



### 33. EMBRACE SOLITUDE

Sometimes solitude is absolutely essential for our spiritual evolution. Solitude can help you become very clear about what/whom you DO want and need in your life and what/whom you will gladly (or not so gladly) release.

But then, there are times when the last thing in world you want...  
is to be alone.

If you find yourself in a place of “aloneness,” please take heart. It is NOT forever and there is absolutely nothing wrong with YOU personally. What if you actually NEED this “time off” right now in order to fully understand, appreciate, and become your TRUE self? Instead of resisting solitude, give it a chance. You may be surprised at all the self-realizations and important experiences it brings into your life!



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