

We're like the cream. When the cream rises to the top, it separates itself from the milk. Perhaps that is what the New Age Movement is really all about. We find ourselves lonely at the top. Yes, it is.

It is no different with political enlightenment, spiritual enlightenment, or even becoming enlightened about relating to each other. The more mentally healthy you become, the more spiritual, the more balanced, the wealthier, the more global you become... the more alone you may feel.

Often, we find ourselves unable to find those other rare individuals who are choosing the same path as ours. The path of sloppy and lazy is full of other people to meet and talk to. The path of whiners is full. The path of being safe, generic, and boring is so crowded you almost cannot even move forward. Isn't that why you left that path? You had a need to move forward, a need for some elbowroom, a need to spread your arms wide, a need to be seen as special, unique, different. The masses may admire you, but they are not going to be able to really relate to you. You will be alone much of the time.

Do not be afraid of the loneliness of enlightenment. Do not force others to agree with you. Simply give your heart and know that you are growing and that they are free to grow or not. It is the nature of the game. We are all free to choose our paths.

我们就像奶油。当奶油浮到顶部的时候，它会和牛奶分离。也许这种现象正像是新世纪运动的写照。我们发现自己飞得越高，就会越感孤独。是的，这就是现实。

不论是政治或精神修养的造诣有多深，或者甚至是与他人之间有一种默契的关系，就孤独这一点而言，是没有区别的。你越是拥有健康有理智，精神修养的造诣越深，生活越平衡，越富有，或你的名气传播得越广，你也会感觉越孤独。

经常，我们很难找到那些选择我们和我们同路的人们。那条潮湿，慵懒的道路挤满了可以相遇并聊天的人。那条满是牢骚者的道路上也拥挤不堪。那条所谓安全，普通以及枯燥的道路是如此拥挤以至于你无法向前挪步。难道这不正是你离开那条道路的原因吗？你需要向前挪步，需要活动的空间，需要展开你的双臂，需要被认知为特别，有个性，与众不同。万千大众仰慕你，但他们却不可能真正地融入你。大部分的时间里，你将是孤独的。

不要害怕因造诣深而产生的孤独感。不必要勉强别人赞许你。做你自己，坚定着你自己的成长，别人是否愿意成长就由他们自己去决定吧。这就是自然界的规则。我们都有选择自己道路的自由。