

This information is intended to assist you in your spiritual development and to enhance, but not be substituted for, any care you should receive from your licensed healthcare or mental health professional.

ASK A PSYCHIC – Week of May 24, 2009

Question:

I feel alone even when I am around others. I try to relate to people and seem invisible. I have no close relationships that I cherish. I am becoming a recluse and sad. I enjoy people and want a closeness, but not sure what to do anymore.

Answer:

Loneliness registers in the body as pain. Someone taught you that you would be alone if you did not follow their rules. There is a great deal of pain in your body from trying to please others and from believing you failed and thus must be alone.

Allowing yourself to be in the present and acknowledge your worth can bring you back to yourself. [Meditation](#) helps you clear pain and validate yourself so you can enjoy others. Trusting yourself helps you learn to trust others. By releasing the past experiences that caused pain, you can more easily create what you want now.