



Open To Love Again Podcast Episode 09: Running Away From Love or Toward It?

Do you think... do you think that you are running away from, or are you running toward love?

It's really, really important that you figure this out.

Everything in life is about having goals, right? We get up in the morning. We have things to do. We know that we're going somewhere. We've got our list.

It's all about goals. It's about accomplishing something.

Well, in the bigger picture of life, we also have goals.

Remember, you are a heart, a beautiful tender, incredibly talented, gifted heart, walking on a path from birth until the end of life.

And in between those two points are all these moments, all these days that are filled with these moments. And many, many decisions along the way, as well.

So it's important to note your motivation, how you see the Stories in your life or what the Stories in your life are telling you, how you are handling that and to what you are resolved.

You...you have decided what you're going to do about those goals. Now, if you are **running away from**, that means that you are running away from pain, that you are running away from failure, you are doing everything you can to avoid that happening.

That sounds like you're out of breath. At least that makes me feel out of breath.

That brings a lot of emotions to me, such as FEAR while FEAR is not really an emotion, but the result of the FEAR is sometimes panic. It's sometimes a sense of doom. It's sometimes a sense of not ever being able to or thinking that you're never going to be able to get there.

(4:07) Run Toward Your Future – Not Away From Your Past

The other choice is **running towards something**.

So imagine there's a light. Imagine there is a picture of something that you really want and you are focused dead on that picture. And that's what you're going for.

You are walking or running toward that.

How does that feel when you think about that?

With that, comes a lot different kinds of emotions, like maybe excitement, enthusiasm, anticipation, a sense of adventure, right?

Can you see how the differences here - running away from or running toward?

Remember that life is simple. It's about two things. How you see yourself and how you see others.

Your goals play into either one of these categories and this particular aspect fits into how you see yourself.

Let's look at a Story here. Let's say that your Story is, "I am not lovable. In order to be loved, I must be _____(blank).

We all have that Story. And many of us, because of the bombs that go off on our Pathway; the boulders that roll over us that somebody sent our way; the rocks that somebody threw at us, you know, the events on our timeline.



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Because of these, we come to a certain conclusion.

We give them meaning. That's where, that's what we have to look at.

The Stories we tell ourselves. What that means is that so many of us come to the conclusion, because of different events on our timeline, believing that we are unlovable.

I know that was one of my big Stories and still is. I fall into that so easily.

So I have to wake my heart up every day. As I'm encouraging you to do, to remember that you want to be awake, not asleep.

You want to keep your heart alive and excited about life. **Life, not hiding from life**, because you're Sleeping Beauty who pricked her finger on the spindle of pain and fell asleep, built up the wall of thorns around her castle and allowed the fiery FEAR Dragon to keep everybody out.

You don't want your heart to be Sleeping Beauty. You want your heart to be Beauty Awake. Alive, enjoying life.

(07:06) Running from the "I'm unlovable" Story

So the Story: I am unlovable. In order to be loved, I must never argue. I must never insist on being heard, or I must be 120 pounds.

All of those things play into that Story, "In order for me to be loved, I must _____ (blank).

What's your blank? Think about it. I know something comes to mind. A person, the bad fairy in your life, comes to mind. The person that exerted their authority or they tried to exert their power over you, to shape you into being the person that they think you should be.

So now this is an example. I am unlovable is an example of **a running from Story**. I need to get away from that Story.

I need to prove that Story's not true. And what we do with that is, a lot of times, we act out things to try to prove that we are lovable.

We're running away from that Story.

And so, then we either date all the wrong kind of men just to be with somebody or we do whatever it takes to get them.

Or we shut down our hearts and we just hide because we don't want to face the fact that we are unlovable.

That's the conclusion, the Story, that we've come to and the running away from that Story, by not facing it is just shutting it down.

(08:52) Running "Toward the Sunshine" Kind of Story

So let's look at the other option here. And it is an option for you.

The running towards Story.

Instead of being, "I am unlovable", it can be, "Any man who had me loving him would be the luckiest man alive". WooHoo! How does that sound?



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Any man who had me loving him would be the luckiest man alive. Feel how that feels so different. Doesn't it? It's a Hope-filled response, right?

It's overflowing with joy and confidence. It has an amazing meaning. It has quality in it.

It makes your heart feel as if you can do anything because you're standing on your own two feet.

You're solidly on the ground. *Any man who had me loving him would be the luckiest man alive.*

I want to tell you about changing your Story, going from **the “running from” Story to the “running toward” Story.**

“I am unlovable” to the “any man who had me loving him would be the luckiest man alive”. It's not hard to change that Story.

What's hard is reinforcing the Story.

Think of it every time that Story comes up – “I can't get that guy” or “I will be alone for the rest of my life because I'm unlovable”. Whenever that Story comes up, **you can change it in an instant** by thinking of it like a Magic Wand over the Story.

