***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 you have lost your 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 storms and how God’s Healing Empowerment Resources delivered me. Your inner woman is ready to be re-discovered so she can re-commit to fully emerging into an energy force that will bless and empower you to take flight and Transcend to Higher Levels in your Calling. Often as women, we lose track of who we are, what our gifts/talents are and what is our purpose. But one thing we know for sure, is how to show up for everyone else, except for ourselves. We are on auto-pilot when it comes to our daily regimes, family, church, work and whatever else our life entails. Well, being on auto-pilot caused me to put myself on the back burner during a period of time, when I needed to be put myself first. I always put God first in my life and depended on Him to take care of me, but somehow, I found myself automatically taking charge of my life and caring for people, problems, relationships and everything I could think of, like clock work. I was on auto-pilot taking care of my love ones without hesitation for over a three-year period, I encountered some major life tragedies and surgeries that God protected me from mentally and spiritually, because of His love for me. I never took the time to deal with my losses and my major life surgery. Even though I didn’t take the time for my healing, God was protecting me, for my own good. I want to share how after a third major loss, I asked God, to Send H.E.R. Peace, because the woman in the Mirror was devasted, hurt and had been ignored for the past three years. I needed to be healed and empowered and only God could provide me with the spiritual resources.

**Introduction**

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

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

As I began my morning prayer on Saturday, October 2, 2021, 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). As I continued to stare at myself in the mirror, I asked God, what did He mean? I know that I am a strong woman of faith, a strong tower, and I knew how to pray, how to ask God for what I desired, but at that moment, I felt helpless, drained, and couldn’t stop crying. The Woman in the Mirror was speaking to me, she had a message for me, and in my brokenness, I had to listen. Allow me to share with you how I was living my life on auto pilot while learning how to surrender to God at the same time. I was in a daily constant battle, because I was programmed at 51 years old on how to be a wife, mother, daughter, sister, aunt, entrepreneur, employee, minister, etc., you get the gist of it. I knew all too well how to show up for others, and not myself, because I had been doing it for 51 years, and somehow, I became separated from taking care of the Woman in the Mirror. Somewhere in my 51 years, I became detached from her, and was living my life on auto pilot. One thing I knew for sure was, I knew how to pray. God never left or forsaken me. God always had my back. So, whenever, I needed Him or encountered an obstacle in my life, I would pray, and He would answer my prayer. I was programmed to Ask and I would receive, this is how I programmed myself. This was me being on auto-pilot and putting God first. However, this was also me being in control, and not allowing God to take care of my loved ones. I was unconsciously separating myself further and further away from taking care of myself, while taking care of others. This mindset of being on auto-pilot Marlene’s way, and not operating in harmony with God was causing internal health issues unknown to me. As I reflect on my life, I look at the patterns that were repetitive and most profound. My reflection showed me that during my storms is when God was able to talk to me and I had no other choice to listen, because I was helpless, and only God could restore me. It was during this season of despair, that He would talk to me, because I was silent and focused on my healing. I couldn’t put anyone before me. It was me and God, and that’s how he wanted it to be, so he could get my undivided attention.

Allow me to share with you, how as a woman, I vacillated between being on auto-pilot and surrendering to God to allow Him to send me peace daily for healing & restoration.

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 send 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. 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 life. 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?

The Freedom Prayer:

Dear Heavenly Father,

I am interceding on behalf of the woman I see in the mirror. I am asking that you free her from the past traumas, hurt, grief, toxic relationships and any stronghold that is preventing her from connecting to you to be healed. I am asking that you give me the strength I need to take free her, so that I can live and walk in my healing and be transformed into the woman I aspire to be. I know my daily transformation will be hard, but I can do ALL things through Christ who strengthens me. I am fighting for my healing and have faith that you have already Set Me Free.

In Jesus Name,

Amen.

*Empower H.E.R.*

*Destined for Greatness*

“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.” Romans 15:13

I strongly believe that when you are near your breakthrough, is when losses, obstacles and distractions will come your way. But, I want you to know that you are more than a conqueror. You cannot allow any setback to discourage you, because you are destined for greatness, and must fight daily to accomplish your goals. I was able to rise daily, because I was determined to not let my life setbacks deter me from reaching my destiny of being healed from brain surgery. I envisioned myself being healed daily, and that vision is what kept me getting up daily to fight. You must determine right now, what you are fighting for. You are destined for greatness, but are you willing to fight for it, regardless of the curveballs like my throw at you unexpectedly. Life tragedies don’t always come with a warning, they just happen, which is why your relationship with God is so important, because at the moment, while you are on auto-pilot, you might feel, “I got this” and the next moment, you are helpless and in need of his guidance and control. The only way to sustain your sanity, is to Empower HER on a daily basis by centering yourself through prayer and meditating to hear from God as to how you should live your life today according to His will

The Freedom Prayer:

Dear Heavenly Father,

Thank you for reminding me, that I was created in your image, and that I have a life that is destined for greatness. No longer will I feel defeated by the tragedies and defeats that I encounter. No longer will I allow myself to suffer in silence and allow you to heal me. No longer will I turn to myself for answers and not allow you to guide and protect me. Today, I release my total being to you. Today I am free in you. Today, I will walk in my destiny to Greatness.

In Jesus Name,

Amen.

*Love H.E.R.*

*Thrive in your Fullness*

Love is the most important Healing Empowerment Resource. Why? Because God is Love. Without God’s love, we won’t be able to love, heal, forgive nor live. I know when we feel we are in control, we have everything figured out until the unthinkable happens, that’s when we are reminded, we need God. We need’s love and protection to guide us through our trials and tribulations. We need God’s love to show us how strong we are and to remind us that we can’t let our sorrows dim our light. Love will allow us to love ourselves more than others. Love will allow us to continue to fight for our dreams, when others deter us. Love will allow you to thrive in your fullness, regardless of your setbacks. It’s time for you take a look at yourself in the mirror, and determine today that you Love the woman in the mirror and you will thrive to your fullest capacity despite your circumstances. I appreciate the trials I encountered, because I stronger and wiser. I am a new found woman with more wisdom, and a resilience that won’t allow me to be defeated regardless of my circumstances. I am taking my daily walk through my grief by surrendering daily to God and not relying on own self preservation plan. God’s healing empowerment plan is life saying, and I am so glad, I asked Him to Send me Peace at a desolate time in my life.

The Freedom Prayer,

Dear Heavenly Father,

Thank you for the love you have bestowed upon me when I needed you in despair. I cried out and your heard my prayer. Thank you for sending your healing empowerment resources to rescue me when I was at my lowest. Thank you for sending me your love to remind me that your love, grace, and mercy is sufficient enough and all that I need. Thank you for reminding me to make every effort to keep myself united in the Spirit and binding myself together with peace. Thank you for reminding me that your Love is all I need to thrive daily in my fullness.

In Jesus Name,

Amen.

*Free H.E.R.*

Unleash your Inner Light

“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.” Romans 5:3-4