. His mother begged him, "Son, you have to go to school." Ricky said, "No, I don't feel like going to school." His mother said, "Ricky, I'm going to give you two reasons you should go to school." Ricky asked, "Why?" His mother said, "First reason, you're 46 years old. Second, you're the principal of the school."

Can You Work When You Don't Feel Like Working?

There are some people who envy my success.

"How can you be so successful?" people ask me.

I answer them with another question: "Can you work when you don't feel like working?"

I tell people to find their passion and the money will follow.

But some people will misunderstand this advice. Some people will think that they will work only if they like their work. That's a recipe for becoming a bum.

Passion doesn't mean just doing what you love. **Passion is doing what you love *and* what you don't love — for the people you love.** Passion isn't just loving

the activity but loving the audience of that activity.

Yes, I love preaching and writing. But I love my listeners and readers more. Loving them is what I'm passionate about. Because of that, I will work whether I feel like it or not.

I have a confession to make. It takes me around 18 hours to prepare my 30-minute talk every Sunday. In those 18 hours of reading, praying and wrestling with my message, I'm tempted to be lazy. To play a video game. To goof around — and just “wing” it during my talk. But I catch myself and say, “No, I love my listeners too much to give in to this temptation.” And I dive back into my preparation and make my message the best talk in the world.

I work hard because I love hard.

I speak over 200 times a year, write four books a year, publish eight magazines and produce 31 newsletters a month. I lead ministries and run businesses. I lead too many meetings to count. On top of all these is my unbreakable commitment to spend time with my wife and kids.

Some tell me I'm a mutant.

Nope. I repeat: There are days when I wake up and I *don't* want to work. (As I said, I'm human. Prick me and I bleed.)

There are days when all I want to do is wrap my arms around a soft pillow, curl up in bed and sleep for two more hours. There are days when all I want to do is bum around in my shorts, eat popcorn and watch a

movie at home. There are days when I want to go off to the beach and just *stop* working. There are days when I just want to veg and play a video game for two hours.

But when I feel like not working, I work anyway. When I feel like not writing, I write anyway. (By the way, I don't experience writer's block. I refuse to experience it. If I'm staring at a blank computer screen and I don't know what to write, I *just* write something lousy until it turns brilliant.)

My daily battlecry: *A man's gotta do what a man's gotta do.* And I'm a man. (I noticed that some women are more man than many men!)

That's the only way to be successful in any area of life.

And if you do what you have to do, something changes in you. *If you change your acting, you change your feeling. If you change your motion, you change your emotion. If you change your physiology, you change your psychology.*

In the next section, I want to address the specific emotions that can poison our life...

SECTION 2

How to Deal with Specific Troubling Emotions

YOUR MIND IS THE REAL BATTLEFIELD.

Because emotions start as thoughts.

If you win in your mind, you win in your life.

If you want to succeed, you need to learn to delete mental habits that drag you down towards failure.

We have so much “trash thoughts.” For example, do you know that 87 percent of our self-talk is negative?

You can’t stop any negative thought from entering your mind. *But you can stop a negative thought from building its mansion in the real estate of your mind.* Evict the mental squatters! You may not be able to delete all your negative thoughts, but you can disrupt the **patterns** of negative thoughts.

How? Create new patterns.

God wants us to renew our minds. The Bible says, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind” (Romans 12:2).

If you want to succeed, you need to learn to delete negative mental habits that pull you down instead of push you up.

I repeat: Your mind is the real battlefield.

Do you have a problem with your job? The battle is not in your job; the battle is in your mind. Do you have a problem in your family? The battle is not in your family; the battle is in your mind. Do you have a problem with your money? The battle is not with your money; the battle is in your mind.

If you win in your mind, you win in your life.

Lord, give me a new mind!

In the previous section, I gave you general tools to manage the most toxic feelings.

In this section, I'd like to zero in on six of the most difficult emotions and give specific instructions on how to manage each of them. I'll discuss them in pairs because they're related with each other...

Difficult Emotions #1: Bitterness and Pettiness

Difficult Emotions #2: Despair and Insecurity

Difficult Emotions #3: Fear and Worry

Turn the page and start learning how to win over these troubling emotions.

Difficult Emotions #1:

Bitterness and Pettiness

*You're Too Big to Be Bothered
by Small Things*

"Feelings are much like waves, we can't stop them from coming but we can choose which one to surf."

(Jonatan Mårtensson)

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UNFORGIVENESS IS A KILLER.

Unforgiveness comes in two variants: the poison of bitterness and the poison of pettiness. When you refuse to forgive big hurts, that's bitterness. When you refuse to forgive small hurts, that's pettiness. Both poisons are fatal to your spirit and to your happiness. Get rid of them!

Here's my big message for you: ***You're too big to be bothered by small things.*** Remember, it's the weak that seek revenge. It's the strong that seek restoration.

In this chapter, I'll share with you seven incredible reasons you should forgive.

Reason 1: You're Bigger Than Those Who Hurt You

You're a giant.

Who is the giant? Not the biggest, or the loudest, or the strongest person in the room. Not the one with the most power, or the one with the most money, or the one with the most anger.

The giant in any room is the one with the most love. If your love tank is overflowing with God's love, you're the giant!

So don't stoop down and fight with small people.

When an ant bites the toe of a human being, he flinches. He feels the pain. But when an ant bites the toe of a 60-foot giant, he doesn't even feel the sting.

Let me give you another analogy.

Many years ago, when I was a poor missionary, I was walking in Cubao. Suddenly, a huge man from behind bumped me hard. "I'm sorry," he said and walked off in another direction.

After a few more minutes of walking, I held my back pocket. To my horror, I realized my wallet had vanished. I had just been robbed.

I was devastated. I couldn't sleep that night! Why? In my wallet was P500. As a poor missionary, that was like a million pesos for me! Usually, I had P20 in my pocket. If I had P100, I already felt rich. So to lose P500 was very painful.

Fast-forward almost 30 years later. One day, I was with my wife at a mall, buying bottled water. I dug through my pocket because I remember having P500 there. But I couldn't find it. It was gone. My wife told me, "Bo, it probably fell." I shrugged and said, "Oh well...." I got my wallet to pay for the water. Yes, I still felt a loss. *But it didn't sting.* I slept soundly that night.

Why? Because now I'm a millionaire. (*Naks.*)

Actually, because of inflation, P500 today isn't worth much anymore. But forget about inflation — because it destroys my analogy!

