



Coping With Online Doubt

(From Richard Mosely)

(How to get over limiting doubts that prevent your online progress...)

This book is not given as medical or psychiatric advice. Although I've worked in the Mental Health field for 30 years, I still implore that if you feel you need counseling, to please seek out a professional therapist.

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Intellectual credit and thanks also extended to:

Rick Macaulay, at: <http://www.RickMacaulay.com>

With no further ado, here is what Rick & I have to offer:.

The definition of doubt is:

Doubt is [uncertainty](#) in the context of [trust](#) (where it takes the form of [distrust](#)), [action](#), [decision](#) or [belief](#). It implies challenging some notion of [reality](#) in effect, and may involve hesitating to take a relevant action due to concern that one might be mistaken, at fault, along with other fears.. The term ' to doubt ' can also mean ' to [question](#) one's circumstances and life experience '.

You can use the last definition as a guiding rule to look at your present life experience in doubt by saying "It doesn't have to be this way!" You would be right in saying this because we do have the ability to change our circumstances.

"Every obstacle presents an opportunity to improve our condition."

Multitudes of books have been written over the last 200 thousand years about how you can control and even change your circumstances. The newest one that is well known

now is "The Secret". I recommend this book very highly, even amidst some religious concerns about it.

Understanding that we always have an incessant dialogue going on inside our mind, and that it's normal is a healthy start. We all have a mind that goes automatically in whatever direction the external stimulus points to. Then it branches off into predetermined or usual paths when expanding on the subject at hand.

For most of us, that usual path is doubt, fears, priority's, etc.

It's important to remind ourselves that the mind is simply an organ much like other organs in the body that runs automatically. As well, like some of the other organs, we can influence its direction.

In dealing with our thought process, we must exercise control and make the effort to direct our thinking in a proper direction or it can have all kinds of negative influences in our physical world.

"Sometimes it will seem that you have suffered an irreparable setback. If you're alive enough to think about it, you haven't."

Lots of research has been done proving that our mental states affect our physical bodies directly. Stress can cause sore muscles, headaches, even grey hair!

Conversely positive affirmations have good results on our bodies freeing up our muscular systems, giving us better sleep and there is evidence of far less incidents of disease with mental affirmations and outlooks of a positive nature.

Oddly enough, it goes even further!

Lately books have been written suggesting that our thoughts, feelings and verbiage can actually create our environment! Do you remember the old scripture that says "As you say, so shall it be"? Perhaps there is more truth to this than we first thought.

So let's look first at what is holding us back.

Have you ever started a day by getting up late? Then unconsciously saying to you "Man this is going to be a lousy day"?

And then it did become a lousy day! Time after time things went wrong. Shower ran out of water, burned your toast, spouse was unhappy about something. Finally got to work (late) to find more of a workload waiting for you. Maybe the secretary was quitting, or

an upset client. Maybe your boss had some negative feedback for your performance the day before and decided today is the day to let you know about it.

There's an actual term in psychology called "anticipatory anxiety" which says you actually tend to create the thing(s) you are anxious about!

"It is the mark of an educated mind to be able to entertain a thought without accepting it."...(or further nurturing it)

It's important to realize that thoughts are just thoughts; they don't make you what you are. Actions do. Plain and simple (along with God or your Spiritual concept's help/guidance).

Many times we judge ourselves by our intentions while the world judges us by our actions.

Realizing these thoughts are only that, is our first step. Taking control is the second.

When we hear thoughts of a negative consequence it is actually necessary to fight that thought by saying No, that's not true. I am a good father, worker, and husband (or whatever the case maybe)

The comparison that the mind is like a wild pony that has been placed under the rein and mastered is a good comparison.

Once you get good at it, you will actually hear thoughts as if you are listening to someone speak. This is known as "Second Level Consciousness" This is when you are beginning to hear the mind as it functions and become more in control of the dialogue it renders. As well, you consider what to keep and what to throw away.

An excellent way of conditioning the mind for a more positive output is to begin reading positive books and books about "self help". Going to "second hand book stores" will reveal hundreds of excellent books you can use to start refreshing the mind with.

