

The Soulful Mind Program Notes

4/6/07

Opening music:

I Opening Introduction

Welcome to the Soulful Mind Radio Program with Dr Patrick Ware, Duluth, Ga Child Psychiatrist. 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").

Dr Patrick Ware: Duluth, Ga Child Psychiatrist

We have over a half century of living experience! How often can you pick the minds of a semi-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.

Good News!

Our family is growing with ever increasing acknowledgments! We've decided to add the first names of all of those listeners who acknowledge their following our program from email, voice mail, personal comments and call ins to the program and to the web site. Thank you all for helping to make this a more responsive offering and offering your thought and experiences in helping others as well (perhaps the most important contribution!

Listeners are letting us know they're listening, taking notes and asking provocative questions. That's what communication is all about! Thank you so much for your feedback and comments.

We hope you are aware that the single purpose of this program is to assist YOU in a full discovery of God's sacred gift of life and soul and that your discovery of how to ACCEPT that gift fully is the only barrier to experiencing God's LOVE and LIFE to the fullest! Everyone who has been willing to pursue this program has reported a fuller more rich and wonderful relationship with themselves, their God and all those they know... yes, LIFE in all its Glory!

This approach, while incredibly simple is indeed profound and is one of the ways the human heart can be opened to accept LIFE fully and completely. It is our message that the acceptance of GOD's gifts as they are offered is the central human challenge. What we have here is a vehicle that is proven to assist you in doing just that!

**Family of Acknowledgment:
Ricky
Bonnie**

**Grace
Elaine
Catherine
Todd
Rhoda Anne
Leslie
Evelyn
Marjorie
Caroline
Candice
Sara
Carol
Vanessa
Maria
Lee
Kia
Dallas
Peggy
Tana
Kay
Mark
Kenneth
Cathy
Elizabeth**

So how about it folks, are you out there? Are you listening? Do you know how very important it is to us and the other listeners that you are there, listening and hopefully

beginning your own intensity monitors? Please let us know we're reaching you! Hey Guys, the ladies are leading! Can we fellas pick up the pace a little? Do all of you know how very important any feedback is? We're waiting for your email, voice mail, telephone message, or call in about whatever your experience is and certainly about the changes you're seeing (be it a positive or unpleasant experience). We're all here for you deeply in prayer that you can hear us.

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 have our hearts and minds guided 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: (refer to web site) (review of steps)

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!

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

**3/9/07 Can You Afford to Wait Another Minute?
The FIRST Step: Are we resisting that
which we seek!?**

**3/16/07 Minister Cain's offerings: The Value of
Focus**

3/23/07 Parenting

3/30/07 Sexual Abuse I

4/6/07 Sexual Abuse II

4/13/07 Parenting

**4/20/07 Open microphone (Perils/Challenges of
Today's World)**

**Callers: Some have suggested you may need
reminding that it is "OK" to call. It's OK to
interrupt what we're talking about! YOUR
issues and experiences are what this program
is about. Don't worry about us, we'll get our
message in (we promise)!**

**It's OK to call... We're here waiting on YOU!
What if, you're calling/emailing changes
someone
else's
well!?**

Life as

Topic(s) of the Day:

TODAY'S TOPIC: PARENTING

We have laid the foundation for understanding all relationships in the previous programs (the development of the individual's self awareness, simple friendship and romantic attachment/attraction).

Today and next week we're going to explore relevant aspects of our relationships with our children.

In the next few weeks, we're going to explore one of the most prevalent risks to your child's development namely sexual abuse. Next to accidents abuse is in the experience of this clinician one of the most significant destructors of healthy human existence and the least acknowledged (at the family, community and regional levels).

**Topic of the Day: Abuse:
Sexual/Physical/Emotional**

Reference previous programs content about "normal" development (identity, friendship, romance)

How do we define "abuse"?

What kinds of "abuse" are there?

What is the impact of trauma/abuse on the human experience?

What can be done?

How can abuse/trauma be recognized?

HOW TO RECOGNIZE POSSIBLE ABUSE:?

Signs of developmental aberration from abuse:

Pseudomaturity/loss of youthful naiveté

Attitude

Intense resistance to authority

Impaired impulse control

Increase demandingness of others

Mood swings

Decreased age appropriate responsibility

Obsessions re romance/dating/significant

others

Poor self esteem

Caretaking

Obsessions/Compulsions

Eating d/o symptoms

Nightmares/sleep disturbances

Over concern about adult/parent issues

Overly what appear to be irrational fears

Impaired frustration tolerance

Disrespect of authority

Defiance

Impaired conscience/remorse/empathy

Impaired ability to “trust” others

Social guardedness/alooofness

Controlling behaviors

Intensely competitive

Dependence/addiction (externalizing security)

Role of Shame

Self injurious behaviors: eg cutting,

piercings

How can a parent/teacher/coach assist someone else with a life challenge such as abuse if they themselves have not mastered the challenge?