When people hurt you, offend you, stress you — remember that you're a giant. *You're too big to be bothered by small things.*

The only reason you give in to bitterness and pettiness is because you think you're small. But the moment you remember that God made you a giant — that you're loved by God in a giant way — you won't be bothered by small things.

I believe that most of our anger, deep down, comes from fear. An angry person is usually afraid. Insecure. Threatened.

The Bible says that love casts out all fear. *Only giants (with giant love) can be gentle.* They have so much love to give, even if people try to steal, hurt or offend them, they're not *too* affected by them.

Here's the next reason...

Reason 2: People Who Hurt You Are Hurting Too

Hurt people hurt people.

When you meet mean, angry, negative, sarcastic, rude, arrogant people, you can be 100 percent sure that these people are crying out for love.

In other words, most of the people who hurt you *can't help it*. Because of how they've been hurt in the past (especially in their childhood), they hurt others.

Imagine that you have a 100-liter love tank.

But broken people in your life have a one-liter love tank.

Compared to your love, their love is puny. Their puny love can't satisfy your humongous love tank. But realize that their puny love is *all* they've got. It may not be much to you, but they're giving you their all.

Think of your father. Your mother. Your spouse. Your friend. They do love you — they just can't give the amount of love that you desire — but in their brokenness, they're loving you in the best way they can.

Reason 3: You Were Hurting Before You Got Hurt

Most of our anger is rooted in our childhood.

Here's what I realized: Angry people are people who are usually still angry at their parents — even if their parents have long been dead. Today, they could be

angry at their spouse, or their kids, or their boss, or their officemates, or their exes... but deep down, there's this little child inside them who is still angry at Daddy or Mommy. Even thirty, forty, or fifty years later!

I know a man who's very brilliant, a real genius, but who has had six jobs in four years — forced to transfer from one company to another because he couldn't control his anger. He always had problems with his boss, no matter who he worked for. He always complained, "My boss is too authoritarian," or, "My boss is too distant," or, "My boss is too selfish." There was always something wrong about his boss. But in truth, subconsciously, amidst the changing faces of all his bosses, he really saw only one face — the face of his father. He hated his father. So he hated all father-figures in his life.

Unless he lets go of his deep resentment in his heart, he'll always have a problem dealing with people in his life.

I urge you: Let go.

Reason 4: Anger Is Hazardous to Your Future

Do people know you for your temper?

Today, it's fashionable to have a temper. Some people are proud of their temper. To intimidate others, they warn everyone, "I've got a temper!" It reminds me of a photo of a gun outside a house, with the words, "Forget the Dog, Beware of Owner!"

But temper steals so much joy and blessing from our life. The Bible says, “A wise man controls his temper. He knows that anger causes mistakes” (Proverbs 14:29).

Have you ever said anything stupid because of anger?

Have you ever done anything stupid because of anger?

How many blessings have you missed and how many relationships have you destroyed and how many open doors have you closed because of your temper?

American pastor and author Rick Warren says that there’s only one letter that’s different between the words “anger” and “danger.” When you’re angry, you’re dangerous to yourself and to others.

One day, while walking in a mall, I saw a four-year-old child throwing a tantrum. The kid was screaming at the top of his voice. I can imagine how shameful the mother felt standing beside him. But I was shocked at what happened next: The mother threw a tantrum too! A bigger one. She screamed louder than the child. She stomped her feet, grabbed her boy and shook him like he was a rag doll. Yes, his tantrum stopped. But that child simply learned that to get what you want, you should throw a bigger tantrum.

Reason 5: Your Father Is a Peacemaker — And So Are You

Do you want to be happy? Jesus tells us how. He

said, “Happy are the peacemakers, for they shall be called children of God” (Matthew 5:9). Why are they called children of God? Because God is the Greatest Peacemaker.

Question: Are you a peacemaker or a troublemaker?

The Bible teaches us two ways to become a peacemaker.

First, **avoid arguments**: “Any fool can start arguments; the honorable thing is to stay out of them” (Proverbs 20:3).

Are you a foolish person or an honorable person? If you start conflicts, you’re foolish. If you avoid them, you’re honorable.

Second, **overlook offenses**: “A person’s wisdom yields patience; it is to one’s glory to overlook an offense” (Proverbs 19:11). William James, the famous psychologist, said, “Wisdom is the art of knowing what to overlook.”

A small person with small love will cause trouble wherever he goes. But the big person with a big love will bring peace wherever he goes.

Modern psychologists are wrong when they say, “To deal with your anger, you need to express it. You need to let it all out. Shout, stomp, punch the wall. Because when your bucket of anger is empty, it’s gone.” Problem: You don’t have a bucket of anger, you have a *faucet of anger*. As long as it’s open, anger will flow out. You won’t run out of anger. The more you express your

anger, the more anger you create. Again, it's the Law of Reciprocity.

What should you do? Switch faucets! Here's the only solution: **Close the faucet of anger and open the faucet of love!** *Admit you're angry but give love instead.* Because aggression creates more aggression, but love creates more love.

Reason 6: You Can't Divide Your Heart

I met a man whose mother was killed by a neighbor many years ago. After more than five years since his mother's death, he couldn't forgive his mother's killer.

But his bitterness was destroying his family. His wife talked to me and said she was leaving her husband — and she was taking all her children with her. People have challenged her and said, "But your husband loves you!" She'd answer them, "I know my husband loves me. But his anger towards his mother's killer is consuming him. His bitterness has eaten him up. He's not the man I married. Any love he has for me or for his children is consumed by his anger."

Here's the truth: If you're bitter towards one person, other people you love will suffer from your bitterness.

Why? Because your heart is one. You cannot divide your heart into two parts — one part to love and another part to hate. Sooner or later, love or hate will take over your heart and your life. You have to choose.

A long time ago, I've made a decision to let love take over my heart. And slowly, I'm experiencing the last reason...

Reason 7: Everything Bounces Back to You

Don't ask the person who hurt you to repay you — *he's not capable of repaying you*. He doesn't have the resources to do that. You'll just be shortchanged. Whatever repayment he gives you won't be enough anyway.

So what should you do? Go to the only One who can repay you fully and replace what you've lost. Only God can do that.

