

## Transcript of Episode 134 - My Testimony: From Self-Healing To The Healer Himself

Hey, guys. Welcome to this week's podcast episode. This week's podcast episode is such a unique one. I've been avoiding recording it because it's such an intimate, private story message, and it's one that I'm still working out. And I think when you're not, when something isn't behind you, I'll speak for myself. When something isn't, when I'm still working something out, it's not behind me. You know, you can see and understand things a little bit better when it's.

When something's behind you, when the problem is solved or when you've gotten through it. And because I don't feel like I've completely come out on the other end, I'm still very much in it. I didn't feel comfortable sharing anything, but I think not. I think I know. I've been praying about it. And mostly I know it's important to share because it affects the work that I'm doing. It affects my business.

And so I don't even know what this is gonna be titled. I think I'll figure it out after.

But I just. I knew I needed to get it out on video. And let's see if I air it.

Let's see if I share it. Yeah. So I won't go into too much detail because I don't want to edit this. I really want to keep it organic. I want to keep it honest. I want to keep it true to some of the points that I laid out. And for many of you guys, you know that I've been a coach for almost five years now.

I've had a coaching business started in 2020 and have been very, very successful at it. And I used to coach men and women. I was a facilitator in a subconscious healing modality called psyche. And it was this great modality that helped people, helped me process past stressful events. Supposedly, what it did was it processed. It helped you use your right and left brain collectively to process. It's kind of like EMDR, so that when you access it, when you use it, it helps you.

It helps your brain process an event the way that it would have normally processed it in real time. Because when you have a stressful event, you go into a survival state. And when you go into a survival state, events or memories get kind of get stuck, and they get

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literally stuck in our soul. And when they get stuck in your soul, the emotions get stuck, too. You have a lot of replays, the emotions, the memories, the everything. You basically, like your subconscious, stay stuck in the past and when I used this modality back in 2019. Wait. Yeah. It helped me so much.

Like, it helped process so many parts of my past from my childhood, from my marriage, all these things. And so when I felt the relief from it, I wanted to get. I wanted to become a facilitator. I was like, if I change this much, other people need to know about it. I became a facilitator very, very quickly. Started using it in my practice and made a lot of money. Helped hundreds and hundreds and hundreds and hundreds of men and women, and I loved it.

And I've always been a follower of Jesus Christ. I was saved when I was ten. You know what? I thought I was 13, but the Holy Spirit reminded me the other day that I was ten. When I got saved, I was like, wow, what a cool. Like, I was so young and so innocent, and here it goes, the waterworks. I'm crying because it's such a sweet memory, and I'm so grateful.

So I should have got tissue. I was ten years old. My mom got invited to a salvation army to go get food, and then they have a church, and then we would go to church and thank Jesus, got saved. And so, fast forward to now. I'm coaching. I'm doing this work, and it worked. You know, it helped so many people.

It helped me as I was a single mother, freshly separated from my ex husband, three daughters to support. And I so, so deeply wanted a career of my own. I wanted to be financially secure. I wanted to help people, and that was my intention behind it. It was so well meaning. So I had, you know, years of one on one work with clients, and my clients had great results, and I had great results, and I just thought, wow, this is, like, such a beautiful, beautiful work. But I was running myself into the ground because I was doing one on one work.

I was working with so many clients. I was working, like, 16 hours days, neglecting my daughters. I don't even remember, like, those three years, thank God. I have a lot of podcast episodes and video and stuff of my.

Of my work. Well, I archived so much of it from social media. I was working so much. And I remember at one point feeling emotionally and physically drained by the work,

specifically because the. The emotional toll it takes by talking to a lot of people with a lot of stressful pasts. And then I didn't know. I was just taking on so much of their spirits, connecting to them and stuff.

And I would do energy clearings and all these things to help myself feel better and not feel the residual of the work, and I did this for several years, three and a half years. And I remember at one point, I decided I wanted to do business. I wanted to just do business. I was very successful in my business. I had a lot of coaches that wanted to do the work that I was doing. A lot of coaches, a lot of women specifically, that worked with me, and I worked with them doing psyche had so much relief and so much success with it themselves that they became facilitators, and then they started doing the work. And so many coaches wanted me to work with them to help them start their coaching businesses because I was so.

I was successful at it. I made a lot of money. I had a lot of freedom. What looked like freedom, emotional freedom. Yeah. And I was able to provide for my daughters, and I think it looked really glamorous, and it looked really just. I think, you know, when someone is living a life, freedom and happiness and doing what they're supposed to be doing, it's really inspiring, you know?

And it's really. It's just there's something about somebody living in their purpose that helps other people believe that they can do it themselves. And I. There was a part of me that was living my purpose, obviously not the way that I was doing it, but now, in hindsight, that I see. But. So I was gonna start a coaching program and called self made.

Oh, my God. Now that I think about the name, even the name was, like, demonic. It was called self made meaning, you know, you. I had these beliefs about the higher self and the lower self and energy and the high. You know, I didn't know really about, like, spirit, soul, and body and all these things. I knew we had a spirit. I know we had higher selves, but I didn't really call it spirit.

I called it higher self. And. And so everything that I taught was, like, internal family systems, a lot of therapeutic things. I studied my brain off for years and years and years learning about all these psychological theories, polyvagal theory, attachment theory, getting trained by some of the best psychologists, therapists, psychotherapists, getting certifications, just doing all the work to learn about psychology modalities, theory. And

even I remember talking to a really very popular, prominent therapist, and I told her, should I go back to school? Should I get my degree? You know, maybe so I can be more reputable.

And she was like, are you kidding? Like, I would hire you if you were a therapist. Like, you know, so much, and I can't believe you're not a therapist. Like, she's like, school would be so boring. Like, it's so antiquated.

Don't go to school. You don't need it if you're already doing the work. And, you know, all the things that I would teach you if you were, like, coming into my practice, she's like, you're fine. And so I think she knew my heart. She could tell my heart. She knew that I was working with people. My clients were getting results.

