

# Belief Journey: Activating your heart and mind guard with Princess4Peace

*Healing the deep invisible scars of the heart and mind.*

TEMA, GHANA, December 22, 2015 /EINPresswire.com/ -- As we continue on our Belief Journey, I want to bring into a sharp focus the security of our hearts and minds. I will share a revolutionary revelation with you that has set me free and pray it will set you free also, starting from today!

I can not help but remember in our recent times the last days of Michael Jackson, Whitney, Kristina and Robin Williams. They had body guards to protect them from physical harm. But what about their hearts and minds? Millions are spent globally on security at airports, fortified buildings etc. but we hardly discuss security for our hearts and minds. What are the real 'security gadgets' for our hearts and minds?

What or who can protect your heart from pain? How can you hire a 'heart guard' for your heart and a 'mind guard' for your mind the way others hire bodyguards for their physical protection?

When you are going through mental or emotional abuse who can see the scars on your mind and heart? How do you shield your heart and mind from further abuse?

When someone punches you in the stomach, everyone can see that you have been abused from the bruises, but who can see the scars after you have

been 'punched' in the heart, or the psychological scars on your mind from abusive words, that continue to ring in your ears and mind - morning till night, day after day, deepening the wounds and drawing you into depression.



The more you 'set' your heart and mind on the issues and problems the worse it gets. Your mind and heart become

Some of those scars stay there long after the bruises are gone and may linger on for a lifetime, sending many to hospitals and some even to their graves pre-maturely.

When thoughts of suicide came during some very difficult years in my life, two verses in the bible took on a new importance and turned into my heart-guard and mind-guard and literally saved my life!

1. Isaiah 26 v 3: You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

2. Philippians 4 v 6-7 ...

'Do not be anxious about anything , but in everything, by prayer and petition, with thanksgiving, present your petitions to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus'.

When I shifted my 'set' mind consciously from my problems and worries and started to 'reset' my mind and heart on God through prayers and meditation, it changed everything!

I prayed 7 times a day. This begun to 'thaw' my 'frozen mind and heart' which were frozen in my problems. Then I 'reset' my heart and mind on these two verses for weeks until an unknown liberty swept me off my feet and I was released for good!

During these days of compassion and healing, I beseech you to find the way within your Belief that provides these two crucial guards. You owe yourself a mind guard and a heart guard .

Activate your mind-guard and heart-guard through prayer and meditation. Today consciously reset your mind and heart on the God of Peace. This will heal you and give you ' Peace that passeth all understanding' and set you free for good!

With His Peace and Extravagant love,

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