Remember: If someone curses you, you don't have to curse back. Believe me, because of the same Law of Reciprocity, his curses bounce back to him. If someone hurts you, you don't have to hurt him back. Because of the way God's universe is designed, any injustice done by a person will find its way back to that same person.

So surrender your case to God. Revenge is foolish. Never take matters into your own hands. The Bible says, "Vengeance is mine; I will repay," says the Lord (Hebrews 10:30).

Jesus says, "Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you (Luke 6:27-28).

In one sentence, Jesus gives you three instructions

on how to love your enemies.

First, do good to those who hate you. Serve them. Give them a gift.

Second, bless those who curse you. That means don't gossip against your enemy. (Oh, how we love talking about his weaknesses to others!) Instead, speak well of him. Speak of the good things in his life.

Third, pray for him. Some might say, "Bo, I do that every day. I pray, 'Lord bless him... with a broken neck. *Kunin mo na siya, Lord!*'" (Take him, Lord!) Nope, that's not what I mean. Pray for his well-being and prosperity.

Believe me, all that goodness you give him will bounce back to you — pressed down, shaken together and running over!

Conclusion: Forgive without Conditions

Don't ever make the massive mistake of forgiving people with conditions. Don't ever say, "I'll forgive him if he asks for forgiveness," or "I'll forgive if he admits his mistake," or "I'll forgive if he repents." If you do that, you're making your happiness dependent on other people's decisions. That's insanity.

Why? *Because you deserve to be happy.* You deserve to be free. Forgive without conditions! Forgive whether that person accepts it or not, admits it or not, or apologizes for it or not. It doesn't matter. Forgive anyway. Love anyway. Give anyway. *Because it all bounces back to you, multiplied a hundredfold!*

Difficult Emotions #2:

Despair and Insecurity

Feel Your Feelings but Follow Your Faith

*“Life always offers you a second chance.
It’s called tomorrow.” (Nicholas Sparks)*

WANT TO SPEAK HOPE INTO YOUR LIFE.

One of my favorite passages in the Bible is God’s promise about our future: “I have it all planned out — plans to take care of you, not abandon you, plans to give you the future you hope for” (Jeremiah 29:11, *The Message*).

God has it all planned out! He will take care of you.

Have you ever felt so frustrated, so disappointed, so depressed, you felt like giving up?

Have you ever experienced waking up in the morning already tired? I’ll tell you why: Because your body slept but your mind did not rest.

Have you ever felt insecure, doubting your worth, envious of others’ success, looking down at yourself, feeling that you’re a big failure?

Oh, I’ve seen it with my own two eyes. In my life.

In the life of my friends. Hopelessness is very real.

Without Hope, You Die

I'm amazed at how many people today are discouraged, depressed, frustrated, tired, exhausted and burnt out. So many people want to give up on life.

I love telling people about this crazy experiment that a group of psychologists did with a helpless mouse that they threw in a giant tub of water. If the tub of water was in a windowless room, where the mouse sees nothing else but pitch-black darkness, the mouse would swim for a while but would give up quickly. How quick? It drowns after only three minutes of swimming.

But if the giant tub of water was in a room with even one tiny shaft of light — the mouse will keep swimming for an amazing 36 hours! What spelled the difference between three minutes and 36 hours is the power of *hope*.

Without hope, you *die*.

I've met a lot of people who are like the mouse in that windowless room. Because they can't see a bright future ahead of them, they give up. They give up their dreams. They get stuck in their past. They feel that nothing will change in their miserable life.

You may feel like you're that mouse, swimming in darkness. You may feel like any moment now, you'll be drowning in your problems. But fear not, there's light at the end of your dark tunnel.

Today, God wants to give you hope. The God who said, “Let there be light” on the first day of creation is still proclaiming to you now, “Let there be light in your life.”

The Two Poisons of Hopelessness

Hopelessness comes in two forms: the poison of despair and the poison of insecurity.

Despair is when you feel *helpless*; insecurity is when you feel *worthless*. Despair is being hopeless about what you see outside you; insecurity is being hopeless about what you see inside you.

Both despair and insecurity make you want to do one thing — *give up the fight*. Throw in the towel. Walk away and die.

People are shocked when I tell them that I, too, get depressed.

It’s so normal, even superheroes of the Bible have it. Look at Elijah, the biggest Old Testament prophet in the Bible. The same guy who stood beside Jesus and Moses during the miracle of the Transfiguration. The same guy who challenged 450 prophets of Baal — and won. The same guy who didn’t die but rode a chariot (private jet) to heaven.

I thank God the Bible doesn’t cover up stories like these. Because that gives me hope. If a holy guy like Elijah can become depressed, I’m OK!

Here's the story from 1 Kings 19:1-11...

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

What caused his hopelessness? The Queen wanted to kill him. One simple event can trigger your despair and insecurity. Sometimes, you don't know you're burning out. You don't know you're under a lot of stress. And one trigger, the hair that will break the camel's back, can cause your depression.

But the reasons for Elijah's depression were deeper, more long-standing...

And the word of the Lord came to him: "What are you doing here, Elijah?" He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

Why was Elijah depressed? He felt his work was a big failure. He felt *insecure* — He felt *he* was a big failure. And he felt so alone. He probably said, "If I'm such a terrible prophet, I'd rather die. Because it's not worth living another day anymore."

Sometimes, we feel like Elijah.

Perhaps you have a financial problem right now. Or you've just lost your job. Or a friend turned against you. Or a family member betrayed you. Or a partner abandoned you. Or someone you dearly love died on you.

Or it could be the fact that you're growing older.

Last week, my wife was looking at the old stuff of our kids. Old drawings. Old toys. Old clothes. She sat beside me and with deep sadness in her voice, she said, "We don't have babies anymore..."

Transitions in life are vulnerable to despair and insecurity. Like when you retire from your job. Or when your youngest child finally leaves home. Or when your body shows its age.

We're also vulnerable when we have relationship troubles. Remember that we're hungry for love. So when we experience relationship conflict, something in us panics — because our love needs aren't met.

Thankfully, Elijah was able to get over his depression. And his story gives us three steps to overcome for hopelessness.

3 Prescriptions for Hopelessness

I've picked these up from Elijah's story...

Prescription #1: Embrace Your Emotion

See how human Elijah was...

He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

Elijah didn't say, "Hey, I'm God's mighty prophet. I shouldn't feel this way! Depression, I cast thee out, in the mighty name of the Almighty, be gone!"

