

Open To Love Again Podcast Episode 12: The 5 Stories The Fiery FEAR Dragon Will Tell You To Keep You From Dreaming

Well, hello, lovely ladies. Today I want to start off by telling you about one of my heroes. I have never met this woman. I came across her when I was doing some research and I just went, "WOW!" I can't even imagine that.

In 1999, Evelyn Gregory stepped into a dream. She was before that time, a bank executive. Not very exciting, right? Well exciting if you love numbers, but I have a feeling that being a bank executive was not exactly Evelyn Gregory's passion.

You see, when she retired from banking, she began a new career. And, at 72, in 1999, she became a Flight Attendant. No, can you believe that my hat goes off to this woman? I'm looking at a picture of, or right now, there aren't very many pictures of her on the internet because she is just a normal everyday woman.

But she's a hero - a hero because this woman walking her own Path, had a dream and she went for it. She became a Flight Attendant.

Now, if she can do that, I can grow this podcast and speak to thousands of women out there who are living with closed hearts and want to know what to do about that. Right?

You can find the love of your life. If that's what you want. If that's in your heart. If Evelyn Gregory can become a Flight Attendant at 72, you can do anything. Was it easy for her? No way.

You know what happened? She got rejected over and over and over again. She applied and applied and applied, got rejected, rejected, rejected.

What does that remind you of? I think it reminds me a little bit of love. It sounds like my dating life between my divorce and marrying my Knight in Shining Armor. That's what it takes. If you're going to live your dream, you got to go for it.

But I also have a feeling that Evelyn Gregory **did not live with a closed heart.** I think she was proud of herself. And as she took each step towards her goal, her heart opened up wider.

She probably cried a little. She probably talked it over with the people she loved and wondered if this was what she should keep doing. **But she went for it beyond whatever FEAR she felt.** Whatever doubts she felt, this is what she wanted in her life.

(05:15) You have a Fiery FEAR Dragon on guard outside your castle

Have you been practicing that fist clench and release that we talked about a couple of podcasts ago?

Do it for me right now. Clench your fists really, really tight.

This is what it feels like to live with a closed heart.

Doesn't your face just pinch all up. When you clench your fists as well, feel your nails digging into your palms. Okay. Release. Oh my goodness. That feels so good. Especially when your nails are a little bit long, like mine are.

Listen - open heart, closed heart, all pinched up and closed or open to life.

Are you Sleeping Beauty who has pricked her finger on pain and put her heart to sleep?

Have you allowed a briar of thorns to grow up around your castle, to put an enabled the, the fiery dragon, the fiery FEAR, dragon to stand outside your castle and prevent any dream, anybody from getting into that heart again, because you're so afraid.

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What is the Fiery FEAR Dragon telling you?

"You're going to get hurt again!" **That rejection is the worst thing in the world.**

That you are not worthy of winning anything or having anything wonderful in your life.

For some reason, we think of life as being in layers and some people at the top are just lucky. Those of us at the bottom are not lucky. We're destined to live a dull and boring and uneventful life. That is so not true.

And that's why we need to change our perspective to **think of ourselves as walking on a level, playing field with everybody else in the world.**

You are walking on a Path. You are a heart with all kinds of beautiful things inside of you.

You have a mix of gifts and talents and, and passions that are meant to do something in this world.

And you are walking beside hundreds of other people who are also the same in their own unique way.

We all have the same opportunity. We can all do what we're meant to do.

But if we live with our fists clenched up - do it again, clench them up - we're not going to let anybody into our hearts and we're not going to let our hearts speak.

We're not even going to know what it is that we're supposed to be doing.

(08:01) What is the Fiery FEAR Dragon whispering (or roaring) at us?

Let me tell you the 5 Fiery FEAR Dragons Stories that come at us and we talked a little bit about this in podcast.

Those Stories are kind of umbrellas for a bunch of other Stories but they are Stories that we tell ourselves and we believe so heavily that they become that thick thorn bush around our hearts.

They become the voice of the fiery FEAR Dragon who tells us what is true and "this is why" we should stay asleep.

The first Story... let me tell you the 5 Stories. And then we're going to talk about that a little bit more, by the way, the Fiery FEAR Dragon.

