

## Promo Notes 2-22-06- The Soulful Mind

Greetings, we are Pastor Jacqueline Cain and Dr. Patrick Ware (child psychiatrist) and you're listening to "The Soulful Mind" a call-in radio program on WGUN 1010 AM and available via web cast at [www.WGUNRadio.com](http://www.WGUNRadio.com) . We are here for you and heartfully await your calls and emails about a very important subject: "YOUR HEART" (and soul). We're going to offer you some new ways of thinking and offer some opportunities to turn your struggles into peace and contentment for you and perhaps even those you love. We will have first live show times announced as soon as they are available. We anticipate early December, 2006. Introduction: This entire ministry sprang from two independent acts of kindness. Two souls met and one provided support and encouragement to the other with a great heartache. Out of the gratitude of the receiver to the giver sprang this ministry intended to provide the same support and nurture to any who will listen and can hear about the gift. Ministry Mission and Vision Statement: We have been taught that God created man in his own image (Genesis 1:27 TNIV) and it is our belief and faith that the human spirit is the temple within which the spirit of God resides (I Corinthians 3:16 TNIV). It is simply human judgment (Deuteronomy 1:17 TNIV) that is the sole author of human misery and anguish and the prime barrier to the full discovery of God's complete and sacred gift of life and meaning . It is our mission to assist and support any listening ear in the pursuit of reducing or eliminating human judgment as a barrier to the full discovery of the bounty of God's gifts. Our vision is to utilize all of our energies in helping those who are interested in developing an alternative way of living in the pursuit of the full richness of God's gifts. GBTG

Genesis 1:27 (Today's New International Version) 27 So God created human beings in his own image, in the image of God he created them; male and female he created them.

I Corinthians 3:16 16 Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?

Deuteronomy 1:17 (Today's New International Version) 17 Do not show partiality in judging; hear both small and great alike. Do not be afraid of anyone, for judgment belongs to God. Bring me any case too hard for you, and I will hear it.

Principal talent: Pastor Jacqueline Cain [JackieCain@BellSouth.net](mailto:JackieCain@BellSouth.net) (ordained cleric) and Dr. J Patrick Ware (Physician and Psychiatrist) [DrJimPat@aol.com](mailto:DrJimPat@aol.com)

Pastor Jacqueline Cain Pastor Jacqueline Cain is an ordained minister who enjoys being a wife to Lee Cain and the mother of four daughters (Kia, Melonie, Christiana and Christin Elizabeth). Jacqueline's life story is an inspiration to all who listen to her testimony and how God has allowed her to go through some stormy times and still be here to give all the glory to God for his unfailing love and grace. Jacqueline has paid a great price for the anointing that God has placed on her life and she shares it with God's people in a funny, exciting and loving way. She is the co-founder and visionary for the ministry (The Soulful Mind). Because of her testimony

and life's experiences, she is able to help build godly families that will be responsible for taking the word of God and building up the kingdom.

Dr. Patrick Ware

Dr. "JimPat" Ware is an Emory University trained Child Psychiatrist in private practice in Duluth, Georgia. He is a Christian, physician, writer, teacher/student, son, brother, father, friend, fly fisherman and pilgrim. He can be contacted via the show web site @ [www.TheSoulfulMind.com](http://www.TheSoulfulMind.com) , , by email at [DrJimPat@aol.com](mailto:DrJimPat@aol.com) , or his practice web site @ [www.AtlantaFamilyPsychiatry.com](http://www.AtlantaFamilyPsychiatry.com) .

Opening greeting: We are so pleased that God has provided us with an opportunity of sharing with you today some of the things that have been so powerful in our lives and the lives of many whom we have known and worked with over the years. We pray that this ministry will be a support and a foundation for your discovery of all of God's gifts to you and perhaps ultimately to others you know and love. We offer you our sincerest time, attention and support in assisting you in finding an alternative manner of living that will allow you access to the full richness of God's gifts. We ask of you in return that you remember this ministry in your prayers that we may attend to those who approach us and hear their supplications as we bring this sacred message. We cannot succeed without God's blessing and direction. We also ask that you keep us informed of how you are doing, what is happening in your life and what you are learning from you discovery experience. We lastly hope that you will remember that this ministry accepts no advertising funding and that our ability to remain on the air and continue this work is entirely reliant upon your prayers and financial support. You can reach us through our web site at [www.TheSoulfulMind.com](http://www.TheSoulfulMind.com) or by email at [TheSoulfulMind.com](http://www.TheSoulfulMind.com) or by regular mail @ The Soulful Mind c/o J Patrick Ware MD PO Box 871149 Stone Mountain, Georgia 30087

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.

Ministry Participation Invitation: We invite the visitor to this site and to the radio program to participate in this ministry by including us in your prayers, following the exercise listed below, giving us feedback on your discovery experiences (direct call in to the live radio broadcast and by email) and through your financial support. The "exercise" (First simple step on a longer journey): As often as you can (excluding during the operation of heavy machinery) during the day after you have any feeling regardless of its size or quality simply ask yourself (using a 10 point scale where "0" represents a feeling with no intensity and "10" represents a feeling that is the most intense you could ever imagine having ever in your life) "how intense was that feeling?" Please allow you mind to register the response (it only takes a moment) and for the "rating" to find its own place on your 10 point scale. As soon as that is complete you continue on with your day until you are able to repeat the process with your next feeling. Remember, this exercise is intended to allow you to address

any feeling, any size, any quality ("good" or "bad") anytime. We look forward to your discoveries and your sharing how you are doing (email and/or call in to the radio program).

