Loneliness Is an Epidemic

Analysis by Dr. Joseph Mercola Fact Checked

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STORY AT-A-GLANCE

- Loneliness has been at "epidemic" levels for several years. In a 2018 survey of Americans aged 18 and older, 46% reported "sometimes" or "always" feeling lonely
- A World Health Organization study published in 2021 found loneliness affected up to 34% of older adults in China, Europe, Latin America and the U.S.
- Other recent research found loneliness among adolescents ranged from a low of 9.2% in Southeast Asia to a high of 14.4% in the Eastern Mediterranean region. The highest rate — 21% — was found among elderly Eastern Europeans
- Scientists have linked loneliness with a greater risk for obesity, heart disease, anxiety, dementia, stress, inflammation, reduced immune function, poor sleep and premature death
- Loneliness is also associated with a greater risk of addiction, and the rate of deaths directly attributed to alcohol rose by more than 25% in 2020, the first year of the pandemic, when many were self-isolating and working from home. The trend continued into 2021, by then up 34% from prepandemic levels

Loneliness has been at "epidemic" levels for several years now. In a 2018 Cigna insurance health survey[1,2,3] of 20,000 Americans aged 18 and older, a whopping 46% reported "sometimes" or "always" feeling lonely. More recent studies cited by El Pais[4] include a World Health Organization paper from 2021, which found loneliness affected up to 34% of older adults in China, Europe, Latin America and the U.S.

Other recent research found loneliness among adolescents ranged from a low of 9.2% in Southeast Asia to a high of 14.4% in the Eastern Mediterranean region. The highest rate — 21% — was found among elderly Eastern Europeans.[5]

Effects of Loneliness on Physical Health

While loneliness statistics can be difficult to pin down, the effects of loneliness are well-recognized at this point. Dr. Facundo Manes, a neurologist, neuroscientist and founder of the Neurological Cognitive Institute in Argentina, likens feelings of loneliness to "a biological alarm bell that reminds us that we are social beings,"[6] and when this alarm goes off, disease processes are set into motion. Scientists have linked loneliness with a greater risk for:

Obesity[7]
Heart disease[8]
Anxiety[9]
Dementia[10]
Higher levels of perceived stress[11]
Inflammation[12]
Reduced immune function[13]
Poor sleep[14,15]

A 2011 study[16] found that for each 1-point increase on the UCLA loneliness scale,[17] an individual is 8% more likely to experience some sort of sleep disruption. Research[18] has also shown that lack of sleep has the effect of triggering feelings of loneliness, so the two problems tend to feed on each other.

Loneliness Raises Your Risk of All-Cause Mortality

Loneliness is also strongly linked to reduced life span.[19] One 2015 meta-review[20] concluded loneliness can raise your risk of dying by as much as 30%. Older adults are also more likely to die within 30 days of emergency surgery when loneliness is a factor.[21]

On the other side of the coin, maintaining strong and healthy social connections has been linked to a 50% reduced risk of early death.[22,23] As reported by El Pais:[24]

> *"María Rosa Fernández, president of the Spanish Society of Cardiology's Vascular Risk and Cardiorespiratory Rehabilitation Association, explains that cardiologists are so conscious of the negative impacts of loneliness that they immediately ask patients who have suffered serious heart problems like a heart attack about their psychosocial support.*
>
> *'It's fundamental. A patient who has suffered a serious cardiac episode and lives alone is more likely to experience similar problems again. A person without sufficient family support is also more at risk of developing heart failure,' said Fernández …*
>
> *Experts acknowledge that we still lack a clear understanding of how loneliness affects disease. But some specialists describe it as a continuous and vicious cycle.*
>
> *One theory is that loneliness triggers a neuroendocrine response. 'People who feel lonely or who are considered to be socially isolated may show elevated activity of the hypothalamic-pituitary-adrenal axis, an increased response to chronic stress, elevated blood pressure and high blood cortisol levels,' stated a British study published in the Journal of the Royal Society of Medicine.*
>
> *The elevated levels of these physiological mechanisms are linked to an increased risk of cardiovascular disease and death. It all makes sense, says Fernández. 'The hypothalamic-pituitary-adrenal axis is activated in stressful situations and loneliness causes stress.' But she also notes the significant influence of a person's lifestyle.*
>
> *'All social and psychosocial factors have an impact on cardiovascular health. The exact cause is not known, but not all lifestyles are the same. Someone who lives as a couple or in a family has less cardiovascular risk. Human beings are made to live in groups and in the company of others.'"*

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Children Harmed by Pandemic Isolation Measures

Not surprisingly, social distancing rules and lockdowns imposed during the COVID-19 pandemic have only worsened already epidemic levels of loneliness, especially among children. School closures have varied in length depending on location, but overall, children as a group have all missed out on socialization to some degree over the past three years.

Loneliness, social isolation and related depression and anxiety have all been cited as likely outcomes of school closures,[25] driving some children with preexisting mental health issues "over the edge."[26] One-third of U.S. parents surveyed said their child became more sad, depressed or lonely during the pandemic.[27]

Learning deficits have also skyrocketed. Prior to the pandemic, 57% of 10-year-olds in low and middle-income countries could not read properly. By mid-2022, that number had increased to 70%, thanks to extended school closures. In Latin America, 10-year-olds unable to read rose from 50% to 80%, and the effects could be lifelong, leading to $21 trillion lost due to lower lifetime earnings.[28]

Meanwhile, data show the suffering health officials and school administrators have put children through was all in vain, as the school closures had no effect on the spread of COVID-19 or COVID mortality.[29,30]

Effects of Mask Mandates on School Children

Mask mandates have also taken a tragic toll on children, resulting in higher levels of psychological and behavioral issues including irritability, difficulty concentrating and impaired learning. A German study[31] published in February 2021 revealed the kinds of issues children were experiencing as a result of wearing face masks for an average of 270 minutes per day.

In all, 24 health issues were associated with wearing masks that fell into the categories of physical, psychological and behavioral issues. As reported by the authors:[32]

> *"… an online registry has been set up where parents, doctors, pedagogues and others can enter their observations. On 20 October 2020, 363 doctors were asked to make entries and to make parents and teachers aware of the registry.*
>
> *By 26 October 2020, a total of 20,353 people had taken part in the survey. The group of parents alone entered data on a total of 25,930 children …*
>
> *Of the respondents 68% reported that children complained about impairments caused by wearing the mask. Side effects included irritability (60%), headache (53%), difficulty concentrating (50%), less happiness (49%), reluctance to go to school/kindergarten (44%), malaise (42%) impaired learning (38%) and drowsiness/fatigue (37%)."*

Loneliness and Isolation Are Tools of Tyrants

Any sensible human being can recognize that isolating children at home for months on end will have dire ramifications for both physical and mental health. Yet school administrators, health officials and government leaders around the world ignored the basics of psychology and threw caution to the wind.

As a result of their decisions, our children may pay a lifelong price, and for all we know, that may have been the intention all along. After all, loneliness and lack of social bonding are two of the foundational parameters needed to induce mass formation in the public sphere.

Mass formation, in turn, is a psychological state that allows tyrants to implement authoritarian control, and we now know this is precisely what the globalist cabal is trying to do. As explained by professor of psychology Mattias Desmet, mass formation is a form of collective hypnosis that make people sacrifice their freedom willingly.

Considering the globalist cabal has been working toward the implementation of a one world government for many decades, and the fact that its plans span even more decades into the future, it's not outside the realm of possibility that they intentionally wanted to make an entire generation psychologically primed to accept totalitarianism.

Loneliness and Addiction Go Hand in Hand

Aside from ill health, mental health problems and a higher mortality risk, loneliness is also associated with a greater risk of addiction to cigarettes, drugs and/or alcohol. As noted in the 1992 scientific review "Loneliness and Alcohol Abuse: A Review of Evidences of an Interplay":[33]

> *"… loneliness may be significant at all stages in the course of alcoholism: as a contributing and maintaining factor in the growth of abuse and as an encumbrance in attempts to give it up.*
>
> *Concordant reports demonstrate that alcoholics do feel more lonely than members of most other groups do. In advanced abusers, loneliness is obviously connected with a number of negative characteristics and, together with several of those, directly linked to a poor prognosis."*

Indeed, previous research[34] found "feeling of loneliness" was the most important factor influencing the prognosis of advanced alcohol abusers. The American Addiction Centers also stresses that isolation is a barrier to getting and staying sober.[35]

> **“ Loneliness is also associated with a greater risk of addiction, and the rate of deaths directly attributed to alcohol rose by more than 25% in 2020, the first year of the pandemic, when many were self-isolating and working from home.”**

It's not surprising then that deaths attributed to excessive alcohol consumption in the U.S. started trending upward in tandem with COVID restrictions.

Between 2015 and 2019, 1 in 5 deaths (20.3%) in the 20- to 49-year age group was already related to excessive alcohol intake,[36,37] and data from the U.S. Centers for Disease Control and Prevention show the rate of deaths directly attributed to alcohol rose by more than 25% (25.4%) in 2020,[38,39] the first year of the pandemic, when many were self-isolating and working from home.

The trend continued into 2021, by then up 34% from prepandemic levels.[40] Clearly, designating liquor stores as an "essential business" during the pandemic was not in the best interests of public health.

alcohol-related deaths increase during the pandemic

Antidepressant Use Rose Significantly Over Past Three Years

Loneliness often leads to anxiety, depression and other mental health problems, which are then treated with antidepressant drugs, and several studies have confirmed that antidepressant prescriptions have skyrocketed since the pandemic began.

In Italy, monthly antidepressant use during 2020 was on average 20% higher compared to historical averages from 2015 through 2019. During the first four and last two months of 2020, the average use was 30% higher than the previous norm.[41]

Research from the U.K. found antidepressant prescriptions rose by 5.1% between 2021 and 2022.[42] Antidepressant use among children under the age of 17 shot up by 9.2%. In all, 14.7% of Britons, some 56.5 million people, were on antidepressants during those two years.

A study[43] that looked at prescription rates among Israelis found the pandemic was "associated with a significant increase in the slope of the incident rate of antidepressant fills."

By comparing actual prescription fills with models that estimated what the antidepressant use would have been, had there been no pandemic, they estimate the pandemic was responsible for a 2% rise in the average monthly prescription rate.

Prescription Drugs Often Make Matters Worse

Dr. Irving Kirsch on 60 Minutes Proving Placebos Work as Good or Better than Pharmaceutical Drugs

Video Link

Unfortunately, antidepressants often do more harm than good. Not only do they not work in most cases, they also come with a long laundry list of potential side effects. The reason these drugs are so frequently used in lieu of other interventions seems to have more to do with inertia than anything else, meaning psychiatrists are used to prescribing them and slow to embrace other techniques that require more time and effort.

It's certainly not because antidepressants have been proven to work the best. Far from it! On the contrary, studies have repeatedly demonstrated that placebos work as well or better than antidepressants. In the "60 Minutes" segment above, which originally aired in 2012, Dr. Irving Kirsch reviews this evidence.

