



Episode 01 Podcast Notes: YOU Are A Heart – A Beautiful Heart

This is Bernice McDonald. And this is my very first podcast episode for Open To Love Again, embracing the Courage to be Happy. One of my most favorite subjects.

And I am so happy to be able to be bringing this to you because my heart is wrapped up in being able to give women who have closed their hearts down, the hope that they don't have to live that way.

The reason I do this is because I know I come from a place where my heart was shut down. So much pain in life, isn't there, especially up until the age of 50? I mean, oh my goodness, sometimes some of us feel as if we've lived two lifetimes within that space in time.

Here's what this is going to be about.

(01:05): The Devastating Fall-out of the Stories You Tell Yourself

I am wanting to bring to you hope. So many of us live in stories that defeat us. They hold us back. They shut us down and they keep us from having the life we want.

When does that happen? From what I've observed, and I've worked with a lot of women who are beyond that 50 mark or coming up to that 50 mark, so much has happened in life that they have been bombarded with what I call bombs or had boulders drop on them or rocks thrown at them.

So much on their path in life that they just decide that they're going to close their hearts down. Here's how I see it. We live in a story. We are walking a path.

There you are. You all by yourself, born into this world and you begin a path. Now, nobody else, you know, can walk that path for you.

(02:09): You and Wile Coyote Take Hard Knocks

Sometimes you wish they could, because you would love it if somebody else would just make the decisions. Here's the rub. A lot of times what we do is we listen to the voices of others and we begin to take on the things that they want us to do.

And so we veer away from our own path and we lose ourselves and don't even know who we are anymore.

So I was trying to think of how I could help women to understand that what happens to us through the stories we tell ourselves, and the stories are simply the conclusions we come to when these bombs go off or these boulders get dropped on us.

I'm thinking right now, Bugs Bunny. Do you remember that cartoon way back in the day with a Roadrunner and Wiley Coyote and, and he would always have these boulders dropping on him or these bombs going off.

That's kind of what I'm picturing. And there was always a road to where the road runner was running. Right? That's what happens to us is that we're walking our path, just like Wiley Coyote.

Now we may not have the motives that he had but suddenly a boulder drops on us or something backfires and a bomb goes off in our faces and it just totally changes our lives.

What do we do in those cases? We come to a conclusion. We tell ourselves a story. These stories include things like "I'm not good enough" or



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“I guess I'm just not meant for love” or...

“I am not as beautiful as that woman over there”.

“No wonder that guy left me. I'm too needy”.

Or “I'm too demanding”.

All the things that the voices in our lives tell us. What I want to bring to you is the fact that all of that can become so confusing.

[\(04:08\)](#): You and Your Sleeping Beauty Story

What we do is we go into the Sleeping Beauty story.

You remember that I love Disney and I'm all about stories. The sleeping beauty story is a story of a beautiful woman, a princess who had somebody that decided to work against her and totally interrupt her life.

She pricked her finger on a spindle of some kind and she and her world went to sleep. A huge thorny bush grew up around the castle. A dragon was posted at the entrance so nobody could get in there.

This is what we do with our hearts, our beautiful hearts that are meant to live this life, Live this life, walking on this path, we put our hearts to sleep.

Something awful happens. We prick our finger on the spindle and we can go to sleep because we don't want to get hurt. Again.

We tell ourselves stories that actually build that briar of thorns around our castle where our heart is sleeping and we don't let anybody get in there. By the time we reach 50 or beyond - 50, 60, 70, many of us just don't feel anymore. We numb ourselves. We tell ourselves that we just need to cope now until the end.

So I want to tell you that this journey I'm taking right now is another example of a story that I could be believing about myself. I'm too old to be starting a podcast. Why would I do this?

[\(06:06\)](#): **The Courage to be Happy**

But ***the truth is***, and those are the three magic words that are going to bring your heart back to life. The truth is I'm not too old.

I'm not too old to have passion. I'm not too old to want to do what I love to do. I'm not too old to want to reach out and help you.

Other ladies who are wondering if love is out there for them, even if they're in a bad relationship. Wondering if their dreams just got lost and they may as well just give up on them. Wondering if they have any value at all anymore because they've been told so many times in their life that they don't.

What I want to bring to you is a fact. I want to bring you back to the fact that life is simple. And this is how you find your courage to be happy.

[\(07:02\)](#): **Life is Simple**

You have to realize two things, which we're going to be talking about over and over again on these podcasts. Two things. Life is simple.



