***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***

***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 feel hopeless and in despair.***

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

***Who’s grieving and feeling alone.***

***Who’s looking for love and feeling 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!!!!***

***My Testimony***

**There comes a time in life, where you have to decide to *GET UP & FIGHT* during your storm, or let your storm consume you. I decided to *GET UP & FIGHT* before and after a life-altering major surgery. In the midst of encouraging my beloved brother during his fight with cancer, and my father with congestive heart failure and parkinson’s disease, and my mother with sarcoma cancer, I had to not only fight to keep their faith strong, I also had to care for *SELF* or risk losing my life from the stress of grief, sadness, being a caretaker, wife, mother and work.**

**On January 31, 2018, a brain aneurysm was found on the right side of my brain. Instead of being sad and disappointed and asking God, WHY? I started praising God in silence. I said, “Thank you GOD, for bringing me to the hospital, so you can show me what’s on the inside, trying to kill me.” The doctor told me it was a small aneurysm and I needed to see a neurologist immediately. After visiting the Neurologist, he said something so profound that instantly, I had another internal conversation with GOD. The doctor said, Marlene, it’s not a matter of “if you are going to have brain surgery, it’s a matter of when.” He said, I will monitor the growth of the aneurysm for one year, so I need you to come in every 3 months for an MRI. I asked God to protect and strengthen me, because 2018 was going to be a year of mourning, grief, celebrations and new beginnings for me, but the doctor said, despite what I was going through, I could not be stressed or I will be at risk of the brain aneurysm rupturing and I could instantly die.**

**My faith was very strong and I prayed daily to GOD for protection and healing. I was a FIGHTER and couldn’t show any weakness around my parents and brother. I walked in my peace and healing for exactly one year. During my healing journey, I learned techniques on S.E.L.F. Care, how to reduce stress, meditation, properly resting, removing toxic relationships and how to trust God regardless of my trials.**

**It was also during this time, I learned how to Center my*S.E.L.F*. in Peace using several healing empowerment resources that allowed me to become a Champion Fighter. The healing empowerment resources allowed me to find my internal guidance to healing my trauma that I had endured and was about to endure.**

**Being vulnerable during such a traumatic season in my life, allowed my Faith in God to increase and God showed me, it was only Him I could trust at my weakest. When I had no more to give, God gave me the strength to continue my fight through both my seasons of grieving and recovering from my surgery.**

**On August 9, 2019, I had brain surgery and my results were nothing short of miraculous. I want to share with you how I became a CHAMPION FIGHTER and how I asked God to *Send HER Peace!* The process wasn’t easy and I am still fighting daily.**

***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 console 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.***

***This was my prayer on October 2, 2022, the day after my Mom died. During my moment of anguish, God also quickly showed me how He kept me protected and had me centered in peace. I knew He always had me protected during my trials, but I realized I needed Him more spiritually now, than usual. At this moment, my heart was broken, and I needed everything God had to help me through my NEXT, or whatever I was going to encounter, because I was feeling so alone and devastated.***

***It was in this moment while looking at the Woman in the Mirror, God also showed me the Healing Empowerment Resources I needed and had all along during my trials over the past three years. But somehow, I unconsciously, allowed Marlene’s way of coping to kick in and handle my trials my way. I still prayed daily, confessed and asked for forgiveness, and allowed my Faith according to Marlene’s way to carry me through some of the darkest stages in my life. In retrospect, I realized that in order to protect my well-being and to remain in my place of peace, I became more mindful of people, places, relationships and issues that had a direct impact on my life. The only way I was able to become mindful was through meditation and a daily deep self-assessment of myself. Whatever or whomever wasn’t serving my best interest, I let it, him or her go immediately. This process wasn’t easy, but necessary for my well-being and to prevent the rupture of my brain aneurysm. I was the Captain of my life, and I controlled what thoughts entered my space. My Spirit became even more heightened, because my daily receivership of peace was a matter of life and death.***

***God reminded me that He had me covered during my losses, grief, surgery and life in general. But somehow, since I was so accustomed to being a Strong Woman of Faith and moving through life on auto-pilot, I became undisciplined and somewhat detached from current pain and lost connection with my inner woman. I somehow was shielding my inner woman from what was really happening in my life.***