Current reports by individuals who are using this exercise and approach:

Client One: 32 year old mother of two pre-school children with a history of using this exercise for about 6 weeks: "At first I was very angry and resentful among other things I discovered later. I'm now having joy and gratitude and am less closed with other people. I'm offering myself more to others... just more open. My life feels less cluttered. I'm feeling more and everything now. I'm a bit more patient and for me that's very big. I'm a lot less judgmental in general and that feels awesome. I'm just more in the moment. As the changes (above) have unfolded I've become much more aware of how before I began this program I felt helpless, wanted to just quit, was deceptive with others, very judgmental, fed up, frustrated, hopeless, finished, isolated and very confused. First you have to be open... at first you don't even know right now... you're so into anger and hurt. You don't have any idea how simple it is to turn this around and how grateful you'll be when you do. Life really isn't about what you think it has been like for most or all or your life up to the present. Life is about you. It's so powerful. You have the power to change your own life. You have to allow yourself this time to focus upon you and your feelings. Stop playing the martyr or the victim and just focus on you and do this. This will change your life. You don't need to understand it or justify it or ask questions about it. Just do it because it works. It will be natural to struggle with yourself. That's what we are used to doing... fighting ourselves all day long. Stop fighting yourself and give up everything you've thought about why or how life works or the right way to be before. Surrender to yourself. I didn't do the exercises at first with anything like this in mind. Just doing them works. It's really very exciting. That's why today I'm in gratitude and have carried that with me all this week. When you can feel that you can't keep from smiling. I couldn't have imagined ever being here at anytime in my life much less in 6 weeks. What is you is... and what's not you just falls away on its own. Thank you.

Client Two: 27 year old single never married childless male with a history of "living in hell" for nearly 20 years and a complex chronic multiple substance abuse history of some 11 years. After participating in this program for about 2-3 weeks he reported that in the last three weeks he had experienced the "biggest change in my life" at least in a decade. It felt like God came into my life. I don't even remember asking him. It just happened. I've really been crying these three weeks. This saved my life. All 27 years of my life I've been alone. I had no real religious contact or training. I wasn't an atheist... more like an agnostic. You just kind of get out of the way of your feelings. I've been fighting the unpleasant and the pleasant feelings... all the time. I've never let myself be happy. I'm blown away. I can believe it because it's happening but before I thought there was no "fixing" me. I've been looking and seeing things very differently. I'm seeing things through a different lens... more love... more self love too. I'm not so dismal about the entirety of the world... not so focused on the evils of the world. I have more clarity... a great sense of

peace. How I used to feel was beyond bad. It was no fun, a drag, so emotionally tumultuous I knew I was going to develop physical health problems.

Client Three: 55 year old married male with a reported history of 20 years of anger and intensity with major problems in many areas of his life reports that after 3-4 weeks of participating in this program he experienced the following response. (note is made that this man had many months earlier participated for a while and then dropped out). He stated I don't know why I quit but when I came back and you mentioned this I knew immediately I needed to go back on (the program). You've got to do it.... You can't quit. I felt much better before I got to my car and the parking lot last time after I resumed the intensity monitoring exercise. I'm now three weeks later much freer, happier, I make much less of a footprint... it's like the surface I'm walking on is lighter... I'm lighter.. yes, I'm less burdened... fear is not controlling my life like before. I feel I have a handle on things now.... I can now hear the air passing my ears when I walk like when I was 5 or 6 years old. I for sure won't quit doing this again. I'll be doing this forever. Before, it was a cycle.... I'd feel like crap.... Judge it... feel like crap some more... and the cycle continued... even with more pleasant feelings... until I asked the question about intensity and then all the crap and conflict within me just stopped. The tightness is gone. My mind has slowed down. I can just sit now. I don't have to be doing something all of the time with my hands, mind or body. Life is much simpler and it's so much easier. Things that used to make me very uncomfortable no longer do. I've got a ways to go but what a change.... I've been trying to do the exercise all the time. The frequency really matters."

Show Schedule: (to be announced) Look for our promo air spots beginning 11/25/07 with the first call in programs in early to mid December, 2006

Listeners are encouraged to visit this site, begin the "first small step" exercise and let us know by email and by call in when we go live how your progress is coming. One way to assess this is to ask yourself a couple of weeks after pursuing the exercise as many times a day as you can generally how you are doing in the last week or so comparing that to how you were doing generally the 2-3 months before beginning the exercise much as the client accounts listed above. Your discoveries are in our thoughts and heartfelt prayers.

WGUN Call in number (on air live): 770-491-7748

Devotional (thoughts for your day):

Important note: This offering is not intended to replace any existing or future relationship the participant may have with either a mental health professional or their church. It is our sincerest hope and prayer that this experience will augment those relationships.

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Closing theme song and announcement of time, station of next broadcast

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