

TO BE ALONE

TO BE ALONE, away from the superficial cobwebs of life, is often a more satisfying experience than any other way in which one seeks solace from the anxieties, worries and cares of daily living.

When alone one's troubled mind rests. It casts off its veils and seeks the light of true perspective. It then resorts to meditation by which it transcends the pettiness and triviality of everyday activity. Through meditation, one's mind acquires serenity and insight into the meaning of things. Thus, the mind is cleansed and refreshed so that the result is an exhilarating feeling of ease.

In solitude, one's visions and ideals are cemented to attainment as the heart whispers aspirations to the mind which it molds with dreams. In this process, the mind needs inspiration to keep it working. This need is readily supplied by the privacy of thoughts that one finds in solitude.

When alone and in harmony with nature, one inherits peace of mind and a unity of thought and spirit. Free from disturbances, one unburdens himself and sheds his fretting, vexations and griefs to seek comfort in the embracing arms of beautiful nature.

Whether it be by the quiet spread of sea and sand or by the soothing shade of palms or by the seclusion of a study or by grandma's rocking chair on the porch or on a park bench or in the mellow, freshening lustre of green fields or by the wharf on a Sunday afternoon— or in any of a thousand and one solitary haunts, one enjoys to his heart's content the blessings of solitude.

by JUAN DEL NUEVO