***Dear God,***

***Send H.E.R. Peace***

***Healing Empowerment Resources***

For the

*Mind, Body, Spirit & Soul*



***"Her Peace was discovered when the Woman in the Mirror allowed her inner voice to break the chains and heal from grief, anxiety, hurt, and toxic relationships."***

 ***-Author Marlene Trimuel***

***Dear God,***

 ***It’s me again. I know I talk to you daily, but today is different. I’m looking at the Woman in the Mirror, and she is sad, broken, and tired. I need you to Send H.E.R Peace. I need you to send her some of your healing empowerment resources that can restore her. I am interceding on her behalf. Life has taken its toll on her, but she’s a fighter, and she doesn’t know how to stop and center herself in peace, so you can guide her. Please teach me how to reach her, so that I can tell her it’s okay, “God, got your back!” Teach me how to consoler her, teach me how to release her so that she’s no longer bound by her past trauma, hurt, pain, grief, betrayal, sickness, failures, and financial hardships. Lord teach me how to reunite with her so together we can tear down the strongholds that are separating us and preventing me from reaching HER. Please teach me how to become the woman you have destined for me, because during my journey of life, I lost myself, and now I need to be rescued. I need you Heavenly Father, now more than ever. I’ve been in control for too long, teach me how to surrender to your will, so that you can lead me to become the Highest and True version of HER. “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”*** ***Jeremiah 29:11***

***In Jesus Name, Amen.***

 ***To Every Woman,***

***Who feel they have lost their way or feel empty and not fulfilled.***

***Who gives relentlessly and feels unappreciated.***

***Who feel they can’t escape their past, and the trauma haunts you every day.***

***Who’s back against the wall and you’re feeling alone.***

***Who feels hopeless and in despair.***

***Who feels like it’s too late to pursue your dreams and live the life you envisioned.***

***Who’s grieving and feel alone.***

***Who’s looking for love and feel defeated.***

***Who feel they are not living up to their potential.***

***Who feel they are not good enough.***

***To every woman who wants more and is afraid of the unknown.***

***IT’S TIME TO RESCUE H.E.R!!!!***

It’s time to begin the journey to rescue the Woman in the Mirror. The reflection you see in the Mirror, represents where you are in this present moment. The Woman in the Mirror reflects your Inner Spirit Woman, and she has a voice. Your inner voice has been ignored for too long, and now is the time to meditate and listen to your unconscious mind, so that it may speak. Did you know that your inner voice is your biggest advocate and truth guiding force, but you ignore her on a daily basis. She is crying out for you to listen and rescue H.E.R. I discovered my inner voice, during my four storms in my life. I will discuss my storm and how God, Healing Empowerment Resources delivered. Your inner woman is ready to be re-discovered so she can fully emerge into an energy force that will bless and empower you.

**Introduction**

***“Cast ALL your cares on Me, because I careth for you.”***

***(1 Peter 5:7)***

As I began my morning prayer on Saturday, I found myself at a loss for words. My eyes were filled with tears. I just let the tears flow, because the hurt and pain I had for the past three years was finally being released. I broke down, because in that moment, I allowed my inner voice to speak loud and clear to me. I heard the Holy Spirit say, **“Cast ALL your cares on Me, because I care for you, Marlene”** (1 Peter 5:7).

My siblings and I just laid my Mom to rest the day before and everything was a whirlwind for me, because we just buried my second oldest brother on April 18, 2018, and my Father died that same year on November 9, 2018 and now my Mother died on October 1, 2021. Three of the most important people in my life died in a three-year span while I was silently fighting for my life. In this moment, I felt so alone, what was I going to do without my Mom? I was conditioned to talking to her for 51 years, and now I must live with this void. At this moment, as I was looking in the mirror, I saw how weary I had become. The Woman in the Mirror, was staring back at me, and her inner voice began speaking to me, and told me once again, to “***Cast ALL my cares on Him, because He careth for you, Marlene”***. That inner voice was the Holy Spirit. In that moment, I realized that I was on auto-pilot and I wasn’t dealing with the grief and pain I was experiencing, and I was breaking down right in front of my own eyes. The mirror don’t lie! The Mirror was a reflection of my soul and what I was fighting on the inside finally began to manifest outwards. I could no longer hold my inner turmoil. I needed to be rescued immediately. In this present moment, is when I asked God to Send H.E.R. Peace, because I needed to be healed and restored!!!! ***“****The* ***Lord*** *is close to the brokenhearted;**he rescues those whose spirits are crushed.”* Psalms 34:18

