

This Amazing Book Will Save You
from Choosing the Wrong Guy
and Making Tragic Relationship Mistakes.
It'll Rescue You from Years and Years of Misery.

Bestselling Author and Relationship Expert Bo Sanchez writes in his usual irreverent, no-holds-barred, blunt-to-your-face, and humorous style about one of the most complicated, sensitive, perplexing areas of life. He confronts the most difficult questions — and answers them head-on. A fair warning: Reading this book will liberate you from all the wrong beliefs and behaviors that have prevented you from finding your One True Love.

This Life-Saving Book Will Give You...

- The 8 Steps to Attract Your One True Love
- How to Know God's Will for Your Future
- The Top 10 Attraction Secrets of a Woman — And 1 Attraction Secret of a Man
- The Myths That Destroy Your Love Life
- And So Much More!

And Here Are the Questions that this Book Will Answer:

- Is there really just one person for me out there?
- Is there really just one person out there for me?
- Can the woman make the first move?
- Is it okay to flirt?
- How will I know if this man is really for me?
- How will I know if he wants more than just friendship?
- And so much more!

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From the All-Time Bestselling Author of *Fill Your Life With Miracles* and
Your Past Does Not Define Your Future, Comes Another Life-Changing Work

HOW TO FIND YOUR ONE TRUE LOVE

8 Steps to Attract God's Best
for the Single Person

HOW TO FIND YOUR ONE TRUE LOVE

BO SANCHEZ



BO SANCHEZ



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WARNING:

This Book Will Shock You.

If you're looking for a relaxing book that you could read while lying on a hammock and sipping your camomile tea, I'm sorry. You bought the wrong thing.

Because this book will shock your brains out.

You will read stuff in these pages that will *contradict* almost everything you've heard so far about attraction, finding love, romance, courtship, engagement and preparing for marriage.

Can I be blunt? Here's one major, MAJOR, reason why you're not yet married... even after years of waiting and waiting and waiting...

You've got *wrong beliefs*.

So wrong, they're way out of the solar system.

So to help you find your Lifetime Partner, I will, in this book, smash (destroy, demolish, crash, obliterate) all your wrong beliefs to the rocks. These will include...

- Crazy beliefs that you've gotten from religious leaders. (Yep, them too.)
- Insane principles you've inherited from friends or family.
- Nutty ideas you've gotten from media. (That's obvious.)

So if you want that relaxing time on the hammock — stop reading this book. (Get my other books.)

But if you're ready to change your life, change your beliefs, (and possibly change your status!) and have the guts to do it, then I dare you, go ahead.

Turn the page.

HOW TO FIND YOUR ONE TRUE LOVE

*to marowe,
my one true love*

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HOW TO FIND YOUR ONE TRUE LOVE

8 Steps to Attract God's Best for the Single Person

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Bo Sanchez

Best-selling author of *Simplify and Live the Good Life*
and *You Have the Power to Create Love*

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HOW TO FIND YOUR ONE TRUE LOVE

**8 Steps to Attract God's Best
for the Single Person**

Bo Sanchez

Who Am I Writing to?

AUTHOR'S NOTE #1:

I Speak to All, but Especially Women

For the sake of brevity and simplicity, I use the female gender in my sentences — instead of writing — “him/her,” “girlfriend/boyfriend,” “husband/wife.”

So it will seem as though I’m writing exclusively for women. No, I’m not.

But I admit that I speak more about their concerns.

AUTHOR'S NOTE #2:

I Speak to All, but Especially to Mature Singles

If you’re single and near your 30’s — and above — this book is for you

If you’re in your teens, read Appendix B.

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PREFACE

My Long, Convoluted, Complicated Torturous Process Of Knowing God's Will For My Life That Lasted For 18 Years

**And The 7 Keys I Discovered
on Discerning God's Will**

I am, without question, the Top World's Authority and Expert in Discernment.

I'm also the Top World's Authority and Expert on how to eat peanut butter in 181 ways
— but that's another book.

Let me tell you why I consider myself an expert in getting heavenly guidance when you make the big decisions in life:

Because I made the most mistakes.

Specifically, 18 years of wonderful mistakes.

It all began when I came to know God at age 12.

I enjoyed serving God at a young age — giving talks, leading retreats, conducting seminars, producing musicals, traveling all over the country. You know, regular stuff.

But I also did some really, really special stuff. Like for these same events, I also cleaned toilets, swept floors, arranged chairs and washed dishes. All-Around Janitor by day, Big-Time Speaker by night.

I fell in love with what I was doing.

So I told myself that I'd serve God for the rest of my life. Obviously, I thought of becoming a priest — or at least a celibate person.

I mean, how could you *not* think of it?

MY WILD JOURNEY TO SINGLENES

Gosh, every big-name saint is celibate.

Every single one of them.

Married saints are awfully few and their popularity rating sucks. (They need a PR firm to pull their numbers up. I've recently volunteered for the job.)

You've got to admit. Heavy-weight saints are priests, nuns, bishops, theologians, popes and founders of congregations.

So here was my thinking: If I'm serving God, I might as well go all the way.

My first attempt at celibacy was when I formed a small group of men to live together in a ramshackle house.

It was really more like a *bodega* — but we lived there for five straight happy years.

St. Francis of Assisi was our hero, and we wanted to live like him, talk like him, eat like him, look like him and smell like him. So for five years, we slept on old cardboards laid on cement floors, wore the most worn-out clothes, fasted regularly, prayed two hours in the morning and went off to do God's work during the day — until we arrived home in the evening for more prayer and sharing — tired, poor, smelly and happy.

All of us wanted to be celibate. But one by one, all the guys with me discerned that they were for married life. (Still, I look back at those five years as one of the most fantastic seasons of my life. We still see each other and work together.)

WHY ARE YOU ON THIS PLANET?

My second attempt at celibacy was joining the Servants of the Word, an international celibate brotherhood. I lived in their house for one year — and was overjoyed to be not the leader — but just a member this time.

Again, the daily schedule was similar. We also slept on floors, ate on tin plates, had a limited set of clothes, prayed long and fasted a lot. We also had lots and lots of fun. The *Servants of the Word* brotherhood was an incredibly rich blessing to my life.

But after one year, I knew in my heart that I wasn't meant to join them.

A very simple reason: If I joined the Servants of the Word, my first ministry would be the brotherhood. And theoretically, they could assign me to go anywhere in the world — and I needed to leave the organizations I founded.

But deep within me, I knew that God wanted me to serve the groups I founded — Light of Jesus, Shepherd's Voice, etc.

Here's Key Lesson #1 on Discerning God's Will: Identify Your Sacred Personal Mission.

To me, the organizations I birthed were part of my original sacred mission — and that mission has not yet been lifted from my heart.

Let me explain. I pioneered a lay community composed of thousands of people spread all over the country, plus a media ministry that was touching the lives of hundreds of thousands more... potentially millions. And I was their spiritual father. Does a father abandon his children?

No, he doesn't.

Tell me: What is your personal sacred mission?

NEVER MAKE DECISIONS AT NIGHT TIME

So with a heavy heart, I left my wonderful friends at the Servants of the Word.

Now, I was on my own. Again.

After praying and thinking over it for a few more months, *I decided to get married*. I told myself that I had tried celibacy. And nothing worked. So this other road must be my path.

I zeroed in on one of the young women that I was attracted to in the prayer meeting. I dated her. I gave her flowers. I even composed a song for her.

But by the third date, she gave me the words of death all suitors dread to hear.

"Let's just remain friends." (But of course, guys would translate these words to mean, "You look like a yellow toad, so bug off, you creep.")

That was when I said, "Wow, perhaps I'm really called to celibacy! I mean, gosh, how can a human female in her right mind turn down a great catch like me?"

Okay, that's not what I said.

I wrote that down to make you laugh.

This is what I actually told myself, "Gosh, she's right. I *am* a yellow toad."

And after some time later, I was somehow thinking of celibacy again.

Looking back, I realized this choice was caused by the deadly mixture of a genuine passion for God and the sadness of a broken heart. *If romance doesn't want me, I don't want it either. So celibacy, here I come!*

Of course, at that time, I didn't know all this. Which brings me to **Key Lesson #2 on Discerning God's Will: Never make decisions when you're discouraged.**

Make decisions only when you feel good about yourself.

Figuratively, don't make decisions during the night of confusion. Sleep over it, and make decisions when you wake up in the morning and feel better.

That's not an original from me. St. Ignatius of Loyola shared these same thoughts when he said that we shouldn't make decisions during times of desolation—nor also during times of extreme consolation—but only during times of peace."

But again, I didn't know all this during that time...

THE CRAZIEST THING I THOUGHT ABOUT IN MY ENTIRE LIFE

I continued to pursue celibacy for three more years.

During that time, I founded *Anawim*, a ministry for the poorest of the poor.

I actually lived in a bamboo hut (without electricity and any kind of plumbing) in the boondocks for three years together with a bunch of like-minded friends. We took in orphans, abandoned elderly, drug addicts and mentally handicapped people. It was a wild adventure.

You see, I had a plan.

With my stint with Servants of the Word, I realized that if I was to live a celibate life, it had to be *on my terms* — that is, become a priest but still be able to serve my organizations.

So my only option was to start my own congregation of priests. (Don't laugh. I was dead serious.)

And I was imagining it to be right there in Anawim, living with the poor, and serving the different Lay Communities I founded all over the Philippines.

So I talked to Bishop Teodoro Bacani and asked him, "Bishop, can I form my own congregation of priests?" The good bishop probably received crazy proposals like this about 12 times a day.

He simply said, "Let's talk about it some more."

CHECK WHAT GOD HAS GIVEN YOU

But after two years of trying and thinking and praying, I shelved the entire idea.

One big realization: I didn't have the gifts of "forming" men one-on-one, which is essential to forming a congregation.

I thrived (became most happy and alive) when I preached in front of thousands or when I wrote my books to millions of readers — not when I was in front of one person— wrestling with emotional issues, giving spiritual direction, counseling personal problems.—*Ugh.*— That kind of work was *death* to me. I simply wasn't made for it.

Here's Key Lesson #3 on Discerning God's Will: Identify Your Raw Materials.

When God designed you, He gave you the raw materials you need to do His will. So you need to study these raw materials well — and you'll find out what He wants you to do. God's not a sadistic taskmaster that will force you to do things you don't want to do. In fact, He gave you your specific gifts, temperament and personality precisely because He wants you to use them to bless the world.

Saying all that, I must warn you that *it takes time to discover your happiness*. What may give you so much happiness later may, in the short-term, give you misery. So discern well.

GOING TO A RETREAT

So when the option of forming my own congregation went up in smoke, I was already 30 years old.

I knew I had to make a choice.

So I went up a mountain with nothing else but a Bible and a wise Jesuit priest. For seven days, I holed myself on that mountain. I was determined that when I went down, I would already have a decision.

I recall that my first three days on that mountain was pure torture. I wrestled with God and found no answer. He wasn't telling me what I should do with my life.

But on the fourth day, my spiritual director said that his fellow Jesuit Fr. Manoling Francisco, the composer of *Hindi Kita Malilumutan* and many other beautiful songs, had a concert at the parish church nearby. Would I want to listen?

I told him that Manoling was my friend. Yes, I'd love to go. So I went there and listened to his lovely music.

But in between his songs, Fr. Francisco said these powerful words that blew me away, "We think that God's will is found out there, somewhere in the stars. That's not true. God's will is found within. Ultimately, God's will is your deepest desire."

What did he say?

SEARCHING WITHIN

Wham! It was like a missile that had my name on it.

My gosh, what are my deepest desires?

What do I really want?

No, not my shallow desires.

But the desire from the deepest core of who I am.

What do I really, really want?

Everything made sense to me. Of course, God's will is my deepest desire!

Sometimes, it takes years to discover this. But through the sharp scalpel of discernment, you peel away your superficial desires, layer after layer, until you touch base with the deepest desire of your heart.

And here is **Key Lesson #4 on Discernment: God's Will is your deepest desire.**

Because when He created you, He planted it there — deep within your soul.

NO LUCK CAME

Armed with this knowledge, I went back to my retreat with vengeance.

For the past four days, I was asking God, "What do you want me to do?" Now, I had three more days to ask myself, "What do I want to do?" I was confident I could answer the question in a few minutes.

I went to the chapel.

The few minutes turned to an hour.

The hour turned to two hours.

After three hours, I was sweating.

After four hours, I was in pain.

I was still stumped as ever.

Why? I realized I wanted both!

I wanted marriage. The intimacy of marriage. The joy of children. The hugs. The quiet evenings and noisy mornings.

But I also wanted the freedom of celibacy. The missionary that goes off to wherever. Alone. In prayer. At work. And with other buddies as passionate for God as I was.

So for the next couple of days, I was as torn as ever.

FALSE ALARM

By the sixth day of the retreat, my brain was fried. Microwaved, grilled, poached, baked and re-fried all over again.

And then all of a sudden, I had a brilliant idea.

I solved my dilemma!

I rushed to my spiritual director, knocked on his door, and said, "Father! Father! I've got it!"

He pulled a chair and we sat facing each other.

“Okay, what is it?”

My words came bubbling out of my mouth, “I know now what to do! I’ll remain celibate for 25 more years — serve to my heart’s content — and get married when I hit 55!”

He looked at me, startled. And then laughed. “Bo, anything is possible. But don’t you think you’ll be unfair to your kids? You’ll be playing basketball with your 10-year-old when you’re 65? Bo, *you’re not making a choice.*”

Rats. He was right.

I had one more day to pray.

A TRUTH THAT ROCKED MY WORLD

I remember that day very well.

I went to God and said, “Lord, this is my last day. This is your last chance. I like both. Is it celibacy or marriage? You’ve got to help me...”

And that day, it happened.

I cannot fully describe to you what took place that fateful morning. Except to say that it was one of the most mystical experiences of my life. But mind you, without the Hollywood pyrotechnics. (If Steven Spielberg interpreted that scene into film, he’d have laser lights shooting wildly from different directions and I’d be levitating with translucent rainbows crisscrossing my body. Nope, it didn’t happen that way.)

On that day, I “met” truth. A truth that was like a golden key that unlocked heavy chains that wrapped around my body for so many years — and they all fell, and I heard them crashing on the chapel floor. I was simply

asking God to resolve whether I should marry or be celibate. But He gave me a truth that would rock my entire world.

Here’s what happened.

I was alone in that chapel, and it was as though *everything around me* — — the entire universe — was speaking — to my heart.

And I heard two words.

I SAW GOD’S PERFECT WILL IN A TOTALLY DIFFERENT WAY

The two simple words were: *You choose.*

I was stunned.

I answered,

“But God, I need to know what is *Your* perfect will!”

And that was when I realized the craziest, most insane thing: At least in my own life, *single life and married life are both in God’s perfect will.*¹

For all those years, I had a limited view of this thing called God’s will.

It’s not so narrow after all! It could be very, very wide.

And it made all sense to me’ — God’s will is as big as God Himself!

Of course, I could choose any of those two options — and I’d still be in His perfect will.

Here’s **Key Lesson #5**: *God’s will is bigger than we think it is.*

¹ Note: I’m sure there are *some* people who — because of their personality, character, history, strengths and weaknesses — are more fit for either single life or married life. But my point here is that there are people who can choose any — and will find that God is pleased in whatever they do.

FRUIT SALAD, ANYONE?

We think God's will is narrow — and woe to you if you fall to the left or to the right! Today, I see many Christians who are like struggling tightrope artists. It's a pathetic sight. We get this idea because Jesus said the way to the Kingdom is narrow. But the context is all wrong. He was talking about moral issues — good and evil. Not about decisions that are both morally excellent.

Tell me: In the Garden of Eden, how many fruits could Adam and Eve *not eat*? Answer: One. And how many could they actually eat — and eat as much? Answer: Everything else.

I've discovered that this is the perfect picture of the human life God has given to us:

All the fruits are for my picking. Only one fruit isn't in God's will — and that fruit is called Evil.

THIS UNIVERSE IS A WILD PLACE OF BLESSINGS!

That's why I now believe everything is sacred.
Everything!

The universe is such a beautiful, wonderful, phenomenal place filled and overflowing with His blessings.

Marriage and celibacy included.

But that day, I still heard a huge part of my heart complain, *Noooooooooooooo! This cannot be!* My old programming was kicking in. My mental software didn't want to be upgraded.

But slowly, the truth took root in my heart.

It took another ten years from that day for this truth to break down all my theological arguments and emotional

biases. (I probably still maintain a few guerilla stragglers fighting in my brain.) That's why it took me this long to write this book. *I couldn't make myself teach these things to others.*

PERFECT LOVE CASTS OUT WHAT?

But that morning in the chapel, I noticed something remarkable.

All of a sudden, fear was gone from the equation.

I could now discern without fear — which I realize is very, very important.

First, the fear of displeasing God had disappeared. (If I chose marriage, He'd be happy. If I chose celibacy, He'd be happy too!)

Second, the fear of being cursed for choosing the wrong thing also vanished from my heart. (Through the years, I've met lots and lots of people who feel God has cursed them because they've chosen wrongly. This cruel lie has robbed them of years of happiness.)

Third, the fear of choosing something wrong — and settling for God's second best — being trapped forever in a second-class life. This fear was also gone!

I could now choose without these useless fears.

Which is **Key Lesson #6 of Discerning God's Will: Never choose in the presence of useless fears.** First banish fear — and then choose out of love.²

THE HISTORIC PHONE CALL THAT CHANGED MY LIFE

If I had nothing to fear, what would I choose?

I closed my eyes.

And found the answer.

I lay flat on the floor of the chapel — and it was as though all my tension and stress drained from my body. I began to laugh.

It was a beautiful feeling to finally know what to do with my life.

I stood up, went to my room, quickly packed my bags, walked to my spiritual director's room and him bid farewell. I told him all my Lessons of Discernment I mentioned above. He smiled. "Great discoveries. So you have made a decision."

"Yes, I have. Thank you very much, Father."

Going down from the retreat house, I whipped out my cell phone.

I dialed a number.

"Hello, Marowe?"

THE CHAIR IN MY OFFICE

Let me tell you the background of that story.

Five years before that phone call, I met a beautiful young woman at my office — applying for work. We hired her and she ended up becoming my secretary.

But as I told you, I was at that time still seriously considering becoming a priest.

So I brushed romantic thoughts aside and decided to look at her the way I looked at a piece of furniture. So to me, she was one of the Monobloc chairs in the office.

This strategy worked.

I'd be rarely in the office anyway, preaching and

traveling around the world. We'd have very brief phone calls, perhaps once a week, and it was purely business. Do this. Do that. Go here. Go there. For those five years, not once did I show any hint that I was attracted to her. Not once did I show any special treatment towards her.

