WELCOME

BONUS TRAINING

EsthersRest.org

PART 1

FOUNDATIONAL TRAINING 1

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PART 2

FOUNDATIONAL TRAINING 2

Click Here Preparing your Esther Station

PART 3

ESTHER PREPARATION 103

Click Here Esther Preparation 103

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Esther Preparations

21-DAY

SACRED ESTHER CODES

From Rested to Royal

Welcome Esther,

21-Day Sacred Esther Codes, From Rested to Royal

From Concubine to Crowned | Concubine to Crowned.

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7.3.25

21-DAY

From Rested to Royal

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Welcome Esther,

You are about to embark upon an unforgettable journey of listening to the voice of the Most High God.

The level of rest (intimacy) with God required to hear his powerful, yet often still voice is the level you're choosing to rise to.

In rest, we slow down and appreciate the small things: our smile, our laugh, the bird outside our window, or even a little scripture that had big meaning.

In rest, we're not just making space for the next dimension of ourselves, we're setting the stage to be cemented, grounded, and steady regardless of what comes our way.

May the demons quiver and run when they see the woman of the Most High God entering into the room.

May your sleep be sweeter, your heart be bigger for more love, your eyes be fixed on the things of God, and may your pots of oil run over and never run out. This is your Esther Season! -Mel

"Who knows if perhaps you were made queen for just such a time as this?"

About Mel

ABOUT ME

Known as a dynamic woman of God who has a radical and faith-filled approach to REST. Her belief that women must return to the inner chambers of the Most High fuels her work daily.

Mel is an award winning private practice owner for children and family and is a Licensed Chaplain. Mel brings years of experience using a biblical approach to REST. Her clients experience rapid results in 5 weeks or less, and her Esther Preparations have women globally reporting testimonials DAILY.

Her favorite tea is matcha. She loves horses and gardening. She enjoys making nourishing meals for family and friends and has a heart for community.

21-DAY
From Rested to Royal

Use this calendar table to stay on track with your Esther Preparations.
The dates below are only to be used for the corporate 21-Day.

WEEK ONE	WEEK TWO
September 28th-3rd Esther Prep I Daily Activations	*October 4th-10th* Esther Prep II Daily Activations Sunday Fast (10.4.26)
WEEK THREE	**CELEBRATE**
October 11th-18th Esther Prep III Daily Activations Sunday Fast (10.11.26) (10.18.26)	

Fasting

Corporate Fasting

What it is.

Fasting together takes care and thoughtfulness. This means **we'll be fasting from food from morning to 3 PM on Sundays.** What might seem small to you, is BIG to God.

What it is not?

There is no mandate to complete this fast. It's your choice. Because this is an international fast and we cannot be physically present with one another, juice, tea, water, etc., are allowed to help you remain in good health.

Medical Concerns

All women menstrating durring this fast should carry small healthy snacks or fruit with them throughout the day in the event they are needed.

All women experiencing deficiencies or health concerns should consult their physician before taking part. Modifications are important for medical necessity. You are loved, and we desire you to be well.

We ask that pregnant women consult with their physician and not take part without expressed instructions to be followed by their doctor.

21 Day Esther Preperation

In the top left corner, place the correct dates for your 21-Day.
For the corporate 21-Day, use page 6 to help fill in the blanks.

For the Month of : _____

S	M	T	W	T	F	S
Fast						
Fast						
Fast						

START DATE

This 21-Day Esther Preparation is evergreen, so you may start right away.

COMPLETED TASKS

Place a check in the box for the corresponding day, once you have completed your Esther Preparation.

Esther Oil

For the Esther Preparation, we are recommending a base oil (Extra Virgin Olive Oil, Coconut Oil, Avocado Oil, or the like) and at least one essential oil (Lavender, Myrrh, Tea Tree, Oregano, etc.)

Prepare your oils by utilizing a clean, small bowl and pour the base oil into the small bowl. Add a few drops of your essential oil. You should be saying the name of God as you prepare and pray over your oil.

Your Checklist

- ✓ DONE
- ☐ Small Bowl
- ☐ Base Oil

Your Checklist

- ✓ DONE
- ☐ Essential Oil
- ☐ Place to Store Your Oils

Your Notes & Reminders

Reminder: We've received testimonial after testimonial of God directing sisters on which oil He desires of them to use. Be open to the still small voice of God and have fun!!!

