Loneliness

Michael Roth July 1972



What is loneliness? Loneliness is when you ache and yearn and long for someone else to reach out to, to share with, to understand you, to feel with you. When you don't have this, you are lonely, reaching out where there is no one.

Nobody likes to feel loneliness. It makes it hard to look forward with confidence, or with enthusiasm, or with certainty. It makes it hard to be grateful. Or to be spontaneous. Or to be courageous.

Or to feel young. Or to give love. "When energy goes forth in a straight line and does not come back, no creation is possible, the energy is wasted... Unreciprocated love gives no joy or power to the giver of the love, nor can it last long.

But, is loneliness always bad for you? Loneliness can make you understand another's heart, another's sadness and another's pain, because you yourself know that pain. Loneliness makes you feel and understand the millions of other empty, lonely hearts on this earth, who would like to reach out, to share, to understand, to feel, to love, but don't know how to try anymore. They have constructed walls around themselves -- walls of pride, possession, false loves, false beliefs, pretensions, swaggering walks and boastful talks, hesitant walks and apologetic talks -- walls of fear and coldness, keeping the rest of the world outside -- walls that cannot be penetrated without the almighty incredible forces of God's love and truth working through human beings who care so much that they are willing to ignore the rebuffs, the fears, the pretensions, the guilt, to reach through with the force of dynamite to the infinite purity existing within each of us.

Loneliness enables you to know how God feels. God has been laughed at, scorned, cursed at, scoffed at, rejected, and blamed for the failures of men for thousands of years. Look at the world from His point of view and say that it doesn't hurt. It hurts. When you have really felt loneliness, which you can feel away by yourself or within crowds of people -- wherever nobody understands, or snares, or reaches out, or feels, or cares, or embraces -- when you have really felt that, then you have felt God's heart. Yet, He continues to have an all-embracing love, continually reaching out, giving and sharing and trying to ease the loneliness of others. We are just too busy or too blind to see it.

So let's try to do what God tries to' do. Let's not feel sorry for ourselves - we've tried that before and it doesn't work. Let's give. Of our love, of our heart. Let's give the truth that we know, no matter how little it is. Blast away the walls, blast away the loneliness, blast away the fear. Blast with God's power of love.

Can you do it?