

# Reflect

## *Introduction and Practices 1, 2, 3*



### **Welcome to Your Heartlifting Journey Getting Started Kit**

Hello and welcome. Today is a great day. You have made the remarkable *and* really brave decision to take the very first step on your Heartlifting Journey. I say brave because it is a proven fact that changing old narratives is hard work. I can only hope that my story has somehow informed your story and invited you to venture out of the negative narrative, words or labels that have kept you from fulfilling your God-breathed destiny. I love what Jeffrey A. Kottler, Ph.D. writes, “So often change occurs from stories that we read, hear, or see, whether they include family legends, myths, fairy tales, novels, films, television shows, plays, song lyrics, or even blogs. It turns out that because of mirror neurons we can experience vicarious life events as if they really happened to us. As far as your brain is concerned, the people you ‘meet’ in stories really *are* your friends and loved ones. And the adventures you enjoy through fiction and stories really do teach you important lessons. The strong emotions you feel during a well-told story further cement memories and help you to retrieve information in the future, all without leaving the safety and comfort of a chair.”

So, are you ready for this first brave step? Know you are not taking it alone. Together, we’ll walk through your History of Hurts—your heart’s emotional memory—in order to face them and finish their important work. I am sorry that life has presented you with some hard challenges and hurtful words, but I promise God will redeem each and re-author every one of them and turn-them-all-around into a beautiful new story (Genesis 50:20). How can I be so sure? He did for me. It won’t be easy but it will be empowering.

## The Heartlift Journey Glossary

First and foremost, we start with the Heartlift Journey Glossary. Acquaint yourself with these ten words. Keep them close by so you can refer back to them along the way. They serve as the foundation for your three-fold cord of emotional health and spiritual maturity. You will use these words the rest of your life.

## Three Phases of the Heartlifting Journey: Reflect, Reframe and Re-author

I'm guessing you might be asking yourself, "Where do I begin healing my heart?" I am so glad you asked! In this helpful tool: *Three Phases of a Heartlifting Journey: Reflect, Reframe and Re-Author*, we will begin the much-needed healing your heart longs for. My very own big brother made an observation about these powerful phases, "Hey, like the 3R's, right?" He is so right: reflect, reframe and re-author are the fundamentals of a healthy heart. *Overcoming Hurtful Words* will walk you through each and every phase:

1. Part One, Reflect. The present pain, your heartache, has had enough and begs the question, "Why is this happening?" Welcoming God into these whys is the first step towards healing.
2. Part Two, Reframe. The past fault lines—your past hurts—ache to know where the pain is coming from and in time, experience both a heartshift and ultimately, the life-changing heartshift—that moment in time when the heart awakens to truth.
3. Part Three, Re-author. Our future freedom asks us to trust again and by God's grace, the power of your heartlift comes.

At the end of each of our nine practices, you will find "Heart Care," a short, self-guided section that will ask some soul-searching questions and offer practical exercises to help you on your healing journey. Take your time with them and visit [janellrardon.com](http://janellrardon.com), audio recordings and additional resources are available and designed to support your healing journey.

## Printable of Bible Verse, Psalm 34:18, "The Lord is Near"

Many thanks to Worthy Publishing for this beautiful, inspiring artwork, based on one of our powerful theme scriptures, Psalm 34:18 (NLT), "The Lord is close to the brokenhearted." In the Hebrew, close, or *qarowb* (adjective) means, "at hand or nearby." This speaks to proximity and space. When the going gets tough, sometimes it feels like God is far, far away and oftentimes, silent. *Where are you, God? Why won't you answer me? Why is this happening to me?* As you quiet your soul's questions and

hush the harassing, lying voices of the enemy in your mind, may this beautiful artwork soothe your soul and re-mind you of this truth—God is very, very close. In due time, he will give you exactly what you need (see Ecclesiastes 3:1-11).

### **The Overcoming Hurtful Words Pledge & Prayer**

The Heartlifting Journey requires two very important things: intention and practice. To help you stay focused on your healing intentions and implement the nine practices, put these helpful tools in a highly visible place: your bathroom mirror, the refrigerator door, on the dashboard of your car, on the face of your computer, maybe your lock screen. Speaking them out loud, over and over again, folds their powerful, healing words into your mind. Scientists and researchers herald the new message of the brain's neuroplasticity—it's ability to reorganize itself by forming new neural connections. Nothing new to our God, he speaks of it over and over again (see Romans 12:1-2; Isaiah 26:3). You can change. This healing journey leads to a beautiful new narrative. Stay strong. You've got this.

### **The Introduction and Practice One**

When you are ready...begin. May the words of the wise poet, Walt Whitman, in *Leaves of Grass*, send you off with faith and courage: "Not I, nor anyone else can travel that road for you. You must travel it by yourself. It is not far. It is within reach. Perhaps you have been on it since you were born, and did not know. Perhaps it is everywhere - on water and land." As much as I want to take the journey for you (because I am a recovering "fixer-upper-person), I can't. I can walk beside you, pray for you, cheer you on and pick you up when you fall. You have to take this journey—you and your God. I will promise you, though, the journey is so worth it. Stay the course, my friend, stay the course.

### **Additional PDF's for the REFLECT phase**

- My Genesis 2:7 Beginning + Audio Meditative Exercise
- My History of Hurts
- Five Steps Towards Being WHOLE