A-loneliness

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A-loneliness
By Zoë Rachael Gunn

Feeling lonely in that busy kind of way
Bodies like phantoms passing around but not through you
As people pass near one another
in a world they think they share
Feeling lonely in that busy kind of way
that creeps upon you uncalled for at parties, dinners, or
while walking the sidewalks of cities.
Those shocks of perspective as you are suddenly aware
of the walls of your mind.
Walls through which
no one
can pass. Ever.
Feeling lonely in that busy kind of way
as hustles and bustles and
appointments and obligations and
this-es and thats and heres and theres and
people and places and things
make you forget to sit and
have a conversation with yourself and

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take yourself out on a date because
you miss yourself and no one else will do.

Feeling lonely in that busy kind of way
as words and phrases
hello and gestures
pleasantries and conversation
bounce right off your skin and fall to the floor
splashing there in a pool called society
drenching us all with the facade of unity.

Sure I have family and mentors, lovers and friends.

But we are all alone in our minds
and always will be.

We paint a picture of ourselves upon others,
and of others upon ourselves,
hoping against hope that they will be enough of us and we of them,

that we might feel not-so-alone-for-a-while,

and that we might relieve some of the pressure of the knowledge
that I alone am I, and no one else can be I for me. I must do that myself.

Alone.

I am alone.

The "I" is a mystery, unKnown by all and discoverable (only partially) by yourself. Discover it.
The "alone" is terrifying, if you let it be. Embrace it.

The "am" is the freedom of life, is the awe of life, is the power of life. Use it wisely.
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