

## **BJC777**

Loneliness. Something else that I can add to my list of things to worry about, and of course, worrying is bad for my health! And I'd better not SIT too long, eat comfort foods, or neglect my D3 and K2, while worrying!! OMG!! LOL!!! I am an older guy, living alone; but I know from experience, that it's a lot healthier than being in a loveless marriage!

Posted On 08/24/2017

---

## **iamblessediam**

If one is listening and responding to their heart's intelligence - they never be lonely. "Your heart knows the way. RUN in that direction." ~ Rumi. Being well...begins in one's heart zone...it's easier to share love, blessings and peace residing in one's heart zone!

Posted On 08/24/2017

---

## **BJC777**

Hi iamblessediam, Totally agree. Being alone and loneliness are two different things; and I love Rumi. My favourite quote: 'Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there. When the soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase "each other" doesn't make any sense.' - Jalal ad-Din Muhammad Rumi

Posted On 08/24/2017

---

## **Wetiko**

Women can be in loveless marriages as well. It is lonelier to be in a marriage with the wrong person than to be single and living alone.

Posted On 08/24/2017

---

## **BJC777**

Hi Wetiko, I was not implying that my ex was the problem. We were both responsible for creating the unhappiness. My point was that a harmonious relationship is necessary for longevity, an unhappy relationship does just the opposite. You are right when you say that: "It is lonelier to be in a marriage with the wrong person than to be single and living alone".

Posted On 08/24/2017

---

## **doubly.blessed**

BJC777, You said: ... it's a lot healthier than being in a loveless marriage! I say: The only time I have been lonely was when I was married. I am I said Rumi quote aside, Unfortunately, being lonely is a reality to many people. This reality hit me years ago when I was traveling alone in China. Not one to stay at fancy hotels I stayed where the lonely people lived. They are out there and we should focus on why they are there and not on what they lack. Methinks what they lack is community and connection/touch.

Some choose to live alone because they have more economic resources & prefer more time & space for themselves, others have no choice. In China's case the one child policy eroded the family unit. The one child is not interested in living in a rural area and moves to the city where the jobs are. One parent dies and the other is left alone out in the boonies. Loneliness has been on my radar for years. Here is a quote I saved from an article on China loneliness situation.

"How can I not be lonely?" said Hu, who has difficulty breathing & spends much of her time watching television in her dingy flat. "I want someone to live here with me. She doesn't need to pay rent. I just need someone to be nearby, to be with me." What I am trying to say is, loneliness is not a state of mind, it's a state of being. Shalom from CA

Posted On 08/24/2017

---

## **BJC777**

Hi doubly.blessed, I am not quite sure what point you are making. Being forced into living alone, especially later in life, and when you have little social or spiritual connection, can lead to loneliness. For me; I feel that loneliness is a state of mind - a place where I disconnect, a place that I occasionally visit, but do not stay. I can enjoy my aloneness, and know, that in a spiritual sense, I am never really alone. If I am disconnected, nobody can change my feelings of loneliness. Namaste from Canada

Posted On 08/24/2017

---

## **iamblessediam**

Hi BJC777 -- I too love reading Rumi and his mentor – a man named Shams-i-Tabrīzī - because they both help elucidate Paul Gauguin's "Where Do We Come From? What Are We? Where Are We Going?" painting. I find anyone not spending time pondering Gauguin's question(s) are caught up in a vicarious - often vicious - cycle that's stuck in the mud of someone else's imagination. Rumi and his mentor well knew the path to authentic living is through one's heart intelligence - current neuroscience research validates that Rumi "verse" advice - actually - a lot of what Rumi posits. Be well! LBP!

Posted On 08/24/2017

---

## **badboy2**

As Mark Twain once said, "If you find a starving dog and make it prosper, it will not bite you; that is the principle difference between a dog and a man or woman." So getting a dog or even going fishing/exploring is also good for one's health.

Posted On 08/24/2017

---

## **doubly.blessed**

BJJC77, I am in TOTAL agreement with you that living alone can be lonely. I know lots of people in this situation. I was trying to say that one's state of being is a person's physical condition (Hu was living alone and in her physical state was lonely). A person's state of mind (thoughts) is their mental condition. And, where energy flows is where our attention goes. Some people's energy is stuck in their physical condition. Shalom/Namaste from CA

Posted On 08/24/2017

---

## RubySage

Yep, I know from a lifetime of experience that all that you've invested in a relationship with another doesn't really mean a damn (to them) if the significant other hasn't resolved their own issues and needs. It's easy to project possibilities, but, who has the time, in this brief, precious lifetime, to kick a dead dog? Better to form friendships, relationships with others who appreciate living for the moment and investing time with someone who nourishes the soul, and does likewise..

Posted On 09/08/2017

---

## BJC777

To RubySage. I feel that one gets out of a relationship, what one puts into it. If the other doesn't give a damn, they won't receive much in the way of learning or growth, and will take their issues into their next relationship. However, if one has truly invested in a relationship, then one reaps the benefit of one's own growth; and if the relationship ends, has learned much about what to look for in a new partner.

Posted On 09/08/2017

---

## aburke98524

Loneliness is, to a large degree, a matter of outlook and perception. Are you lonely, or are you enjoying your solitude? I live alone, but I do not feel "lonely", nor do I feel deprived. "Loneliness is the poverty of self; solitude is the richness of self." May Sarton

Posted On 08/24/2017

---

## grulla

Well said "aburke". A cure to loneliness: "keep busy", which is what Dr. M. has recommended in past articles to help overcome physical and mental stagnation.