***\*\*\*\*A Thought To Ponder\*\*\*\* Ask yourself, what situation in your life are you shielding yourself from? Grief, Growth, Commitment, Relationships, etc.,***

***I am great at empowering other women, and guilty of putting myself on the back burner. I empower myself daily, but self-care was not consistent. I was suppressing my feelings about each life event and never took the time to process the grief that was taking place in my life. Why??? Because I was on auto-pilot and didn’t take the time to center myself in Peace. In return, I was faced with an unexpected health crisis that turned my life around.***

***Despite what I was going through personally, I continued with my faith in action, while God in his infinite wisdom, and unknowingly to me, was using His Healing Empowerment Resources to protect me so I could share with you, how you can still thrive and fight during the worst moments in your life. When I thought for a second, I was alone during my grieving, He reminded me that He had me along, and it was His grace, love and mercy that kept me.***

***I want to share with you the Healing Empowerment Resources that strengthened me during my trials. The Healing Empowerment Resources that I used allowed me to tap within to find the internal guidance I needed to heal my trauma. Peace is by far my favorite and greatest healing empowerment resource that I used. But, I must warn you, that the process to find peace on a daily basis is difficult, and it will cause you to CUT TIES with people, places, relationships and issues that longer serve your higher purpose. Your state of peace is contingent on you finding the strength to live courageously in your AUTHENTIC TRUTH.***

***I pray that you will be highly blessed by my book and receive the healing you need to continue pressing forward to your NEXT. I am here to walk with you as you discover your deliverance and healing from the unexpected life issues that can and has led you astray.***

***Let me tell you a little about myself and how I became the vessel I am today.***

***Why God Made Me Broke on Purpose***

*To be Broke is defined as being destitute of money or possessions. During my life journey, I have personally learned there’s a difference between being broke and being broken. I will discuss the difference. As a lifetime learner and a strong advocate for education, I take pride in educating myself in areas that greatly impact my life and others. Being educated and updated on current events allows me the opportunity to be a resource to others in need. As an educated life learner, God has always blessed me and my husband with a steady income, until the recession of 2008 hit. As a result of the recession, I made the decision to close my Real Estate Brokerage after 14 years and seek full-time employment. I was unemployed from 2010 to 2015, and during this time, is when God Showed me why He made me Broke on Purpose! Once I officially closed my Real Estate Brokerage, I couldn’t find a job, my husband was working, but the companies he was working for were shutting down and in between jobs, he would apply for unemployment assistance. The struggle was real!!!! My husband worked for approximately four companies in a six month period. But we didn’t stop believing in God for our Greater!*

*During this season, while we were destitute or living on a very, very limited budget, I questioned God, Why Me? Why was I broke? And God showed me “Why He Made Me Broke on Purpose.” God showed me that during my season of recession, He has no respect of persons, and I was experiencing my drought, because he wanted to use my season of drought as a testimony to someone who I would laster minister to and encourage them not to end their life because they were feeling there is no way out of their current situation. You may ask, how can I offer advice, if I have never walked in your shoes, Well, I have and I can tell you exactly how God brought me out. I realized that my drought was not to punish me but to fortify me so that others can believe that God can take you from a dungeon to a palace in due season, if we trust and endure. You may feel that God has not heard your prayers and He will not answer your prayers, but I am here to tell you, that every teardrop and prayer has been heard and that your tears will manifest your heavenly reward on earth in due season. “Those who sow in tears will reap with songs of joy.” (Psalms 126:5)*

*God made me broke on purpose, so that I could become more resourceful in the time of need to be of service to others, who are not informed about public assistance. Yes, during my season of recession, I had to apply for public aid. As a Mother, the last thing I was going to do was allow my pride to prevent me from feeding my children. You see, with the recession being so volatile and companies shutting their doors without notice, we couldn’t depend on my husband being paid on time. One company didn’t pay him at all, and that’s when I said enough was enough, I immediately applied for public assistance. I have to be honest, I had to do some research, because I was a first timer and didn’t know the process, but I did know I was qualified, because I was beyond BROKE and we didn’t know how we were going to make ends meet, but we definitely had FAITH that God was going to provide a way. I remember standing in the long line for my interview for public assistance, and I was looking around and I was asking God why was this happening to me, as the tears were rolling down my face. In my moment of despair, God spoke to me and told me, this experience wasn’t about me and for me to focus on the lesson and not the current situation. At the moment, it was hard for me to comprehend the Why, because I was a giver, and it hurted me so bad that I was not in the position to give as I looked at all the people in line, especially the women with young children. Little did I know, God was setting me up and teaching me how to receive. I will tell you about my lesson on receiving at another time.*