Nope. Elijah felt his feelings. He was honest to God. He didn't deny his sadness, frustration, despair and loneliness.

There's nothing wrong with you if you feel sad. It's not sin. It simply means you're human. (Congratulations!) If you tell me that you don't experience sadness or despair or insecurity, I will nod my head, but will slowly walk backwards until I'm at least 10 meters away from you. Because you may already be a zombie but don't know it yet.

Honestly, when I read Elijah's depression for the first time, I was shocked. I said, "My gosh, how could Elijah be depressed? A few hours ago, he was superman. He called down scorching fire from heaven to consume a very wet animal on a drenched altar. Couldn't Elijah have requested heaven to send a few bolts of lightning towards the Queen's direction and make her into *chicharon* (fried pork skin)?"

That's the logical answer. But emotions are never logical. Despair, insecurity and hopelessness are never logical.

When I get depressed, I'm not logical. I don't think right. In fact, I don't want to think at all. I just want to sleep. I don't want to get up from bed. I want to stay under my blanket the entire day. This is what happened to Elijah.

Which brings us to God's second prescription to hopelessness.

Prescription #2: Bless Your Body

See how God dealt with Elijah...

Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

Wonder of wonders, God allows Elijah to sleep, eat, and sleep again. Why? Because God knows that depression is not only psychological but physiological.

Sometimes, our spirit is tired because our body is tired. The reason we're depressed is because we're experiencing a burnout. We're exhausted. We're overstretched. And the first thing God does is to help us rest.

So bless your body. Take a break. Go on a retreat. Lighten your load. Simplify your schedule. And give yourself the gift of perspective.

Here's another way to bless your body...

The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

Do what Elijah did: Walk!

If you're depressed, *take a walk every day for at least 30 minutes*, not on a treadmill but outdoors. I'm not kidding.

When you walk outdoors, you get three natural anti-depressants that are a thousand times stronger than any pill in the drugstore. These three natural anti-depressants are: (1) sunshine; (2) exercise; and (3) oxygen.

1. *Sunlight heals many diseases* — it helps our body fight depression, osteoporosis, prostate cancer, breast cancer, and even combats diabetes and obesity. We're insane not to get sunlight every day.
2. *Exercise* produces feel-good natural chemicals called endorphins that flow through your blood stream. Endorphins produce the same effects as morphine — without the side effects!
3. *Oxygen energizes you*. Here's a fact: 10 percent of your energy comes from food and water; 90 percent of your energy comes from oxygen!

Oxygen is the food of your immune system, memory and thinking. It counters aging. It reduces the risk of heart attacks. It calms your mind. It improves digestion. It helps you sleep better. Germs can't live in a highly oxygenated environment. Almost all cancers start with the lack of oxygen. Think about it: You've heard of cancer attacking different parts of the body — cancer of the breast, lungs, liver, blood, prostate — but you've never heard of cancer of the heart. Why? Because of the abnormal supply of oxygen in your heart.

Bless your body!

And here's the most important prescription...

Prescription #3: Follow Your Faith

After Elijah ate the food of the angels, the Bible says, "He traveled forty days and forty nights until he reached Horeb, the mountain of God."

What should you do? *Feel your feelings but don't follow them. Follow your faith!* Your feelings may say, "Give up!" but your faith says, "Go up!" Your feelings may say, "You're a nobody!" but your faith says, "You're somebody!" Your feelings may say, "Your problems are big," but your faith says, "Your problems are big but your power is bigger — because God is your power!"

I repeat: *Feel your feelings but follow your faith.*

I'm reminded of another favorite Scripture of mine: "Though I walk through the valley of darkness, I fear no evil, for you are with me" (Psalms 23:4).

Hopelessness wants you to be stuck in the valley, to live in the valley, to build your home in the valley, and to die in the valley. But hope wants you to walk towards the mountain of God, putting one foot in front of the other, no matter if it takes 40 days and 40 nights — which in the Bible means a very long time.

Hopelessness wants you to focus on your past. Hope wants you to focus on your future. Hopelessness wants you to focus on where you came from. Hope wants you to focus on where you're going.

When someone comes to me with a problem, I listen to their crying for a while, but at a certain point, I interrupt and ask, "So where do you want to go from here? What's your dream? What's your goal? How do you see yourself one year from now? Five years from now? Ten years from now?"

Because from experience, nothing will happen if all you talk about is your past. At a certain point, you have to start talking about your dreams — *or you'll be stuck in your past.*

Once people start talking about their dream, the power of hope returns. I hear it in their voice. I see it in their eyes. I feel it in their body language. They're no longer stuck. They're moving forward.

Don't Ask for a Blessing When You Need a Burial

I have one last thing I'd like to say about despair.

One day, Jim was in the racetrack watching a horserace.

Before the first race, Jim was startled to see something he never saw before. He saw a Catholic priest walk up to one of the racehorses, then sprinkled the horse with holy water, put his hand over its head and prayed over it.

When the race began, that horse bolted out like a rocket — never slowed down — and won that race!

In the second race, Jim saw the priest walk up again to another horse — did the same thing — sprinkled holy water and prayed for the horse. And true enough, that horse came out number one.

By the third race, Jim knew what to do. When the priest walked up to another horse, sprinkled it with holy water and prayed over it, he ran to the betting window — and bet all his lifesavings on that specific horse. He ran back to watch the race.

When the race began, that horse didn't run. It walked out of the gate. Soon, it stumbled, fell to the ground and died.

Jim couldn't believe his eyes. He ran down and looked for the priest. When he found him, he said, "What happened? I just bet all my lifesavings on that horse because you blessed it!"

The priest shook his head. “Are you Catholic?”

Jim said, “No, I’m not.”

The priest said, “That’s the problem. You don’t know the difference between a blessing and the Last Rites.”

Friend, you need to know the difference between a *blessing* and a *burial*. There are certain things that have already died in our life. Perhaps you’re heartbroken now because of a relationship that didn’t work out. Perhaps it’s a business that failed. Perhaps a loved one died. Perhaps you’ve sinned against God.

Don’t get stuck on the past. Don’t get stuck with what has already died. Don’t ask for a blessing when you need a burial.