Posted On 08/24/2017

---

## dude01

Nice way of looking at it, aburke. I remember (as a teen) reading a book about 50 years ago that was written by a man who experienced solitary confinement while being incarcerated. I remember while reading that he said that the number of "true friends" that he had could have been counted on his fingers. He seemed to have the attitude that he was at peace with the solitude. His tone seemed to reflect your quote by May Sarton. He turned his lemons into lemonade.

Posted On 08/24/2017

---

**nao3425**

Your Perception That is somewhat true, as I would say that people do not understand that we are never alone, and if they feel that way, it is because they do not perceive the many different forms of company this world provides. This world is full of life, and all we have to do is have an awareness of the life and our relationship to it, dogs are different than cats and lions are different than Tigers. If one understands these differences and the cues these and all the other animals provide us, we have a much richer life and are never lonely. Birds are totally different as are the plants. And to be successful in living in this world you have to know about each and everything in this world, and that is a lot of stuff, and you are never alone, EVER.

Our livestock and pets are our dependents, as are our gardens and landscape. Who has time to be lonely, sometimes your focus is has to be more inward to recognize how crowded you are. Of course, people prefer company of their own nature, as do animals and other livestock, they do not do as well without company, but a horse is happy, even with just a goat, as is a cow, and both are perfectly happy if they have a Salad bar or pasture to attend to. And I suspect, people can lose their loneliness with most any animal or plant as a companion, once they recognize they are just that, a Companion in this life.

Posted On 08/24/2017

---

**Norisnita**

Oh yes!!! without any doubt. Completely agree.."Loneliness is the poverty of self, SOLITUDE IS THE RICHNESS OF SELF!!!! And this last one is what I experience. Happy!!!

Posted On 08/24/2017

---

**grulla**

Agreed "dude", "...that he said that the number of "true friends" that he had could have been counted on his fingers.." I had someone tell me that long ago in so many words, "... if you have 3 good friends in your lifetime, you are very fortunate."

Posted On 08/24/2017

---

## IDPam

I have a friend who says "we are not very social", speaking of the two of us. We talk on the phone a couple of times a week. My dog and I live alone and I am quite happy and content with that arrangement. I am 73, she is perhaps 30 years younger. She has lots of animals and is looking for a job. She is unhappy because she is alone. Job hunting will always be difficult, because punctuality is not her strong point. Always an excuse - live so far from work, animal chores take up so much time, no one here to help me. I work full time from home and pay someone to come in 4 hours a week to handle the few things that are either too time consuming and/or too difficult for me to handle. As a bookkeeper, I am conscious of time, deadlines and what is expected of me. I go into the office two or three times a week to pick up and deliver paperwork. If we have a couple of feet of snow on the ground or it is super icy and not safe for me to walk to my vehicle, they will come to me. After working for the family company for over 20 years, I am friendly with them, their kids and grandkids. But we don't socialize, party or go out to dinner. Works fine for me. I have a friend who comes and we go grocery shopping, usually every other week. I take her out to lunch to thank her for taking the time to include me, and I also pay her for her time. I am sure she would do it if I could not pay, but it makes me feel better to help her out as well. A trip to the chiropractor once a week is my only other outing. Yes, I am alone, but I am not lonely. I keep in touch with a handful of friends by email and another dozen on FB. I treasure my alone time. I love to read. This may not be the life I planned, but it is exactly the life that I love. My friend is angry, disappointed and depressed. I am content and grateful, even if I am "not very social".

Posted On 08/24/2017

---

## melissawl

A person who stays inside more often than not (not interacting much) might not be lonely; they might just like to be alone more than with people. Doesn't necessarily make them lonely. They may just like that type of lifestyle.

Posted On 08/24/2017

---



## stanleybecker

in music, the Blues are what describes the theme of "loneliness" but here is the King himself telling it like it is - [www.youtube.com/watch](http://www.youtube.com/watch) - don't dwell on your lack of friendships - it will make it worse - stop beating yourself up or feeling sorry for yourself - rather go for a walk in nature and commune with God's Bounty - this will give you a feeling of oneness with all life - a form of socialization - on the other hand hanging with people you really can't stand in order to keep loneliness at bay is NO solution - socializing with people you can't stand or are bored to death by can make your loneliness worse - I always greet people's dogs and I will always make time for a friendly cat - I speak to strangers regularly and express my alarm at supermarket offerings to anyone who will listen ha ha - I commune with the sea - I love the sound of the roaring and pounding waves - the sunset is a special time that marks the passing of a day - these are daily habits like posting on Dr Mercola - keeping navel watching at bay - reading is another way of socializing by exchanging ideas with the author - considering what the author is proposing - I do not interact with TV or newspapers or magazines - these mediums, in my opinion are not reassuring and could drive your depression deeper - so I avoid the media

Posted On 08/24/2017

---

## belizebeth

Good morning, Agree with you, Mr. Becker, about communing with nature etc. In the culture of my adopted country of 44 years, Belize - it is 'normal' to speak to strangers and that is one of the features I cherish the most - although many strive to be 'modern' {like the USA etc}, I fear we are losing this attribute. When visiting family in the USA, some of my 44 yr habits bleed over - for example here we say 'Good night' when you see someone- family or stranger in the evening even casually on the street - where as in the US you would say 'good evening' and 'good night' means you are on your way to bed... But, habits are habits - my daughter is constantly telling me 'mom ! we don't do that here!'. My replies are 'well, perhaps they should!'. We are classified by CARICOM as an LDC - Less Developed Country - (some financial rewards - such as first shots at applying for grants etc) - but being LDC works just fine for me. Tranquil day all!

