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Nagging Doubts

By Holmes Charnley

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There's always that nagging doubt isn't there? The nagging doubt that they just won't get it.

I went to the Post Office yesterday, the small local one round the corner, to draw a relatively large amount of money out of my account. Whilst in the queue, I saw a packet of refill cartridges going cheap. Half-price. Which in consequence meant it was around 50p to keep an ink pen running for a good year or so.

Thinking they might come in handy, I procured some and when I was at the head of the queue, placed them on the counter, saying casually to the postmistress that I sincerely hoped that the money I was drawing out would indeed cover the cost of the cartridges.

As I was drawing out in excess of £300, there was a strong chance really and my comment was merely meant to make her smile.

"Yes, it will," she said. Indeed, it appeared that she had done some quick mental arithmetic to make sure. The whole transaction was rather icy, in retrospect.

It could almost have been a precursor to the BBC2 programme I watched later, where on Horizon, it has been predicted that Britain could well, before long, be plunged into another ice age. (Postmistresses roaming the streets, doing unnecessary mental arithmetic, unsmilingly.)

That aside, Horizon proved compulsive viewing. At present, Britain enjoys its temperate climate due to the warm air brought to us from the Gulf Stream. But, due to global warming, were the ice sheets to continue to melt, we would have some major problems. It wouldn't get hotter, as you'd think. It would, conversely, get a hell of a lot colder here in Britain.

You see, the North Atlantic is an incredibly important area. From a meteorological point of view, you could say it is "strategic." It is the point where the Gulf Stream sinks to join what is known as the Atlantic Conveyor, a massive rotating belt which takes cold water back along the ocean floor to the

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tropics, where again, it rises, to begin the journey again.

This whole process relies on the salinity of the water. As salt water cools, its density increases, causing this drop to the floor I just mentioned. What could bugger this up?

Well, naturally, fresh water from the melting ice—sheets, along with the huge Siberian rivers, which are flooding more than ever, contributing to this fresh water being thrown into the Atlantic.

Put simply, diluted salt water will not sink, the Gulf Stream would call it a day and it would get bloody cold. No, really cold.

Dr Terry Joyce, of Woods Hole Oceanographic Institute believes there is a 50% chance of this

happening within the next 100 years. "The likelihood of having an abrupt change is increasing – global warming is moving us closer and closer to the brink" he warned.

(It was sobering stuff. Again, vitriolic thoughts about the world's leaders who continue to allow global warming to happen bombarded my brain, as the Atlantic continues to be bombarded by this fresh water.)

It's been cold recently, more so since the central heating has decided to pack up and the damned landlord has taken aeons to sort it. So, it was a case of watching this programme whilst huddled round my Zippo.

I'm relatively new to this town, so whilst I was on the playground today, picking up the kids, I got talking to this chap that I have begun to know. In the past, it has merely been a case of exchanging pleasantries. I was telling him about the central heating having shut down. Turns out, he'd seen Horizon last night as well.

"Knowing my luck" I said, " this forecasted ice age will hit us tonight before the landlord gets the boiler sorted."

"Oh no, I think it would take around 10 years to fully hit us. It wouldn't happen overnight."

Is he related to the postmistress? I'm beginning to get nagging doubts about this town.

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Doubting Your Way To Success!....Ridiculous.....Oh?

By Richard Vegas

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Nagging Doubts

by: **Richard Vegas**

Ever had a problem with doubts? Ever felt that nagging feeling down in the pit of your stomach that says, "It ain't gonna happen this time"? Have you ever wanted to throw in the towel and just quit? If so, you've experienced having your head full of doubts. Here is the good bad and ugly.

A Horse Of A Different Color!

What is a doubt? It's a state of disbelief or distrust. Well, can disbelieving in our goals and dreams ever be good for us? Have you ever considered this? You can have a doubt without having a doubting way of life.

Put another way; you can have doubt in your head with faith in your heart. In the heat of battle your head can be spinning like a top, jumping up and down, turning flips so fast that if you were doing on the outside what you are doing on the inside your clothes couldn't hold you in.

Hard And Fast Rule!

Having a doubt in your head doesn't make you a doubter. Doubt encourages rethinking of a matter, its purpose is to sharpen your mind rather than to change it. Your doubts can force you to ask yourself a question, look for an answer and then take action.

Doubts should not become a condition that stays with us like stink on a skunk. It's perfectly normal for doubts to come and go. The tendency of doubts is to slow us down and give time for reflection on some issue. It will keep us poised at the starting line ready to blast off, but, there will be no motion till we get the all clear.

Conventional Wisdom!

Our doubts should have a purpose. They should always make us want to learn the truth. Don't ever get too close and buddy up with your doubts. They're natural tendency is to come and go, let em go when they do. Be quick to believe when you find reasons to do so.

If you ever find yourself holding on to nagging doubts after you have uncovered valid reasons to believe, shoot yourself in the foot. Nah, I'm kidding, don't you dare do that. Let your doubts be a way of responding to a situation, not a way of life.

There will be times when you will struggle desperately to be faithful to what you know is true, because your feelings will try to make alphabet soup out of what you know is true. Take encouragement from the fact that everyday millions of people struggle with doubts. You don't have any corner on that market.

Time Will Tell!

Use this as a yardstick to determine if you are idolizing your doubts. Your doubts should be honest and

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always directed toward a solution that you can believe; not, settling into them for the winter. And, remember this, it is better to doubt out loud than to believe in silence.

Force yourself to verbalize your doubts so you can hear what you are saying. Doing that may make you want to give yourself a good swift kick in the rear. You may find that what you are distrusting is disgusting. Times like that are when the cycle of doubt seems to go.

But, don't hold on to them; they will be more than happy to hang around you till you take a long walk off a short pier. And, verbalizing them gives your reason a chance to step up to the plate and neutralize the fear that's holding you back.

Use Your Head!

The three steps to convince your doubts to take a hike are these. (1), Ask yourself questions! Remember to do this audibly. The questions you ask yourself are to cause you to focus on the "facts". Keep this in mind! You are not trying to change your belief; the purpose is to sharpen your mind.

You want the ability to make decisions that are in your favor and that's where the questions come in. Questions that are in search of the truth are perfectly normal response doubts. The doubts that are detrimental, i.e., becoming a way of life, are the ones that you lovey dovey up to after you have settled the second step.

(2), Find an answer! Once an answer is determined, is no sign that the doubts will wear out their welcome. In fact, they probably will give you just as many opportunities to doubt your answer and then the cycle starts all over again with the next set of circumstances.

Bet Your Bottom Dollar!

Now, this is the critical junction: at this point you must step back and say wait a minute. This crap could go on forever, and, it could if you let it. The purpose of the three steps is to make sure you have discovered all the facts. Once the facts have come to light then you should find your answer with bated breath.

If the best answer is not clear then go back through the question steps till they are. You must not allow an answer to go unfound. It's there no matter what the situation. Life never leaves us with no way out or answers to our questions. It might make you feel like you're only a little bit pregnant, but keep looking, it's there.

At The End Of The Day!

(3), The most important of the steps! Once the answer is discovered, start taking action. And, remember this; you still may have some doubts till the goal or dream has completed. But, they will diminish as you are moving toward the goal line. But, they will get hotter than a nanny goat in a pepper patch if you sit still.

Richard Vegas ©

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Richard Vegas is a popular recording artist and internet marketing professional.

He invites you to subscribe to his FREE weekly ezine "Wing-Tips" Teaching

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You may also hear some of Richard's free music at:

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