

Enjoying the company of one

Written by Timothy Houston
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Social media has given us unlimited access to others.

With all of our online friends, we never have to spend a minute alone. Although, you may constantly be in the online presence of others, I believe that you should be your own best friend. The ability to enjoy your own company is a necessity. If you don't like being around you, who else will? The statement "enjoying the company of one" means that you are OK with being alone. Being alone is the real test of how you feel about yourself.

Enjoying the company of one prevents you from being lonely. When you are lonely, you are thinking of the other, feeling that it would have been better if your friend, wife, mother, husband, were there. When you are lonely, you fail to realize the value of your own company. The difference between loneliness and aloneness is a matter of perspective. Loneliness is a feeling and not a reality. It suggests that you are less when others are not present. It makes you dependent on others instead of using your time alone to work on yourself. This is an indication that you may be placing greater importance on others than yourself.

Enjoying the company of one is a choice. It is power and freedom. Relationship with others is a by-product of "self," and as a result, strengthening yourself, strengthens your relationships. When there is no significant other, when there is quiet time, you have the power to choose to use this time to develop yourself, to become greater. All your energy and effort – the time and energy that you might otherwise have to expend on others – can be concentrated on you. This will help you to avoid relationships that will drain you. Time alone allows you the opportunity to gain the knowledge that will show you how to attract those that will add positive value to your life.

Men and women view the company of one differently. Men often see time alone as an

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opportunity to do the things they enjoy. They will go hunting, fishing or on any other outings that will allow them time to get away. Women have a different view on this. They often see time alone as being absent from the ones they love. If this is your view of relationship, I strongly caution you to reconsider. The fear of loneliness is one of the reasons some women allow themselves to be with men who are unhealthy for them. The belief that you need someone unhealthy in your life to keep you from feeling lonely is not good. This temporary relationship does not allow you the time alone needed to discover the real self-value that comes from reflecting within. In all cases, it is a necessity the men and women enjoy their own company.

Although you are in the company of one, you are never truly alone. Because of the God-given power within, you do not need anyone to make you whole. The Father has done that for you. He has declared you to be altogether beautiful and fearfully and wonderfully made. Never settle for less. This is the true knowledge of self. God has promised to light up your path and guide you into all truth. He also promised to never leave or forsake you and to be with you always even to the end of the age. Because you are never truly alone, you can enjoy the company of one.

Timothy Houston is an author, minister, and motivational speaker who is committed to guiding positive life changes in families and communities. To get a copy of his books, or for questions, comments or more information, go to www.tlhouston.com.