And so I remember when I was going to start my coaching practice or my new group coaching program called self made. And there was something that. It's the same feeling that I had in the past couple months.

This, like, don't do it. It's not. It's not the right thing. It's not what you're supposed to be doing. I had a lot of fear around it. I had a lot of, like, hesitation, like, nervousness. And part of it was because I got bullied really?

Well, I believed it was because I got bullied a couple months prior by a couple therapists in the online space, or they weren't therapists on the online space. They were, like, actual therapists. But because they, I think they saw, saw my result as a coach, and they knew that I wasn't formally educated. They basically completely bullied me online. And it was so traumatic. Telling me that I'm hurting people. Just really, really negative, hurtful, shameful accusations and criticisms. Terrified me.

Shut me down for like a month. Physically, emotionally, I worked, but I was like a zombie, I remember, was in so much pain. But now I understand it was a spirit of rejection like that. And then I. That I had suffered from when I was younger. And, you guys, anytime that I'm crying, it's not from, like, pain from the past or anything like that. It's from, like, joy of deliverance.

It's from my genuine, genuine joy of not, you know, from being saved by Jesus Christ, you know, and from looking back with, like, so much. It grieves me. It grieves me because I knew my heart. My heart was so well intended. But when you don't know

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about the enemy and how he works and how. How to tell the difference between the flesh and the enemy and the world, it's so hard to know when you're doing wrong. And so my heart was so, so, so well intended right when I was working as a coach and when I wanted to start this program.

And so when I got bullied, it was so painful. It really triggered those past wounds that I had as a child, that when I had been rejected, I believe my father's abandonment. And then we all know, just. You believers understand that the spirit of rejection goes all the way back to Eve, and Adam goes all the way back. And so for us to blame our parents, I think, is so. It's partially true, but we all come from it, you know, evil. Literally rejected God's gift, you know, in the garden.

Anyway, okay, so the bullying really, really affected me. Hold on, I'm gonna get tissue because I feel like I don't want my makeup to run and then not be able to finish this video. So give me 1 second. All right. And of course my eyelashes are gonna fall off, but who cares? Like, let's just deal with it. Yeah. Let's see if we could keep them on, at least partially for the video.

Yeah, they're coming up. Okay, so.

So, um, I was so. I was so motivated, you know, the online coaching space back then, in. In the early two, in 2020, and then 20.

202-021-2022 coaching was still really new. Like, new in the sense that it was.

People wanted to do it. People were seeing people make a lot of money. This entrepreneurialism was super, super sexy. Like, everybody wanted to be a coach. Everybody wanted to be an online entrepreneur. People were, like, becoming influencers, podcasts. Podcasters. I had a podcast back in 2014 and then sold it and then started blooming.

Back then, though, it was called trauma to triumph all that to say money was good. I was making hundreds of thousands of dollars a year.

I lived in. I had a beautiful rented home. I lived in a gated community with my three daughters. I was taking care of them. I mean, we lacked nothing. And I felt so confident in myself. I. We wanted.

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Like I said, we lacked. We lacked nothing. We had everything we needed, and we even would go to church. You know, back then. And I remember being. You know, I was dating guys. There was one guy that I dated for about almost a year, and he was a really nice guy, but I knew, like, he just wasn't somebody that, like, I respected enough to, like, have a long term relationship with.

And we broke up, we became friends. And then there was somebody else that I dated, and this guy, I was. He was, like my dad reincarnate. I swear, he was, like, latino, played the guitar. Salt and grape, you know? Great. What is that?

Salt and pepper hair. Handsome, charismatic, but, like, mild mannered, drank a lot, smoked a lot of weed, and loved music.

And the thing that we. And I'm telling you guys this for a reason, okay? We bonded a lot on music, and we would always sing songs from our culture from, like, our youth. We liked all this music. If you're mexican, you might know some of it. But, like, Juan Gabriel and Rocio de Rukal and Los Bukis and raik and all this, like, great, like, spanish music that we would sing and we bonded creatively. We would, he would come over, we would get, we would drink, we'd get drunk, we'd get high.

We would sing, and he would play and he would sing, and I would sing music songs, and then we'd have sex, and it was just, like, fornicating and sitting to its max, spend the weekend in bed. Like, all we would do to, all we would do was get up to eat and shower and make drinks and smoke. I mean, I mean, it was like self pleasure at its, at its best, you know, its worst, I should say.

Not its best. And I didn't know there was anything wrong with it. Like, nothing. Nothing. He was, he was like, my God, my eyelash is gonna bug me. Let's see if we could try to keep it on. He was someone that, I had a history of cheating, and so he, I remember I started dating him in, like, 2022. 2023. I think it was 2022, maybe.

Well, you're awaiting. We're in 2024 now. Okay, 2022. No, 2021. And, yeah, 2021.

And he had a history of cheating. I knew I had heard that. Well, he had told me, and then, and then he had, he had had a girlfriend that, like, reached out to me and said, are you talking to him? I'm like, no, we're not dating. But I dated him back in the day, and she let me know.

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She's like, when you. The story you just told me, like, when you guys met, like, I was dating him at that time, and he was, like, my boyfriend, and we had this big old, like, exchange publicly. She even, like, wrote me on Instagram, and it was like, she was a very, very popular makeup artist person, and I, that relationship kind of jacked me up, in a sense. I believe now that when I was with him, I was, like, addicted to his. I don't even know what it was. The way that I look back at it is like, he. I think when you're with somebody that's not healthy and they're so wounded, it can be very controlling.

There's a big attachment. And I was, like, super insecure with him. I mean, talk about insecure. I would, like, look what he was doing. And it was affecting my work. And I remember when I launched this program, and then first I got bullied, then I was going to launch it, and something happened. I don't remember what happened, but I started getting really scared about launching the program.

I felt really insecure. I feel like the enemy attacked me mentally and was like, you can't do this.

You know, you're gonna hurt people. I had 25 people sign up for the program.

