

## **Doubtless Without A Doubt**

**by Serge Kahili King**

This is a subject that's based on a saying that my father used whenever he was trying to make a point about how certain something was. He would say, "Doubtless, without a doubt, no doubt." Now that is really without any doubt.

The point I want to bring up is about the role of doubt in our lives and the effects that it has on us, and how to get rid of it. The opposite of doubt, of course, is confidence, and so what I am really talking about is confidence, and the complete state of confidence is when you are in a state of state of being doubtless, without a doubt, no doubt.

To understand this a little better you need to know where doubt comes from. How does such a thing start? It starts from two places, because there are two kinds of doubt. One is doubt about your competence, which is really a doubt about your own power to do something, to be effective, to act effectively. The other one is about your worth.

They are related, but there is a little bit of a distinction there. The doubt about your power is based on your doubt about your worth, which is often called self-esteem, and the other one is the issue called self-confidence, confidence in your own abilities.

If you don't have some degree of self-esteem, it is very difficult to have any self-confidence that goes beyond that. The two are very interlinked. In the same way, it is not very possible to have a great deal of self-confidence without the self-esteem going along with it.

They are not identical but they are very interrelated. In Huna, we call this interrelationship a combination of *aloha*, which is love, and *mana*, which is power, and the two have to go together and work together to be really effective.

One without the other is out of balance. It's like the concept between male and female as archetypes in a way. Male energy and female or feminine energy both have to be in balance to be effective.

If you have too much of one, you get way out of balance and you get abuse of some kind. If you have love without power, for instance, it's a wishy-washy kind of love. It's a very passive to the point of "See, I love people so much I wouldn't do anything to resist them what-so-ever," and you let people walk over you. That's not really love, because while you might call it love for the rest of the world, it is a very degrading kind attitude toward oneself. It engenders doubt that you are worthy of standing up for yourself.

Power without love leads to the very masculine abuse of that power – of using force, of using violence to get one's way without any sense of compassion, so power without love is also not effective in producing either happiness or effectiveness. If you use violence to accomplish ends you get violence back. You plant that seed it's the kind of thing you are going to get in return. Oh, it is possible to use violence to suppress things for a while, but it just suppresses it, and if you keep using it, *Boom!* out it comes again.

It might seem like it's kind of off the target, but it's not off the subject. I was thinking about WWII and what really brought about the peace. It was not the winning of the war militarily, that's not what did it. That was simply the temporary stoppage of hostility, that's all that did. What won the thing, what helped to bring peace about afterwards, was the Marshall Plan to help Germany and Russia get back up on their feet, so to speak.

This was the very unique, and I have to say loving in a larger sense, loving attitude of the United States, unbeknownst to many of the people involved, of making friends out of their enemies so that two very deep enemies that they once were became very close allies. There was a process of integration of reaching out, of forgiving and integration. That's what brought about the peace. It wasn't all the violence or the suppression stuff. That's not what did it.

There had to be at that point enough self-esteem to be able to act that way on the part of someone else. The United States at that time had a strong belief in its righteousness, and that helped to give enough self-esteem and self-confidence to be able to take what would normally be considered in any other time period, a tremendous risk.

The more self-esteem you have, the more self-confidence you have, the less doubt you have about yourself, your purposes and your being, the more you are

willing to take the risk, whether that risk is making friends on a world-wide scale or stepping up and saying hello to a person who you think is kind of nice and you'd like to get to know.

In either case, there is a possibility of rejection, whether it is at a personal, individual level or on a national, world level. There is a possibility of making a mistake, of saying the wrong thing and not quite doing it perfectly. So the person who has no doubt about himself or herself will say, "Ah, that didn't work. Ok. I'll try something else," or try someone else. There is no sense of loss, one doesn't feel their whole self is at stake in doing that, but you do that and it works when you have no doubt.

Let's look at the self-confidence part of this first. Confidence is always in something. There is no such thing as an abstract thing called confidence in practical terms here on Earth. It is always confidence in something, in someone, in yourself, in your skill. When you think "confidence in yourself," what does that mean? Confidence in your skill, confidence in your ability to handle things, confidence in your power, your effectiveness – always confidence in something, even when it is applied to yourself.