I watched a movie about a young man who was mountain climbing in Utah. For some reason, a huge boulder shifted — and his arm got pinned down between rocks. He pulled his pocketknife and started chipping off the rock. But nothing he did worked to get himself unstuck. After three days, he ran out of food and water. After some time, he lost all feeling in his arm. It was like his arm had already died. This young man knew that if he wanted to walk out of there alive, he had to do the unthinkable. He had to cut off his arm. He tied a tourniquet at the end of this arm and amputated himself. He walked down the mountain and many miles later was rescued and brought to the hospital. That bold decision to cut off his dead arm saved his life.

Is there anything dead in your life? Don't get stuck in the past. Cut off what has died already — and walk out alive.

How Big Is Your Rear-View Mirror?

Notice your car. When you drive your car, you look at two things: your rear-view mirror and your windshield. What do you notice? Compared to the windshield, your rear-view mirror is small.

But sadly, I know of people who drive through life with their rear-view mirror as big as their windshield. No wonder they cannot move forward! They cannot see their future because all they see is their past. All they see are their failures, their sins, their hurts, their pains, their traumas, their disappointments...

Friend, it's time to move on.

Say with conviction, "My future is brighter than my past."

Why? Because ultimately, *your God is in your future.*

Every day, you're walking towards Him.

God is already in your tomorrow, preparing a beautiful future for you.

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Worry is a bigger problem than whatever problem you're worrying about!

Difficult Emotions #3:

Worry and Fear

Turn Your Worry into Worship

Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Can any one of you by worrying add a single hour to your life?

(Matthew 6:25, 27)

WANT TO TEACH YOU HOW TO DELETE WORRY FROM YOUR LIFE.

My big message? *Turn your worry into worship.* Because you cannot worry and worship at the same time.

Jesus asked, “Can any one of you by worrying add a single hour to your life?” Answer: Worry doesn’t *add* anything to your life. It subtracts. Because worry is a thief. It’s one of the greatest thieves in the world. Worry *steals* away peace, and joy, and happiness, and health, and blessing, and love...

I pray that you’ll get rid of this thief from your life.

Why You Shouldn’t Worry

Do you worry about money? Do you worry that you’ll grow old poor? Do you worry that you’ll always

be in debt? One day, I overheard a mother tell her child, “*Anak, may utang ang nanay mo. May utang ang tatay mo. May utang ang kapatid mo. Paglaki mo, magkakautang ka rin. Pag namatay kami, mamanahin mo ang utang namin.*” (Child, when you die, you’ll inherit our debts.)

Do you worry about your future? Do you worry that you’ll end up a permanent charter member of the NBSB Club (No Boyfriend Since Birth)? Do you worry that you’ll grow old alone and lonely? I was talking to a woman who told me, “Brother Bo, I’ll be an old maid. Can you reserve a room for me in Anawim, our home for the abandoned elderly?” Goodness! Why an old maid? Never call yourself an old maid. Call yourself an *independent lady* or *free woman*. Call yourself WOW: a *woman of worth*. And why do you plan to be poor? Plan to be rich and generous. WOW can mean *woman of wealth*, too.

Do you worry about your health? Here’s another word for worry: *catastrophizing*. Worry is imagining the worst scenario in every situation in your life. I know of someone who is always catastrophizing his physical symptoms. He tells me, “Brother Bo, I think this mole in my arm is cancerous. I have a migraine. I think I have a brain tumor. I feel pain in my back, I probably have cirrhosis of the liver.” Sheesh.

And do you worry so much that you think about a problem over and over and over again that you can’t sleep at night?

But when you do, you attract more problems in your life...

Worry Is a Problem Magnet

What I'll say next will add to your worries: Worry is a bigger problem than whatever problem you're worrying about!

Why? Because worry is a problem magnet.

Example? I just read a report about how chronic worrying makes our bodies sick. First of all, medical tests show that worry *suppresses* the immune system. It weakens your warrior cells. If you keep worrying, your body cannot fight disease. Aside from that, worry causes digestive disorders, muscle tension, memory loss and heart disease. If it's not treated, worry causes depression.

3 Wonderful Alternatives to Worry

The problem with worry is that it's not only a problem magnet, it's also an energy magnet. *Worry will suck your energy dry.* Warning: If you worry, you won't have energy anymore to do anything else!

Fact is, you have a limited amount of energy.

Instead of pouring all your energy on worry, pour it on these three wonderful alternatives...

1. Wish

Stop worrying, start wishing.

Some will say, “But, Bo, worry helps me prepare for any eventuality! Shouldn’t I plan for my future?”

Let me clarify. Worrying is very different from planning.

God is not a worrier; God is a planner. God is a master strategist. I already quoted this passage to you: “For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11).

So God plans for the future. But He doesn’t worry about the future.

Imagination Is Powerful

Do you know why worry is so destructive?

Because when you worry, you’re using your imagination. And in the previous section, you learned that your imagination is one of most potent weapons God has given you.

Listen to this absurdity: Worry is giving that amazing weapon to the enemy — so that the enemy can use it against you! It’s insane.

Don’t let the enemy use your imagination.

Albert Einstein said your imagination is more powerful than your intellect. Why? Your intellect can only *perceive* reality, your imagination can *produce* reality.

(If reality is food, your intellect can only eat the food, but your imagination is the chef that cooks the food.)

Your imagination creates your future.

So if you're worrying, you're not just thinking of the bad things that will happen in your life — you're actually *sending out invitations for them to come!* You're putting up a signboard with flashing neon lights, screaming to them, "Welcome!" *Worry creates the very thing that you worry about.*

Worry Is Prophetic

One day, I was talking to a middle-aged man who said, "Brother Bo, I'm always worried about getting sick. Well, true enough, last month, my doctors discovered that I have ulcers."

But what caused the ulcers? His worry. And sooner or later, he'll have more diseases.

Another time, I spoke to a young woman who said, "Every day, I was so worried that my boyfriend would leave me. Many nights, I couldn't sleep. And I was right in worrying — because last week, my boyfriend told me he can't stand me anymore."

When I talked to the ex-boyfriend, he told me, "Brother Bo, I left her because I felt suffocated by her. She was so paranoid, so possessive, so needy, I couldn't breathe." She didn't realize that her worrying made her boyfriend leave her. Worry is prophetic. *Worry creates the very thing that you worry about.*

The Law of Focus (Again!)

Every atom in God's universe is governed by the law of focus. *What you focus on flourishes.* Yes, you have more control over your reality than you realize. Because your perception creates your reality.