But I must be honest. In the rare times that I was in the office, I'd sometimes find myself secretly gazing at this Monobloc chair for no apparent reason. I was attracted by her simplicity, her steady relationship with God, her pretty smile and her no-nonsense attitude towards work. But again, I pushed this at the backburner of my brain.

I knew I was attracted to her — and enjoyed knowing that I was human.

But I knew it wasn't something to focus my attention on.

Which brings me to the final **Key Lesson #7: Enjoy the Journey Of Discerning God's Will**. All the zigs and zags. All the bumps and jumps. All the twists and turns.

It's all part of this package called Life.

THE DECISION

Five years later, going down that mountain top, I phoned the Monobloc chair.

It was the very first time I called her on her cell phone.

"Yes?" her voice sounded perplexed, wondering if there was an emergency.

"Oh nothing, I just want to say hi!"

Obviously, she was as surprised as a cat in front of a truck's headlights. She couldn't speak for awhile. Her boss had called her to say hi. His brain wasn't functioning normally, she must have thought. Must be the altitude in the mountain.

² 1 John 4:18 - There is no fear in love, but perfect love casts out all fear.

"Uh... hi too. Where are you?" she finally thought of something to say.

"I'm here in Mindanao and I've just finished my retreat. I'm going home now."

"Oh, uh... okay. Was it a good retreat?"

"Yes. Very, very good. I'll tell you all about it."

"Uh... okay."

"I'll see you soon, Marowe. Bye!"

"Uh... yeah. Okay, Bo. Bye."

That was to her one of the weirdest phone calls she had ever received.

But to me, it remains the sweetest.

Going down the mountain, I felt good.

I felt very, very good.

For the remainder of this book, I will now tell you how to find your One True Love.

I remain your friend,



Bo Sanchez

bosanchez@kerygmfamily.com

P.S.1 Get a few extra articles I wrote on finding your One True Love that I couldn't fit in this book anymore. Log onto **www.onetruelovenetwork.com** and I'll send them you by email for FREE.

P.S.2 If you've not yet subscribed to my free newsletter, The Bo Sanchez Soulfood Letter, visit **www.bosanchez.ph** and get it there for FREE.

P.S.3. If you're still at this undecided stage in your life, you need this complete retreat I created: Choosing Your Future Retreat-in-a-Box. (This will be available very soon.) First, it contains the full discussion on the 7 Keys to Discernment Manual, complete with penetrating questions and practical help on how you can identify your sacred mission, define your raw materials, discover your deepest desires and banish your fears. It's big, it's heavy and it's complete. It also has my teaching audio CDs and/or video talks (your option) — to guide you in your personal retreat. I created it so that you don't have to make the mistakes I made. And you don't have to take 18 years to find God's will for your life! Log onto **www.onetruelovenetwork.com** or call (+632) 4117874. (I repeat: This will be available very soon.)

STEP #1:

Take Responsibility for Finding Your One True Love

**Be Deliberate about Getting Married.
Don't Give God the Responsibility
He Gave You.**

*So I shall get up and go through the city;
in the streets and in the squares,
I shall seek my sweetheart.
(Song of Songs 3:2)*

Have you heard this before?

A married woman says to you, “As a single woman, I gave my life to God. I served my church. (Note: Replace “church” with the name of your prayer group, or your community, or your orphanage, or your old senile grandmother in a wheelchair....) Friend, I didn’t look for a potential husband. My eyes were on the Lord. If He wanted me to get married, then He will provide Mr. Right for me. And that was what happened. You know what? My future husband came to me. I wasn’t looking at all, but it’s as though he dropped out the sky, and God served him to me in a silver platter. And now I’m happily married, praise God!”

Nice story.

Touching.

Fills you with hope.

For years, I've believed in this mushy gunk too.

Not anymore.

Today, I've realized that for every married woman who says this "God-provided-me-with-a-husband-dropping-out-of-the-sky" story, there are 10 equally religious single women in their forties and fifties desperately screaming, "But what about us? We've been busy serving God too! And we're still waiting! We have yet to see a husband on a silver platter!"

This is an example of over-spiritualism.

Filipinos Are Prone to Over-Spiritualism

In recent years, a lot of Christian books have come from America concerning romance, dating, love life, etc.

As you read my book, you'll realize that I'll be disagreeing with most of them.

Here's their basic philosophy: "*Trust in God the Matchmaker. He'll pick the guy for you. He'll give you a husband. Don't look. Don't search. Don't do anything.*"

As I write this book, I'm one of the elders of a happy singles group. Out of our singles group, 80% are women. Because I travel all over the country, I've discovered that my group isn't an isolated case. The men are nowhere to be found. When you're a single woman, that's depressing.

And then they read these *God Will Give You a Husband* books and it's driving me nuts. Because all they do is... do nothing!

Here's what bothers me. Filipinos, because of our culture and history (400 years of colonial rule) are a passive

people. We don't take action. We don't take responsibility. We just take what life gives to us. *That's our core problem.*

Because of this, we're prone to over-spiritualism.

If you notice,

bahala na is a corruption of the local name of our God, *Bathala*.³

My dear friends, you don't need books that tell you, "Don't do anything. Let God give you a husband."

Who's Writing for the Mature Singles?

One of the most popular books that came out about single life is *I Kissed Dating Goodbye* by Joshua Harris. I see it everywhere.

It talks about *not* dating, but building friendships, and growing up.

I'd say the same thing too to the right audience. (See Appendix B of this book.)

But one day, I saw my female friend carrying this book, earmarked and underlined.

"I love this book, Bo," she gushed, "it's really perfect for me."

I winced.

She was 35 years old.

When Joshua Harris wrote that book, he was only 21 years old. He was writing for *teens and young tweens* who change romantic partners the way they change clothes. They needed to hear his message.

³ *Bahala na* means throwing everything to fate.

But a 35-year-old single Catholic woman who's not had a date in the past 10 years? I doubt it.

I realized that no one has written a book addressed to mature singles — who are nearing 30 and above (some *woaaaaaaay* above). That's why I'm writing this book.

Before I talk further about the deliberate pursuit of a spouse, let me first explain what over-spiritualism is. (Please bear with me. This is so important for you to understand, I'll take my time explain it. You'll find me heated up as I explain this to you. It's a pet peeve.)

The Epidemic of Over-Spiritualism:

Giving God the Responsibility He Gave You

One day, a husband and wife were in front of me, sharing how they felt distant toward their two growing children.

"We can't put a finger on it," the father said, "but it's as though we're drifting apart. They're not close to us anymore. Bo, can you pray for our kids?"

I had very little time with them, so I gave them my advice right away. I said, "Can I tell you one of the most powerful secrets of bonding with your children?"

They were all ears. "Tell us, Bo."

"First, you need to have one-on-one dates with each of your children. Father and son. Mother and daughter. Father and daughter. Mother and son. You get the picture?"

They nodded.

"Second, these dates must be regular, fixed on your calendar like it was an appointment with the Pope. No one, nothing, can touch it. World War III has to break out before you change those scheduled dates."

They grinned.

"And finally, the date's agenda should be *what your child enjoys doing*. If your kid loves badminton, it's badminton he gets. Even if after the game, you have to see an orthopaedic surgeon because you're 50 plus years old. If your kid loves a particular food, that's where you eat. Don't go to your kid and say, 'Let's have our one-on-one date tonight! Let's go to the prayer meeting!' Unless, of course, your kid loves prayer meetings. After some time, you'll notice the strong bond you'll have with your kids."

Pleased with myself and the advice I gave, I said, "That's my secret."

The husband looked at me with a smile and said, "Bo, thank you for that advice. It's wonderful. But I really don't think I can do it."

"What?" I asked, not hiding my shock.

"I don't even date my wife — how can I date my kids? It will be awkward."

My jaw dropped to the floor. I had to pick it up. But it dropped again when he said, "Bo, we came here not to seek your advice. We came here so that you could pray for our kids — because we think there's something wrong with them."

Groan.

Many Practice Shazam Spirituality

I was sad that day.

Here it was again, staring me in the face: Over-spiritualism.

Just pray over the kids. As though prayer was a magic pill you swallow and SHAZAM! everything's okay. (This was the typical family situation where the "presenting

problem” wasn’t the “core problem.” The kids were perceived to be the problem, but actually the core problem was the parents. It happens all the time.)

It’s a plague.

Want other examples?

Have You Met a Cholesterol Exorcist Lately?

There are people who won’t exercise a muscle in their body, who won’t eat vegetables and fruits, who won’t hydrate their bodies with water, but who’ll eat the oiliest, greasiest food in the world, and who’ll get stressed out at work 16 hours a day — but—*then* pray for healing. (One friend said the only exercise he gets is pushing his luck, stretching the truth, and jumping to conclusions. Oh, sometimes, he carries a grudge.)

Or how about this. (This is a big one.) Have you heard of hypertensive Christian patients who, before gorging on a *lechon*,⁴ pray before the meal, “In Jesus name, I cast out the cholesterol of the pig! Get out! Be gone, in Jesus’ name!” (I’m serious. I also heard a diabetic “casting out” the sugar from a Triple-Decker Decadent Chocolate Cake.)

God doesn’t work this way but many people think He does.

God Is Not an ATM Machine

I’ve seen over-spiritualism in the area of money too.

The preacher says, “Tithe — and God will provide for you!”

The way some preachers teach it, it’s like God is an ATM machine. Chuck in your tithes (your ATM card), and *ka-ching!* — lots and lots of money will come pouring out.

I agree that tithing will bring blessings. But is tithing the *only* principle of financial abundance?

No, it isn’t. You’ve also got to follow the other principles of abundance: Living simply, saving regularly, growing your craft, investing wisely, building your network and diversifying. But why do most preaching dwell on tithing? Shouldn’t we also talk about the other principles of abundance?⁵

Why Do We Make Everything a Spiritual Problem?

One day, a good friend of mine talked to me, feeling very sad.

He said his business was floundering. His old customers weren’t buying from him anymore — and he was buried in debt.

“Bo, do you know why God allowed my business to fail?”

“Why?” I was curious.

“To humble me.”

I shook my head and said, “I know you, bro. The first time I met you, you were already very humble. You’re one of the most godly, most saintly men I know.” Which was true. He was a phenomenal human being.

I asked him some questions, and in 10 minutes, I was able to uncover his problem: He didn’t do any kind of

⁴ roasted pig

⁵ My book on *Secrets of the Rich* is coming out this year. Watch for it. It will discuss all the principles of abundance. I’ll announce it in *The Bo Sanchez Soulfood Letter*. (If you haven’t subscribed yet, do so at www.bosanchez.ph. It’s free.)

marketing for the past three years. (Note: 80% of business failures come from zero marketing, little marketing or wrong marketing.)

I asked him, "Did you call up your old customers?"

"No."

"Not even once these past three years?"

"No."

"Did you give them gifts on their birthdays, anniversaries, Christmas to remind them that you still exist?"

"No."

"Did you visit them, play golf with them, eat together, meet their wife and kids to tell them that you care for them personally — not just their orders?"

"No."

"My friend, you don't have a spiritual problem. You have a marketing problem."

Gosh, why do we do that? When something bad happens to us, we automatically think that God is mad at us.

For many people, all problems are spiritual problems. Heck, no!

When Your Hopes Are Punctured

I remember a frazzled woman coming late to our prayer meeting.

With her face covered with sweat and doubt, she said, "Bo, we had a flat tire on the way here! And we were stranded in the middle of the road! Bo, why did God allow us to have a flat tire? Is He angry with me? Doesn't He care? We weren't going to the casino or to the bar or the

cockpit. We were going to the prayer meeting! Didn't God know that? Tell me, Bo, why did we have a flat tire?"

I shook my head and frowned, "Do you really want to know why?"

"Yes!"

"Are you sure you want to know? Because you may not like the answer."

"Yes! Please tell me why!"

I held her hand, looked her in the eye, and said with a prophet's baritone voice, "*Because your tire is worn out.*"

Gosh. Why do we always think our problems are spiritual?

Your First Problem Is to Know the Problem

Okay, enough with the other examples.

Let's go to you — the single person.

When a single person hasn't found her partner yet, she treats it like a spiritual problem.

"Perhaps I'm not praying enough."

"Perhaps I still have a hidden sin in my life."

"Perhaps God is angry at me."

"Perhaps I need to serve more."

"Perhaps I'm holding back in my surrender to God."

Hey, maybe it's true that you're not praying enough.

Or maybe you need to serve more.

But for crying out loud, does that have *anything* to do with not finding your lifetime partner?

Have you ever thought of asking yourself another question...

"Perhaps I've not yet taken full responsibility for finding a lifetime partner?"

Of course, you haven't asked that question.

Have You Taken Responsibility to Find a Partner?

In fact, right now, you must be in shock, hyperventilating even.

I can hear you now. "Bo, is that *my* responsibility? Finding a lifetime partner?"

If not you, then who?

God the Matchmaker?

I'm sorry if I'm being harsh but I need to wake you up.

I need to slap you in the face and say, "You're in charge of your life!"

The success and the failure of your life *is really* up to you. No joke.

*You need to take responsibility for every area of your **life**. Including the area of your love life.*

Like the businessman above, perhaps the reason why you're still single is that *you haven't been marketing yourself correctly.* (More on this later.)

God has given you responsibility for your life.

Trusting Him doesn't mean staying put and doing nothing.

Trusting Him means doing all you can with all He gave you — with Him on your side.

When Prayer and Fasting Isn't Enough

Let me be cruel here.

One guy I knew had an odor problem.

The underarm kind.

The one that hits you like a jackhammer and knocks you out cold.

Wham!

And for a few minutes, you see your whole life flash before you.

This guy came to me and said, "I've been praying that God give me a wife. But it seems that God isn't listening. You think I need to pray more?"

I told him (as I held my breath when I faced him), "Brother, I think you need something more than prayer."

"I knew it!" he spoke sincerely, "prayer *and fasting*, right?"

I couldn't hold my breath anymore, so before I spoke, I gasped through the side of my mouth. No luck. The atmosphere within a two-mile radius was already contaminated with high levels of toxicity. I tried my best to be as gentle as I could. I chose my words carefully...

I said, "You stink."

He looked at me like a bewildered child. "I do?"

The next time I saw him, the stink was gone.

In a year's time, he was courting someone. (I don't know why it took that long. Perhaps it takes a year for the residue to disappear.) And in three years, they were married.

That man didn't lack prayer. Or fasting.

That man lacked a deodorant.

Super, ultra, fierce, no-mercy, kick-butt, extra-strong deodorant.

In other words, I'm directly shattering this myth...

Myth #1: Just Wait — And Marriage Will Come Knocking at Your Door When You Least Expect It.

No, it won't.

At least, not for many singles.

This myth may be true for a *few* but it won't be true for *many*.

I repeat: I know a lot of single women in their fifties who are still single because they believe in this myth.

They were taught, "Just surrender. If you're supposed to get married, you'll get married. Marriage will come knocking on your door when you least expect it. Just wait!"

Baloney.

Sometimes, you *do* get married, but you get married to the wrong person. Because you just waited for someone to come strolling by — and the one who happened to come along was Frankenstein.

Here's my point: You need to take deliberate action so you can *meet* all sorts of people (See *Step #3: Talk to Lots of Guys*). You need to take deliberate action so you can *attract* the kind of spouse you want. (See also *Step #5: Be Attractive.*)

It's deliberate action that's relaxed. Confident. Trusting. But deliberate nonetheless.

Not Desperation! But Deliberate Action that's Relaxed and Confident

I'm not talking about desperate singles.

Oh please. Not that.

Everybody knows that desperate singles are a potent turn-off, like extra-strong perfume in a tiny elevator. You can't breathe. You just want to run out.

And that's what guys do. They smell desperate women headed down their path. They feel their deadly vibrations a mile away and run for their lives. (I'll talk more about this in *Step #5: Be Attractive.*)

Just a little side note: Money works the same way. I've learned that people too desperate for money won't attract too much money. But people who are *confident* that money will come to them will attract money easily.

I repeat the main message of this entire book:

Take responsibility for your future.

Once you take that responsibility, you're ready to continue the journey of finding your One True Love...

There are four ACTIONS I strongly recommend...

Action #1: Form a Support Team Around You

This is essential.

I want you to sign up your parents as "honorary members" and a few of your close friends to be your support team in your deliberate pursuit for marriage.

Call them **"Operation: OTL (One True Love)" Support Team** or whatever you like. They'll be your prayer partners too.

Your role in the team: To ask help on getting to know yourself; to update them about what's happening to you; to tell them about the guys you meet, the guys who invite you to dates, what you see in them and the feelings you have for them.... Much later, you will introduce your suitors to them. You'll also meet them regularly to update them.

Their role in the team: To pray for you and encourage you. You'll also ask them to slap you on the face if you're bewitched by a charmer that's hazardous to your future.

Sister, you don't pick a winner on your own.

Ask for help. Good parents and good friends — even if they're not perfect — will provide good protection and encouragement for you.

In the *Complete Take Home Course: How To Find Your One True Love*, I wrote down specific instructions on how to form your OTL Support Team.

Action #2: Grow Your Character

If you're going to take responsibility for finding a spouse, you've got to take responsibility to become the right kind of spouse *in your character*.

I've met married people who I feel should have been better off single. Sometimes, because they're personality is better suited for the single life. But sometimes, because it wasn't yet time to get married.

Reason: Their character was still immature.

Marriage isn't for kids in adult bodies. Marriage requires a lot of hard work, humility, patience, sacrificial love, and the other stuff that we call *character*. And frankly, I feel that many singles don't spend enough time growing their character.

They work on their make-up, their clothes, their career—but not their character.

You need to take a brutal moral inventory of your life, so you know what inner areas of your life you need to grow. And commit yourself on relentless spiritual and character growth. Join a spiritual family. Nourish your soul. Be part of an accountability group.

In the *Complete Take Home Course: How To Find Your One True Love*, and I've included a *Moral Inventory* checklist there for your guide.

Action #3: Get Emotionally Healthy

Your mission is to be whole—to be emotionally healthy.

Obviously, this is related to character, but I separate it to *emphasize the importance of studying our emotional patterns and hidden issues*.

Getting married without being emotionally whole spells disaster—or at least a very difficult marriage. Because you'll most likely attract the wrong person.

Here's the truth: An emotionally healthy person will attract—and be attracted to—another emotionally healthy person. —*An emotionally unhealthy person will attract—and be attracted to—another emotionally unhealthy person too.* (I'll give examples on how this takes place in my discussion on what's wrong with "My Type" on Step #4.) A codependent will be attracted to an addict. A rescuer will be attracted to a problematic person. A guilt-ridden person will be attracted to a guilt-giving person. A passive person will be attracted to a domineering person. An abuse victim will be attracted to an abuser. And so on.