When I started this podcast, when I decided to embark on dating, after being hurt by my marriage, hurt, then again, by different men who I was disappointed in, I began to learn that **the Fiery FEAR Dragon is somebody we need to shrink down and name "Fred"**. Mine is named Fred. You might pick a different name.

He becomes like Barney - You remember Barney? the, the kid's dinosaur? He's kinda like that.

Or the dragon in that Disney show about with Helen Reddy - the cute dragon that was friendly and fun and out for our good.

FEAR is meant to protect us. And so these Stories that we tell ourselves are what we come up with in order to protect our hearts and the fiery FEAR Dragon, if we let him simply, we'll tell you these Stories over and over again, to keep you in a safe place.

He doesn't know that, even though he's meant to protect us, there are certain times when we don't need protecting. Yes, If we're about to walk off a cliff, we need to feel FEAR. If we're about to jump off a high roof, we need to feel FEAR.

But there are times when you need to say Fred, *"Thank you for trying to protect me, but this is something I need to do. And so I want you to go over there and sit in the corner for a while."*

You can talk away and warn me if you like, but I'm going to put you in the background. I'm in the driving seat of my life and I need to do this in order to grow."

Okay, so here are the 5 Stories. You ready?

Fiery FEAR Dragon Story #1 is "I'm too old"

Now you can also interpret that as "I'm not smart enough".

"I'm way too nervous."

"I'm not skilled enough."

All of those things fall under the umbrella of this Story and what do they do? **They stop you in your tracks** and you just don't even consider going for your dream anymore.

Look at Evelyn Gregory. Did she say, "I'm too old"? When that Story came up, how did she respond? She said, "Fred, thanks for the warning. But I have a dream and I want this and I'm going to go for it".

Fiery FEAR Dragon Story #2 is "I'm not enough. And so I won't be loved."

Oh my goodness. How many times have I heard that?

How many times have I fought that off?

As Tony Robbins says, *there is not a person with skin on in this world that has ever felt, ever known and been afraid that they're not enough. And so they won't be loved.*

I think that's enough said about that one. We all identify.

Fiery FEAR Dragon Story #3 is "This *always* happens to me."

Why should we try?

There's another twin word that goes with that big word "always". And that's "never"

I never get the guy.

I never get the award.

I never get the promotion.

It's just not who I am.

And this always happens to me.

He always leaves me.

I always date the duds.

Got it?

Fiery FEAR Dragon Story #4 is "I can't help it. It's just the way I am"

What?? This leads to a condition which is really talked about in cycle psychology worlds right now called learned helplessness.

I can't help it. It's just the way I am.

I can't help it if I blow off steam every once in a while when somebody tries to make me do something I don't want to do.

I can't help it if I'm rude, sometimes- it's just the way I am. Get over it.

There are a lot of women who fall into this trap.

I can't change. I can't help who I am.

Fiery FEAR Dragon Story #5 says "Love is too hard"

Men are jerks.

Men are out for themselves.

Nobody gets me. Nobody's interested in who I am. Love is just too hard. I give up, I'm putting it away. I'm never going there again.

We all have friends like that, right? Or aunts or parents or people in our lives that **have given up on the most precious thing in the world**. And that is love.

And to do that, to try to cope with that, they close up their hearts.

(14:19) Shrink that Fiery FEAR Dragon down to size using the 3 Power Pillars

Our 3 Power Pillars, which we've talked a lot about and I want you to really think about this because **if you are going to face Fred** and you are going to say to him, "Thank you very much for trying to protect me but I need to do this because this is really, really important to me", then you need to lay a foundation of the 3 Power Pillars.

Pillar #1 is Purpose. Your big WHY.

What was Evelyn Gregory's big WHY in becoming a Flight Attendant at 72?

Why did she not give up after she was rejected the first couple of times by airlines?

Why did she not just accept the fact that, really, what they were saying is, "You are a little bit too old to be a Flight Attendant"?

Because she had a dream and she wanted it so badly. It was important to her.

Just as love was important to me. Why didn't I just quit?

Why didn't I just give up?

Especially when I spent 3 years after my divorce on a guy who was a player and I didn't realize that because I was so naïve.

I thought I was so deeply in love with him. I thought he was my Prince Charming. And when I finally came to the realization that he was not - actually, he married somebody half my age - when that happened, my world, the bottom of my world fell out.

