We come through our mothers with a head, but inside it is a brain with a right and left side to it. And on our face we have a right side with eye and brown and nostril and lip, cheeks, etc but also on the left side will are blessed with the same facial features. The right side of our body leads to various limbs as do the left side of our body and so on and so on.

I say all this to say that when we think to ourselves we would also have no less than two opinions that we hear as we review our daily experiences or as we critique a task that we are doing.

It is good that we should learn how to treat each thought with respect and honor. Even those thatare harsh or demanding. How we speak to ourselves either with comfort, wisdom and understanding is also how we speak to others.

Our outside conversations also represent our inner conversations. For Example: If I make a error in a choice that I have recently made and the outcome of my choice put me, my body and my spirit in a awkward position, then I may hear my self repeated try to show me the ways of my errors. At times the inner conversation can be stern. By the way, my parents were military parents so their voices were stern also. Therefore, many times I hear my thoughts as I imagine them saying it. So stern is the way I may hear my inner reprimand.

But I now have a way to answer to my error by accepting the advice but asking myself to forgive me for not accomplishing my goal. By doing that I give respect back to the portion of my mind, body or soul that was offended by my choice. And because I really do love myself, knowing that my Heavenly Father loves me more, I can forgive myself and move on forward to our next life experience with ease, peace and understanding.

These practices of continuing the inner conversation with respect for each part of our make up is the love that gives us power to walk our daily walk.

When we work together in ourselves to build confidence and encourage ourselves, we also exude the confidence to all others around us. The scriptures say, “We walk by faith and not by sight”. If we give faith to ourselves and speak generosity, love and uplift the different spirits inside us, than our daily experiences will come and we will walk through them with the power of faith and succeed in that day.