I was born and raised in the church. My maternal grandmother lived with us for a while, when I was little, and she was a devout Christian. My parents were on the usher board, and my grandmother was on the Mother’s Board. I would always sit next to my grandmother when I wasn’t singing in the choir or being an usher. The one thing I knew I had was unwavering Faith in God. Little did I know, my unwavering Faith in God is what kept me grounded in peace during the past three years. I learned that while my faith was strong, and I was living in peace with God, I was not relinquishing my grief, pain, sorrow and all the issues I was dealing with to God. I was silently suffering within and causing internal health issues. But regardless of my silent cry, I still showed up everyday for my family, friends, work, church. I showed up for everybody except ME!

On January 31, 2018, it was discovered that I had a brain aneurysm on the right side of my brain. The Doctor on staff told me it was small, but I needed to see a Neurologist right away. When the news was delivered to me, I was not devastated, I began to tell God, Thank You, because He spared my Life, and I knew then, He still had work for me to do! My Neurologist told me that it was not a matter of if I would need surgery, it was a matter of when. It was then, I prayed to God, to heal me or sustain me so that I can be of assistance to my Parents and Brother during their time of need. My Neurologist told me, he understood what I was dealing with personally, but I had to take care of myself first or the stress from worrying about my parents and brother could cause the brain aneurysm to erupt and I could possibly die. I needed God now more than ever! I need God to see me Peace, while I was fighting to save my life, and strength to continue showing up for my loved ones.

 I didn’t realize how much the stress took a toll on my body. I decided not to share the news with my Parents and Brother, because I did not want them to worry about me, while they were fighting for their life. My brother was in his final stage of cancer, my Father had congested heart failure, and my mom had cancer. But guess what, in the midst of my storm, I still had joy. I know you may be asking yourself, how can I still have joy, with all of this sadness surrounding me? Joy is from within, and my unwavering Faith is what kept me in a strong personal relationship with God. I just didn’t know how to properly Cast My Cares on Him. I was also rejoicing during my silent battle, because my son was graduating from high school in 2018, attending prom and preparing for college. I realized that despite what was happening in my life, I still had to be present for my husband, children and myS.E.L.F.

While looking at the Woman in the Mirror, I realized that I was Faith In Action, and my faith in God allowed me to be on auto-pilot with my daily activities. It was the Woman in the Mirror on October 2, 2022, that made me realize that I couldn’t continue to only have Faith and run on auto pilot. I needed the other healing empowerment resources to holistically heal. I realized that I can operate on Faith solely, because that is what my subconscious mind was programmed to do. However Faith without self care led to internal health issues. Ask me how I know? Because the Woman in the Mirror, is a walking testimony of what Faith in God is, but she was not casting all of her worries and burdens on him, and the weight of my grief and setbacks had me bound. But I was trusting God to keep me, while I was on auto pilot being Superwoman.

As women, we operate in various roles and we usually put ourselves last on the to do list. Well, all of that changed when I received my news on January 31, 2018. You see, I had no other choice but to learn how to take care of *S.E.L.F.* before I can take care of anyone else. I taught myself over the past few years, it’s okay to not be okay. It’s okay to say NO, it’s okay not to explain yourself, it’s okay to have quiet time, it’s okay to have a SPA Day, it’s okay to say I am Enough, It’s OKAY to say I’m tired. IT’s OKAY!!!! But at times, I did get lost, because I let my inner critic make me feel guilty of taking care of myself.

 On August 8, 2019, I had brain surgery and the road to recovery wasn’t easy. But I am here today, because God empowers me on a daily basis to get up and fight so that I can pray and meditate to receive my daily Healing Empowerment Resources.

 Allow me to introduce you to the Healing Empowerment Resources that has increased my Faith Walk with God, Healed Me and Empowered me to deal with three deaths, brain surgery and recovery in a three-year time span. I know it is God who is my Protector and Healer, and He keeps on Blessing Me and urging me to share my story, so you can seek Him for the same Healing Empowerment Resources. Let’s GO!

