

The Soulful Mind (2/9/07)/Revised (2)

HOME

THE "EXERCISE"

PROGRAM NOTES

RECORDED SHOWS

GUESTS

(opening music: "Shower the people you love with love" first 45 seconds)

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

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).

APPEAL/Admonition:

Dr Ware: My dear 82 year old mother shares stories of my upbringing and one such tale is that of me as a 5 year old jumping up on the coffee table with a Sears and Roebuck catalog opened preaching like my evangelical grandfather! So if I get out of control perhaps you, Minister Cain and/or the listeners will reign me back in?!

DEDICATION:

I would like to take this opportunity to dedicate this very special edition of The Soulful Mind to the Love of our Life for all of us. If you're listening you know who you are.

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.

We're so happy to have our second program just before what really should be our annual celebration: "Valentine's Day" ...

The holiday for the human heart.

WHAT WE WILL DO:

We're going to talk about your heart, your spirit even your soul today and how the subject of Love is central to our human existence! Listeners from as far away as NYC are telling us that this program which debuted last Friday (2/2/07) is simply about "LOVE". We agree and what a day to further explore with you not only what (we think) you seek but more importantly HOW to get there! Can we suggest that LOVE is about full acceptance.... The opposite of judgment?!

OUR INTENT:

We deeply and genuinely want to make this available to anyone who will and can listen... then, we pray... will do, learn, grow and share with us and others (letters, emails, voice mails, call ins). Don't forget that if you have an interest in this new fledgling program effort your acknowledgment to us, the station and your prayerful (and financial) support will greatly assist us in continuing our availability to any who will and can listen. We are on the air because you want it and support it.

WHAT IT TAKES:

Unfortunately, it has been my experience that it takes a combination of living unsuccessfully, time, and profound heartache(s) (ie major loss(es) to bring a person to a place where they are willing to listen to possible alternatives. We are simply asking for a moment... actually a nano-moment of your time. You (if you will give us a chance) will allow us to guide you (clearly an issue of TRUST) as you dutifully follow the instructions. Most are brought to the door of considering alternative after a profound loss of some sort that is either ongoing or completed. It is PAIN that brings us to our knees. And we respect your courage for even considering to give us your ear and just a moment of your time. We are in a sense the guardians of your heart as you explore this new opportunity and we take that trust VERY seriously. Won't you give us a chance to show you how to liberate your spirit to that level that was intended from the outset of your life?

APOLOGY:

Let me say that our (at times) hawking presentation is at times with tongue in cheek and agreeably sounds unbelievable. How would you try to reach people to announce that you've got something as valuable as this and not have people go "yeah,,!, right...."?

I asked a client who had been successfully doing the exercise and following the program dutifully for several months if she thought that I would offend or bore people as a result of endless repetition and she exclaimed enthusiastically: "Oh, no.... just maybe then we'll get it! I know you really want us to get it!"

WHERE YOU WILL BE IN THE BEGINNING:

Profound losses can ultimately be blessings (you know what doesn't "kill" you will make you stronger?!). It's easy to say and when you're in profound pain, the last thing you want to hear is that it's a blessing. Makes you kinda want to punch the speaker in the kisser! So we will avoid saying that directly, however we do want to establish a kind of rule of thumb that "anything that encourages your addressing your own heart and soul will emerge in your life as an asset and anything that discourages your addressing your heart and soul will become a liability (or at least a distraction from your looking at yourself).

LOVE IS: (THE GOAL) (1Corin 13/Browning poem)

Love is a beautiful (we believe) sacred gift. It is indeed the divine gift of LIFE itself. It is an incredible simple gift within the individual and between individuals. It is not obligation, duty, fear, guilt, control or competition. It is NOT sex! In its finest form, Love is without expectation, it is about forgiveness, full whole hearted acceptance and availability (first to one's self and then to/with another), loyalty, natural commitment, patience, listening, sharing, understanding, willing compromise, respect, growth, learning, kindness, giving of one's "all", solitude, & natural trust and fidelity.

WHAT DOESN'T WORK:

Let us challenge you! Happiness and contentment are not about power, fame, wealth, possessions, control, leverage, or fortune! Some of the most affluent people are incredibly miserable and some of the happiest are very economically burdened. You can't buy happiness. You can't find that which you seek beyond or outside of your own heart!