I made \$100,000, and I gave it all back. It was a \$5,000 program. And. Okay, so, no, I. 20 people signed up because I made 100,000.

Or was it 125? I think it was 125. And I give it all back, all of it. And I felt really insecure to do it because of the. Because of the spirit of rejection. Like, that was like the bullies had really woken up in me. I didn't know.

I mean, I knew there was online bullying or trolls, but I didn't experience it. And because they attacked a part of me that I was so proud of that I was finally feeling really secure about myself. And because I was able to help people and heal people, it was really, really painful for me. And I canceled the program, and I decided to go back into just doing my healing work. Now, in hindsight, I know it was the enemy. The enemy did not want me doing business. He wanted me doing spiritual, demonic work with people.

He wanted me to focus on. He didn't want people liberated and making money and helping themselves. You know, a lot of them were. Most of them were women. He wanted me to continue to push the healing work that I was doing because it glorified the

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spirit, you know, the kingdom of darkness. Here's what you guys need to know. Anything that idolizes or puts power in the self is Antichrist.

It's anti Jesus. It is anti the kingdom of God. It is pure, the kingdom of darkness. Why? The reason is, is because God created you to love and worship him and he the creator. When he creates a product, the product doesn't. Like, when it's broken or something happens to the product or the product needs some type of repair or anything.

When it needs something, a product doesn't self repair itself. It always goes back to the creator. Right. When the Apple laptop, a MacBook, or an iPhone gets broken, what do you do? You don't take it to Verizon. You take it to the. To the Apple store. Right? Steve Jobs knows.

Apple knows how they made it, and it gets fixed there. It's no different than us.

Our creator made us. When we have the audacity to believe that we are our own healer, it is demonic. It is demonic.

It is Antichrist. It is saying, you know better, and you can heal yourself. And it's not true. A lawnmower can't heal itself.

Can't fix itself. A microphone can't fix itself. My video camera cannot fix itself. You cannot heal yourself. Okay? Jesus is the only one that could heal you because he's the one that created you. And when you're broken, you're not broken by him.

You're broken by man. You're broken by the enemy. You're broken, you can break, inadvertently break yourself by the environments that you take yourself into that are anti kingdom. You are made to live and be heaven on earth. You're made to be in the kingdom of God. And we're here on earth, and we're living worldly, doing earthly, demonic, sinful flesh, pleasuring things and other pleasuring things, and it's hurting other people. When I was doing this healing work, I did not know.

I did not know that the work I was doing was glorifying myself and therefore glorifying Satan or earth, the world's people, and therefore being Antichrist. And my intentions were so good. I think anybody who does work like this, whether it's Reiki, whether it's horoscopes, whether it's any type of inner child work, whether it's the feminine, masculine type, any of this work, anything that you go to yourself to heal, where you go

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to somebody other than Jesus to heal is Antichrist. It's demonic. It's from the enemy. There's certain things that God created that help us.

Like medicine, right? God created, you know, I heard Miles Monroe talking about this the other day in an old video. Like, God created cocaine. He created, like, the plant. He created the chemical in the plant. And medical science has grown to make it and I, and grown to make anesthesia and things like that to help with surgeries and traumas and, like, blunt injuries and surgeries. There's reasons for medical care, right?

But we don't go. We go to Jesus for healing. We go to God for emotional, mental, any type of wounds that we have. God heals us. Men, man, and the enemy in the world will break us with sin because the wages of sin are death, and we will die by the hands of man. And God is our healer. And so I didn't know and I didn't understand that the enemy, he wanted me doing this healing work.

He wanted me to do it. And I just thought, I'm really good at it. Like, I need to do what works. I need to do what's safe. I need to do what's going to provide for me, my daughters and I then stopped doing one on one work and then launched into back then or not even back then, even now coaching, you either do like, one on one work or you do group. And so you work one to many or one on one. And one to one is great because it's private, it's personalized.

But you work more hours, you can charge more, but you can with group, if you create a program or you work with a lot of people or you create curriculum, you can make more money because you can. I can have like 100 people in a program. Right? And so the coaching industry always pushes like, go group, go, group. You gotta, you gotta, you gotta make your program into go to a group program so you can help more people. Well, I was like, all for it. Cause I wanted to work less because I was working so much.

And I remember, you know, I was dating this guy and I was a bit of a mess. Like, I remember whenever I would get with a guy, my business would, like, I wouldn't be able to focus. Why? Because whenever I was, like, finally got attention from a man, I was. It felt so good to me that I was like, I don't even, I don't need my work anymore. Like, I would let my work go. In hindsight now, I understand that I was, I was always getting my needs met by either, like, money by, like, people, by my work, by healing.

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Healing by getting connection through my clients or connection through a man. And I always say it was like, it's either money or man. Money or man. Because through the money I was with people and I was feeling very validated through my work, or I was feeling really validated by the attention or affection of a man. And so when I would get a man, I would drop my work. My work would always go to crap. Always. I would always, like, whenever I had a boyfriend, I always felt like I could never have both because I didn't know how to manage it.

Not because I didn't know how to manage it. Well, that's what I thought back then. I don't know how to manage both. I'm dumb. No, no, no. It was the attachment of finally I get attention from a man, and it felt so good to be needed and wanted and light and maybe I was just being objectified, right? I don't know that it wasn't. I don't think it was like true love.

And so I remember having this doing this group coaching program, gonna launch it. It was my program. I went from one on one to making it group coaching program. And the first launch, I couldn't even focus. I remember being so like. I remember when I was. When I was creating the group coaching program, I was so now, in hindsight, I thought it was.

I thought I was scared of being rejected by the pro, like, with the program, like, putting it out into the world. But now I realize that it. What? That's not what it was. What I. What I believe that it was that I was so scared about was I. It was a spirit of Jezebel.

