

## Alone

If you are feeling alone or lonely right now, that means that you don't feel that you have that deep connection with others that you're craving. Your ego is saying that you're all alone and that you feel this sense of disconnect. What your empowered self is using this signal of being alone or feeling lonely, is that the disconnect is really from within. Your energy is likely scattered on everything and anything else, other than your needs, your desires, your wants. What your empowered self, what your essence really needs is your loving attention to get back your energy here. When you create that connection again to within you, then you're going to have a better sense of yourself, your needs, your wants, your desires. So when you are in communication with others, they really are able to connect with you, because you are more connected to you. This also helps to make you reflect upon what you really need and want in relationship. Do you need boundaries in place to really honor the type of relationship that your heart desires and deserves? Does this call for you to be more vulnerable with yourself, in order for you to be more vulnerable with others? Use this sense of loneliness to comeback in, to create that connection within you. So that you can model within yourself the type of relationships that you want externally and around you. When you do, that's when you will feel that even though you may be alone, you no longer feel lonely. When you are around others, you feel that deeper connection with them, because that deeper connection began with you.