

## BEING ALONE AND LONELY

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By Michael Erlewine ([Michael@Erlewine.net](mailto:Michael@Erlewine.net))

First a Solar Flare Update: We finally got an X1.1 Class solar flare last night at about 8:08 PM EDT Friday July 6, 2012, the strongest class of solar flare, and it did generate a CME Event (Coronal Mass Ejection), but it looks like the CME is not headed toward Earth. Keep in mind that solar-flares affect us deep inside and its information appears or occurs to us in our mind as the "truth" and thus overwrites whatever we have been identifying with up to that point. These are good times to dig into how things really are and get down to the nitty-gritty.

On the home front, yesterday was another 100-degree day. We don't use air-conditioning. For me heat is cumulative. If a day is hot, hot, hot, and one hot day follows another, my insides seem to heat up as the days go by. I also tend to run out of steam somewhere around 2:30 PM on a very hot day, rather than the normal 5 PM or so, and I become next to useless. Well, I can still do things like write this blog, but as for routine business matters and just getting things done, forget about it.

### ALONE

Being alone is a fascinating subject, and here I am differentiating 'alone' from what we call 'loneliness'. Loneliness has always been more a symptom of dis-ease than it is anything in itself, yet we all seem to feel lonely at one time or another. When I was young and a lot more weepy than I am today, my idea of being 'alone' was loneliness. Back then I wrote poems like this:

### PARMENIDES

Each to each the sorrow tells:  
Find another.  
Alone is borne the pain,  
Alone the sorrow,  
Alone the joy,  
Today's tomorrow.

I had the right idea, but had just not yet learned to be alone. Learning how to be alone is as simple or complex as getting to know the nature of our own mind a bit. How many of us bother to do that? Of course, that is what meditation is all about.

As the Greek philosopher Parmenides put it so eloquently, "Being alone is," which simply means to me that there are not two kinds or ways of being, but only one being, and we each have to be by ourselves, as in: to be alone. We are alone.

We each have to live our own life and even die all by ourselves, all alone. No one else can do it for us, not even our mother or closest partner. Yet we can be alone together, which is what society is all about. And this should not be such a hardship because being has always been alone and always will be.

Perhaps each of us has to learn to be alone, even in a crowd, and even in a marriage. Marriage is no cure for 'loneliness'. Being has always been alone, and that is its natural state. This is not to say that we cannot enjoy company. We can be alone together.

We share being alone with others. Yet no other person can cure our innate loneliness, because in the last analysis it does not exist. We can't cure what is not ill. Aloneness, as in 'loneliness,' is more of a social neurosis than it is real. Someone who feels alone in that way just does not yet know themselves. It is natural to be alone.

So if you feel lonely, try not reacting, but let it play itself out. Get used to your own mind. I am reminded of the graphic artist M.C. Esher. I like to read people's journals, and in Esher's early journals he frequently complains how lonely he is, how separated he feels from others. He repeats this refrain for some time.

Then, in the later journal entries there is a single statement referring to his being lonely and he adds, "But it is so refreshing!" Being alone 'is' refreshing, because it is our natural state of being.

There never has been, in all the time up to now, two different kinds of being. There is one and only one way to be, and we each have to do that alone, all by ourselves.

And we are way more alone than we know, but that is not a problem. My first real-life teacher would always say that the word 'alone' should be spelled "All One." He had the right idea; we are all one. There is only one being, but many beings.

How do you feel about being alone? I still write poems about being alone, but my view has changed a lot since I have learned to be alone with myself. Here is an example of a poem I wrote recently about being alone that I kind of like.

#### SOLITUDE

'Alone' is a simple mistake,  
Like the disappearance of a sound.  
Hearing cannot be heard,  
And the finder never found.