

Unit 2. Management of Heart

This is our second discussion on managing our hearts, which is very important. Even if you have a lot of money, without proper management, it can disappear. Similarly, a good car can turn into junk without proper care. Likewise, a well-maintained farm yields crops, but neglect leads to overgrowth and no harvest. Management is crucial for success. Nigeria, being a large country with abundant resources, must manage them effectively; otherwise, other nations may exploit them. Just as we protect our resources, we must also manage our emotions. Happiness may enter our hearts, but without proper management, we'll soon feel unhappy. Even if wealth comes our way, without management, we may end up poor. What matters isn't just what we have, but how we manage it.

States, psychologist Philip In the United our hearts work. He placed two cars in an alley, one with its window open and the other with its hood unlocked. After a week, he observed the results.

What happened next was quite revealing. The car with the broken window suffered significant damage. Some people took the engine, others took the tires, and some even took smaller parts like the stereo. Essentially, anything of value was stripped from the car, rendering it a junkyard candidate. Surprisingly, the car with the open hood remained intact. This phenomenon is what's known as the "Broken Window Theory." Essentially, when people see a broken window, they are more likely to engage in destructive or criminal behavior, as it signals neglect or abandonment.

This experiment shed light on the psychology of human behavior. Additionally, it provides insights into the human heart, attributing its deceit to the influence of evil forces. This concept aligns with real-world scenarios, such as the case of the New York City subway system in 1984. At that time, the subway was plagued by crime, with 15,000 fare evasions and numerous violent incidents. The mayor of New York City addressed these issues through a televised announcement.

So, four years later, significant progress was made in combating crime in the New York City subway system. This positive change was attributed to a deeper understanding of human psychology by the police force. They conducted extensive research, taking photos and comparing subway stations with those in other cities. Through this investigation, they discovered a stark difference in the atmosphere of New York City subway stations compared to others—they were much more littered and unkempt.

This research revealed a crucial connection between the environment and levels of violence. The grim atmosphere of the subway stations seemed to influence people's behavior, potentially contributing to increased crime rates. To address this, efforts were made to change the atmosphere. Stations were repainted, and measures were taken to clean up the litter and graffiti.

This phenomenon can be understood through the lens of the Broken Window Theory. Just as a messy desk tends to attract more clutter, a dirty environment can perpetuate further neglect and disorder. Conversely, clean and well-maintained spaces tend to discourage littering and other forms of misconduct.

This concept extends beyond physical environments and applies to our lives as well. Just as a broken window can symbolize sadness in our hearts, negative thoughts can lead to further negativity. Conversely, fostering positive thoughts can help alleviate sadness and promote happiness. Therefore, it's important to actively manage our emotions and surroundings to cultivate a positive mindset and environment.

I am poor, born into an unhappy family. I feel like I have no future, and even if I excel in my studies, nobody seems to care. Why bother striving for success when nobody acknowledges me? Why should I bother living

sincerely? These thoughts often plague individuals in such circumstances, leading them to turn to alcohol or drugs to numb their pain. It's like their hearts are filled with broken windows, inviting despair.

In Korea, there's a story of a member of a wife's family who was an Oriental doctor. When he opened his hospital, there was no cure for atopic diseases. Despite extensive research, they couldn't find a solution. However, on the day of the hospital's opening, the founder of 'YF (International Youth Fellowship) gave him a gift—a scripture from the Bible, Proverb 18:14: 'The spirit of a man will sustain him in sickness, but who can bear a broken spirit?'

This scripture deeply resonated with him. He realized that the spirit mentioned here represents the heart in Chinese characters. Until then, he had only prescribed treatments for the symptoms of atopic diseases. But from that moment on, he began prescribing medication to protect the heart. Some patients took this medication and found healing. By nurturing their hearts, they were able to push out the disease from within.

Consider the disease Buruli ulcer, famous in West Africa. It causes severe damage, often leading to amputation. However, this Oriental doctor's medication proved effective even against this disease. Those who used it found that their skin and flesh were healed, sparing them from the devastating effects of the illness." So, with the Oriental doctor's medicine, many people recovered from diseases like Buruli ulcer. This success led to the authorization of their medicine. From the scriptures, they gleaned that if the spirit is broken, life itself suffers. Negative thoughts breed more negativity. Continuously dwelling on thoughts like "I am poor" or "I am unhappy" leads to unhappiness. Comparing oneself to others who seem better off only exacerbates these feelings.

