

You've done well with your discipline over the past few weeks. Today you have a lady speaker and I'm pleased to be allowed to announce her. She goes by the name Candy.

Thank you. Hello Trevor and of course hello to all the readers of my words in the future. Yes I was fortunate to be given the name Candy when I was living on earth. It was a wonderful name and everyone loved it. I suppose I was a bit of a good looking too. I was spoilt rotten by my Dad. He used to take me everywhere.

He's with me here now of course. I've decided to keep my long hair too. It's part of who I was and who I am.

Which is what I wanted to talk to you about today. Your

identity. How do you see yourself through the eyes of another person? Yes you can do that easily. How do you think others identify you?

Is it something that concerns you? Can you look yourself open-eyed in a mirror and declare you love the person looking back?

Yes that is harder for some than others to do. Even though people told me I was pretty when I was young, I still had some problems looking at myself. I thought I was fat or spotty, or I had a big nose and ugly hands. All of those things bothered me. Yet I knew everyone else liked me, especially the boys! Some people think this is connected with your

self esteem, but that is not always so. I've always believed that it was because of that little voice in my head. If someone told me I looked nice, I would hear the little voice telling me they were wrong. I used to think the voice was cruel to me.

What does 'your' little voice say to you? Does it tell you how good you are? Does it make you feel happy or sad. Is that little voice your friend or your enemy?

I suppose some might still think is part of your self-esteem at work, but I don't see it that way. If my voice inside my head was good to me when I was on earth, I would not have

Am considered self-esteem as an issue. And even though the voice was often annoying, nobody ever told me I had an issue with my self-esteem. That's because I don't think I did have.

When I came to this world, I began to realise that the inner voice was of my own making and it was wrong, every single time. I learned that most people are uncomfortable with what they see in the mirror, in the same way that most people don't like the sound of their own voice either. Mind you, I can read your mind and you're right! A few people do apparently like the sound of their own voice, a bit too much if truth be known.

Anyway, here's what I want you to do now. Make that inner voice tell you how nice you are and how kind you are. And how special a person you are. And how unique you are. And how much many other people love you. Go on. Try it now. Listen to it. And then thank it for the kind words. Tell the voice that that is all you ever want to hear from now onwards.

It works for me, so I know it can work for you too. I know you're special, and so does your God.

Thank you for telling me speak today. My name is Candy and you're a great person to know. Goodbye.