



The Language of a Heartlift

Fault Line: *a past hurt*

Fracture: *a present pain*

Heartlift: *the process of vocalizing crushing pain in a healthy manner that brings closure, emotional healing, and lasting freedom.*

Heartrift: *deep wounds caused by heartbreaking words or actions from close, trusted friends or family members.*

Heartshift: *that moment in time when the heart awakens to truth.*

Heartsift: *taking necessary time to examine past behaviors/communication skills (or your history of hurts) thoroughly to isolate those that are unhealthy.*

History of hurts: *a heart's emotional memory.*

Meditative exercise: *a short, creative narrative, imbued with visual imagery, meant to be read aloud in order to open the heart to God and His Word.*

Lectio Divina: *a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word. It does not treat Scripture as texts to be studied, but as the Living Word.*

Rewind and Reset: *revisiting past relational conflict in order to evaluate healthy vs unhealthy patterns and move forward into healthy communication skills.*

JOIN OUR COMMUNITY

The Speak Healing Words Community is committed to the three-fold cord of emotional health and spiritual authenticity: healthy sense of self, healthy behavior patterns and healthy communication skills. Receive inspirational messages and highly practical content:
www.janellrardon.com

MEET JANELL

Author, Board Certified Life Coach and Professional Speaker, Janell Rardon, loves helping women find their God-breathed capacity, purpose and potential. She lives in Virginia with her husband of 33 years, Rob, and passionately misses her three children who live all over the globe!

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