So step one for a parent is to look at their own life in terms of challenge and/or trauma and appraise how they have faced and learned from their misfortunes?

Can the parent further improve their status re their own hx of trauma (before and during assisting their children)?

Is help available?

How to seek help?

How to judge whether one's helper is helping? (ie what are the three credentials for all successful consultants)

- 1) Educational credentials – school, degree, age, time in position**
- 2) Do they listen to you?**
- 3) Can you understand what they are saying?**
- 4) Are you getting something out of the dialog that is valuable? (within a**

reasonable period of time)
5) Is change happening?

What is help?

- 1) a relearning
- 2) an opportunity to explore an alternative way of living
- 3) a movement away from elements of your life that have not worked for you
- 4) an opportunity to redirect your life's time expenditures
- 5) an opportunity to redefine what your priorities are

Suggestion: When you're evaluating an alternative life choice or direction, place your current circumstances to the extent you can in a holding pattern and make no major life choices based on cursory or abrupt choices. Take time to evaluate the new opportunities of learning that you are exploring. When it's time for a change if that happens you will do so deliberately and confidently.

One basic idea of change is to look at what are the elements of those parts of your life that you feel are not fulfilling or perhaps a source of strain/stress (eg excess debt, poor

communication or sharing with your partner, not enough time for your personal joy pursuits, etc) and ask yourself why have you been investing your time and effort in something that may be costing more than it is bringing rewards to you? That doesn't mean necessarily that you will abandon the pursuit entirely but it does mean that you take a look at where you spend your time and energy and ask is that bringing you joy? If not, there is a reason you continue to pursue that course and understanding that FIRST is essential in you beginning to evaluate what your choices REALLY are. So your first step is to look at yourself, NOT at the activity or person or obligation you have. That of course is what this program is all about!

You may need wise, patient, supportive challenging counsel to pursue fully developing your abilities in enhancing your immediate, current quality of life. Step one is the "listen to your own heart!" Some counselors get that and some do not. Always use your own common sense when listening to a counselor. Never take advise or counsel without asking yourself "does this make sense to me?" and "as I'm exploring the suggested route of learning or choices, does this feel "right" to me?"

People do not need help in determining that desirable change is actually happening. They need help in figuring out how to get there.

Usually good advice is either something you already know or is based on things you already know but are not using for one reason or another.

The value of space, time, distance (even abstinence in the case of sexual issues) from the person, activity or pursuit that is in question: This allows a clearer evaluation of not one who you are and where you are on your own path but it also allows a more clear evaluation of the place in you life the entity you are evaluating has now, in the past and perhaps in the future. If we are talking about a personal relationship, there are few things more loving than for one partner to “grant” the other whatever time and space they need to collect themselves, determine more clearly who they are and what course(s) they may need/want currently. The process can be profoundly mutually enriching. We are not possessions of others! But we act that way and we treat others as objects not people when we do. That process is actually demeaning to both

parties. Remember, in many many cases your attraction was the most intense when at first you had the least intimacy. So distance can foster recommitment and deeper more soulful investment. But the process can be heart rendering and talented professional support and assistance may be needed.

Can We Really Afford to Wait another minute?

Can you really afford to wait to harvest your fullness? The fullness of acceptance, full acceptance... divine love... LIFE itself!

Listener Admonition

The listener is advised that the contents of this program can be for some extremely striking if not volcanic in their impact on you. The subjects are very intense, personal, at times profound and even upsetting! You are invited to listen, consider, contemplate and dialog with us. We and God love you and we truly want you to access your all, the fullness of your sacred

gift of God's love and your complete consciousness! It may however begin with some unpleasantness, but do not be frightened. There is untold value in the truth within your heart and soul and we're here to assist you in exploring that! Go cautiously and reverently. You are about to enter the inner sanctum of God's gift to you... Life in its fullest... your own spirit/soul.

What have you learned of value as you've grown older about living and loving? CALL US, TELL US, SHARE WITH OTHERS! THEY NEED TO HEAR YOUR STORY!

What if life is just an opportunity of embracing every moment to its fullest? If life is simply about truth, your truth... the truth of what's in your heart, then the measure of the fullness of our lives is the extent to which we allow ourselves to embrace without judgment that truth in our hearts.

If we met the Christ on the road to Gallilee, would he not simply accept us... all of us? Isn't his full acceptance of all of who we are the definition of divine love and what forgiveness is all about? Of what "salvation" is all about?

