

You Are NOT Alone!

Description

Have you ever felt alone?

If you're like most of us, the answer to that question is a resounding YES!

How about when...

- the teacher called on you in school and you didn't know the answer?
- or coming home to an empty house after a breakup?
- or someone you love has passed on?
- or a friend is late (or forgets about) a meeting?
- or someone you love forgets your birthday?

Sometimes, even standing in the checkout line at the grocery store, surrounded by hundreds of people, a feeling of aloneness can creep in and we find ourselves retreating further into the perception that we are alone.

To some extent we all feel this aloneness and it impacts every aspect of our lives.

Eckhart Tolle speaks of Alienation, which the dictionary defines as: Isolation from a group or an activity to which one should belong or in which one should be involved.

He writes:

"Most people are alienated from who they are... Alienation means that you don't feel at ease in any situation, any place, or with any person, not even with yourself. You are always trying to get "home" but never feel at home."

I can relate to feeling ill at ease. Here's one of the strange ways that feeling has shown up in my life. You know those signs in some stores that say, "Please check your bags at the counter?" For many years, I felt so out of place in this world that if a store didn't have a bag check I would ask if I could leave my bag at the counter anyway. If they said "No," and I had to walk around the store with my backpack, I would feel paranoid the entire time that they thought I was going to steal something. And no, I don't have kleptomaniac tendencies! ?

It was just one of the quirky ways that my sense of alienation manifested.

Now, obviously that particular expression of alienation didn't have a huge negative impact on my life. But when that deep feeling of not belonging in the world showed up in my relationships, it did!

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Because I believed, so deeply, that I am alone, I acted in waysthat helped

prove that belief. I kept people at a distance. I pushed people who loved me away. I resisted deep connections and intimacy.

Not the most effective and enjoyable way to live!

And while I have gotten MUCH better at opening up to people and loving them and allowing them to love me, I still do catch myself, from time to time, acting from the belief that I am alone.

Now, when I notice myself pushing someone away or holding myself back from a connection, I stop and remember that it's the perfect time to love myself and feel into the truth that I am deeply and intimately connected with all that is.

Remember that "Contrast" – the things in our lives that we don't necessarily like – shows up to point out something obvious that we're forgetting. When I catch myself relating to someone else in an unloving way, it's time for me to stop and find the place inside myself that feels unloved or unlovable.

The more I do that, the more open I become to truly deep, intimate, loving connections with others... as well as with myself and, most important, with Source or God.

So the next time you feel alone or you catch yourself pushing someone away, I encourage you to take a moment to stop and find the place inside you that is asking for love, that is asking to be welcomed home.

The more that you can remember your connection to all that is the more you'll shift that feeling of Aloneness to ALLOne Ness!

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