

The Soulful Mind Program Notes

3/2/07

Opening music:

I Opening Introduction

Welcome to the Soulful Mind Radio Program with Minister Jackie Cain and Dr Patrick Ware. We're here every Friday @ 2 PM for currently 30 glorious minutes and 24/7 available through our web site @ www.TheSoulfulMind.com and on www.WGUNRadio.com (click "listen live").

Minister Jacqueline Cain:

Dr Patrick Ware: Duluth, Ga Child Psychiatrist

**We have over a century of living experience!
How often can you pick the minds of a centogenarian? What if, we really know what we're talking about? What if this half hour has the**

**Ability to literally change your life and lead you to what you've
Been seeking all of your life (it's free and easy).**

PROGRAM DISCLAIMER:

Remember, this program is simply the expression of the experience and opinions of the two presenters and is not intended to speak for any other practitioner or group of practitioners. The listener is encouraged to listen, explore, research and make their own personal decisions about what is offered here. We do not intend to replace any existing relationship you may have with another counselor, church or other organization. We desire to augment your discovery process.

Opening Prayer:

Our Heavenly Father we humbly ask for your blessing and direction in this ministry. Open our hearts and ears that we may hear and guide our hearts and minds that we may be heard by those who will benefit from your gifts.

Web site News:

We now can offer all of our past programs via our web site (www.TheSoulfulMind.com) thanks to our wonderful web master “Ms Jenny” where you will be able to log on and listen to any of our past programs any time it’s convenient for you!

The Exercise:

Our Global Shared Desires, a Universal Human Theme:

To Love and Be Loved! What more is there in this brief stay we have here? Have you ever had the sense that you have difficulty in getting in touch with your own feelings? What if that is your first signal of what’s missing in your life? Do you really think that you can successfully “run away” from your own heart? If you have any sense that enhancing the quality of your life is a very real asset that you can at least imagine could propel you forward into life far beyond your imagination, YOU ARE AT THE RIGHT PLACE! WE HAVE THE “RIGHT STUFF” for that new chapter in your life. We hope you will listen even critically, explore our web site

(www.TheSoulfulMind.com) read what other's experiences are, begin the exercise, listen to our past programs and by all means let us know how it's going. We believe that first you discover that living a full rich life is possible by experiencing that with others, then you explore the opportunity for yourself and lastly you share and teach others what you have and are learning. We are after all, all in this journey together and we do really owe others this unbelievable news. (We grow as we share and teach others as well).

We would love to hear from you! Let us know who you are and how you're doing! We are a family, you know!

**An Invitation to the ladies out there:
In my experience women are far more accessible to matters of the heart than most men are. I think that if women seize this opportunity and establish matters of the truth of one's own heart as a foundation for loving that the men will get**

**it by first example and then by necessity!
So can you as a woman lead the way?**

PAST PROGRAMS:

11/22/07 Program Promos

2/2/07 The Path to Living a Full Life

2/9/07 The Opportunity of Your Life (Four Stages of Living and Loving) Happy Valentine's Day!

2/16/07 Learning to Love Yourself as God Loves You

2/23/07 Opening of Your Heart

3/2/07 Finding Your Voice in a World of Pain

Finding Your Voice in a World of Pain

First step: Consider the importance of learning:

I have often wondered just where did my interest in the human experience originate. I have sought learning and understanding since before I was in kindergarten. I find that when I am learning I am full of love and excitement and full of life itself. One of the things that I/We hope to share with you in this program is the love of learning. It is the key to freedom, creativity, choice and even love itself.

Second step: Listen and Consider

I have found that when I learn something of value, that before I picked up this new element in my life that something or some process brought me to a place of accessibility (not uncommonly pain in some form). I shudder to think of all of the valuable things I may and probably have missed simply because I was not “listening” for one reason or another.

One of the lessons of my life has been that if you want to understand others

better, first begin with a consideration of yourself and as you get more informed about what is true and relevant for yourself, you will find that understanding others will be easier and easier.