According to Kirsch, who is the associate director of the Placebo Studies Program at Harvard Medical School, while many do appear to get better when taking an antidepressant, the response is not due to the chemicals in the drug, it's due to the placebo effect — the sheer expectation of healing.

Taking a sugar pill would provide the same effect, and typically does. In fact, the difference between the two is clinically insignificant. And not only that: Kirsch, to his surprise, discovered it didn't matter what drug was given. Virtually any drug tested against antidepressants provided the same amount of relief.

The only time you see a clinical difference, Kirsch says, is in the most extreme levels of depression. In those cases antidepressants outperform placebo, but in mild to moderate depression, which is what afflicts a majority of patients, there's no difference.

But what about all those studies supporting the use of antidepressants? After reviewing the evidence, Kirsch discovered the trick used to skew perception. Drug makers simply buried negative studies and only published those with positive results.

Drug-Induced Dependence Is Commonplace

Sadly, many have been fooled into thinking they need an antidepressant or other psychiatric drug, and end up struggling with problems that are far worse than the initial complaint. As reported by The Berkshire Eagle:[44]

> *"'I was repeatedly told that because I took it as prescribed that I couldn't be dependent and that Ativan was harmless.' Geraldine Burns, of Boston, was prescribed Ativan — one of several pills classified as benzodiazepines or "benzos" (including Xanax, Valium and Klonopin) often prescribed to treat anxiety and insomnia — after the birth of her second child in 1988.*
>
> *She had complained of a 'heavy feeling' and was given Ativan in the hospital. She was referred to a psychiatrist who prescribed Ativan to be taken regularly. She began to experience anxiety, agoraphobia and panic attacks — all which she had never had before.*
>
> *Burns would soon stumble upon an article in a magazine that described her initial complaints of a 'heavy feeling' as being symptoms of a uterine infection that commonly happens after childbirth. Antibiotics cleared up the infection and the heavy feeling, but Burns remained on Ativan, as prescribed by her psychiatrist.*
>
> *Over the next nine years, her prescription dosage would increase and so would her medical issues. She would be prescribed antidepressants and numerous other drugs to treat her growing list of ailments …"*

Burns' story is one of several featured in Holly Hardman's film "As Prescribed." Burns became addicted to Ativan and struggled for years to get off it. As a result of her experiences.

Burns became a patient advocate and a driving force behind a new bill in Massachusetts that would require doctors to inform patients about the risks of long-term use of benzodiazepines and non-benzodiazepine hypnotics before prescribing them. The bill also requires the establishment of a protocol to wean patients of these drugs. During a hearing of the bill, Burns said:[45]

> *"The people in this room today were all good patients. None of us took more than we were told. None of us abused them. We were told they were safe, harmless and non-addictive and that's not true.*
>
> *I called my psychiatrist and told her my symptoms when I tried to stop taking the Ativan. She told me to keep taking it, that I'd have to take it for the rest of my life and to stop questioning her."*

Overcoming Loneliness

If you struggle with loneliness, you're not alone. Following are several strategies, pulled from a variety of sources, that can help.[46,47,48] It's important to realize that there's no pill or potion to cure

variety of sources, that can help.[46,47,48] It's important to realize that there's no pill or potion to cure loneliness, but there are strategies that can minimize the secondary harms it can cause.

Join a club — Proactive approaches to meeting others include joining a club and planning get-togethers with family, friends or neighbors, Meetup.com is an online source where you can locate a vast array of local clubs and get-togethers. Many communities also have community gardens where you can benefit from the outdoors while mingling with your neighbors.

Learn a new skill — Consider enrolling in a class or taking an educational course.

Create rituals of connection — Rituals are a powerful means for reducing loneliness. Examples include having weekly talk sessions with your girlfriends and/or making meal time a special time to connect with your family without rushing.

Consider a digital cleanse — If your digital life has overtaken face-to-face interactions, consider taking a break from social media while taking proactive steps to meet people in person.

Research shows Facebook may be more harmful than helpful to your emotional well-being, raising your risk of depression — especially if your contacts' posts elicit envy. In one study,[49] Facebook users who took a one-week break from the site reported significantly higher levels of life satisfaction and a significantly improved emotional life.

Make good use of digital media — For others, a phone call or text message can be a much-needed lifeline. Examples of this include sending encouraging text messages to people who are struggling with loneliness, offering support and help to live healthier lives and follow through on healthy lifestyle changes.

Exercise with others — Joining a gym or signing up with a fitness-directed club or team sport will create opportunities to meet people while improving your physical fitness at the same time.

Shop local — Routinely frequenting local shops, coffee shops or farmers markets will help you develop a sense of community and encourage the formation of relationships.

Talk to strangers — Talking to strangers in the store, in your neighborhood or on your daily commute is often a challenge, but can have many valuable benefits, including alleviating loneliness (your own and others'). Talking to strangers builds bridges between ordinary people who may not otherwise forge a connection.

People of the opposite gender, different walks of life or different cultures hold a key to opening up to new ideas or making connections with old ones. In this short video, reporter for The Atlantic, Dr. James Hamblin, demonstrates techniques for learning how to talk with strangers.

Volunteer — Volunteering is another way to increase your social interactions and pave the way for new relationships.

Adopt a companion pet — A dog or cat can provide unconditional love and comfort, and studies show that owning a pet can help protect against loneliness, depression and anxiety. The bond that forms between a person and a companion pet can be incredibly fulfilling and serves, in many ways, as an important and rewarding relationship. The research on this is really quite profound.

For instance, having a dog as a companion could add years to your life,[50] as studies have shown that owning a dog played a significant role on survival rates in heart attack victims. Studies have also revealed that people on Medicaid or Medicare who own a pet make fewer visits to the doctor.[51]

The unconditional acceptance and love a dog gives to their owner positively impacts their owner's emotional health in ways such as:

- Boosting self-confidence and self-esteem
- Helping to meet new friends and promoting communication between elderly residents and neighbors
- Helping you cope with illness, loss and depression
- Reducing stress levels
- Providing a source of touch and affiliation

If you're looking for a furry friend, check out your local animal shelter. Most are filled with cats and dogs looking for someone to love. Petfinder.com[52] is another excellent resource for finding a pet companion.

Move and/or change jobs — While the most drastic of all options, it may be part of the answer for some. To make it worthwhile, be sure to identify the environment or culture that would fit your personality best and consider proximity to longtime friends and family.

Additional Resources

If you're feeling depressed or anxious on a regular basis, a strategy that can provide more immediate results is the use of Emotional Freedom Techniques, or EFT (sometimes called

"tapping").

In the video above, Julie Schiffman demonstrates a tapping strategy to relieve anxiety and other challenging emotions. If you aren't familiar with EFT you'll find a library of demonstrations at "Basic Steps to Your Emotional Freedom." Videos addressing a variety of emotional states and conditions can also be found on JulieSchiffman.com.

Another alternative is the Neuro-Emotional Technique's First Aid Stress Tool, or NET FAST, demonstrated in the video above. Firstaidstresstool.com also provides an excellent printable summary with visuals of the technique,[53] which even a young child can do. Here is a summary of the FAST procedure:

1. While thinking about an issue that is bothering you, place your right wrist, palm up, into your left hand. Place three fingers of your left hand onto the area of your right wrist where you can feel your pulse
2. Place your open right hand on your forehead. Gently breathe in and out several times while concentrating on feeling the issue that bothers you
3. Switch hands and repeat Steps 1 and 2

Suicide Prevention Resources

If you feel a sense of creeping despair, please reach out to family, friends or any of the available suicide prevention services:

- The 988 Suicide and Crisis Lifeline (U.S.) — Call 988 to speak with a crisis counselor
- Crisis Text Line — Text HOME to 741741
- Alternatively, call 911, or simply go to your nearest Hospital Emergency Department

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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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 cutbacks in freedoms and rights, which deepens with the progress of the decomposition of social services, a "health" corrupted by the big pharmaceutical companies, and a perspective tyrannical imposition by the globalist elite. The population is unemployed or chained to a job that may not meet their needs. Thus, violence is combined as responses to frustration, helplessness and fear and loneliness.

Separation from loved ones, loss of freedom, uncertainty about the severity of the disease, and boredom have serious psychological effects. The sad reality is that the feeling of misunderstanding and loneliness continues to grow in our society. We all need to feel a real hug, to feel understood, that we matter, and that we need real human contact. A person holds 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.

The security and a strong inner life, with good life habits make 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 that lack of security and self-confidence that makes them anxious. To learn to be alone is extremely necessary to be able to grow and mature psychologically.

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Guillermou

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Human beings are social by nature, we like to feel accompanied and feel that someone cares about us. Since caveman times we learned that we need to be accepted in a social group, collaborating and facing threats all together. Also in the history of humanity, other individuals have always been discriminated against due to their resources, their origins or intelligence, and even entire towns due to their different ideas regarding religion or politics. On a psychological level, the person may experience anxiety, guilt, depression, and feelings of loneliness. But those who are discriminated against can also suffer other problems, such as difficulties in finding a job, dropping out of school and illnesses.

There are cases in which loneliness is self-imposed, the consequence of self-isolation for fear of being disappointed by friends or loved ones. Existential loneliness is very different from other types of loneliness. It is a state in which the emotion of loneliness is mixed with the existential doubt of what one lives for and what exactly connects us to others. The absence of a meaning for one's life can contribute to people disconnecting from society, generating anxiety and depression. Ageism, a term coined by the psychiatrist and winner of a Pulitzer Prize, Robert N.

Butler, refers to the discrimination that exists towards the elderly. A different conception of old age than primitive societies had, where older people were sources of knowledge and experience, characteristics necessary for adaptation and survival. It is important to consider that learning to be alone is a very positive exercise because it allows us to listen to ourselves, analyze what we feel and observe our circumstances from another, more intense focus. "The man who wants to contemplate face to face the glory of God on earth, he must contemplate this glory in solitude" -Edgar Allan Poe.

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juststeve

Joined On 1/5/2012 11:13:54 AM

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Gui, it is fairly safe to say humans by our nature are hard wired to be social, to work together, to cooperate and coordinate efforts. There is a need and a cycle to be Alone for introspection as well as to be together to be nourished with healthy interactions. It's not either or for us. For authoritarian dictators it's a must for One Size Fits All to dampen down any impulses to form activities not on the Predator$ agenda, no matter how benign. The digital has been consistently moved to separate us from each other in nearly all our former activities once encouraging, enhancing our social skills. The digital is a weak pale substitute for actual interaction feeds the Mass Psychosis, the Mass Psychosis feeds the Loneliness, the Loneliness feeds the craving for a disconnected digital interaction.

