



## Cool Loneliness, by Pema Chodron

As human beings, not only do we seek resolution, but we also feel that we deserve resolution. However, not only do we not deserve resolution, we suffer from resolution. We don't deserve resolution; we deserve something better than that. We deserve our birthright: an open state of mind that can relax with paradox and ambiguity. To the degree that we've been avoiding uncertainty, we're naturally going to have withdrawal symptoms -- withdrawal from always thinking that there's a problem and that someone, somewhere, needs to fix it.

It's tough going, because it goes against the grain of an ancient neurotic pattern that we all share. When we feel lonely, when we feel hopeless, what we want to do is move to the right or the left. We don't want to sit and feel what we feel. We don't want to go through the detox. The experience of certain feelings can seem particularly pregnant with desire for resolution: loneliness, boredom, anxiety. Unless we can relax with these feelings, it's very hard to stay in the middle when we experience them. We want victory or defeat, praise or blame. [...]

Usually we regard loneliness as an enemy. Heartache is not something we choose to invite in. It's restless, pregnant, and hot with the desire to escape and find something or someone to keep it company. When we can rest in the middle, we begin to have a nonthreatening relationship with loneliness, a relaxing and cooling loneliness that completely turns our usual fearful patterns upside down.

There are six ways of describing this kind of cool loneliness. They are: less desire, contentment, avoiding unnecessary activity, complete discipline, not wandering in the world of desire, and not seeking security from one's discursive thoughts. [...]

Cool loneliness allows us to look honestly and without aggression at our own minds. We can gradually drop our ideals of who we think we ought to be, or who we think we want to be, or who we think other people think we want to be or ought to be. We give it up and just look directly with compassion and humor at who we are. Then loneliness is no threat and heartache, no punishment.

When you wake up in the morning and out of nowhere comes the heartache of alienation and loneliness, could you use that as a golden opportunity? Rather than persecuting yourself or feeling that something terribly wrong is happening, right there in the moment of sadness and longing, could you relax and touch the limitless space of the human heart? The next time you get a chance, experiment with this.

--Pema Chodron, from \_"When Things Fall Apart"\_

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*Published at [www.awakin.org](http://www.awakin.org) on Nov 17, 2008*