Third Step: Accept an idea as though it stands on its own

Ideas come from many diverse sources and if one judges an idea as “good” or “bad” before one has the opportunity to evaluate that idea or set of ideas then one has a much less likelihood of ever registering any intrinsic value that might come from that idea or set of ideas. In essence our prejudice or bias has a way of metaphorically narrowing our vision in our walk through a library where we only see those volumes that agree with us.

Relationships have similar qualities.

People tend to judge relationships in terms of whether the other person is either just like themselves or agrees with them on key points. What a loss of wonderment when we fail to accept the world and/or a person on their own merit as they present

themselves to us.

Fourth Step: Walk with the idea much as you would a new friend: listening, considering and allowing that person (idea) to register as simply as you can to assess your experience of the idea (or relationship). It is here that you will not only get to know the idea (or the person) but new parts of yourself as well.

Fifth Step: Give the new idea (or person) a place in your life... a kind of “consideration” shelf in your mind where you will address the idea... from time to time... when you are ready... and you will find if and where that new idea (or person) “fits” with you because it is your heart that will determine what is truly harmonious for and with you. It’s like you have to introduce the idea to your own heart and then listen to see what your heart says about the introduction at the various stages that come with getting to know a new idea (or person).

Sixth Step: Accept what your heart and soul determine

Over time your heart will slowly and consistently speak to you concerning whether this new idea, person or experience has value and is something you would like to “take along” with you on your journey. Treasure the finding for regardless of the result you have moved closer to the truth of God’s gift to you... your own spirit and soul and if the item, experience and/or idea or relationship is truly in harmony with you it will go/come with you effortlessly.

Remember: Life is an opportunity NOT an obligation!

I have found some principals that are and have been for me always true:

The answer to pain is LOVE! (Develop the ability to embrace your heart with complete acceptance NOT judgment) ie the basic value of the intensity monitor

exercise.

The answer to fear is TRUTH! (Pursue a continuous interest and receptivity to what you think and feel with emphasis on what is associated with JOY for you). For JOY is the essence of the gift of life itself!

The answer to uncertainty is Acceptance! (Be not drawn into a battle with what is but move toward what is true, loving and available to you for life is a gift in the moment for all of us! I do not want you to miss even one moment of this sacred gift!

The answer to the opportunity of life is to be open to your own heart and soul and walk with your heart with attention, consideration, respect and confidence that whatever is in your heart is part of your sacred divine gift of life!

Love is simply complete acceptance of what is true! As you learn and develop your ability to accept your heart and soul completely you will find that acceptance of

others and things in your life becomes oh so much simpler! And JOY is the experience of the delicious freedom and flavor of life itself that occurs with complete acceptance!

It is a privilege to be in the presence of anyone who is able to be in a state of complete acceptance! This is truly that experience in my opinion that defines the “Christ Consciousness.” It is a state of profound LOVE and Acceptance of our own hearts and of all of life itself. Truly it is selflessness. It is the spirit of Christ today, alive and well within our own breasts. It is Christ alive not of 2000 years ago!

As Bette Midler sang: “You (Christ) are my hero! You are the wind beneath my wings...”

My I recommend a view of life that encompasses the following Five elements:

Pure complete LOVE(acceptance)

An embrace of your life as a HEALTHY experience

An attitude of Harmony from within and without

An expectation of innocent unbounded Abundance

An expectation of JOY as the measure of your center

(Note is made that the discriminating soul will recognize here that in learning anything new that one's relationship with one's self is the central element of your person that grows and gains! In essence you are more in touch with yourself every time you allow yourself to learn something you did not know! As well, of course as picking up the new skill, idea or relationship!)