It was a spirit of control, not letting go of control. God is the most beautiful, strongest man in the world. The call to follow him means to surrender. But when you have so much trauma in your past and when you trusted your mother and father to take care of you and they didn't take care of you, what happens is for many of us, especially as Latinas and Latinos, first generation Latinos, we, our parents either weren't present because they were working all the time, because they were immigrants and we were, like, hiding and things like that, or because they were emotionally and mentally incapable of it, and they just could not love us and they couldn't provide for us, and we couldn't. We didn't get to trust our parents. So we went into survival mode ourselves. As young kids, we either got parentified and we became parentified children and we had to let work at a really young age, or we had to take the reins and take control for ourselves.

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And we learned this adaptive behavior of, I have to do it myself because my parents aren't going to do it. And we learned to stay in control. So letting go of control feels so scary. And I'll never forget, like, doing, creating my group coaching program, I. There was, it was, it wasn't me being in control anymore. When I had one on one clients, it was, they would show up to sessions, I would do the thing on them, and then they would get results, and then I'd feel so good about myself. I was always in control of it.

Their results were always based on me being there. While the group coaching program, what it did was, you know, I had to create a curriculum, and then my clients use it and then give up, give up control of being there. They had to buy it, they had to use it. And then once they used it, then. Then I would see if they would get results. Well, I was already using these modalities already with my one on one clients. I was testing it out first for six months, and when I was seeing all the results, I was like, oh, this is my group coaching program created it, but I remember being terrified to launch the program.

It was going to mean a lot of freedom, right? It was going to mean me working less, it was going to mean me earning more, but it meant letting go of control. And I remember thinking it was my ego. It was like the fear of letting go of control and, like, other people doing the work and then me not really getting the, like, the benefit or me not getting the credit. But then it was also just like, I'm used to being in control. I want to be in control of, like, who's going to join and talking to them and doing the sales calls and being there to coach them every day and, like, doing the work on them. And it freaked me out that I didn't have to do that anymore.

I was still doing sales calls, but them doing the work, I mean, it felt so scary. So before even launching it, I remember having, like, panic attacks creating the group coaching program because the thought of just them doing all the work on their own and then me not being there was so hard. And I realized now, again, it was like, it was just the spirit of Jezebel. It was the spirit of feeling the need for certainty, for credit, you know? And so eventually I launched the program once. The first launch was horrible because I just didn't do it well. The second time I did it, it was very, very high earning.

I earned more than \$100,000. It was a very great launch. But I remember, I'll never forget after I launched that December, I, like, how do I say that? It was, like, in 2022, because in 2023, I was.

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Let me think, yeah, 2022. I remember just being so tired from the launch. It took like, three months of, like, the program planning, all the marketing, and then all the sales calls. And then finally in January, we were gonna start working together. I was so tired from it that I was like, I don't even wanna do it anymore. And I think it was the fatigue and the mental and emotional pain of going through the launch. But then also, it was like there was something in me in that December of 2022.

I started going to church in October or September of 2022. And I was deep, deep, deep in my. I was in my faith a lot. I remember meeting my friend Omar, my friend Amanda, his wife. I met Omar online. He was a preacher, pastor, video guy on this really cool YouTube team of, like, video creators. And he helped me, like, with some of my, some of my content and, I'm sorry, my equipment.

And then we became friends. He was a pastor in Las Vegas. I went out there to go to church there one Sunday, one weekend, I met his wife. I mean, now we're still really great friends to this day. I love them, and I remember my faith.

I was like, really, really? My faith was really blowing up that, that summer of 2022, I went to church with them. I mean, I was just. I loved God. And I remember by the time I launched in December, I was like, I felt really off about doing the work. I felt really off about my coaching program. I felt really off about launching it, serving people, doing it.

There was something inside of me that knew that I shouldn't be doing it anymore. But back then, I had no idea what it was. I just thought, oh, I'm just tired from the launch. But back then, we were all, I was involved in a lot of coaching, coaching masterminds and all these things, and I wanted to be a successful coach and have these high earning launches. And so I really pushed myself to do all this work. But there was something inside of me that was already, like, bubbling in me, like, I don't want to do this work. Why? This is so weird.

Why do I not want to do this work? And I really couldn't put a finger on it, but I just thought, I'm just tired, and so I'm. My faith is getting stronger and stronger. I am going to church every Sunday. Starting to read the bible a lot. I remember I was talking to Omar, and I was, and I asked him and Amanda, like, how do I read the Bible? Because I really don't know how.

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And they're younger than me. I think they're, like, ten years younger than me. And they're such beautiful, beautiful Christianity, husband and wife. I love them so much. Like, so much of my faith walk in the beginning was really inspired by seeing their faith, and I'll never forget, I remember us having lunch when I was in Las Vegas and asking them, like, how do I read the Bible? And I don't really understand it. And they taught me just, like, the most basic stuff.

But that's how much I did not know Jesus, the Bible, I should say. I didn't know the word. And so my faith kept getting more and better, better and better. And I just remember feeling like, I don't want to do this work. I don't want to do this work. So I'm praying and praying, praying. My faith is getting stronger and stronger.

Going to church, and I have this encounter with the Holy Spirit in May of 2023 at church Sunday, standing up, you know, during prayer at the end of service. I'll never forget it. And I remember hearing the Holy Spirit say, annabelle, the reason you. I remember feeling like, oh, I was okay. I left something really important. Now. I was so focused on wanting a husband. Like, so.

I wanted a husband so bad. Like, everything that I did was, I'm gonna be successful so I can get a husband. I'm gonna be skinny so I could be, so I can get a husband. I'm gonna be beautiful so I can get a husband. I'm gonna dress really nice so I can get a husband. I'm gonna have a nice house so a guy will like me and choose me to be his, his wife. I was obsessed, like, my entire life, I can honestly say my entire life I've been obsessed with being married and the irony that I got divorced.