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Number one is about how you see yourself and number two, how you see others. Those two things are the things we build the most stories around in our lives. How we see those two things determines where our hearts are. Are they awake or asleep?

To live in a place where your heart is asleep is to live in a place where you are numb, shut down.

And if a good man comes along, for those of you who really want to open up to romantic love again, if a good man comes along, many times, the story that we tell ourselves stops us from actually seeing him and from actually receiving what he could give us. We label him, we push him away.

I'm not saying all men are good men. But what we do is we stop ourselves from seeing what could be right in front of us. For having in our lives, - everything that we want.

We also stop ourselves from changing careers or from buying a house or going to Europe and taking that tour. We shut down our courage and that's the risk we take after 50.

So here's what we're going to talk about in this podcast. We're going to talk about the fact that life is simple. It's about how you see yourself and how you see others.

We are also going to talk about your stories and the three Power Pillars that will rebuild that story. There are three really easy things, really easy ways that you can begin to build a new story in your life. It doesn't even matter if you're 65 already. If you're 75, you can begin to change that story.

[\(09:19\)](#): **The 3 Power Pillars**

It doesn't matter where that story came from. The fact is we are going to live in the *here and the now* I'm going to show you how we do that.

And you are going to walk with me as I'm living in the here and now, accomplishing this dream to reach out to women and to help them wake their hearts up again; to wake up the Beauty.

The three Power Pillars to do that are:

Number one - to know your "why" you need to do it. Your purpose.

Number two Power Pillar are those three magic words. ***"The truth is..."*** When you retell your story, you have to get really honest with yourself, and it's not hard. It's just exact.

You need to see in your heart and really understand who you are.

The third Power Pillar is hope-filled action at the end of every short episode.

[\(10:23\)](#): **Join me 3 days a Week**

I'm going to do these three days a week because what I want you to do is to take something with you.

This life is a journey, an every day journey. And you need to be waking that heart up every day of your life, because it will easily go back to sleep.

You have to dig a new ditch in your brain to help yourself light up, to help yourself open up and attract into your life whatever it is.

That you want to open your eyes, to be able to see what's in front of you.

What are the opportunities?

What's the excitement?

What is right there?



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I have been married to the most wonderful love of my life for eight and a half years. That's all because he's my second love in my life. The first one didn't go so well, 24 years, we struggled in a marriage that was difficult for both of us.

(11:26): The Pre-requisite for Finding A Good Love

And when the time came, I was not sure I was ever going to find love again.

Well, I was living in my Old Story. I attracted all the wrong men. Oh my goodness. I never thought I would find love again.

But when, as I learned and I started to wake my heart up, I started to step into the courage I needed to make myself happy.

The prerequisite to finding a good love. Be happy yourself. Why?

When I did that, that is when I met my current husband. He is the man I never thought existed. And he has given me the love I never thought existed.

But it's not just because of who he is. It's because of who I became. I stepped into my own courage.

I decided to find all the ways that I could be happy.

And it was in those two things that make life simple.

I changed how I saw myself and it changed how I saw others.

I want this to be like a daily thing - Monday, Wednesday, Friday.

Monday, you will listen Tuesday. You might listen again, but you need a little bit of extra time to implement and to hear what it is that you need to be doing to open up your heart.

What I want you to do right now over the next 24 hours, over the next 48 hours.

I want you to really watch yourself and listen to your heart.

Is your heart awake or is it asleep? Is it open or is it closed?

(13:13): The Stories You Hear in Your Head

You hear stories in your head, probably from voices that aren't your own.

Do you hear stories like, "You are not enough. What are you thinking?"

Or "You may as well just give up. You are hopeless or your ex was right. You are too needy, too clingy"

Or maybe you hear the story that says, "I'm fine. I am just fine with my life. No way. I'm going back to love. No way I'm ever going to let another man in here." Who, may I just say, that's probably a sign of a sleeping heart.

So I am going to let you go. And I want you to think about these things. We are going to have so much fun here, and I appreciate you being here so much as we go forward.

You can contact me at bernice@opentoloveagain.com or at <https://www.opentoloveagain.com/> any time. If you have thoughts or questions about this, if you just want to give me a comment, I would love to hear it.



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I'm going to have a lot of resources available for you, and I'm going to show you how to walk this journey to find the courage, to be happy for yourself. All right. Talk to you next week or on the next day, Wednesday, I guess that will be. Bye for now.