If you have a larger sense of self, like we teach in Huna about the concept of your Higher Self as also being a part of you, your body self or Ku also being a part of you, then when you say you have confidence in your ability to handle any situation, from the Huna point of view what you're saying is, "I have confidence in either my conscious mind or my body's natural knowledge or my Higher Self's spiritual awareness and ability to handle any situation."

It's kind of an integrated sense of self, so when you say "I have confidence," it's a larger sense of self than most people are thinking about. Most people are thinking about their consciously aware skills or knowledge or something like that. If that's all you rely on, it's understandable why a lot of people don't have a lot selfconfidence. They rely on what they can remember from what they learned in school, on what they can remember of the skills that they learned or what they know how to do right. A new situation arises then, so what are you going to do? You may feel shaky and you may feel insecure. "Hey? Can I do this? Is it possible? What if I fail?" All those things are the doubt kind of statements they think of themselves that increases the insecurity and lessens the effectiveness and happiness.

Anxiety that arises is sometimes called “free floating anxiety” - people really think there is such a thing. “Free Floating Anxiety” is supposedly anxiety that you are feeling but you don’t know what the cause is. That just means that your body is feeling anxious about something that you are not consciously aware of. It knows specifically what it is, however, and it always arises from doubt.

It can arise from doubt about your ability to cope with something, for instance. So whatever situation arises around and whatever subtle thing it can pick up, which could be from across the nation or the other side of the world, doubt arises: “Can I cope with that?” If you feel anxious about something and you stop and say, “Wait a second, whether it’s my higher self, my body mind or me, whatever it is, one of us can handle it,” you’ll be amazed at just how much anxiety starts to disappear.

You may even have a kind of a spontaneous sigh that will appear, and that’s a sign that your body has been under tension and has suddenly relaxed. All you have to do is assure it by telling yourself, “Look, one of us can handle this.” If you can get into that conscious, knowing expectancy state, wow, you’ll be amazed how much nicer that makes you feel, how relieved you start to feel, and that feeling of relief puts you on the way to more self confidence.

Doubt itself can give rise to feelings of anxiety, feelings of tension in the pit of your stomach, can give rise to nervousness when your hands are shaking, and not just because you’ve had too much caffeine, that gives rise to whatever might be happening with you.

So many of these symptoms are based on insecurity, and that includes a lot of headaches and tension things that are in the body when the body is trying to hold on to get a greater feeling of security. The only way the body knows how to do those symptoms, if you don’t teach it differently, is to tense the muscles. That doesn’t work very well, however. It starts to make you feel even more insecure, because you get out of touch with the body, with the feelings, with the energy, out of touch with the Earth, out of touch with the people around you. You lose contact, you feel greater separation, alienation, more anxiety. When you try to use something to suppress the doubt, it just builds up on itself.

In this society of ours we are trained in ways of doubt. Actually trained in it! Usually not on purpose, because the people training us usually aren’t aware that

that's what they're doing, but children can be really trained in doubt and how to cause it. One of the ways they learn, usually at their mother's or father's knee is by manipulation, emotional manipulation, training people to feel guilty if they don't please someone. If they don't please them - it could be an amorphous "them" that might be out there - children can be taught to believe that "You know "they" won't like you if you do that," or "People will talk" or "People will say this." The even more subtle ones for kids are, "You'll never make it if you act that way, you know." "You'll never be accepted if you ..." By Whom?

All the kid knows is the way the parent may act, but then by extension that becomes all of society. Basically, "If you don't do what I do, if you don't make me happy then something is wrong with you. Then you are no good, you're not competent, you won't make it" and all of these kinds of things are taught.

Even more subtle ways can be when you feel pressured into acting for someone else's wishes, to do what they want you to do, and very subtly they can seem to be very nice on the surface, but if you ever feel the tension inside, the feeling of manipulation, and you can't stop and you don't want to do it and you tense up, you might get physical symptoms, the kinds of symptoms that people get because anger builds up inside and you don't want to act that way, but you feel you have to, or else, because you doubt yourself and you doubt your ability to do anything about what the other person wants you to do, and that you don't want to do.

So emotional manipulation is taught and people then become manipulated in that way. It's not a big conspiracy. This is just kind of a social cultural thing, and most people are doing it unconsciously, but you can become manipulated by guilt, manipulated by expectancy, and you build up a resentment, and all of it is based on a sense of doubt.

