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Loneliness and Isolation: Matthew Reece.

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Dear Sir/Ma'am,

Having been an individual that has experienced various versions quite harshly of what is blanketed as either Loneliness or Isolation, without going too deeply into the specifics, I will provide my experienced perception on these matters.

### **LONELINESS:**

Growing up it was, and still is, always promoted and positively reinforced to be social and keep a good large variety of friends and this is excellent advice in respect to diversity and education particularly obtaining viewpoints and perceptions of others and other cultures however it's a half truth as no one ever said to me that one of the most important factors in life and to assess all of these matters is that you must spend significant time alone to know yourself, to truly know who you are and what you truly believe and have experienced as an individual and independent that is not mentally and physically bouncing off others and getting swept up and taken with the mainstream current, inexperienced opinions and propaganda vicariously through others. Essentially the essence of the current identity crisis and pandemic we currently face.

It is crucial for people to spend significant time alone and move past the suggested "loneliness" to awareness and acknowledgment of self to be able to correctly create adjustments in our own life in self discipline and gain happiness in ourselves and our thoughts, needs and beliefs based solely upon our individual experiences, rather than seeking it from others, so we may assess and grow to move forward in our own life as an individual. To grow and move forward as an individual this is the only way it can be achieved and cutting ourselves off from others, even our closest family, for at least six months to a year of our life and reconnecting our crucial symbiosis to our own thought processes, to our spirituality(not religion), to nature and to other species is imperative in every persons life young or old. To enjoy our own company, to learn our own senses, to move outside the obsessed and apathetic normalised self absorption and gain external observation of the beauty and of the problems in the world and with those around us that we only exhibit and create ourselves if we do not carry out a self disciplined detachment from these problems that we are probably complaining about ourselves in cognitive dissonance.

This is not to say that we simply disappear with no word of our plans to achieve this as that would be apathetic and cause distress and destruction in itself. It is best to create a plan, let it be known particularly for emergency contact, which often isn't really emergency at all but we learn that, to enact that plan with discipline that we also need to learn outside of suggested discipline which is not self discipline at all, and to put ourselves and other people in our lives minds at ease that our actions are for growth and education not sinister, "antisocial" or suspicious. Those in our life that criticise or attempt to stop us in these healthy actions are not people that want the best for us or love us, not knowing what love is, and they aren't really our friends. They are part of the problem in our life and they are definitely the controlling, possessive and abusively reliant problem in their own lives.

Once we achieve at least six months to a year of this controlled self exploration and reconnection we see that the "loneliness" referred to by most people and most people who address it is factually non existent in reality as constantly suggested, is often possessively selfishly toxic and a manufactured abusively reliant concept that we have been groomed and normalised into throughout our lives that

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we need to rid ourselves of, as do all others, and we never feel lonely in that way again. It's a manufactured emotion that we have, in deception, consented to and applied to us. It's a habit and a form of addiction due to self superficial gain. It is an immaturely superficial parroting and copying and pasted cry for attention in self absorbed behaviours and those that attend to enabling it are predominately superficial in lip service to it, often carrying out exactly the same behaviours and manufacturing it themselves or as they subconsciously know this too however are obtaining something for selfish personal gain from it.

Once we know yourself it is at that stage that we can also begin to provide information and advice upon such matters and never prior to it. We cannot suggest to someone how to learn who they are, we cannot suggest that you know someone else's behaviours and thoughts or intended actions as we do not know ourselves, yet paradoxically cannot see past our own nose, therefore how could we possibly know anything about these matters no matter how much literature we read about it. We have no insight into our own behaviours, your own thoughts and beliefs or that they aren't even truly ours therefore we lack capacity in these matters. We are merely mimicking those around us in approval seeking efforts from others around us and we are in a way a stereotype or superficial generic personality rather than a person, whilst it's crucial we get back to baseline reality as a person, whilst unaware that we are never truly alone in the first place.

These are some of the greatest problems in the world and why we have so many destructive problems in our species that often revolve around the indoctrination of belief systems particularly that the obtainment of career position via certificate, money and artificial material equates to intelligence, education, health, success and wealth when in reality it is usually vastly removed from it.

### ISOLATION:

To suggest that "isolation" is outright bad is not accurate or in line with good observation in any sense. Self isolation, I'm not referring to suggested and manufactured control mechanism and pliability Covid19 self isolations, is crucial in our life however not to be confused with being ostracised which no one ever does to themselves. The suggestion that people ostracise themselves is an abusive one and demonstrates that the individual stating someone has ostracised themselves believes that they are superior in some way and that their way is the only way and must be complied with therefore they ostracise people abusively however will not accept responsibility for their own or their groups toxic and abusive behaviours. This is usually greed or grandiosity driven as with, to give a prime example of current matters, most of the Covid19 structure and roll out claiming that it's necessary in the obsessive and manipulative structure it is for the greater good. Proper legislation based upon critical thinking, peer reviewed unbiased facts in open uncensored communication not manufactured consent and focused empathy would have been far better approaches with current global problems as the current rollout is superficial lip service, PR stunt and five minute fame driven ignorance to all leading experts in all areas, including observational skills, of these matters and has an undercurrent of pure evil not good." Good" in extremist fanaticism is evil not good just to "isolate" a few facts.

Self isolation from toxic social structures and relationships is crucial in development, particularly in the previously mentioned issues of loneliness, however this is not to suggest that external forcing or intervention by self proclaimed experts such as via the Mental and other forceful out of control and lawless Health Services with Treatment Authorities or by way of forced abusive ostracising toward individuals or groups, which is sometimes carried out by Mental Health and other Government

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Services inadvertently in corporate and individual greed expedition through our systems. It is to suggest that a person or agreeable group needs to separate themselves from those that would have them isolated in detrimental manners in coercion strategies for compliance of their toxic and abusive ways to examine and self analyse if they to are affected by those same toxic and abusive traits. With this self disciplined, not abusive force disciplined, isolation technique we cover the aspects of loneliness we require for growth.

Matthew Reece.

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