This is personally where my own transformation began.

As I poured through dozens of books I began to look for more positive outlooks and outcomes of situations that came into my life. It really was a turning point in my life.

Perhaps you're saying to yourself, "yeah, but you don't know what kind of life I've had. It was rough and no one gave me any breaks at all" or something similar.

Fair enough. Let's compare.

Those who have suffered much are like those who know many languages; they have learned to understand and be understood by all.
— ***Madame Swetchine***

I personally know of a fellow whose family broke up when he was a small child due to his father's drinking and spent a year and a half in a foster home while his mother worked to find them a new life.

She remarried and brought her son and daughter home when they were 5 and 3 respectively.

Unknown to her he was an abuser of children. He had his way with the girl and the boy when she was not around. My friend at the time was five and was able to express

himself so he began to fight back against the sexual advances and broke all the toys that were offered as a way to bribe his way to allowing this behavior.

So the step father convinced the woman that the child was destructive and that it was him or the boy that leaves.

Back in the late 50's it was hard to survive, and so this mother had no choice but to send the boy back into the custody of the courts as a difficult child. Obviously the behavior became worse and he went from foster home to foster home. Some of these homes also had abuse going on in them.

At one time he spent 4 years (8yrs old to 12) at a sanitarium cause there were no foster homes available. Him and about 15 other boys stayed in a large room with severely mentally retarded men because there was no where else to house them.

Again his behavior worsened.

"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

-Buddha

He wound up going to a boys school run by Christian Brothers. Unknown to the public (but the police knew) the Brothers had been molesting boys there for almost 20 years. After 2000 boys had been traumatized, it became public and a movie was made of the crimes called "The Boys of St. Vincent's"

He came out of there an angry boy trusting no one. Later he got into drugs and alcohol. Once when on drugs he overdosed and went into a 3 month coma. Fortunately he came out with no noticeable mental injuries.

Crimes continued up until he was 24 spending every few months or years in jails or institutions. Then it all came to a head at the age of 24 when he was again facing the judge for a non violent crime and this time the term was a maximum of 20 years.

Life. Yes, that's a life sentence. Later while he was in jail awaiting sentencing he attempted suicide but was unsuccessful.

It is hard to imagine that this person is now a happy man. He is a good father to a loving spiritual 12 year old boy. Enjoys helping people and is a genuine contributing member of society. Giving, laughing, and loving life.

But he is, or should I say, I am. Yes, that was me.

I was about as close to the edge as anyone could be. But somehow a chance was given again, after so many had already been given. Don't get me wrong. It didn't happen overnight. I made a lot of mistakes along the way, but I kept trying. I fought for the right to live and to be free. To change the negatives in my mind that said I had a right to my anger. That many people had hurt me and I should try to get all I could out of this world while I can.

But somehow inside I knew this was wrong.

"I am the master in my fate; I am the captain of my soul. "

-W.E. Henley

The one day I came across a saying in one of the books I was reading that changed my life and the direction it was going.

"To forgive is to set a prisoner free. And then to discover, the prisoner was me"

I was the one who was trying to live with the resentment of all that had happened to me. I was living in agony and resentment and was prisoner of my thoughts and feelings.

If I could find a way to forgive those of the past, I might be able to have a life of my own.

I found another book that helped with dealing with those feelings called "Further along the Road Less Traveled". This also held keys to a new future.

"He who angers you conquers you."
--Elizabeth Kenny

To be truthful, I've met dozens of people who've had it tougher than I and showed grace and humility living their lives. I have learned important lessons from these incredible people.

One woman who was 35 or so, had cancer and was told to stay home so she could die indignity. You know what she wanted to do before she died? She wanted to learn how to read. Now logically this would seem to make no sense. What good could it do her? But it had a deep and profound effect on me. To this day I can't effectively express what it means inside, but its there and it is there because of her.

Funny thing is, once I made my mind up to change, the universe began to respond in a "like" fashion. As I became willing to change, teachers started showing up in the wildest of places. What was really cool was, the more I made use of the knowledge these people had, the more people I began to meet.

