

The Soulful Mind Program Notes

3/9/07

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 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:

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!?**

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

Life as

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.

I recently had a heartfelt exchange with a woman who recently said goodbye to her dying mother. Her account of the experience was the

most complete and soulful exchange I've ever been privileged to hear about in all of my 59 years!

She concluded that “just like the IMs, it's so obvious what really is important moment to moment!

She described being able to hear and respond to her mother just minutes before her mother lost consciousness for the last time. She reported that they discussed the joys of their life together with family including humor used by both mother and daughter. With the mother quipping: “just remember me a little!” and retorting that she wanted her daughter to put on her tombstone: “See, I told you I was sick!”

Why do we wait until we've lost something to fully appreciate all the value of the experience?

It's true that it's very difficult to be in a relationship actively and simultaneously see all of the virtues and gifts the relationship offers

and has offered while also exploring whatever “downsides” exist.

Is it possible that we do the same things with our relationship with ourselves?

It’s been my experience that people spend much more of their lives resisting their feelings (good and bad) than they spend truly accepting the fullness of all of their feelings.

We’re here to assist you in learning how to reduce if not eliminate your own rejection of you heart and soul. It’s easier than you can imagine.

A recent conversation with a septogenarian revealed that in essence despite dutiful following the IM program for over two years and experiencing incredible value of the results that the respondent exclaimed to the effect that they were continually surprised by the unfolding of the richness and simplicity of their life and all they experienced.

Don’t wait until life is at an end to begin reaping the values of every moment. Don’t treat the anticipation of the adversity of life as a reason

to avoid life itself. Don't bury (avoid) people, relationships or life itself before death occurs by running away from wholeness. The whole truth is your own heart! We do not know how much time we have here. It's not a function of simply age! It's a function of whether we are able to embrace all of every moment. That same septogenarian exclaimed essentially: "I've realized I've spent untold amounts of energy and time worrying about what's going to happen tomorrow while missing the full value of the moment here and now. Worrying about tomorrow robs us of our today!"

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!

When I was 29 or so, I remember asking God to bring me “failure.” I didn't fully understand the significance of that prayer but the following 25 plus years of profound adversity in all areas of my life felt purposeful and my duty to understand. I just sensed it was essential for completeness.

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!

**The First Step: Awareness!
Curiosity or unbearable pain?
ACKNOWLEDGE YOUR PAIN!**

**We are here for YOU
Others need you to call
It's OK, You're not alone
It's OK to Call**

**You're not the only one out there who's
uncertain!**

The Second Step: How/Can I change it?

**Third Step: You have a choice! To pursue
the SAME way you've been living OR try
something different?**

**Fourth Step: Exchanging your misery for
JOY!**

**Misery is simply the lack of HOPE! "I'd
rather die than live! (or hurt)"**

**We would like to talk about relationships
today.**

**First your relationship with yourself:
One respondent concerning the program reported she felt like it was good to hear about other people's stories on the program as she felt less like the only one "out here" who is struggling. She indicated that she felt like people are "listening" but they are not sure "it's OK" to call. She encouraged the program to continue to reassure listeners that:**

1) We are here and here for you

2) It's OK to call... You're not the

**Only one who's out there
Struggling!**

3) Continue to tell them "IT WORKS!"

4) Tell them when they call they help

Others

People spend more time and energy in their lives resisting what life is, what they feel while seeking "more" of life. We truly are as a human race "crazy!"

If life is simply an opportunity to love fully, to embrace all that we feel, then the question is what are the barriers to fully accepting ourselves and other... the answer is usually FEAR! What happens when we no longer allow FEAR to be a barrier to our fullness!? That's what this program is about. Teaching you how to remove your own judgment of what's truly in your heart. Fullness is but a nano moment away!

What if your misery and difficulty in living a full rich life is NOT because there is something broken in your mind or heart? What if it's not because you're defective, unlucky or unfortunate or impoverished? What if it's simply because you have chosen to walk or RUN AWAY from your own heart?

We truly are starving in a world of plenty even to the point of doing things that puts themselves, others and even property in jeopardy!

**The power and intensity of an individual's struggle with their own heart can reach volcanic proportions!
People spend more time avoiding pain than living life itself.**

There is a difference between one's offering one's life even sacrificially in support of another's life circumstance and trouble and one's threatening of actually attempting to end their life and/or another's as a kind of tantrum regarding life's not going the way they wanted!

It's LOVE vs EVIL (the absence of full acceptance)!

Caretaking behaviors can be actually effective barriers to the helped persons discovering how to manage their own hearts! You can't do it for them!

We all share so many common elements of these struggles that people listening may indeed think we are talking only about

them. Well, we are AND we're not!

The spectrum of life may be defined by the spectrum that exists between pure life love and the other end of the spectrum of someone taking their life and/or another's life out of hopelessness and/or rage.

Life is not a competition or opportunity to control another! It is simply an opportunity to embrace our own hearts. What happens in relationships with one's self and others after one makes peace with their own heart?

Second your relationship with your spouse/others:

As we learn to listen to our own hearts with full acceptance, we learn that we can "hear" others more clearly! You are discovering "communication" with your God, yourself and any around you who will share!

You can't love another until you love (accept) yourself fully) and until they will

**love themselves and allow you to love them! (six way love)
It is (simply) what it is!**

You have discovered both within and without the death of GUILT, COMPETITION, CONTROL, and CARETAKING!

You'll find that in knowing others, that if they are as yet unable to accept their own pain, that being close to them requires that you bare their pain "for them"... yes, as Minister Cain says, "hurt people hurt others!"

It's so rare to find people who simple are open and accepting... yes loving no matter what the conditions of life in that moment!

It's so easy to use others hearts and personas as your own point of reference, but it doesn't work. How many times do we tell ourselves that if we do this, or do that... are better than someone else or prove that we can do this or that (to ourselves or to someone else), that

somehow we expect that our life will take on meaning and substance? We think that getting a doctorate degree, amassing wealth, having a child, getting married, being elected to a powerful post will do it for us! These things do not contentment make!

What if that which we seek is waiting within our hearts just for us to accept it?

In relationships the stuff of success is in the DO... not in the saying! It's not what people tell you, it's how they relate to you! They are either accepting of who you are or they are fighting with you to become something they feel will resolve their own conflicts within their own hearts! An attempt to live in terms of others values, their likes and dislikes, their fears and avoidances and what you get is LOSS of yourself! (even more than before).

One listener said "I've heard what you're saying and for me it just had to be heard "over and over" before I could actually

hear you! I know there are people out there who can sense what you're saying is true, but they need to hear it over and over and think about it... before they can truly HEAR you. You just don't offer a "quick fix" like everyone is looking for."

I heard a famous local talk radio host recently discussing the winner of a multimillion dollar lottery and he said quite smartly that the winner in order to avoid the disasters that have been so publicized about what happens to instant winners (loss of marriages, incarceration, going broke over night, being "taken" by greedy relatives, etc) that the winner need not call attorneys or investment bankers but to call a well respected counselor! (as well as move to an undisclosed address and get an unlisted telephone number!)

The listener continued: "I now understand what you said about "gratitude! If one is not simply in a state of gratitude after any experience, then you've missed the fullness of the experience! You've missed

life itself!

I became aware that in the years before I began this program that I was trying to “tell God” what the fix was... ie what needed to happen to STOP the pain!

When I began to accept my own heart the whole thing and my life turned around. I’m more alive now than ever before. It really is simply about LOVE!

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) 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!)

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.

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.