You don't feel alone because you are alone. You feel alone because you aren't at peace with yourself.

你感到孤独，并不是因为你独自一人，而是因为你没有和自己达成和解。  
You feel alone because you don't love yourself.

你感到孤独，是因为你不爱自己。  
You feel alone because you've been conditioned to believe that you need another person to complete you. You don't.

你感到孤独，是因为你习惯性地认为，你需要另外一个人才能让自己完整。然而，你并不需要这样。  
You feel alone because you're comparing yourself to others. You don't have to.

你感到孤独，是因为你在和别人作比较。然而，你并不需要这样。  
You feel alone because you have yet to realize there is a greater purpose for your life.

你感到孤独，是因为你还没意识到，你的人生，其实有更高的追求。  
You feel alone because all you're thinking about is YOURSELF.

你感到孤独，是因为你总是想着自己。  
Think about it. If your mission was to do good for others, to serve others, to love others and give your best to everyone you encounter, there is no loneliness there.

仔细想想，如果你的使命，是向他人传达善意，为他人服务，爱他人，向你遇到的所有人展示你最好的一面，做到这些，那么你就不会感到孤独。  
Loneliness can only exist when your thoughts are 100% focused on yourself and what YOU DON'T HAVE.

只有当你只关注自己，还有关注那些你并不拥有的东西时，你才会感到孤独。  
You feel alone because you're not living the life you want to live. You're not living as YOU. When you live a truly authentic(真正的，真实的；可信的) life, the right people will show up.

你感到孤独，是因为你没有过上自己想要的生活，你没有活出最真实的自己。如果你能够活得真实，那么，对的人就会出现。  
If you are following the life you want to live, digging deep into your purpose, you will be so lit up with passion. There won't be room for empty feelings of darkness.

如果你能追寻你想要的生活，认真思考自己的目标，那么，你的心中就会燃起热情，这时，你根本不会感到空虚，感到无望。  
Dr Wayne Dyer once said, you cannot be lonely if you like the person you are alone with.

Wayne Dyer博士曾经说过，如果你喜欢和你待在一块的人，那么你就不会感到孤独。  
Spend more time alone and learn to love it. Learn to love it because you love the person you are becoming. Because every day you are focused on your purpose. Your mission in life.

多花些时间独处，学着热爱独处。你要学着热爱独处，因为你很爱不断进步的自己，因为每天你都专注于实现自己的目标、你的人生使命。  
Every day you are chasing your dreams and living with passion in your soul.

每一天，你都在追寻自己的梦想，你的身体里有无尽的热情。  
Practicing daily GRATITUDE for what you do have, the people you do have in your life. And the PERSON YOU ARE ALREADY, will replace those feelings of loneliness with feelings of fullness.

每天都要学着感恩，感恩你拥有的东西，感恩你拥有的人。那么，你当下的自己，会摆脱孤独感，取而代之的，是满足感和充实感。  
So, if you feel alone, know that it is not other people you need. It is you who needs to grow.所以，如果你感到孤独，你要明白，你不需要其他人。需要成长的，是你自己。  
Know it, and commit to the work that is required to get to that place.

你要明白这个道理，然后，坚持不懈地付出努力，这样你才能实现自己的目标。  
Commit to the reading, the daily gratitude, the learning from the best teachers, the inner work, the meditation, all of it.

努力读书，努力让自己每天都心怀感恩，努力向最优秀的老师学习，努力让自己的内心更强大，努力思考和冥想，把这些事情都做好。  
Grow yourself and the right people will show up.

让自己成长吧，与你有缘的人迟早会出现。