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21-DAY

SACRED ESTHER CODES

Esther Preparations

Scripture

“And the maiden pleased him, and she obtained kindness of him; and he speedily gave her her things for purification, with such things as belonged to her, and seven maidens, which were meet to be given her, out of the king's house...”

- Esther 2:9 KJV

Journal

What is this scripture saying to you today?

Dear **Esther,**

Make sure all music is off and you're not listening to the radio or TV. Step into the shower or tub and bathe like normal. Please do not rush the bathing process. Once complete, reach over to grab your prepared oils. When you place it in your hand, say the name of God, and be sure to call out the name Jesus, as you anoint your hands with the oil. Rub you hands together and look into your hands and say the name of God again. Then place your hands on your ears; take a deep breath and say, "I return to thee." Repeat this twice.

Take the tip of your fingers and go around your ears while saying the name of God.

Continue circling your ears with your fingers. Say, "These ears are a part of the Kingdom of God. These ears are attuned to the kingdom of God.

Before you leave the bathroom, speak out loud the Lord's Prayer or Psalms 23. Because you are attuning your ears to the Kingdom of God, you want the first thing that you hear after this sacred prayer (Esther Preparation) to be the Word of God. So, speak this aloud before leaving the bathroom.

You are putting yourself in alignment with the will and way of God, and you want your ears to be established to the frequency of heaven. This is a powerful practice that requires sincere intention and a heart for God.

God may begin speaking while you are in the bathroom or after. Keep your ears open to HIM.

Why?

How much have you taken in?

Every word, podcast, TV, radio and person that has spoken in your presence against God's will and way, over time, are the building blocks to doubt and disobedience. This stuff has to be cleaned out. We're saying, "God, I no longer want to be on the frequency of man. I desire to hear from YOU."

Scripture

“Now when every maid's turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odours, and with other things for the purifying of the women;)” - Esther 2:12 KJV

Journal

What is this scripture saying to you today?

Dear **Esther,**

Play soft, easy gospel music or an instrumental track in the background.

Ensure your oils are prepared before you start.

Say the words, “Holy Spirit Come With Me.”

Step into the shower or tub and gently wash your body.
Now, some will unconsciously rush and be rough, grabbing the soap and towel like it’s just another day. Remember, every movement in the shower should be intentional, filled with self-love, and care. With hands of faith (belief in God), move gently. Wash your body and focus on letting go. Say the affirmation, “I am letting go.” Envision not only the dirt rolling off your body, but the residue of life being washed away.

When you are completely done washing, grab your bowl of oil and say the name of God. Be sure to include the name you call “Jesus” before using the oil on your body. Whether Yeshua, Prince of Peace, call his name. Oil your body down. Remember your fingers, the soles of your feet, and don’t forget your heart area.

Place a tiny bit of oil on your forehead to make sure your mind is covered.

Before dressing, lightly spray yourself with a touch of perfume. You may say these words, “This woman (you) is favored by God.” Acknowledge yourself while spraying lightly with a delicate perfume and then dress.

Why?

When was the last time you were treated gently?

When you begin to treat yourself like this in the presence of the Most High God, you are establishing a new level of treatment, being, and of increase. Acknowledging your wounds by saying “I’m letting go,” but doing it with grace and elegance matters. It's you saying I’m not only resting in God, I’m honest about what I’ve been through, and worthy of total restoration and MORE.

Scripture

“...she required nothing but what Hegai the king's chamberlain, the keeper of the women, appointed. And Esther obtained favour in the sight of all them that looked upon her.” -Esther 2:15 KJV

Journal

What is this scripture saying to you today?

ESTHER PREPARATION III

Dear **Esther,**

This preparation requires creativity and kindness. Being kind to yourself and showing yourself self-compassion is important. Every day this week you are going to seek to wear a skirt or dress (of reasonable length) and feminine jewelry.

For those who wear a uniform to work, you can still wear a skirt on the bottom or if that's not allowed by your employer or safe for your occupation, after work you can partake in this preparation. Weekends included.

Select several skirts and dresses from your wardrobe. It's ok to wear a skirt more than once. Pick pieces that are feminine and are attractive on your complexion. Use your creativity and have fun with this.