Why didn't I give up? Because in my heart, I had a bigger purpose. I wanted love. I wanted to know what a true love was like before the day I died.

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I wanted to experience that. And I knew to do that. I had to go on.

What I had, what I thought I had, wasn't the real thing. Obviously. **And I am so glad I did now** because now I am in, for nine years, the love that I never, ever believed existed.

I found that love. And I opened my heart to that love because I didn't give up.

And because I knew **something else was out there and I was going for it**. And I learned in that process.

Pillar #2 is "The Truth Is..."

Now the second power pillar, after you have established WHY it is that you want whatever dream it is that you want to go for, you need to face the truth.

Which of the FEAR Stories are you allowing to keep you frozen in time?

Which of the FEAR Stories are you allowing to come down like a brick wall on your Path every time you try to take a step forward?

Something happens that's not easy. Something happens that makes it hard and you've got to stop and rethink. It feels like a brick wall is there but, you know, ***that brick wall can disappear if you say, "No, Fred, thank you. Thank you for trying to warn me, but I need to do this."***

The quote that got me through and that, actually, my husband and I used many times in that year that we were dating between starting to go out and getting married. It went like this, "Courage is not the absence of FEAR but rather the judgment that something else is **more important than the FEAR.**" Thank you, Andrew Redmoon for that quote.

We quoted it over and over to each other. **Every time we got afraid** and we thought the brick wall was coming down on our Path and we were never going to find a way around it or over it or under it.

No, you need to use the second Power Pillar: The Truth Is...

You need to tell yourself what it is you're believing.

And you need to then **flip that over and tell yourself the truth**. Just like Evelyn Gregory did. If she said, "I'm not enough to be a Flight Attendant", she stopped.

And she said, *"Forget that! I am enough.* I love people. I love to serve and I want to travel. I want to fly. I want *to be this.* And I've got everything inside that I need to do this and what I don't have there, I'm going to learn."

That's the same thing I did with love.

That's the same thing you can do. That's the flip side of that Story.

When you take that Magic Wand and wave it over that Fiery FEAR Dragon Story, it can **transform into power.**

It can take wings that move you and propels you into a future. you never believed existed.

Power Pillar #3: Hope-Filled Action

That's the third Power Pillar. Hope-Filled Action.

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Be strong. Take steps into courage, into strength. Yeah, I can say, "Be strong", I know. And that actually is not a great term because you go, "What? How?"

But ***strength comes in taking one step, one little foot in front of the other***. And that's what gets you through.

Evelyn Gregory. She had to take the steps. She retired. Then she had to apply for the training. Then she had to take the training. She had to pass the training. Each of these were small steps towards her dream.

(20:21) You can take tiny steps. It's called "Hope-Filled Action"

You also, if finding a good man to spend the rest of your life with is your dream can take the steps.

Hope-Filled Action.

What is the truth you need to face?

And what is the flip side of that truth that reveals the real you so you can step into that.

Here's one Hope-Filled Action Step that you can take that will help you with these 5 Stories.

It's a free mini course I'm offering right now on my website. It's a 10 day email course that's really simple.

There is no cost to you, only knowledge. I want you to face the truth of these Stories. And then I want you to understand how **you can demolish those Stories** and you can go ahead, instead, by taking the steps into Hope-Filled Action.

Go there and sign up for that course because it's going to be a doorway through the brick wall that's come down on your Path to the other side where it's clear sailing.

You're going to be able to see way off into the distance. There are so many exciting things waiting for you.

That course is called ["Time to Wake Up Your Heart"](#) because that's exactly what you need to do.

No more fist clenching. Open your palm and find out what opening your heart feels like.

Okay, I'm going to let you go. I want to tell you that in the next podcast we're going to talk about the feeling of opening those fists and just holding your hands out.

It's the R.E.L.A.X. feeling because to **relax** into your life, to **relax** into dating, to **relax** into love is the key. And I have an acronym for that which we talked about a couple of podcasts ago.

I'm going to tell you about that, how to counteract those Fiery FEAR Dragon Stories.

And, remember, that Fiery FEAR Dragon - his name is Fred - and he looks like Barney, the dragon, or he looks like Puff the Magic Dragon.

He's FEAR, but he's not powerful. Not if you don't let him be.

All right, you go and have an amazing day. And I will talk to you in the next podcast.