Wash, rinse & repeat. Because our very being is hard wired to be a source of renewal for the positives possible with healthy social interactions the Predator$ can only hope to stamp it out with their genetic interference. Our sheer numbers make their efforts near if not impossible, as so may go a long way to explain their desires to reduce the world population down to a size they believe they can exert complete control over all. They are incapable of understanding the underlying emotional, spiritual side of all of this and if they cannot understand it - they cannot defeat us.

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nothingsound

Joined On 8/12/2018 9:47:47 AM

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Being alone is very different than loneliness. I live alone and have for many years. I have gone through periods of loneliness but in honesty that was where I put myself through the thinking and choosing how to live. Often we end up in such a depth of thinking of loneliness; that is where we end up living. I stated in a post below that when I figured out that life is a choicce of how I live, and that the God I love does not want me in a life of darkness of any kind, I found that praying, reading and meditating on the Scripture, and studying Scripture helped me to understand that life is a choice.

Drugs do not help at all. i known a few people who have gone the route of medication and they may feel better for a bit, but other things crop up often leading to more misery; most have deeper bouts of loneliness that do not last as long. Those deep bouts may be short but how they are deep and dark. The three main signals of loneliness that is within despair are: No one wants to be around me; no one cares; then finally no one loves me. All of these are a live from the pit of hell.

Mark as Spam | Posted On 1/26/2023 6:39:37 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, Just, communication with others and with ourselves is the basis of our personal training, which allows relationships of all kinds to be established between human beings: family, sentimental, academic, professional, commercial, political, etc. It allows us to organize ourselves as a society, grow as people and reach higher levels of progress. This communication is deteriorating and imposing dominance roles and mental manipulation. We are in a world where private media companies are using encryption software for data sent through their services, and these companies and intelligence services can ultimately monitor their content.

The mass man is more malleable in a rigged media structure and cannot have an informed opinion on something if he is not given all the facts, if he only gets one side of the issue, he cannot hope to make the best decision about whether or not he wants to. support or oppose him. That is exactly what happens to hundreds of millions of social media users every day. His new feeds are being manipulated, controlled, by political information *** on the world's most popular technology and social media platforms like Facebook and Google. These companies are promoting the interests of the government and consequently of the globalist elite who want to impose their mandates.

Iodo this creates a mental rigidity contrary to freedom of thought. Depression is often mediated by the way we interpret what happens to us. Psychological inflexibility is the catalyst for suffering and in the face of so much negative propaganda it is very difficult to urge the person to be more positive. To overcome depression, flexible thinking is necessary to overcome the alignment imposed by fascism. The way in which we interpret and handle what happens to us determines the progress or that "mental block" that leads to pathological states.

Mark as Spam | Posted On 1/26/2023 7:15:46 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Our daily life is marked by ambiguities. The Irish writer John Banville points out that such ambiguity is the essence of life. There are those who accept it. Others, on the other hand, fight and get frustrated with everything they cannot understand, control or predict. And for that, to handle that existential complexity, we need a more flexible approach. Every inflexible, imperative and overwhelming attitude ends up hitting a wall. The curious thing is that inflexible people seem very decisive at first glance, however, they are made of large knots of insecurity. They fight against changes, they are dogmatic and great ruminators of thoughts. Albert Ellis said that depression is partly due to the whole set of irrational explanations that are made about each event.

These negative and inflexible biases increase emotional pain, the filter that opaques everything and that builds, little by little, said mood disorder. Although inflexible people often display an air of unresolved determination, they actually hide deep insecurity behind them. This can sometimes lead to a depression that is also associated with loneliness. Thus, studies such as those conducted at the University of Illinois, for example, highlight something important. Enabling people into a more flexible cognitive approach could prevent depression. www.ncbi.nlm.nih.gov/.../PMC5640320 (2017)

Mark as Spam | Posted On 1/26/2023 7:17:14 AM

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grulla

Joined On 1/17/2012 8:03:55 AM

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"nothingsound", "Being alone is very different than loneliness." Much agreed.

Mark as Spam | Posted On 1/26/2023 7:23:37 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, nothingsound, there is a loneliness that allows us to increase our knowledge of ourselves. When we are alone, we allow ourselves to help organize our thoughts and regenerate the forces that we need to replenish after a great day full of energy and emotional exhaustion. This solitude helps to understand what is really necessary to grow internally and thus learn to give priorities in a positive way. At this moment you give yourself the opportunity to withdraw for a few moments from the outside world, from the worries and emotions of your environment, which makes it easier to feel much more serene and calm to make the appropriate decisions towards yourself.

And surely also achieve something fascinating: see the problem from a totally different side and full of positive options. “Being in solitude, although it can be as silent as light, is, like light, one of the most powerful agents, since solitude is essential to man. All men come into this world alone and leave it alone." -Thomas De Quincey- In shelter to solitude is God. The Lord himself will march before you and will be with you; he will never leave you or forsake you.

Do not fear or be discouraged. (Deuteronomy 31:8) We all have a purpose for which God created us (Psalm 138:8). The Lord will fulfill his purpose in your life, just as he did with Moses and Joshua. But don't worry, you don't have to walk the path alone. The Lord is with you, he accompanies you and gives you the encouragement you need to carry out the corresponding tasks each day. Remember to spend time with him to receive all the encouragement you may need.

Mark as Spam | Posted On 1/26/2023 7:40:02 AM

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fvtomasch

Joined On 3/11/2017 7:33:24 AM

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Gui- In today's world it seems we need more "Solitude" to keep us from imploding from the 24/7 nonstop barrage of information overload. I enjoy having solitude time and try not to intertwine the words loneliness and solitude or even personal space. I enjoy interaction between people but the last few years due to all things Covid and the divisiveness it has created I believe more alone time is needed to get our heads and mind/spirit in sync once again. Even Jesus spent 40 days and 40 nights alone but he was in deep prayer and faith that helped him thru. Much of today's loneliness is associated with our physical state of mind and body.

Most of us have some form of dysbiosis or altered bowel flora which affects our mood (depression for many) which can cause the feeling of loneliness even though we can be connected to 8 billion people in an instance but do we what to? During my recent 2nd eye surgery which I hopefully is working now I am limited to 5 or ten minutes per hour (no more) to be on a computer or do other things I find it refreshing to tune out. I do miss reading all the articles here in full and comments from you and others which enlightens my day. So time to go and talk to you later.

Mark as Spam | Posted On 1/26/2023 9:08:26 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Thank you fvtomasch. I wish you a speedy recovery from your retina surgery. Yes, neither can we think that Jesu s' solitude was something negative when we read that it was our Lord's custom to retire to secluded and deserted places to pray alone. Listen to what the Gospel of Luke says: “But his fame spread more and more; and many people gathered to hear him, and to be healed of their diseases. But he withdrew to deserted places, and prayed” (Luke 5:15-16). Although Jesus surrounded himself with multitudes, his greatest joy was not found in his popularity, but in solitude with his Father.

He withdrew to deserted places, without people, to be alone with God. What's more, when he taught us to pray, he said that we should go into our room and close the door, pray to our Father in secret. Our Lord used to withdraw into solitude to have a private and intimate communion with his Father. We must consider that depression is associated with loneliness. An imbalance in the "microbiota-gut-brain axis", which reflects the constant bidirectional communication between the central nervous system and the gastrointestinal tract, has been used as a hypothesis to interpret the pathogenesis of depression.

Alterations in the composition of the intestinal microbiota could increase the permeability of the intestinal barrier, activate systemic inflammation and immune responses, regulate the release and efficacy of monoamine neurotransmitters, alter the activity and function of the hypothalamic-pituitary-axis. adrenal glands (HPA) and modify the abundance of brain-derived neurotrophic factor (BDNF), ultimately leading to depression.

Mark as Spam | Posted On 1/26/2023 11:25:15 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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Amen!! Also divorce yourself as much as possible from pharma, rely on nature. I did it, at 81, now]free from all their toxins. Andas my chiropractor said, it is okay to have a pity party, just do not let them last.

Mark as Spam | Posted On 1/26/2023 12:57:57 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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A great choice Dordee. "Invitation to the Meeting" is a Social Innovation Program for the elderly and all ages, of Brotherhoods of Work-Centro whose purpose is to create small communities of people who meet to talk, share and deepen vital experiences and prevent and deal with situations of loneliness Unwanted. It is a Social Innovation Program for the elderly and all ages whose purpose is to create small communities of people who come together to talk, share and deepen vital experiences and prevent and address situations of unwanted loneliness.

Mark as Spam | Posted On 1/26/2023 1:04:04 PM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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Very good point. I am often alone and rarely lonely. It may occasionally be boredom rather than loneliness if I have persisted at some monotonous task for quite a while without a break. Then, I will welcome any legitimate distraction. However, I am usually too absorbed in what I am doing at the moment or considering what to turn my attention to next that I do not have time to think such thoughts. I can sit with my deer herd and watch the does for a long time--and them watching me... that is also good company. I know I communicate with deer because they come when I call them, just like domesticated cattle. I also consider a walk in the forest with tree and herbal companions good company.

When I need a remedy, I will be still and "listen" until I can approach and find the plant I need--perhaps I can feel some resonant energy. Sometimes, I will "talk" to the birds and see if I can get them to answer, esp. hoot owls and crows. Cats can be particularly attentive if they sense I am not feeling well. If we are working with others, even on our own tasks, I will try to say a pleasant word in passing. I do not mind my own company. If I were not already somewhat of an introvert and recluse, it would be very difficult for me. I do not feel well if I must be around large crowds of people for many days on end or be in large cities--it drains my energy and overloads my senses so I cannot hear myself think.

The fact is, that, I spend many days in isolation in the forest because I have work to do. I understand that many of the early settlers went crazy because of this silence and isolation. I believe it was Willa Cather who wrote about the struggles with depression that some of the women on the plains had. Loneliness is a special kind of unfulfilled need. If you think more deeply about it, it is really difficult to explain to other people. What is disconcerting for one person, might be welcomed by another. much depends on perspective and individual uniqueness.

Mark as Spam | Posted On 1/26/2023 4:54:47 PM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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When there is an emotional emptiness, it is important not to fill it with negativity and all the wrong stuff. It is better if you can find contentment, gratitude and seek virtue. Find your path in life and pursue your own goals. Enough said for those who are capable of understanding. I am reminded of the wise words of a Native American, "If you do not understand my silence, you will not understand my words."

Mark as Spam | Posted On 1/26/2023 5:01:20 PM

Like Dislike

Aaltrude

Joined On 4/18/2007 8:49:48 PM

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Being alone and loneliness are not the same thing. Some people need alone time to recoup. It is also possible to feel alone amidst a crowd of people.

Reply | Mark as Spam | Posted On 1/26/2023 12:34:20 AM

Like Dislike

Leahoz

Joined On 2/2/2020 9:55:19 AM

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Agree with you, two different things. I like my own company...you are right alone and loneliness are two different things.

