



Self-Love Journey

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Step 15: Travel Alone With Yourself

One of the clearest markers of a person's ability to connect better with himself, and one of the definitive tools for improving a person's existing relationship with himself, is the solo walk or solo outing. Travel alone outside, in an urban setting, or in nature, by public transport, or by private car. Simply take yourself out for a walk. Go out with yourself into the world, just me and me walking out there, enjoying each other's company.

Someone who has not yet tried a solo outing may initially feel strange and uncomfortable moving around alone without a clear goal, without a defined destination, only with himself amongst people or only with nature and the world.

The habits that distanced us from ourselves and from the great pleasure of connecting to the environment while we are only in our own company have taken from us essential parts of the inner relationship and have left us not only very far from ourselves but also ignorant and lacking understanding of what happens inside when a person meets himself, listens to himself, sees himself, and becomes his own closest friend.

In fact, one of the places where we can listen to ourselves and flow with ourselves better is anywhere outside the home, when we are there without the constant presence of someone at our side. Just us and the world. Just us and the surroundings. There is something about encountering the environment, and the way it resonates within us, that lets us reach a better quality of inner communication and a deeper familiarity with what truly resides inside.

Moreover, a person often discovers that the best way to connect with the environment and with people outside begins with moving without accompaniment. When we remain in the company of a certain person from the outset, much of our attention is directed to that person and to our communication with them. Without noticing, most of the communication we could have created with ourselves disappears, and everything that will happen during the time outside will derive more from the relationship between us and that person and less from the relationship between us and ourselves.

Go out from home sometimes, go out without a defined destination. Give yourself this time, an hour or two. Notice the resistances. Notice the anxieties. Notice the excuses that suddenly pop up to deter you from going out alone for no specific reason. Notice any embarrassment when you begin to move outside and feel the difference between your solo outing and most other people who go to very defined places, such as work, shopping, errands, or family. Allow yourselves to be different. Allow yourselves for a while to be “strange.” The truth is that you are not the strange ones, and you are not doing anything beyond reason. The truth is that you are the more sane, the healthier, the bolder, and the more interesting. Go out for a walk alone. Start with an hour, and perhaps later for a week or two or more.

And no, you will not truly be alone.

The common word “alone” is confusing and misleading, and often it expresses the opposite. A person who is not able to be with himself does not truly know the experience of “together.” A person who does not experience the “together” with himself cannot feel it in the company of others. Such a person is so frightened to be with himself, so afraid to experience intimacy with himself, that he constantly surrounds himself with family, with friends, with work, and with various tasks, all in order not to be with himself. Such a person is far more lonely than you are and does not know the deep pleasure of togetherness. Such a person is very far from you, from those who are climbing the mountain of self-love. You are doing the right thing; most people are not yet doing so.

As you practice the solo outing, you will enjoy it more and will return from it more satisfied and happier. In time, you will begin to feel that while you are moving, the world begins to “speak” with you. Suddenly, you will notice more details that previously passed you by. A particular flower will make you stop and look. You may sit on a bench and watch the people in a hurry and the cars passing, and you will be able to listen to the dialogues that people conduct with themselves as they walk by you, unaware that you are in a fascinating drama. You are out alone with yourself, with no rush and no supposedly important task.

Until the “together” with yourself becomes enjoyable, it can be demanding. At first, it can be difficult and strange, because you are not used to placing yourself outside without the masks of something you are supposedly busy with. When was the last time you met someone in the street who told you they were just walking outside, simply connecting to nature, and not in a hurry to any where. Can you imagine that one day you will be the person who smiles knowingly at an acquaintance and says you are simply strolling with yourself, without a defined goal.

You might initially feel it is a waste of time. We are programmed. We are bound to a restless and noisy mindset that makes us use our free time in a limited and specific way. Many people feel ashamed to spend a whole day that was not officially defined as a vacation, without work or without some contribution to a particular effort, such as house cleaning, car maintenance, or family care. We struggle to see quality time with ourselves as a worthy and even sacred space, a time that deserves extra attention and careful planning.

We are ultimately programmed to be as little as possible with ourselves. When we are with ourselves, while still untrained in this, we may feel we are doing something unworthy, unnecessary, and perhaps even foolish. We have surrendered so much to this programming that it has nothing to do with self-love.

So let us go out. We will never truly be alone; quite the opposite. As we get used to going out only with ourselves and as we learn to move past the anxieties that accompany such a step, we will discover within us experiences of “togetherness” that we did not know before and that we will never want to miss. We will be the ones who use our free time better, because what we do will contribute greatly to our inner order and to our emotional calm with ourselves, a calm we seek so much, but which we often look for in the wrong places.

Do not be alarmed by the alarm, and do not be surprised by the anxiety. They reflect the walls we have built between us and ourselves, and they will be expressed strongly at the beginning. Keep walking alone. Allow your feet to carry you, step by step, away from your overly protected and familiar place. Do not take out the phone at every moment; let yourself move. Give yourself the right to improvise along the way and to choose routes and paths in surprising and spontaneous ways. No one is there to influence your direction or to dictate where to stop. The whole space is yours; it is entirely open, inviting you to try, to experience, and to discover. This space will help you a great deal to maintain the inner relationship and to feel self-love as you never have before.

Out there, with no one looking, you can, even for a brief moment, hug yourself.

This can be nice, though it is not required, but a kind of bonus. You may decide to stop somewhere and buy yourself something tasty to eat or drink. You may begin a spontaneous dialogue with a stranger and be surprised to discover your openness and flow toward someone who, in that moment, joins your personal and free journey with yourself.

Go out with yourself in order to meet yourself through the world outside. Do not be surprised by the initial difficulties. It is a kind of cleansing from the bad habits you acquired. It will pass. Trust that you will feel great and subtle pleasure only when you walk alone, with yourself. This is the pleasure of self-love in its full glory, the pleasure of a true connection of a person with himself.

Practice Questions (Answer in handwriting or share in a practice group):

1. Do you enjoy **going on walks by yourself**, in nature or in other environments?
2. When you are in nature, what changes do you feel **taking place within you**?
3. Spending time in nature, especially alone, offers **excellent opportunities for intimate encounters with yourself**. Have you experienced something like this? If so, please write a few lines about it.
4. What do you think about the option of **“going out for a spontaneous walk in the middle of the day, just me with myself, without a clear destination”**?

5. Complete the following sentence six times:
“When I go out more often on spontaneous walks by myself, then surely...”
6. Any other thoughts, feelings, insights or questions you would like to share about this step in the journey?