Dear Sons:

Miracles happen every time I am given the gift to breathe in and breathe out. The same gift was given to each of you too. People who saw my birth determined a long time ago that I would not have opportunities that other so called, “healthier” children, would have.

But my Mother’s faith would not accept their philosophies and she raised me as a normal daughter and gave me every opportunity to do whatever I chose to do.

When fear entered her heart for an activity that she thought would harm me, she somehow found the strength to push it aside and allowed me to participate.

By showing her ability to face dangerous situations and by seeing her muster up the courage to stand aside and hope for the best outcome, she shared with me her gifts of acceptance, power and endurance.

That only made me strive to continue to push the limits to succeed in whatever I thought was possible. As her faith and/or fears rose, my dreams were also elevated.

I now realize the power of a mother’s prayer for the ones that she carried and nurtured. It is an almighty thing.

At times when we think we have failed or if we even feel bad about one thing or another, we have the tendency to self talk ourselves in a reprimand or place a consequence on ourselves for our failure or disappointment. We do this because in our hearts and minds we have memories of some outside source putting us in our places for not following some rule that they deem important.

This is normal to hear in our hearts that we have done something in error and must therefore pay a consequence. This is normal to hear ourselves say that because this is the way that we have been raised and those kinds of thought have been embedded in us for so many years of our lives. We have become familiar with our voices that reminds of our faults and/or failures. So, when you feel yourself pointing to yourself to reprimand you then smile in that moment and give yourself honor.

These accusing habits can bring you down and cause depression or you have the ability to self speak to the accusatory voice and ease or comfort it as a mother would ease or comfort her son.

Example my dears: I may have just stomped my toe and I may say to myself, “This is your fault. If you had have watch out for that table, you would not have hurt yourself. Now you will have to soak your toe. Aren’t you stupid?”

Alright, yes if I had have moved the table or watch out more carefully, I could have avoided the incident so of course my toe is angry at my neglect because it does hurt. But to say to myself, “Sorry that I hurt you and please don’t get angry because this really does hurt right now and I don’t want to feel anger towards myself, but I prefer to feel comfort and forgiveness for any mistakes that I could have avoided.” This is a better self talk and it can actually appease the spirit and bring the comfort and compassion that you would like to fell in the moment.

So that is my example my dearest sons. For so many years, we all have hear ourselves send derivative messages to our hearts and spirits because the folks that raised us and the world we live in at times have done the same to us. So we fall right in line and do the same thing to ourselves.

But now is the time to grow up and start to change these old behaviors. We can do anything that we put our hearts, soul and mind to do. And there will be obstacles. At times, we may fall down and have to get back up. But the most important thing of all is what we say to ourselves when these things are happening to us.

A kind word or thought to ourselves for a mistake made is better than an “oh, I told you so and I knew that would happen”. An encouraging spoken word for failure would be nice than an “I knew that would happen”. The old ways of using the tongue to make negative charges towards a person or an incomplete attempt by a person will not bear good fruits into our own lives.

For each reprimand that goes out at this moment in time will return back to us at another moment in time. Just as the tides roll out they also must roll inward. So it is better to learn to self talk positivity and encouragement to ourselves first and then it will come easy when it is time to give that same encouragement to others.

The laws of relativity, science, faith, good health all apply one to another. What goes up, must come down. What goes in, must come out. Whatsoever a man soweth, that shall he also reap.

In conclusion my dears, I pray for special gifts for you all every moment of the day in my heart and I have been also gifted with special blessing for me in every moment of the day in my heart.

I forgive myself for all the unfortunate decisions that I have made and will make throughout my life and I am forgiven for all the unfortunate decision that I have made and will make throughout my life.

I love you all before, now and forever more and I can see love from before, to now and forever more. God bless all of you that in your journey through this life that you walk knowing that you will continue to grow because we all do, but you can speak to yourself with as much love, compassion, forgiveness and encouragement that your heart desires. It is the Gift To You from A Mother’s Prayer.