You see, God's universe operates very simply. *The universe doesn't hear what you don't want; it only hears what you focus on.* And the universe, like a good waiter, will come to serve what you focus on in a silver platter.

Can I ask you a favor? Right now, don't think of a green-colored gorilla. Please don't. Even for one second, don't think of a green-colored gorilla with green hair all over its hairy body. Never, never, never.

Now tell me. What are you thinking of, hmm?

That's exactly what happens when you worry.

Instead of using your imagination to worry, use your imagination to **wish**. Use your imagination to dream. Use your imagination to visualize your desired future.

The Bible says, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

Paul says, "With thanksgiving!"

That means, "Stop begging; start thanking!" Instead of saying, "Oh God, please give me this and give

me that, and I beg you for this and I beg you for that,” say with joy, “Lord, I thank You in *advance* for giving me this and giving me that.... I expect to be blessed!”

Worrying and wishing use the same innate power that you have to create your reality — your imagination. Worrying is imagining that bad things will happen to you while *wishing* is imagining that good things will happen to you.

When you worry, you focus on your *problems*. When you wish, you focus on your *purpose*. Focus on what you want, not on what you don’t want. Because the universe will serve to you on a silver platter whatever you focus on.

I urge you, stop worrying and start wishing!
Start expecting good things to happen to you.

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Expect to Be Blessed

A few years ago, when my business was still tiny and I had very little money, I told my wife, “Pack your bags. We’re staying in a five-star hotel for two days!”

She asked me, “Isn’t that expensive?”

“I’ll ask for a discount,” I told her.

In other words, I woke up that morning expecting to be blessed in some surprising way. How, I had no idea.

So we packed our bags and off we went. When I walked to the front desk of my favorite hotel, I asked, “How much is a room?”

The guy showed me the rate card. I gulped. It was

P8,000++ per night. (The “++” after the figure made it worse.)

I asked, “Will you give me a discount?”

“I could give you 10 percent off,” he said.

I sighed. P7,200 was still a lot of money.

At that precise moment, a tall man, wearing a nice coat and tie, walked out of the door behind the front desk. Immediately, I recognized him. He was a friend. After greeting each other, I asked him, “What are you doing here?”

He gave me his business card. On the card it said, “Front Desk Manager.” He was the guy in charge!

“What are *you* doing here?” he asked.

I said, “Uh, gee, just passing by?”

On the spot, from P8,000, he brought down my room rate to P3,000. And the wonderful thing? He crossed out the “++” too!

Not only that, he upgraded my room two notches higher. So my wife and I stayed in a room worth P12,000++ for only P3,000 a night.

That wasn’t all...

God Wants to Upgrade You

From the hotel, I went straight to the airport to fly to Hong Kong for a meeting. At the Manila airport, I walked up to the check-in counter. Without my asking, the lady behind the counter said, “Mr. Sanchez, I’m upgrading you to business class.”

Wow. “If you insist,” I told her.

Two hours later, I landed in Hong Kong and went straight to my hotel. And just in case you think I get all these crazy breaks because I’m famous, the Chinese lady in the front desk — who didn’t know me from Adam — said, “Mr. Sanchez, we’re upgrading you to a bigger room.”

I couldn’t believe my ears. This was too much!

After my meetings in Hong Kong, I went back to the Hong Kong airport. When I checked in, I was half-expecting that I would be upgraded again. But I wasn’t.

Still, I had an attitude of gratitude. I told myself, “I’m going to enjoy this plane ride.”

So I walked into the plane and sat down on my economy seat. I pulled out a book and began reading. That was when a steward came up to me and said, “Brother Bo, let me bring you up to business class.” (I said, “Aw shucks, do I have to?”)

As I sat in business class, sipping my orange juice, I relaxed.

Relax!

Friend, stop worrying and start wishing.

When you wake up in the morning, don’t wake up worried, expecting bad things to happen to you. (Believe me, those bad things will happen.) Wake up wishing, expecting good things to happen to you.

Live with expectation. Expect to be blessed!

When you trust more, you'll relax more. And you'll realize that what was a struggle before will now become easy. Doors will open. People will call you. Opportunities will draw near you.

Dear friend, I speak blessings into your life. To your finances. To your family life. And to your health. Receive God's avalanche of blessings.

Here's the second alternative for worry...

2. Work

Stop worrying; start working.

Worrying is not work. Work is productive; worrying is not.

Here's my prescription: *Replace anxiety with action.*

One of the most common reasons people can't solve their problems is because we *overthink*. We overanalyze. So we get stuck in the paralysis of analysis. We analyze our problems to death.

The successful person knows when to stop analyzing and when to start acting.

For example, are you worried that you'll run out of money when you reach your 60s and 70s? Are you worried that you'll have to depend on your kids for food and medicine? My message: Stop worrying and start working. Read books, attend seminars, get a mentor, study about investments, increase your financial literacy... but don't stop there. Act! Make the investment. Pull the trigger. (My maids, because they invest small

amounts of money in the stock market each month, will be retiring at age 60 with P20 to P30 million.) Create your own retirement fund!

If you're worried about your health, stop worrying and start working. Study about natural health, change your lifestyle, eat more fruits and veggies.

Respect the Boundary Line

Where should you work?

In your life, there's a boundary line between what you can control and what you can't control. Respect that boundary line.

If you stay in the area of what you can control, that's work. Stay there! But if you cross the boundary line into what you cannot control, that's worry. Your husband is in the area of what you cannot control. Surrender! Your children are in the area of what you cannot control. Surrender!

Face it. There are just some things in your life that are beyond your control. *That's what you need to surrender to God.*

Turn Worry into Worship

We live in a scary world. And people are terrified.

Many times in the Bible, God says, "Don't be afraid." And He gives us *one reason* we shouldn't be afraid...

He says, “Be not afraid. I am with you” (Isaiah 41:10).

He doesn’t say, “Be not afraid, because you’ll never have problems again.” He doesn’t say, “Be not afraid, because all your problems will be solved in the next 20 minutes.” He just says, “Be not afraid, I am with you.”

When a two-year-old child says, “Mommy, I’m afraid of the *mumu!*” you don’t lecture her and say, “There are no *mumus!* In the history of scientific studies, there is no empirical evidence that paranormal activity actually exists. They’re mere projections of our subconscious fears, blah, blah, blah....” No parent does that unless he’s got a loose screw.

