

# Alone and feeling bad

What makes you feel bad when you are alone is the rational mind incapable of emotional understanding. So it will make up all sorts of reasons for you being alone. Like you aren't fun to be with. You are not good looking so nobody is attracted to you. You are destined to be alone. You aren't worthy of company.

Judgemental unemotional punishment. A psychopaths move. No love. And many times we feel like this in relation to fatigue. When we aren't energized. So as we feel bad surrounded by all these accusations from the rational mind in relation to being exhausted we really need comfort.

And we seek immediate comfort! ASAP. We feel so bad! But that often turns into something unhealthy. Like eating, smoking, drinking, sex & drugs.

What we look for is connection. Because that's what we've lost and the reason for us feeling terrible. What we need is love. Truly. What we lack that would make hanging out with ourselves as breeze and joyful is being in love. That's why we numb ourselves or eat super sweet things.

To handle the uncomfortable emotion in lack of connectivity. It's actually the connection to God. To Love that we lack. And when we are tired it can become a struggle to feel. Anything good. So what we need is a brake and then reconnect.

And maintain that energy within ourselves in a relationship with God. While treating ourselves healthy in all of our consumption.

Like all day every day. To live a happy and joyful life.

Become quiet and focus your breath in your heart. Keep that going and you stay in peace. You need to treat yourself loving to live a life of love. I know that sounds a bit offensive perhaps but it's true. There is nothing wrong with you as you are alone. Remember that. That is not why you are alone. I believe we come to this as a way to reconnect to love within ourselves in solitude. Because that's actually natural. We have just been mistreated by others and ourselves and need to return to innocence. Which is without the rational mind. In center, in peace, in the heart.

So as you can see there is ego involved as you think about what others think of you. That's actually you thinking about yourself. So what is needed is not to fight and be an enemy of that state. But to let that go and state the true and positive. What God says about you. So.. in a sense. An enema of that state then.

If you're constantly fatigue that means that you are very seldom or not at all recreational.

Just like a muscle. A muscle trained with resistance, resistance training. Actually brakes apart and rebuilds which makes it bigger and stronger. That becomes stressful and eventually hurtful if you don't allow for this natural phenomena to occur.

As in letting that happen. As in resting your mind. As in doing something else and not thinking so much. As in enjoying yourself and having fun.

As in allowing yourself to get off the hook.

As in taking a break and having a vacation.

That doesn't have to mean a luxury resort all inclusive?

Nah.. Just take some time to rebuild that love inside you. Let yourself be recreational. Stop working all the time.

Get stupid drunk everyday? Not a good idea.

Go for a swim? Yeah sure. If you aren't making that into an exercise to gain anything other than feeling good. That's fine but not on a vacation. This is recreational time. Not a time to perform.

Resting.  
Having fun.

Giving yourself love.  
Giving yourself a break.