

DO NOT SUFFER FROM LONELINESS.

Go outside.

Go away.

It's all the people making you lonely.

Pick a spot on the horizon
and head straight for it.

Start your way through a stand of trees.
Kavak in the distance.

Peer over your toes at the edge of a canyon.

Go to your favorite place.

Again, and again.

This is what you need to do.
Not just because it fuels your independence.

But because it reminds you
you're a part of something bigger.

And although it may not occur
to the baffled onlookers
who can't take their eyes off
your smiling mud-covered wired-up insane self,
it will occur to you:

You aren't the one who's lonely.

Just do it.