To remove the fear of the child, the parent doesn’t explain. The parent doesn’t convince. The parent doesn’t persuade. The parent doesn’t teach. Instead, the parent just wraps her arms around the child and says, “Mommy is here. Everything will be all right.”

Many times in our lives, we end up worrying about this ghost or that ghost, this monster or that monster, this problem or that problem. But today, God is telling you, “I’m here, everything will be all right.”

You don’t have to know *what* He’s doing to solve your problem. You don’t have to know *when* He’s going to solve your problem. You don’t even have to know *how* He’s going to solve your problem. You just know that He says, “I’m here,” and immediately you know, “everything will be all right.”

At the burning bush, Moses asked God, “Who are

you? What is your name?" God said, "I Am who I Am." He didn't say, "I was who I was," nor did He say, "I will be who I will be." He said, "I Am who I Am." In other words, God said, "I'm here! I'm here for you. I'm on your side. I'm sticking by you, I am faithful to you, I Am who I Am."

Let me tell you a story.

Worry Kills

One morning, a man saw the "Angel of Death" walking into his town.

He was brave enough to ask, "May I ask why you are here?"

The Angel of Death said, "I'm going to kill 10,000 people today."

The man stepped back in horror and ran all around town. He warned people, "I just saw the Angel of Death. He said 10,000 people would die today!"

But by nighttime, 70,000 people were dead.

The next day, the man saw the Angel of Death walking out of town. He called after him and said, "Wait! You said you were only going to kill 10,000 people. But there were 70,000 who died last night!"

The Angel of Death shook his head, "I killed only 10,000. Worry killed the other 60,000."

Jesus says, "Don't worry."

Because He knows that worry kills.

I should know...

My Own Battle with Worry

Let me be honest with you.

The week I was going to preach on worry, I faced a lot of stress in the ministry. Note: I didn't face colossal problems, just consistent problems that didn't seem to go away. But I was so stressed, my stomach became acidic. For two days, I felt pain. And I knew it was because I wasn't handling my stress well.

When that happened, I told myself, "My gosh, why does it have to happen this week? Right before I preach on worry, I get worried?"

But this is the story of my life. I usually experience what I'm going to preach the week before I preach the message. I feel God does this to me so that I have raw material to share to my audience — and people can identify with my struggles. (This is the reason I will never preach on demon possession.)

One day, a young preacher asked me, "Brother Bo, give me one thing you do that really helps your preaching." I replied, "Each week, I preach to myself." The first quality of a preacher isn't theatrical skills, a huge vocabulary, or even depth of thinking — as good as all those qualities are. The first quality of a preacher is *self-awareness*. He must be fully aware of his own inner wounds. He must fully understand his inner battles. By being able to encourage *himself* in the Lord amidst his struggles, he now has the ability to encourage others.

So from my experience, I tell you: Worry kills. But worship heals! It was worship that healed me.

I invite you to stop worrying and start worshipping.

Why? Because when you worship, you experience God's presence. And in God's presence, your fears vanish, because He will tell you, "I am here. Everything will be all right."

The Difference between Worry and Worship

Worriers are focused on what's happening *around* them. But worshipers are focused on what's happening *above* them — that God is still sitting on the throne and He is still in charge of our messy situations.

Worriers expect bad things to happen to them because they're focused on bad things. Worshipers expect good things to happen to them because they're focused not only on good things but on a good God!

When you worship Him, He asks you to "give all your worries and cares to God, for he cares about you" (1 Peter 5:7).

Are You a Worm or an Eagle?

Worriers take on the worm's perspective. From the perspective of the worm, everything is big. A pebble is a boulder. A raindrop is an ocean. A blade of grass is a giant tree.

But worshipers enter the throne room of God. And from the throne room of God, worshipers take on the eagle's perspective. From the perspective of the eagle, everything is small. A boulder is a pebble. An ocean is a raindrop. A giant tree is a blade of grass.

Here's my point. If you're a worshiper, there are no big problems. *All your problems are small.*

All Your Problems Are Small

Can you remember all the things that you were worried about 10 years ago? Twenty years ago? Thirty years ago? Where are they now?

They did a study of our worries. On average, 92 percent of your worries are useless worries. In fact, if you check the things you were so worried about 10 years ago, or 20 years ago, or 30 years ago, you *laugh* about them today.

When you were a child, you were afraid of the *mumu* (ghost). Well, things have not changed. Even as an adult, you're mostly still afraid of *mumu* — you're afraid of stuff created by your wild imagination.

Let me tell you what I was worried 20 to 30 years ago...

When I was in school, I was so worried about my failing grades in Algebra, Trigonometry, Physics, Geometry, Chemistry, and (shucks) Filipino. Every time I would have an exam in any of these subjects, I'd have a stomach ache. Sometimes, I'd have diarrhea. But fast-

forward 30 years later — I realize I was worried for nothing.

When I was first invited to preach in America for an international convention, no one asked me if I knew the chemical symbol and atomic number of nickel and zinc. No one asked me how many electrons were going around nitrogen and hydrogen.

When I wrote my first bestselling book, no one asked me if I knew what an isosceles triangle was.

When I started to teach people to invest in the stock market, no one asked me if I already memorized the multiplication table. (I'm still having a hard time with that one.)

When I started my business, no one asked me if I knew the third law of thermodynamics. My failing grades didn't stop me from becoming a success today. (A tip to parents: Tell your kids to simply do their best in school, but don't pressure them with their grades.)

When I was in my twenties, I was so worried about this girl whom I loved but who didn't love me back. I wracked my brains finding a way to make her love me. But I was stumped. Until I realize that I was worried for nothing. Because she said "No" to me, someone else said "Yes" to me — and she's now the queen of my heart and home.

When I was a teenager, I was worried about how ugly I looked, how *baduy* (tacky) my clothes were, how exceedingly thin my body was, and how big my nose was — like a grand piano dangling on my face. Some

people had pimples on their face. I had a face on my pimples. At that time, I was afraid that people would ridicule me, look down at me, reject me. But years later, I realize I was worried for nothing. When I was in my twenties, I was shocked when young women would tell me, “Bo, I have a big crush on you.” Huh? “You need to check your eyesight! Don’t you see how creepy I look?” But in their eyes, I was more handsome than Brad Pitt.

In that same era of my life, one day, I remember wearing a new pair of pants. And my friend said, “Bo, *bitin ang pantalon mo*” (Your pair of pants is short). So for the entire day, I kept pushing my pants down — but sometimes, I felt it was too low — so I pulled it up again. It was so silly, because I bet nine out of 10 people didn’t notice.

