

### **You are a Heart that holds so many gifts inside**

Today, let's talk about why it is so hard to let a man into your heart.

Our hearts are closed right down when it comes to love in many cases, especially when we're women over 50, who have lived a lot of life.

Remember **you are a heart walking on a path** all by yourself because nobody else can live your Story for you in this life. Right?

People come, people go, people line up their paths beside you. People's paths cross yours but you are on your path on your own.

And you are a beautiful heart. *Never forget that.* A heart filled with all kinds of beautiful gifts, like compassion and tenderness and kindness and determination and perseverance. You have so much in there that is special and precious.

And yet you hide it, right? You prick your finger on the pain in life and you let yourself be put to sleep.

### **(3:18) Bad Fairies and the Brick Wall That Blocked Maggie**

You will allow the bad fairies, maybe more than one, maybe just one in your life, dictate to you. How you should be.

Remember, we've been talking about the fun story and one of my favorite chick flicks, *Runaway Bride*.

And if you haven't watched it yet - I hope you have - go back and watch it. Find it and watch it because you're going to relate to this. She's such a perfect example, Maggie is, in that movie.

She had certain stories and she lived in those stories and she became those.

You know, she's walking...and came upon a brick wall. She's walking on her pathway.

And the stories she would tell herself would allow this huge brick wall to fall down in front of her, blocking her from her happiness, from the life that really would be fulfilling and exciting and feels so good to her.

But instead, what she did was, she was trading that "feeling good for herself" in for the approval of the men that she was with.

She was allowing them to tell her who she was. Remember she had three fiancés and every single one of them she ran from at the altar because her heart hurt was telling her, "*Hey, this is not what you want.* You are not genuinely being yourself. Why are you making this commitment to lock yourself into this life where you are trapped in becoming somebody that you don't want to be?"

How true is that? For so many of us, we tell a Story and we say, "This is who I have to be in order to be loved. Because just being myself is not enough for me to be loved and I can't live without love."

Now that part is true. You cannot live without love. Love is the juice in life. However, love does not just come in the form of romance either.

### **(5:46) Romantic Love is Happiness Lived By Two**

But romance is that life that is lived by two. That is the happiness for two. It's a different kind of a life, a different kind of a love than, say, your love with friends or love with family.

The romantic intimate kind of love is the love that is supposed to get you through life. It's that person that lines up his pathway right beside yours and helps you when the bombs go off or when the boulders roll over you, or when somebody's standing there throwing rocks at you.

*That is the person that is your person.* Somebody to watch your back and somebody, now this is the other part of it, whose back you watch.

So as we're talking about letting a man into your heart. In the Maggie Story, the three fiancés that she had did not ask the questions that she needed to hear. They did not really want "to see" her.

Instead, they were all about them. And she adapted to who they thought she was.

One thought she was a motorcycle mama, and she became that for him. However, she could not stay in that Story. And she ran from him.

One was, I think the second one, was a scientist or something like that. And she adapted to who he wanted her to be and became that person. But that wasn't who she was either.

The third one was the fitness expert, the mountain climber, the go getter, who was going to take her a mountain climbing on their honeymoon. And she was all for it, gung ho.

#### **(07:53) Your Heart wants someone who wants to "see" you**

But, really, when you looked in her eyes, that wasn't who she was. It wasn't who she was.

And along came Ike. And Ike had very special reasons for asking the questions. He was a reporter who needed to save his butt and he decided to pursue the Story of the runaway bride. And so he came to her little town, **he met her and he began to observe her.**

So he was asking, who are you?

Why do you act this way?

Why do you run?

Why are you, why do you have this reputation?

Why is your heart so shut down?

And Maggie, through his questions, started to really look at who she was and to realize that she had not been being true to herself, that she was adapting.

And we go, I go, back to the eggs. How do you like your eggs? Every single guy - she liked her eggs the way they liked them. And that became a commonality between the two of them.

I mean, that is a symbol for so many things. When, uh, you know, how many of us have tried to become what somebody wanted us to be? The danger in that, as we talked about in the last session, is that once you get down the road in that relationship and you start to let your hair down, *you are not that person you led that man to believe you were.*

#### **(09:32) Love is also about what's in a Man's Heart**

And maybe the reverse is true but that's also something that we need to watch for - is to understand that a man's Story, too.

Who is he? And does he know who he is?

Is he being true to himself?

And am I letting him be true to himself?

All of these things come together to give us an open heart to the love that is standing in front of us.

And if you want love again, if you want to find that partnership, that companionship, that intimacy, having that man walk beside you on his own path, where you are watching each other's backs, where you are helping each other to live out your Story - and I have to say that is the love I live in now and have for eight years, nine years since I met my now current husband.

I had to learn to stand up for my own Story and to accept his Story in order for us two to make our own Stories.

One, to decide that we were going to walk together on this path for as long as God let us be together. Till death do us part, right? Because there's no guarantees that this man is going to be in my life until I'm a hundred or that I'm going to be in his for that long. We don't know that.

