

**ALONE.** To be alone is important to me. I slow down. I think about my life; how the way I live my life affects others. **A**nd in meditation - which connects me with my refined, subtle being, my true self - I leave my life behind altogether. **B**ut being alone must not be confused with being lonely; being alone - in this sense - is an inner, spiritual experience. **T**hus alone is not a physical place; it does not need a church, mosque, temple or synagogue - it can be achieved anywhere. **A** companion to being alone is being still - to be still, steady, calm and focussed likely will lead to experiencing inner peace. **A**lone and still, in a quiet spot, with my attention turned inward; now I have attained a space where I am safe and invincible.

*The concept of 'alone' is a great aid to practising detachment; however, it also helps sharpen our senses and sensibilities in our daily life exploits.*

*As we engage in contemplation, introspection and mindfulness meditation, positive energies become available for self-healing and our passions.*

con·tem·pla·tion

*focused consideration or observation of something*

in·tro·spec·tion

*self-examination of feelings, thoughts and motives*

mind·ful·ness med·i·ta·tion

*a technique to alleviate stress, sadness and anxiety*

med·i·ta·tion

*stilling of the mind to aid spiritual development*

*Being alone may coincide with 'having nothing to do', being still ... a state I cherish. Then, in contemplation, I will do the thinking that comes before the writing.*

*When I am in this space of 'alone', with no time constraint, no self-imposed pressure to perform duties, I am in tune with my inner self, my creative spirit.*

*see also ATARAXIA*