You have the "Empty Heart Syndrome" (EHS). Are you still lacking fulfillment? You will not find it in a bank account, in a relationship with things or people, in power, wealth or fame. You don't have to look far (lottery winners, Princess Diana) to see that these elements do not contentment make! Who do you think was more contented Mother Theresa or Princess Diana?

Aren't you tired of allowing guilt and/or fear in defining and/or controlling your life? Would you believe that it is possible to live life without fear or guilt in the center? We're here to show you HOW! You won't believe how simple and easy this is (until after you try it)!

HOW WILL I GET THERE?:

So HOW will get you there? And HOW do you do that? HOW long does it take? Can I really do that? That's what this program offers. A REAL viable, simple, easy to access

way of releasing your heart to its fullest potential. You will learn from us, from others who have and are learning the same (listeners and callers). You're not alone here. There are many who are on this path. (log onto the web site to see some of the responses/updated weekly).

All of us are seeking love. A simple reality. We're not talking about just passionate love in fact we're talking about the foundation for all of life.

Just try our "offer" dutifully, sincerely and we will walk with you during the hardest part... the first few moments... just read what other responders are saying on the web site and the callers on the program. You should see real discernable shifts, changes in your life within a few days to a very few (3-4) weeks if you do exactly what we're suggesting. Everyone struggles with it (how) at first... that's a part of the learning experience for every one. And you will very likely not do the exercise exactly correctly for the first few times. That's what we and the program are for. You need not be perfect with the exercise to get the ball rolling. Just do it conscientiously, listen to the program, give us feedback (emails, letters, voice mails and/or call ins) and we'll assist you in fine tuning the exercise to the point where in just a few days to weeks if you are dutiful you will "get your feet on the ground" and be able to pursue your exploration of your own heart at your own pace.

You will, if you come along with us.. get to a place (see the web site for other's descriptions of their discovery process) where you will experience loss and/or reduction of guilt as a central part of your life. You will cease or reduce your caretaking behaviors with others (btw, that is not to say that you will no longer be empathic or caring), you will experience an unimaginable increase in your energy, motivation, self respect and creativity. You will watch somewhat majically as your priorities reorient and redefine themselves. You will discover the difference between "lonely" and "alone." You will become moment to moment simply in gratitude for whatever experience you are having and see how your own judgment is becoming more and more less of a part of your life. That which is "you" IS and that which is "not you" drifts away nearly effortlessly! You will become aware that if after any human experience you are not simply in gratitude for having been there (REGARDLESS OF THE QUALITY OF THE FEELINGS) then you've missed the entire full richness of the experience! Indeed you will learn and master the art of the preciousness of the moment! Every moment!

A SIMPLE "ROUTE":

You will learn that living fully is about as hard as learning how to drive safely "You live like you drive!"

WEIGHT LOSS PROGRAM:

Also for those of you out there who are attempting to "master" the battle of your silhouette: one incentive may be that when you're right with your own heart and you begin to harvest to multitude of wonderful experiences you've been missing, you'll find that "carb reduction" is no longer difficult!

JUST:
LISTEN
DO (the exercise)
LEARN
GROW
SHARE

So let's get on with the discussion. Love has four stages and we are going to talk about each of those:

- 1) Discovering the self (identity).
- 2) Simple friendship
- 3) Romantic/sensual love
- 4) Mature love (that which we all are seeking)(friendship first!)

We will eventually discuss what happens if trauma at any age but especially in the first two decades of life occurs and how that trauma (emotional, physical and/or sexual abuse) can deeply alter the establishment of the foundation for living (and what can be done about that). Abuse is probably the most profound epidemic affecting the quality of human life far beyond plagues and devastating physical illness for the masses over centuries which is ignored, poorly understood and rarely addressed successfully (by individuals and/or societies).

These 4 elements are critical in the human spirit's evolution developmentally. It is a staging series of learned experiences each of which leads on to the ultimate experience (mature love first of the individual of themselves and ultimately a capacity to love another with one's whole heart and soul.

WHERE WILL YOU FIND WHAT YOU SEEK?

Let us be clear with one central idea. You cannot share or receive from another that which you do not have access to within your own heart! And the reverse is true: You cannot love someone fully who will or cannot allow you to love them (usually because they are still looking outside of themselves for what they seek). They will be disappointed for sure!