**(11:03) We need to understand our own Story in order to start a New Love Story**

However, we have this time on this journey to walk together and we, we need to understand our own Stories and what is going on with us in these Stories.

So when we look at the Story of *"I am not enough"* or the Story of *"This is just the way I am"* or the Story that, and this is where we run into problems with men, *"Love is too hard"*. There are many, many facets of that Story. So let's look at that.

What happens first of all, in **the first Power Pillar** in changing your Story...remember, there are three - In the first Power Pillar of purpose.

What happens if you do not change this Story? If I don't change the Story that love is too hard, the brick wall is going to come down on my path. I am not ever going to let anybody in.

And I'm not even going to try to get to know somebody else because I have already decided that there is no happiness in love. I just need to be with somebody or I just need to have the image that somebody loves me.

Those are all things that come into our life. From that Story. We become suspicious. We might be guarded. You know, there's all kinds of things that happen to us when we believe the Story that love is too hard.

So what do you tell yourself?

**(12:47) Tell the TRUTH about what is going on inside your head (and heart)**

**Let's go to the second Power Pillar.** "The Truth Is..." - this is the truth.

Step back for a minute, and really look at yourself. The truth is, and fill in these blanks.

If you really want to understand what you believe about love and what is preventing you from actually finding the love of your life or being open to love. So fill in this blank. Love is \_\_\_\_\_ (blank).

Go with your gut.

And secondly, men are \_\_\_\_\_ (blank). Oh man, how many answers have I heard about that?

All men are liars.

Men are all about themselves.

All men want is sex.

There are so many stories that we tell ourselves and we just sit in those stories. We don't look further.

**We need to become our own reporter and look deeper.** Just like I've looked into Maggie's life. Look deeper. *What is going on with you? Where did that Story come from?*

What is the basis? The foundation.

Who's the bad Fairy that gave you the idea that that was true? Now that's your old Story.

What you need to do is **change it to a new Story.**

"The Truth Is..." and you know what? Life is simple.

It's all about how you see yourself, how you see others.

So, if you're going to change your Story, you need to have a Story about who you are within love. And one way to do that is to just reverse what you just said.

Not all love is \_\_\_\_\_ (blank) and then, not all men are \_\_\_\_\_ (blank).

That's what Maggie found out about Ike. He was not the cookie cutter man that she had been attracting into her life.

Ike had been this at one time. During the movie, he realizes his own Story - he goes to his ex-wife and he apologizes to her for not seeing her.

He realized that seeing into the heart of a woman was so important, and that had been the reason that their relationship had fallen apart in the past. Which is, generally, the bottom line of why relationships do fall apart.

It's that we don't really see each other.

We don't really understand the Story of what that, where that, other person lives or our own stories and what we're believing.

**(15:39) So here's what I want you to do. Hope-Filled Action**

I want you to look at your old Story to hear yourself say, "this is what my Old Story is.

Love is...

Men are...

And then to change that Story.

I want you just to say, very simply – "Not all love is \_\_\_\_\_"

And "Not all men are \_\_\_\_\_."

And, then, if there are thoughts and things that come to you, realizations, that are going to take you beyond that wall. And that's what they will do.

I want you to elaborate on that. I want you to talk about how not all love is like that.

**The Truth Is...**

I am capable of standing up for myself.

I am wise, I am smart.

I have a lot to give, and I can come alongside a man and say, 'What's your Story? What's the truth for you? What is it that's causing you - what fear is causing you - to act like this or to ask this of me?'

I am capable of asking those questions and being solidly myself within that so that I can tell you.

I am capable of standing up for my heart and seeing my own Story and seeing his Story.

**Your new Story can be,**” I am going to give a man a chance to live in his own Story. I'm going to give him room to figure that Story out in conjunction with me”.

Now, the next step for you is to be able to communicate your Story to that man.

Maggie needed to be able to say to the men that were interested in her, *“That's not me. I don't want to do that. I'm not comfortable doing that. I really don't like that.*

*This is how I prefer my eggs.*

*This is what I like to do for fun. I'm not really into that.”*

Those are the things we need to learn about and that's how we stand up for our own hearts.

**(18:04) The first step always is to know what you think about yourself**

But first *you have to know who you are.*

So you need to grab onto those two aspects of how life is simple and how it's simplifies love.

This is who I am, and this is who he is. This is how I see him.

If he's a threat or an enemy to you right there, you know, you need some are telling yourself a Story and you need to work on that Story or you will never be able to give him the room to grow and just to be himself. Okay?

My lovely ladies, we've covered a lot and I kept you a minute longer than I usually do, but this is important stuff. I'm excited about your journey.

I'm excited to see you **open your heart and learn to love again**, open your heart and learn to accept, open your heart and have the freedom to be yourself and to welcome somebody else into your life just as they are.

All right. I will talk to you in the next podcast. Have an awesome day.