

DESIGN *YOUR* WAITING ROOM



Practice 6

READY?



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Are you ready to have a whole lot of fun? You’ve worked really hard up to this point. You’ve brought your *History of Hurts* into the present in order to examine and process every little detail necessary—all in hopes of moving forward into future freedom.

Now the time has come to design your very own waiting room. Waiting rooms are sacred spaces where you and your crushed heart sit with God—alone and centered. In this sacred space, you will:

- Listen to the audio recording of the meditative exercise: “The Waiting Room,” found in the REFRAME section of “The Heartlift Method™” (www.janellrardon.com).
- Listen to the audio recording of the meditative exercise: Three Letters from God, Light, Truth, and Peace, also found in the REFRAME section of “The Heartlift Method™” (www.janellrardon.com).
- Design your waiting room. In Heart Care, Practice 6, the Re-author section invites you to envision what your very own waiting room might look like.



THE SKY IS THE LIMIT

“ Create a sacred space where you feel safe, loved, free, happy, and deeply satisfied. Dream big!”



Here are some guiding questions as you consider your very own waiting room. Know this. There are NO BUGS, NO DANGER, NOTHING THAT WOULD HARM YOU.

- Where would it be?
- What furniture is in it? Does it even have furniture?
- Is it outdoors?
- By the ocean?
- Near a lake?
- In the mountains?
- Maybe a houseboat?

Mine? It's a toss up. I'd absolutely love a majestic tree house in BIG SIR CALIFORNIA—overlooking the mighty Pacific Ocean. As I sit on the wraparound porch, whales breach and dolphins play. Giant sunflowers surround my property and remind me to turn towards east at dawn and face the sun.