So get healthy!

How does one become emotionally healthy? By ruthlessly facing the unhealthy emotional patterns within you, acknowledging them, and working on them everyday, usually with the help of loving friends or wise counselors.

First, *be in touch with yourself*. Remember my crazy discernment process that took 18 years? (See the Preface.) It wasn't only a search for God's Will, but also a search for my identity. It was also a search for my weakness within my soul. I had to face my sexual addiction and approval addiction⁶. I got to know myself really well through those years.

Second, *ask the people closest to you to tell you who you are*. Because we all have blind spots.

Third, *look at your family tree*. Study your parents and grandparents — and they will speak volumes about the “raw materials” within you—both the healthy and unhealthy emotional patterns within you.

Fourth, *love yourself*. Practice what Cheryl Richardson calls *Extreme Self-Care*. Because you cannot give what you do not have.

In my *Complete Take Home Course: How To Find Your One True Love*, I’ve included tools for all these steps.

Action #4: Know Yourself — For You to Know What You Want and Don’t Want

In Step #7, I’m going to ask you to *know what you want in a spouse*.

But that’ll be impossible if you first don’t know who you are.

And that’s why I generally recommend young people not to marry too early. At least in our culture, we’re still are busy forming our identities until the age of 25 to 28. (Statistics in America say that divorce rates *double* for those who marry at age 21 to 22, compared to those who marry at age 24 to 25. That’s a lot.)

How do you get to know yourself?

First, *answer the deeper questions about life*. Try these out for size: “What is my purpose in life?” “What makes me really happy?” “What makes me angrier than anything else?” “What am I most afraid of?” “What are my deepest needs?” “Do I love myself?” “How do I love myself?”

Second, *take the many personality tests available*. They will help.

When you know yourself more, you’ll have a better chance of picking the right man for a happy marriage.

Again, in the *Complete Take Home: How to Find Your One True Love*, you’ll find my questionnaires for this purpose (and lots more material not found in this book).⁷

Let’s now clear any blocks that will prevent you from finding your One True Love...

⁶ I wrote about this part of my life in my book, *Your Past Does Not Define Your Future*. You can get it on-line at www.shepherdsvoice.com.ph or call (+632) 4117874.

⁷ In the *Complete Take Home Course: How To Find Your One True Love*, you’ll get a (1) Moral Inventory, (2) Emotional Health Test, (3) How To Get Feedback And Discover Blind Spots, (4) Life Dreams and Success Journal, (5) Extreme Self-Care List, (6) Family Tree Evaluation, and so much more. Log onto www.onetruelovenetwork.com and click on “Complete Take Home Course”

STEP #2:

Know What's Stopping You Inside

Identify Your Internal Blocks And Self-Imposed Prisons Of Fear

... he who doubts is like a wave of the sea that is driven and tossed by the wind.

For that person must not suppose that a double-minded man, unstable in all his ways, will receive anything from the Lord.

(James 1:6-7)

I'm also a financial consultant.

Yep, I wear many hats. (Get worried if, one day, I tell you that I'm a beauty consultant.)

I regularly give financial seminars where I teach people how to save, diversify and where to invest, etc. I really feel Christians *need* this badly.

But I've discovered it's not enough to teach people financial wisdom.

People can gain all the financial wisdom in the world, but unless something else is done, they won't prosper.

Do you know what that *something else* is?

I've learned that one of the biggest blocks to wealth are people's *unconscious beliefs about money*.

Let me tell you why.

Many people are trapped in poverty specifically because of their mixed-up, conflicting desires: On one hand, they want to get rich, pay their debts and have more than enough to be generous. On the other hand, in a very deep unconscious level, they *don't* want to get rich.

Shocking? In what way? Because of their subconscious beliefs that money is bad, that rich people are evil and that business is dirty. Some of these beliefs are distorted religious beliefs — but religious nonetheless. And religious beliefs are very, very deeply rooted within our spirit. They are part of our core identity.

So how could they ever prosper? They're sending out mixed messages to themselves, to their bodies, to their emotions, to their jobs, to their bosses, to their customers and to the universe.

Contradicting desires create contradicting results.

Where there is no clarity of purpose, no great thing will be achieved.

Here's the truth: I've long learned that God's universe simply responds to what we want — clearly, repeatedly and passionately.

Yes, even when it comes to marriage.

You Need to Be Clear with What You Want

Question: Are you sure you want to get married?

I can already hear the chorus of voices protesting, *"Of course I want to get married! Why would I be reading your book?"*

But believe me, I'm shocked at the many people who are *not sure*.

When you're not sure, you send mixed signals to the universe — and to everyone in your world — including potential suitors. And that's bad.

Identify Your Internal Blocks And Self-Imposed Prisons Of Fear

Let me say it again: 100% clarity of purpose will attract the reality that you desire for. Yes, including marriage.

They also live in a self-imposed prison of FEAR.

I find this pathetic: Instead of a human being, they choose FEAR as their lifetime companion. (He's not a great spouse, believe me.)

Unless you identify these internal blocks and self-imposed prisons—you'll never see yourself moving into a happy marriage.

Let me now give you 8 examples of different singles who have these internal blocks and self-imposed prisons.

Check if you are one of them:

1. Are You Mark Or Mindy the Mouse? The Problem of Low Self-Worth And The Fear Of Rejection

Mark believes he's a mouse.

I wish I could say he believes he's Mickey Mouse because at least he owns theme parks all over the world. But no. He believes he's a rodent, a rat, a pest with a very bleak future — and that no girl in her right mind would like him. Deep within him, Mark thinks he'll never get married. In his entire life, he has asked out a girl for a date only twice — and was rejected on both counts. (When you unconsciously expect to be rejected, there's a high probability that you will be.)

Since then, he has fallen in love 16 times, and not once has he tried again to ask the girl out, talk to her, call her up or give her a gift.

Well, that's not true. Last year, Mark decided to give

red roses to his crush on Valentine's Day. But because he feared the girl would puke at the thought that he was pursuing her, he gave all her friends red roses too. So on that day, all the girls thought he was sweet — but that one girl he liked never found out that he liked her.

And she never will.

Mark is plagued by low self-worth.

Mindy has the same problem. She asked me why she ends up with one jerk after another jerk. "They were charming at first, but later became horrid creatures from the underworld." This is how I answered her: You don't get the partner you deserve. You get the partner you think you deserve.

Many women don't get a good husband because they feel they don't deserve a good husband. They've got very poor self-images, possibly deformed during their childhood and wrong parenting—and reinforced by their failed relationships.

It's a vicious cycle: Unless Mindy changes the way she looks at herself, she will continue to attract "horrid creatures from the underworld."

Some Marks and Mindy's have *Body Image Problems* that cause them to have intrapersonal problems. "I'm too fat." "I'm too thin." "I'm too short." "I'm too ugly."

2. Are You Carl the Family Crutch? *The Problem of Enmeshed Family Relationships And The Fear Of Guilt*

Carl is a 33-years-old sales manager of a pharmaceutical company.

He's also the eldest of four siblings — two brothers and two sisters.

He wants to marry one day.

But every time his mother finds out that he's dating a girl, she breaks down in *telenovela* histrionics. She tells him, "Don't forget your youngest brother, little Colin (who, by the way, is already 22 and is taller than Carl). He hasn't finished college yet." And, "poor Cookie (the 24-year-old sister) who's unmarried but has a two-year-old kid and needs someone to provide for them" and "tired Catherine (the 29-year-old sister) who has three kids and a useless alcoholic husband who can't keep a job" and "your father whom you know is sickly and hasn't had a steady job for 15 years now...."

Through guilt, his mother has manipulated Carl to be the virtual father of the family.

Unfortunately, Carl has *allowed* her to do so with impunity. Because here's the truth: **we "teach" people how to treat us—good or bad.**

Unless he stands up against this manipulation, he'll always feel trapped.⁸

3. Are You Tess And Trisha the Traumatized? *The Problem of Traumas of Childhood And The Fear Of More Pain*

Tess grew up seeing her parents fight every single day.

Shouting. Screaming. Cursing. And with Daddy physically beating her mother.

Not a single month passed without Mom having a bruised face, a black eye, a sore arm...

⁸ I'm not in anyway saying we shouldn't help our families. We should! But we need to know the difference between helping and being abused. When we allow ourselves to be abused, we're not helping but teaching people to be parasites.

Her best friend Trisha had parents whose marriage was okay. But as a young nine-year-old girl, she was sexually abused repeatedly by an uncle. Under threats of greater harm, the uncle warned her that she should never say anything about his advances — so she kept this dark secret until she was 22 years old.

Tess is now 30 and Trisha is 32. Both are best friends.

Both talk about getting married one day, playfully selecting color motifs, wedding hymns and reception caterers.

But in an unconscious level, Tess avoid men like they were bacteria.

And Trisha gets terribly uncomfortable whenever she feels romantic or sexual feelings towards men. As though she's dirtying herself all over again. So she's taught herself *not* to be attracted to men, denying feelings of attraction everytime they come up. She's repressed her sexuality, her attractiveness. (More on this later in Step #5: Be Attractive.)

Outwardly, they say they want to get married.

Inwardly, they panic at the possibility.

Unless they heal the wounds of the past, they will have a difficult time looking for — and accepting — a man in their lives.

4. Are You Jim the Jellyman? *The Problem of No Backbone And The Fear Of Commitment*

Jim enjoys romantic relationships.

He enjoys them so much, he already had a string of four girlfriends in a span of six years. But the moment the girl even hints about “our future together” and “where

we will live” and the deadly “I like lots of kids!” — Jim instantly vanishes into thin air, making David Copperfield look like an amateur.

Jim doesn't want to be tied down to one woman.

He told me his greatest fear: “What if, after choosing this girl, I'll meet another woman who'd be lovelier, kinder, prettier, sexier?”

I told him that scenario is not a possibility. It's a given fact. He'll definitely meet other women who'll be lovelier, kinder, prettier, sexier than his wife.

But I told him that his love for her through the years increases the value of his wife by 1000% — and other females can never compare.

But Jim doesn't get it.

5. Are You Belle The Brokenhearted? *The Problem Of Being Attached To Past Hurts And The Fear Of Hurting Again*

Belle and Toby were together for 4 years. She gave her all to him, but he didn't reciprocate. She was already envisioning who should be in the wedding entourage (“My niece Lil will make a perfect flower girl,” she told him, “but you better hurry because she'll be turning 8 this year and she might be too old next year...”) and mentally designing her wedding invitation (“It'll be an audio CD invitation!"). But Toby wasn't just ready. He still had flings left and right, hurting Belle again and again.

Finally, Belle woke up from her misery and called it quits.

And she mourned for her loss.

After three years, she's still mourning. When her

friends get together, she'll find a way to talk about Toby. She wonders where he is, what he's doing, and who he's seeing now. Her girlfriends are tired of it and make up a reason to leave whenever Toby is mentioned.

But Belle is attached not only to Toby, but to her broken heart and shattered dreams. She's also attached to her *false* image of who she wanted Toby to be—something that never existed.

After a break-up, women tend to hurt longer and deeper. They keep asking themselves, "What did I do wrong?"

Unless Belle makes a choice to forgive herself (for holding on too long), forgives him, and cleanses her heart of the past, she will never move on.

But I know of other "Belles" who do the exact opposite.

They "rebound" to another relationship days or weeks after the break-up. She uses the new guy as an anaesthesia for the throbbing pain. Because of her tears, she doesn't see clearly that the new guy is worse than the first one. When the anaesthesia is gone (the feelings of romance), she wakes up to this bitter reality. And she has to go through another pain of separation.

Girl, don't rebound. Wait for at least six months of mourning and adjustment before entering into another relationship.

6. Are You Ludy The Luggage Lady? The Problem Of Being Attached To Dead-End Relationships And The Fear Of Losing Even That

Ludy has an on-and-off boyfriend named Pele. Pele is

an emotionally unavailable *Macho*. She knows he'll never be a good husband and will not marry him, but she hangs on to him lest she finds no one else. Pele is something like a spare tire.

There are many Ludies around—hanging on dead-end relationships that have no hope for marriage.

Sylvia had an affair with Phillip, a married man. Though the sex is over (she recently joined a *Life in the Spirit Seminar*), he still calls her on the phone regularly. She doesn't have the courage to cut off completely—as she still enjoys having him as a "close friend". Other single men have not been attractive enough because Phillip is good looking, romantic, and wealthy. So she holds on to him, hoping that some miracle will happen.

Reina has a close relationship with Mel, a homosexual. "Perhaps he'll change and learn to love me," she jokes her friends. Sadly, the joke is half meant.

Linda maintains a sexual friendship with Louie. He's not even her official boyfriend, just a long-time officemate. But *stuff* has happened between them. Not '*all the way*' but lots of petting and necking. Linda is confused about the relationship, and she knows that Louie is merely using her—but why is she still hanging on? Is she hoping that he will one day change and propose marriage?

Unless these women drop their excess luggage and move away from these dead-end relationships—they'll never be free to marry. Other men cannot find a place in their hearts because they're already filled up by these false hopes.

Sisters, *get out of these one-sided relationships now.*

7. Are You Danny And Doreen The Distant? *The Problem Of Isolation And The Fear Of Intimacy*

Danny wants to be always in control. So when a girl is getting too close, he unconsciously backs away. By opening himself to her, he gives her a level of influence over his life he finds scary. "I feel smothered," he says. Danny has a fear of intimacy.

Women have the same fear. If they were hurt in the past. If they were abandoned. And if they don't like themselves.

Doreen is such a woman. "When a guy is getting closer, I run," she says. Her reason? "I know he won't like what he'll see. I can't take more criticisms."

Another expression of this problem of isolation is when we have excessively high and limiting standards.

"He's not smart enough," or "He's not tall enough," or "He's not rich enough." Religious people can also be distancing themselves from potential spouses by insisting on rigid standards of religiosity that have nothing to do with real spiritual maturity.

8. Are You Jamie the Undecided? *The Problem of Being Attached to Limbo And The Fear Of Making Mistakes*

Jamie is a pious woman who — at the age of 35 — is still discerning God's will for her life. The perennial question in her mind is, "Lord, do you want me to become a nun or do you want me to get married?" Like me, Jamie has taken 18 personal retreats and spoken to 44 spiritual directors about 3,000 plus times — and she still can't make a decision.

Okay, I'm exaggerating. But not too much.

I've met a lot of Jamies out there, and they drive me up the wall — because they remind me of myself.

Every time I meet Jamie, she's always in some perpetual limbo. "Bo, please pray for me. I don't know what to do with my life."

I'm tempted to shake her violently and scream, "MAKE... A... CHOICE!" But of course, I remember that I was like her only a few years ago, so I stop myself. And I say calmly, "Jamie, please make a choice."

But with a look of terror in her eyes, Jamie says, "But Bo, what if I make a mistake? What if I choose and it's not God's will? I'll forever regret my choice..."

Clarify Your Intention: Marriage or Single Life

Recently, I've learned to say, "Jamie, there's no other way to find out but to actually do it. Take the plunge. Pick a convent now and live there for six months. Perhaps 12. Just try it out."

When I say this, some people foam in the mouth, have an epileptic seizure, run away and don't talk to me again.

A few, however, do join a convent, never leave and become gorgeous Brides of Christ. Others find out convent life is not for them, walk away happy, knowing they've tried it. They know they will have no regrets for *not* trying.

For those who are considering "consecrated celibacy," there's no point sitting on the fence. Jump into the water and get your feet wet. If you like it, stay. If you don't, get out and find another pool.

Friends, I've been working with a lot of singles who outwardly say they want to get married. But inwardly, they're not sure.

The first step to attract your One True Love is to have clarity of purpose.

And the second step is to remove any inner blocks in your life.

Heal what needs to be healed.

Go to counseling.

Work on yourself.

And then move on.

The third step is to find a route with more traffic in it...

STEP #3:

Talk to Lots of Guys

Don't Search for a Spouse.

Search Instead for Self-Knowledge,

Fun and Friends

Let your acquaintances be many...

(Sirach 6:6)

Read this love letter from Sam to his girlfriend Judi.
And as you read it, imagine yourself to be Judi.

Dearest Judi,

Our destinies are written in the stars.

Before the world was made, God had already predestined that we be together — you and I in each other's arms. Before history began, He chose us for each other. So the moment we were born, we were already searching for each other — for our other half. So we looked and stumbled upon different people, and though they made us happy, they didn't make us complete. For in the end, only you can make me whole, and only I can make you whole.

And because we were meant to be for each other, no matter what we did or where we went, fate would bring us together.

And on that historic day, I saw you. And my life has never been the same.

From the first moment I gazed upon you, something leapt in my heart. Immediately, I knew that I had found the one I was looking for. Yes, it was love at first sight.

*And yes Judi, God has chosen you for me.
Thank you for saying yes to God's will.*

*I love you,
Sam*

Gosh, who wouldn't want to receive a letter like this?
Well, sorry I'm going to burst your bubble.
Even if die-hard romantics will burn this book.
Let me shatter the second myth that's stronger than
the first one. I know many of you have believed this for so
long now. (I warn you. If you don't want me to rock your
"theology of romance", stop reading.)

Myth #2: There's One Person Out There Meant for Me

This insane belief is so popular.

Almost every one I've talked to believes that
somewhere out there in the world is "*one specific person
God has chosen for me.*" That out of three billion males (or
females), the Almighty has handpicked one person to be
my spouse.

Some say that even the Bible seems to say this: Eve was
a rib taken from Adam — the rib being close to his heart.
They were two halves searching for each other. (This was
Plato's idea too.)

But friends, here's the truth: *God has not pre-selected one
person out there for you.*

I repeat my point in the Preface of this book: **God's will
is bigger than we think it is.** God's will can actually contain
a few good men to choose from. *Any of these few good men
could be in His Perfect will.*

Don't Pass the Choice to God'—Take Full Responsibility for Your Life!

My message: **You're free to choose!**

Some people turn white in panic when I say this.

Basically, they want God to choose for them — so
that if something goes wrong with the marriage, they can
blame God.

For many people, discerning God's will is really a way
of escaping full responsibility for their choices.

Believe me, I cannot tell you how many times I've
heard this line from married people: "*Why did God choose
this man for me to marry? He turned out to be a monster!*"

I'd answer, "He didn't choose your spouse. You did."

And they answer me with anger, "But I prayed for His
choice for my life. And I asked for signs — and the signs
came!" (I'll talk more about signs in **Step #6: Know What
You Want in a Spouse.**)

A Few Good Men May Be in God's Perfect Will

Dear friends, God does not select one person for your life.

