

~ Inquiring Minds, Searching Souls ~ #16 July 12, 2012

What's the [difference between a skeptic and cynic](#)? Are you one, the other, none, or a combo?

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THE BARBER OF BARILE: NO MAS, RETIRADA Y LIBRE

Every six weeks for the past 43 years my wife would give me a haircut. No stranger to cutting hair, she barbered her brothers and sisters for a decade to help the family save time and money. Her father (wisely) talked her out of being a beautician to become a Registered Nurse. Still she cut our children's hair as long as they would let her, saving us \$8-9K in barber fees over the many years.

Lately, however, with the onset of some arthritis and ennui, I sensed some reluctance to do this tedious task. So after a brief discussion, I did what was heretofore unthinkable: aided by clipper skis, I cut my own hair.

To our mutual surprise, we both liked the results. It only took me 1/3 the time, and my hair is now easier to manage. More importantly, I do not have to depend on her to be my barber, and she is free at last, free at last, from the labor of love, the shackles of habit and our lack of imagination.

Suddenly, in the quitting, the enormity of the task over time dawned on me. Approximately 344 haircuts for me alone, totaling approximately 172 hours, or about seven 24 hour days, or 21 working days. And this is just haircuts!

How can one repay a lifetime of giving is a question many married people ask of each other as time a n d challenges b r i n g s them even closer. And it all came up for me



because of I decided to cut my own hair. What next? Maybe cooking?

Nevertheless, as LeAnn Rimes says in one of my favorite songs:

I'll get even with you
For the hard times you helped me through
I'll give it back to you
All the love you've given me
For the rest of my life
Everyday and every night
If it's the last thing I'll ever do
I'll get even with you ([song](#))

And I will, too, Patricia!

AN EXAMPLE FROM THE SKEPTIC'S DICTIONARY

Healthy skepticism is a tool to help us separate the wheat from the chaff. Unhealthy skepticism can make us cynical of all that we cannot understand or explain rationally. Below is an explanation of one of my favorite terms psychologist used to process conflicting ideas.

“Cognitive dissonance is a theory of human motivation that asserts that it is psychologically uncomfortable to hold contradictory cognitions (*thoughts or ideas*). The theory is that dissonance, being unpleasant, motivates a person to change his cognition, attitude, or behavior.

[--for more on this-->](#)

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Hope you enjoyed this issue sharing some head and heart. Peace. -Joe