

Spirit Rising Sanctuary of Light, LLC

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A Center of the
Spiritual Arts

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~ Loneliness and Aloneness © ~

Channeled by Mariah Crawford by her Literary Angel Band

"Sitting in the Silence" ~ what a beautiful way of saying "sitting with God and the Light of Spirit." What more could your troubled world need? We feel that one of the best gifts we can bring you dear souls who feel so alone on Earth is this: it's all in your mind! We would like to help you come to the understanding that you are never truly alone, and that sometimes the mind may make your loneliness far more intense. Your mind is something that must be trained and guided with love (even "tough love") and courage if you are to live in the world without "going under." So many of you feel alone, especially in the Western world, and it need not be so, nor to such depth and anguish. Some of you may lock yourselves away, giving up and opening the "door" to no one, including your angel guides and loved ones in Spirit who so long to be of help, to comfort and to be of gentle guidance and service. For all of you, and especially those of you who are *afraid* to be alone, or who feel a strong resistance to being alone, take notice: we are here and we *are* listening, if you'd like to have a little chat! Would you prefer to constantly be surrounded by others with no time or space to yourself to regain your equilibrium, to find your balance, your center and quiet yourself from the frenetic pace of your world? When one slows down, one is able to see the reality of one's life, and when one sits quietly so much will come forth from whence it has been hidden and locked away. We feel that it might just be beneficial to you to look at what has been locked downstairs in the basement of your life, so that it might be brought up and looked at in God's sunlight, then healed and blown clean with the wind of God's love.

Sit back now and imagine yourself in a safe, sacred and comfortable place, perhaps in a room, cottage or cabin with many windows and Divine Light pouring in. Visualize a fire burning in a fireplace or woodstove. As you sit there in quiet reflection allow your Self to step into the Sacred Silence and completely surrender into the safe space that you have created in your mind, and the loving, supportive arms of God, your angels and loved ones. In these precious times, loneliness will not rear its sad head to disturb you, for you will be "dwelling in the sacred place of the Most High," blending with the Realms of Light. Why not spend holy, wholesome time regularly in whatever heaven-like space you wish to create reaching out to all those who love you in the eternal world of Light and Spirit. *Then*, reach out to someone else on Earth who may also be lonely. "Reach out and touch somebody's hand, make this world a better place, if you can!" By so doing, you are seeking Higher Ground for your Self, and assisting others to do the same.

So many souls in your world today live lives of quiet desperation for one reason or another: set aside or living at a great distance from family and friends, perhaps disabled or ill, divorced, widowed, even alone with so-called partners who ignore them or have nothing to say to them. Fear is at the core of being unwilling to explore the beauty of sitting alone in the Silence. There is a tremendous difference between enjoying a reunion with your True Home and Spiritual Family in the Heavenly Realms versus feeling isolated, alienated and unsupported. So many in the Western cultures of your world can well relate to such adjectives, with good reason. Seek out the *best* of company wherever you can find those of like-mind, but when it may not be possible for a period of time, enjoy "splendid isolation," (Sir William Goschen), making

your time alone a retreat from the madness, imbalance and speed of the modern world. Make a haven, a sanctuary for yourself wherever you are on Earth, and be creative about it! When you return to the Land of Spirit you will create a dwelling for your Self that perfectly suits your spirit's needs and growth. Do that for your Self *now* while on Earth. You need not spend a lot of money to achieve this, but you must create an energy or vibration for yourself that is welcoming, healing and calming, and by so doing you will also make a place that invites those of us from the higher realms of Spirit to join you! Like energy attracts like energy. Attracting that energy to you will benefit you, and *all humankind* ~ the energy of *love*, which will draw more love and companionship to you of the right, good and highest energy. Be at peace now, for all will be well.

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