Then take those skirts and dresses and move them to the FRONT of your closet. We're moving our blessing of feminine beauty to the FRONT.

Ladies, no more hiding. You are beautiful and you are loved. Each day, you are to wear a piece of feminine jewelry.

As you dress yourself, say the words, "I am a sacred woman."

Throughout the day, practice smiling at those you know and strangers. "Good morning," "Have a blessed day." are now regular statements in your vocabulary

Why?

It's important to embrace the blessing of you.

Your shape, your essence, and your glow is a blessing hand-crafted by God. Our society says "sweats and sweaty hair". Well, this week gives you permission to indulge in the blessing of you and embrace your natural-pretty.

I've done this preparation and I can tell you that a woman's smile becomes a place of healing and ministry for those around her and it's healing for her too!

***Wardrobe**: If needed, consider a clothing swap, vintage shopping, or borrowing a skirt from a dear sister.*

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21-DAY

SACRED ESTHER CODES

Daily Activations

From Rested to Royal

DAY 1

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

DAY 2

Scripture: Mathew 11:30

Today you are light. The weight of bills, conflicts, or relationships goes to God. You have permission to think on joy and peace. In moments of conflict, pause, and say, "It's not mine to carry."

DAY 3

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3-slow deep breaths in moments you need it, to reset back to rest.

DAY 4

scipture: Mathew 11:30

Today you are light. The weight of family, work, or debts goes to God. You have permission to think on joy and peace. In moments of conflict, pause, and say, "It's not mine to carry."

From Rested to Royal

Day 5

Scripture: 1 Peter 1:16

You are sacred. Your body, mind, and spirit are sacred. Your home is sacred. Make a list of any item you wear or that's in your space that makes you feel less than sacred. You'll use this list on Day 7.

DAY 6

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

DAY 7

Scripture: Proverbs 3:15-17

Say the words, "Holy Spirit Come." Retrieve your list and next to each item write an action that needs to be taken. Whether to store away, give away, throw away, or upgrade, be clear on what is needed.

DAY 8

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

From Rested to Royal

DAY 9

Scripture: 1 Peter 2:9

You are royal. You aren't responsible for anything that is not directly linked to the palace (Kingdom of God) and your divine assignment. Release all unreasonable and draining obligations of the village. From village girl to queen. Say, "God help me release."

DAY 10

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

DAY 11

Scripture: 1 Peter 2:9

You are royal. You aren't responsible for anything that is not directly linked to the palace (Kingdom of God) and your divine assignment. Release all unreasonable and draining obligations of the village. From village girl to queen. Say, "God help me release."

DAY 12

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

SACRED ESTHER CODES

From Rested to Royal

DAY 13

Scripture: Solomon 4:7

You are loved. Today we're practicing the self-hug to regulate our nervous system and practice being the safe space for our love. Click Here for video.

DAY 14

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

DAY 15

Scripture: Solomon 4:7

You are loved. Today we're embracing our flaws and figures. Everytime you look in the mirror today, say something amazing. Ex: "My sunspots are adorable." "My hips are made by God!" Say it and mean it!

DAY 16

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

@EsthersRest (c)

From Rested to Royal

DAY 17

Scripture: Proverbs 15:1

You are soft. There's something very delicate about you. Today, write in your journal 3 things that make parts of you delicate. Ask God to help you see yourself softly.

DAY 18

Scripture: Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

DAY 19

Scripture: Song of Solomon 2:2

"Like a lily among thorns is my darling among the young women". The lily, a delicate and pure flower, represents the beloved's exceptional beauty and character that stands out. There is a delicate flower in you. Look for her today.

DAY 20

Hebrews 4:9-11

Today you ARE rest. It's simple. Practice being at-ease. No fussing. No arguments with others or yourself. You are practicing being relaxed in your body. 3 slow deep breaths in moments you need it, to reset back to rest.

