



70.sense of belonging

*“One of the reasons our society has become such a mess is that we’re isolated from each other.”
- Maggie Kuhn*

What does that mean? That we should huddle in groups for the illusion of belonging? I doubt it. What keeps us isolated? Usually, it’s our own fears and bad habits.

What do you do with your time? Watch T.V., watch movies, play video games, shop, read newspapers and magazines, gossip, complain, wish that you were happy?

I found that the times I felt the strongest sense of belonging were when I was pursuing a dream. Even living alone in a cabin in the woods with no phone or T.V., with only CBC radio and my dog to keep me company, I learned to connect with the greater whole by painting, writing, learning to sing and play guitar and walking the trails, enjoying the natural surroundings. I also attracted friends who enjoyed the same things and became my strongest support network as I began my career as a singer/songwriter.

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