

Trusting Aloneness



By
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What Is It To Be Alone?

Aloneness is living with or without the companionship of another. Being alone does not mean that you do not have others in your life or within your home. It does mean that you are focused on the Self, the alone Self, that you are as I AM. Since you are the only one who can accomplish this, it is up to you to relish your aloneness.

While the idea of living with someone and still being alone seems contrary to the human mind, it is the only way that you will find the stillness that pervades your own Self-Realization. And that is why you came to earth, to forget and then to remember.

So, being alone within your home means that you find time to sit in silence and trust that the aloneness you are perpetuating will fulfill your endless seeking for why you are here. It will create a sense of purpose that allows you to feel and finally find the blessing of not needing others while still enjoying their company.

This time spent *with* you aligns your drive for “finding yourself” with the intention to secure peace within your heart. Even if you are a fairly social person (as some people are), you will begin to resonate with this quiet time that benefits you. And not only you, also all of those who live with you or are in your environment in any way.

Sometimes the aspect of being alone becomes disconcerting because you have the feeling that you are not doing enough. You most likely have been brought up to believe that you should be doing many things to be in service to others, help the planet, fulfill a career and/or take care of loved ones. Asking for alone time can feel like a big ask.

Yet, you are the only one who can ascertain what you truly need in this alone space. No one else knows you as you know yourself so there is a deep longing in



your heart to fulfill time to recognize *yourSelf* and bring it forward for all of those in your life.

Without taking the time to make sure you can spend time alone, you will find yourself frustrated and unhappy without really recognizing why. It is because you have not given yourself enough time to *be* with *you*, to truly spend time with your own personal awareness.

There is a great grace in finding the alone space of your own pure heart. This is acquired and recognized only in the blessed, sacred space of holy silence.

While you might believe that being sacred and holy has its special place, on the contrary it is the most natural aspect of your humanity. And, it is most recognized when alone.

No one can tell you what Self is besides you who already knows the Self completely.

Again remember that being alone does not mean that there are no other people around you in your environment. What it does mean is that you are aware of your aloneness within a group or crowd. This is true solitude as I AM.

Now, take some time to sit in silence with this aloneness and see how it inspires you to activate your Self-recognition. So many

people believe that they must have some outside help to understand what the Self means. No one can tell you what Self is besides you who *already knows the Self completely*.

If you make the choice to alter your perception, to transform your thought processes, you will release the need to consider yourself as separate, the “I” of you. Once you accept your infinite emergence as I AM, all potentials are present as you. You recognize the higher as the lower and the lower as the higher. The words themselves lose all meaning.

So the aloneness creates a deep sense of being with one’s Self. Then the creative capacities flow easily and the breath within each moment adheres to that moment’s

creative thoughts, words and actions. Know that this is creating as Creator rather than believing there is a specific way you are to manifest living life.

Once you know yourself as I AM, you will not lose the awareness. It is not a transient perception. As you recognize yourself as I AM, you will remain anchored within that awareness. *Accept that as your truth and observe your reality become only I AM.*

This awareness comes only in the moments of aloneness that create a sense of being within you. Then, whatever you choose to experience within the environment or situation you consider your life is infused with this appreciation and you live as the sacred Self.

Are you available to your Self? Do you allow time to be with You in ways that create feelings of harmony, peace and grace for yourself without anyone else in mind? You may say "Yes" to these questions and then, again, you might say "No" or at least "Not often". Most likely, you place yourself last in the scheme of things and feel that it is your "service". Now it is time to place yourself/Self first – first and foremost in all experiences and situations.

From out of the depths, your innermost silence is calling. Roll out the red carpet and say, *"Welcome home. I've been waiting for you. You are an aspect of my Essence."*

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Meditation: Being Alone

Sit quietly, still. Breathe until you slow your thoughts and physical frequency. Keep your attention focused on your breath to keep you present in the moment. Breathe.

This is your time, your sacred time. You have entered into the holy of holies of your sacred heart.

Let the inner chatter quiet down. Take your time. As your mind begins talking with you again, simply bring its focus back to this moment, this breath. Breathe. Breathe, again.

Allow yourself to feel an opening within the center of your chest. Simply allow your breath to open space in that physical area. Breathe into it. Let your breath be your guiding focus. It is always there and is always with you. Use it to bring your attention back around to its focus on the breath, the heart space . . . opening.

