

Doubt
By Devlin Murphy
July 2019

Doubt is a painful thing. It serves a purpose, at least that's what I tell myself in my moments of doubt. It is like a zit, you go to bed ok but in the morning-there it is. Perhaps doubt is like a pus pocket, it shows it's self when you need to take care. Perhaps doubt is more like a pile of shit, just a part of the natural process of life.

You are rolling along doing your thing thinking, hey I'm on the right path. I'm doing the things that bring me joy. I am taking care of my business, family, house, life. Then, bam! Out of no where comes this shittiness that washes over you and brings you low. Making you feel like-nope-wrong-you don't have what it takes to live the life you dream of. You are destined to wallow in the pit. You will never make it. Who do you think you are?!

Doubt creeps in for a reason. What is it? Can you learn from it? Is it telling you something you need? Or is it just a foul way we play in our minds to muddle, confuse, hurt, or delay our process and progress? Well, whatever it is we must deal with it. It will rear its spiteful head anytime it choses. We can't stop that (can we?) But we can look for the lesson within it and grow. The other choices are too painful to accept.

What we cannot do is believe it. If you succumb to the doubt you accept defeat. You believe the lie. You settle for less than you are and are becoming. Perhaps doubt is a natural by product of dreams. The balance~the ying and the yang, the light and the dark. Perhaps it helps us to see the unforeseen. To take caution, to take stock, to regroup, realign.

I have come to the conclusion that most things in nature are balanced and serve a function of some kind, like fleas. So what is doubts purpose? To keep us humble, centered? Help us to avoid making mistakes? Well, whatever it is, I don't like it. I don't like doubt (or fleas). It clouds the heart, mind, and spirit with pus and shit which is better flushed than stuck within. I can't stop doubt from creeping in from time to time but I can stop how I react to it. I guess that's all I or any of us can do.

If you are thinking about jumping into the pool from the roof-there should be doubt-not a good idea! If you are following your heart and living your art, there should be no doubt! I am going to fight that nasty beast of doubt whenever it pops up but first I'll take a moment to consider the lessons be learned from it. THEN, flush it...