If you were totally confident in yourself, you would never resent anyone, never feel guilt, ever, because you would have total self-esteem, total self-confidence. I am talking about an ideal here, but it's possible to get closer to that, when you are so sure of yourself that you're in the right place in the world at the right time doing exactly the right thing and that you have the ability, the powers, the skills, the contact with Higher Self or spirit, to take care of any situation that you ever find yourself in. You can imagine how good that's going to make you feel.

It's possible to get there. How? The easiest route is by the decisions that you make about yourself and about the world around you. You can have self confidence which is based on your sense of power, which is very strongly based on your sense of self-esteem, or your true loving of yourself, and you can have appreciation of yourself, which is based upon your feeling of worth, which is based upon a decision about yourself. It finally comes down to that.

Decisions about other things help, too, but basically, it's a decision about yourself. Somewhere along the way you made a decision. If you ever suffer from this, somewhere along the way you made a decision like, "Something is wrong with me", "I don't fit", "I'm not right", "I can't please when I'm expected to please" or whatever it is, you make a decision that something is wrong with you.

The way out is right now to start making a different decision, like, "Hey! There's nothing wrong with me. I'm fine. I'm ok." You may also find that you don't have to make the usually polarity of a decision about others, like, "There's nothing wrong with me, they're crazy." You don't have to do that. You can let them be whatever they are, "There is nothing wrong with me. I'm okay," and say that with enough repetition and energy and feeling until you begin to believe it. That starts to change your life and it starts automatically to change how other people are responding to you.

It doesn't matter how long you had another kind of decision, when it was, who you learned it from, or anything like that. You can start changing it today, tonight. It's that basic. Then you start making a few other decisions that are also very helpful, and they are true to the degree that you believe them. Among these are, "I can't do any wrong." "Nothing I do is wrong." "I might not like all the results I get, but nothing I do is wrong, nothing, ever." To be honest, something you do may not be effective, but you don't have to call it "wrong." This links into something else, and that is the idea that when you go after a goal, whether that goal is being happy for this hour, or whether that goal is achieving some worldwide project, or anything in between, it really doesn't matter what the goal is. Don't tie your self esteem, your self worth, or your competence to the plans.

Too many people do that. They have a goal that they start working on and they start a plan, accomplishing certain things, and then the plan doesn't work and

they say, “I failed, therefore I’m awful, I’m terrible, the world is against me” or whatever similar thing you might think.

All it means is, the plan didn’t work. So what? So you choose another plan. If you don’t link the outcome to the plan, you are free from so much self doubt, because then you can say, “Well that plan didn’t work, let’s try something else.” Then you are also free in this sense, because you can say, “Well, how much do I really want that goal? Do I want it enough to try another plan? Yes? Okay, now we’ll try another plan.”

If 32 plans don’t work, that just means that those 32 plans didn’t work. It doesn’t mean anything else. It doesn’t mean anything about your confidence, about yourself worth, about anything else like that. It simply means that those 32 plans weren’t the ones that worked. Now you can decide, “Do I want this goal enough to keep trying another plan?” You might decide that “I don’t want it that much, so I’m going to choose a different goal.” And so you choose another goal and make a different plan. There’s no failure, and therefore no room and no cause for any self-doubt, because you have consciously decided “That’s not the goal for me,” and consciously decided to pick another one. That way all you’ll have in your life are successes.

It reminds me of the story about Thomas Edison, and the 10,000 plans that he used to finally get the light bulb to work the way he wanted it to. When he was asked if he got discouraged, he replied, “No, I learned 10,000 ways that didn’t work.”

He didn’t let those discourage him, because he didn’t tie his confidence or his self-worth to a particular method, a particular plan. That left him free to try as many plans as he wanted, until he found one that would work for that goal. Obviously, he really wanted that goal, but because he wasn’t linking a particular plan to his goal, he never got discouraged, and discouragement is self-doubt. There’s a powerful lesson in that, if you can get it. Once you can free yourself from doubt, the only other decision you have to make is, “Do I want to do what it takes to get what I want?”

So, think “I’m okay” and “There’s a way.” Those are the kinds of thoughts that can work for you.