Instead, He opens up the whole world to you and
says, "I give you a phenomenal brain to use" — to judge,
to value, to think, to pray, to choose well — and attract a
man worthy of your love. See to it that he will be a good
husband and a good father to your children."

Yes, there are many possibilities out there — and
you're free to choose what you believe would be the best
husband for your life.

**In other words, many possible people can be your One True
Love.**

And as long as the person you chose has solid character, strong values, and all the stuff necessary for a good spouse and good parent, **you can be equally happy marrying this or that individual.**

I know what you're thinking. I'm so unromantic. But that's the truth.

I repeat: Many choices can be found in God's perfect will for you.

Your One True Love Is Not Chosen for You.

You Choose Your One True Love.

I regularly tell my wife that we were "meant" for each other.

Yes, you can still say that to each other.

It's no longer understood in terms of "destiny" and "fate," but by the fact that *we chose each other out of billions of people.*

Here's a fact that may have been hidden from you for the longest time: **You create your destiny.** You really do!

When I chose my wife, I created my destiny.

And when I love her every day, serving her (even during days when I don't feel like serving her), I continue to *create* my destiny of love, happiness and abundance.

But Where Are Those Few Good Men?

Many of you have got a big problem.

You don't meet enough new single men in your daily life.

If you're serious about pursuing a spouse, *you need to start talking with lots and lots of new single men.*

I know what you're thinking: *Bo, I don't want to meet lots and lots of guys. I just want to meet THE GUY.*

Well, you can't meet THE GUY unless you meet lots and lots of guys.

That's why I sometimes believe that women choose their shoes with more care than they choose their marriage partners. (I've got thousands of letters from broken-hearted girlfriends and hurting wives to prove this.)

When a woman buys a pair of shoes, she goes to eight shops to compare style, color, fit and price. In each shop, she'll probably try a dozen pairs — holding it, touching it, smelling it, wearing it, walking it — before she actually buys the shoes. She also usually brings a friend or friends, always conferring and asking for comments.

But when it comes to love, a woman will marry the first jerk that will make her blush.

Break Your Daily Routine. Expand Your Search Area!

Do you know what insanity is?

Insanity is doing the same old things but expecting new results.

I know singles who, for the past ten years, go to three places and three places only: Their home, their office and their prayer meeting. Period. But they expect that somehow, they'll see someone new along the way.

Gee, nothing is impossible. Who knows? Probably in another 10 or 20 years, he'll come walking along your path, perhaps even knocking on your door. (Your options are very few: The Pizza Delivery, The Electric Bill Collector, The Water Bill Collector, and the Postman.)

When evening comes, you'll see these singles at home, watching TV and taking frequent trips to the refrigerator.

As one author said, there are very few potential

husbands that can be found between the TV and the refrigerator.

If you don't find potential husbands in your office and in your prayer meeting, then you've got to break routine. Expand your search area.

Here's the idea: The more guys you meet, the better the possibilities — not only for marriage, but also for getting to know yourself, getting out of your shell, getting to know how to relate to the opposite sex and getting to serve others. (More on this later.)

So look for *abundance* instead of meeting one guy.

The more choices you have, the better for you.

I repeat: Praying is important. Trusting God is essential.

But in my understanding, praying doesn't exclude action.

In fact, *I dare not act without prayer.*

Let me give you Five Actions that will change your life...

Action #1: Go to Where the Good Guys Go

I didn't say, "Go to where the guys go." I said, "Go to where the *good* guys go."

There are a lot of guys in the bar. But is that where you find good men — the kind of guys you want to be friends with?

Think in his shoes: "If I'm a single guy who's disciplined, hardworking, has dreams for my life, compassionate and has faith in God — where would I go to?"

And that's where you go too.

This is not an exhaustive list but just a few ideas to make you think:

- Take mini-courses in business, entrepreneurship, real estate, computer skills
- Learn a sport — badminton, bowling, chess, martial arts — anything that you fancy, and get into tournaments, clubs, associations...
- Join civic organizations and volunteer in their charitable projects
- Attend Chinese classes, self-help seminars, etc.
- Enrol in a gym and get involved in the special activities
- Sign up for mountain climbing treks, hiking, camping, etc.
- Join singles church groups.

In other words, I'm telling you to go out and live life to the full.

Expand your territories.

Broaden your horizons.

Conquer the world.

Go out!

Some singles treat the single life as though it were

"soup" and "salad" in preparation for the real "steak" of life, which is marriage.

No, it's not.

Single life is a fantastic time to really live!

To grow.

To become the best person you can ever become.

To experience all that life has to offer.

Learn new skills, develop your interests, serve the poor, build new businesses, sell stuff, organize groups, meet new friends and do stuff together.

Action #2: Clarify Your Purpose — You're Talking to Friends, Not to a Potential Spouse

You're not looking for a potential spouse.

You just want to talk to lots and lots of guys.

This is important. Once you realize that, the pressure is gone. You're not looking for a cute guy, a spiritual person, a financially stable man, and all the stuff you wrote down in your checklist for a potential husband. *You just want to talk to guys!*

Why?

Here are five fantastic reasons:

1. You'll grow as a person.

You'll be more sociable, more friendly, more outgoing. Not bad character traits to have! This will develop your self-confidence — which will affect all the other areas of your life. For example, you'll be more confident in your work and this will bless your career.

2. You'll get to know yourself.

As you study your various reactions to the different single men you meet, you'll understand yourself more — regarding what you want in a man — and why you want what you want. Because of this one reason alone, you *should* go out and meet many

men. Dr. Henry Cloud says, *a woman may be inaccessible to men because parts of herself are inaccessible to her.* In his words, she “lost the chemistry of interaction that comes from the soul.”

3. You get to understand the opposite sex more.

You'll be surprised at how little you know of how different men are from one another! So exposing yourself to a various bunch will be a great learning experience. You need to understand more and more this strange alien species in order to get better at picking your lifetime partner.

4. You meet lots of new friends.

You'll meet some guys you'd rather not see again until the end of the world. But you'll also meet some great guys who'll end up as your wonderful friends for a long, long time. And that's a cool gift you'd want to give yourself.

5. You'll have a good time.

Meeting new people is fun!

Action #3: Aim to Talk to Three Single Men a Week⁹

Many women will tell me, “That's impossible.”

Not, it isn't. You just have to break your daily routine — and your daily attitude. (More on this later.)

⁹ In my *Take Home Course*, I ask them to email or furnish their Support Group with a list of the three single men they meet each week. This brings some accountability to this assignment.

Christian psychologist Dr. Henry Cloud suggests five single men. I'm kinder—and because of the culture difference—I'm lowering it to three new single men per week. He requires three things for a single man to be counted in the list...

1. He's new. (You may have seen him before but you haven't talked to him lengthily.)
2. You talked to him long enough for him to say (if he wishes), "Let's talk again!"
3. And he has your contact details (like your email or cell phone number) should he wish to follow up. (Note: I don't recommend that you give your home phone or address. I even suggest that you get a new email address and separate cell phone number for this purpose. So just in case you gave your contact info to someone who turns out to be a pest, you can change your email or cell number anytime.)

Here are the things *not* required:

1. You don't have to be *interested* in them. This isn't about finding a spouse! This is merely to enlarge your network of single men.
2. You don't have to go out with them if they invite you. Acquaintance is okay! Yep. You may not even want to see them again. If a man contacts you and invites you to meet again, and you don't want to, simply decline.

The idea is to learn social skills that's very important for you to meet the right kind of single men.

Now this is difficult for a lot of women.

They'll insist they're shy.

They'll say they don't want to be rejected.

They'll say they don't like talking to strangers.

"Bo, what if I end up talking to Hannibal the Cannibal?"

Hey, there's a risk in what I'm telling you to do.

I've long learned that any kind of growth *requires* risk.

If you don't risk, you don't grow.

It's as simple as that.

If you don't open yourself to the world of men, you'll be safe because you'll surely avoid Hannibal the Cannibal. But you'll also be rejecting some wonderful, good, holy, cute guys — including your future spouse — out there!

Action #4: Through Your Actions, Tell Single Men, "It's Okay. You Can Talk to Me."

I've observed this a million times.

When a man looks at a woman he's attracted to, *the woman usually looks away.*

And that's the end of the story.

The guy will never approach the woman, and the woman will go on her merry single way. Too bad.

All it had to take was for the woman to *look back and give a restrained, friendly smile.*

Ladies, you have a body language that speaks powerfully.

You'll see this in a gathering. One woman will be approached by lots of men. While the woman beside her — who may be physically more attractive — will not be approached by one single guy.

Why?

Body language.

Through her body, her eyes, her smile, her bearing, her movements, the approachable single woman was saying, “It’s okay. You can talk to me.” And the men came in droves.

But the unapproachable woman, also through her body, was saying, “Don’t you dare come near me. I won’t like it. And you won’t like it.”

Ladies, you’ve got to learn to be more open in your disposition.

I repeat: You’re not looking for a potential husband.

So stop being too uptight.

You just want to talk to guys.

Is It Okay to Flirt?

For many people, flirt is a dirty word.

When someone says, “She’s a flirt,” you think dirty thoughts. For many, it’s equal to “seduction.”

But gosh, I’ve been racking my brain looking for another word that describes *wholesome* flirting — and I can’t find another word!

So I’m creating a new word myself. (Webster, listen up!)

Wholesome flirting is *flirtsome*¹⁰.

I’m referring to the way *a woman intentionally attracts a man to notice her in a wholesome, friendly way.*

How To Flirtsome

In my book, that’s what single women **should** do if they’re interested in another man. And no, it doesn’t have anything to do with seduction or something dirty at all.

For example, when a single woman attends a sports activity of the office or prayer group or club, and she brings piping hot cinnamon rolls to the guys playing basketball — guess what? In my book, she’s flirtsoming. And it’s good flirting. This one guy she’s attracted to didn’t really notice her before. But now, she’s the girl with the charming smile who brought cinnamon rolls for the basketball team.

And when they’re eating lunch after the game, she intentionally sits beside him and starts a conversation. What do you call that? Again, in my book, she’s flirtsoming. And thank God she is!

Girl, flirtsome!

Action #5: Get Involved in Projects Together

This is even better than dating.

In dating, you talk to each other.

But when you work in projects together, you see each other’s emotional reactions to all sorts of things. How does he handle pressure? How does he handle his anger? How does he handle temptation?

By working together, you get to know these guys in the raw, not with their best foot forward.

If you’re freaking out at what I’m suggesting you to do here in Step #3, wait till you read what I’ll be asking you to do in Step #4.

¹⁰ I’d like to personally thank Frank Hilario for helping me come up with the word.

STEP #4:

Have as Many Friendly Dates as Humanly Possible

**You Don't Have to Call Them Dates.
Call Them Chats over a Cup of Coffee.**

*For from the fullness of the heart the mouth speaks.
(Matthew 12:34)*

In Step #3, I asked you to talk to lots and lots of new guys who happen to cross your “new” paths. (The old path was the one between the TV and the refrigerator.)

In Step #4, I want you to not just talk to them *accidentally* but to have *deliberate* dates with them.

(Are you all right? Did you just faint?)

In the world we live in, there's what you call *romantic dates*.

And then there are *friendly dates*.

Both are worlds — like Mercury and Pluto — apart.

Romantic dating is between two people who're thinking of marriage.

Friendly dating is between two (or three or four) people who are *not* thinking of marriage — but just talking and getting to know each other.

Unfortunately, in our Filipino culture, “dates” mean “romantic.”

So we may have to call *friendly dates* by another name. How about “chats over a cup of coffee”?¹¹

Why Friendly Dates?

Simple answer: *Because you don't want to fall in love with someone you can't be friends with.* I found out that in marriage, my wife and I are sexual partners less than 1% of the time (yep, sex gets to be very quick—especially when you've got a sleeping baby beside you!)—but you're supposed to be friends 99% of the time.

So let's say you followed my advice: You started going out, joining civic clubs, hiking groups, charity projects, singles church groups, entrepreneur clubs, seminars and classes... and met many, many guys — and actually *talked* with them.

But after the meeting or class, one of the guys says, “Sheila, do you want to walk over to Starbucks” and grab something?”

Some women I know actually say “No, I can't. I'm in a hurry...”

They do so for a number of reasons.

First reason, Sheila says,

“He's not my type.”

Second reason, she says, “He doesn't fit the checklist I have for a potential mate.”

¹¹ I've seen some Christian communities and churches treat their singles like immature teeny-boppers who can't go on dates without their leaders' knowledge and protection. These leaders insist that singles can't even have friendly dates with anyone because it'll open them up to temptation. (My foot. Then that means these leaders have not done their jobs to strengthen them to the point where they don't need close guarding.) In some of these groups, singles have to ask “permission” before they date anyone — even on friendly dates. And some of those singles are in their 30s! I find this pathetic. Guide them, yes. Advise them, yes. But control them? Go fly a kite. I can assure you that if you have this kind of culture, the group will have an *extraordinary* amount of single women in their 40's and 50's still waiting for Mr. Right.

Third reason, she says, “I've decided not to date anyone except my One True Love.”

Bad move, sister.

Let me tell you why.

Sometimes, Your “Type” Is Based on a Sick Homing Instinct

First reason — you're not looking for a husband when you do friendly dating, remember?

Second, don't get stuck with “your type,” because “your type” usually comes from your weakness — not from your strengths.

Let me explain.

Sometimes, you're “type” is your “homing instinct” kicking in. That means you're trying to recreate your childhood home, even if “home” was problematic or painful.

For example, pretty, dark-skinned Conchita is a daughter of an alcoholic. Her father drank heavily from dawn to dusk, usually in the neighborhood store.

That is why in a crowded room of men, *spontaneously*, Conchita will fall in love with another alcoholic. You don't have to give them a breath test to measure alcohol intake. Just ask Conchita who she fancies in the room, and bingo — you'll locate the alcoholic in the crowd.

As pathetic as this may sound, it's true. Recently, someone explained to Conchita this phenomenon of the *homing instinct*, so she has wised up. She no longer rushes to a man when she feels herself falling in love.

When you're a rescuer like Conchita, you'll be attracted to guys who have huge problems, taking over their

responsibility to change their lives. Get out of your co-dependent patterns.

Other examples?

- When you've been deeply hurt by a parent and you've not yet forgiven or resolved that hurt, you can be attracted to people *like* that parent with the same weakness, in a subconscious effort to heal that part of your life.
- When you've not accepted the "bad parts" in you, because you're always pressured to be "all good", you may be attracted to "bad boys" to express the badness for you. When you've come to accept that there's badness in you too, and you get forgiven, you won't feel the need for a "bad boy".
- When you can't confront, you'll be attracted to someone who doesn't want to be confronted. It works like magic. You'll be attracted and be attractive to selfish guys who may be hiding big problems in their lives.
- When you have past guilt that you haven't resolved, you'll be attracted to guys who condemn you and make you feel guilty. Work on your guilt, resolve it, heal it—so that you don't have to look for new guilt trips.

Ask yourself — what type of guys are you attracted to? (Search the past.) By trying to catch these guys, what kind of home are you trying to recreate?

My point in all this? *Don't trust your "Type"*. Don't go out only with guys you're attracted to. Be open!

Sometimes, Your "Type" Fills up What You Lack within You

Another possibility is that your "type" possesses the very characteristic that you *don't* have, and thus want for yourself.

For example, 5'2" Nelia is pure sanguine. A ball of hyper energy, she loves to talk and party. She flies to Hong Kong on impulse; she forgets her car keys six times a week; and her bedroom has that perpetual tsunami look. She's always broke and doesn't know where her money goes.

And then 6'1" Morris comes walking into her life. Cool. Calm. Collected. Conservative. A Clark Kent-look alike. And wham, Nelia falls for him. Obviously, Morris is her exact opposite. His towels are arranged by the date they'll be used; his appointment calendar is planned in 15-minute intervals; he likes staying home to read and water the plants; and he budgets everything to the last centavo. You hear Nelia gush over him like a love-struck teenager. "Morris is so orderly and so quiet. He's perfect!"

But three years into the marriage, Nelia *can't stand him*.

You hear her say, "Morris is so rigid! I can't believe how inflexible he is. And I hate his being so uncommunicative! You'd think I was talking to a rock in the desert."

Did you notice? Orderly has become rigidity and inflexibility, and quiet has become uncommunicative. They're actually just one reality, seen from two sides. The very things she was attracted to are now the exact things that irritate her to no end.

I'm not saying their marriage won't work. That's not my point. (With lots of hard work, patience and compromise by Nelia and Morris, it will.)

Yes, opposites do attract — but it doesn't mean it'll be easy. Empirical evidence has shown that the more similarities you have with your spouse, the greater chances you have for a happy marriage.

My point is to be careful whom your heart is attracted to. Don't immediately follow your heart, but open yourself to people who are *not your type* even if, at first, you're not attracted to them.

Believe me, I cannot tell you the number of times a married woman told me, "Bo, I wouldn't have gone out with my husband. He's *not* my type. The first time I talked to him, I wasn't attracted to him at all."

Here's another bonus from having friendly dates: You improve your "discerning" skill — your ability to choose a guy to be your One True Love.

6 Rules of Friendly Dates

Here are my rules for friendly dates:

1. You Remove Romance from the Picture

You're clear to yourself and to the other person that this isn't about looking for a marriage partner!

You're doing this just to talk.

For men only: Let me talk to you heart-to-heart. Don't be romantic. Don't express your feelings of love. Never give false expectations and false hopes at this stage. Never play with the heart of a woman. Never, never, never. I've seen some guys who like treating women extra-special, saying stuff like, "I really like you," and "I feel very happy when I'm with you." But they have no intention of pursuing

her. These guys are sick. I'm so tempted to strangle them till they turn blue and promise never to do this again.

2. You Don't Use Your Potential-Husband Checklist

You're not looking for a spouse, remember? So why use the Checklist? It's not yet time to do that.

3. You Have Friendly Dates with Almost Anyone at Least Once or Twice

I said *almost*. Not all. My point is that you get out of your system the biases and judgments you've collected through the years. And even if you had a lousy first meeting (as many first meetings usually are), try to give him a second chat — because people are multi-faceted, and he may show another side of himself that you'll like.

4. You Commit Not to Enter into Any Exclusive Relationship for Six Months

This is crucial particularly for those who easily fall in love. I want you to "compare shop" much like the way women buy shoes (I'm not being flippant here; as I told you, I admire how some women take great care when buying their shoes) and get exposed to lots of guys before you make a decision to get into an exclusive relationship.

