

INTRODUCTION

Be Your Own Best Friend

ONE of the most important things you can do to improve your mental health and your spiritual life is to fill your mind with uplifting thoughts.

Did you know that the thoughts you think always filter down, and become the emotions you feel? Toxic thinking is the cause of most of your emotional pain.

You can eliminate negative thinking, and improve your emotional life by putting on the indomitable will to count your blessings. You can choose to be happy by filling your mind with uplifting thoughts.

The mind only has room for one set of thoughts at a time. If you think good thoughts, the toxic ones won't have any room to fester. Healing begins when you decide to move out of that self-imposed mental swamp.

Stop identifying with your thoughts. You are not your thoughts. You are the observer of your thoughts. When you observe yourself slipping into a dark state of mind, think positively; stay focused on the things that bring you joy and peace.

If you hold on to hurtful memories, they will only make you sick. You have a choice. You can reject them. Decide firmly that you will not let the past drag you down.

Once you stop living inside your own head you can look around, and begin living in the present moment. Listen to the birds; smell the roses. Use your senses to break the spell of gloom and doom.

Turn to the Lord, and ask for help. Poisonous thoughts will hang around as long as you take no action to dispel them. Pray for the grace to come into the present moment. Instead of wallowing in the past, or worrying about the future, let your eyes, your ears, your nose, your taste buds, and your sense of touch lead you to that new plateau of freedom called the present moment. Only there can you find relief from all your fears.

Some examples of toxic thinking include: (1) the fear of failure, (“What if I make a bad impression?”); (2) the fear of danger, (“What if someone attacks me?”); (3) the fear of facing the challenge of life, (“What if I ended it all?”). These thoughts are not you, they are toxic invaders. Banish them from your mind, or they will destroy your peace, and possibly end your life.

You don’t have to work endlessly through the toxic effects of the past. Once you decide to change, the process can begin. It will take time, but it can be done, provided you persist in your good intentions.

It’s never too late to change. I’ve written this little book as a tool to help you to control your thoughts and live a happier, holier life.

St. Teresa of Avila used to repeat to herself over and over: “Let nothing disturb you; let nothing cause you to fear. God is unchanging love. He will protect you.”

With the Lord at your side, you can do all things. Remember the words of Jesus: *“I have told you all these things that your joy may be full” (Jn 15:11).*

Blessings of peace and joy.

Father John Catoir



DO NOT let your hearts be troubled. . . . JAN.
Place your trust in God.

—Jn 14:1

1

Being True to Your Inner Self Is Easy

REFLECTION. The late Mother Teresa said: “If you are kind, people may take advantage of you . . . be kind anyway. If you are trusting, people may try to cheat you . . . be trusting anyway. If you are happy, people may become jealous . . . be happy anyway.”

This is good advice, coming from a woman who knew the truth and lived it.

PRAYER. *Teach me, Lord, to hear Your voice within me, and to follow Your inspiration.*



God is faithful, and will not allow you to be tried beyond your strength. JAN.

—1 Cor 10:13

2

Persevere in Your Good Intentions; You'll Be Glad You Did

REFLECTION. Did you know that babies teach us a lot about perseverance? For instance, babies can't read books about how to walk. They just keep standing up, and falling down, over and over, until finally they take their first steps, and everyone rejoices with them.

Perseverance pays. Hang in there.

PRAYER. *Help me, Lord, to be more faithful to Your holy Will.*