**“**He heals the brokenhearted and bandages their wounds.” Psalms 147:3

***Seek H.E.R.***

**Rescue the Woman In the Mirror**

 **“Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life. (Psalms 139:23-24 NLT)**

***“To rescue the Woman In the Mirror, center H.E.R. in peace by meditating, and be willing to allow your inner voice to speak and guide you to lose your relationships with the people, places and issues that create all the stress in your life.”***

***Author Marlene Trimuel***

 Self-Awareness will allow your spiritual and personal growth to ascend to a higher level.

My goal is to show you how to rescue the Woman in the Mirror, so that you can join forces and operate as one and to stop living a double life. If you want to rescue the Woman in the Mirror, then you must center yourself in silence, so that you can hear her speak. While in your silence, if you meditate, seek until you are able to connect to ***Her Inner Peace***. “***H.E.R. Inner Peace will center you and lead you to re-discover and re-commit to the Virtuous Woman God had originally designed.”*** The reason you are where you are at this present moment, is because you have not been connected to the inner peace that will send you the Healing Empowerment Resources to combat the issues you are facing in your life. The key to receiving the resources, is by mediating and centering yourS.E.L.F. in peace, so that you are in complete silence to hear H.E.R. Inner Voice, which is the Holy Spirit or your subconscious mind. ***“Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.”*** Galatians 5: 25. When you are at peace, you are blocking out the worries of this world. Peace of mind is a mental state of calmness or tranquility, a freedom from worry and anxiety. Being in Peace, is where you will get the secret sauce and guidance to fulfill all your dreams and visions.

I strongly believe, that somewhere along your life journey, you lost yourself, because I did, and because we are survivors by nature, we just pick up the pieces and keep it going. We never took out the time, to resolve the issues, we just keep piling on more and more baggage, until one day, we finally took a serious look in the mirror, and didn’t realize how much we have been neglecting ourselves, and how much weight we were carrying. Your inner voice was speaking to you, but you never took the time to silence yourself to listen. Well, now is the time to listen. Tap within, center yourself and find H.E.R. Inner Peace, or you will continue to starve yourself and not receive the healing empowerment resources that can change your life.

Centering myS.E.L.F. in peace through mediation allowed me to start living from within and to stop allowing the world to influence how I should be living, which is usually contrary to the Word of God. *16” So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves. 17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.” (Galatians 5: 16-17)*

I am challenging you today, to start pursuing H.E.R., the Woman inside that you have ignored for years. Look in the mirror and say, “It’s time to Believe in ME and WIN.” It’s time to WAKE UP and WIN!

Let’s walk together and ask God, to Send H.E.R. Peace.

 ***Search H.E.R.***

 ACTION: In the morning, before you awake and your feet hit the ground, Silence your thoughts and focus on H.E.Rl. Ask yourself the following questions:

1. How do you feel?
2. What do you See?
3. What do you Hear? What is your Inner Voice Saying?
4. What are your thoughts?

*Empower H.E.R.*

*Destined for Greatness*

# Romans 15:13

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

*Love H.E.R.*

*Thrive in your Fullness*

# Ephesians 4:3

3 Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

*Free H.E.R.*

Unleash your Inner Light

Hebrews 12:14 “Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.”

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# Colossians 3:2

# New King James Version

2 Set your mind on things above, not on things on the earth.

# Romans 5:3-4

# New Living Translation

3 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. 4 And endurance develops strength of character, and character strengthens our confident hope of salvation.

# Psalm 37:5

# New Living Translation

5 Commit everything you do to the Lord.

 Trust him, and he will help you.

Philippians 4: 6-7

**6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 4:8

**8** In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

2 Thessalonians 3:16

Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

Philippians 4:9

Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Colossians 3:15

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Isiah 26:3

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

1 Thesalonians 5:23

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

James 3:18

Peacemakers who sow in peace reap a harvest of righteousness.

Proverbs 12:20

Deceit is in the hearts of those who plot evil, but those who promote peace have joy.

Proverbs 16:7

When the LORD takes pleasure in anyone’s way, he causes their enemies to make peace with them.

Romans 12:18

If it is possible, as far as it depends on you, live at peace with everyone.

Romans 14:19

Let us therefore make every effort to do what leads to peace and to mutual edification.

Psalms 34:14

Turn from evil and do good; seek peace and pursue it.

Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy and my burden is light.”

John 16:33

**33** “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

Romans 14:19

Let us therefore make every effort to do what leads to peace and to mutual edification.

1 Corinthians 14:33

For God is not a God of disorder but of peace—as in all the congregations of the Lord’s people.