

**HEART  
ACHE  
to  
HEART  
FULL**



**Angela Treat Lyon**

# HEART ACHE to HEART FULL



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# **All last year, my Inner Heart ached.**

**I didn't know why**, and kept asking and asking myself, "what am I missing, what do I need that isn't happening?"

It was kind of a low-level pain in the back of my mind, gradually getting louder and louder until, by January, I knew I had to stop and take a look-see if I was to stay sane.

The answer was so obvious it was embarrassing when I finally got it: I needed to paint more. And start carving again. "You're a Maker!" my mind said, "Get to it!"

Why embarrassing? Because here I was exhorting everyone to live their Dreams, and wasn't living mine as full force as I'd like, myself!

I was painting, yes—but one in every three or four months. Not like me at all: when I really go at it, I'm very prolific. (Isn't that a great word? I looked up the root words and they are 'proles'—*for*, and 'ficus,' *fertile*—as in "Producing offspring or fruit in great abundance; fertile. Producing abundant works or results: a prolific artist." Ha! Me!)

**But ah well. Sometimes we're  
blind to the obvious.**

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I had been so focused on all the other fun stuff I was doing that I wasn't paying attention to my Making.

So at the beginning of this year I decided to take 3 hours 3 days a week to paint. I ought to have known better. When I get into something, I go alllllll the way.

Now I've assigned three full days a week upon which to feel free to paint. Feels really good, and already I've gotten some really amazing new work out.

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If you'd like to see the new **Powerful Women Series**, go [HERE](#)  
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**Sometimes new series freak me out.** Especially this one—the images are so strong, so powerful, that I almost didn't do them as I “saw” them in my mind.

It's easy, here in vacation-land, to get caught up in “paint-what-the-tourists-like” mentality. I did a long series of water paintings—just because I really love the subtle changes of blues, and playing with the horizon line is always a ball—but those were more for mood enhancement than about any message or story.

And I realized that where my paintings are available to people is not where tourists go! So why not paint the images that come to me at night and in flashes during my day? Why not, indeed!

**So now my Dream is sitting inside me all  
happy and feeling fat and satisfied that I'm  
paying attention to it.**

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The Itch is being Scratched. I just ordered some stone, too, so I'll be carving again soon—ooohh happiness.

### So what Itch is inside \*you\* just aching and wanting to be scratched?

What voice is in there, what image, what Touch, needs to come out and be expressed?

What plain and simple message do you have for people that you, yourself need to expand and wrap around your own life?

**Last year I dared myself to start a radio show** on [IDareYouRadio.com](http://IDareYouRadio.com)—because I wanted to say, **I Dare You Live Your Dream**. The show marches on and I still love doing it. It fills part of me to do it.

What are \*you\* wanting—dying!—to tell people?

What issue or topic or group of people or problem or solution are you passionate about?

What can you bring to the light for the rest of us that would help you feel full, too?

# I Dare You!

## **If I can do it, so can you.**

And we can all do it together and make the world a more awesome, exciting place in which to live!

Aaaaaahhhhh—what is it I'm hearing?

"I don't have the money!" "I don't know how!" "I don't have the contacts!" "I'm in a regular job and get home too tired to think, much less do my passion!"

I know about all those things. Been there done that, too—to the max.

But a day will come when you're going to ask yourself this hard question: "how did I get so old without doing what I dreamed of doing? Now it feels like it's too late."

And you will be bummed out, I can tell you, if you haven't made any headway on letting your Dream out!

**My son informed me the other day** that he plans to live to 125, and fully expects me to be there, too. Yeow! I have to live to 151?

Puts a whole other perspective on it, doesn't it?!? How do I manage my time over the next 89 years? Imagine having that long a time to live!

And if [Mellen-Thomas Benedict](#) is right in what he says he learned on the Other Side—that we really don't die, we just go on—yikes!

## **What would you DO if you knew you had a whole, hugely long life in front of you?**

50, 75, 100 more years? I bet you'd do more than worry about money, paying rent and working at jobs that suck.

**Just for fun, try this: first, imagine** you have all the money you'd ever want or dream of or need.

Yeah, yeah, I know the doubts. Just allow this for a second. Open up to the possibilities—you can close up any old time if you want.

**Now imagine that you could succeed at** anything to which you put your mind and hand. Just imagine it. Think about it. Feel it.

### **Answer this:**

- ❖ **What are you doing?**
- ❖ **With whom are you playing?**
- ❖ **Where are you?**
- ❖ **For what have you taken a Stand?**

If you can start to answer those few questions, and then take nano-steps towards answering them, your Dreams will come true. 'Guarans!', as they say here—guaranteed.

**Here's how it works**—because other people want to see you succeed as much as they want to succeed: Today I told my buddy, Coach Lynn Ward (you've seen me mention her before—

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[the-red-hot-mama.com](http://the-red-hot-mama.com)), that I wanted to do a show of this new set of paintings at a local place here in Kailua.

She asked me what else I'd do if I could.

I told her I'd love to go to the mainland, buy an RV and drive from here to there, visit people, paint, and do EFT. And then after that, the US, Europe.

She asked me a few more questions and off we went, having shows at this venue and that, going places, meeting people, doing I Dare You/EFT speaking engagements, and so on.

### **See what happens when you Dream with people who care about you?**

They think up the greatest things you'd never come up with, and give you ideas and introductions to people they think would help you to meet just right out of the blue—she's already introduced me to one gal I'd never have thought of meeting.

**Notice I said “people who care about you.”** Be careful not to squander your Dream energy on people who will squash it.

Don't share it with anyone who won't openly and gladly support you with ideas and info and intros and excitement.

You know exactly what I mean. Seeds, although full of life-force and tremendous potential, are also tender, fragile beings at the start—so are Dreams.

## **Tend your Dream carefully—it's permanently anchored in your heart!**

If you're wondering what the heck your Dream is, look carefully at this one thing: what do you love to do—and probably do all the time already, even if you're not getting paid for it? What do you contemplate doing in your side thoughts?

What would you feel devastated about if you suddenly died and left it undone or uncommunicated?

That's where to start. Right there in the center of your Heart of Hearts.

Now allow the idea of creating something to do with that Dream to float to the surface of your mind—then do it! Nano-step by nano-step.

And you know what I mean by nano-step, right?

Teeny-tiny-weeny almost unseeable nano-size steps—like thinking about a phone call to someone—not even making the call yet—just thinking about it. That's a nano-step.

## **There are many nano-steps in every Dream.**

**Don't think that just because you have an idea** you have to create a huge business around it right away. That may not even be your path! Nano-steps. Nano-steps.

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All you need to do is plant the Dream seed, and stand back, water, weed, and give it sun and shade as needed. It isn't about DO-ing or GET-ing or pushing. It's about letting a wonderful idea come to fruition in its own time, within the lovely arena of love you create for it.

# I Dare You!

aloha -  
Angela Treat Lyon

**p.s. My Dream includes you getting** your business or coaching off the ground. I can't tell you how many people ask me where to start, how to get going.

[HERE](#)'s an excellent resource where you can find out how to get going or brush up on what you're already doing. This is a coaching course the Coaches' Coach, Terri Levine, and I created for you as a Home Audio course, not live teleclasses. Get the MP3s and ebook—take all the time you need to listen and use them.

I use the same information in this course myself all the time to gain clarity and direction—it keeps me from feeling confused or lost. I know you'll get good use out of them, too.

**p.p.s. Almost forgot—my How One Tomato Saved My Life** story has been so popular I made it into a mini-ebook you can download at no charge. Get it [HERE!](#) Feel free to pass it around if you want—I hope it will inspire you further!



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