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## TALKING TO YOURSELF

### The Art of Guiding Your Own Mind

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May 11<sup>th</sup>, 2026 – The Sacred Art of Listening to Yourself

We have all had that moment. You know the one where you are caught deep in a conversation with yourself, only to realize that someone is watching you with a look of mild concern. Usually, we laugh it off and claim that we are just "thinking out loud," as if that makes it more socially acceptable. But if we look at the logic of the situation, the world's definition of "crazy" is a bit backward. Think about it: if you are talking to someone who is not listening to you (for example, a telephone pole or a tree), that is truly irrational, because you are expending

energy on a recipient that provides no feedback. However, when you talk to yourself, you are guaranteed an audience that is actually paying attention, because you are the speaker and the listener, which form a complete circle of communication. In this light, talking to yourself is not a sign of being "a little off"; it is actually the most logical and spiritually intelligent way to live. In other words, there is something deeply powerful, deeply spiritual, and deeply logical about talking to yourself. The apostle Paul was not joking

when he told us to “speak to yourselves” (Eph. 5:18-21). He was not encouraging delusion; he was teaching divine intelligence. He was showing how to take control of the one thing that shapes our entire life, which is the mind.

*“The first person who should listen to you is you.”*

When I really sit with that idea, it changes everything. It means self-awareness is not optional; it is foundational. If I cannot hear myself clearly, I will eventually be influenced by everything around me without realizing it.

### **The Mind as a Place of Direction, Not Drift**

One of the biggest challenges in life is that the mind does not naturally stay still. It drifts! It reacts! It collects thoughts from everywhere (for example, news, people, emotions, memories, fears et cetera). If I do not take responsibility for it, it will be

shaped by whatever is the loudest. But there is another way to live, which is an intentional direction.

Therefore, instead of letting thoughts scatter, I can choose what I repeat, what I meditate on, and what I allow to take root. That is not control in a harsh sense; it is stewardship of the inner world. And that is where faith enters the picture.

*“Faith is what anchor your mind to God.”*

Faith is not just belief in something distant. It becomes an anchor, which is something that holds the mind steady when everything else tries to pull it in different directions. There is something powerful about what we allow into our inner space through words, thoughts, and even music. What we “repeat inwardly” becomes part of our mental environment; therefore, when thoughts are shaped by encouragement, truth, and spiritual alignment, the mind begins to feel lighter. Not because challenges disappear,

but because the internal atmosphere changes.

## **THE SPIRITUAL INTELLIGENCE OF SELF-TALK**

People love to be heard. They want a crowd, an audience, that is, someone to validate their voice. But the first person who should ever listen to you... is you. If you do not listen to yourself, why should anyone else ... Paul tells us to speak to ourselves in psalms, hymns, and spiritual songs. That means your self-talk should be sacred, uplifting, and life-giving. When you talk to yourself in this way, you are not being “crazy.” You are being spiritually intelligent. You are shaping your imagination, creating divine images in your mind, and filling your inner world with thoughts that align with God.

*“I like talking to myself, because I like listening to*

*myself, and as long as someone is listening, I am not crazy.”*

This kind of self-talk is not random chatter. It is intentional. It is sacred. It is a way of directing your thoughts toward what is holy, positive, and beneficial. When you speak to yourself in psalms, you limit your thoughts to what is divine. When you speak to yourself in hymns, you fill your mind with joy. When you speak to yourself in spiritual songs, you create melodies in your heart that lift your spirit.

## **THE POWER OF SPIRITUAL SONGS**

A spiritual song is not a sad song, a violent song, a lustful song, or a song of despair. It is a song of life, which is a song filled with love, patience, joy, peace, gentleness, goodness, faith, meekness, and temperance. These are the

fruits of the Spirit, and when you sing them into your own mind, you are planting seeds of life inside yourself.

Moreover, you do not have to limit yourself to the songs that are already written in Scripture. You can create your own sacred songs. You can write your own melodies. You can shape your own thoughts. When you do this, you are not just singing — you are building faith. And faith is what anchors your mind to God.