Posted On 08/24/2017

---

## stanleybecker

hi Elizabeth - cultural differences are a huge factor in the misinterpretation of actions - I remember when I first lived in the States in the early 70s people used to get outraged because I ate with my fork in my left hand in restaurants [European style] - and when the cashier in a supermarket purchase wished me a "have a nice day" - I thought this was a friendly gesture only to be rebuked with a "pass on" when I replied "and you too" - so many cultural obstacles to acts of genuine friendship - ignorance and ensuing misinterpretations that lead to counterproductive reactions - thank you for your lovely post Elizabeth

Posted On 08/24/2017

---

## Maurya

belizebeth, this custom must be a Caribbean thing, and a good one at that. Here in Saint Croix, it would be quite rude not to say Good Morning, Good Afternoon, or Good Night when meeting someone or just when passing a person on the sidewalk or in a store. Whenever I travel, quite rarely, I keep my friendly, courteous customs active. Let them laugh at me! Who knows, perhaps someday it might catch on outside of our area.

Posted On 08/24/2017

---

**mar9711**

you're lucky to greet people's dogs. cannot hack it in New York City. way overpopulated here. too many dogs, also, which are uncontrolled on their leashes. the dog walkers take up the whole sidewalk and I like to walk fast but cannot. they poop all over the place and even if people pick up the poop some remains and dries and we eat it everyday while we walk. poop is full of parasites and worms. all dogs do not eat organic food. and fortunately we have enough water to clean the sidewalks everyday, but you know the future of water. wish everybody here didn't have to have a dog. and wish dog people would be considerate of others. also I pity people who are allergic to dogs because the dogs are everywhere now -- banks, restaurants, grocery stores, subways. I think the unconditional love that the dogs are receiving should be given to humans!

Posted On 08/24/2017

---

**stanleybecker**

mar - "a cry from the heart" - what I forgot to mention in my post is that some dog owners actually resent you talking to their property - I notice this often but ignore these pathological types - you describe the streets of New York as a Latter Day Augean Stables - awash with a tsunami of poop - "tip toe through the tulips" ha ha - [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 08/24/2017

---

**mar9711**

thanks, Stan. I think dog people need to watch DOG WHISPERER and keep dogs close to themselves, rather than letting the leash out 6' - 12'. also there should probably be a tax for owning a dog -- \$500 - \$1,000 a year because I speak with the people who clean the streets and subway platforms/cars, and the sanitation workers. Dogs pee/poop on everything now. Dog owners don't think of the people who have to clean up after them. Homeless people go in garbage cans to either collect cans/bottles or to find food/drink, and there are dog poop bags everywhere. Also, the urine kills trees and plants that people have on the streets. And the urine is so acidic that fences and poles (etc) have to be repainted often (and you know how toxic paint is that goes on metal). The presence of dogs actually works against me in terms of bonding with my fellow humans. Love me love my dog is how the saying goes. But I stay clear of dogs to keep myself safe and healthy.

Posted On 08/24/2017

---

**Norisnita**

Hello Stanley! all what you said is right and I'm doing all what you said but do you know now what is my problem? It is missing the sea. I love the sea. I would like walking at the beach, night and day,. and the music? ah, never is missing . Bautiful version of Elvis Presley, thanks..One of my preferred singer.and my preferred songs(well I love ALL by Elvis ) . [www.youtube.com/watch">https/.../watch?v=AG9ph9xkOrw](https://www.youtube.com/watch?v=AG9ph9xkOrw)

and this [www.youtube.com/watch](https://www.youtube.com/watch)

Oh Elvis, unforgettable Elvis. . By the way, I remember the post of your photo of the sunset at your beach. it was beautiful!

Thanks Stan for your comment

Posted On 08/24/2017

---

## stanleybecker

wow Norisnita - that Elvis doing "Unchained Melody" literally "knocked my socks off" - a "late" Elvis that I am unfamiliar with - and "You'll Never Walk Alone" - a theme song of Gerry and the Pacemakers - Elvis gave it the Elvis treatment - very apt for today's article - thank you

Posted On 08/24/2017

---

## mar6915

People get tuned out to the "Have a nice day." sort of like a meaningless thank you, just to be polite. When I pay my tab and get my receipt, instead of them saying thank you have a nice day to Me, I tell Them . "Thank you, Have a good week." That has a little more punch to it and sometimes it arouses a smile out of them. When I come across a dog waiting in their vehicle on a cool day, and the owner is nearby I say, "Oh what a beautiful dog you have." usually you get a big smile out of them.

Who knew the city dogs have gotten so "messy", instead of parking tickets , poop tickets would bring in the funds. People need washable diapers on their fur friends, that would be a dilemma for a person in a wheel chair getting that flying up on them, sorry to hear about that one of the other mar's. Futuristic cities might need dog lanes like the bike lanes they have now. Something to put in their plans.