*While standing in line, I was also asking God why I couldn’t find a job with my experience. I was actively applying for jobs, but I was either overqualified, under qualified or not qualified. I was willing to take on just about any type of job within reason, to assist my husband, because we were a team and as a Team we both had to perform together to win. While crying in line, someone tapped me on my shoulder. As I turned around, she saw my tears and instantly told me, everything is going to be okay and this season was only temporary. I knew instantly that God heard my questions and saw my tears and sent my Angel to comfort and to restore me in my time of need. I realized my season was brief but necessary, because I learned that public assistance is a system we pay taxes for and is there when we absolutely need it, and we shouldn’t be ashamed to use the services of something that we have invested in as a wage earner.*

*God made me broke on purpose, so that I can become solely dependent on Him, because as a Woman, Mother, Entrepreneur, Minister and Wife, I sometimes tend to lean on my own strength and not depend on God to solve my problems. Which would tend to lead me to take matters into my own hands. My life was on autopilot daily as I was in control with my daily roles and activities as a Mom, and Wife. I unknowingly became too busy sometimes to meditate to listen to God and hear what He was trying to tell me. As a result and because He careth for me, He had to physically shut me down, so that He could have my undivided attention. God made me broke on purpose, so that He could realign me to become dependent on Him, listen to Him and to allow Him to lead me. I was broken on purpose by God for my protection, but I didn’t realize it at the time, but on October 2, 2022, I was reminded, God Made Me Broke on Purpose so that I could be broken for His purpose. Yes, you read that correctly, I was Broke on Purpose, so that I can be Broken for His purpose. When a person is being trained, in order for them to be taught a new lesson or regime, their old habits must be broken, so that new habits will be formed. Broken as defined by the Webster dictionary is suffering emotional pain that is so strong that it changes the way you live, usually as a result of an unpleasant event. My unpleasant events unfolded between 2018-2021 and in my Season of Recession, God was preparing me. He also taught me how to not focus on the situation, but on the lesson he was teaching me. The process he was taking me through, was part of why I was being broken for His Purpose. The process is not for the faint, but it was necessary for the upcoming seasons that I was about to endure.*

***\*\*\*\*A Thought To Ponder\*\*\*\* Reflect back on your life. Ask yourself, Why does God Make you Broke on Purpose? What Lesson is He trying to teach you? Have you become Broken for His Purpose?***

**I Surrender ALL**

I was broken as I looked at the Woman in the Mirror and I knew it was time to Surrender All. I knew it was 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 inner voice and 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? The Woman in the Mirror is crying out for you to listen and rescue H.E.R.

I discovered my inner voice, during the four storms in my life. I will share 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 put myself first. I always put God first in my life and depend 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 clockwork. I was on auto-pilot taking care of my loved 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 my third major loss, which was my Mom, I asked God to Send H.E.R. Peace, because the woman in the Mirror was devastated, 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.

***“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. The shield of protection I had that guarded HER was penetrated and worthless. 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 autopilot while learning how to surrender to God at the same time.

***Becoming Detached from Myself***

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 autopilot and not taking into consideration the pain I had suppressed from the loss of my brother, father and mother. One thing I knew for sure was, 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 looked at the patterns that were repetitive and most profound. *My reflection showed me that it is during my storms when God is able to talk to me and I have no other choice but to listen, because I am helpless, and only God could restore me. I was reminded about my season of recession back in 2010, when God Made Me Broke on Purpose so I could become Broken for His Purpose. He quickly showed me that He was preparing me for the season I was currently in and was about to go through*.

