



# Magisterial Mission

Sunday Morning

V: I sensed your presence, Monjoronson, during the very first minutes of wakefulness, as I began to contemplate what to do with a day that had no particular direction. I reveled in warm sensations, knowing you were there to comfort me. And then after a period of reflection, it occurred to me that you were waiting...that you had something to say. And so, this is what I heard:

## **Do Not Be Afraid To Be Alone**

Teacher: Monjoronson  
Transmitter: Vicki Vanderheyden  
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Do not be afraid to be alone. For during all those years when you were surrounded by people, by responsibilities, by obligations of family, friends, community and career, you cherished every rare minute of alone time you could get your hands on to pursue something of personal interest and relevance, something that drew you closer to yourself, your essence and your personality.

And so now, you enter an age of aloneness where the sheer abundance of that alone time leaves you feeling overwhelmed, unimportant and obscure. And because it feels void of the activity, the clutter and the noise you were used to, it leaves you feeling disenfranchised from life. And yet, is the time in your life, where you are free to explore yourself in a depth never allowed before. It is the beginning of a long journey of freedom and self-disclosure. It becomes an inward journey where you find yourself exploring the fringes of other realms that in a future time, will become your reality.

Treasure this period of transition where you find yourself straddling two very different worlds, and remember that for now, you are still capable of partaking in the one of your choice. Seek out those who wait in the sidelines for you to notice their presence and engage them with your thoughts and questions. Do not question their reality, for reality reveals itself in ever changing, ever expanding landscapes that continually demonstrate that anything and everything is possible.

Do not fill your days in pursuit of obligations and responsibilities, but flow into the ones that come your way and engage them with the devotion you know so well how to give. And for those days you awake with nothing particularly planned or no one to be with, treat yourself to a day of curiosities, reflections and expressions of gratitude for the wonderful life you have already experienced. Treat your body to pleasurable pastimes and treat your mind to comforting and peaceful thoughts. Revel in the joy of what you have already created and accomplished in your life.

Listen to the quiet around you and discover that there really is no such thing as 'quiet' or no such thing as 'being alone' for you are swaddled in life and it is this life that surrounds you, that waits for you to engage it.