5. You Accept That There Are Still Risks of Getting Hurt

When you like someone (even just on a friendship level) and he doesn't invite you again, it will still

hurt. But that's life. Unless you open yourself to the possibility of rejection, you won't also open yourself to the possibility of rich friendships. Through these experiences, you're forced to mature to the point where your self-worth does not depend on whether someone likes you, but whether you like yourself and believe that God loves you unconditionally.

6. *You Decide by the Second Date If You Wish to Continue Meeting or Not*

When a guy keeps inviting you for more friendly dates — and you feel he's already **courting** you — but you know he's not marriage material (for example, he violates some non-negotiable items in your checklist for a spouse) — you can decline and spend time with other guys.

If one out of the 136 friendly dates you've had leads to marriage, that's great.

But if not, look at it this way — you gained 136 experiences of getting to know yourself deeply, understanding about other people more thoroughly, and winning a lot of good friends.

Tell Your Friends and Relatives To Introduce You to A Few Good Men

I know what singles over the age of 30 go through: You get teased a lot by your aunts, uncles, cousins, grandmothers, friends, waiters, hairdressers and the cashier at the corner drugstore.

So next time they tease you, tease them back, "Why don't *you* introduce me to some guys?"

Some of them will actually do it.

Go on group dates and have fun!

Again, the goal is not to look for a potential lifetime partner — but to have lots of learning experiences and have a great time.

How About Internet Dating Services?

I've met some people who are very grateful for internet dating services.

I've also met some who were vastly disappointed by them.

Here's the problem with the internet: You think that after emailing, chatting and calling up each other for 11 months — you feel you know him already.

Not really.

The internet gives you a false sense of knowing.

Because real knowledge comes only when you're physically with the person, **seeing him** (not just hearing him or reading his words) **respond to different real-life situations**.

If you do meet someone in the internet, don't agree to marry him **until you see each other face-to-face and spend a good period of time together**.

Leave Your Hometown If...

I have two women friends — one in her late thirties and the other in her late forties. Frankly, I thought both would remain single for life. One went to America and the other to Canada. Today, both of them are married. Their Filipina beauty won them good Caucasian husbands.

My personal opinion is that I don't think they would have married if they remained where they were.

Sometimes, it's a numbers game. There were simply too few available eligible men in their hometowns.

But sometimes, it's not so much the number of men, but their own psychological readiness. Going to a new place and having a new experience creates psychological changes in the person — making her ready to accept marriage.

Let me now shatter a very deceptive myth...

Myth #3: The First Time You Meet Your One True Love, You'll Know He's the One

Across the room, you see him.

He sees you.

Suddenly, time stands still.

The universe grinds to a halt. Except for this attractive man in front of you, everything in your vision becomes a giant blur. The hubbub of the crowd becomes a soft muffle. In the background, you suddenly hear violin music wafting in the air.

He starts walking towards you, and you feel your whole body tingle all over.

As he stands before you, tall, dark and handsome, your heart is pounding so strongly, you feel as though your chest is about to explode any minute. Your breath is short, your knees are trembling, your face is blushing. You can barely speak.

Ahh, this is it. Love at first sight.

And as you talk, you immediately feel a sense of connection.

He likes what you like. The same movies (*The Titanic*). The same songs (The oldies). The same food (pepperoni pizza).

You discover that both your birthdays are in January. (What are the odds?)

And that your names start with the same letter. (Fely and Filio.)

Gosh, what are the odds that you meet one person who has all these similarities?

So you walk home that night tiptoeing on fluffy clouds.

You mutter under your breath, *I have found my One True Love*.

After a few more dates, you discover he's a recovering serial killer. (His last murder was just two weeks ago.)

Your family has begged you to get rid of him.

Your friends have threatened to throw a grenade at your wedding.

"I will never change my mind," you say firmly.

Why? Because of the magic of love at first sight, you're sure he's your One True Love.

Your One True Love May Be Right under Your Nose

Because of this myth, we might miss Mr. Right.

The person is right under your nose, and you don't see him!

Why? Because you secretly pine for love at first sight.

You're looking for the fireworks.

The sparks. The palpitations. The butterflies in the tummy.

So you overlook ordinary persons around you.

Because he doesn't look handsome enough.

Because he's short.

Because he speaks funny.

Because he's so ordinary.

Because he's not as rich as you want him to be.

Because he doesn't even smell nice.

Too bad, because you're not able to discover his heart of gold, his solid values, his ability to be faithful, his integrity, his self-control, his passion for life...

That's why I'm asking you to go on friendly dates with various men you're not initially attracted to in any way.

Who knows?

Don't Be a Love-at-First-Sight Junkie, or You Might Miss *the Real Thing*

One intelligent woman told me, "Bo, there's this guy who's courting me. He's okay. He's kind, he's responsible, he has a good job..."

"Umm, I could hear a 'but' coming..."

She laughed. "How did you know?"

"My job."

"Bo, I don't have feelings for him!" she bit her lip.

"No violin music playing in the background, huh?"

"None. When I see him, the background music I hear is *"lululalu lalulalulalei..."*

I looked at her. "Listen. You don't need a magical first moment to meet your potential husband. The important things are mature character, financial responsibility, the ability to commit, compatible mission and values..."

I actually met this girl again on her wedding, and before she marched down the aisle, she whispered to me, "Do you hear the violin music, Bo? It's loud and clear."

It doesn't have to be love at first sight.

In fact, marriages with the least adjustments are those between friends who've known each other for years before they realize that they're good marriage material.

What is love at first sight?

Many times, it's lust at first sight. Or infatuation at first sight.

Here's the truth: *It takes a moment to experience infatuation but true love takes a lifetime.*

Falling in Love Is Not Love

Let me break your heart some more.

Every time you fall in love, you're *not* in love with a real person.

You're in love with an image. A mirage. An illusion. In fact, you're in love with a *projection of yourself*, projected onto the other person.

Of course, you don't know this.

When do you realize that you were in love with an image?

During marriage. Because when you live with someone 24 hours a day, the image is shattered. And you cry, *Help! This is NOT the person I fell in love with!*

Of course not. You fell in love a figment of your imagination, not with a flesh-and-blood human being.

That's why some of the best marriages I know are between old friends.

Because they already know each other very well. They skip the illusion part.

Remember: Strong marriages are between lovers and best friends.

Sometimes, Boring Is Good

One day, Carol got the shock of her life when her “buddy” Bart began courting her. In fact, she screamed at the top of her voice, “Get away! Get away! GET AWAY!” Carol remembers that whenever a friend suggested that she and Bart would be good marriage partners, she shouted passionately, “Yuuuuuuuuuck!”

Carol felt they knew each other too well — so marriage was almost unthinkable.

But thankfully, Bart persisted, and Carol had a change of heart.

And their marriage is flourishing today.

I'm happy for Carol. She knew a good husband when she saw one.

On the contrary, Jane is a single woman I know who doesn't see a good man when she sees him. She looks for Mark, the cute salesman that drops by her office once a week to collect payments. She looks forward to his visits and fantasizes being with him.

Jane doesn't notice not-so-cute Phil beside her desk, working at the same office for the past six years. Because he's so ordinary, because he's so predictable, because he's so... boring, Jane easily overlooks him. Too bad. (I know Phil personally and think he's a great catch.)

Some are worse than Jane.

I know another woman who is married to a good man. He's kind, he's responsible, he's loving... But she finds him boring too. And in her heart, she secretly longs for her ex-boyfriend and the exciting romance they had.

Some women don't know when they see a good husband.

Even when they're married to them already!

Okay, let's go to the next Step... (You'll love this.)

STEP #5:

Be Attractive

The Top 11 Attraction Secrets Are In Your Hands

(Judith)... washed her body with water, and anointed it with rich ointment. She arranged her hair and bound it with a fillet, and put on the festive attire.... She chose sandals for her feet, and put on her anklets, bracelets, rings, earrings, and all her other jewelry. Thus she made herself very beautiful, to captivate the eyes of all the men who should see her.

(Judith 10:3-4)

Okay, I confess.

I'm a beauty consultant.

But of a different sort.

I don't know the first thing about eyeliners and nail polish and blush-ons.

When I go on a trip, I bring my tiny three-inch pouch that contains six things: My toothbrush, toothpaste, floss, shampoo, soap and deodorant. That's it.

When my wife goes on a trip, her toiletries are in a separate luggage. With wheels. I can't understand that. For example, she has a different soap for her face, a different soap for her feet and another soap for her body. One day, I borrowed the soap for the feet but used it on my face. It was fine! I survived. Sure, it felt rough, but heck, I lived.

But that's why I love her. Because she's a woman.

If I wanted to travel with someone who also brings

only six things in her toiletry bag, I should have married another guy.

Now that wouldn't be fun at all.

So not knowing anything about cosmetics, I'd like to share with you my *Top 10 Attraction Secrets*. (Note To Men: The 11th Attraction Secret is for you.)

Because ladies, you don't pursue men.

You become attractive — and they pursue you.

Here they are...

Attraction Secret #1: Feel You're Beautiful

I don't care if your nose is as flat as a pizza.

You've got to believe in your heart that you're beautiful — and—*feel*—it — and the world will believe right with you.

I've met the most amazing women who are (according to showbiz standards) too short, too fat, too thin, too dark, too white, too flat, too round, too polka-dotted — but boy are they attractive! They'd enter the room and everyone (both men and women) would notice them. And the men would gather like bees to honey.

Why? Because these believe they're beautiful.

So they speak as beautiful women.

They smile like beautiful women.

They act like beautiful women.

They're confident. Sweet. Charming. Happy.

Believe me, men don't stand a chance against these kinds of women.

The opposite is true: Even if you're a super-model beauty, but if you don't believe you're beautiful, the world will reluctantly agree with you.

I know this *mestiza* who was a traffic stopper. She doesn't put on makeup, but on the rare occasions she does, you'd think she fell off a Hollywood movie. Right beside Catherine Zeta Jones and Nicole Kidman.

But the first time I saw her, I noticed right away a sadness in her pretty face.

When we talked, she confessed to me that she actually believed she was ugly — because as a growing child, her brothers kept teasing her, telling her she was ugly.

No one told her she was beautiful.

It was tragic to look at her. Her eyes had no sparkle. Her smile was forced.

What a waste!

Her physical beauty was simply powerless over the ugliness she saw in herself.

Feel you're beautiful.

Attraction Secret #2: Don't Hide Your Sexuality

Many women hide their femininity because they fear rejection.

They're desexualized women.

Sometimes this happens because of negative religious teachings on sex.

They feel that sex is bad and so they would not want to feel their sexuality — or show it to others. So they become almost androgynous. (Think alien movies.) They're just "souls."

What a waste.

God created you as a woman, *so be a woman!*

Don't hide your womanhood.

Be comfortable with your sexuality.
 Be comfortable with your femininity.
 And mind you, the best sex appeal isn't in your clothes
 but in your personality, your playfulness, your love for life.
 Now that's sexy!
 But your clothes play a role too.
 Your hair. Your makeup. Your posture.
 All of them must say, "I enjoy being a woman."
 And when you enjoy you, others will enjoy being with
 at you too.

Don't hide your sexuality.

Attraction Secret #3: Be Happy

Don't cry because you don't have the big boobs, the
 sexy legs, and the slim waistline to attract men. Read
 carefully: Men are attracted to happiness. And that's
 something you can't fake. Boobs, legs and waistlines
 can be padded and liposuctioned. But there's no plastic
 surgery for happiness.

This requires self-work.

Are you by nature a happy person?

Or are you dissatisfied with life?

Believe me, marriage won't solve your problems. You'll
 just end up becoming a dissatisfied wife.

Fill your life with joy. Learn how to live to the full!

Besides, guys will have a hard time approaching you
 if they see you angry, depressed, moody, critical and
 negative.

But happiness attracts.

A happy smile multiplies your beauty ten times over!
 If I see a cranky, negative, moody, critical woman — I
 don't care if she's got the face of a goddess — she's still a
 goddess of wrath. I will avoid her lightning rods!

Here's what a man is thinking in his mind, "Wow, this
 woman's really pretty but... miserable. If I become her
 husband, *will I be able to make her happy?*" He's shaking his
 head, thinking hard.

And then right beside the angry goddess, he sees a
 happy woman. Serving others. Helping others. Smiling.
 She may not be as pretty, but boy is she happy.

He thinks, "Wow, I think I can make this woman
 happy. She's *already* happy."

And so he makes his move.

**When a woman has a positive outlook in life, she's a
 magnet.**

Be happy.

Attraction Secret #4: Be Friendly

By the way you carry yourself, you give one of two
 messages to the man: Either you're saying,

"You can talk to me and I'll be delighted" or you're
 saying, "Don't you dare come near me or I'll reject you,
 snob you, humiliate you for the world to see that you're an
 ugly little yellow toad."

So when a single man looks at you across a room
 filled with people, smile! Wave at him. And then return to
 whatever you were doing — talking to a friend or texting
 on your cell phone. You just gave him a signal that he's

welcome to approach you if he so desires. Look up again and if he looks once more, smile again!

Some gutsy guys will approach you that very minute. Others will need eight of these non-verbal “Hi-I-won’t-kill-you” messages in a time span of three months for them to finally get the guts to approach you. No joke.

But when you’re friendly, you become a magnet too.

Be friendly.

Attraction Secret #5: Be Humble

I know some very successful women who feel they’ve basically scratched themselves off a lot of guys’ list because they’ve become *too* successful. “Guys just feel intimidated by my success,” one businesswoman told me.

Partly true, and I think that’s good news. Here’s why: You definitely remove yourself from the radar of *some* men who won’t be able to make you happy anyway — because they don’t have your sense of responsibility, purpose, vision, etc. If you marry one of these guys, you’ll always feel like you’re taking care of a baby, so better not to even attract these men.

But do you intimidate the *right* kind of guys as well?

Here’s what I’ve learned.

It isn’t success that intimidates these good guys.

It’s *arrogance*.

When your success makes your head swell and you look down at everyone, you’re a major turnoff.

It’s not your money or position. It’s the way you allowed money or position to feed your ego.

Be approachable. Listen to others. Acknowledge your

ignorance outside your expertise. Ask help! Be soft and vulnerable. Be teachable. And most importantly, serve the small people.

Be humble.

Attraction Secret #6: Be Affirming

One day, Claire told me,

“Bo, I kinda turn off guys because I’m a boring person. I have a boring personality. I’m not just interesting enough.”

I told her, “Do you want to be an interesting person?”

“Yes! But I’m a shy girl and I don’t mingle easily and...”

“That has nothing to do with being interesting.”

“No?”

“Here’s the secret of the ages. Are you ready?”

“I’m all ears.”

“The key to being interesting is to be *interested*.”

“I don’t get it.”

“You’ve got to be interested in what the guy is saying. The way you’re all ears right now. Focused. Really into it. Affirming his existence, his stories, his feelings...”

“Oh. You mean I have to be a good listener.”

“And Claire, I’m going to tell you another secret you may not yet know about men. Women need romance, right?”

“Yep, we do,” she giggled.

“Men don’t need it as much. But there’s something else we need and hunger for like a guy thirsting for water in the desert.”

She covered her mouth and whispered, “Uh... sex?”
 I laughed, “You’re not as shy as I thought you were.
 And your answer is wrong.”

“Gee, money?”

“Nope.”

“I give up.”

“Affirmation.”

I told her, “A man wants to be affirmed for his hard work. Men crave for genuine praise. Not flattery, mind you. Everyone knows fake praise. But men want someone to tell them they’re doing well in their jobs, in their service, in the character, in their faith...”

“Gosh, I didn’t know that.”

“Claire, go home and tell your Dad, ‘I love you, — and he’ll be happy. But do you want to make him happier? Go home and tell your Dad, ‘Thank you for all the years you’ve worked so hard for the family. And have I ever told you that you’re such a good Daddy? You’re a great model to follow.’”

“Wow, my father will have a heart attack right there,” she chuckled.

“Why?”

“He’s never heard me say that before.”

“Men are dying to hear words like these.”

“Okay, that’s what I’ll tell my Dad. What will I tell a guy friend?”

“If he’s a responsible fellow, tell him, ‘You’re a responsible man.’ If you sense his honesty, then tell him, ‘I like your honesty.’ If you see him respect his parents, then tell him so.”

“You know what? I think I can do that.”

Be affirming.

Attraction Secret #7: Be Modest

I know some women who like wearing clothes so incredibly tight, I end up seeing every contour and curve of their anatomy.

“Gee, is that bump a mole or a pimple?”

I know of some women who wear designer jeans that are so tight, they can’t zip up until they do Lamaze breathing exercises.

And I know *why* women wear these things.

If you wear plunging necklines that reach your belly button, and slits that go all the way up to heaven, and skirts so short that when you bend, I’ll see the universe before me — I guarantee you—— you’ll attract men. Lots and lots men.

But here’s my question: *What kind of men?*

Unfortunately, not the kind of men you’d want to marry.

That’s why modesty wins every time.

Because modesty attracts good potential husbands.

Immodesty attracts lust — and guys who would never respect you.

Because you don’t respect yourself.

Note: Modesty is not the same as prudery.

You can be very modest and be very attractive, very feminine, wearing very fashionable clothes.

(By the way, I’ve noticed that modesty is always in fashion.)

Be modest.

Attraction Secret #8: Be Yourself

Don't be like jelly.

Some women I know are like clay, adaptable to whoever the guy is in front of them. She'll just fit into his likes and dislikes.

That's not good.

He'll never be attracted to you. Because you're a glob.

Don't be a doormat.

Have passions. Have beliefs. Have preferences.

From the very start, be your *best* self, but be yourself nonetheless.

Here's one of the ironies of this Attraction Secret.

Sometimes, singles complain to me why they keep attracting guys they don't like, but can't attract the guys they like.

Easy answer: Because when they're with guys they don't like, *they're just themselves*. And that's irresistible. But when they're with guys they like, *they become someone else*. (Actually, they become a nobody.) They become *jelly*. They'll simply adapt to whatever he wants in order to please him. That's terribly unattractive.

Are You A Woman Of Faith? Be Yourself Too

And if you're a woman of faith, then show him that.

When he sees you praying, when he hears you talking to God, you become very attractive. No kidding.

I'm not insinuating that you show piety to attract a man.

That's a sham.

But your strong relationship with God *is* attractive to the good man, so tell him from the very start that God is important to you.

Be yourself.

Attraction Secret #9: Be as Pretty as You Can Be

I won't hide this fact from you.

Here's the gritty truth: Men like pretty women.

Because men are visual creatures. (Women are more flexible when it comes to tolerating men's external looks.)

Looks are what most men say they notice *first* in a woman.

There, I've said it. Outer beauty counts!

And it's not shallow or selfish to care for how you look.