Mark as Spam | Posted On 1/26/2023 12:39:40 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, It is important to consider that learning to be alone is a very positive exercise because it allows us to listen to ourselves, analyze what we feel and observe our circumstances from another, more intense focus. The fact of appreciating being alone and in our own company is a sign of maturity, emotional intelligence and a level of love for our person. The life mission to which we all aspire to reach as human beings. ----As the great writer Arthur Schopenhauer said "solitude is the luck of all excellent spirits." -----"The man who wants to contemplate face to face the glory of God on earth, he must contemplate this glory in solitude" -Edgar Allan Poe.

Humanity is subjected to an excess of information that distorts that coming from our loved ones and friends. The media and tensions in professional life that can cause psychological and emotional discomfort. Moments of solitude allow us to put aside that excess of worries and reconnect with ourselves, allowing us to rest for a moment. For Zen Buddhist master Thitch Nhat Hanh, silence is essential. He assures that, “Thoughts go parading through our heads without ceasing to the point that we lose the joy of living. Most thoughts not only do not help us at all, but on top of that they harm us“. A silence that in the vast majority of times 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 life experience, expanding our mind and releasing our magic and human talents. Loneliness allows us to create and enjoy ourselves. Loneliness is the true origin of creativity. "The great man is the one who in the midst of crowds maintains, with perfect sweetness, the independence of solitude."-Emerson. “We are alone, we live alone and we die alone. Only through love and friendship can we have the illusion, for a moment, that we are not alone."-Orson Welles.

Mark as Spam | Posted On 1/26/2023 1:19:01 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

Add as Friend | Send Message

Very good point. I am often alone and rarely lonely. It may occasionaly be boredom rather than loneliness if I have persisted at some monotonous task for quite a while without a break. Then, I will welcome any legitimate distraction. However, I am usually too absorbed in what I am doing at the moment or considering what to turn my attention to next that I do not have time to think such thoughts. I can sit with my deer herd and watch the does for a long time--and them watching me... that is also good company. I know I communicate with deer because they come when I call them, just like domesticated cattle. I also consider a walk in the forest with tree and herbal companions good company.

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Mark as Spam | Posted On 1/26/2023 2:23:31 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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Mark as Spam | Posted On 1/26/2023 2:39:06 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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Sometimes it is healthy to Just Be. This is how we feel our heart.

Mark as Spam | Posted On 1/26/2023 3:41:12 AM

Like Dislike

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nothingsound

Joined On 8/12/2018 9:47:47 AM

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I agree/. I am an introvert. Most people would look at me and say: Say What? I am out going, I love people, but I recharge by being alone. I know when those times are. But, I love peple, i love being involved, but i know my limits.

Mark as Spam | Posted On 1/26/2023 6:41:14 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Exactly. I am alone; but not lonely. I believe that "loneliness" is a choice. I am never "alone", when I am out in nature. I cycle down to the beach/park, almost on a daily basis, where I have the company of the "little birdies", as well as the big birds (eagles); and even dogs that are being walked in that area. Getting a bit of "puppy love" always makes my day! From all indications, it also makes the dog's day.

Mark as Spam | Posted On 1/26/2023 6:56:26 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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Hi "Aaltrude" and to all, "Being alone and loneliness are not the same thing. Some people need alone time to recoup."... to think clearly and sort things out.

Mark as Spam | Posted On 1/26/2023 7:28:55 AM

Like Dislike

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nothingsound

Joined On 8/12/2018 9:47:47 AM

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The course of action missing from that list is faith. I know many who would state that faith is a placebo; but faith in the Creator is far from being inactive. With faith in God, Jehovah, you are never alone. You may get lonely, but loneliness will not overtake you unless you decide to and live in the natural mind. Problem is most religions today do not speak never mind teach on the indwelling of the Holy

Spirit in any detail, or how to live a life filled with the Holy Spirit. No not a palcebo; because living a life filled is a choice.

Always a choice in how I choose to live. God is not a puppet master nor when you reach i does He ignore. With faith there is trust, and so many have faith but no trust. I agree loneliness is the devoured of people. But then the spirit world is true, and who is the one who steals, kills, and destroys? And that is not a list but a process stated in order. BUT, getting a pet is incredible. matter-of-fact if you can get two dogs. They will entertain,love, and care for you and see you through most if not all the deep mess of loneliness.

Cats are okay I've a few, but always with the dogs; most cats do not have that sense of healing when one is is need; now I said most not all. While most dogs do have the sense. If anything find yourself a place that there are people, make a friend have them over for dinner even if they never ask you to their house. Make dinner, sharing life over food is amazing and doing it in home and cooking makes this time even more special.

Reply | Mark as Spam | Posted On 1/26/2023 6:27:24 AM

Like Dislike

JKolbus

Joined On 3/17/2012 6:24:03 AM

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I can not imagine surviving in this crazy world without my faith in God. Not a crutch, true faith is hope and joy, comfort and peace. (And, my dogs are my children! LOL!)

Mark as Spam | Posted On 1/26/2023 7:12:20 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, God is a great consolation when spoken with faith and devotion. Deposit all anxiety in God, because he cares for you. (1 Peter 5:7) Sometimes we just need someone to listen to us and God is always there to listen to you. Go before him and tell him what overwhelms you or causes you anxiety. Talk to God with confidence and he will listen to what happens to you. Talk to God and trust that, in due course, he will work! He takes care of you.

Mark as Spam | Posted On 1/26/2023 7:35:21 AM

Like Dislike

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davidle

Joined On 5/7/2011 7:38:57 AM

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I was surprised he didn't mention joining a faith based community. I love my church because we have a lot of young couples and lots of the sweetest young children (under ten). We just had a new crop of babies as well.

Mark as Spam | Posted On 1/26/2023 9:46:25 AM

Like Dislike

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destatongmail.com

Joined On 2/6/2021 12:39:18 PM

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You may be right on most cats but my cat actually massages my thyroid and is very sensitive to my moods. Dogs have their own healing ways and they are much different that a cat's ways. I get lonely on occasion but I generally go with that saying "I haven't decided if I am a cat person or a dog person but I'm certainly not a people person"

Mark as Spam | Posted On 1/26/2023 1:39:09 PM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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My main destresor is rescueing cats, stray, feral, abandoned. Have often had as many as 12, now at 82, down to 3. They give me a sense of purpose, have to get up and moving to feed them, scoop litter boxes and make a lap for them. rescues a sre so loving, grateful to someone who gives them a warm, dry home, food. They are yours forever. They have also alerted me to health issues. Came home from heart surgery, had never had anesthesia before, slow recovering. They woke me pulling covers off, head butting me. With 3 cats doing that, you wake up! I was gasping for air! Sat up, deep breathing, all better so back to sleep. 3 times since then they ave alerted me to low sugar episodes long before I was aware of symptoms.

I now have learned to rely much on them for my health, same as when they have tornado warnings. If the cats are calm, birds outside are singing, I do not worry. If they become anxious, I go to the basement. I also have 2 friends close by. I text them each morning. If they do not get a text by a certain time, they call to be sure I am okay. One lives close by, just a mile. They came over last week woth their 3 boys and cleared the honeysuckle bush for me. Last but not least, I have salvation, know where I am going at death so really do not fear what mankind may do, I am secure.

Reply | Mark as Spam | Posted On 1/26/2023 12:53:03 PM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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You are very well grounded and in good hands i would say..The creator and those wonderful companions sure makes life interesting...

Mark as Spam | Posted On 1/26/2023 12:59:52 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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What a wonderful action!!, Dordee, and also very useful for you. The dog is man's best friend. These animals not only keep their owners company but, in some cases, can be another tool for their cure in case their owner is sick. In fact, the superpower of dogs is such that the British public health system has incorporated cancer detection tests with dogs due to their great reliability, and the fact is that the olfactory powers of dogs are more than proven, for example at the time to detect explosives, drugs or gas leaks.

Specifically, the idea that dogs help detect cancer dates back to 1989, when a dog detected a case of malignant melanoma by sniffing his master's leg. Since then, various studies have described how properly trained dogs manage to signal with high reliability patients with cancers such as lung, bladder, ovarian, breast and prostate cancers by sniffing their body, their urine, their sweat, as well as your breath and even your blood. There are two types of dogs in all this, those that are trained to detect cancer, and some that naturally tell the owner that it emits a scent that makes them nervous, and leads them to notify their caregiver in one way or another.

Dogs notice a smell that causes them some discomfort. This leads them to adopt certain behavior such as non-stop sniffing, scratching, or pecking like a duck in the owner's area with cancer. For example, an untrained dog hit his owner on the prostate, and then the man decided to go to the doctor, they saw what was wrong with him.

Mark as Spam | Posted On 1/26/2023 2:25:38 PM

Like Dislike

SomeMo888

Joined On 7/17/2022 11:04:17 AM

Add as Friend | Send Message

That is beautiful, Dordee. Thank you for sharing!

Mark as Spam | Posted On 1/27/2023 8:48:35 AM

Like Dislike

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katndognco

Joined On 1/1/2011 2:56:59 PM

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Suicide. Like life it's a mixed topic. My youngest brother hung himself at 22. He was an intelligent, witty, funny, caring human being who could have gone on to become anything he wanted. He was 6'3, dark hair and eyes, so charismatic and charming. Yet, he grew up in a household that was distracted and stressed out, cancer, death, depression lead to his heroin addiction then overdoses, hospitalizations and 7 psych meds lead him to a tree. My older brother chose meth to deal with his trauma and a faked accident that led to a botched surgery and painkiller addiction. He lost his wife and children, the home and business he built to live on the streets for 10 years before pneumonia got him.

He used to be a good looking surfer, bleach blonde hair, carpenter muscles; all the girls loved him. Neither of my brothers were lonely on the outside, they were popular, talented, good looking men who's soul were crushed by vile parenting. Don't we see beautiful people dying by suicide yearly. We judge them harshly bc we see their outside but don't understand the internal battles they are facing. Being alone isn't loneliness just as having it all isn't fulfilling. As a society of people we're completely ignorant of how we function.

Reply | Mark as Spam | Posted On 1/26/2023 8:09:11 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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My God, katndognco, what a terrible pain for you and your entire family!!! A year ago my only sister died, a very painful moment! . We brothers are connected in a very deep way. We are present in the best and worst moments of our lives. The death of my sister, older than me, represents the loss of a friend, protector and confidant with whom she shares many memories. You may grieve over the loss of your past relationship and the role you imagined your brother would play in your future.

Mark as Spam | Posted On 1/26/2023 8:45:04 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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QUITE RIGHT kat..Everything that glitters is not gold..We may never know what people are going through, unless we walk in their shoes..And why i always try to help whenever and wherever i can..It is always best to lend a helping hand rather than sticking a foot down someone's throat.. Being lonely is one thing, being misunderstood and unloved is another.. God's blessing to you and your families..

