

The Soulful Mind Program notes: 2/2/07

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

Minister Jacqueline Cain:

Dr. Patrick Ware: Duluth, Ga Child Psychiatrist

Our Purpose:

To introduce you to your own heart for a fuller more rich and contented life! (Have you ever pondered how many people you know are soulfully miserable?)

Visit our Web site: (www.TheSoulfulMind.com)

Review the program, do the exercise, call in and/or email us and let us walk with you on your new journey!

Method:

Our, your and other's sharing via live program and email exchanges. Listen, log on to the web site and do the exercise

(as often as you can). It only takes a Nano moment. Send us

You letters, emails, voice mails and/or direct call in about what and how you're learning. It's a no obligation "free" trial offer

With results you can't imagine. Be honest, you really don't believe that there is not only a better way of living but it's easier and FREE! The ONLY obligation is to share what you discover with those you care about the most.

Feedback:

Tell us about your past, current and future learning experiences

Your heartaches, disappointments, who and what you have loved!!!!

Bring us your worst and/or most painful experiences...

We pray you will give us a chance to "teach you how to soar!"

You are:

- Quietly aware you are in many ways at war with your Heart and soul - that you JUDGE your self harshly (and

are aware that you are in many ways at least contributing to the extent of your angst (ie you are letting your own judgment of what's in your heart prevent you from fully accepting yourself (in hopes that you will be able to eliminate "pain" (or unpleasantness) in your life

- Busy - Spend most of your time staying very busy, trying to stay ahead of how generally anxious and afraid you are
- Sense that fear governs your life and don't know what to do with that
- Rushing to pick up the children at school and/or day care
- Exhausted and/or tired
- Trying to finish at work to get out of the office "on time"
- Quietly discouraged
- Pushing back in your mind the extent of your unhappiness
- Feel unlucky, broken or defective and are convinced that others are happier than you are
- May have deeply loved someone but could not allow yourself to fully open your heart to that person
- May have profound investment in others, the past, feelings of responsibility for others unhappiness or human tragedies and know their pain and/or demise was from your own shortcoming(s)
- Struggle with how little you genuinely trust others (don't let anyone "in")
- Are aware of how incomplete and empty your heart and life are
- Lonely
- Are hauntingly in touch with the failure in your life of relationships, possessions, and/or power/influence over others
- Empty - You feel this inside and at times even hopeless and do not have a sense that you even know yourself well

- Love your children but still have an abiding sense of emptiness
- Anxious
- Apprehensive
- Try to tell yourself that fear, anxiety and sadness are elements of weakness and/or vulnerability and/or inadequacy (despite your knowing that these are normal aspects of living)
- Tired of compromises
- Quietly think you are unsuccessful in life because you are different from others, unlucky, defective or broken, feeling shame and/or guilt are for you unavoidable
- Sensitive
- Intense
- Passionate
- Fearful - you allow fear to overwhelm your otherwise strong will and you find yourself not doing the things you know would be good for you (still hoping the old ways of living will eventually pay off).
- Doubting
- Aware of not knowing yourself completely
- Still trying to achieve contentment (unsuccessfully) using the same old methods: (caretaking, loyalty, hard work, amassing property and/or power or assets
- Intensely trying to control things, people, time, money, etc unsuccessfully to try obtaining peace of mind
- Have learned that sex, power, influence, possessions, relationships, property, fame, etc have not brought you a full rich contentment or soulful peace of mind
- Are living your life without love and acceptance and wonder if you ever will (be able to do so)
- Want to feel "better" but do not really believe it is possible - for you!

We are:

- Here for you

- You will likely never ever be younger or healthier than you are Now!
- Have been asked/called to offer you an extremely simple alternative; to talk and share with you a simple, effective alternative way of living
- Want to support your discoveries every step of the very brief learning experience
- If you can ride a bicycle, you can do/learn this
- Will walk with you as you discover unimaginable freedom and contentment
- We do not want you to miss the full richness of God's greatest gift one minute more
- Hope you will tune in, call us (live on air) and/or visit our web site and email us, begin "the exercise", check in with us regularly, share your discoveries with your best friends
- Keep us in your prayers and consider helping us stay on the air with your prayers and financial support

You will (we pray):

- Listen to our program
- Call and share with us your "before" experiences (heartaches, Discontentments, tragedies, etc)
- Log on to our developing web site (www.TheSoulfulMind.com)
And follow the exercise dutifully
- Let us know by email and/or call in during the program how you Are doing
- Discover the fullness, richness and simplicity of God's greatest Creation - the (You) human spirit
- As you learn we pray you will share what is happening with those You love most
- Help us stay on the air with your prayers and support and Continue to share your discoveries on air and online (email) as you remain dutiful in your discoveries

Life is an opportunity - God's most wonderful creation - a gift of love - the human soul, your heart! Who are we to judge this most profound gift? What happens when we do judge this gift? What happens when we don't judge it?

We are here to explore these ideas, hear about your life - its successes, your challenges, your heartache and to offer some alternative ways of living that will assist you in accessing your full gift(s). You can't imagine what lies ahead for you if you will walk with us on this journey and stay in touch as you go.

If God made us in his own image, does that include our hearts and spirit? Do we accept God's gift as it is or do we attempt to decide which components or parts we are willing to accept? What if all that we seek is truly within our own hearts. We all seek love and many never find it. What if one cannot get that from another they have not yet discovered within their own hearts? What if the major cause of human agony, heartache and despair is produced by our own judgment of what is in our hearts?

A very fine friend once confided: "I resist and fight all of my feelings.... The good ones as well as the bad!"

There is nothing wrong with heartache. It takes fortitude and courage to face one's own heart and soul. We are here for you to help you learn to walk through this (initially) fearful place.

It's like running and finding out what a "second wind" is.... you get scared, very scared (and many stop here)... you need a good coach who will help you do it for yourself... there's no feeling like it!

It's like lifting weights (different pains: injury vs muscle building), learning how to play music from the heart (not notes), thinking in French, or learning to ride a bicycle (what one fears is actually what balance comes from: forward motion)

It's about fear and frustration. If you've ever learned (gone from being unable to do something to being able to do it naturally without much or any real thought eg driving a car or riding a bicycle) then you can learn what to do with fear and frustration. Once you master that, then learning anything is simply a choice about time and perseverance. We're here to show you how and walk with you as you discover the bounties and choices available to you.... literally a universe of possibilities. Most people just quit and don't continue on when the fear or frustration set in.... when you stop, you stop learning and reinforce for yourself the initial feeling always present in learning something new: "I really can't do this... other's can but I can't" and the stopping becomes your master. We would like to teach you how to let your heart be your master....

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