Posted On 08/25/2017

---

## Keepivinon

I find loneliness can occur, when a very ill person decides to take a holistic approach to medicine. I research alone, I try different combination of nutrients alone, I have to try to gather my organic veggies alone, I juice alone, I cook alone. The fact remains, I am not getting well fast. It's a struggle. I can't even a family member or friend to walk with me when I feel up to it. The degree of their brainwashing is astonishing. I feel sorry for them. AND I go on with GOD, because I'm never alone with Him. Just some thoughts folks. Be well, and never give up

Posted On 08/24/2017

---

## merric

Keep livin on- I wish I was there to go for a walk with you when you're feeling up to it... I'm sure that we would have a good time. Everyone is alone, in a way... but, not everyone knows the "constant companion" inside - you're lucky! keep going, and enjoy every wonderful minute... it really never ends.



PS - I was diagnosed with CA, had to make tough decisions, went the holistic route - it was looking bad - and in that space, an awareness of being comforted and advised by an intelligence that somehow I know had always been there - and found a state of being that is always accessible- I came out the other side, better! But, you know what - there was a point where I realized that WHATEVER happened, everything was, in Reality, alright!! Only people who have gone through something, know - everything is going to be alright, no matter what happens ❤️ We are loved!

Posted On 08/24/2017

---

## Krofter

I have to agree with the recommendation to attend farmers markets and coffee shops. Although I live alone, I sell at two markets every week and go to a great little coffee shop here in our remote, rural town whose regulars include many old friends of 30+ years. The social interaction the two days at the market and several mornings each week at the coffee shop - combined with being involved in community projects - more than makes up for any time I spend at home alone.

Posted On 08/24/2017

---

## forbiddenhealing

It is important to be content to be alone...the lonely and needy fall easy prey to bad habits and bad relationships...and virtual peers on TV working their agendas like sheepdogs herding sheep...and guess what phone heads; your artificial community is only a dog bone, a pacifier that leads to more isolation/social masturbation.

I love to walk into a country feed store, gun shop or hardware with a bunch of guys sitting in a circle chewin the fat..or a neighborhood pub where eveybody knows your name...sit a spell and take the pulse of real people sharing real issues...learn to listen on many levels. Or get a pet, keeps ya in the moment and outside of yerself as you are responsible for nurturing a helpless creature...pleasant brain hormones flow.

Posted On 08/24/2017

---

## grulla

"I love to walk into a country feed store, gun shop or hardware with a bunch of guys sitting in a circle chewin the fat..." Now that you reminded me, I spent the last 26 years on my RR job (retired 2010) starting off the morning doing the same as you describe (job briefing, lol) at the local coffee shop (neutral ground). And it's how I first got to meet former NM Repub. Gov.( and later LP pres. candidate), Gary Johnson back in the late 90s. He had made a pit stop there after bicycling 45 miles from Silver City to Lordsburg as part of his never ending cross country NM biking tours, (and he's still at it). It's when I'm at home that I prefer to be alone.

Posted On 08/24/2017

---

**mar6915**

That's nice they have that senior call center in the U.K. The older people get, the more friends they lose along the way. As age increases it gets harder to made new friends, you don't get out to hear good music and dance anymore. I'm sure a good percentage of "loners" are not in that situation because it is their choice. I really don't agree with the professor of psychology suggesting -Training doctors to incorporate social connectedness evaluations into their medical screening. Medical screenings are messed up enough already categorizing people.

Posted On 08/24/2017

---

**gtriber**

'..social.. evaluations into.. medical screening', yeah, that one kinda stuck in my craw too.

Posted On 08/24/2017

---

**grulla**

" I really don't agree with the professor of psychology suggesting..." Those are the same professors hired by big corporate marketing types to help understand what makes people 'tick', so as to better increase marketing their consumer crap and junk. From their POV, there's nothing better than "word of mouth" by socializing zombie masses.

Posted On 08/24/2017

---



**jmiller739**

Consider a different angle for a moment. What energizes you? That may be the key. Here's something to think about... "At the core of the definition of introversion and extroversion is how we get our energy. Introverts are energized when they're alone or in small groups; extroverts are the opposite. Introverts feel energized when focusing deeply on a subject or activity that really interests them. When in overly stimulating environments they tend to feel overwhelmed. They have an active inner life and are at their best when they tap into its riches." "At the heart of it, introverts and extroverts respond really differently to stimulation," Susan Cain, author of *Quiet: The Power Of Introverts In A World That Can't Stop Talking*. "Introverts feel most alive and energized when they're in environments that are less stimulating -- not less intellectually stimulating, but less stuff going on."

Posted On 08/24/2017

---

**therealjones**

That was a great book, I highly recommend it, introverts will understand themselves better and not feel bad about it, and extroverts will see that not all people are energized by other people.

Posted On 08/24/2017

---

**merric**

Spoken like a Meyers-Briggs knowledgeable person jmiller739! Love it!. Yes! You can love being an introvert and being alone is a good thing. Introverts don't feel lonely when they're alone. It's also good to be an extrovert and love being with people. Both personalities have to learn to be a little like the other for a balanced life.

Posted On 08/24/2017

---

## **iamblessediam**

merric...or highly sensitive people [HSP]...which "energy vampires" love to feed off of but "mock" while doing so - which it seems the case many researchers do trying to gin up business for their self-driven interests. I have a neighbor couple that's been married 60+ years and are VERY selective about the company they keep because they feel "complete" in each others company - they're not anti-social but seek out social engagement either - they be the sweetest neighbors anyone could have! Br well! LBP!