Sit with this open space knowing it is you in form in a dimension of duality you committed to enter alone. You arrive alone and you will leave alone. Let this be the truth of your awareness as I AM. Soak in it until you are comfortable realizing there is only you and you are The One.

Fear Of Aloneness

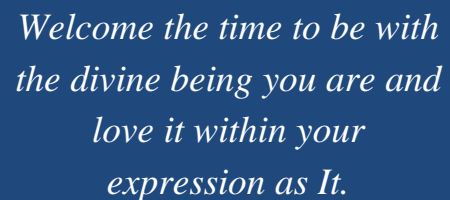
Fear of Being Alone

Are you solitary and isolated from others or are you unique and unequaled? Often, the two go hand in hand. If you are unequaled in any way in what you say, think, feel or do, you may easily feel solitary and apart. How does this make you feel?

Would it surprise you to learn that every human being feels isolated and experiences a low-level anxiety that pervades life? It all began with the sense of abandonment as you exited the womb. No one is exempt from the trailing mist of that first separation. Yet, you can make a choice to accept that incarnating in earth brings with it a *sense* of separation and at the same time realize that it is not real.

When you feel most alone? What do you do to alleviate the feeling? Or, do you attempt to “fix” it? Perhaps you think it’s “just the way things are”. Do you know that you have a choice to change your sense of isolation?

The anxiety you feel when left alone or you experience “loneliness” is leftover from the tribe. It is what the herd feels when one of its kind loses track of the whole and its group mentality. Yet, how will you take the steps you wish to take and make the moves that will bring you to the unique, divine self-realization you yearn for if you align yourself with the masses? A simple glance at the state of awareness exhibited by the majority of humanity will give you the answer to that question.



*Welcome the time to be with
the divine being you are and
love it within your
expression as It.*

So, rather than experiencing anxiety because you find yourself alone, welcome the time to be with the divine being you are and love it within your expression *as It*. If you align yourself within your natural divinity, you will find the anxiety sliding away. Let the herd follow its leader wherever it unknowingly has decided to go. You remain steadfast in your awareness of being divine as I AM. Eventually, one by one, other members of the herd will realize it, also.

Fear of Not Being Loved Is A Companion Fear

You know that you do not know what love is. You have ideas about it. You profess it for and to others. You hope that others *love* you. Your idea of love is different from another person's idea of love and herein lays the mistrust. Because when you tell a person that you "love them", you *expect* them to "love" you back in the same way – and they cannot. This can often cause you to feel alone and/or lonely.

Most humans define love as affection for another. Affection is often referred to as a feeling, emotion or attachment. Is a feeling, emotion or attachment love? No, it is not. Feelings, emotions and attachments are created from beliefs and expectations. They are not love though they may be the eventual outcome of believing you are experiencing love. *When you love yourself fully as you are, then being alone comes most naturally.*

Love is neutral. Love is impersonal. Love holds the very best as the outcome for the beloved whether the person doing the loving is involved or not. Within love, there is no attachment. There may be feelings and there may be emotions, yet attachment is dependency and love is not dependent. This is the basis for embracing aloneness, independence, being alone and not dependent upon others.

Love is neutral.
Love is impersonal.

You may be wondering how loving has anything to do with being alone. Life is a two-way street. What you give, you get. What you receive, you give back. If you are afraid of being alone, you attract to yourself others who also fear being alone. This is not what you want in your life. You want to immerse yourself in your aloneness and then allow others into your life without *needing* them.

Usually, the most profound love relationships are among friends, even more so than family or committed relationships. Most people feel that they would not have chosen their family. And, the very word "committed" attached to relationship often sends a person running out the door. Yet, friendship (and real friendship is complete acceptance of the person) can often be the beginning of understanding what love really means. Often, friendship leads to committed relationships and/or marriage. In that case, your committed partner is your "best friend".

Fear of being alone is a signal that you do not love yourself. Will you let *you* love the divine being you know as you when you are fully alone? Your name is a placeholder for the energy of this love. Can you see yourself as impersonally allowing what you *are* to be exactly as it is and to love it as such? Your inherent nature is one of neutral benefit just like the trees, flowers and fruit of the natural world. Will you give yourself the room to see yourself with that lack of attachment or comparison?

Take a moment here to ask yourself how dedicated to your personal awareness of being divine you really are. When your mind strays to this or that subject, how easy is it to bring it back into the divine consciousness that is your only true birthright? If this feels at all difficult, make time every day to spend alone with you, acknowledging that the only truth you know or could design is being the divine I AM.



