

## The True Essence of Loneliness

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Contemplate if you can, the moments when you feel loneliness. Most often it is when you are alone and conjure up a desire you think is missing—a person, a memory passed, a regret of how something went, the end of a day filled with procrastination. Then there are those other times when you find yourself in the midst of a joyous occurrence or celebration—your favorite friends, merriment, great food, dance, music, a momentous achievement. The scene could not be more perfect.

However, in the middle of it all, you still find yourself alone and you choose to label it loneliness. Once again, your mind has tricked you into believing there is an organic real nature to what you are experiencing. And you decide the experience is lacking. What you have not realized is that the true nature of Self is aloneness—the god consciousness that never moves, always creates in its nothingness. You are here. You are always here. More than here, you are That. The loneliness your identity is authorizing is only the sad mind state trying to explain the unexplainable.



You are God Consciousness emerging. There is no one else. You are the nothingness that brings forth everything. Your mind will never elevate to this realization. You must separate from your mind to understand your essential nature, to let the truth you seek explode before your very eyes.

Experiment with your loneliness if you wish to discover your true nature. After you have labeled a flooding feeling as loneliness, take the time to meditate on what is happening. What is captured in that moment that defines this feeling of remoteness, of standing apart? Is it really a state of desolation, of separateness? Does it really carry the weight of anguish that you have prescribed? Or, perhaps, it is merely the beauty of the dream. And the stuff of which you are, can offer an expanse within your chest that is so much more than loneliness. Let it ride out. Take the risk to realize loneliness is merely the striking of the match to that divine fire of True Nature.