The Commonality of Pain/Adversity in Life:

One of the most common blocks or barriers to a full life is the experience of allowing something in your life to define you. We pick various things along the way. Usually we pick remarkable things that stand out in their intense impact on our lives and this can be pleasant or unpleasant in its nature. Eg: When 9/11 occurred we all became more aware of how vulnerable we are and much effort was extended to reverse the feelings of fear and uncertainty. Or in another direction a sports enthusiast may remember when their favorite athletic team finally won the world series or some such title. We tend to define ourselves in terms of the intense moments in our lives rather than live life and allow the intensity to continue to unfold.

One such example of this is when at any time during an individual's life they are exposed to any major painful experience, loss, trauma or tragedy. There are fine minds that offer that we may indeed attract these experiences unknowingly by the

very virtue of a continual focus on their nature and their past and ongoing possible impact on our lives. Programs like the “Dog Whisperer” if you watch and listen to it carefully offers to assist people in seeing that the very things they say they want (eg in a relationship with their dog) are the very things that they are helping to NOT happen

In terms of how they are approaching the pet.

What this program would like to do today is offer an idea to you about one profoundly immense challenge in life, namely to not define yourself in terms of the events of the past! When a famous baseball star grew older and was unable to continue to hit the home runs that made him famous and rich, he had little in his life to live for at that time. He was the victim of his own during his success by allowing the grand success to define him. Conquering Roman emperors as they rode into Rome in their chariots are said to have been accompanied by

slaves who whispered in their ears something to the effect: “Power is fleeting!”

It has been my experience in life that this principal can be applied to both pleasant as well as unpleasant “lessons” or experiences of life. Thus we introduce the element of abuse or trauma in the course of a life. What does one do if life deals you an injustice or loss or abuse event or circumstance that has the potential of literally defining your life? Has that happened to you? Have you ever wondered, “Is it possible to move beyond the event or experience or relationship?” My answer is “yes” and “no!”

First No: If you continually define yourself in terms of the event by allowing the event to be in the center of your thoughts all of the time or most of the time you will get to a place where you decide how you spend your day in terms of the likelihood of whether that event or circumstance will recur. There are many who would say that

the attempt to avoid the fear that comes with the first and possible later recurrences of the event or circumstance places the undesirable event squarely in the middle of your life and directly effects much if not all of your future choices. So literally, if you allow the event to define you, then you will likely not only not move “beyond” the event or circumstance but you will relive it over and over.

Secondly Yes: If as you learn to focus on your own heart and let the aspects of what is in your own heart breathe and be you will find that fear or the avoidance of circumstances and opportunities in your life no longer are central and your life will unfold in terms of what is true for you within your own heart. That is what this program is about: We want you to be able to live your life fully and wholly in terms of what is in your soul moment to moment.... NOT to live to avoid something that may at some point be painful.

So, do your intensity monitors as often as

you can. Let us know how your doing and to what extent you are making discoveries about yourself that are either completely new or perhaps returning sources of truth for you that have been lost previously for a time.

Remember, that the difference between “heroes” and “cowards” is not the presence or absence of FEAR, it is how each addresses the fear!

Do you want to move “beyond” your attempt to prevent life from being unfair? Would you imagine that life can be a flower unfolding from within your own heart and soul rather than something you see others having that you secretly believe you cannot have because you are broken, unlucky, defective, unworthy or need to suffer for choices and/or deeds you’ve done in the past?

Can you imagine that guilt, caretaking, the attempt to control life rather than live it can all be rerouted simply by shifting your

“FOCUS”?

We are hear to introduce you to your own heart and soul and the first step in that journey is to as we discussed above, is to be able to hear the idea and then to consider it? What if we really know what we're talking about. We truly are voices crying out in the darkness.

Visit the program web site. Read what you find there. Consider the ideas and experiences of others that are offered there. Write us emails with questions and/or call into the program but MOST IMPORTANTLY: DO the Intensity Monitor exercise and join us on the discovery of a life time! The discovery of your own heart and soul without your own judgment! What a release! What a discovery! Life in it's fullest and most complete form was within you all when you were looking for what you sought outside of yourself (either to avoid some experiences or to make certain things happen that you thought were essential for JOY).