But here's the good news: You don't need to be a Super Model or a Miss Universe beauty.

Why?

Because there's no one standard definition of beauty.

Beauty is in the eye of the beholder—and—*your* beauty will be very special to a large group of men out there. (For them, *you're* Miss Universe. I'm not kidding.)

That's why **there's somebody for everyone**.

So be as pretty as you can be.

Here are a few tips from me.

I must warn you though that these tips come from someone who doesn't know a single thing about fashion. (Sometimes, my clothes are so mismatched, so comical, so pathetic, my wife would deny that she knows me.)

But I will give my beauty tips based on one credential: I'm a guy.

And guys talk, so I know what many guys want.

Here are my beauty tips:

- Dress with classic, simple styles. Most men don't like complex clothing.
- One accent is nice, not three or four. A scarf. A necklace. A belt. Something to attract his attention.
- Put on light makeup. Majority of men like natural-looking women. (But I noticed that sometimes, to get that natural look, a little makeup is needed.)
- If long hair fits you, do it. Long hair attracts a lot of guys.
- And be healthy! Because vitality and energy are always sexy.

Be as pretty as you can be.

Attraction Secret #10: Be Mysterious

"Bo, can I ask a man for a date? There's this guy in the office and he's so cute."

Single women have asked me this question a hundred times.

My *general* answer: If you can avoid it, avoid it. (Especially in our Filipino culture.)

Here's the skill that you need to learn — *you have to ask him out without asking him*. Why?

Here's what you're up against: By nature, a man is a hunter.

He likes the thrill of the chase. He likes the pleasure of the pursuit. But if the prey is chasing him, the hunter loses interest very quickly.

Because it's too easy. The thrill is gone. His heart starts looking elsewhere.

A man will always hunger after what seems to be out of his reach. And he will value that which he sacrificed a lot to gain. And he will hold little value to things he gained easily. In other words, a man is attracted to a woman who's not looking for a man (in a desperate way). So allow him to pursue you.

Single women have complained to me about this phenomenon.

They tell me, "I've noticed that when it's obvious that I'm gaga over a man, he actually runs away from me. Like I have SARS."

Men get flattered that they're being chased.

But their eyes wander, looking for other prey hiding in the bushes far away.

How to Ask a Man Out Without Asking

What should you do?

Just wait for him to gaze at you?

You can do much more than wait.

Because here's another thing I've learned about men: They're hunters, but most are *coward* hunters. They fear rejection the way they fear ghosts.

So if you like a man, you need to give him a specific "look" — a non-verbal message that says:—*"I'm not sure, but maybe, just maybe... should you decide to pursue me, you may find great friendship..."*

Notice there's a lot of "maybe's" there.

Because the guy still shouldn't feel he's got you in the bag. There has to be a sense of mystery about you. The thrill of the chase still has to be there.

How do you give this double-message? By the way you talk to him, by the way you stand, by how you move—you can tell him that he doesn't have to be afraid.

Let me now answer another difficult question...

Don't Make Him Your World

Even when you're close to saying *yes* to him — you should *still* remain mysterious!

Here's the principle you should never break: *Never let your suitor think the chase is over.*

Never, never, never!

Some women I know worship their suitor or boyfriend.

She waits for his call. She jumps every time the phone rings. She answers with excitement. And when she hears the guy's voice, she shrieks, "I'm so happy it's you! Gosh, I've been waiting for you to call the whole day. Why didn't you call earlier?" And after he mumbles some excuse, she says, "It's as though you didn't miss me, Honey Bun. I miss you so much, Teddy Bear. Will I see you today? When?" (At this point, the guy is feeling the tightening of a leash around his neck. He doesn't know why, but he'll suddenly feel a great desire to get out of the relationship.)

These women won't commit to other activities so that they can spend more time with their guy. And whenever he invites, her calendar is as wide open as the Sahara. To all his invitations, her answer is always, "Sure!"

Sister, I want to say this to you again: Bad move.

Live Your Life to the Full

The moment your suitor or boyfriend thinks he's got you under his thumb, he'll feel the chase is over. The

moment your boyfriend thinks that you're waiting for him (begging, pleading, hoping, praying) to propose — he'll feel the chase is over.

So he'll relax. He'll actually take his time. He'll take you for granted.

He's got to know you've got passions, interests and missions apart from him.

He's got to know that he's part of your world, but not all of it.

He's got to know that he has to fight to date you — because you're busy with your world.

He's got to know that if he doesn't keep on pursuing you — you might slip away.

He's got to know you're not just waiting for a proposal but busy having a great life, growing yourself and becoming a phenomenal human being.

And my list doesn't end there...

Learn to Say "May Be"

This is difficult, but he's got to know that if this thing between you and him doesn't work out, you've got options.

You don't say this directly (never!), but somehow, he's got to be reminded that others find you attractive.

You want your suitor to complain, "Sweetheart, my former girlfriend was like a leach. I was her world. She wanted to be with me every day. She'd call me up 10 times a day. You don't do those things. Do I uh...have a chance with you?" When he's the one asking this question, it's actually a good sign.

So comfort and console him. Tell him, "John, I'm happy

that you came to my life. I'm praying that you *may be* the one for me..." (Notice, the word *may be* doesn't disappear until a few months before the wedding date!)

This requires self-discipline.

I've seen women who send their boyfriends 30 text messages a day on their cell phones, all of them dripping with gooey, mushy lines. They do this because they feel like doing it. Again: Bad move.

I'll talk more about this in **Step #7: Enter Into Courtship**.

Be mysterious.¹²

Attraction Secret #11: (For Men Only — Here's Your One Attraction Secret) Be A Real Man!

Brothers, this is big. Listen up.

Do you want to attract your lady?

Here it is: Be a *strong* man who has male aggressiveness. But use this *to love*.

Brothers, that combination is lethally attractive.

Women are *craving* for men with deep convictions and powerful dreams, but who use their wildness to serve. Wimps, pushovers, and sissies aren't attractive — except I think for some women who've got problems.

If a woman thinks she has control over you, *you won't be attractive!*

For example, when you invite her for a date, have a definite plan — where to go and what to do. Don't say, "What do you want to do?" and be like jelly to whatever she desires.

If she feels like you're in control, that you've got a plan,

that your aggressive —and yet put that masculinity to serve her, to protect her, to defend her — — — that's it.

Her heart will be drawn to you.

One last thing.

Guys, have some testosterone.

I don't mean sex.

I mean have some passion and guts to never to give up on your desired woman.

If you desire a woman, pursue her. If she says no, take one step backward, wait for awhile, and then pursue her again.

When will you stop?

When the door is finally closed. (Usually, that's when she's engaged to someone else.)

Let's now move to one of the most important steps for finding your One True Love...

¹² Some women have boyfriends who don't seem to want to get married yet. They ask me, "Should a woman still be 'mysterious' and not pressure him to marry her?" Here's my answer: Yes and No. According to one survey, a full 72% of wives pressured their boyfriends to marry them "now" — though it was simply to hasten his proposal that was coming anyway. They merely facilitated it. Yes, he needs to be pressured. But *how* he should be pressured is another matter. I'll answer this fully in the *Complete Take Home Course: How To Find Your One True Love*. Log onto www.onetruelovenetwork.com and click on "Complete Take Home Course"

STEP #6:

Know What You Want in A Spouse Because You Get What You Settle for

Finally, the Checklist!

I repeat: This is the only time you bring it out and use it. After getting to know lots of guys, and one of them starts pursuing you, you've got to now use your Checklist of Non-Negotiables for a potential husband.

If you don't have a Non-Negotiable Checklist, you end up like a car without a steering wheel. You go where the car leads you. And that's disaster.

Let me tell you the story of Leny and Ricky.

She was smitten by his boyish looks.

He's got an almost perfect smile and a cute dimple. He's an engineer — though when she met him, he was between jobs. A career shift, he said. Later, she found out that Ricky had been hopping from one company to another. According to him, he had the bad luck of having a string of jerks for bosses.

As they continued to date, Leny noticed Ricky had a temper problem. He exploded like a bomb at the slightest provocation. When enraged, he was violent. He threw things, punched walls and kicked anything in sight.

Leny began to have doubts.

But for Leny, what was most important was not what

she thought but what God thought. She had to hear God's voice. Which was great. So she prayed, "Lord, do you want this man for my life?" But to her, that meant asking for signs.

Getting Some Signs from Above

She held the Bible in her hand, closed her eyes, cut it open and pointed her finger on the open page. She read, "Go and make disciples of all nations..." She gushed, "Lord, are you sending me to bring Ricky closer to You? To make him Your disciple?"

She cut the Bible again and read, "Love one another as I have loved you," and she blushed. "Oh my God, you want me to love him."

She cut the Bible a third time and read, "Rejoice in the Lord, I say it again, rejoice!"

"Oh Lord," she shrieks, "my wedding is coming soon!"

But she wanted to be totally certain.

So she asks for another sign. "Lord, tomorrow is my birthday. White is my special color. That will be the motif for my wedding. If someone gives me something white tomorrow — that means you want me to marry Ricky."

The next day, she didn't receive one white gift. She received three! Her mother gave her a green shawl — but in a white box. Her sister gave her a multi-colored beaded bracelet — but with a white cross as a pendant. And Ricky himself gave her three red roses surrounded by baby's breath — all white! And the wrapper was white too.

Now she was sure God wanted Ricky for her.

Because she believed in a myth...¹³

A myth I will shatter in this book.

Myth #4: God Will Guide Me to My One True Love through Supernatural Signs

Four years later, Leny is Ricky's emotional punching bag.

Thankfully, Ricky does not physically hit his wife — he'd rather bang doors and kick chairs. But verbal abuse happens every day. The cursing. The shouting. The verbal rage Leny receives daily from Ricky has killed her once joyful spirit many times over.

Ricky also left his job one year ago — as usual, after a fight with his boss. He hasn't found another job and is trying his luck in business. Nothing has happened so far. And Leny now earns for the family.

Leny cries every day. She's filled with painful questions. *Why did God send her a monster like Ricky? To punish her for her sins? Or is God really sending her to change his life? Or did she misinterpret the signs?*

Important Lesson: Don't Ask for Supernatural Signs, Look for Ordinary Ones!

Here's her problem: The real "sign" was Ricky's uncontrollable temper tantrums. It was a signal that clearly said, "You're in danger. Get out of this relationship right now!"

But Leny didn't like this sign.

Because it was too natural. Ordinary. There was nothing miraculous about it.

¹³ I'm not saying, "Never ask for signs." Some people like asking for signs. I've heard wonderful stories of how God gives beautiful signs. But don't depend on them for your decisions. They should merely be icing on the cake. Your decisions must be based elsewhere' — on practical thinking and sober judgment.

She wanted supernatural ones — like cutting the Bible three times and waiting for “white” gifts on her birthday.¹⁴

This is a terrible mistake.

God wanted Leny to use her mind. To actually think and ask herself, *Ricky has no control over his temper. Will my children and I be safe with him?*

There was no need for cutting the Bible or asking for “white” signs.

The sign was as obvious as a giant billboard screaming “Don’t do it!” — except to an over-spiritualized person.

I repeat: Use your mind. If God gave it to you, He must want you to use it.

Instead of Asking for Signs, Ask for the Kind of Spouse You Want

I’ve learned this unbreakable law of life: **You get what you settle for.**

So know what you want in a marriage partner.

Many people don’t take this crucial step.

When you go shopping, you have a shopping list in your hand — so that you don’t miss anything.

As corny as this may sound, you need to do this.

When they choose a marriage partner, many people just wing it, usually because they believe in this next myth...

Myth #5: Love Will Conquer All

This myth is deadly.

This one myth has caused more suffering in marriages than any other.

I’ve heard this many times before: “Bo, I want my potential husband to be free from addictions. Obviously. But my suitor now has a drinking problem. But Bo, I’m 42. I can’t be picky. I think I’ll accept him and pray that love will conquer all.”

NOOOOOO!

Follow these two rules:

Singles, tell yourself over and over again: ***I’d rather remain single than be married to the wrong person.*** Chisel that on stone and engrave it in gold. Please.

Because the most miserable people I’ve met in the world are those married to the wrong persons — the incurable playboy, the alcoholic, the irresponsible bum, the drug addict, the sex addict, the one with the uncontrollable temper, the chronic liar,...

Words are not enough to describe their pain.

Here’s a second rule. Tell yourself, “I won’t even entertain anyone to be my boyfriend until that person has been sober from his addiction for at least a year. The person must change *now* — not after I say yes to him.”

Create a Non-Negotiable List — and Stick to It

This is so obvious but singles don’t do it.

Perhaps because it’s so unromantic.

Perhaps because it’s so hard and dry and cerebral.

Here’s what I want you to do: Write down a list of non-negotiable qualities you want your spouse to have.

¹⁴ One of the problems with signs: You can interpret them in anyway you want to, positive or negative, depending on your secret desires and hidden biases.

Because if you don't have a list, you'll settle for any person that comes along.

When you feel old and wrinkled, desperate and lonely, and even sexually hungry — you'll be more susceptible to falling for any male who shows you attention. During these times, even psychotics and terrorists will look appealing.

List down the no-compromise stuff.

And stick to your list!

If the guys you meet don't qualify, don't shrink your list. Instead, *broaden your search*.

Let me now share with you what should be the non-negotiable stuff you need to look for in a spouse...

1. He must take responsibility for his life.
2. He must be free from serious addictions.
3. He must be emotionally healthy.
4. He must earn enough to start a family.
5. He must be morally upright.
6. He must be spiritually committed.
7. He must love his own family.

Non-Negotiable #1: He Must Take Responsibility for His Life

Some women I know like to be mothers immediately after the wedding.

So they marry a man who's really a boy trapped in a man's body.

These women say, "He needs me so much. I'll take care of him."

In psychology, they're called *codependent*: They have a desperate need to be needed. So they marry an

irresponsible jerk who'll need them for the rest of their lives.

Much of this is unconscious. Perhaps their own mother was also a codependent, taking care of their irresponsible father. As a young child, they were trained in the art of codependency as the only way to live. Even at an early age, their own father already depended on them to cover up for his irresponsibility. (The mother says, "Judy, call up Daddy's office and tell his boss that he can't go to work because he's sick with cough and fever." But the fact was, Daddy has a splitting headache because of too much drinking last night.)

Again, because of the phenomenon of the *homing instinct* in each of us (that means we try to recreate our past no matter how painful it is, because it's the only "home" we know), we look for someone who's as irresponsible as our father.

Statistics say that 60% of abused wives were also physically abused as kids.

It's horrible.

Sisters, wake up.

Run away from the guy who can't hold a job. Or a decent way to earn money.

Run away from the guy who needs *you* to straighten out his life.

Run away from the guy who blames his mess on others (parents, friends, government, girlfriend) and never owns up to his fault.

Run away from the guy who can't deal with his problems — and is an escape artist by profession.

Don't walk. Don't stroll. Don't sashay. Don't even hike.

RUN AWAY.

And as a service to other women, when the guy is asleep, tattoo this on his forehead: *Warning: This Guy Is Extremely Hazardous to Your Health and May Cause Untold Misery for Life.*

Non-Negotiable #2: He Must Be Free from Serious Addictions

I'm a junkie.

I've got an addiction to peanut butter.

In a very safe place in my kitchen (I won't tell you exactly where), I keep my secret stash. I've got eight bottles of all-organic, all-natural, no-sugar-added peanut butter. Thankfully, it's an addiction that doesn't destroy families.

But some addictions do destroy families.

Friends, I'm going to save you from a lifetime of misery.

If he's a drug addict, run away.

If he's an alcoholic, run away.

If he's a gambling addict, run away.

If he's an adultery addict (someone who is an incurable playboy), run away.

If he's a rage-aholic (someone who has an uncontrollable temper), run away

Remember that I receive thousands of emails? Well, many of these emails are painful letters from members of that famous international club, MMWW. That stands for Most Miserable Wives of the World Club.

Though membership is free and open to everyone, please don't join.

I cry when I read their emails.

Most of them are married to men who have the addictions I wrote above.

Tragically, it's a club that's growing in number day by day.

I've written this book to stop that.

Please pass this book to other single women you know.¹⁵

Non-Negotiable #3: He Must Be Emotionally Healthy

Some psychologists say that everyone is slightly neurotic.

And every family is slightly dysfunctional.

Every human being has emotional issues and a few psychological hang-ups. We all carry excess baggage from the past — filled with hurts, wounds and pains of childhood.

So emotional health doesn't mean the absence of weakness.

Emotional health means owning up to these weaknesses and working on them every day of our lives.

Remember: When you marry an emotionally healthy person, you already remove 75% of the causes of divorce.

Run away from men with serious emotionally immaturity:

- *He's overly jealous*
- *He's controlling (He tells you who your friends should be, what to wear, etc.)*
- *He's abusive—physically or verbally*

¹⁵ Do you want to buy this book, *How to Find Your One True Love*, in bulk quantities and give them away to all your single friends? Email me at bosanchez@kerygmamail.com, or call (+632) 4117874 and we'll give you a special discount for bulk rates.

- *He isn't there for you during moments of crisis*
- *He's got an uncontrollable temper*
- *He's a chronic liar*

So how do you spot emotional health?

Here are three signs:

1. Does he know and acknowledge his weakness?

(Example: temper, pride, low self worth, selfishness, rigidity, etc.)

Does he acknowledge it?

Does he talk about it openly?

Is he teachable?

Is he in touch with his emotions?

2. And is he doing something about it?

Is he working on it?

Is he struggling to grow in that area of his life?

Is he asking for help?

Mr. Right doesn't have to be emotionally whole.

(No one is.)

Mr. Right just has to be on the journey — taking concrete steps to emotional health.

If he's not even in the journey, pass him up.

3. Does he have the capacity for loving someone else other than himself?

Not romantically. That's easy.

But does he use his masculine aggressiveness to serve?

Does he know how to listen to you?

Does he know how to delay his gratification for others?

Does he know how to sacrifice for the sake of others?

Is he *needy* of love, desperate to fill an empty love tank? Or does he give you love, getting his love from other sources — such as God, his family, his friends and from his own healthy self-love?

Non-Negotiable #4: He Must Be Earning Enough to Start a Family

"Bo, we love each other. Money doesn't matter."

Heard that before?

Try telling that to your hungry baby at 2 a.m.

Don't entertain a guy who doesn't have a job, who doesn't have a regular source of income and who still depends on Mama for his allowance.

Hey, if he really wants you, tell him to come back when he has held a job for at least a year.

You're not looking for a millionaire.

You're looking for someone who works hard.

I strongly exhort singles to take a crash course and increase their financial IQ.