Meditation: Releasing Fear Of Aloneness

Sit comfortably and quietly when you have at least an hour to relax and experience how you feel about being alone and what fear it may bring. Be very silent. Wait for the silence within to settle into your awareness. Relax your eyes; relax your tongue, your shoulders, your stomach. Let your thoughts subside.

Place your attention in the center of your body. *Feel* yourself there. Move around within this space, your inner space. Are *you* there? Is that the only place *you* are? Where else are *you*? Where is your attention?

Where is the "I" that you *feel* is you? Is it a thought or a feeling? Where does this "I" exist? Is the "I" of you, the Self, afraid of being alone?

Breathe into the feeling of *where* you are in your body. The "I" is everywhere without any significance. It is neutral.

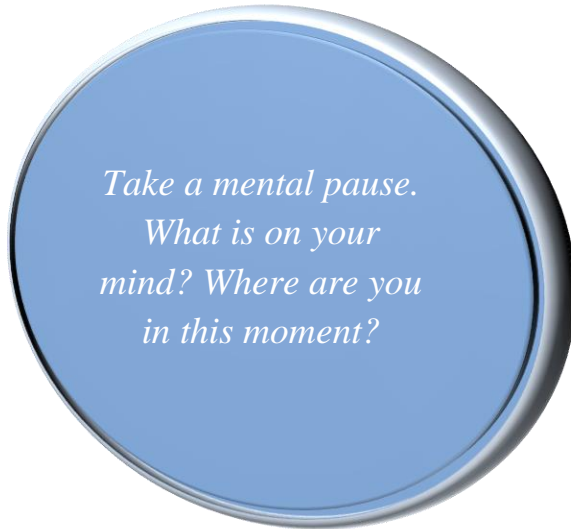
Now allow the "I" you believe is feeling separate to dissolve within the space of You. You are Source. Source knows no "I". Source simply knows. It experiences feeling through you. It is awareness. It is *your* awareness.

Now ask yourself what you are fearing and see where you place your attention for the answer. How does your body feel? Where do you experience this fear? Does it have a past connection that you remember? What can you do to release this connection if it exists? If it does not, what in this moment promotes your fear of being alone? Allow the feeling. Be with it.

Recognizing Yourself Alone -

Does being alone feel easy and flowing? Does it create fear? What do you believe about being alone? From what beliefs in your life does it emerge? Are you ready to release this particular belief system?

The interpretation and significance you give to the information flowing within you is relative only to you. The meaning you attribute to it is important only to you. Actually, the information has no meaning except what you give to it. It is neutral in its frequency as informing energy. The importance of recognizing your beliefs within any particular set of responses within you will become increasingly clear as you begin to enact the information flow within your life alone.



What is on your mind? Stop here for a moment, hit a mental “pause” and take a minute to survey your internal environment. See what you are truly playing on the image screen of your mind. There are many, many mixed messages going on right now, all at the same time, rather than concentrating on being alone; simply one action or thought that you grace with your full attention.

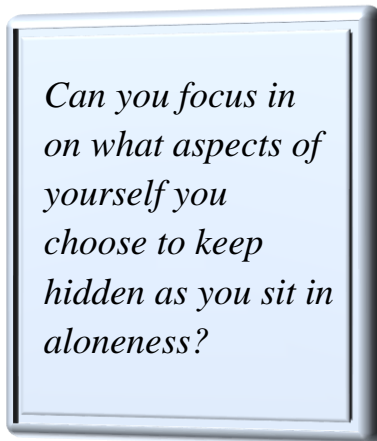
The first reflection you will receive will be the most important to you in this moment. That will be followed by the next important and then onward. Each thought you review will have a specific significance to you depending upon the experience of your life in this moment. Most of them will be part of a “to do” list of activities to pay attention to lest you forget what you believe is significant within your present life.

The truth of the matter is that you truly have nothing special to do. You might believe you do. You might even believe that your thoughts and your actions are very, very important. Truly, you live in your own universe, one created by the thoughts, feelings and observations that you make in each second. When you get

right down to it you *are* important though I know that you want to be important to the whole world first.