***\*\*\*\*A Thought To Ponder\*\*\*\* Reflect back over your timeline. Has God used a life lesson so that you could become Broken for His Purpose?***

It was during this new season of despair, that He had already previously trained me for, that I would need to be silent and focused on my healing. 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. During this season, I was about to learn how I could no longer put anyone before me. It was me and God, and that’s how He wanted it to be. God had my undivided attention, and I’m about to tell you how.

**The Awakening**

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 three years later on the morning of Friday, 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. At 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. Somehow, I had forgotten how to take care of myself, because I was so involved with taking care of my Brother, Father and Mother. I had my own serious health issue to take care of, but I was guilty of putting my loved ones first and sacrificing my health.

The Woman in the Mirror was staring back at me, and her inner voice began speaking to me, and told me to “***Cast ALL my cares on Him, because He careth for you, Marlene”***. That inner voice was the Holy Spirit. At 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 will NEVER 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, and church. I showed up for everybody except ME!

I showed up daily while grieving. As women, when we are on auto-pilot, we realize that life still goes on, and we always show up for others without taking the time to nurture the inner woman, because we sometimes don’t know how. I was still showing up while grieving, living while grieving and working while grieving. This may represent to you that I was a Strong Woman of Faith and that God was leading me during my Season of grieving, but that was not the case. I can honestly say, that I didn’t know how to properly grieve, I held it in for from 2018 to the my Awakening moment on October 2, 2022. You may ask how I was able to function during this time, it was because God had me centered in peace and His perfect will!!! I will now tell you how once again, I was broken for His purpose. You can tell by now, that each time, God has a lesson for me, He takes me through a process, so I can be broken and retrained. During the process, I am in solitude, so I can hear him, be healed and restored. It is also a time I can reflect on the lesson He is teaching me so I can be realigned and put back on track for fulfilling my purpose.

Becoming Selfish to Save my Life

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 and 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 need God now more than ever! I needed 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 from worrying about my Brother, Father and Mother had taken 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 congestive 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 more than Faith to help sustain me. I needed God to ***Send HER Peace***. I also needed the other healing empowerment resources to holistically heal and guide me. I realized that I was mainly using only one of the healing empowerment resources, which was Faith, because that is what my subconscious mind was programmed to do. However, my faith without loving myself properly 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 could continue to take care of anyone else. I taught myself from the day of my aneurysm discovery, 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.

**GUILT OF SELF-CARE**

It’s hard to transition from being a caregiver to others to being a caregiver of *S.E.L.F.* You will feel guilty, trust me, I’ve been there, and I had to go through some restless days and nights forcing myself to rest if I wanted to live. I chose ME for the first time on January 31, 2018. It was hard, but necessary. I knew that God spared my life, so that I can share my testimony with you and for me to minister to your inner woman on how you can also use His Healing Empowerment Resources to center yourS.E.L.F. in peace daily.

During this season, I had to trust God in spite of my diagnosis. After burying my Brother and Father in 2018, my family received the devastating news that my Mom's cancer had returned and she needed radiation treatment. The oncologist was optimistic that the radiation treatment would put my Mom back in remission. We prayed hard and long for her remission and recovery, because we did not want to endure another loss in our family. Well, while my mom received her devastating news, mine was around the corner. I went to visit my Neurologist for my quarterly MRI Scan, July, 2019, and upon my completion, he made no hesitation to quickly deliver my news instantly. My aneurysm has gotten bigger! My appointment was on a Tuesday that week, and my Doctor wanted to immediately have surgery that Thursday. He feared for my life, but my unwavering Faith, knew I would be okay. I quickly told him I had to wait until I return from two previously scheduled events. I was leaving the next day on Wednesday, to attend my National Convention for Delta Sigma Theta, Sorority, Inc., and would return on Sunday, and then I had to leave the following week to take my daughter to New York for her Black Girls Lead Conference for a week. My Doctor and husband, Terrence were shocked, because I had no fear and no intention of canceling my plans, because I was confident and walking in Faith, that God had my back. The Doctor said okay, Marlene, but before you leave I need for you to schedule your surgery date with my nurse. I then politely asked, if I could schedule it upon my return from my Sorority’s National Convention. He said yes. Personally, I wanted to talk with my husband and children before my major surgery. When I got home, I told my children the devastating news and they were concerned, but they were strong, because God had already prepared us, and we had been in prayer since my discovery of the aneurysm. My son was leaving for college, and it was his first year away from home. He was attending Howard University. He asked if I could have the surgery, before he left for school, because he wanted to be there for me. I quickly said yes, and my daughter wanted to know if I would be taking her to the Black Girl’s Lead Conference and I said absolutely! As a matter of fact, the whole family was going. While my daughter was attending her conference, my husband, son and I were traveling between New York and New Jersey by the ferry. What a wonderful time we had. I knew God was going to protect me, because I needed to share my story of restoration and healing with you! I scheduled my surgery upon my return from vacation with my daughter and I mentally prepared myself. I made sure my Mother’s radiation treatments were completed before I had my brain surgery. The only other family member that knew about my brain aneurysm from 2018 was my one and only sister, Marilyn. When I first found out about the brain aneurysm, I chose not to tell anyone, because I didn’t want them to worry about me. But prior to surgery, I did tell my brothers and other loved ones, because it was a major surgery and they all came out to support me during and after my surgery. One thing I can say is that I have a strong village, and they took care of me and my family during this Season. I strongly believe that if you show seeds of kindness, you will reap a bountiful harvest.

