

Sea to Sky Community Healing Project

Get to know Yo'self! Embracing Solitude

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One of the many opportunities during this time of isolation is learning how to become a great companion to oneself.

It seems like our current time represents an Age of Noise; people are desperate to have their voices listened to, or at the very least heard. Noise is a currency, it is how we get the attention of others and we fear that if we were to become too silent we shall simply be left behind. This seems to be so true right now... everybody chiming in on a reality that we have very little understanding and control around. But hear me roar none the less!

With that in mind I believe... we have, at present, a culture who are afraid to speak to themselves, a people who are unskilled to trust the voice within and instead are persuaded to seek sanction from others. It is much easier to shout the words that **conform** to whatever theory or self-righteous position of winning it might be... rather than to sit quietly by yourself and listen to your own inner chaos.

To be alone is a frightening idea in our current landscape of being human, one that people will do anything to avoid. When we are lonely in our homes, we make sure there is always a friend to message, a television for distraction and an excess of food to numb the senses. People continue having never had a conversation with themselves, nor ever questioning the voice that speaks through them.

Every culture across the world has its own relationship with solitude. Each holds to the value of prayer and reflection, yet the majority in the West has abandoned this knowledge. We have refused the responsibility of facing the fear that lies inside and instead have chosen to preoccupy ourselves with mindless companionship.

The search into your heart requires that you are alone. Put yourself in a place, as many from our human history have, where no one is able to speak **into** you, and you will find yourself isolated and unaided. You will be encouraged to seek within and scramble amongst the depth of your soul. This will be an unpleasant experience, you may find resentment and anger, but face it, stare through the shadows and you will come back on the other side. You will have cleared the dirt and filth, allowing space for rest, confidence, joyfulness and peace.

You will come to understand yourself, your true authentic self, not the wishes of society. In solitude, you will not find loneliness, but self-communion, a coming together of the light and the dark aspects of yourself. Here, you will be able to insist upon yourself for relationship, real leadership and courage rather than delegate such powers elsewhere. In other words, you will become self-reliant and will not seek others for attachment.

Covid-19 - I think is daring us to be genuine to our nature, to remove the many distractions others pressure onto us and to trust our deepest intuition. But you need to get alone and learn yo'self.

(Inspired by an article from **Henry** David Thoreau/ Walden)