Posted On 08/24/2017

---

## **merric**

I recommend the book, too. It also helps Introverts understand Extroverts. Being an Introvert, I just thought Extroverts were superficial, and a group of them only had 1 brain among them, each not being able to think for themselves.... I felt free compared to them, and not afraid of being on my own. Now, I see that was just one side of the perspective and I am now married to a lovable Extrovert whom I find endlessly fascinating, never boring, and oddly; we usually always agree!

Posted On 08/24/2017

---

## **James\_Woolsey**

Problem is: lot's of people are "nice" but insipid. [ did you know that "nice" comes from Latin nescire, "to be ignorant" ] ?? The more "alternative" or "fringe" you get through constant self-education (Mercola, 911, John Gatto, falsified history, social control thru religion, medicine.... Electric Universe... and dare I mention Lost Civilizations & ETs??) the less patience or interest I have in talking to my "nice" neighbors, their sports blather, knee-jerk rote partisan politics, economic ignorance, trust in authority... so many acquaintances who thought they were "edgy" or "outlaw" when young have heard the chimes at midnight...and turned back into pumpkins...bumpkins.

Posted On 08/24/2017

---

## stanleybecker

lumpkins/dumplings/ mumkins - vartety is the spice of life James

Posted On 08/24/2017

---

## James\_Woolsey

Oh Stanislavsky, thou speakest of "vartety" true, yet tis slat and peffner that sleasons my sneezin's. I was gonna say "dumpling's" too...and don't forget munchkins, the short order snack that'll keep yer gravy wavin'. Cheers down under caped-town crusader. And what's with the x-men eye shades? Let's see them baby blues

Posted On 08/24/2017

---

## grulla

"stanley", "...vartety is the spice of life ..." As good as that may sound, it also somehow reminds me too much of "quantity over quality". :( :-)

Posted On 08/24/2017

---

## Wetiko

You hit the nail on the head. I have almost no one I can discuss things I find interesting. Most people I meet don't read and if they do it is fiction of the type I call brain candy. Most have never heard of Gatto or Bruce Lipton or Rupert Sheldrake or Derrick Jensen or (the list is long). All I hear about is their "awesome camping trip" or going to such and such restaurant. I find all that boring. Bring up 911? Oh my no. That's forbidden. Get you shut down pretty quick, or they change the subject or find a reason to go to the bathroom. lol I have even been told that it is too "negative" to bring up topics like that. Okey dokie.....sigh.....

Posted On 08/24/2017

---

## **As.I.see.it**

Sounds just like a typical neighborhood with lots of "nice" neighbors. A place where logic, reason and intellectual discourse is rarely encountered.

Posted On 08/24/2017

---

## **dude01**

Reading, painting, sketching, practicing a musical instrument, writing, cooking..... these are all things that can be done without having others present. They are all good for the body and the spirit. Presently there is a lot of tension in the world. At least that's what many of the "so-called" media sources tell us. As a result, many people are stressed. If you're one of those people, consider immersing yourself in one of the hobbies that I mentioned above. You don't have to become an Oscar Peterson, a Picasso, or a Jacques Pepin. Just have fun. OK - so you burned the pie crust. Laugh about it, and make a new one.

Posted On 08/24/2017

---

## **Acroyali**

Lots of people feel those activities as loneliness; some of us feel them as quiet peace. Getting rid of the 24/7 access to twitter and facebook would probably do a lot to dispose of constant feelings of isolation. Without "constant contact" via a mobile phone, we'd probably be a lot more apt to get off our butts and go interact with people face to face. Ditching lamestream media is a good option. I am sick of bad news, bad news, bad news, fear mongering and all the related crap that goes with it. Quiet time spent with a book, a dog at my feet and a cat in my lap is the closest thing to heaven on earth I can imagine. It's always available, and it's 100% free. Aren't I lucky? :)

Posted On 08/24/2017

---

## skygazer1

I enjoy being alone. I also have zero problem talking to strangers. I see everyone as equal to myself, and just talk to them like they are my friend. We just had that solar eclipse, only partial here in Maine. I drove around stopping where I saw people outdoors, and pointed at the sun and held up my welding faceplate and pointed at individuals - usually in their car. Most got the message. All were rather blasé about it. But when they looked directly at the eclipse and actually saw the moon covering the sun their inner child arose, their ego disappeared and they looked again and visibly lit up! All were excited. I even got the woman busy running the local store to come outside and look. Little old ladies were the happiest, children were interested. Men were doubtful at first.

Many started with a comment like "OK, but only because you seem so excited about it" or "I already saw it on TV." Then they forgot to be cool when they looked. I'm sure many will see me again and feel I'm easy for them to approach. If you are really open when you talk to people, and really listen and respond, it is amazing how deeply the conversation can run. Here is an idea not mentioned - art openings. Like mini parties people love to stand around and chat with anyone there.

Posted On 08/24/2017

---

## ahh9413

Only the lonely know the way I feel tonight...Guess I am the only one here!

Posted On 08/17/2017

---

## Bigfletch

"I'm Cry-yi-ying Over You"...As I- See-It, is obviously not a Roy Orbison fan... 😊😊😊 Perhaps there could be a re utilisation of church facilities where religious dogmas could be replaced by humanitarian gatherings. Group singing has remarkable benefits for everyone. Such ceremonial " get togethers" have been at the heart of human culture for as long as history has been recorded. This is one way to keep some of the great architecture viable. Weekly speakers, not unlike TED talks, song sheets and participation in live music.....sounds heavenly to me.....