And you suddenly flip it around to the other side of the page. And you're saying, “Wait a minute...any man who had me loving him would be the luckiest man alive”.

You can change your Story. You have every possibility, every resource inside you to do that.

The thing that you lack is the courage to actually live in that Story. That's what we're talking about here is finding that courage.

And in order to do that, you need to reinforce that Story. It's like **you have a ditch in your brain** that you're so used to following and you have to dig a new ditch beside that one and make that the ditch that your thoughts follow and your feelings follow rather than the old one.

(11:33) Let's Run This Through the 3 Power Pillars

To do that, we use the three Power Pillars, which we've been talking about in the past 8 podcast episode. The three Power Pillars.

And the first one is this. **What is your why?**

Why do you want to go from the Story, “I am unlovable” to “Any man would be the luckiest man on earth to have me loving him”?

Why? **Because you don't want to be alone.**

Or you want to, 10 years from now, to be a person who has grown, who has made progress in life.

And remember, if you even go from here to a small step, that's progress and real courageous, happiness is actually just taking a step forward.

So here's what I want you to do. I want you to take a small step forward.

I want you to look at yourself and **see why** any man having you love him would be the luckiest man on earth. Why is that for you?

In 10 years, you could be somebody so totally different, right?

10 years more mature, 10 years more lovely, 10 years more confident.



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So the second Power Pillar is, “The Truth Is... The truth. The truth.

“The truth is...” I have decided **to love**.

For me...I've decided to love. To not be, to not set out, to be loved, but instead to step into my best character, into my deepest heart and to give love.

Maybe that's something that you want to take on.

Do you see, let me ask you, do you see the hearts of those around you? The ones who are closest to you, are you able to see their heart? Not just their actions.

Are you loyal? When you set yourself up to stand behind somebody, are you loyal beyond anybody else.

Are you a giver? Are you able to support somebody else's life and their dreams and their goals?

Do you love to see somebody else happy to see their joy? Does it bring you joy?

Are you smart? Are you able to, to set up a business, accomplish things that other people don't seem to be able to?

Can you come alongside somebody else and be there to help them with ideas and give them inspiration?

Are you willing to learn?

Are you adventurous? These are all reasons why “The Truth Is... any man would be so lucky to have me loving him.

What are your values in life? Are you a person who values honesty, integrity, family, faith, peace, all of these things? Things that make you an invaluable person. Not only as a partner to somebody, but as an individual.

These are the things that make you so treasured. These are the things that you simply are apart from anything you can do.

Remember that first and foremost:, When you see yourself, you must see yourself **as just being valued because you exist**, because you are a treasure chest filled with strength and goodness and ability apart from anything you do. Just be that. The Truth Is... that alone makes you somebody who would be amazing to have in their life.

(15:50): Hope-filled Action

Now, Hope-filled Action. You need to dig that new ditch.

You need to **reinforce your New Story** over and over again, in as many ways as you can. And every morning when you wake up, you need to read that New Story.

You need to, first of all, remind yourself that **you are that person**. And that is your goal.

That's your big picture goal. That's your big picture identity.

1. “Any man having me love him would be the luckiest man on earth.”
2. And then you have the reasons why that is true. The Truth Is 0 “I am...” and you list those reasons.
3. And then you follow that up. You draw pictures of yourself in the way you identify. Add poems or verses from scripture or inspirational sayings or you write them in a journal and you reiterate **over and over and over why you are the person** that is valuable.



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The person who stands out just because you have those qualities. Not comparing yourself to anybody else. Life is not a competition. It's "you" on your Path, making your decisions.

It's others beside you on their Paths with their own tasks.

This is your task for today. Figure out what makes you incredible.

And if you can't do that, **just start with what is important to you in life.** *Honesty, integrity, family, faith, peace.*

So those things, those are important and they are what you stand on. Just standing on those things is going to give you the courage to go forward.

So, figure that out: who you are, number one, your Hope-filled Action. Who are you at the core? Why would a man be so lucky to have you loving him?

And secondly, are you going to move toward becoming more of that woman?

Or are you going **to run away from pain** and run away from the possibility of hurt and of failure and those things in the past? Are you going towards a light or are you thinking about the door that is behind you?

The door, the past.

Okay. This has been chock full of things for you to think about. I hope that you will email me and just let me know your thoughts. You can do that at bernice@opentoloveagain.com

Send me your thoughts. Send me a list of your values and what makes you special. It's just between you and me. Nobody else has to know, and you don't need to feel as if you're being proud.

You need to feel courageous, in admitting that.

So send me an email with those things. Also share this Podcast with others who are on this journey of opening their hearts to love again and finding that courageous happiness.

Have courage!

Ladies. We are making progress and you are awesome. Thanks for traveling with me. I will talk to you in the next podcast.