

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

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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HOW TO FIND YOUR ONE TRUE LOVE

BO SANCHEZ

HOW TO FIND YOUR ONE TRUE LOVE

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



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

PS.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.

PS.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.

PS.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 *waaaaaaay* 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 their 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”