On August 8, 2019, I had brain surgery and the road to recovery wasn’t easy. But I am here today, because God empowered me on a daily basis to get up and fight so that I could pray and meditate to receive my daily Healing Empowerment Resources. The Healing Empowerment Resources that I am about to introduce are the ones that I used during my three year season of grieving and healing. I’m still grieving as I write this book, but I have allowed myself to heal under God’s care as opposed to Marlene’s way and I am stronger and better than before. I have learned and still am mastering how to Cast My Cares on God, without interfering with His will. From that day, I saw the Woman in the Mirror and cried out, ***“Dear God, Send H.E.R. Peace”***, I have transformed into a Woman that wants to Reunite, Re-Discover & Re-Commit to the Woman in the Mirror and become all that God has ordained HER to become. I want you to walk with me on this journey of self-discovery and recommital to HER. Before we start, there are five directives I need you to commit to:

1. ***Become Intentional on Purpose***

In everything that you do, you must be intentional on purpose. Meaning be mindful of the thoughts you embody. Make sure your daily goals align with your purpose and your purpose is aligned with God’s will. If anything or anyone distracts you from accomplishing your goal, then you must be strong enough to ***CUT TIES*** from that relationship, because it no longer serves your intentional purpose.

**2**. ***Confront the TRUTH***

The Woman in the Mirror is the true reflection of your Inner Woman. That still inner voice is the only one that will tell you the truth, but you refuse to listen to HER. It is time to Confront the TRUTH! I did and trust me, it’s not an easy process. This is why you have to be intentional with your purpose daily. When you confront the truth, you are allowing your Inner Woman to transition to a high version of yourself. We are created in God’s image and his likeness and we occupy the greatest source of power within, once we TAP within HER and discover the endless possibilities of our gifts/talents.

3. ***Reunite with the Woman in the Mirror***

How often do we accept the Woman in the Mirror? Do you find yourself judging her and being too critical of her? Have you rejected or neglected her at some point in your life? How often do you tell her:

* I love you
* I am so proud of you
* It’s Okay to say No.
* It’s okay to start over.
* I give you permission to Fail
* You are Beautiful
* You Are More Than Enough
* You Are More Than A Conqueror
* I Forgive You
* You are Blessed & Highly Favored
* You are A Queen
* I am not my Failures
* I Am Not A Mistake

These are only a few affirmations you should tell yourself daily so that you can ***Re-Unite and Empower the Woman in the Mirror*** on a daily basis. These are some of the affirmations I used after my brain surgery and still use because the Woman in the Mirror has to be intentional on purpose everyday.

4. ***Re-Discover HER***: No matter what age you are, your today may be different from your yesterday. Each day you are discovering something new about yourself. If you are not, then you are not being intentional on purpose. Each day we have new found mercy and grace. Yesterday is gone and today is a new day to discover and create a brand new you. Take the time NOW, and tell HER, you are ready to take the reigns off and start living your life as if today was your last day on earth. Trust me, when I tell you, life will definitely throw unexpected curveballs at you, so don’t put off tomorrow what you can do today. Self-doubt is one of the biggest reasons why you are not living to your fullest potential. Re-Unite with the Woman in the Mirror and Re-Discover HER gifts/talents to share with the world. Start sharing with HER first, because if your inner woman is fully committed to your transformation, then you will soar to new heights without any limiting beliefs or self-sabotage.

