

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**ll I do is find a quiet spot and turn my attention inward; then I have attained a space where I'm 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