Posted On 08/23/2017

---

## merric

ahh9413 - In my loneliest days, I learned the most about life, myself, and God... they were the hardest days, but now I look back and wouldn't change a thing. The "dark nights of the soul" end up being a gift - there is something there to learn... just put one foot in front of the other and do the hard work - you'll need it because someday you'll have close relationships & comfort - and also even more to offer them because of what you went through. ❤️ Promise!

Posted On 08/24/2017

---

## jisforjuice

When everyone around you has died, I feel it must be difficult to maintain a sense of self. My aunt who lived some considerable distance away, broke her pelvis which slowed her mobility; she lost her brother (my father), her partner, her husband (never divorced), and her lifelong need for others who were no longer there to do basic things like small repairs and make financial decisions seemed to culminate in a total disintegration that was emotionally difficult to witness. She had become desperately lonely, talking about 'not seeing a soul for days around here' and when Alzheimer's developed, it manifested as an almost inevitable outcome. She had always been a very sociable person and did cooking, yoga and French yet it seemed to be the total isolation and desperation of loneliness that triggered her rapid decline. Yes loneliness is a killer. For myself I am alone but not lonely and there lies the difference.

Posted On 08/24/2017

---

## Erena5

Unless we are blessed to interact with likeminded, likespirited people, what's the point of interacting? It's only waste of time and energy we can apply someplace or some cause worthy. And may I borrow this quote?:) "Loneliness is the poverty of self; solitude is the richness of self." May Sarton. Thank you  
aburke98524

Posted On 08/24/2017

---

## **njlady**

I believe some people who are lonely, are people who really don't like themselves much and don't want to be alone to deal with themselves. Sometimes being alone brings thoughts and memories we sometimes don't want to think about or remember, or maybe they have an illness that will now be acerbated by the isolation . Having people around can be a needed distraction. Socializing and friends can help to bury things that cause us anxiety and depression. As we age, and lose our friends and loved ones, we also lose that support system, sometimes leaving us with bad memories, bitterness and regrets, which doesn't make daily living an easy effort.

Posted On 08/24/2017

---

## **grulla**

The article video title, "Loneliness in Men" reminds me of the Jackie Gleason character, "The Poor Soul": [www.jackiegleason.com/poorsoul.html](http://www.jackiegleason.com/poorsoul.html) (click on the video)

Posted On 08/24/2017

---

## **dude01**

Pretty funny, grulla. I remember that character. His indecisiveness, in some of his other skits as that character, was always so well played out in true comedic fashion. Thanks for the laugh.

Posted On 08/24/2017

---

## BrashenTrell

A long time ago my counselor advised me to spend more time "with" my self, which she explained was much different than being "by" my self. From a physiological point of view the "ego" is loathe for me to connect with my "Self;" because the ego knows that would mean it's control over my beliefs and subsequent behaviour would end; thus the ego will do just about anything to keep me as far away from my Self as possible. This article is a perfect example of the lengths the ego will go, attempting to label one's desire to "Be" with "Self" as some kind of neurosis, the word "epidemic" was even used. Ridiculous!

Just because one chooses to be alone; does not, in any way, indicate a symptom loneliness. Loneliness is a symptom of insecurity, which traces back to the belief that we are separate from one another, but it is the process of reconnecting with the self that alleviates the misguided notion that we are separate from anyone, or anything. ALL things are ONE thing cleverly designed to look separate for the simple reason to observe one's Self.

I find this article lacking in objective information. "Maintain the state of undistractedness, and distractions will fly away. Dwell alone, and you shall find the Friend. Take the lowest place, and you shall reach the highest. Hasten slowly, and you shall soon arrive. Renounce all worldly goals, and you shall reach the highest Goal. If you follow this unfrequented path, you will find the shortest way. If you realize Sunyata (the absolute Emptiness), compassion will arise within your hearts; and when you lose all differentiation between yourself and others, then you will be fit to serve others." ~ Tibetan Yogi Jetsun Milarepa (c. 1052-c. 1135 CE)

Posted On 08/24/2017

---



## Brian1

That can't be good when a person has alexithymia which is difficulty describing emotions. They could mistake it for another health condition such as digestive problems, making loneliness easy to overlook. Half of autistic people have it. I seem to have it too. For me, it's comparable to not having perfect pitch. It's not necessarily true that autistic people don't want friends or are immune to loneliness, don't want jobs, or don't want to marry even though it might seem like it on the outside. When they have jobs or relationships, they have trouble keeping them. It's hard for us to connect emotionally when we have trouble expressing emotions, reading emotions of others, and describing our emotions. Having sensory overload and difficulties multitasking makes missing opportunities easier too. It's easy to miss what people say when we have sensory overload. With faulty hard wiring, our CPU has to work harder taking over the tasks of other parts of our brain when socializing which is why it can be draining.

Posted On 08/24/2017

---

## laidbackgranny

I prefer the word solitude. Loneliness is a state of mind. I have experienced PTSD from abusive parents and loss of only daughter so don't have a lot of people to turn to. I understand if people cannot cope with my baggage, if I had not these experiences, I wouldn't know how to cope with me either! Have great husband & sweet dog to walk, so I'm not lonely.

Posted On 08/24/2017

---

## Luvvy

"Loneliness is missing the other. Aloneness is finding oneself. Out of aloneness, a totally new kind of love arises." ~ Osho. I felt my loneliest years ago, when my dad died, while surrounded by my nearest and dearest loved ones. I missed the father energy I had externalized, made separate and projected onto my willing other, Dad. At the same time I suffered the worst back pain and fatigue I'd ever felt and which I secretly embraced as a distraction. After a few months of meditation and prayer I began to heal, releasing all the pain, as I appreciated that my without was within, and though alone I was still whole, and so was he.