This wasn't taught in schools, so someone can be a brain surgeon or a rocket scientist but not know anything about how to save, where to save, where to invest and how to diversify. **It's not how much you earn, but how you multiply the savings of what you earn.**¹⁶

¹⁶ By the fourth quarter of 2006, I would have finished my book, *Secrets of the Rich*. Go to www.bosanchez.ph and download the e-book version or go to www.shepherdvoice.com and order a copy of the book. You need it!

Non-Negotiable #5: He Must Be Morally Upright

Watch out for a poorly developed conscience.

Or what psychologists call *character disorders*.

"Cindy," her boyfriend says, "I'll bring you to the beach this weekend. Gosh, two nights with you.... I can't wait!"

"Jeremy, we can't do that!" she slaps his arm, "My parents won't even allow us to go out for more than two hours without my sister following us!"

Jeremy says, "I already told *my* parents that I have an office outing this weekend. I told them I'd need the car since I was assigned to bring food for the company outing." He winks, "I've got brains, you know."

"Uhhh..." Cindy raises her eyebrow, "And what did they say?"

"They bought the whole story, of course."

"And I suppose you want me to tell my parents the same thing."

"Why not? Our parents don't talk to each other anyway."

And so that weekend, Jeremy and Cindy go to the beach for two nights of unchaperoned fun.

Cindy doesn't realize that someone who lies to his parents will one day lie to his wife.

Lying, cheating and stealing come from a bankrupt character.

There are no guarantees in life, but if you marry someone who is morally upright today, and the probability is high that he'll be morally upright tomorrow.

Look, I'm *not* telling you to reject every man who has ever lied in his entire life. (That's 99% of all men, unfortunately.)

But when a man has a dead conscience, when he flagrantly violates moral laws with impunity — I repeat my recommendation — RUN AWAY.

Non-Negotiable #6: He Must Be Spiritually Committed

He must have a strong relationship with God — in whatever form that relationship will take. His faith must affect his entire life.

I know some religious women desire their potential husbands to be leaders of prayer groups and charismatic preachers. Ladies, expand your boundaries. He may *not* even be attending a prayer meeting. He may just be attending Mass on Sundays — but his faith is deep. Not showy. But faithful and steady. So don't cross him out just because he doesn't raise his hands and say Hallelujah after every two sentences.

Here's a word of caution: Personally, I'd choose a man whose faith is expressed in his *morality* rather in his *religiosity*. I heard of this horror story where a woman chose a guy simply because he was a member of the prayer group and a part of the choir — only to find out after the wedding that he was living a double life. He had two other girlfriends waiting for their own wedding.

So outward religiosity is not a guarantee for inner goodness.

Having said that, I must also tell you that marrying someone with the *same* spirituality and set of doctrines *helps*. Because as a general rule, the more similarities spouses have, the easier it will be for their marriage.

A devout Catholic who marries another devout Catholic will have a much easier marriage than if she

marries a Born Again Christian. (Or even an all-out Charismatic who marries another Charismatic will have lesser friction than if she marries an Opus Dei member.)

I'm not saying it can't happen.

But you need to count the cost — because the cost is real. (Where will the kids be baptized? What church will your family go to every Sunday? Which prayer meeting will the spouses attend every week?) Religion is deep within each person, and so divisions in this deep level will be a huge challenge to overcome. But again, it's possible. You just have to be willing to pay the price.

Non-Negotiable #7: He Must Love His Own Family

Beware of the man who's rude to his mother but sweet to you.

Beware of the man who talks back to his father without respect but is very respectful to you.

It's all for show. The real person is what he is at home, not during your dates.

Study how he treats his own family and that's how he'll be treating you in the future.

On the other hand, beware of what appears to be strong love for his family but is actually an unhealthy, enmeshed relationship with his mother — the typical Mama's Boy.

The loving son respects and loves his mother, but knows his boundaries.

The mama's boy is so enmeshed with his mother, he cannot think without her. Her wishes are his commands, no questions asked. That isn't love. That's emotional immaturity masquerading for love.

Create Two More Lists

Aside from these non-negotiables (you could add others), you can create two more lists: Your

"Must-Have" and "Must-Never-Have" List. Dr. Neil Clark Warren, in his book, *Date or Soulmate*, suggests that you write 10 under each list.

Your Must-Have List could include "same intelligence as I have" or "good communicator" or "organized." Whatever is most important to you.

Your Must-Never-Have List could include "doesn't smoke" or "not depressed" or "not pessimistic." These are things you can't stand.

Again, as I mentioned before, you need to get to know yourself really well for you to write these two lists.

And one last thing: The more similarities you have with your marriage partner, the better.

Get a piece of paper and write your list now. ¹⁷

Stick to Your List!

I must warn you: It's so tempting to "settle" if a guy has five out of 10 in your list. "Bo, I'm growing old! I can't wait for the perfect guy..."

You're not looking for Mr. Perfect. Just Mr. Right. That's why you only have 10 items in your list. If you were looking for Mr. Perfect, you'd have 100 items in your list.

So as much as possible, don't compromise.

Frankly, only you can decide whether what you wrote down in your list is *important enough* not to compromise.

¹⁷ My Complete Take Home Course: *How to Find Your One True Love*, has important guidelines on how to make these two lists that can't fit into this book. To order this course (complete with audio talks and/or video talks), go to www.onetruelovenetwork.com and click on "Complete Take Home Course".

So if it's not *that* important, then compromise. (But then if it's not important, why bother including it in the list?) But if you think that the item is '*critical*' for a happy marriage, then don't settle or compromise.

Let's now move to the last step...

STEP #7:

Enter into Courtship

How to Have An Exclusive Relationship That Will Prepare You for Marriage

Whew! We're finally here.

Let's say you've said yes to one lucky guy.

What should you do in an exclusive relationship?

Here are eight important things....

Action #1: Be Purposeful

I still remember that day.

In a simple restaurant, in front of our fish fillet and salad, I asked my beautiful secretary, "Marowe, I want to get to know you more. Can I bring you out more often?"

Purposeful courtship.

Men, if you've made a choice, you declare your intentions up front.

You don't let the girl guess.

You avoid playing with a woman's heart, giving mixed signals. I've received hundreds of letters from single women asking me, "Bo, I have this friend and I like him a lot, and I *think* he likes me too. He sends me text messages like 'You're special to me,' and 'You look beautiful today,' but that's about it. I don't know if he's courting me or he's just a really close buddy..."

Guys, don't do this.

Have some backbone. Commit! Declare your pursuit.
Pick one woman you'd like to get to know, and tell her outright.

And if you're not choosing her, don't raise her hopes by being romantic.
That's cruel.

What Should a Girl Do If the Guy Is... a Wimp?

Women, I warn you: Some men are selfish, heartless wimps.

They get their kicks raising the expectations of a number of women — and then dashing their hearts to the ground.

Run away from such vile creatures of the underworld.

However, some guys are not selfish, heartless wimps.

They're just wimps!

They're so afraid of rejection — they'll never tell you upfront that they like you.

So Mr. Fearful will drop "little signs" of extra special attention towards your direction, hoping that if you like him, you'll drop "little signs" as well. Then he'll make his move.

That's life, ladies. If you like him, drop one or two little signs too. But not too much! Don't be too obvious. Just give him enough to encourage him to court you more explicitly. Because you want him to pursue you, not the other way around. (Review **Step #5: Be Attractive.**)

If he keeps on doing this for some time and he's driving you nuts, you'll have to muster the courage and ask him directly.

Phrase it in this way:

"John, I've been receiving your texts and your gifts. Thank you for all of them. Please don't be offended by what I'm going to say, but John, I'm confused with what you're doing. Do you want more than friendship with me?"

If he says, "I just want to be your friend," then at least you know. Move on with life and know that he *may* be a member of the Selfish, Heartless Wimps Fraternity. Scratch him off your list.

If he says, "Yes, I like you very much..." then ask him more directly, "Are you courting me?"

If he says, "Yes, but I was afraid to be rejected by you, so I didn't know what to do..." then tell him, "Thank you for being honest with me. Don't worry, I won't reject you today. Nor **will** I accept you either. Now that I know your intentions, I promise that I'll think about it seriously. Thank you, John."

Action #2: Enlarge Your Support Team to Include Possible Future In-Laws

In Step #1, you gathered your Support Team around you for "Operation: OTL." When you enter into an exclusive relationship with someone, your Support Team acquires new members.

Men, have the courage to meet with the parents of the woman you are courting. You'll have to introduce yourself to them and declare your intentions. "Sir," you tell her father, "I wish to ask permission to get to know your daughter more seriously. I'm not yet proposing marriage, just asking permission to bring her out and meet with her regularly for the purpose of getting to know her more."

Some fathers will be shocked by this gesture. Because all the other suitors of his daughter/s so far have been cavemen who grunted and groaned their way into his house.

And a few fathers will not care and say, “Do what you want to do. When’s the wedding, kid?”

But some fathers will be great coaches. And some mothers will give you advice and pray for you. Get all the support you can get.

Meet your *potential* in-laws regularly, telling them where you’re taking their daughter, asking for advice on relationships, etc.

When you do this, you keep your exclusive relationship protected and accountable.

Women, I want you to *require* your serious suitor or boyfriend to meet with your parents. At the very least, he should introduce himself to them.

Action #3: Slow Down

Don’t rush.

Unless your boyfriend was a best friend for years, I suggest you take at least a year or two before you get married.

Sometimes, it takes two years of deep communication to actually discover that your boyfriend has an addiction.

I receive countless of emails in my inbox, telling me the tragedy of rushing towards the altar. I sometimes feel that these letters were written by *one* person. Because they all say the same thing:

“I wish I got to know him more... then I wouldn’t be in this mess.”

“My marriage is so miserable. I wish I took time to get to know his weaknesses...”

“I am in so much pain. I wish we didn’t get married so impulsively...”

Please. Open both eyes.

Action #4: Explore Each Other’s Minds

You need to talk about very important topics:

- What are your dreams for every area of life?¹⁸
- What are your most significant past experiences — positive and negative?
- How do you handle your money — savings, loans, expenses?
- How many children do you want to have?
- How’s your relationship with your parents?
- How’s your relationship with God?
- What are your addictions, if any?
- Is there anything you’re hiding anything from me and from others?

This is just a partial list.

I recommend that during all your dates, you have lengthy discussions on these very important matters.

Not only that, but I recommend that you work together in projects of your clubs, organizations, parishes, etc. Because you get to know the person not just by talking to each other — but by seeing him emotionally react to difficult situations. What does he do when he’s under pressure? What does he do when he’s late? What does he

¹⁸ If you get my *Complete Take Home Course: How To Find Your One True Love*, you’ll get for FREE my *Life Dreams Success Journal* — to help you define your sacred mission and life dreams. Log on to www.onetruelovenetwork.com and click on “Complete Take Home Course”.

do when he doesn't get his way? What does he do when people are angry at him?

Action #5: Don't Explore Each Other's Bodies

Make a decision to live in purity as *the overall direction of your life—single life and married life*. That includes making decisions on your sexual limits today while you're single.

And if your boyfriend insists on breaking them, tell him you're calling it quits because he doesn't respect you enough to keep his hands off your body.

A few years ago, I married a virgin.

And I married *as a* virgin too.

Yes, despite the fact that I'm a recovering sex addict¹⁹—and despite the fact that my girlfriend was previously stuck in co-dependent relationships—we were still virgins by God's grace.

And to remain virgins until we got wed, I decided to do something very radical: I chose not even to kiss her on the lips until we got engaged. Why?

I knew myself. If I started in that direction — with necking and petting — I may have reached "a point of no return."

So my solution was *not to start it at all*.

It worked.

This was my chosen limit.

Here are two other limits you can consider:

- Before marriage, we'll not allow any kind of undressing.

- Before marriage, we'll not allow any touching of private parts — even with clothing on.

I also advice you to avoid being alone in places that are open to sexual temptation.

Give Your Spouse Your Special Gift

Let me tell you what happened on our honeymoon night.

(Kids, put down this book now!)

In a bedroom in a faraway resort, my wife and I knelt down, offered our marriage to God, and we kissed each other. We then sat down on bed, faced each other, and with hormones sloshing, swishing, and slambanging through my veins, I said, "Game!"

She chuckled and said, "Game!"

And I told her, "Sweetheart, I'm a virgin."

She laughed and said, "I'm a virgin too."

Our honeymoon was between two awkward, inexperienced virgins, but our marriage has been the most fantastic in the world.

Benefits of Purity

Some people say virginity is no longer important nowadays.

But being pure is one of the best things you can do for your life!

Here are some practical benefits of virginity before marriage...

¹⁹ Much of my sexual addiction was sexual fantasies, pornography, and masturbation. If you don't know about this side of my life, you can read my book, 'Your Past Does Not Define Your Future'. It's available in most major bookstores. You can also order from www.shepherdvoice.com.ph

1. You save yourself from out-of-wedlock pregnancy.

And all the problems connected with that, such as an early marriage (which statistics say have a very high probability of separation) and money problems for the needs of the baby.

2. You're not tempted to abort or murder your baby.

I've talked to women who aborted their babies 40 years ago (!) and they still carry so much guilt, it was eating them alive. For women like these, abortion didn't only kill their baby, it also killed 40 years of happiness.

3. You save yourself from venereal disease.

I talked to a man who has herpes. Thinking he could just pop an antibiotic to lick it, his doctor gave him the sad news:

There's no cure for genital herpes. He would have to carry it for the rest of his life — blisters erupting at any time. The pain is negligible. It's the shame that chews on him. And all that for the fleeting pleasure of 10 minutes of sex.

4. You're able to discern if your current guy is really marriage material...

...Or he's just lusting after your body.

Premarital sex — including necking and petting — short-circuits the entire discernment process. We can't think straight if testosterone is flowing abundantly through our veins.

People think that compatibility means sexual compatibility.

No it doesn't. I repeat: We need to explore our minds, our personalities, our preferences — not explore our bodies.

5. You don't get trapped with a person — just because you had sex.

Believe me, I've heard this line again and again. "Bo, my girlfriend and I already did it. I can't leave her anymore."

So even if he's realized that he doesn't like her anymore, and even if he realizes that other women may be better suited to be his future wife and the future mother of his children — he simply resigns to his fate with this woman.

Is there anything more pathetic than that?

6. You don't feel cheap'— like a used rag.

It happens.

Your boyfriend dumps you.

And you wonder: Will another man accept second-hand material?

I believe you can and will find someone who will accept you.

But I believe one of the best gifts you can give your future wife or husband is your virginity.

"I saved myself for you."

Wow. That's more than a million dollars.

7. You create urgency for your man to take your relationship to the next level

I wrote this in the *Complete Take Home Course: How To Find Your One True Love*. One very practical benefit of living in purity is this. Because he wants more “access” from you, he’ll have to commit more—and for you, that commitment is matrimony.

Some women give their boyfriends free access to their bodies. No wonder the guy has no urgency to get married. Why buy the car if he can test-drive it anytime he wants?

If You’re No Longer a Virgin

If you have already lost your virginity, let me tell you some good news:

You can ask God for forgiveness, choose not to have sex until marriage — and receive a second virginity. —It will no longer be physical but spiritual in nature. Tell God you want to have a beautiful marriage and family. He will forgive you. He will restore you.

Action #6: Instead of Love Poems, Appreciate Him

Women, as I told you in

Step #5: Be Attractive, don’t be extremely mushy.

Don’t be like my friend who was like a hypnotized love slave to her boyfriend. Her conversations and text messages to him are nothing else but, “I love you,” and “I really love you,” and “I really, really love you!”

I repeat: He’ll feel like the chase is over and take you for granted.

So instead of expressing mushy stuff, *appreciate him*. Not flattery, mind you. But genuine, simple appreciation and admiration for his good qualities that’s not overdone.

Let me give you a few examples:

I like your attitude towards life.

You know how to respect me. I appreciate that in you.

You speak very well.

You’re so responsible. I like that.

And when he does something good — makes a big sale, delivers something for his father, volunteers for a charity, helps his nephew with his homework — mention it, acknowledge it verbally.

This is far, far better than mushy, love-sick, sentimental, sticky stuff women like to tell their boyfriends.

You’ve got to remain mysterious.

Almost grasped, but not quite.

Action #7: Create Space in Your Relationship

Think with me: How many friends have you dropped off your list?

Tell me if I’m wrong — that you dropped some of these friends from your list because you felt “trapped.” Like you were their exclusive property.

Or they gave advice about everything and demanded that you follow their advice.

Or they smothered you with their presence.

Or they requested stuff from you like you were their personal assistant.

It looked like love, but it really wasn’t love.

Because true love sets the beloved free.

This is the one weakness that destroys friendships faster than others: *The desire to control others.*

Sister, don't try to control the life of your boyfriend.

Three Ways to Create Space

Here are four strategies on how to create space in your friendships — boyfriends included. I got this from Alan Loy McGinnis "*The Friendship Factor*," but I'm skewing it to steady relationships and fiancés...

1. Use the language of acceptance.

When a girlfriend or boyfriend starts to talk about the deep things in their lives, your first agenda is to listen. To listen especially to their feelings and accept them as such. Your first agenda *isn't* to comment, to correct, to judge, to evaluate.

Men, it's so easy to "fix a problem." That's your nature. We come in and repair problems. Don't give in to this temptation.

Women, don't laugh when he starts talking about his weaknesses.

2. Allow for solitude.

Some people need this more than others. I see to it that I get this every week. I spend time alone in a café or browsing through a bookstore or being alone in an empty church. When I go back home, I feel refreshed and ready to do more loving.

3. Encourage other relationships.

I feel happy whenever my wife spends times with her girlfriends. I have ulterior motives. I've noticed that when she comes home, her Love Tank is full — and she has much more love to give me and the kids.

Action #8: Nearing Engagement? Read Marriage Books Together

As our relationship progressed, I remember dating Marowe two or three times a week. One of those dates was just having fun, eating out, watching a movie together. But our other date was unique: We'd read a chapter of a good book on marriage and discuss.

More than learning truths about marriage, we also learned how to communicate seriously and lengthily.

Finally, I strongly suggest that engaged couples go through premarital counseling or a premarital seminar. Pay for it. Spend time. Invest!

Cover all bases. This is the most important decision of your life — so give it all you've got.

What to Do When You're Engaged

This is a time when you're *almost* sure he's your One True Love.

This is when you prepare for your wedding — but I hope you still continue to prepare for your marriage. The wedding and reception will last for a few hours. The marriage will last for the rest of your life.

So keep up with your discussions, reading, counseling and seminars on marriage and family life.

And if by chance you discover something very BAD about your fianci (something that was hidden but now discovered), cancel the wedding. I don't care if you've already sent out the wedding invitations. The embarrassment of telling the world that the engagement is over is nothing compared to a miserable marriage.

