

Mediation and Loneliness

By Father John Catoir JCD – Oct. 15, 2018.

Billions of men and women down through the ages have tried to solve the problem of loneliness, each in his or her own way. Even the saints suffer from loneliness. St. Augustine described it as the human condition, "Our hearts are restless until they rest in Thee O Lord."

Begin by accepting the fact that loneliness is basic to human nature. Even husbands and wives experience it because metaphysical loneliness is the price we pay for being unique. We are utterly different. That is a universal fact of life, and a spiritual problem. You experience loneliness because your soul longs for the living God.

Consider this: if you put the pain of loneliness next to all the problems you've had to cope with in 2018, like the political unrest over the Judge Kavanaugh's nomination, the starkness of your isolation has never been more evident and upsetting. Political opinions put us at odds with one another. In some families, members argued fiercely with loved ones, thus separating them further apart from one another.

Going forward, what's the answer? I don't have a simple answer, but I think there's one remedy we can all agree on; namely, that attitude is important. Your attitude can make an enormous difference. With the right attitude life can move along much more peacefully, and more joyfully.

Meditation is one of the best ways to achieve the proper attitude. It helps you to calm yourself down, increase your joys and minimize your sorrows. Achieving control over your emotions is easier said than done, but psychiatrists agree that happiness is a choice, and meditation is one of the best resources we have in controlling our outlook.

Turn off the cell-phone, the TV, and all the electronic devices that compete for your attention. On a regular basis, remove yourself from the fray and take inventory. Relax in silence. Put on the will to listen to yourself breathing. Thank the Lord for all your blessings. Really pause and be grateful.

By reminding yourself of the importance of meditation, I hope you will be able to put on a protective shield that will save you from your worst faults and

failings. It's free of charge and available at all hours of the day and night. Many lives have been ruined by anger, and the loss of self-control. People are murdered and severely hurt, relationships are broken, and all kinds of misery ensue. Words and actions can do a lot of harm. The loss of common sense in a fit of anger can be devastating.

Regaining one's self-control becomes possible with the frequent practice of meditation. Learn how to master yourself and you'll avoid much needless suffering. Invite God into the situation. Jesus said, "Seek first the Kingdom of God." Surround yourself with silence and count to ten. Focus on your own breathing. Sit quietly for a time, and day-dream about peace of soul. Abide in the Lord. By doing this you will be more appreciative of your friends and loved ones. Don't be negative, with God's help you can do all things.

Learn how to be your own best friend, and not your own worst enemy. Love God and become more holy. This would please the Lord immensely. God bless you and may the Lord be your strength and your joy, as you work your way through the storms of life.