5. ***Respect HER:*** The affirmations listed above are intentional on purpose, because I want you to realize that people respect what you respect. When you value yourself, and know your worth, you will command your respect. When your Respect HER from within, it will show outward. Your respect begins from within and will illuminate the highest version of yourself. Be intentional on purpose and respect HER daily, so you can teach others how to respect and value you.

***The Healing Empowerment Resources***

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

Allow me to introduce you to the Healing Empowerment Resources that have 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.

There are nine Healing Empowerment Resources. As mentioned earlier, I heavily relied mainly on Faith, but I needed the total package to prevent me from being delayed and stagnate in my healing. Knowing and using the below healing empowerment resources on a daily basis will allow you to be healed, delivered, and restored on a daily basis. From your hurt, comes restoration if you follow the process of healing. I realized that during my season of grieving, and I say grieving, in the present tense, because it is a process. If you have suffered a loss, allow yourself time to grieve, do not, and I repeat do not allow anyone to put a time stamp on how long you should grieve. Everyone's grieving process is different. For me, I have my moments, because my back to back losses were like a whirlwind, and happened at a very delicate and emotional time in my life. I had to protect myself from any and all stress due to my brain aneurysm. Protecting myself was done daily and intentionally on purpose.

The nine Healing Empowerment Resources I used are:

1. Love
2. Faith
3. Peace
4. Joy
5. Patience
6. Goodness
7. Kindness
8. Self-Control
9. Gentleness

***SLAY the Morning***

To activate each one of the nine Healing Empowerment Resources, you must begin with the top three in the order stated above. Let me explain why. God is Love, and you are created in His image and likeness. You are filled with Love, and you must tap within HER on a daily basis to ignite HIS Love. In order to Ignite His Love and to experience the fullness of HIS Love, you must have Faith that God loves you indefinitely and beyond measure. Number three is Peace, which is where you will find the rest of the empowerment resources. In order to experience peace, daily you must center your inner woman or HER in peace. Peace is a quiet and calm state of mind knowing that God dwells within and around you. While you center your inner woman in peace daily the remaining six healing empowerment resources will avail themselves in your life. To experience peace in its fullest, you must detox your mind, body and spirit daily to allow the removal of people, relationships, issues, limiting beliefs, self-sabotage and your inner critic. The daily detox is necessary for your healing. Forgiveness is a big contributor to healing. Without healing, you are holding on to toxic relationships which may be preventing you from loving yourself and others.

***PEACE***

***LOVE***

***FAITH***

Gentleness

Hope

Self-Control

Goodness

Forgiveness

Joy

Restoration

Healing

Patience

Kindness

Love, Faith, and Peace flows divinely together to produce the empowerment resources

for healing and restoration.

Now it’s time to start applying the Healing Empowerment Resources.

I will use Scripture to show you how to Find Internal Guidance to Healing Trauma while you find inner peace. You can use the Word for every area of your life. Imagine yourself in a boxing ring. This boxing ring represents your life, because you have to wake up daily to FIGHT for your life. The four corners of the ring represent S.E.L.F. I will go into the four areas of S.E.L.F. I challenge you to ask yourself what do you need healing and deliverance from? My healing was from brain surgery and the loss of loved ones. During my healing the following was accomplished:

I CONQUERED

* Depression
* Low Self-Esteem from my Brain Surgery Scar
* Speech Impediment

I GAINED:

* The WILL to GET UP & FIGHT DAILY
* Increased FAITH
* Increased TRUST in GOD
* Increased Confidence in SELF
* I became intentional in my daily activities
* Powerful Prayer Life
* Closer Relationship With God
* I TRAINED MY MIND TO DEFEAT NEGATIVE THOUGHTS

What issues are you struggling with and need healing from? Healing starts from within, and if you believe in God, your healing is ready, you just need to activate it. Allow me to walk with you while I share you how to Get Up & Fight Daily for your healing and learn how to Center H.E.R. in Peace

