The pain of aloneness, and the dis-ease of loneliness

Human beings today are deeply, defensively isolated from each other, especially in Western countries. Focus is based on the individual, the idea and belief is in separation. How we work, the films we watch, the books we read, the modern science of "truth" and the mechanism of industry, all hail from the same bitter pill of separation. The individual is king and it's just "tough" if you don't like it. A typical phrase we hear, which is perhaps a sign of the times but I think is more than just a cultural phenomenon is: "you're on your own, mate!" The mad truth is that this truly is what people believe and is what, unfortunately, is the basis for the society we live in - a total hypocrisy from the top down.

This is the dis-ease of separation, and the dis-ease of loneliness, the *sufferance* of feeling that there truly is no-one that can "get in". Yes, the one "I love", the one saviour, lasts for a little while, but from the first love to the 2nd to the 10th love, the pattern is the same. The saviour comes on angel wings and falls in demonic flames, when one finds out that he or she is not, in fact, the one to save you. This applies not just to the "lover", but to friends, family, teachers, anyone who holds authority, but eventually it emerges that they are just as lonely as you are. They believe in the same ideology that keeps you feeling separate from each other. This is the dis-ease of separation: the idea that it is absolutely the case that "I am" is not what "she is" or "he is". Names, positions, social ranking, distorted ideas of being above or below people, all of these reek of the loneliness of their creators, the deep isolation and the contagious movement to "self-sufficiency" - a total blindness. This fundamental, mantra-mist of illusion that primarily encircles the upper parts of the head and brain region, is a loss of the sense of the ground, loss of the sense of the earth and the feet. It exists before the realization of total unity with the larger context of the expanse of the earth, and secondarily, the essence of the sky above.

The reasons for this are discussed in other articles, but just for now let us try to identify this very difficult sense of *suffering*. It is all about the sense of longing, wanting there to be a connection, a "love" that isn't there, whether you are in a relationship or not it's the same feeling; wanting there to be a situation of love, "a love" that is all yours and that will fulfill you in every conceivable way, sexually, spiritually, the longing, the wanting, the thought and the fear of the alternative, a long future where there is no one. This is the fear of the image created by being in a lonely situation where there is no one to take care of you, no one to love you "back"; you loved and it has not been returned, you gave out and nothing came back, you "tried" but he or she didn't. Why me? Why this? Herein lies deep torturing sufferance, a feeling of never-ending separation. We could call this the coldness of hell, the sense of separation from "God" - but this of course would not be Oneness.

The pain of aloneness is quite different. Aloneness is really the instinct for the movement towards people and connection to them. One could say that it is a gut feeling, like a magnet drawing one towards another. It is not a force that can be termed good or bad, it is simply an impulse. This impulse draws that which is alone to that which is met by another. There is nothing wrong with aloneness except that, to some degree, it has pain attached to it. One could consider it's the want to physically touch, to connect sexually or

to join with, but if this is not met, then it causes a build-up of energy and this energy wants to be used for this purpose because it is, by its nature, moving and expanding, it expresses itself in behaviour which is more expansive. In animals, for example, female elephants will mate with the main bull of the herd. The other male elephants will not be able to do so, because the herd of females is claimed by a particular male. These other male elephants either have to find another herd or they may not mate at all. The expression of these males is much more vigorous and energetic than the other male elephants, because the energy within them has to be released differently. Although there is a total acceptance of this, essentially there is some pain/inflammation involved as they are not connected in the same way as the male in charge of the herd. There is no envy or jealousy, no problem at all, just a sense of aloneness - not loneliness - this aloneness expresses itself in other ways.

We could therefore say that aloneness is painful but is not about suffering. Loneliness is that add-on to aloneness and as a result it is deeply based in suffering. It is the origin of events, like the Trojan War, it is the formation of the hero and the villain. These events are supposed to be all in the name of "love" but in fact love has nothing to do with it. Aloneness is, in fact, an expression of Oneness and love, it is the nature of an expression, as is loneliness, but loneliness has the added and infinitely more complex dimension that it believes aloneness and Oneness are impossible. It believes only in a personal, verified and identified love. Love in its actual meaning is Oneness, so it is deeply impersonal and yet deeply intimate. So if there isn't such a thing as personal love, then what? What does this mean?

If one is deeply interested in Oneness, even at the level of intellect, one must, before all other things give up the idea of a personal love, of a love that's "mine" and one that's "yours", of us being separate from each other. May I recommend, with deep-hearted praise and with a recognition of the true nature of love, the book "Sex at Dawn" by Christopher Ryan and Cacilda Jethá, one of the most important books of our time because it touches on the nature of the ending process of the individual, within the context of relationship, one of the biggest ideological hurdles human beings actually have.

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