### **CONTROLLING THE MIND: THE REAL BATTLEFIELD**

Paul says, “Be not drunk with wine.” This is both literal and figurative. Anything that clouds your mind (for example, alcohol, drugs, negativity, toxic conversations, fear, manipulation et cetera) will impair your ability to think clearly. And once your mind is impaired, you lose

control of your thoughts.

Nonetheless, when you talk to yourself in psalms, hymns, and spiritual songs, you take back control of your mind. In other words, you choose what thoughts enter your mind. You choose what you dwell on. You choose what grows inside you.

*“Whoever controls your mind, controls your life; therefore, take your mind back by choosing what you think.”*

People can try to manipulate you, intimidate you, or pressure you, but they cannot control your mind unless you let them. Even in a frightening situation, you still have the power to choose what you think. You can choose fear, or you can choose strategy. You can choose panic, or you can choose faith.

*Your mind is your greatest battlefield and your greatest victory.*

## **THE GIFT OF THANKFULNESS**

Paul also tells us to “give thanks always.” Thankfulness is not just a polite gesture; it is a mental discipline. When you force your mind to be thankful, you redirect your thoughts toward the good things in life. You begin to appreciate life itself ... Life is not your problem. Life is your blessing. People may cause problems, circumstances may cause stress, but life itself is the very thing that sustains you. Life gives energy, food, water, sunlight, and every other resource that you need to you. Nothing is more valuable than life, and nothing can be added to life to make it more valuable.

*“You were born as rich as you can be, because nothing is more valuable than life itself.”*

When you are thankful, you begin to see the value of life. You begin to admire it. You begin to protect your peace. You begin to avoid people who drain your energy and surround yourself with those who uplift your spirit. Thankfulness keeps your mind on the wavelength of joy.

## **ALWAYS: THE LIFESTYLE OF A FILLED MIND**

Paul says to do these things always, which mean “at all times”. That means your mind should constantly be filled with divine thoughts. Not occasionally. Not when you feel spiritual. Not when life is easy. Always! ... This does not mean that you ignore problems. It means that you do not dwell on them. If you have a flat tire, you do not sit there crying about the tire; you focus on the spare. You think about the solution, not the problem. You give negative

things only enough attention to deal with them, not enough attention to feed them. When you live like this, your mind becomes full of the Spirit. Your thoughts become aligned with God. Your heart becomes steady. Your soul becomes strong.

## **A RELATIONSHIP WITH YOURSELF**

Talking to yourself is not madness; it is a relationship. You are in a reciprocal relationship with your own mind. Therefore, what you speak, your mind returns. What you think, your emotions follow. What you focus on, you become. Everyone else is trying to get to know you. But you should get to know yourself. You should communicate with yourself. You should speak life into your own soul. And when you do, you will discover that being filled with the Spirit is

not a mysterious experience; it is the natural result of filling your mind with divine thoughts, sacred songs, joyful melodies, and constant gratitude. This is how you talk to yourself. This is how you guide your mind. This is how you live a life full of the Spirit.

## **The Inner Relationship with Yourself**

One of the most overlooked relationships in life is the relationship that a person has with their own thoughts. We are quick to evaluate relationships with others but rarely examine how we speak to ourselves. Yet internally, there is always communication happening (for example, interpretations, judgments, encouragement, or criticism). That internal voice can either build clarity or create confusion. Consequently, learning to “listen inwardly” is not isolation; it is awareness. In other words, it is recognizing that the mind is

not just a place where thoughts happen, but a space where thoughts can be guided. Therefore, real strength is not only about controlling external circumstances. It is about learning to remain steady internally, even when life is not steady externally. When thoughts are guided, emotions become more stable. When emotions become more stable, decisions become clearer. When decisions become clearer, life becomes more aligned. And it all begins with something simple, yet powerful, which is the conversation within. Because once I learn how to direct that conversation, I stop feeling like life is happening to me, and start realizing that I have a role in shaping how I experience it.