Posted On 08/24/2017

---

## **Almond**

Contrarily, there is a minority of the population that is loners. They are capable of interacting with others, but prefer to do much less of it than many people. To have too much interaction becomes frustrating, distraction and unsettling to their natures. They need a lot of time to themselves.

Posted On 08/24/2017

---

## **JessicaBy**

For Heaven's Sakes, get busy. Production is the basis of morale. Go out and weed the garden. If you don't have a garden, weed your neighbor's garden. Walk someone else's dog. Help someone else. There are so many creative things to do in life, no time for loneliness. I bet people who own TVs or who watch TV, get into this victim-mindset of "being lonely". Watching TV is 100% unproductive and lowers morale.

Posted On 08/24/2017

---

## **braveheart51**

Ahhhhh....words of wisdom! Become less selfish and self centered!!! Thank you, Jessica!

Posted On 08/24/2017

---

## **marchristo**

"watching Tv is 100% unproductive and lowers morale" and I ad to that lower, IQ

Posted On 08/24/2017

---

## **restoreyou**

Many yoga studios encourage community and social engagement. They can also offer many options outside of the physical practices like cooking classes, meditation, sound healings etc. I have met many like minded, kind individuals in the studios I frequent.

Posted On 08/18/2017

---

## **samurai**

I have seen many people become so lonely even at the nursing homes. It's really the absence of love that kills us.

Posted On 08/28/2017

---

## npolog

You are only lonely if you let yourself be. Some people function better if they keep more independence. Unlike some people I tend to find interesting things to keep myself occupied. Others whom we will call the "groupies" tend to always need to be involved with others. Others like myself function better when staying independent....possibly due to a higher IQ.

I grew up in a large family and never was strongly attached to my siblings...got along with them...but mostly did my own thing. Currently in the process of moving more away from them...realizing the problems this constant association has caused. One of the main reasons I am forgoing involvement with my siblings is that of realizing I statistically speaking have maybe 15 yrs left...if I am lucky...and decided I wanted to watch my diet...exercise...and generally put my health first for my remaining years. Whereas my siblings after 60 or so are just cruising along doing the SOS...commiserating with one another as they go down the tube. No attempts to wise up....but they will snipe at anything different. That's "groupie" for you.

Now the "groupies" will sing a sad song here...projecting their own feelings into the situation. I find that women tend to be the ones that promote the group the most...sometimes promoting the group meme over more saner views of the world. Groupies tend to fear what they don't control or understand...projecting their fears....at the expense of their victim. Statistical analyses are not always valid for some people and situations...mainly due to there being other factors involved that have been ignored in the analysis. The group only sees what furthers it's cause. What is it's cause....lets just call it "groupiness". ;-)

Posted On 08/24/2017

---

## stanleybecker

with the family proprietariness as in siblings - I reject this fixed notion - my family is comprised of those who have shared my adventures or been my mentors - these humans comprise my spiritual family - they are my intimates

Posted On 08/24/2017

---

## Wetiko

Statistically, people who are smarter with higher IQ have less friends. Maybe because they are more comfortable alone, or maybe because the circle of people they can relate to, apart from the herd, is much smaller, or maybe both.

Posted On 08/24/2017

---

## mar6915

I think it would be better to be stuck alone than to visit chain smoker friends, and relatives, unless they smoke outside and the wind is blowing the other way. Can't believe smoking 15 cancer sticks is better for you than living alone. It's not just tobacco they put in that paper, when the big companies make those lung cloggers.

Posted On 08/25/2017

---

## Rev\_Nagi

Well said aburke! I also disagree with the gentleman saying pain is part of life.

Posted On 08/24/2017

---

## tmoric

Dr. Mercola you are so right about this! My mom was always very happy , healthy and energetic person , but shortly after my dad passed away and kids moved out of the house she was diagnosed with high blood pressures, depression and dementia (which turned into elzheimer's later on). I am pretty sure loneliness was the main trigger. She also never had many close friends or was not too close to neighbors, nor member of any clubs. Thank you for bringing this topic up.

Posted On 08/24/2017

---

**merric**

I second that! Loneliness & feeling lonely are 2 very different things. Be fulfilled 1st, and you will never be lonely, even if you're alone. It is very dangerous to depend on others for emotional fulfillment - depend rather, on something constant inside, always with you... when fulfilled, then give to others! You will then NEVER be lonely - good news, eh?

Posted On 08/24/2017

---

## JudyCharl

I always find this topic very interesting, but confusing. I'm one of those individuals who doesn't mind being alone, and in fact likes it. I always enjoy myself when I'm around others, in fact will pretty much strike up a conversation with a stranger in the store at the drop of the hat. But I can easily go for days on end with only myself for company. I'm never bored, and I'm never lonely. Not sure what all this means, or what it says about me it's just an interesting observation.

Posted On 04/02/2024

---

## Guillermou

Human beings are social by nature, we like to feel accompanied and feel that someone cares about us. Since cave times we learned that we need to be accepted in a social group, collaborating and facing threats all together. Fascism, corruption and restrictive measures are generators of depression and loneliness. "Fascism is now in the driver's seat." Yes, fascism, fear, dissatisfaction and loneliness. The population is more desperate as a result of being aware of the undersatisfaction of their needs and the cuts in freedoms and rights, which deepens with the advance of the decomposition of social services, a "healthcare" corrupted by big pharmaceutical companies, and a perspective Tyrannical imposition by the globalist elite.