This is your state of awareness and it works, responds and reacts without your conscious control unless you decide that you will be in the driver's seat. When left to its own devices, your attention spans all of the worries, anxieties and threats you perceive in your world when you are alone. You are designed to be in control of your attention. It's an exercise and a practice because you've been programmed to think of more than one thing at a time, to multitask, to spread yourself very thin.

The more you allow multiple distractions to influence your energy stream, the less comfortable you are with trusting being alone. It becomes a bit of a muddle among your beliefs, your hopes, your fears and the influence of the mass consensus.



Every human being in a physical body in this earth is here for only one reason: to *experience* alone and *sometimes* with others. So long as spirit inhabits a physical vehicle, experience is the result. It doesn't make any difference what occurs or does not occur, where the person is located or with whom they live or are alone. It is all experience, *that and only that*.

Watch yourself drop the obvious trappings that seem to bind you and find the subtle ones underneath.

Those disappear and the awareness of other tiny attachments make themselves known. Release those to make way for further purity, clarity, silence within . . . infinitely alone.

Have you fully disclosed everything your mind thinks you are to your sacred spirit? Are you in hiding from what you believe might compromise that which brings a higher order to your thoughts, words and actions? Can you focus in on what aspects of yourself you choose to keep hidden as you sit in aloneness?

Let's take a measure for a moment:

You live in a world where there are concepts about how you will create your livelihood, how you will join in relationship through marriage, how you will birth and raise your children, how they will be educated, how you will work and make a

living, how you will grow into old age and how you will die. It doesn't matter what country you live in because each society has its own beliefs, laws, patterns and societal mores about the correct way to do each of the items I have enumerated. And they all include doing something with another.

Somewhere in your mind, if you adhere to these beliefs, conditionings and patterns, you either believe yourself to be successful and worthy, religious or spiritual, good or bad . . . and, ultimately, you believe somehow you will be rewarded afterward for obeying all of these force-fed thought patterns. What if you stepped aside from them? What if you declared it was not important whether you followed the age-old rules? What if you truly came clean with your Self and surrendered to It, seeing *you* as you truly are – alone as I AM.

What you believe about yourself becomes your identity. That is one of the reasons that it can be hard to discard a belief or beliefs – because the beliefs have become who you are – or at least, *who you believe yourself to be*. When you become uncomfortable enough to want to change, you begin to think about doing so. So long as life feels like it is just perking along, you'll most likely ride right along with it.

Whether you decide to change your inner translation or not is your choice. It will either contribute to your harmony or detract from it. In this instance, as in all others, you alone are the creator of your life's experience - alone.

*Can you focus in on what
aspects of yourself you
choose to keep hidden as
you sit in aloneness?*

Meditation: Practicing Recognition

Sitting in your accustomed silent space, breathe into the moment of your presence.

Imagine a belief you have about any aspect of your life.

Ask yourself why it is important to you.

Who told you this is significant?

How does it support you to believe that is true?

Does it feel encouraging to your holy spirit?

Do you feel fear?

How can you experience yourself outside the norm of this belief?

This examination does not mean you have to give up the belief.

It is an exercise in examining why you assign meaning to your reality.

Once you practice this inquiry, select a second belief and begin again.

Clarity is essential as you sit in your aloneness.

Trusting Aloneness

Once you have spent some time learning how you experience aloneness, make time in your daily schedule to truly be alone. This means that you plan alone time outside of your daily work, play and affairs.

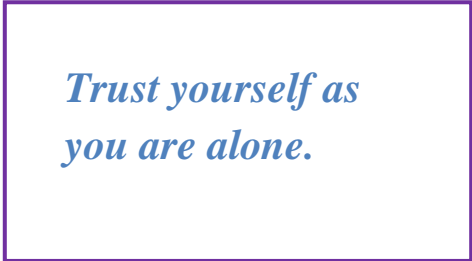
Don't be discouraged if you have a hard time doing this or if you feel a sense of rebellion. Simply go back to sitting alone in silence and begin again. The more attention you place on the exercise, the more you will begin to understand the value of being present with your divine nature without any other interference.

You are now sitting silently immersed in the Oneness.

Oneness or you might say "wholeness" simply *is* whether you believe it is I AM or not. Everything that exists in every dimension (that means as slow in frequency as possible and as fast in frequency as possible) is connected by a web-like force. It is the basis for telepathy, energetic remission of lack of health in the physical body; the reason why you can feel vibrations from people, plants and animals. It is even the reason why you like to look at some pictures, movies or scenes and not others. It all depends upon the resonance that you have with that at which you are looking during that moment in linear time. Look at the same picture a year later and you will see it differently even if you do nothing consciously to change your perception of it. This field is literally embedded within your DNA, which acts as a template for the Oneness to be expressed in and through you in harmony and coherence. You will begin to recognize and understand the subtle realms – alone.