The most common cause of "breakups" in relationships is one or the other (usually both individuals) fails to know fully, maintain, access and/or nurture their own spirit and soul. They most often are seeking from the other person that which they have not mastered within their own hearts for themselves. That's where the disappointments, betrayals, isolation, infidelity find their roots. No relationship (within the self or between people) can be stronger than the degree of grounding and availability of the "weakest" individual.

You're heard before about "the elephant" in the middle of the room (that people ignore or miss entirely)? A very fine incredibly bright friend once conceptualized a love relationship as two NOT one elephant in the middle of the room. Two very separate individuals that will remain separate ongoingly if either and both individuals have a chance at a fine shared loving experience with one another. In essence, "don't mess with my elephant" (It's the foundation for my being.... And my ability to love you!). She was only "off" by one elephant, for as far as the relationship went there actually were THREE elephants.... The one for her, the one for myself and then the elephant that represented the nature and substance of the relationship, the sharing. The simple story in terms of sharing (the third elephant) is that if one person contributes 90% and the other offers 10% then the third elephant can only be a 20% entity (no matter how much either person "tries"). Love is not something either person can "make" happen, it is always something that BOTH people must "let" happen.

Firstly, (Identity) if as one is developing (age 0-20) one first puts the discovery of who they are personally at the foundation of their experience of living then the first stage is met.

Secondly, the discovery of simple friendship as a platonic, non-romantic experience of sharing (age 3-25) is the next foundation.

Thirdly, the ability to experience passion and sensuality within an intimate relationship. (preferably not before no 1 & 2 are complete.

Fourth and lastly, the discovery of the absolute necessity to simultaneously maintain one's identity (step one) and simple platonic friendship (step 2) as foundations for sharing and discovering a shared sensual intimacy.

OUR DRIVE THROUGH WORLD:

We live in a "drive thru" world and business, advertising, marketing, impatience, and strong sensual drives work collectively to lead us directly into the sensual aspect of love BEFORE the first two steps are accomplished both for each individual and within any relationship. In our schools it is not unusual for societal groups to actually encourage romantic ties before the end of elementary school and by the end of middle school it is a given that a youth without romance is some kind of social failure. It is my experience that if sensuality preceeds identity and/or simple friendship, then both are lost perhaps forever to that individual and/or relationship. (eg the emptiness of pornography: quick, stimulating, fleeting and ultimately unsatisfying not to mention the loss of self esteem and self respect. I have never met a soulful individual who pursued sensual intimacy as the foundation for closeness between people.

ALL RELATIONSHIPS CHALLENGE YOUR "SELF":

It is the nature of any relationship to challenge these principals and if in wisdom the mature individual knows that it is their ongoing responsibility to maintain their own sense of self, the simple friendship they have with themselves and with their partner BEFORE, DURING and AFTER romantic sharings then the opportunity of the gift of love NOT the burden or obligation of loving another exists.

Leaving someone you love dearly who cannot or will not allow themselves to give of their whole heart is one of the, if not the most painful experience of life (even more painful than the death of a dearly loved one)!

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

Your 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!"

CLOSING:

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

Happy Valentine's Day (early)... We pray you will join us on your/our journey, learn, share and yes teach those you love the most. What a valentine's day gift (to yourself and to anyone you hold special)!

So let us tip our hats and our glasses on this Valentine's day eve to 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).

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

XLIII. "How do I love thee? Let me count the ways..."
by Elizabeth Barrett Browning (1806-1861)

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.
I love thee to the level of everyday's
Most quiet need, by sun and candle-light.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.
I love thee with a passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints, --- I love thee with the breath,
Smiles, tears, of all my life! --- and, if God choose,
I shall but love thee better after death.

1 Corinthians 13 (New International Version)
New International Version (NIV)
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1 Corinthians 13
Love

1If I speak in the tongues[a] of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. 2If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. 3If I give all I possess to the poor and surrender my body to the flames,[b] but have not love, I gain nothing.

4Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

6Love does not delight in evil but rejoices with the truth. 7It always protects, always trusts, always hopes, always perseveres.

8Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. 9For we know in part and we prophesy in part, 10but when perfection comes, the imperfect disappears. 11When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. 12Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

13And now these three remain: faith, hope and love. But the greatest of these is love.

GBTG

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