The population is unemployed or chained to a job that may not satisfy their needs. Thus, violence combines as responses to frustration, helplessness and fear and loneliness. Separation from loved ones, loss of freedom, uncertainty about the severity of the illness, and boredom have serious psychological effects.

The sad reality is that the feeling of incomprehension and loneliness continues to grow in our society. We all need to feel a real hug, to feel understood, that we matter and we need real human contact. A person has in his hands the key to master his moods, overcome his negativity, attract abundance and prosperity to his life and humanity. The mind is the most powerful tool of the human being, and we must condition it to achieve the best objectives.

Posted On 04/02/2024

---



## Guillermou

Communication with positive people and groups that satisfy your emotional needs and personal interests is very important but we must also complement it with solitude. Security and a strong inner life, with good living habits makes us less susceptible to loneliness. It is different to feel loneliness and take advantage of loneliness for personal enrichment. The problem is not loneliness itself, the problem is how you interpret it and what meaning you give it, the dialogue you are having with yourself. That's what makes you anxious or depressed or feel that great emptiness inside.

It is this lack of security and self-confidence that makes them anxious. Learning to be alone is extremely necessary to be able to grow and mature psychologically. For Zen Buddhist teacher Thich Nhat Hanh, silence is essential. He assures that, "thoughts parade through our heads incessantly to the point that we lose the joy of living. For him, the only way to silence these thoughts is through silence. A silence that most of the time we find in our moments of solitude.

There is nothing more reliable and endowed with immense confidence than listening to our inner voice and analyzing the pros and cons based on our own experience of life. When we find ourselves faced with loneliness it allows us to expand our mind and release our magic and human talents. Solitude allows us to create and enjoy ourselves. Solitude is the true origin of creativity. "The great man is he who in the midst of crowds maintains, with perfect sweetness, the independence of solitude."- Emerson.

Posted On 04/02/2024

---

## juststeve

Yes, Gui and this Global group of Fascist Totalitarians have consistently Fractured, Atomized the general public decade to follow decade with one form or another to keep us Alone, Together. Mostly Alone. Former social structures where we gathered, took note of our world, ourselves, each other and addressed them on site, in time, have been squeezed, shut out, shuttered over. The way the general public has been in the process of using the Net to expand their experiences beyond the narrow, carefully crafted isolated cubicles of the Modern Tower of Babble has caught the 1%'s awareness and it terrifies them. When we are actually engaged directly outside their filters, guardrails they lose their tools of distraction, disruption, chaos. The fighting, talking past each other using 1% talking points, divisions dry up. Thank you for your posts today Gui, it says so much I would have said myself, but you've said it better!

Posted On 04/02/2024

---

## Guillermou

Thank you Just, you have my admiration because your comments enhance my mind. A poem about friendship that invites us to reflect on how it is built over time. The ring is an island in the river. The river says: before there was no river, then only river. Before and after: what erases friendship. Do you delete it? The river flows and the ring is formed. Friendship erases time and thus frees us. It is a river that, as it flows, invents its rings. Our footprints are erased in the sand of the river. In the sand we look for the river: where have you gone? We live between oblivion and memory: this moment is an island fought by incessant time.

Posted On 04/02/2024

---

## Kneecaps

I actually like being alone. I dream of going hikes and camping and canoeing myself. If they put me in solitary confinement I would actually like that very much in prison. I could spend years like that. LOL.....

Posted On 04/03/2024

---

## grulla

I don't confuse loneliness, (which I'm not), with wanting to be alone. However on this morning's TV news, they reported highly contagious Norovirus on the rise which I believe explains some of the nasty flu-like, achy torso/tummy and limb symptoms I experienced for the past few days, and where being alone did me little good, lol! And I'm now increasing my Vit C, sodium ascorbate intake. [www.mayoclinic.org/diseases-conditions/norovirus/diagnosis-treatment/d..](http://www.mayoclinic.org/diseases-conditions/norovirus/diagnosis-treatment/d..)

Posted On 04/02/2024

---

## Ronald\_H

I have a theory that people are generally weak in certainty of their course in life and particularly their thinking, so being gregarious supports their conventional thinking and ways and separation from that support is the loneliness they feel. Being very different from the masses (silly Earthlings!), I have no such dependency and since I get the opposite of support among most people, being outside of groups is no loss because I have confidence and not only do I not need support, I certainly won't get it in most groupings, so it isn't a loss, not missed and not loneliness.

But, I do enjoy it as refreshing to go to meetings and events of preparedness groups and politically active groups as both see the problems, yet don't use groups for reassurance that all is well partially since it's not! I suspect most here in this fine health conscious group of Mercola.com commenters likewise find it refreshing to spend time reading these comments in contrast to the surrounding population that generally ridicules healthy living.

I suppose the weak masses need the support of others to live and think outside of realities. In sharp contrast, living in reality requires no group reassurance because realities are seen easily. It takes effort to contradict realities and that requires group think. But I do suffer a different sort of loneliness that will be cured when the special one for me finds me. Yes, I have resolved that I will marry a young Earthling lady and start a family of hybrids with extraordinary genetic advantages.

Posted On 04/03/2024

---