Another respondent confided that she now understood the value of PAIN! She reported that a few years before beginning her work with her IMs that she had asked God to open her heart and help her be a more “loving” person. She added that she knew that the previously unbearable pain that she had struggled with was actually a doorway through which she was able to pass successfully only as she learned to honor, respect and accept fully her own heart!

Love and life are divine gifts. Love and life are in deed The Holy Spirit on earth here and now! Don't wait until you've lost the opportunity to savor its value NOW!

Those years of adversity are the author of all I now understand about the human heart and the author of this gift which we now offer you and all of those you love.

Don't miss this opportunity! We are patient. We are here waiting for you to hear your heart and soul asking you quietly: “Isn't there a better way? There must be a better way! I really don't

think that all of those I know that present themselves as content are REALLY contented. I now can see that it's a front that they themselves must continue to "believe" until they're fed up, exhausted, overwhelmed and ultimately disheartened (interesting word huh?)!

Come with us. Experience the fullness of God's intention in the sacred gift of life. We're patient. You'll think about what we're saying and it doesn't take YEARS to begin. It only takes a nano moment!

I was talking with a woman in her 80s recently who made the following observations about relationships between marital partners. She reported that it was her opinion that it is quite rare that a man and a woman experience complete whole hearted trust and soulful devotion to one another. She reported that in her life usually one or both of the two partners "held back" something. She also added that she did not think that she or her husband of 50 plus years had enjoyed that

kind of a relationship prior to his death. She actively expressed her interest in the idea and wondered openly if it was at all possible!

So what do you think out there people? Is it usual or unusual for individuals to fully accept all of their own hearts (all feelings)?

Is it usual or unusual for people to be able to open their hearts up completely to another?

If you were listening to the TV or radio this week, I'll bet you wish you had driven through Dalton, Ga recently. I'll also bet that you are telling yourself that if YOU had won the over 350 million dollars that the event would not have "ruined" your life like it has most of the winners.

We admit that we fight our feelings, keep others from really getting close because (I think) that as long as you keep your mind busy with all that extraneous stuff, there's precious little time to feel what's real.... Till

the opportunity has passed. Do you really want to miss this sacred gift sitting in God's outstretched palm?

One lady explained that one of her parents were getting much older and that she anticipated that soon they would need constant care and she found that it was very difficult for her to embrace "all" of her feelings about the changing relationships she had with her parents largely because to do so meant to allow the sadness which is a natural part of the end of any relationship to live and breathe within one's own heart. She acknowledged she was the source of her own restraint and offered that if she had not been doing her intensity monitors that she could have never identified this and noticed she needed to slow down and address her avoidance of what was/is truly in her heart.

So on it goes, we tell ourselves that how we are currently and previously addressing every moment in our lives is the "best" way to do so, but when we

really slow down and look at what we're feeling and how we are or are not addressing our hearts.... We find that we are the source of judgment and alienation within ourselves. We seek acceptance and love from others and when we get it... it does nothing for that central hunger within our hearts... for it is only our own acceptance of what we feel (without judgment) that can quench the hunger for love and acceptance we so crave.

When/if someone does come along in our lives who is capable of sharing their whole heart and soul in that healthy way, we are not likely to see or seize the opportunity or understand the value of it or perhaps even see it as a threat to our own tenuous balance emotionally. One may even feel paralyzed or undeserving – that conflict or competition with a partner is so much easier and less “threatening” than simple love and acceptance first of ourselves and then of the other person placed in your life by the giver of the ALL!

How many golfers would love to play 18 with Tiger? How many holes would they have to play of the 18 before they were able to completely relax (with Tiger standing there) and hit that ball with all of their ability and balance and power? What would happen to Tiger's game if he were to focus upon you while he played?

It's not infrequent that I have very bright and successful people acknowledge that a business much like an individual cannot exist without "overhead" and that the uncomfortable feelings of life are "normal" while simultaneously admitting if not insisting that whatever pain or uncertainty in their lives is/was operative that in their expectation of life, this clinician or therapy or medication would be that means by which they would have the unpleasantness removed or hopefully seriously reduced.

When in talking with the lady whose elderly father was facing his demise, I asked her if she really thought it was possible to fully love someone and not

have profound sadness in the end when it was time to say goodbye whatever the basis for the end of the love relationship? She smiled somewhat embarrassingly and said: “of course not...”

We do try to fool ourselves and anyone who will listen don't we?

How about exploring what would happen if you were to develop your ability to embrace “all” of your heart.. not just the “fun” or “pleasant” parts? What if all that you seek IS within your own heart and the only barrier to your receiving that divine gift is your own fear and/or judgment?

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) is 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!)

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 here 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 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).

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)

Copyright © 1973, 1978, 1984 by [International Bible Society](#)



Philippians 4

Ho 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. 9Whatever 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.

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)

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.