SPIRITUAL EMPTINESS



I sometimes like to be alone, away from involvement with family, away from organisations that find you work and friends who want to talk, alone with my thoughts and creativity. We all need space for ourselves, but we also need human contact, someone to talk to, someone to listen to us, someone to share things with. Real loneliness is not a good state.

Loneliness may be physical. It has a spiritual dimension too. To a person of faith this may be loss of contact with the Divine, but not all of us have that kind of religious faith. All of us do have some sense of spirituality, such as in a close relationship with another person. Spiritual isolation, when nothing seems to be there, is not a good state.

Physical loneliness can be resolved. A person finding relationships difficult may not be able to resolve their situation on their own. All of us have responsibility to draw the outsider in, rather than shutting the door on them, leaving them – alone.

Spiritual isolation is less easy to resolve. Talking to others doesn't always help, and we may reject any idea of a God, a Spirit walking alongside us. Someone saying "Come to church and God will help you" is not helpful if you have rejected the idea of God. Cold scientific research found that almost everyone believes there is something spiritual in this world, that spirituality is real. So start there. Listen to the gentle promptings of love and truth in your heart. They are the spiritual links that you may be seeking. Sometimes being alone is good, because it is easier to hear those gentle promptings. They could lead us along paths we did not anticipate. Maybe they will be the leadings of God whose light illuminates our darkness and brings us new life.

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