From Rested to Royal

DAY 21

A Rested Woman | Luke 10

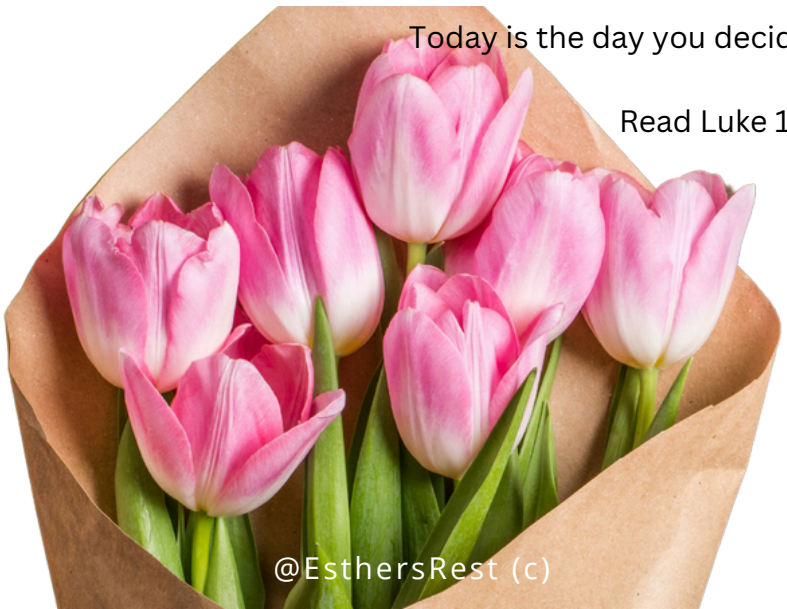
We're taught "no pain, no gain." Many of us have lived our entire lives hoping to suffer, struggle, and toil enough to receive wealth, money, love, marriage, admiration, and more. The truth is, and take a deep breath before reading this: "No rest, no reward." It is when we are at rest that we hear clearly. It's in the rest that causes sicknesses to leave, stress to dissolve, worry to diminish, and your skin to glow. Rest is true intimacy with God that says, "I don't just know God is in control, I trust that even if I miss a step, my father is looking out for ME and I will not stumble. I will not fall."

Rest at times can feel violent to those around us as they wonder why we aren't toiling. Similar to the story of Martha and Mary, Martha's tone asks, "How could you just sit there at Jesus's feet? How could you focus on resting in God when there is so much work to do?"

Well, we don't blame Martha for her words, because we know how difficult it can be to say "no" and choose the rest of God. However, we don't align with Martha either because, like you, Mary *chose the better part* (Luke 10:42). Mary chose correctly, and so did you. Today is a day of celebration for your choice.

Today is the day you decide, "I got it right."

Read Luke 10 in celebration!



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DAY 21

From Concubine to Crowned

Sacred Activation

Still your body.
Calm your mind like a rushing river, still for the first time. Embody stillness, silently reflecting the sun on your clear, deep water.

I want you to see yourself clearly. Close your eyes and envision this picture. A rushing river, still, pausing, and seeing itself for the first time. Not watering the tree, though beautiful. Not feeding the town, though draining. But imagine you, the river, seeing itself as clear water reflecting the sun

Peaceful, fully present, and beautiful.

Take a peek into that deeply clear water from the perspective of the sun, and envision diamonds untouched at the bottom of the river. Are there other jewels there too...What do they look like? Breathe in this beautiful picture of you.

Take 2 minutes of deep slow breathing and write in your journal.

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DAY 21

From Concubine to Crowned

Sacred Activation

The river has always been a mirror for others.

Today, all of your nourishment, minerals, energy, diamonds, and jewls must be used for you to move to the seat of ‘Crowned.’