But that's, you could see those episodes in my podcast somewhere. I'll link it below. I have, there's an episode of how I, how I ruined my marriage. I'll link it below. Obsessed with being married. My entire life there was a part of me that knew that if, or thought if I just get a husband, like my mom would have just married, my mom and dad would have just gotten along well, I wouldn't have gotten messed up, especially since I started doing the work and understanding attachment and nurturing and secure attachment and parenting. I understood that it was because my mom and dad were off and if my mom would have been healthy, she wouldn't have got messed up if my dad wouldn't have beat her.

And I started understanding need to get married. And if I get married, I'll have good, healthy kids.

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I will love them. I won't ever hurt my children and I will be happily ever after. I will have stopped the cycle here with me. I was obsessed with getting married, especially after leaving my, after my husband and I breaking up, I was like, I'm going to get married and it's going to be great. Well, I started going to church in 20.

232-022-2023 comes around and I am, I have this like revelation of God. Like, I need to restore my marriage like I'm supposed to. I should have never got divorced. I should have stayed with my husband. I become focused, ultra focused on saving my marriage. I have, I have the grand idea to like, invite my husband to dinner and tell him and profess my love to him and say we should get back together. I didn't know if he had a girl.

I didn't know anything. Him and I didn't talk about our personal lives. I didn't know if he was dating anyone. I didn't know anything at that point. I've been this. At this point, I've been single for a year. I stopped talking to this other guy and, like, Jesus was my boyfriend.

And so I meet with him and we meet for a drink, and I basically just tell him, like, I am doing better. I've done so much work, so much healing work. I've healed myself. And mind you, I'm like, at this point, I'm still, like, I'm going to church and I'm loving Jesus. I still think I healed myself. And I'm like, I realized everything I did wrong. And I realized that, like, the most important thing that God, one of the most important things that God wants is a husband and wife to be equally yoked and loving each other and living for the kingdom and raising their children up in the church.

I know that I want this now. Let's get back together. And he was like, uh, no, I'm with someone. He didn't tell me no right away, but basically stuff happened, and I was upset that he basically. He basically told me no. Like, I know I'm not ready for that. I'm with somebody. And I was so distraught, but I was like, I had so many friends in the church, and they were like, God restores marriages, Annabelle.

Pray for him. Pray and it will.

You guys will work. It'll work. Mind you, at this point, I filed for divorce. No, no, no. Did we file for divorce? That's up. No, not yet.

We were not. We weren't divorced yet. We both hadn't filed neither. We were both like, we'll file. Like, it'll. We're separate. We've been separated for years.

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Like, we didn't even think we needed to file. I'm just praying. I'm like, God's gonna restore my marriage. Like, I need to just be focused on being a good mom and focused on not working and being there for my children. And so I get God. The Holy Spirit's really working on me at this point. He is working on my heart, and I'm going to get to the point where I was in church and God, I heard the Holy Spirit.

So I am like, I need to get my. Restore my marriage. I need to get back with my ex husband. Jesus is gonna do it because he. He believes. Like, what does the Bible say God says? Like, what God brings together, let no man tear apart, you know, like, the covenant of marriage.

Like, I'm like, God's gonna bring us back together. And so I just pray for that every minute of the day. And then I also start learning a lot and start noticing the masculine feminine dynamics, which is, like, I believe to be trauma and healing. And when women are unhealed, they're very much in their masculine. When they're healed, they're more feminine. They have more inclination to surrender, to be submissive, to be married, to be mothers. And I realized I'm having, like, God, the Holy Spirit's just showing me so much and helping me understand the only reason I had been so, you know, total feminist liberal, wanting to work all the time, thought stay at home moms were gross and lazy, didn't have that maternal instinct that I thought I had, but I low key didn't.

I had no patience. I was this control freak. I was impatient. I just said that twice, right? And I realized I was like, oh, it was all of, like, my unhealing and it was all this, like, spirit of Jezebel, this controlling nature. I couldn't submit. And God starts showing me all this and just revealing so much of this. Well, I.

I am still praying for God to heal my marriage at this point. God starts revealing to me, like, Annabelle, what you need to focus on is me, your relationship with me. You know, you need to, like.

Like, I want you to. Just, like, I start just feeling very deeply, deeply connected to Jesus and believing that he is number one in my life and that I need to stop drinking. I need to be married. I shouldn't work the way I used to work. And God and I hear very, very clearly in May, this is right before the whole thing I had at church. I hear the Holy Spirit say, stop doing your coaching program. And I was like, no, God wouldn't say that.

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Here's the thing with the Holy Spirit and understanding. Like to hear, hear God's voice and understand if it's the enemy, if it's God or if it's me. I had a very, very clear, I've always had a very, very clear understanding of, like, when it was God and when it was me, when it was a whole, when it was the enemy, even more so at that point. But I remember hearing God say, you're not going to do your coaching program bloom anymore. No more. And I remember thinking, thank God.

Thank you, Jesus. Like, relieve me. Because I had this deep, deep stirring in me that it was wrong, like, I shouldn't be doing it anymore. It doesn't feel right to me. I don't feel connected to it anymore. And so I remember thinking, I don't want to do this anymore. And then God kind of like co signed it.

Like, this is not right for you to do this work anymore. You need to be teaching more spiritual, like more biblical teachings. And so my clients were getting great results, but I did not. I knew I shouldn't be coaching, doing this program. Well, I stopped selling it. But me stops stopping from selling it and offering out to the public. I stopped, like, earning money.

I stopped making money a lot. Okay. Or earning the way I used to earn. So a month passes and then I remember, I'll never forget, I was in church. It was May of 2023, and I was the end of church. And, you know, our pastor was like asking, you know, if anybody needs deliverance over things. And I remember hearing the Holy Spirit say, annabelle, the reason that you are obsessed with men and being married is because you've been looking for God in men and money.

And you've been spending all your money and your time and your attention. Everything you do, your business, everything that you do is always to get the attention of a man. And men have been your focus and it needs to be me. And I remember thinking, that's not me because I know that I would never have those thoughts. Like, that just was, it was so clearly the Holy Spirit. And I remember thinking, gosh, it felt so true. When the Holy Spirit speaks, it feels very true.