Send Me the Wedding Invitation!

Yes, even just by email.

Obviously, I won't be able to attend, but I will include you in my prayers. (I also want to tally how many will get married because of this book.)

And when that day happens, *my purpose for this book has been accomplished.*

If you did everything I told you to do in this book, your chances for a happy marriage are very high.

But friend, *your purpose has not yet been accomplished.*

A happy marriage is something you work on every single day of your life.

No coffee breaks. No leaves. No vacations.

But that deserves another book.

Have a happy marriage!

STEP #8:

Trust God and Enjoy Life

Here's the main message of this book...

1. Before you do all that you can, trust God.

2. While you're doing all that you do, trust God.

3. After you do all that you can do, trust God.

This is the kind of trust that I like.

And I believe this is the kind of active trust that God wants.

Yes friends, that means *work*.

Because whether you get married or not, you've got to work on *you*.

Why? **Because you attract your One True Love by becoming an attractive person.**

Before I end this book, let me declare to the world another very deadly myth...

Myth #6: Marriage Will Make Me Happy

No, it won't.

If you were not happy before getting married, you won't be happy after you get married.

Marriage is like a magnifying glass.

It simply *magnifies* the misery or the happiness that you had as a single person.

So if you want a happy marriage, here's my formula.

My Great Formula for a Happy Marriage

Please excuse me if you cannot understand my formula at first — because I discovered this very mysterious and complicated theory based on esoteric, obscure wisdom written in cryptic language etched on ancient parchments found in underwater caves off the coast of Africa, sealed in airtight flasks of pure gold, probably handed down by aliens millions of years ago when they used to visit planet earth during the...

I'm lying. Here it is.

Happy Man + Happy Woman = Happy Marriage

I love it. It's so simple and so true. It's so flexible too...

Loving Man + Loving Woman = Loving Marriage

Look for a man who loves his parents, loves his siblings, loves the poor... and the probability is high that he'll be loving you too.

Here's another example.

Responsible Man + Responsible Woman = Responsible Marriage

Is he a single man who already takes responsibility for his life?

Then the chances are very high that he'll be responsible when he gets married to you too.

Work on Becoming a Phenomenal Human Being

Here's the irony: When you don't *need* to be married because you're living such a happy life, you have more chances of getting married.

You've heard this before, but I'll say it again.

Your first move isn't to look for Mr. Right.

Your first move is to work on yourself so that you *become* Ms. Right.²⁰

And when you become Ms. Right, you become a magnet: *You attract him to your life.*

I'll say this point again because it's so important: **You attract not by what you do, but by *who you are*.** Because who you are will speak more loudly than what you say.

The attractive person has inner magnetism. Physical looks may get his attention, but what nails his attention to you will be your inner beauty.

My dear women, let me say it again: You're a magnet.

Work on the magnet, and you can attract the right person for your life.

If You Don't Find Him, So What?

And just in case you don't find him — what will you do?

I hope you answer in this way:

²⁰ FREE: Test-drive 3 months membership to the OTL Network of Happy Singles. Our mission is to help single members become *alumni* members (because they got married!). For 3 months, you'll receive the OTL Newsletter, filled with practical wisdom on how you can become Mr. Or Ms. Right — and a phenomenal human being. Log onto www.onetruelovenetwork.com and click on "Test-Drive 3 Months OTL Membership for FREE"

So What?

If I don't find a husband, so what?

Too bad for him; He missed the greatest blessing
of his life.

I'm living a full life, enjoying every minute,
and I know it.

I've worked on *Me* so much,

I've come to like myself a lot.

I'm going places, I'm meeting new friends,
I'm expanding my territories, I'm gaining new skills...
And I've realized I don't need a man to complete me.

I'm already complete.

I've learned the art of happiness.

Gosh, it's great to be alive.

My last two words, my dear single friend:
Trust God. And enjoy life.

I remain your friend,



Bo Sanchez

bosanchez@kerygmfamily.com

P.S.1. I wrote a few more extra articles on Finding Your One True Love that I couldn't fit this book anymore. Log onto www.onetruelovenetwork.com and I'll send them you by email for FREE.

P.S.2. FREE! Test drive three-month membership to the OTL Network for happy singles. Its mission is to help single members become *alumni* members—because they got married. Members get a monthly newsletter filled with tips and advice on becoming a phenomenal human being. Enroll today! It's waiting for you at www.onetruelovenetwork.com and click on "OTL Membership" or call (+632) 4117874.

P.S.3 If you want me to help you more, get my *Complete Take Home Course: How to Find Your One True Love*, filled with all the questionnaires, tests and guides for each of these Eight Steps that are NOT found in this book. The thick manual is so full-to-the-brim with information, it's worth the price of the entire course. But the kit also includes audio and/or video talks (your option), plus a series of video interviews on real-life couples and how they found their One True Love. Visit my website at www.onetruelovenetwork.com or call Tel. (+632) 4117874 and order the course now.

APPENDIX A:

Five Other Myths You Need to Watch for...

Here are a few more myths I found prevalent in the many people I've helped over the past 28 years of my ministry...

Myth #7: God Wants Me to Marry the Father of My Baby

Some of us make mistakes.

We fall into premarital sex and have a baby.

Some of us believe that because "God gave us a baby," He must want me to marry this person — even if you know he's the most irresponsible bum in the world.

Hey, God doesn't want you to repair a mistake with another mistake.

If he won't be a good husband and a good father, *don't marry him.*

Please look for someone else!

By the way, do you know that the majority of annulment cases pending in the Church tribunals are between spouses who got married because the girl was pregnant?

Never marry just because you've got a baby.

Myth #8: God Wants Me to Marry the Person I Had Sex With

This is a slightly edited version of the previous myth.

I've met women who tell me, "Bo, my boyfriend and I already went all the way. I guess I'll have to marry him, even if I have so much doubts..."

No, no, no!

Face those doubts. What are they?

Virginity is important. It's one of the best gifts you can give your future spouse.

But if you lost it, ask forgiveness from God, and commit yourself to *secondary virginity*.

But never marry because you've lost your virginity.

Myth #9: God Wants Me to Marry So I Could Change "His" Life

No, you can't change your boyfriend.

In fact, whatever weaknesses he has as a single person will be magnified three times more when he gets married to you.

Does he have a temper? Get ready for giant volcanic eruptions'— more frequent, more intense, more horrifying.

Is he lazy? He'll transform before your eyes to become Mr. Super Lazy.

Does he drink heavily? Don't ever think he'll quit just because he's married to you or has a kid. He'll probably drink more.

I can hear you now.

"But Bo, I've heard stories of wives who've been able to change their husbands!"

Okay, *maybe* you can change him.

Through intense prayer. Through massive pain.

Through immense sacrifice. Through daily martyrdom.

Through an endless river of tears.

Maybe.

Maybe it'll take... oh, about 30 or 40 or 50 years of pain.

Gosh, woman, why choose this suffering when God is NOT choosing this needy person for your life?

I repeat: *Sister, you've got choices!*

Myth #10: God Wants Me to Marry Whoever I Fall in Love With

Get ready to be blown away by my statement: *Never marry because of love.*

I know. Die-hard romantics will never forgive me for that statement.

But I want to save you from years and years of heartache.

I'll say it again: Never marry because of love.

Only marry because you've found the RIGHT partner — and choose to love him forever. (By "right," I mean that he has what it takes to be a good husband and good father to your future children.)

Romantic love is like the wind — here today and gone tomorrow. Strong like a violent storm today ("I can't stop thinking about him!") and dead as a rock the next day. ("What's his name again?")

I love what Scott Peck, the author of the classic *The Road Less Traveled* says about true love. He says that true love begins only when one falls *out* of love. Because true love has to be *willed*. There's got to be a decision involved. While you're *in love* with someone, love is involuntary. You *just* love. (The feeling of love falls on you like a brick from the sky hitting your head — wham! — and you don't know what hit you.) But when you fall out of love, and you still make a choice to love, then that's the beginning of true love.

And that's the basis of marriage.
Not romantic love.

Myth #11: God Wants Me to Marry the Person Who Loves Me Most

Let's say both Patrick and Wilson are in love with you.
But Patrick is
desperate for you.
He's fallen madly, insanely in love with you.
You're his universe.
You're the sun and he's the earth revolving around you.
He calls you up 46 times a day.
And if you let him, he'll spend 18 hours with you a day. (He'll leave your house at 12 midnight but will be waiting at your gate by 6 a.m.)
He says that he can't live without you, he can't breathe without you, and he can't exist without you. He's threatened suicide if you leave him.
Patrick is also very exciting to be with.
Once, he gave you a wheelbarrow of flowers!
On your birthday, he hired an entire rock band to play outside your house.
And Patrick's famous line is, "God wants us to be together. If this isn't so, then please explain why He gave me so much love for you?"
But then there's this other chap, Wilson.
This guy likes you a lot, but he's not as desperate.
He doesn't call you 46 times a day. Usually just once a day.

He doesn't spend 18 hours with you in a day. He visits you twice a week perhaps, and only for two or three hours per visit.

So, who should you marry?

It's tempting to automatically say, "Patrick, of course!"

But what if I tell you that Patrick is a playboy?

Or what if he's got a gambling addiction?

Friend, the amount of romantic love a person has for you isn't a sign from God that you should marry him. You must marry the *best person* for your life — looking at his character, his sense of responsibility, his values...

Here's the lesson: Don't judge a person by the measure of his romantic love.

Instead, judge a person by the measure of his **committed love** towards his parents, his siblings, to his God and to himself.

Because how he loves his parents and his siblings will usually be how he'll love you in the future.

APPENDIX B:

For Younger Singles Reading This Book...

Teens, Don't Have Exclusive Relationships
Until You're Ready for Marriage

I know.

This is difficult.

So I'm not laying it down as doctrine' — but as a wonderful suggestion to those who want to escape all the complexities of having a long steady exclusive relationship.

Let me tell you *my* story.

When I reached my 17th birthday, I had my first girlfriend. I was happy and so was she. The following week, we weren't happy anymore. Because I get a phone call from her and she was angry. When I asked her why, she said, "Because you didn't call me yesterday."

"Yesterday? What happened yesterday?"

She remained silent.

And then it hit me. I asked, "Do you mean I should call you every day?"

"Of course!" (Like hellooooo, is the earth round? Is the sun hot?)

Wow, I didn't know boyfriends were supposed to call every day.

My relationship went on for four long years.

We broke up when I was 21, and it hurt — but it was also a day of liberation for me and for her. And I didn't have a girlfriend for the next 10 glorious years

— and I never felt so free in my entire life. Those 10 years were fantastic years of personal growth, expanding my horizons, and serving God in radical ways. I traveled around the world, I learned new skills, I pioneered new organizations, I started new ministries...

It was awesome. Honestly, I couldn't have done all those things if I had a girlfriend.

If you have a boyfriend (or girlfriend) in your teens, you'll be saddled with the following problems...

1. **Your world becomes very small.**

Your time is taken up by one person. Instead of meeting new people, instead of learning new skills, instead of expanding your territories, instead of putting up businesses, instead of serving God... your attention will be on maintaining this one relationship — with the petty fights, the little arguments, the silly jealousies and the two-hour phone conversations every day.

2. **You miss out on great experiences to mature as a whole person.**

I grew a lot when I took on responsibilities, led organizations, traveled to various places and talked to lots of people. If you're single, I strongly suggest that you take every *growth opportunity* you can take.

Take up pottery lessons, volunteer to be a missionary in Africa, learn how to bake, take a course on speed-reading.... *Grow more as a person so that you can give more to your future spouse and future children.*

3. **You open yourself to a lot of sexual temptations.**

Obviously, the longer the boy-girl relationship, the more sexual pressure builds up internally to "go all the way." This need to express love physically is a natural progression of the long relationship. It's wiser to delay the intimate relationship so that handling the sexual pressure will be much easier.

There, I've said it, teens.

There's a lot of time to start dating and courting when you're in your twenties.

But right now, stop babysitting this one person.

If you're not going to date and have a boyfriend (or girlfriend), what should you do?

What else: Enjoy the single life!

Climb mountains, write a novel, water-ski and skydive, compose songs, travel to China, organize a fundraiser, lead a prayer meeting, minister to an orphanage. For crying out loud, have fun, grow up and expand your world.

Get to know lots and lots and lots of people.

That's better than getting bogged down to one particular guy or gal.

And in these natural situations (in sports or projects), you actually get to know the "real" person more than in a romantic date.

And perhaps, you'll meet your One True Love among your many friends.

HOW TO FIND YOUR ONE TRUE LOVE

Complete Take Home Course

By Bo Sanchez

While Bo's book, *How to Find Your One True Love*, is incredibly powerful, his ***Complete Take Home Course*** with the same title will go inside you and create changes like you've never seen before. In this Course, Bo Sanchez will virtually hold your hand and guide you step-by-step through the journey of finding your One True Love. He'll go with you through the nitty-gritty details for completing the 8 Steps. This Complete Take Home Course has a mountain load of crucial strategies, penetrating questions, and practical wisdom that are NOT found in the book.

Here's a tiny fraction of what the Course Manual will give you:

- How to get out of the 8 Prisons Of Fears and Overcome Internal Blocks
- How to get out of a bad relationship
- How to develop your charm (which is actually tied to Christian Values)
- How to write your Must Have and Must Not Have List
- 18-Point Moral Inventory—What do you need to change? (Because inner character is very attractive!)
- 6-Item Emotional Health Evaluation—Where do you need to mature? And how will you know if another person is emotionally healthy?
- 14 Revealing Questions About Yourself
- How to form a Support Team to help find your OTL

- How to know if you and your potential OTL are compatible
- How to encourage your boyfriend to propose marriage (This is important!)
- 3 Counterfeit Love Styles to watch out from your Partner
- 84 Questions for Engaged Couples—important things to discuss to get ready not just for the wedding, but for marriage
- And much, much more more!

With This *Complete Take Home Course*, You Receive 4 Giant Bonuses:

BONUS #1: 9 Power Talks by Bo Sanchez on How To Find Your One True Love Seminar in Audio CDs (also available: Video Talks on DVDs).

BONUS #2: Inspiring video interviews of those who have found their One True Love—on DVD. Through their ups and downs, struggles and confusion, you'll be encouraged to press on.

BONUS #3: Life Dreams And Success Journal—To help you discover your sacred mission and life dreams, write them down, and read them everyday

BONUS #4: Extra Copy of Bo's book, *How To Find Your One True Love*, to give away to other single friends

Visit **www.onetruelovenetwork.com** or call (+632) 4117874 and order the course now!

Special Free Gift From The Author

Go to www.onetruelovenetwork.com and click "OTL Membership"
or Copy This Page and Fax to (+632) 7275615

FREE

Test Drive 3-Months of Bo Sanchez'

OTL Network Of Happy Singles Membership

To Help Awaken The Happy, Attractive, & Phenomenal Single
Person That Resides In You, Receive The OTL Newsletter
Each Month!

I have a mission: To help you get married.

No, I'm not starting an internet dating service.

There are now thousands of that service going on. (I must warn you though that the internet gives you a false sense of knowing. You still need to be physically together for a long time before you get married!)

Instead, I'm providing you with a continuous flow of practical wisdom and important strategies on how you can become the best, most attractive single person you can be. Each month, I'm sending you the OTL Newsletter, filled to the brim with advice, tips, reminders, and powerful How-To's on the single life.

There's a small one-time charge to cover mailing for ALL three months of the FREE OTL "For Members Only" Newsletter, and you have no obligation to continue at the low price of \$4.97 per month (Plus shipping cost for those outside philippines; free shipping within the Philippines) In fact, should you continue your membership, you can later cancel at any time.

Name: _____

Home Address: _____

_____ zip _____

Home Phone: _____ Cellphone (optional): _____

Email: _____



Credit Card Number _____

3-Digit Code: _____ Expiry Date: _____

(Last 3-Digit # the back of card)



Signature: _____ Date: _____

HOW TO FIND YOUR ONE TRUE LOVE

About The Author

Bo Sanchez started preaching at the age of 13 and wrote his first book at the age of 20. He is the publisher and main writer of the *Kerygma*, the number one inspirational magazine in the country. Today, he continues to preach to millions worldwide. And for years now, his inspirational books have not left the top 10 list of bestselling books of the country. His powerful books include *You Can Make Your Life Beautiful*, *Thank God He's Boss*, *You Have the Power to Create Love*, *Fill Your Life with Miracles*, *Simplify and Live the Good Life*, *Simplify and Create Abundance*, and *Your Past Does Not Define Your Future*. (They're also available through our online store. Log onto

www.shepherdsvoice.com.ph)

Aside from *Kerygma* magazine, he publishes five more magazines, devotionals, and Bible reflection guides: *Didache*, *Gabay*, *Companion*, *Sabbath*, and *Fish* — a youth magazine. All of them are top-selling periodicals.

Bo also has a weekly TV show and a daily Radio program. *Kerygma TV* airs every Wednesday, 11:30 p.m., on RPN-9. His Radio program, *Gabay sa Biblia sa Radyo*, is on Radio Veritas — from 4-4:30 a.m.

He founded many organizations, such as Anawim, a special home for the abandoned elderly (for more information, log onto **www.anawim.com.ph**, and Shepherd's Voice, a media ministry that publishes the widest read Catholic literature in the country. He also founded Light of Jesus Community

and the Light of Jesus Counseling Center. A firm believer in working with others, he has partnered with Gawad Kalinga and other groups that work for the poorest of the poor. Recently, he's formed the *KerygmaFamily* — a borderless, international, non-physical community. All over the world, people are signing up as members of this virtual community — where they receive a mountain of great stuff for their spiritual and personal growth. (Log onto—**www.kerygmfamily.com**.)

Privately, Bo is also a micro-entrepreneur. He engages in small business not only for his family's needs and for his various projects, but also from his firm belief that one of the most important solutions to his country's economic problems is to raise more micro-entrepreneurs among his countrymen. He frequently teaches and writes about financial literacy, believing that our poverty is hugely a product of people's very low financial I.Q. on subjects such as debt management, saving, investing and business.

In another endeavor he's very passionate about, Bo started the Catholic Filipino Homeschool to help parents who wish to teach to their children at home. (Log onto **www.catholicfilipinohomeschool.com**)

But above all these, Bo believes that his first call from God 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.

Each month, Bo writes *The Bo Sanchez Soulfood Letter* and emails it to tens of thousands of people, inspiring them to live fantastic lives and connecting them to Bo's ministry. It is absolutely FREE. To subscribe, log onto **www.bosanchez.ph** or call up (+632) 4117874.