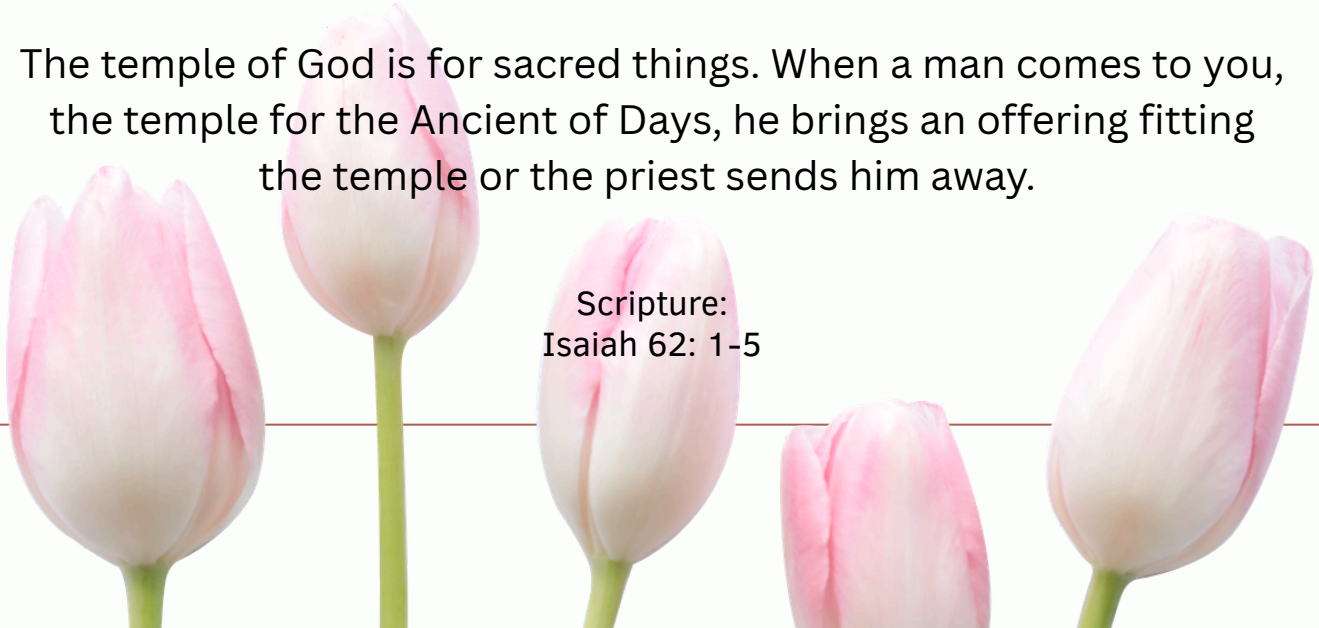
Your body no longer works to appease man.

Your temple is no longer for rent.

It’s EVICTION time.

The temple of God is for sacred things. When a man comes to you, the temple for the Ancient of Days, he brings an offering fitting the temple or the priest sends him away.

Scripture:
Isaiah 62: 1-5



Mind Body Spirit

PRAYER ACTIVATIONS

Say these affirmative prayers while actively being in alignment with The Most High and His will for your life. Example: Say this while taking care of your body, RESTING, donating to the House of God, cooking, or etc.

I am the Temple of the Most High God.

God sees me as ROYAL.

My village is not my palace. I Let Go.

God is my provider before any man, boss, or even my own hands.

I choose obedience over suffering and ruminating. I quickly agree with the Voice of God.

I am worthy of love, joy, affection, and ease.
I choose me.

I am confident because I am an heiress to the throne.

My rest is sacred. It will feed generations. My rest produces fruit.

My joy is not bought with suffering. My joy is a byproduct of my rest.

Worthy is the woman who chooses divine rest, for she aligns herself with the KING.

I am more than my family says I am. I am the jewel worth more than rubies and more than gold.

My rest attracts provision, providers, and promise. I submit to God's will now and always.

My rest is royal. My next level requires I wear this crown.

God grabs my willing hand and guides me safely through.

Rest is my birthright. I claim what's mine!

I am expanding. I am enlarging my territory. The answered prayer of Jabez is within me.

I am the Righteousness of God.

Beautiful I am.
I am Beautiful.
Beauty abides in me.

Mary chose the better part and SO DID I!

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21-DAY

Sacred Calls

If you are seeking clarity and support in
a specific issue, just know you
are not alone. For those in our 21-Day
I am offering a sacred gift I've never offered
before. Phone calls.

Yessss, you can call me.

Email: EsthersRestTeam@gmail.com

or visit

EsthersRest.org/CoachMe

Thank you!

Thank you for entrusting me. I don't take it lightly that you honored me during such a time as this.

This sacred journey we took together, we shall remember for the rest of our lives. Yes, that special time when we declared "Yes, to divine Rest." May the insights, revelations, and healing you experienced in these 21 days be fruit for generations and generations to come.

May the oil in your pots overflow and never run out. So it is.
2 Kings 4: 1-7

Mel

Kingdom Rest Advisor ™

Coach and Chaplain

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