The subtle realms are where you are emerging when you leave your earthly, physical body. Again, this doesn't depend upon what you believe in this life though what you do believe will create, color and frame what you experience in those subtle realms.

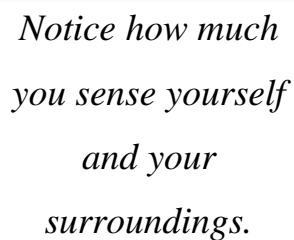
Communication with the etheric while in your physical body is one of the most natural experiences you could have during this incarnation and it is done alone. It has been conditioned out of society to keep you under the dominion of the government of your country, the leaders of your religions, the teachers in your



*Trust yourself as
you are alone.*

schools and, inevitably, the peer group you decide to associate with at any given time. If you step back from the industrial/technological world that you presently live in and look at your ancestors in the natural world, you will see that unequivocally all of the earlier peoples had constant communication with the unseen and spent much time individually alone. Those countries, tribes and national groups living outside the world as you know it still *do* communicate with the etheric and use their knowing, their nightly dreams and their voyages of seeing into the unseen to create, organize and administer their daily lives. Each individual reaches into the Oneness *alone* to contribute to the many.

As you begin to cultivate the ability to be alone, notice how much you sense yourself and your surroundings. Feel into the depth of knowing and longing that appears and ask yourself what you might be longing for since you are the *knower* and have every answer that you might require.



*Notice how much
you sense yourself
and your
surroundings.*

Stretch into your mind's belief about what you believe and why it is true for you. Have you been told that you should not be alone? Has the media convinced you that living alone is not what you desire, rather that you should be with others? If you are in a relationship, how have you defined the alone time you each need to cultivate your own awareness of your divine nature?

While it might appear that being in a partnership with another person precludes living alone, it is the opposite. The relationship you are presently residing within (if you are within one) is the fertile ground for creating a foundation for your ability to be alone with yourself.

The illusion of this world, the chimera of it all, often clouds the reality that you are a mere tourist in planet earth. As you continue to expand into an awareness of your inherent aloneness, you will find yourself remembering where you came from and where you will return to upon putting down this physical form.

The world you live in and the world into which you are emerging is not physical. It exists and is available to you when you make the decision that you want to live your life more consciously aware of, and *consciously* linked to, that which already

exists. It is not outside of you and it is not inside of you. It simply is and in that, so are you. You simply are - alone.

Being human carries within it a basic premise – **it is finite**. Being human is a *limited* experience; it includes an end to using the form you call your body. Underlying this fact is another – you don't know when the end of this form will occur. Your prognostications about the future, what will be created, how your world will ultimately be if you do *this, that* or *another thing* is a flimsy dream – at best, a hopeful thought. Cultivating ease with aloneness allows you to recognize that as One you are not “connected” with anyone else, you simply *are* that Oneness - alone.

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Meditation: Cultivating Aloneness

Sit comfortably in a quiet, secluded space where you know you will remain undisturbed. Breathe easily and naturally without any special emphasis on your breath. Breathe and relax letting the sensation of ease fill your being. Your being is light. Your light is your being. Be conscious of your light and breathe easily . . . relax.

Allow your awareness to sense your physical body as flowing energy appearing as solid form within its frequency. Feel the pulse of your body informed by your spirit. The feeling of spirit in form is your experience in this moment. Allow it to be fully present within you.

As you do so, you will begin to feel a release within your inner resistance. A tightly held physical form is not natural to the body. You are now beginning to experience the ease that flows in intentioned aloneness.

Now let your awareness expand and grow larger than your physical body. Breathe into the light that is present as you. You are inspiring this light with all of your experience in every form you inhabit. Allow all aspects of you to be present. Take your time. Feel the outpouring of your breath into the light. *This is you alone.*

Every aspect of your personality is present as the light you are in this moment. All attributes of you request only to love and be loved alone. There is only your love and your light. Sit in this alone space for at least 20 minutes. Cultivate this habit everyday at the same time so that you begin to relish your alone time. Then extend it into your daily life.