Mark as Spam | Posted On 1/26/2023 9:33:51 AM

Like Dislike

shiva

Joined On 10/19/2006 3:25:39 PM

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This life is a tremendous challenge, and in my opinion what is most lacking in modern society is the nurturing of the individuals inner life. Drug and alcohol addiction has in my opinion been rightly referred to as 'a thirst for Spirit'. ... The tremendous imbalance that our society is in and is I would say 'peaking' in right now, is 'materialism'. We grow up in a society that teaches us to value how much we have accumulated and or done or achieved in the outer world. It is all about ego and is the peak of narcissism. ..... It is truly a world out of balance, for we are taught nothing of how to nurture and develop our inner life and thus our relationship with Life itself in it's essence. ..... The great spiritual master; Paramahansa Yogananda once wrote; "An educational institution that does not teach Spirit as the central fact of mans existence, teaches 'avidia' (false knowledge).

Mark as Spam | Posted On 1/26/2023 1:24:40 PM

Like Dislike

katndognco

Joined On 1/1/2011 2:56:59 PM

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Shiva, I agree without thought and conversation around spiritual ideas education is an empty pit. Life without spiritual purpose is a sad life indeed. I'm no proponent of any specific spiritual thought as there is love and relevance in all. Why can't we (religions of the world) be friends? The idea of religious competition or one-upmanship is crazy yet our global citizens fight for theirs to be top dog on the daily. It's based on social engineering to keep us separated like race and gender etc. Best to all on our journey. Thank you Segstar and gui , hugs

Mark as Spam | Posted On 1/26/2023 6:09:40 PM

Like Dislike

shiva

Joined On 10/19/2006 3:25:39 PM

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katndognco - As no doubt you are very much aware, ... religion and spirituality are two different things. What we need is more of one (Spiriituality), and less of the other (religion). .... As soon as we institutionalize a spiritual perspective, we kill the essence of it. Of course as a result of the tremendous insecurity that we humans harbor deep within us (as a result of our own ingorance and very 'unconscious' state of consciousness), we have historically gravitated to anything that provides the illusion of solidity and or permanence.

This has historically allowed us to be a very readily manipulated and deceived group of beings. ..... To me the only solution is the fostering and development of an expanded state of awareness that can only result from the nurturing of the individuals inner life. .... The more one comes to Realize the Truth of ones own inner essence, the more one becomes the Peace and the Love that we were really needing and seeking all along but were mistakenly looking for outside of ourselves.

Mark as Spam | Posted On 1/26/2023 8:50:26 PM

Like Dislike

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epi-cure

Joined On 5/12/2012 7:02:04 PM

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Seasonal Affected Disorder (SAD), a form of depression, has been featured multiple times here at Mercola.com. It can lead to isolation and detachment from the world around us. Near Infrared Radiation (NIR) light exposure has numerous benefits often inducing better sleep quality which in turn elevates mood. This winter season I've enhanced my NIR sessions by sitting inside a recently added grow tent that serves as a type of sauna enclosure. Components bought right though acquired separately can total as little as $200. A few friends who've gotten on board with this agree that overall the oppressiveness of relentless grey skies here north of the 42 parallel is thereby reduced and spirits improve using this specific light treatment.

Reply | Mark as Spam | Posted On 1/26/2023 7:14:18 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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Yep epi SAD can turn very quickly into depression..I find that if one gets ENOUGH sunlight and exercise during the Summer months, they can almost make it through the winter without massive ingestion of D & K2..There are also those D lamps they sell that help as well..You may like this one since today's article is talking about loneliness..cheers.. https://youtu.be/AiLyhQGRdoo

Mark as Spam | Posted On 1/26/2023 10:37:47 AM

Like Dislike

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epi-cure

Joined On 5/12/2012 7:02:04 PM

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Well ya did it again ! One of her best tunes. She and Patsy were my favorites from back in those days. Enjoyed that Who promotional video too. If we don't fill up today's feature story with our musical trivia we'll never reach a hundred reader contribution comments. Here's another with a lonely theme by a new to me group with a notorious name. www.youtube.com/watch Tell me more about D lamps or do you have a link?

Mark as Spam | Posted On 1/26/2023 12:20:42 PM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

Add as Friend | Send Message

You're making me think lol..Most of the info I have is what's left in my noggin..And i have since forgotten more than i remember..Try this and see what gives..All of the info I had is scrubbed can't find anything.
sg.news.yahoo.com/best-light-therapy-sad-lamps-seasonal-depression-exp..

Mark as Spam | Posted On 1/26/2023 3:10:35 PM

Like Dislike

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goatherd0
Joined On 9/28/2017 6:04:14 PM
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You NEED a passion, a reason for living. When you have none, what is the reason to get up in the morning?

Reply | Mark as Spam | Posted On 1/26/2023 5:51:00 PM

Like Dislike

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wareagle82
Joined On 1/25/2022 10:01:46 AM
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Is there a single health metric that has tilted to the positive since the Covidian religion was organized? I've not seen one. Anytime an action has foreseeable consequences, you can be sure that those results were intentional. Little by little, people are being isolated, dehumanized, made expendable, etc. There is a big gap between the loner who chooses a life of limited interaction with others, and a situation wherein separation is forced.

Reply | Mark as Spam | Posted On 1/26/2023 8:57:36 AM

Like Dislike

ZTFZTF
Joined On 7/5/2011 7:05:22 PM
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wareagle82: 100% re: 'There is a big gap between the loner who chooses a life of limited interaction with others, and a situation wherein separation is forced.' - This is my 3rd winter of isolation thanks to the covid debacle, and what's made it 'do-able' is the fact that I've always been a bit of a hermit, I've attempted to turn it into some semblance of a spiritual retreat, and I'm finally now in a better position financially with the option to leave and seek out a more suitable location for what remains of my days.

-- It's the option/ability to seek greener pastures which is lifting my spirits during these remaining months of what already feels like a long winter. My heart goes out to those who would dearly like to move but who are unable to do so. This is not the community for me... I couldn't even count upon my neighbors to respect my family's professionally surveyed property line when they logged their parcel last year. I ended up footing the bill to have the line re-surveyed and re-marked at a time when I was not in a good position financially to do so, but at least I saved some of my big, beautiful trees.

-- I do realize that graft (local, state, and national) is everywhere. If you do not have $$ for litigation, you essentially do not have any rights when dealing with those who are unethical. I don't really think there's anyplace that's too great on this planet anymore - but we're all different and each of us knows where we'll best be able to thrive.

Mark as Spam | Posted On 1/26/2023 10:16:31 AM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

Z, curious as to why and how you are isolated. My daily life has never changed for 1 minute since 2019. Also have never donned a mask.

Mark as Spam | Posted On 1/26/2023 3:15:45 PM

Like Dislike

ZTFZTF

Joined On 7/5/2011 7:05:22 PM

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brianallen1: It's complicated, but I'll write a bit about it anyway as other's posts have been helpful for me. Even though I do love my land, I don't 'fit in' with this community and hermit though I am, we humans are social animals and I've moved around enough to know that I can find another place, make new friends, and start over. - I lost my beloved husband to tragedy more than a decade ago and in this small, rural community people didn't know how to respond (btw, I probably would've been in the same boat so I'm just letting everyone know, all you have to do is say, "I'm sorry for your loss.") and I'm not the kind of person who could embrace the community so I no longer feel comfortable here.

-- I had moved to another state and lost my job during the lockdowns which meant that I needed to move back to my home; it's a small energy efficient home built on land which has been in my family for decades, but while there are many kind people here the fact is that I couldn't even get help from the 'authorities' when my neighbors encroached on my land ahead of their logging (the 'forester' painted trees on my property).

This is supposedly still a time of law and order, so if everything really goes to H it's obvious to me that my rights will not be respected here. -- I'm paraphrasing a bit from a novel I read but the fact is that I feel that I need to leave because everyone I love is gone and everything I loved about this place is slowly being destroyed.

Mark as Spam | Posted On 1/26/2023 4:11:56 PM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

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Dear Z, didn't mean to pry. Am glad you weren't forced to shelter in place or did it due to fear. It must be horrible losing a spouse as I am about to lose mine. Even though my parents and my first true love died at an early age, I'm wondering how hard it will be for me to be alone again. We are in an inverse world and a lawless society. I pray you will trust in the Lord for peace and strength.

Mark as Spam | Posted On 1/26/2023 7:37:04 PM

Like Dislike

ZTFZTF

Joined On 7/5/2011 7:05:22 PM

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brianallen1: I am very sorry to hear of your painful situation. The following quote from Khalil Gibran is often (though not always) helpful for me: "When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.' -- You probably have a good network of like-minded individuals in place and had I been a different type of person I likely could have done so within this community, but at this point more and more I feel the need to finally let all of this go instead of clinging to that which can never be again.

During the summer and fall when I spend a lot of time outdoors it's better, but the winters are long and claustrophobic and it seems like every which way I turn I'm reminded of those I've lost. For me the quote above holds truth: it's because life was very rich when my loved ones were here that it now feels mainly like a test of endurance. Yes, in this chaotic time we can gratefully turn to our spiritual pathways for strength and guidance. - Many thanks for your kind words!

Mark as Spam | Posted On 1/27/2023 9:20:03 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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We are Spiritual beings, God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. We are also sexual beings, this is how we multiply and the fate of the human race is preserved...And we are also Social beings; notice how good we feel when we are around good like minded companions, sharing the same values..Humans were never meant to be "alone," for too long..If you know someone who lives alone, drop by sometimes , even if it's just to chit chat with them, take em a nice hot meal etc.... Alone time is good though, i love it, this is when i do a lot of my critical thinking; besides it helps to keep away the annoying people...Most mornings i awake around 3 ish and i think about things i have to do and also about God, mostly about God and the state of the world as it is now..I think about the kids and what type of world we are leaving behind ..It most definitely paints a telling picture, but i know He has this and whatever mess we are going through presently, will be corrected in due course..And we all need to try our best to keep our humanity intact, if we were to loose this, and I highly doubt it, could mean game over...In the mean time keep your faith and your chins up, don't let the doom and gloom get to you too much..

I love this song but it's a really sad piece.. Gilbert O'Sulli.. https://youtu.be/PY4c_r5VY8c

Reply | Mark as Spam | Posted On 1/26/2023 7:36:39 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Very true, Loneliness helps us regulate our emotions, it can have a relaxing effect that prepares us to better interact with others. Spending time reflecting on meditation has mental, emotional, and social benefits. Factors that also help us to more precisely identify the moments in which we need to be alone to recharge our energy and reflect can help us better manage negative emotions and experiences, such as stress and exhaustion, Linking with the Bible: Even if I go through dark valleys, I fear no danger because you are by my side; your shepherd's rod comforts me. (Psalm 23:4) It may be due to an illness, the death of a loved one or a painful separation... life sometimes surprises us with very difficult situations. You can trust that God is with you in those moments too. There is no darkness that manages to overshadow the reality of the presence of the King of Kings, the great Shepherd, who is with you taking care of you and bringing the comfort you need to overcome this blow.