You know, it's scary, but it feels true. And I was like, yeah, it makes sense to me. Yeah. Everything that I did was always like, I want to be successful so I can get a husband. I want to make money so he'll think that I'm a good wife. I want to be beautiful so he'll marry me. And when I say he, I'm just like the guy.

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I don't even know who it is at this point. Now I'm focused on my ex husband. I'm like, I want him to see that I'm like the most perfect, beautiful wife ever come back to me. So things just start lining up for me and I start understanding, wow. All the things that, the way that I've been my entire life has always been focused on man and not focus on goddess, focus on money as a means to get a man. And at this point, God's like, stop doing this work. I don't want you doing this coaching program anymore.

I don't want you doing this work at all. And I remember thinking, how could you be taking this away if it's been healing people, you know? And so slowly my life is just turning upside down. Like I'm like my business, I'm stopping working. I'm not making the money that I used to make. I want my ex husband. He doesn't want me back. I don't want to work with my clients anymore.

I feel so disconnected from this work. Completely, completely disconnected from this work. And I'm really focused on my daughters. I'm really focused on the bible. I'm focused on my faith. I'm focused on understanding this masculine feminine dynamic and how healing makes a woman more feminine and how when you're not healed or you carry a lot of trauma, it keeps you in your, like this, what I call the scared masculine girl. So I started sharing these concepts online.

I'm terrified to do it. I remember, like, having almost, like, a panic attack when I was gonna share these video concepts that I had, that I had made in my office. And I think I know, yeah, I had made them in my office. And when I didn't wanna share them, I was like, I'm not gonna share these concepts. Like, people are gonna think I'm mean, I'm evil. And I remember the night before that I wanted to share the.

Or the Holy Spirit. Now I know it wasn't me. It was the holy spirit saying, share this video. Like, you need to share this video. I was like, um, nope, nope, I'm not gonna share it. I'm not gonna share it. And it was basically about calling women out and saying, listen, the reason, like, there's a problem in relationships, it's because women, you're controlling, and yet you're insecure.

You want a guy and you treat him like crap. You, you know, it's what I call the scared masculine girl. And you try to be the protector and the provider and be more masculine when you need to be more feminine. This video, within an hour, had 50,000 views on Instagram. It had. I don't even know how many views on TikTok. I remember my video editor going and about, look at TikTok.

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Look at my. And my friends were like, my sister and my friend. I remember, I'll never forget that night before.

They were like, you gotta post it. Just post it. I'm like, I'm scared people are gonna get mad at me. And when I shared it, my room, my friend Michelle was like, Annabelle, what?

What the heck? Look at how it's just going viral. That was Jesus showing me and just showing what I believe he wanted to do there was to show me that, the truth around his message, right? That when you are, when you aren't focused on God, you're more masculine, and you want to be more controlling, but when you're healed, you're more feminine, and that's what needs to be done. I had a couple videos go really, really viral, and I had got a huge following on Instagram and on TikTok. And my social media following was really growing. I started getting a lot of clients, just, like, one on one clients and stuff.

But I remember still feeling like I didn't want to do this work. I needed to do another kind of program. And I remember God was like, but you're not selling bloom anymore. Like, I don't want you to sell that. And I was being obedient. I was like, if I'm nothing, I'm pretty obedient, but I get scared sometimes. But I was.

So at that point, I'm still, like, praying and praying and praying every single day for the restoration of my marriage. At that point, we had filed for divorce. I filed. I think we had some type of interaction where I was upset because he basically was like, no, we're not getting back together. I really think that I'm supposed to be single. I don't think we're good for each other.

Just let's be apart now. In hindsight, I know he had a girlfriend. He was doing his thing. Of course he didn't want me, so I'm. But I'm still praying for God to restore our marriage. Months and months pass.

I'm in deep. My walk with God is just so deep.

As the months go by. Now we're in 2024, right?

So, like December, January, February. But I have this deep knowing that, like, I'm not supposed to be doing this coaching anymore. I hear it over and over and over. Not God's like, I don't want you to do that. Stop working. Stop doing that work. And now I

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understand that it was because the work, what it was is I was taking credit for it as, when you're a coach and you're doing, like, healing work, I think it's important for us to understand that when you take credit for healing, it's completely, again, anti the kingdom.

It's anti Jesus. You're saying you're the one healing people, and that's just not how God works. God is the healer. We just point everybody to God. That's what our job is. Point everybody to the kingdom, get saved, read the Bible, go to church, get in communities, serve. Like, that's what God wants from us.

And when I didn't understand this until more recently, was that God was like, you're not going to take credit for these people's healing. I'm the one that did it. And goddess God will not allow is a jealous God, right? We serve a beautiful jealous God, and he does not want anybody else getting the glory, including ourselves, right? He wants us to give it to him. And so the closer and closer I get with God this year, I'm just so clear that I don't. I start doing more work with, like, relationship stuff.

Like, I start noticing, like, I've learned so much from my walk with God and from my divorce, what to do, what not to do. I understand the masculine and the feminine so clearly. God has given me so much understanding about it that I start believing that, like, this is the work I need to be doing, right? But what I was experiencing was just so much surrender and so much peace because I had gotten so close to goddess, because I had my attachment system, right? My flesh, my mind, my body, everything had become so secure, my foundation, because I had my walk with God. And I understand now that when you fully surrender to Jesus Christ, when you fully surrender to God and say, I, you know, like romans twelve says, be a living sacrifice and give up, you know, you give up your body because that is what's holy and pleasing to God, right? And let's be honest, the believers walk.

It's a narrow road. They don't call it narrow for no reason. It is lonely. It is small because you're sitting less. You're not doing the things that are completely available to the world, right? I'm not having sex. I'm not drinking and smoking weed and listening to the music I used to listen to.

I mean, nothing like that. Nothing. I mean, less, more and more and more. I'm telling God, purify my heart.