What am I saying?

If you take on God’s perspective, all your problems are small.

Can I go deeper with you on this?

The Root of Why We Worry

Why are we chronic worriers?

At the root of it all, worriers expect bad things to happen because they experienced bad things in their childhood.

If our parents abandoned us, we expect the world to abandon us too. If our parents lied to us, we expect the world to lie to us too. If our parents cheated on us,

we expect the world to cheat us too. If our parents hurt us, or gave us pain, or harmed us, we expect life to hurt us, give us pain, and harm us too.

Here's the root cause of worry: *Worriers believe they deserve bad things to happen to them because they're bad.*

Worry is rooted in toxic shame. It's really based on toxic self-concept.

That's why the only thing that can heal worry is God's love. As the Bible says, "There is no fear in love, but perfect love drives out all fear" (1 John 4:18).

When you worship a loving God, *you realize you're good.* God accepts you, welcomes you, embraces you! Not because of what you've done but because of what He has done for you. In God's eyes, you realize you're good. You're very good. You're amazing. You're wonderful.

You hear God telling you, "Because I love you, you deserve to be blessed, to be favored, to be enriched, to be anointed, to be equipped, to receive good breaks, to experience abundance..."

Today, when people hear the word "worship", people think it's something that you do *for* God. A lot of people think that worship is singing, praying, raising their hands, etc. That's not the center of worship. In my understanding, worship is *God loving us.* God accepting us. God embracing us. God blessing us.

Use Your Killer Move

When I was a kid, I used to watch *Voltes V.*

Somewhere at the end of each episode, the five pilots in each of their spaceships shout, “Let’s... volt... in!” and the five ships form this gigantic robot. And after failed attempts at killing an enemy robot — shaped like a cockroach, turtle, wolf or some other creature — Voltes V makes his “killer move.” He pulls out the laser sword from his chest and then slices the enemy robot — slashing it down and up in his signature “V” form.

As a kid, I wondered, why not use the killer move in the first 30 seconds of the show? But no, they have to first battle the enemy robot as five separate ships. When that doesn’t work (and all of us know it won’t), and after suffering damage and injury to themselves, they finally decide to volt in.

Voltes V attacks using his missiles and his ultra electromagnetic top. Of course, they fail.

So in the last two minutes of the show — it does its killer move. The robot pulls out his laser sword and swoosh — the enemy is sliced into two and explodes.

For crying out loud — why doesn’t Voltes V just go straight to that killer move?

Friend, your enemy is **fear**.

And according to the Bible, there is only one killer move against fear: *Perfect love drives out all fear*. Only God has perfect love. Go into His presence and receive that perfect love. And drive out all your fears and worries.

Expect to Be Blessed

Each week, I have a date with my sons. We go out and just enjoy each others' company. Sometimes, we watch a movie. Sometimes, we shop for stuff. Sometimes, we just hang out in a restaurant and talk.

It's not what we do that's important. What's more important is that we're together. *It's not my program that's important; it's my presence that will impact their lives forever.*

By the mere fact that their father is spending his time with them, at the deepest core of their being, they already feel valued. Important. Loved.

This sense of being loved will play a huge role in their life later on. They will live their life in this world expecting to be blessed, not expecting to be cursed.

I urge you to bask in God's presence today.

Stop worrying and start worshiping.

And starting today, expect to be blessed!

How do you heal toxic shame?
It can only be healed if you're
loved unconditionally.

Epilogue

Healing Toxic Shame

I CANNOT END THIS BOOK WITHOUT TALKING ABOUT **TOXIC shame.**

I believe toxic shame is the root of all toxic feelings.

There are two kinds of shame. There's good shame and there's toxic shame. If you do something really bad, be ashamed of it. You *should* feel ashamed. (People who aren't ashamed of the bad things they do have a serious problem, because their conscience is numb. Scott Peck calls them "The People of the Lie" because they've believed in their own lies.)

But you should *never* be ashamed of who you are. *That* is toxic shame.

Where does toxic shame come from? *From parents who give conditional love.* When parents love only if the kids perform, if the kids behave, if the kids have good grades... that produces toxic shame. As adults, they'll always have this deep hunger for real love, and will cover it up with achievements or vices.

Toxic shame is the soil where other toxic feelings grow.

How do you heal toxic shame? It can only be healed if you're loved unconditionally. Toxic shame can only be healed if someone will tell you, "You're amazing as you are," and embrace you as is.

Friend, God looks at you like this. He sees your weaknesses, your failures, and your mess. But He still says, "You're amazing just as you are."

Listen to God. Let His love drain out all toxic shame from your life.

Let Him heal you in the deepest part of your soul.

I continue to pray for you.

May your dreams come true,

A handwritten signature in black ink that reads "Bo Sanchez". The signature is written in a cursive, flowing style.

Bo Sanchez

P.S. I've prepared a free video teaching that adds important material that I couldn't include in this book. Please visit www.HeartDetoxBook.com to watch my free video. Get it and apply what you learn, and enrich your life today.

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About the Author

Bo Sanchez is a preacher, leader and entrepreneur. He is the bestselling author of more than 40 books and publisher of eight periodicals. Bo also has a weekly TV show, a daily radio program and a daily Internet TV show. He travels extensively around the world as a powerful speaker. So far, he has addressed audiences in 14 countries, including 36 cities in North America.

He founded many organizations, such as Anawim, a special home for the abandoned elderly, and Shepherd's Voice, a media group that publishes the widest read inspirational literature in the country. He is also the founder of the Light of Jesus Family, a spiritual community.

He was also cited as one of The Outstanding Young Men (TOYM) in 2006. Privately, Bo is a successful entrepreneur. He frequently teaches and writes about financial literacy, believing that poverty is hugely a product of people's low financial I.Q. He focuses on subjects such as debt management, saving, investing and entrepreneurship.



In another endeavor he's very passionate about, Bo started the Catholic Filipino Academy (www.catholicfilipinoacademy.com) to help parents who want to homeschool their children.

But above all these, Bo believes that his first call is to be a loving husband to his wife, Marowe, and a devoted father to his sons, Benedict and Francis. They live in Manila, Philippines.

For more information, log on to his website www.bosanchez.ph or email him at bosanchez@kerygmfamily.com.

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