Mark as Spam | Posted On 1/26/2023 8:03:21 AM

Like Dislike

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epi-cure
Joined On 5/12/2012 7:02:04 PM
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Hey you songbird, here's a couple more: swisscows.com/en/video/watch?query=hank%20williams%20I%27m%20so%20lone.. and swisscows.com/en/video/watch?query=eleanor%20rigby&id=8D38BE8D27C7..

Mark as Spam | Posted On 1/26/2023 8:21:01 AM

Like Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

Very good additions from you both..Looks like you guys have seen the light ..Man does not live by Glyphosate laden Bread alone...And good tunes amongst "other things "just set the stage to help banish that gruesome loneliness..Cheers ! https://youtu.be/xtolv9kM1qk

Mark as Spam | Posted On 1/26/2023 9:11:25 AM

Like Dislike

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epi-cure
Joined On 5/12/2012 7:02:04 PM
Add as Friend | Send Message

Segstar I love the many versions of gospel like this Hank number. And forgive me, like Hank, I've seen the light in another way albeit temporarily :-) swisscows.com/en/video/watch?query=40%20ouncrs%20to%20freedom&id=1..

Mark as Spam | Posted On 1/26/2023 10:48:28 AM

Like Dislike

ZTFZTF
Joined On 7/5/2011 7:05:22 PM
Add as Friend | Send Message

And here is Nick Cave's song (I need you): www.youtube.com/watch --- Probably everyone here knows that he lost one of his sons to tragedy...

Mark as Spam | Posted On 1/26/2023 3:27:46 PM

Like Dislike

Luvvvy
Joined On 8/31/2015 7:41:46 AM
Add as Friend | Send Message

Hi Segstar, Gui and all, Good music and Thank you for the caring and insightful posts on a good article by Dr.M. We need to have more people like you - people who share conversation, food and music with open hearts, and who help with Loneliness Prevention.. — Springsteen sang, 'Everybody's got a hungry heart'.. and we can relate to that, distressing feeling of lack in connection, that is loneliness -- and which can put you in a dark and uneasy place. ====. The verse after Gui's comforting post of the 23rd Psalm, " 5) You prepare a table before me in the presence of my enemies: you anoint my head with oil; my cup runs over." Is reassuring. And it answers the question of how do I fill the dark void - the sense of Lack == You need to rely on your faith in God and trust in His providence and believe that he will give you what you need - and your cup will overflow. God Bless ———-https://youtu.be/0My2AqPFpFg

Mark as Spam | Posted On 1/26/2023 4:06:22 PM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

Add as Friend | Send Message

I truly believe this is one of the better articles published here lately, so kudos to the mercola team for pulling this through.. I saw an abundance of people opening their hearts and pouring out their souls..It is good to see there's still hope and the human spirit is alive and well..A big thanks to EVERYONE that has contributed today, not just on this thread, Epi, Gui, Z and luvvy but on the article in general... Keep the love Alive and let the human spirit soar to the heights it was destined for ... Blessings to everyone...

Mark as Spam | Posted On 1/26/2023 5:30:43 PM

Like Dislike

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otis101

Joined On 7/10/2010 6:30:32 PM

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I have never felt lonely. Have always found someone or something to spark my interest, Loved to read growing up and explore the country side in the hills of West Virginia. Looking for Indian arrowheads or just go through abandoned houses or into and out of caves. Always curious and wanting to know details of all things. I did enjoy laying in fields of clover and just day dreaming about lots of things.

Reply | Mark as Spam | Posted On 1/26/2023 1:28:26 AM

Like Dislike

Pete.Smith

Joined On 10/11/2013 8:19:55 AM

Add as Friend | Send Message

Right, Otis. Of course you were not alone in West Virginia, because you had "mountain mama", like in the John Denver song "Take me home, Country Roads" www.youtube.com/watch - Lyrics: * Almost Heaven, West Virginia * Blue Ridge Mountains, Shenandoah River * Life is old there, older than the trees * Younger than the mountains, growing like a breeze * Country roads, take me home * To the place I belong * West Virginia, mountain mama * Take me home, country roads * Well Otis, now you live in California, also beautiful and you not alone either, because you do group protests against Agenda 2030, vaccine mandates, etc. So a good tip, if you feel lonely joint a protest group against WEF. Sticker the buildings of Fake media.

Mark as Spam | Posted On 1/26/2023 2:39:01 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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You OTIS have a comfortable vision to feel accompanied. A person is young at heart and will not be alone. if you want to know and learn in solitude or accompanied by people who give off love. We are all Cause and Effect of these principles, all ancient civilizations knew them perfectly and used them with great effectiveness. A great sage Hermes Trismegistus wrote: "He who understands the truth of the Mental Nature of the Universe is already very advanced on the Path of Mastery." With a good management of the hermetic principles, a person has in his hands the key to dominate his moods, overcome his negativity, attract abundance and prosperity into his life.

When we have a firm understanding of how we interact with life and how it affects us, we can recognize and break patterns, live in alignment with our highest good, and feel in harmony with all that is. The principle of Cause and Effect is handled at the level of all the planes of existence of the Cosmos. If we do good deeds, sooner or later, we will see good effects around us, and vice versa, if we do bad deeds, sooner or later, bad deeds will come into our lives. Nothing escapes this Principle, if we treat others with love, respect and affection, this will bring about positive things in our lives, and the lives of those around us.

If you give positive things to the universe, it will return to you in equal measure what you gave. It's like growing a plant, if you take care of it and water it every day, it will grow and feed you the fruits it produces, but if you don't take care of it, it will die and you won't be able to enjoy its fruits. Do not expect that by treating others with hate and resentment, they will treat you well, first we must give and then receive, the principle of Cause and Effect governs all planes of existence in the universe. THE 7 HERMETIC PRINCIPLES & HOW TO USE THEM TO IMPROVE YOUR LIFE www.mindbodygreen.com/.../7-hermetic-principles

Mark as Spam | Posted On 1/26/2023 2:42:58 AM

Like Dislike

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otis101

Joined On 7/10/2010 6:30:32 PM

Add as Friend | Send Message

Pete, yeppers that John Denver song is all about Moma and life in West Virginia. Thanks for the link. I walked those West Virginia country roads in the winter selling Christmas cards, in the spring selling packets of seeds, all seasons delivering the weekly farmers paper "The Grit", walking to jobs hoeing corn, picking peaches and berries, and helped my grandma sell her cloverine salve. In California got to see John Denver live on several occasions. Here is another group, The Petersen family, singing Country Roads. www.youtube.com/watch Our protest group is small but mighty. "Stand up for what you believe in, even if it means standing alone." Novak Djokovic - #1 tennis player in the world.

Mark as Spam | Posted On 1/26/2023 11:44:00 AM

Like Dislike

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otis101

Joined On 7/10/2010 6:30:32 PM

Add as Friend | Send Message

Gui, thanks - right on!!

Mark as Spam | Posted On 1/26/2023 11:46:38 AM

Like Dislike

Pete.Smith

Joined On 10/11/2013 8:19:55 AM

Add as Friend | Send Message

Thanks Otis, great version from the Petersens, love it. You write: "Our protest group is small but mighty." I believe that right away. I think, you alone can be an one man army.

Mark as Spam | Posted On 1/26/2023 4:52:41 PM

Like Dislike

cdbevis1

Joined On 7/10/2010 9:47:44 AM

Add as Friend | Send Message

Know, be, love and trust ourselves. I think this requires alone time and an open mind.

Reply | Mark as Spam | Posted On 1/26/2023 10:10:41 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, knowing who you are does not depend on what others think of you, but on what you know who you are, and for this reason you need a process of prior self-knowledge. The first step towards a solid self-esteem is knowing, understanding and accepting that I am what I am, I feel what I feel, I like what I like, I want what I want and it's okay like that. If we have no idea who we are, nor have we ever stopped to find out, we have spent our lives evaluating ourselves based on what we have seen and heard that others thought about us. We do not know who we are, we know how some references in our lives, parents, teachers, friends, see us, but this perception is only a small shadow of what we really are.

Mark as Spam | Posted On 1/26/2023 11:16:00 AM

Like Dislike

MiketheAngel

Joined On 5/23/2009 11:12:03 AM

Add as Friend | Send Message

Yeah, but it's way too late for me to die young.

Reply | Mark as Spam | Posted On 1/26/2023 11:56:59 AM

Like Dislike

brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

That's ok Mike. Only the good die young.

Mark as Spam | Posted On 1/26/2023 2:43:26 PM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

Add as Friend | Send Message

Think Binny Button lol..What is certain no one gets outta here alive..Unless of course you're like Enoch or Elijah

Mark as Spam | Posted On 1/26/2023 3:03:03 PM

Like Dislike

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brianjstiles

Joined On 6/19/2006 2:06:37 PM

Add as Friend | Send Message

Off topic but highly revelant: QUOTE: "A top geneticist has warned the UK Government's plans for looser regulation around precision-bred animals and plants is a "massive experiment" that could "cause great harm" to the planet. Renowned broadcaster and fertility expert Lord Winston told Parliament he was "very concerned" that the use of this technology could have unintended consequences as the Bill passed its report stage in the House of Lords. He said: "Every single piece of technology that humans have ever produced has a downside that we don't expect and that we don't recognise and predict at the time.

"And I would argue that this is one of these examples of technology that we have a duty as a house in Parliament to examine extremely carefully and I'm not sure we've done that yet." UNQUOTE... Wise words from Lord Winston indeed ! "Every single piece of technology that humans have ever produced has a downside that we don't expect and that we don't recognise and predict at the time."... He could so easily be talking about the covid 19 so-called vaccine !

Reply | Mark as Spam | Posted On 1/26/2023 11:55:34 AM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

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My life is an example to contrast to today's society. Born in 1957. Breast fed. My mother and I spent an entire week in the hospital bonding. Mother was an expert homemaker that raised me full time. She also was a seamstress and made her own dresses. Every afternoon I would sit on her lap while she sang to me while dinner was cooking. Dad came home every day at 5:25 and we ate dinner at 5:30. Stability. Structure. Nurturing. Grandmother lived downstairs. Uncle lived across the driveway. Started kindergarten at the age of 5.

Came home every afternoon for 13 years to my waiting mother. Dinner at 5:30 every day all those years. Played with the neighborhood children outdoors until dark. Had many friends and participated in baseball and football. It seemed the only time I wasn't outside was Saturdays until Noon when American Bandstand was over. Compare this upbringing to the babies and the children of today. Add a muzzle to their face and they don't have a chance for a healthy upbringing and normalcy.

Mark as Spam | Posted On 1/26/2023 3:05:11 PM

Like Dislike

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harvelicious

Joined On 12/10/2010 9:20:30 AM

Add as Friend | Send Message

It is only in one's desire to hear the silence, that one is able to hear the Self & the celestial resonance of Reality.