However, some people manage to break free from this cycle of negativity. Despite being born into poverty or facing difficulties, they find success. It's not the poverty or difficulties themselves that make them unhappy; rather, it's their perception of these conditions as inherently negative. Instead of accepting their situation as unhappy, they refuse to see it that way. They recognize the challenges but refuse to let them define their happiness.

strive to overcome these obstacles and live well.

When faced with adversity, they approach it like repairing a broken window—they change their mindset and actively work towards improvement. So, crucial to change your perspective and mindset, even in challenging circumstances, to pave the way for a brighter future.

And you have to correct your mindset in life as well. Instead of saying, unhappy," say, "No, I'm not unhappy. There are many people in

conditions than me. Because I am poor, I can live more You have to change your mindset. just like fixing a broken window.

In Japan, there was a chairman, now deceased, named Panik, who founded a company. During a lecture to his employees, one of them asked, "Chairman, how did you achieve success?" His response was enlightening. He said, I was blessed with three fortunes from heaven. First, I was born into poverty. This forced me to work diligently, and it ultimately led to the creation of a great company. So, isn't poverty a fortune? If you don't perceive it as such, then it becomes unfortunate. "

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"Secondly, I received the gift of electricity. How can be considered a fortune? Well, because I was poor, I couldn't attend school. Some people might lament this, saying, 'Because I couldn't go to school, I couldn't succeed, but I thought differently."

so, while you may feel unhappy, this chairman's perspective was different. He saw poverty and illiteracy not as obstacles but as stepping stones to success. Despite being poor and unable to attend school, he embraced the opportunity to learn from everyone around him, making them his teachers. He also saw his weak body as a blessing in disguise. It taught him the importance of health, leading him to exercise and eventually becoming the owner of a bike company.

The key difference between him and many others lies in their perspectives. While some people lament their circumstances, focusing on their weaknesses and complaining about their conditions, others, like the chairman, see them as opportunities for growth. They choose to learn from their challenges rather than letting them define their lives.

Just like the broken window in a building, if you leave it unrepaired, the building becomes dirty and attracts negative elements. Similarly, if you dwell on negative thoughts and weaknesses, your life becomes filled with negativity and unhappiness. However, if you focus on changing your perspective and developing a positive mindset, you can turn your challenges into opportunities for growth and success. Indeed, changing your thoughts can lead to transformative outcomes. There's a pastor I know who spent 17 years in prison for a crime he didn't commit. While in prison, he initially felt foolish and regretful for not studying well. However, one night, the prisoners were given a paper to memorize under the threat of death if they failed. Despite feeling foolish, he decided to focus and memorize the paper. By morning, he had

memorized it, surprising himself and changing his perspective.

that he wasn't foolish but rather capable and intelligent. Upon rejection from he pursued higher education and eventually became a doctor. He dedicated his life to helping others and inspiring change. 'It justifies the power of changing one's life instead of seeing, himself foolish, he embraced his intelligence and potential, As the Bible speaks, and I will do what you have spoken to me,' If you believe you are foolish, you act foolishly. But if you believe in your genius, you manifest that genius. In your actions.

Similarly, If you perceive yourself as unhappy, you'll perpetuate that unhappiness. But by changing your thoughts to positivity and gratitude, you can transform your life. Just like repairing a broken window, changing your thoughts can mend your broken heart and pave the way for happiness and success.

Since that moment, my life changed drastically. At 40 years old, I was living a normal life until a pivotal moment occurred. I realized my potential and believed that I could lead a country. From that point on, everyone I met seemed to change. I interacted with ambassadors, and even met with the vice president and first lady. I dedicated myself to serving them with all my heart. I transformed from a regular person to someone who could be likened to a king.

Previously, I slept with a broken heart, but I learned to repair it like a broken window. I abandoned negative thoughts and replaced them with positivity. I began speaking words of faith and belief, inspired by passages like Genesis 35:11, which spoke of nations and kings coming from one's own body. This gave me the belief that greatness was within my reach.

Your words have power. If you continue to dwell on negative thoughts, you'll remain stuck in despair. However, through mindset education, you can change your life. You can develop into a leader, overcome difficulties, and achieve amazing things with God's help.

So, I encourage you to change your words, Declare that you are happy, blessed, and destined for success. Even in the face of challenges, maintain this mindset, and you'll find that you can overcome any obstacle with God's assistance.