Then, one day, something happened.

Someone was in trouble and they came from the same type of past I had come from. I wound up simply telling where I came from and what I was doing to live today and this person took hold and started their own life! Free from their past.

Then the benefits really began to pour in. Giving is how you receive. Not by taking! Hmm, who would have thought....

So if you're living with doubts, don't listen to them. They are lies! You can rise about the doubts and be successful. Just make the decision to keep going even if you die trying. Never give up! Stay positive in face of everything that says you should not be!

If you do, you will have victories. It may happen soon or it will happen later. But it WILL happen. Don't give up because it is your destiny to have a good life.

Learn to laugh and you'll learn to love.

Everyone who believes in telekinesis... raise my hand

Keep an open mind, read positive books and be grateful for everything you can and the Universe will give you more to be grateful for.

Here's a little exercise that can help give you some calmness and center you better. It has done wonders for me and many others.

It's based on the concept that we are a 3 structured being. Mind, Body, and Spirit. Problem is, that structure is out of balance because one of these forces is always running, the Mind.

So using the concept of an old story based around ancient Russia, we can seek some balance.

Let me expand on this.

In ancient Russia there was an unbeaten team of horses which they call "Troika" which one of the translations means 3. The Russian Troika was for the most part unbeaten due to the exhaustive training they used on these horse's which based itself around harmony.

In order for the horses to run well, they had to run as one. This was the key to the unprecedented success, and they remained the best for many years to come.

It can be the same with us. To achieve harmony, to be centered, we need balance. One of the simplest ways I have found to do this is a very simple technique of meditation. Doing this a couple times a day gives a sense of peace and harmony in a very short time. As well, I often find it easier to make important decisions as my mind is less fettered with other issues.

Here's how it works.

In the morning, soon after you wake. Find a quiet place where you can be alone. A favorite chair perhaps. It is helpful if it has armrests so your arms can relax as well.

Position yourself in this chair comfortably with your arms relaxed and be prepared to spend the next 15 minutes focusing only on your breathing.

All we will be doing is counting our breaths. Count 1 when you breathe in, 2 when you breathe out. That's it. Simple.

However, before we start, we are going to have an intention. The intention is to simply go inside oneself and hold hands with our Source. If you are a believer in a Greater Power, you can use God. If not, the Creative Force of the Universe will serve you as well.

The point is, we are going there just to be with this Energy, nothing more. We're not looking for answers or going to ask questions. Just be.

So we begin. Breathe in and count 1. Breathe out and count 2, and continue.

The goal is to focus the mind only on counting those 2 breathes. This quiets the mind and gives our spirit some time on stage (so to speak).

Don't be concerned if you find your mind unwilling to allow this. It's been the center stage all your life. It's not going to go quietly, even if it is only for 15 minutes. Once you find your mind wandering (and guaranteed you will) gently bring its focus back to counting those 2 breathes.

I use an intention word when I start. That word is "Peace". Then I intend to go inside and hold hands with my Maker. Nothing more, just hold hands.

In order for this to have an effect on you, you need to do it for at least a short period of time, but it must be done consistently. Do you think you could do this for 10 days? That's not a long period of time, but it must be done consistently for 10 days in a row. If you forget to do it one day, you must start over.

10 days is the goal.

I've had terrific results with this simple technique however, we are all different. I would like to invite you to send me your results once you have done this

(if you choose to) for a 10 day period.

Simply tell me how this has affected you (or not) and send it to:

[webmaster \[at\]rwithcare dot com](mailto:webmaster@rwithcare.com)

If you wish, I'll then send you advise how to achieve an even deeper sense of (whatever you experience) when I reply. No tricks or sales gimmicks. Just simple techniques to help you improve your own resources, nothing more.

I look forward to hearing about your experiences.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

Much care and Blessings!

Richard Mosely

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~~Trying to make an income online is not only possible, but it can be easy once you find the avenue of attack.~~

~~Then all that is required is focus and consistency.~~