



**innerspace** the final frontier  
an e-novel by Luisa Green



essays on self love

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## loneliness define

I feel miserable. I am lonely.

I think to look up loneliness define. An image downloads:

Left us on 5th September 1997.

My heart warms and I recognise this human wonder. I scroll down and read:

Consciously or unconsciously, every one of us does render some service or other. If we cultivate the habit of doing this service deliberately, our desire for service will steadily grow stronger, and it will make not only for our happiness, but that of the world at large.

Mahatma Ghandi

Consciously directing our thinking allows us to change the way we feel. As we grow in Self Love, we claim our love of self and one another. We refuse to deplete our capacity for self acceptance and appreciation. We disallow feelings of powerlessness and hopelessness. We redefine our being: we are worthy.

Can we be happy if we live our being in deprivation, isolation, abandonment, neglect, fear, and so on? It can't be good or feel right. Are we helping to create a better reality for ourselves? Are we attracting good and positive experiences in our lives?



## Loneliness define

In life, like begets like.

We choose to heal and create a reality we can rejoice in. We do not allow our fears to define who we are any longer. We learn to make appropriate choices.

I look up *being alone without feeling lonely* and Susan's words echo:

Being Alone Without Being Lonely.

*When I am reading a good book I do not feel alone. When I am exercising or writing I do not feel alone. The human species is social – we interact with each other in nearly every aspect of living. So, the desire to socialise comes up even if our personal activities are fulfilling to us. Aloneness is felt when we have become dependent on someone or something outside of our own being to 'provide' personal happiness.*

*Being alone, and also feeling lonely, comes when we have not yet discovered that our personal fulfilment comes right out of our depths, right from our depth of consciousness, from communion with our Source, Resource.*

*Contact with our Source-Resource is socialising with the Presence that is always with us as a listening ear, that warms and energises us with feelings of harmony, spurring us on to be positive and productive in the world...*



## Loneliness define

*When we learn how to socialise with our Source, we will find that we always have a companion with us, that we are really never 'alone'...*

*As we improve the quality of our character, we become more aware of our state of happiness – the state of happiness hidden from us till we consistently act for the best of each situation.*

*We may think that happiness is an acquisition, and therefore buy more and more things. Soon we observe that depending on the momentary high experienced in an acquisition is truly temporary, and that in order to stay happy all the time, we would have to acquire a never-ending stream of objects. We also might think that another person gives us happiness by paying attention to us. Again, this would mean a person would have to be focusing on us all the time, in order for us to feel happiness all the time.*

*Neither by trying to acquire a stream of possessions, or by constantly expecting or trying to coerce a person to focus all their attention on us, do we experience a baseline of happiness.*

*We all want happiness – so where is happiness?*

*Happiness is the outcome of harmony. And, harmony is the outcome of living moment to moment to moment in alignment with the highest good of the moment. When we live peacefully and usefully, we are living harmoniously – we feel happy.*



## Loneliness define

*So, happiness is with us all the time as a state of our own being – brought to the forefront of our lives when we are living harmoniously in the world. In this realisation we can see that each of us has happiness ever available, from within ourselves, experienced when our attitudes, decisions and actions are in harmony with peacefulness and goodness.*

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We live our being in love. We refuse to continue patterns that do not serve us. We are ever mindful that we create our own reality. We are skilful actors, applying our Selves wholeheartedly, in honouring the essence of the Divine within. We strengthen our resolve to grow in loving kindness towards our inner Selves.

Our greatest satisfaction is growing in self-appreciation and allowing good things to happen in our lives. We are faithful and true to the total beauty of our nature Divine.