**Joy can only come from your own heart.
Welcome to the family of Man! (and the full
gift of God's most profound creation: the
spirit of mankind! (remember, it's made in
his own image).**

Suggested Topics of the Day:

Adult/Adult love relationships

"Why can't people stay together?"

Parenting Issues of all kinds:

"How can I get my children to do their
best in school?"

Adult individual issues:

"I'm lonely and can't seem to shake it!"

"I'm so unhappy with my work, what can
I do?"

Extended Family issues:

"My parent (mother and/or father) can't
seem to stay out
of my business!?"

(FOCUS: Follow Ones Course Until Successful!)

Setting Goals for your life.....

Why is it so hard for one to stay focused?

What are some tips can you share?

People say we're soothing, reassuring and calming!?

What if, this is an opportunity of a life time?

Challenge us: call us, let us hear your voice!

What if we really have something of substance to share with you that could literally change your life in profound ways with little effort?

How do we reach you?

What if your heart is “blocked” by your

own judgment?

What if we can assist you almost effortlessly in reducing or perhaps ever eliminating that “block” that resides within your own heart that keeps you from fulfillment?

We are in constant prayer that you can hear our supplication, our prayer that you will hear us and respond for your own heart?

Philippians 4 (New International Version)

New International Version (NIV)

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Philippians 4

1Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends!

Exhortations

2I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. 3Yes, and I ask you, loyal yokefellow,^[a] help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life.

4Rejoice in the Lord always. I will say it again: Rejoice! 5Let your gentleness be evident to all. The Lord is near. 6Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **9**Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

A Hard/Cold Heart:

If God made us in his image then all of his creation is sacred and that's "Us".... Who are we to judge that creation? Is our own judgment of that gift the very origin of our discontent, our angst, our isolation and our despair?

It is our experience that LOVE is the essence of a full and rich life. A life with LOVE is a full and rich life. A life with LOVE is sacred, holy and blessed.

A life without LOVE is a life without light, a life without LIFE itself... a life without God... a life with darkness... with evil!

When someone hands you a 8 week old puppy or kitten what does your heart do? What experiences have you had that opened your heart? What experiences have you had that closed or hardened your heart?

Let us show you how to open your heart to yourself!

It's a most amazing experience! Falling "in love" with someone is in essence that very same opening of your heart! Do we protect ourselves from something when we close or harden our hearts or do we simply prevent ourselves from having that full rich life?

Have you ever loved someone that could not or would not open their heart to you? Have you ever been unable or unwilling to open your heart to someone.... To yourself?

We tell ourselves that possession, power, fame, the megamillions, property, beauty and yes even health are the definitions of success. If that's so, then why do so many people with those elements abounding in their lives acknowledge their ongoing dissatisfaction and miseries?

Can you hear me? Just do the exercise on the web site. Call us or email us and let us know just how you're doing (the successes and the struggles as they unfold). We're here for you in support and presence and prayer for as long as our Lord supports this ministry's effort.

Closing:

(closing music: "Shower the people you love with love" (last 45 seconds))

We salute your discovery of what we like to call 6 way love. May you (using your exercise) find your full acceptance of all of your heart, your divine gift of life and consciousness as well as have the opportunity of allowing yourself to love another completely while letting them love you completely. That is truly Heaven on Earth, what we believe God intended for us all.

So until next Friday @ 2 PM, This is

Dr Patrick Ware (Duluth Child Psychiatrist)

And

Minister Jackie Cain

Saying You are in our hearts and prayers... We love you, God loves you and it's time for you to learn how to love you. Don't forget to visit our web site (www.TheSoulfulMind.com), send us an email: (TheSoulfulMind@aol.com) and tune in next week on www.WGUNRadio.com (click listen live) or in the Atlanta area on 1010 AM on your radio dial.

Remember to keep us in your prayers and that your prayerful and financial support is what allows us to continue this ministry.