

**January 2010**  
**Year—12 Issue—143**

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Edited, printed and published by Mahendra Jain for M/s. Pratiyogita Darpan, 2/11A, Swadeshi Bima Nagar, AGRA-2 and printed by him at Pratiyogita Darpan Printing Unit, 5 & 6, Bye pass Road, Agra. Phone : 4053333, 2531101, 2530966 Fax : (0562) 4053330, 4031570 E-mail : publisher@pdgroup.in Website : www.pdgroup.in

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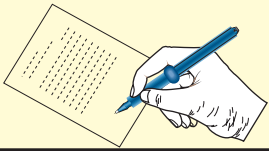
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# Make Loneliness a Boon to Life

Gurudeva Rabindra and Mahatma Gandhi used to say 'Go alone' 'एकला चलो रे' Like this there is another important adage that you are least alone while all alone.

When we are all alone we can better concentrate on any subject and think over it seriously and we can do our work with full capacity. But is it possible that a social being can be all alone ?

Norwegian dramatist Ibsen has used the word self-dependent for 'all alone'. He has written that "he is the most powerful man in the world who lives like a self-dependent person." From our point of view Ibsen has given altogether a new meaning to this word 'alone' and opens up the new dimensions of our working system. Ibsen's aim is quite obvious that one should try to live alone and think alone and that will make you live like an independent person.

Generally loneliness has two forms—physical and mental. Physically when we are alone, we are in a position to do our work with full capacity and without any disturbance. When mentally alone, we are in a position to fully concentrate on the subject, give it our serious thought and then take independent and intelligent decision. In short, in both the situations we are able to use our capacity and capability to the fullest extent. Pointing to this very condition the famous French Emperor Napoleon said, "They proceed fast, who move alone." The English Poet Wordsworth has written that "Expressing our innerself is the boon of loneliness." As soon as your position of loneliness is disturbed or some second person steps in your thinking, your thinking **becomes affected** by the thoughts of others or as aptly put by some wiseman, your thinking becomes like a second-hand thought or a thought taken on loan. This type of thinking creates layer of ignorance and the person slowly destroys his freedom of thought. We can be mentally alone even if we are not physically in this position. We should practise to con-