Reply | Mark as Spam | Posted On 1/26/2023 9:45:49 AM

Like Dislike

TommyTwoGloves50

Joined On 12/16/2022 7:11:56 AM

Add as Friend | Send Message

I worked as a San Francisco Fire Captain and Paramedic for 20 years. Most of our cardiac patients lived with spouses and/or families. I have to take issue with “loneliness” as a cause of cardiac disease. The touchy feely psycho-babble advocates have destroyed pre-hospital emergency care in this nation. It’s all COVID until proven otherwise. People are being denied essential prehospital care ie., cardiac work ups and differential diagnosis for chest pain and shortness of breath. This “cook book-one size fits all” malpractice is being taught to all the newer paramedics.

Bourla and Fauci now control pre-hospital EMS care! Patients with acute M.I.s are no longer being given Morphine Sulphate but alternative quack methods like deep breathing and centering their chakras. These New Age techniques don’t mean squat in a cardiac event! Let’s get back to the medically sound time-proven treatments and jettison this invasion of anti-allopathic Eastern mysticism into our once superior pre-hospital care system. Raise standards, stop lowering them!

Reply | Mark as Spam | Posted On 1/26/2023 8:52:43 AM

Like Dislike

Heart_jewel

Joined On 11/25/2022 10:14:47 AM

Add as Friend | Send Message

My posting of Phil Turchin's poem is a mess! I'll post his poem on my Substack, Writing From the Heart Jewel on Friday.

Reply | Mark as Spam | Posted On 1/26/2023 9:04:02 PM

Like Dislike

Heart_jewel

Joined On 11/25/2022 10:14:47 AM

Add as Friend | Send Message

Epi-cure, This is in response to your request. "Lighting the Candle" by Phil Turchin In the pale blue twilight One bird flew. I carry the pale blue flame. It is curled in my two hands, Resting like a hedgehog. She carries the orange candle. The beach is calm. No wind blows. I lit the orange candle of artifice With the pale blue flame of those dead. There is a flickering of darkness And the tide begins to change. My poems are on Substack, Writing From the Heart Jewel. No subscriptions because my art is a gift, not business.

Reply | Mark as Spam | Posted On 1/26/2023 9:01:45 PM

Like Dislike

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mrrobb

Joined On 6/15/2011 2:41:18 PM

Add as Friend | Send Message

this is another well worth reading site >> www.organicconsumers.org/bytes/greater-organic-reset?utm_medium=email&..

Reply | Mark as Spam | Posted On 1/26/2023 2:12:57 PM

Like Dislike

OnederWoman
Joined On 8/27/2021 1:30:12 AM
Add as Friend | Send Message

What a pleasant and positive article.

Reply | Mark as Spam | Posted On 1/26/2023 2:06:17 PM

Like Dislike

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brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

You can always count on mrrobb to come through.

Mark as Spam | Posted On 1/26/2023 2:38:19 PM

Like Dislike

Healthbuf
Joined On 11/28/2018 1:55:15 AM
Add as Friend | Send Message

Thank you Dr. Mercola for putting this all together. I hope some of your 'adversaries' will give you credit for it and acknowledge all your other extremely valuable contributions. The first half of my life, I was in acute emotional pain. Full time exploration into a gamut of spiritual traditions various psychological approaches, techniques such as tapping (which I consider one of the most helpful) has finally enabled me to find myself, and be comfortable with being alone - no more loneliness (which I didn't think was possible - and was excruciating...beyond excruciating)

Reply | Mark as Spam | Posted On 1/26/2023 1:32:46 PM

Like Dislike

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dopfapfo
Joined On 7/28/2013 6:43:56 PM
Add as Friend | Send Message

Loneliness starts at birth in this culture when babies are taken from their moms, scrubbed, wrapped, and put in little boxes in a giant room with other babies. Birth culture is changing, but not fast enough. Most moms get two to six weeks maternity leave, at which time the babies go to mass baby care where the ratio of caregiver to child is way too slim to give adequate care to each child. Because of that $-oriented ratio, children end up being raised by their peers, creating a horrible paradigm for most modern children.

Capitalist culture creates isolation because it doesn't honor the family system that creates healthy relationships, including peoples' relationship with themselves. Children are more "connected" to machines than other humans these days. Phones and devices may have other humans at the other end, but can't possibly take the place of real, human interactions. People are far more cruel in cyberspace than they are in person so kids are socially isolated from the get-go.

Then, kids are "supposed" to move out of the house at 18, because single families create the need to buy more products. Families live alone without the support of other family members and are so stressed trying to survive in the economic hell of modern life, they don't have time to cultivate community. People are all different too. The human psyche is incredibly complex with deep needs rarely recognized (and purposely ignored), so the average human doesn't have a snowball's chance in hell to find solace in being alone with themselves.

Mass advertising convinces people they're not okay so companies can sell billions in products to make up for those inadequacies. Gabor Mate's amazing new book, "The Myth of Normal - Trauma, Illness, and Healing in a Toxic Culture," addresses the overwhelming toxicity in our culture today that causes so much suffering, and how we can heal ourselves and help others heal from the mass illness created by those who profit from our suffering.

Reply | Mark as Spam | Posted On 1/26/2023 11:33:05 AM

Like Dislike

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

Add as Friend | Send Message

Most of those making these determinations were part of the destruction of the family into which God set the lonely for the Babylonian fakes, & have no intention of allowing a return to that healthy order since their prestige, glory & power is connected with lording over others in the place of God & the only intercessor, Christ, of the Godhead, & his Spirit. Usurpers & sorcerers, witches who hate the light & God's word & witnesses bringing it, the simplicity of Christ. They need the sophist, layered complexities, the shadows, & tangles of their sophist philosophy & sensual ritual to keep men in their thrall, under their power & control.

Those without the new birth & indwelling Holy Spirit of God, who turn even from truth pointing to the existence of God & to seeking his way & word are empty & without hope in the world, without rest, without armor or protection. They must seek out many idols, vain imaginations, disciplines& techniques, & are most prone to seeking indiscriminate company with the wicked & evil communications, both spiritual & physical, corrupting good character, bringing bondage & destruction. And doesn't the Craft & its spirit know it....despite their knowledge being incomplete, their trust misplaced, & their view of themselves inflated: the deceiving & being deceived, evil men & seducers waxing worse & worse.

Reply | Mark as Spam | Posted On 1/26/2023 11:17:09 AM

Like Dislike

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swabiengmail.com

Joined On 6/7/2021 1:42:54 PM

Add as Friend | Send Message

True loneliness is living in an area where there are few or no trees.

Reply | Mark as Spam | Posted On 1/26/2023 11:14:14 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

Add as Friend | Send Message

Another doom 'n gloom topic, perhaps at least for some forum members. So maybe this 185 Y.O. old classic tune will cheer you up. IMHO, one of the best versions from Mitch Miller. www.youtube.com/watch ~~~ www.blackpast.org/african-american-history/perspectives-african-americ..

Reply | Mark as Spam | Posted On 1/26/2023 10:50:36 AM

Like Dislike

BrianDossDMD

Joined On 4/18/2022 7:24:22 AM

Add as Friend | Send Message

I use deep breathing with a hum on the down breath to increase O2 sat from 95 to 99%!!! a pulse oximeter works really good for this

Reply | Mark as Spam | Posted On 1/26/2023 9:16:01 AM

Like Dislike

UnpleasantPeasant

Joined On 1/16/2023 2:07:57 PM

Add as Friend | Send Message

Dying from loneliness. Life really is objectively horrible

Reply | Mark as Spam | Posted On 1/26/2023 7:18:03 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message

It can also happen when a loved one who lived with you dies.

Mark as Spam | Posted On 1/26/2023 8:36:16 AM

Like Dislike

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otis101

Joined On 7/10/2010 6:30:32 PM

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When my mother landed a factory job 2 hours north of our little farm she said I could only take one of my two dogs. I had to choose so chose the one that I had its mother for years. The little wire haired terrier, Bingo, I left with my uncle on his farm. Months later when we visited my uncle and family he said Bingo was sad and lonely after I left. He said Bingo just crawled under his house and died from sadness and loneliness. As animal lovers know they also have so many feelings and needs.

Mark as Spam | Posted On 1/26/2023 12:14:21 PM

Like Dislike

Sue12Cross

Joined On 10/31/2009 3:22:30 AM

Add as Friend | Send Message

Otis, it happens with birds too. I had three Polish cockerels/roosters who were brothers, joint dominant males in one of my chicken coops, I named them for Dumas' Musketeers. Two of them, Athos and Porthos were very close, although they all had a great rapport and were the only birds I have ever had who used to play tricks on each other, being Polish with voluminous crests, it was easy to sneak up behind each other and pull the sickle feathers! When Athos died, Porthos was inconsolable, his mourning for his brother, for that's what it was, caused him stop eating, prevented him from going out and even though he was in a bonded pair with a Polish hen, she couldn't get him to move or take food.

In the end I had to hand feed him but he didn't respond well to that because he was so determined not to survive Athos's loss. It seems to me though that food is they key because once any creature stops eating then they begin to lose nervous system as well as motor function and that aggravates an already deep sense of loss. It may be why traditionally, funerals always came with 'baked meats'. Your story of Bingo is so sad, leaving a farm is bad enough but having to choose between your two dogs.....

Mark as Spam | Posted On 1/26/2023 1:04:04 PM

Like Dislike

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

Sue, very touching story. Thanks

Mark as Spam | Posted On 1/26/2023 5:15:58 PM

Like Dislike

Heart_jewel
Joined On 11/25/2022 10:14:47 AM
Add as Friend | Send Message

I had a neighborhood cafe in Eugene, Oregon in the 90's. Phil, a customer and poet, was anxious about a letter from the government cutting off his money. Not long after, he cut his throat in the alley behind his home. Lilacs were blooming. I put an ad in a newspaper with a Van Gogh drawing, to offer a free lunch to anyone feeling suicidal. No one responded. I have a poem Phil gave me about death.

Reply | Mark as Spam | Posted On 1/26/2023 7:29:40 AM

Like Dislike

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epi-cure
Joined On 5/12/2012 7:02:04 PM
Add as Friend | Send Message

Heart_jewel I'm endeared to your telling of the often bittersweet human condition captured in just a few sentences. If you're willing, please reveal Phil's poem.

Mark as Spam | Posted On 1/26/2023 8:29:01 AM

Like Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend | Send Message

Amazing story.

Mark as Spam | Posted On 1/26/2023 1:59:14 PM

Like Dislike

Fortywinksbandbgmail.com
Joined On 6/2/2020 5:18:51 AM
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That's all pretty obvious but one problem that I notice is that people do nothing to help themselves. In our area there is so much for older people. The U3A. Which only costs 13.00,per year has practically free activities every day. Just this morning when out dog walking and cycling I met a large group on a council organised weekly walk. So you lonely people make an effort and get out there and meet people and stop winging.

Reply | Mark as Spam | Posted On 1/26/2023 6:22:47 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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It is not so simple..If it was so then things like suicides would be a thing of the past..Everyone's situation is different..You never know what someone is going through until you walk in their shoes..