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Purify my heart. All I want is to be more like you. All I want is to spend more time with you. All I want is for you to show me any part of me that isn't focused on you. Take it away. I don't want any of it.

Well, I have. And he's doing it with every day.

I kid you not. I'm like, I wake up super early in the morning. I'm reading the Bible, I'm in prayer. I am more peaceful, more loving with my children. I've never been so in love with my children, with God, with others, with the world. Just seeing the world in such a beautiful way. And I'm noticing, like, this is, this is peace.

Like the love of God, fruit of the holy spirit, is that calm and that joyness is just so beautiful, regardless of the circumstance. The old me, I made all my decisions in the past. When you're a believer, you know that you don't like your life is not your own, your business is not your own, your home, and nothing is yours. Everything is a gift from God. Everything is about stewardship and you taking care and managing what God gives you. And if you don't, I've learned when we don't manage it, God removes it, not because he's an unjust or hateful God, but because he's never going to give us more than we can manage or more than we can handle. And he's, you know, it's like the story of the talents, right?

The parable of the talents, the master gives them according to their ability, right? And that's what God's, that's what, that's what, that's what Jesus was preaching, right? And when his ministry, he told the kingdom of God is like, you know, a master. And he, and he's like, I will give unto you what you can do, but, like, I want to see that you can manage it. And then you pour back into the kingdom. And so I've been in a place where I'm clear, very, very clear, that the work I did before was very unintentionally anti Jesus, anti kingdom. It was all about the culture.

The culture teaches us, rely on ourselves, be independent, don't rely on anybody else. You could do it. Self care, your inner child, that work, that's all demonic. It is all about you healing you and not giving God the glory, not going to God when he's the one that heals us, right? And so I got, I'm so clear that any work that is based in self gratification, self glorification, is not of God. God would never co sign that. He will allow it for a while, I believe, for you to get the lesson from it, right?

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And if he's worked, when he's working on your heart and you're allowing him to come into your life and purify your heart, the understanding comes. And I feel like I'm at that place now where I understand the importance of pushing a narrative of, you need a man, you need a husband, go get a husband, go get a guy. This is how to date guys versus God is the only one you need. And when you follow him first, a man will come as a natural result of it. And that is, that is, that is truly the message that I want, I want to share and now moving forward. And the reason is because that's how I feel. I was literally addicted to men.

I was addicted to external love for man, attention from man, affection from man. And when I say man, I mean women and men, like the human race. Like, if I got attention from my clients, I felt great. If I got attention online social media.

Oh, my God. Followers. Oh, my gosh.

Like, and shares and saves. If I got attention from a guy when I was dating somebody, if I was online dating or whatever, I mean, I felt amazing. And it was the ability to notice when I was idolizing or going to something else other than God, to get my needs met, especially to get love, to feel safe, to feel secure, to feel needed. And that's what I was doing, was going to man. And God has helped me understand that. I've never been so happy in my singleness, being a single woman. I remember I prayed to God for years, God, please take away this need.

I inherently knew I had a weird attachment to men, to people. I'm like, why do I see people?

Why can't they just be by themselves? And I can't. I always need attention and love and I always need to be connected to something. Oh, and if I wasn't, I was drinking. I was drinking alcohol. And I always wanted God to take that away from me.

I'm like, heal me from this. Please, God, heal me from this. I know it's not of you. I know this can't be healthy or common or normal. I knew there was something inherently wrong about it. And my, I believe my testimony, my story is to share with women, with men, with anybody that will listen, that when you put your need, when you put your dreams, your hope, your focus on anything other than God to make you feel good, on anything to make you feel good, whether it's alcohol, weed, money, fame, followers, relationships, marriage, kids, a skinny body, clothes, material possessions, your home, I

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don't care what it is, anything that you say, oh, I need that. That's going to make me feel good above Jesus.

It is inherently, it is completely demonic. It is from Satan. It is, it's Antichrist. If you're, notice what you spend your time on, notice what you spend your energy on, notice what you spend your emotions on, notice what you spend your money on, that is your priority. That is where your focus is. That is where your heart is. Whatever. Like he says, out of the heart.

The mouth speaks, right? What do you talk about most? What do you have? What do you focus on? What do you spend your time doing? Submit yourselves then to God. Resist the devil and he will flee from you.

I say that to say that whenever you focus on anything other than God to fulfill you, to make you happy, it is demonic. Satan wants you to believe that you need things to be happy, that you need money to be happy, that you need a husband to be happy, that you need to have kids to be happy, that you need followers to be happy, that you need a big house to be happy, that you need a new car, that you need to be skinny, that you need to have botox, that you need to be beautiful, that you need to be perfect, that you need to be in control, that you need to just be alone and do it your way, that you need to be, that you need to drink alcohol or smoke weed or be drunk or be rich or be famous. That is what the enemy in the world wants you to think. And your three biggest enemies are your flesh, Satan, and the world. And when I say the world is anything that's, that's not a believer in Christ, that's not a follower, a full believer follower of Christ. We need to stop relying on things to make us happy. They will never fulfill you.

You have a God sized hole in your heart and that's what it's always looking for. The reason you don't feel like you're enough is because you're not. You are not enough. You need Jesus, you need the Holy Spirit, you need to be saved. You need the love of God in your life. And that's going to make you whole, that's going to make you so fulfilled, it's going to make you so happy, it's going to make you so confident, it's going to make you so peaceful. It's going to make you so rich, richer, make you feel like the most powerful, secure person you've ever met.

That's what you need. And I can't in good conscience like, sell anything else other than the great commission, other than salvation, other than Jesus Christ, your lord and savior,

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because that's all you need. You don't need a coach, you don't need, you don't need, you don't need me. You need Jesus.

People are bonuses. We get good people in our lives after we get the best person ever created. The biggest sacrifice that God made for us was he gave his son to die on the Christ for us. I've never been so happy. I've never been so peaceful. I've never been so just so worthy and felt so valuable. I've never felt so perfect and beautiful and loved as I have since I've been saved and not even since I was saved.