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

**Rescue the Woman In the Mirror**

***“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 release the relationships with the people, places and issues that create stress in your life.”***

***Author Marlene Trimuel***

It’s time 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. Ask God ***“Search HER inner being, so that He may know your heart; test you and to know your anxious thoughts. Pray that God will point out anything in you that offends Him, and to lead you along the path of everlasting life. (Psalms 139:23-24 NLT)***

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 recommit to the Virtuous Woman God had originally designed.”*** Self-Awareness will allow your spiritual and personal growth to ascend to a higher level. 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 can 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 the 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 realized 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 meditation allowed me to start living from within and stopped 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?

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1. Close your eyes and What do you See? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What do you Hear? What is your Inner Voice Saying?

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1. What are your thoughts?

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Now, I need for you take a look at HER in the Mirror, stare at yourS.E.L.F. Look deep within and allow the Woman in the Mirror to Speak. Allow yourself time to complete this exercise daily, and you will see great changes in your confidence and the release of your inner woman to guide you to a place of healing which will lead to the healing empowerment resources your inner woman desires. After you have connected with your inner woman, I need you to take the next step and tap within through prayer first and then meditation. Ask God to guide you to reconnect to HER. During your meditation ask yourself the following questions:

1. Who Is the Woman In the Mirror?

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2. When Did I Lose Her?

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3. Why Caused Me to Leave Her?

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4. What Healing Empowerment Resource Do I Need the Most?

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5. What Do I Need to Release For God to Send HER Peace?

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While Asking God to Send HER Peace daily, remember to ask God to remove the people, relationships, issues, limiting beliefs and self-sabotaging habits that interfere with your peace.

**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 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 and grieving. 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 life may 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

Empower HER, before starting your day.

1. Assess How You Feel Before Getting out of bed.
2. Train Your Mind to Remove any Negative Thoughts
3. Envision Yourself
4. Reconnect and Become as One with the Woman you just Envisioned
5. Recite your Affirmations and Affirm how you will command your day
6. What Healing Empowerment Resource Do I Need the Most to EMPOWER HER?

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2. What Do I Need to Release For God to *Send HER Peace?*

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**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. 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 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 to 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 am 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 my own self preservation plan. God’s healing empowerment plan is life saving, and I am so glad, I asked Him to Send me Peace at a desolate time in my life. It’s time to release any past hurt, trauma and any relationships both past and present that no longer serve you. Release the hurt, so that you can SOAR HIGH! Once you center yourself in peace, you will attract pure unconditional love. From love you will attract joy, hope and the rest of the healing empowerment resources that you truly desire. There are three types of relationships that you must examine on a daily basis in order to fully benefit your healing process.

Challenge Questions:

1. What type of Spiritual Relationship do you have?

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2. What type of Relationship do you have with your*S.E.L.F*.*?*

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3. What type of Relationship do you have with Others?

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4. Are any of the above relationships detrimental to you being centered in Peace?

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CALL TO ACTION:

1. What Healing Empowerment Resource Do I Need the Most to LOVE HER?

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2. What Do I Need to Release For God to *Send HER Peace?*

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**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 you 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***

It’s time to ***FACE OFF, FORGIVE and UNLEASH YOUR INNER LIGHT.*** Now that you have introduced yourself to the nine *Healing Empowerment Resources: love, faith, peace, joy, patience, goodness, kindness, self-control and gentleness.* ***It is time to Free HER and UNLEASH YOUR INNER LIGHT!!!*** *If you meditate daily, ask God to Send HER Peace and Center HER in PEACE you will stay in alignment with GOD and live each day in the Higher Version of Yourself. Remember the Woman in the Mirror, that you envisioned, well now is the time to FREE HER so that you can live life in your God given purpose. The only way you can experience your daily freedom is when you are intentional and ground yourself in peace daily. Being in peace daily will allow you to stay connected to God and your mind will be renewed daily.*

***“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (Romans 12:2 NKJV)***

You will discover when you Free HER, you will develop a repellent against anything toxic or may try to cause you harm from transforming into the Higher Version of HER. The Higher Version of HER, is where God has called you and He has provided you the healing empowerment resources to guide you through the process of re-discovering, recommitting and restoring HER.

