

# Creating Solitude for Your Spiritual Bliss



By Frosty Wooldridge

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Americans living in big cities race through their days with gridlocked traffic, honking horns, cheeky taxi drivers, police sirens and jostling pedestrians racing toward their destinations. At work, they juggle temperamental co-employees, deadlines and ashes-in-the-mouth bosses.

Once finished with work, they race home to spouses, kids and dinner preparations. The working groove consumes them while their responsibilities for daily living press their emotions to the wall. With all the automobiles, appliances and conveniences in America—we oftentimes lack peace and quiet in our lives. As we race through our metropolitan arenas, even optimists admit that science will be hard pressed to replace this precious spiritual commodity: solitude.

How can we step back to an oft forgotten pleasure in our lives, in our hearts and in our minds? How can we refresh our spirits?

John Stuart Mill writing in 1848 when cities remained smaller, less hurried and enjoyed more community among their residents said, “It is not good for man to be kept at all times in the presence of his species. A world from which solitude is extirpated, is a very poor ideal.

Solitude, in the sense of being often alone, is essential to any depth of meditation or of character; and solitude in the

presence of natural beauty and grandeur, is the cradle of thoughts and aspiration which society could do ill without."

If you feel the same way in your journey, the quest for solitude grows as you add birthday candles. A certain spiritual bliss accompanies your advancing years. Solitude brings divine calm and intellectual clarity. To abridge your life creates more simplicity in your daily rigor. Once mastered, you will enjoy an inner peace and an outer enjoyable countenance.

How does anyone move his-her body, mind and soul into solitude?

- Take a daily walk in the nearest park in your city. Sit under a tree. Sit by a pond. Stare into a patch of flowers. Pull up a long stalk of grass and stick it into your mouth. Suck the green insides of the stalk of grass to feel the heartbeat of the universe pulsing over your tongue.
- When you reach a stretch of grass or forest; take off your shoes and socks. Stab your feet into deep grass or sand or rock. Let your body reconnect with the vibrations and electrical impulses of the Earth to re-harmonize your entire body's vibrations with our planet. Many call it "grounding" and it works profoundly to refresh your spirit.



- Choose the best time of day for your “solitude” moments. It may be early before work as you sit by a river, stream or on the beach. It could be a stroll along a quiet walk at dusk where the sun’s final glory mesmerizes your spirit.
- While solitude means being alone in the “moment”, you might be one who loves solitude with another who shares your “heart strings” about life. By all means, make your “solitude moments” a couple-thing if that works for you.
- The point of solitude means to be luxuriously immersed in the quiet moments of your own choices. You become fully aware of being alive without being ushered into the scurry of daily living.

(Sandi on her bike on the Lewis & Clark Trail)

In my own hiking times through the woods in acceptance of solitude, I feel the “sweet spot” of temperature playing upon my skin. I feel the essence of light shining through my eyes. I accept my quiet essence pulsing into the energies of life. Once I reconnect with every blood cell charging through my body, I churn with delight.

Therefore, walk into the woods, the park, along the river or by a pond to discover solitude. You will enjoy renewed strength to enjoy your days.

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