I was saved when I was ten. Since I fully submitted myself, my body, my money, my business, my career, my life, my mind, everything to God. Because it's only when you do that. It is only when you do that that you will have the liberty and the freedom that comes from it. The peace of always having the richest, smartest, most powerful man in your life with you.

Twenty four seven. The Holy Spirit, that wonderful counselor that we have, that wonderful being that is that you get filled with, that just overflows you. I remember Bill Johnson said this the other day. He said, he said, love, love doesn't just fill you up. God's love overflows. You are overflowing with it. The reason you're overflowing is because you're constantly in constant contact with God and he's constantly filling you.

And when you're in overflow, that's when you're ready to be with someone. That's when you're ready for a relationship. That's when you're ready for God. That's when you're ready for a partner. And I say that because I was searching for a man my entire life.

Since I could, I don't even know. Since I, my youngest memory.

I've always wanted a husband. Like always. Never even. I never even imagined, like a wedding, but I always wanted a husband. And I remember. I remember always imagining, like, being married and being, being a wife and a mom and all these things. And there is nothing better than being the bride of Jesus, being his church and him being my bridegroom.

It is the most fulfilling thing ever. That when a man, when my husband comes along and it'll be beautiful and I'll be so happy if that's God's will for my life. But if and when, if and when that happens, it doesn't matter, because I already feel so fulfilled in Jesus. I feel

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so, so, so comforted and enough. And I don't feel like I need a thing. I don't need a thing. My, my life looks so different today than, than it did even two months ago.

And I, and I, with every day that passes, the closer I get with God, the deeper my walk gets, the happier I am. The less I have, the more and more I give up. And the less freedom I have, the less control I have. And the more freedom I have. How? It's completely antithetical to culture. It's, it's so kingdom minded, right?

The kingdom, it says, let go, surrender to me, follow me, and I will give you all the desires of your heart. And the world says, just do what you want to do and buy this and drink this and live here. And they want you to do everything that they want you to do and buy whatever the things that, whatever things they want you to buy and look like them and smell like them and shop like them, and yet still be individual and be in self total control and forget the world. And it is the most crazy culture and it's the most painful culture you can ever subscribe to. The world of you is not enough. You following culture is not enough. It will never be enough.

And you will always be in pain. You will always be looking for something else. That's why nothing ever feels like enough. And I know if you're listening to this, I know if you're watching this, you know what I'm talking to. Talking about. I know you understand what I mean. I know you get this when I say that alcohol doesn't take the pain away, weed doesn't take the pain away, money doesn't take the pain away.

A man doesn't take the pain away. You will get a boyfriend and you will feel crappy within a month. You'll feel insecure and not confident and fearful and full riddled of anxiety and depression, even though you have a man that you said you wanted.

Why is that so? Why? If a man is the answer, why, if a husband is the answer?

It doesn't feel like enough. Because it's not. Because it's not. It's not. The only thing you need is Jesus. And I think so many, so many people like me that were in a place where we believe the lies, that we were more powerful, that we were all we needed, that we needed being in full control, that we needed alcohol or money or fame or success or titles or positions, or your own entrepreneurial freedom or your own business. If you're anything like me, you understand the delusion we were under.

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Satan is such a perverted liar. He's the king of deceit and he is only there to destroy your dreams, to kill your life and steal all of your joy in every possession and every beautiful emotion that you have. He does not care for you. The world does not care for you. Everybody is out there thinking about themselves and it is a painful place to be in. And I just invite you, if this is how you feel, if you get that what I'm saying to you feels true, that you've gone to all these things and nothing feels like enough, and that when you got them, they slipped through your fingers faster than you got them. I invite you to learn about God, to meet him, to experience the best thing you could ever experience, the thing, the best thing that you could ever do for your children, for your family, for the next generation.

I've avoided making this video for so long because I knew I would get this emotional and I knew that it would. It would. It's hard. I think the part that was hard to make was like, the embarrassment of having made those decisions, because there is no. I don't have any regrets. I don't have. Because I know God worked it all for good. It was, my heart was so in the right place.

None of it was ever done out of malice, none of it. It was always like, I'm doing the right thing. I'm an entrepreneur and I'm providing for my kids and, you know, and because when you're in it, it feels all feels very, like, necessary and true. And when I think of. When I think of the decisions that I've made in the past, like, it's. It's important to, you know, repent of it, renounce it all, but then also replace it with, like, the truth. And obviously the truth is, is Jesus Christ is merciful and graceful, and it's the best decision I've ever made.

And if you want to experience this, like, send me a DM and I'll send you a prayer that you can make. Go to church if you know someone that knows Jesus. But I invite you to accept Jesus as your lord and savior. Get to know him so you can feel the experience of what it is to be his daughter or son. What I want to leave you with, too, is I'm in a place with my work that I'm still leaning on God to get clear on what it is that I'm going to do. All the work I've done recently. The feminine attraction system is such a beautiful thing.

God, like, co labored that with me. It's still from a really positive place. But the more and more I'm closer to God, I feel more. I don't want to be lonely. I want to work with people. I want to continue doing my podcast and sharing testimony and things like that. But I do feel called to work.

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And so I'm still in prayer about it because I don't want to rush into it, which is very, very new. But I ask if you're watching this for your prayers about this, because it's such an important thing, the work that we do, although it's just work, it is important. And so I'm at a place where know that the next thing I do is because it's God sent goddess. It's being led and fueled by the Holy Spirit. So I just wanted to share this, a bit of my testimony, especially the past five years, so some of you guys can understand, like, my intention moving forward, my heart moving forward, my intention and love for you and why I just, I'm so different than I was maybe even five years ago. Thank you for taking the time to listen to this. This means a lot.

And if you have any questions and you want to reach out to me, please send me a message here or a comment. If you need prayer, let me know. And just, yeah, if anything spoke to you, I'm just, I would love to hear from you, and God bless you. Thanks. See you guys next week.