

## THE STORY OF LONELINESS, SELF AND LOVE

Tyrone Suggs,

Woodbourne Network Community

Loneliness was born into a world that offered him nothing but deceit and lies. And through such trials and tribulations, Loneliness was always so sad. One day Loneliness decided to go out into the world to find true happiness. But after going from city to city and town to town, Loneliness found that people are practically the same wherever you go. So Loneliness became very disturbed that life was indeed a living hell. So with this, he decided to run away from it all and live the loneliness of this hell all by himself. Little did he know that that hell existed only within himself and the world he was holding accountable for it was not to blame at all.

Loneliness started to be as real as he would with self. He began to ask himself certain questions. Then he would begin to answer those questions with all the honesty he could muster. Because he knew how he wanted to be treated, he began to say, "I'll treat others the way I want to be treated." As soon as Loneliness said these words, a voice said, "Hi." Loneliness almost jumped out of his skin. As he looked around, he asked, "Who is that? And where are you?" He did not see anyone nearby. "I'm Self," the voice said. "Don't be afraid; I'm inside your, and I must tell you that once you've realized that the answer to dealing with the world lies within you, only then will the purity of your realness shine through." "Wow," Loneliness thought, "We had the answers all this time. It's almost like the quote Dad used to say to me: 'He that's in you is greater than all that is in the world.' Yes, he would read what he called 'The Good Book' to me. "I remember that, too, said Self. "But now that you have called me, I want you to know that I am always with you. And once we've established a good understanding, then my twin will also join us, Her name is Love." This seemed to puzzle Loneliness. "Where should I find her?" he asked. Self chuckled and said, "She is always around; you must look high and low and she will come to us." Loneliness set out to find Love. He searched high; and he searched low. But he found no Love. People he asked would like and deceive Loneliness about Love until his search began to seem like a lost cause. So he would continue to talk to Self.

One day, Loneliness told Self, "I'm not going to accept people's lies and deception anymore. If I can treat them good, then they can do the same for me!" When people saw that Loneliness took on a whole different attitude about life, they started to treat him with respect. Although some would attempt to test him, he would stand firm in his self. One day, a beautiful young lady walked up to him while he was sitting in the park and asked, Mr. Loneliness, may I sit here with you? I see that you are a beautiful person, and there's a light that shines from within you, that gives off so much love."

Loneliness couldn't believe his ears. First of all, she had called him "Mr." and, second, how was it that she could tell what Loneliness had been searching for? For a long time, she just looked at him, and then she asked, "Mr. Loneliness, may I ask you a question?" "Sure," he said. "How is it that you love your Self in such a refreshing and non-egotistical way?" Loneliness felt rather thrown off balance by the question but tried to answer with all the honesty he could muster: "By

being real with myself." As he was saying this, he could hear his own words and knew at that moment that by being real with himself, through honesty, he had given birth to Love. It was like a miracle. He felt so good about himself, he said, "I think I'll change my name."

At that moment, he turned back towards the beautiful young lady, and she was gone! He looked around with a frown on his face. He could not understand how she had disappeared so quickly. However, he was happy for the first time in his life.

The next day, Mr. Loneliness went to the Court House to change his name. When he gave the clerk his social security number, she looked up with a puzzled expression on her face. "Sir," she said, "I'm afraid there's been a mistake here." "What do you mean," Loneliness asked. "Your name is not Loneliness according to these records. Sir, your name is Tyrone Suggs, and such a beautiful name at that." "Well, I'll be damned," thought Tyrone. "All these years, I've been running to trip over my own foot, only to find I had all of this understanding, love and compassion within my Self, and it wouldn't work until I worked it." Tyrone looked at the Court Clerk and said, "Well, thank you, Madam Clerk." And she said, "You're welcome, Mr. Suggs, and have a blessed and joyful day, sir."