I encourage you to work daily on transforming the Woman in the Mirror and watch GOD create a miracle in you. I want to leave you with what happens to you when you Center HER in Peace daily and why it’s important to pray and meditate daily and ask God to Send HER PEACE. Follow my process to:

* **RE-DISCOVER TO KNOW HER**
* **RECOMMIT TO DO THE WORK**
* **RESTORE HER TO BECOME**

**HOW TO UNLEASH YOUR INNER LIGHT**

**RE-DISCOVER TO KNOW HER:**

**Psalms 139: 23 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)**

**I. Self-Analyze**

* **Do you like who you are?**
  + **Envision Who You Desire To Be**
* **Confront S.E.L.F.**
  + **Until you confront yourself, you will remain the same**
  + **Re-Discover Your Beauty Within**

**B. E=Examine**

* **Do you know your Triggers?**
  + **What triggers your cycle of \_\_\_\_\_\_\_\_\_?**
* **Do you have a Vision for your Life**
  + **What do you look like healed?**
  + **What goals do you want to accomplish?**
  + **What/Who do you have to live for?**
  + **What is your joy?**

**C. L=Life Plan**

* **What are you struggling with?**
* **What do you need to overcome?**
* **What is motivating you to get healed?**
* **Create a Vision Plan for your Healing**
* **Visualize Yourself as Healed**

**D. F=Freedom**

* **How to Live daily while fighting**
* **Renewing Your Mind Daily to Fight**
* **Tapping Within Daily for Renewed Strength**

**RECOMMIT TO DO THE WORK:**

**Philippians 4:13 For I can do everything through Christ,[ who gives me strength.**

**(Philippians 4:13 NLT)**

**FREE HER and Recommit to do the necessary work to take flight. Allow God to form you into the person to carry out His Purpose. You have been trained to Fight. You are a CHAMPION FIGHTER!!! Your struggle is your training. When you Recommit to Do you equip yourself to prevent triggers and any negative self-sabotage.**

1. **Move From Depression to Joy**
   1. **Prevent a Cycle of Depression**
2. **Change What You See in the Mirror**
   1. **Re-Discover & Re-Commit to the New You**
3. **Do what it takes to prevent repeating the cycle**
   1. **Self-Talk**
      1. **Empower Yourself**
      2. **Get Up & Fight Daily the Enemy Within**
      3. **Confront Unresolved Trauma**
      4. **Overcome Your Struggles**

**RESTORE HER TO BECOME:**

**“Do not remember the things that have happened before. Do not think about the things of the past. 19 See, I will do a new thing. It will begin happening now. Will you not know about it? I will even make a road in the wilderness, and rivers in the desert.**

**(Isaiah 43:18-19 NLV)**

**Execute your daily regime of walking in your healing. You will become what you have been petitioning God for.**

1. **Train Your Mind to Become**
   1. **If your mind can perceive it, You can achieve it.**
   2. **Become Healed, Become Peace, Become Faith**
2. **Be Intentional**
   * 1. **Pray Daily**
     2. **Use Daily Affirmations**
     3. **Meditate**
3. **Empower YourSelf** 
   * 1. **Get an Accountability Partner**
     2. **Continue to Elevate Your Mind through Scripture**
     3. **Surround Yourself with Prayer Warriors**
     4. **Work on Inner-Self**

1. What Healing Empowerment Resource Do I Need the Most to ***FREE HER?***

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2. What Do I Need to Release For God to *Send HER Peace?*

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**FREEDOM PRAYER**

*Dear God,*

*Thank you for seeing the best in me and allowing me to Re-discover, Re-commit and Restore the Woman in the Mirror. I will pick up my cross daily and not allow my daily struggles to hold me back from experiencing the life you have destined for me. I am more than a conqueror, and I know that I carry you within me, and my inner woman is stronger than I am. Teach me O Lord, how to love me the way you love me. Teach me how to see me, the way you see me. Teach me how to live in greatness and not hold myself a prisoner to fear. Teach me how to walk boldly in my authority and to live daily in the Higher Version of Myself. Thank you God, for Sending HER Peace, when I cried out.*

*In Jesus Name,*

*Amen.*