Mark as Spam | Posted On 1/26/2023 9:51:24 AM

Like Dislike

Poyeema

Joined On 12/30/2020 8:20:47 AM

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For centuries the Bible has helped many people with myriad issues. A 'go to' for troubles. Considering the layers of life affected by those allowing this headline, " Loneliness and Isolation Are Tools of Tyrants " , to be written, seems an obvious go-to choice, the Bible. Why? Tyrants love to include the closing of Churches. What could go wrong? Must be something very real about the Bible if tyrants close Churches. Huge difference between being alone, and loneliness. Being alone is thrilling, choices of purity from the soul, about how to live your life. Then, living it !! Who has time for lonely? Romans 8:28.

Reply | Mark as Spam | Posted On 1/26/2023 5:26:32 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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One of the issue is that there are only about 30% of Christians in the world..And out of that how many are "true" bible reading/practising Christians..So granted each religion have their version of the good book , we still have about 70% of the world's Christian population that don't read the Bible.. what should be expected?

Mark as Spam | Posted On 1/26/2023 9:55:43 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM
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For anybody who feels suicidal, please remember: ~Big problems often have simple solutions. The feeling of hopelessness is usually an illusion. ~There is a great power in the community. We are rarely alone, others have gone before us. It may be the depression is a result of aloneness. When we talk to people, we are often surprised at what others reflect back, and that our experience is usually, not unique. ~Rule #1: NEVER be alone with depression or stress. ALWAYS reach out! ~Remember the trampoline analogy. The harder we push down on the trampoline, the higher up we rise.

Sometimes life can be like that, too. ~Take care of your body as #1, often the body creates havoc, and we only think it is the mind. But it really is the body. ~Do things that uplift your spirits, whatever those may be. Music, walks in nature, turn on the stereo and dance! ~The premise of Laughter Yoga Therapy is that there need be absolutely no reason at all to laugh. Just laugh, for no reason at all! The laughter takes over, and before we know it the world looks a lot brighter.

~Depression may be the result of cognitive distortions. See a good cognitive therapist. ~Luckily I am not prone to depression, I have too much to live for. However, there have been times on my health journey, when I felt that doom was looming, with no solution in sight. I prayed, and just when there seemed to be no hope, is exactly when the solutions came, within days! I have had this experience, several times. These times empower us later, to know that there is Always a solution! God bless. There is always hope.

Reply | Mark as Spam | Posted On 1/26/2023 4:12:29 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, Mirandola, the link between depression and loneliness is a worrying phenomenon, this is due to the increase in the number of people who experience some degree of social disconnection. Good advice like the ones you cite can be of great help. It can be said that loneliness is a significant variable that affects depression and vice versa. journals.sagepub.com/doi/abs/10.1177/0020764018776349?journalCode=ispa (2018) In this study on the influence of the C-19 Plandemic, depressive symptoms and loneliness increased and life satisfaction decreased from baseline to 12 months of follow-up. Furthermore, vulnerable groups, such as younger individuals or those with a history of mental disorders, exhibited a higher overall level of psychopathological symptoms across all waves of assessment.

link.springer.com/.../s00406-022-01400-0 (2022) This study among students examined the satisfaction of basic psychological needs (i.e., the need for autonomy, competence, and relatedness) as a mediator between adult attachment (i.e., anxiety and avoidance) and distress (i.e., shame, depression, and loneliness). The results of the analysis of structural equation models indicated that the satisfaction of basic psychological needs partially mediated the relationship between attachment anxiety and shame, depression and loneliness and completely mediated the relationship between attachment avoidance and shame.

depression and loneliness. psycnet.apa.org/doiLanding (2005) In this study it was observed that there was a significant correlation between loneliness and depression in the elderly who live in a community, the presence of social security and higher income, improve the factors against loneliness. www.sciencedirect.com/science/article/abs/pii/S0167494312000532 (2012)

Mark as Spam | Posted On 1/26/2023 5:46:19 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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At present, loneliness is no longer a problem that exclusively affects older adults. In fact, Gilles Lipovetsky in his book "The era of emptiness" refers to this phenomenon, let's see an excerpt from his book: ... The time is over when solitude designated poetic and exceptional souls, here everyone knows it with the same inertia. No rebellion, no deadly vertigo accompanies it, loneliness has become a fact, a banality like everyday gestures... However, we must not forget that, in the attachment theory, developed by John Bowlby, it is stated that human beings seek to establish lasting and meaningful relationships.

A main problem is that people who experience some degree of loneliness, due to feelings of shame, or difficulty in overcoming this state, avoid recognizing themselves as lonely. Also, the problem of loneliness is not associated with the search for psychological help, since it is not perceived by people as a problem that affects mental health and contributes to the development of depression and loneliness. As Lipovetsky denounces it, loneliness is perceived as a characteristic that has become normal in society. Not all people experience loneliness associating it with negative feelings, for this reason, it is necessary to differentiate between objective loneliness and subjective loneliness.

Objective loneliness refers to the lack of company, but without the person experiencing unpleasant feelings, it is often chosen and other times a consequence of life. On the other hand, subjective loneliness is experienced by people who feel lonely and causes them painful feelings, fear and anguish. Then, loneliness becomes a problem when it generates unpleasant and painful feelings, which affect the person's mental health and well-being.

Mark as Spam | Posted On 1/26/2023 5:47:21 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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I'm disappointed that you would even use "WHO" as a "reference".

Reply | Mark as Spam | Posted On 1/26/2023 6:47:06 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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Randy perhaps they were thinking of these lads.. https://youtu.be/PNbBDrceCy8

Mark as Spam | Posted On 1/26/2023 9:22:07 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Seg...WHO?

Mark as Spam | Posted On 1/26/2023 9:38:55 AM

Like Dislike

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otis101

Joined On 7/10/2010 6:30:32 PM

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Segstar, thanks for a song by The Who. It brought back memories from March 27, 1976. Winterland in San Francisco, a former ice skating rink and The Who in concert. Only enough room for 5,500 people so tickets for the two concerts were sold by lottery. Had to mail a request for two tickets with a certified check. There were 110,000 requests. When the envelopes were drawn I was one of the lucky ones. What a night, what a crowd, what a concert. www.thewholive.net/.../index.php

Mark as Spam | Posted On 1/26/2023 11:14:42 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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otis must have been a once in a lifetime concert, very electrifying..And to remember the exact date is truly priceless..too bad those days looks like they are gone forever ..cheers

Mark as Spam | Posted On 1/26/2023 3:26:53 PM

Like Dislike

mirandola

Joined On 6/27/2014 7:00:58 AM

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Fascism, corruption, tyrants are better and more accurately known as violent people in high places. www.youtube.com/watch See this, hot off the press, only hours ago, and what the Pfizer director has to say about the entire Scamdemic: Pfizer is manipulating COVID variants to increase their vaccine profits, says the flippantly light-hearted, laughing and elated medical director. His background is verified here mobile.twitter.com/JamesOKeefeIII/status/1618435991211233282?utm_sourc.. UGH! Unbelievable, except that I am very sadly, not at all surprised. In fact, I knew this was happening, all along...check it out! Everybody And Their Mother has to see the footage above! Please spread this all over the world, it has to go viral. Thank you all.

Reply | Mark as Spam | Posted On 1/26/2023 3:38:05 AM

Like Dislike

SomeMo888

Joined On 7/17/2022 11:04:17 AM

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This article open with quoting a World Health Organization study? The most corrupt 3 letter agency of them all that is trying to usurp our remaining freedoms through a violating treaty should not be cited as a source for anything.

Reply | Mark as Spam | Posted On 1/26/2023 10:32:44 AM

Like Dislike

mirandola

Joined On 6/27/2014 7:00:58 AM

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Thank you Dr Mercola for addressing this important topic, and for the great list of ways to connect with others. I also want to suggest that when one does the things one is interested in, one meets people of a like mind and with similar interests. Consider joining a book club, sing in a chorus, go to science lectures, master gardener's classes, anything that interests you. Start up a new open mic night at the local cafe/restaurant, or a regular book reading event. Read to kids at the library. Volunteer as museum docent (science museum, art museum, anything you like. They will educate you and you will pass on what you learn, from them). Take horse back riding classes, connect with people at the stables. Enroll in a new language class. Follow your interests, voila! New friends, new chat, lunch time talks. Yay!

Reply | Mark as Spam | Posted On 1/26/2023 3:42:58 AM

Like Dislike

juststeve

Joined On 1/5/2012 11:13:54 AM

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What you said, and leave the damn smart phone on the coffee table at home. Better yet, bury it under a huge heavy rock!

Mark as Spam | Posted On 1/26/2023 4:22:47 AM

Like Dislike

DawnieR

Joined On 5/19/2021 9:38:50 AM

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Sorry.....but I just cannot wrap my head around the whole 'loneliness' thing. I LOVE being ALONE. And I am never 'lonely'. If one LOVES THEMSELVES, they will ENJOY their own company. And it will be a CHOICE to have contact with others. I have PLENTY to do, daily, to keep be busy. And when that busy day, in the home, is done.....I want PEACE & QUIET! lol (I also LIVE ALONE, by the way) So, I would think that 'loneliness' is a mental illness. It's all in THE MIND; again, one must LOVE (& RESPECT) themselves. This is why people marry 'whoever'; they are NOT very selective.

These types 'cannot be alone'; and they 'settle'. It's just like the wife/girlfriend of a 'wife beater'; they will settle, just so they are not 'alone'. If people would MATURE IN THE MIND, they would not be NEEDY and, therefore, would not experience 'loneliness'. But these days, we have so-called 'adults' who are MENTALLY STUNTED to that of a retarded 3 year old. This is 'WHY' the world is in complete CHAOS, today. A bunch of retarded 3 year olds, running around pretending to BE ADULTS!

Reply | Mark as Spam | Posted On 1/26/2023 10:10:53 AM

Like Dislike

SomeMo888

Joined On 7/17/2022 11:04:17 AM

Add as Friend | Send Message

Agree! Note the quoting of a WHO study that begins this article. Anything from the WHO is not good for humanity.

Mark as Spam | Posted On 1/26/2023 10:34:06 AM

Like Dislike

Heartcom777

Joined On 8/5/2021 12:00:22 AM

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Christ Jesus spent a lot of time in solitude and prayer, but He was never alone or felt loneliness because He knew He was with the Father and His Father with Him and He knew that we desperately needed Him. Take it from someone who took care of the love of his life 24/7, seven days a week for the entire last eight years of her life with Dementia, that you can never feel loneliness when you know someone needs you and you love them and care for them. Gloria Jean is her name and she was and is a beautiful person who needed me and I needed her. Christ was born into this world to bear witness to the Truth and part of that Truth is that it is not good for man to be alone. The reason there is so much loneliness and chaos in the world is because so few people really value the Truth and no one knows who is telling the truth and who you can believe and trust in these last days.

Mark as Spam | Posted On 1/26/2023 11:28:08 PM

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