

An Epidemic of Loneliness

a review of a lecture by Dr Dean Ornish on 9/21/12.

Attending a lecture at the San Francisco Moscone Center to hear the famous lecturer Anthony Robbins, I was also blessed to hear the speaker Dr. Dean Ornish, a medical doctor with some unique views on healings and changing lifestyle for health improvement.

Coming into Dr. Ornish lecture late, the part I did hear:

- (1) amazed me
- (2) articulate some ideas I had trouble articulating and
- (3) reinforced some ideas I already believe in.

As the name of the article suggest, what amazed me most about his lectures were his ideas or scientific facts about “Loneliness and Companionship”.

With scientific data to back up his premises Dr. Ornish stated it was facts that people who had close personal relationships with family member and friends

- (1) had fewer medical problems
- (2) heal or recovered more quickly than those with no support and
- (3) lived longer, happier and healthier lives.

With scientific data to back up his premises Dr Ornish also stated that people who did not have any friends or support system

(1) had more medical problems

(2) took longer to heal from surgeries and medical ailments

(3) lived shorter lives with more stress.

As a person who spends a lot of time alone, not by choice, I could see the beauty in what he was saying.

Personally believing that being loved by family and friends makes life more meaningful, I can see how having no real relationship with people can makes life a lot sadder and harder.

While I agree with Dr. Ornish theory about loneliness as almost a disease that can rob people of life, I also believe that some people are destined to loneliness because of their personality and destiny.

By personality I am referring to people who are naturally shy or introverted. Shy people are just that way, but at least they have family members and friends to reach out to them.

Living in a world where the (Word of God) Christian Bible and (Spoken Word) English Language describe darkness as Bad and Evil, I accept my reality that Loneliness and Failure will always be a part of my life.

As a person who does a lot of writing and drawing, qualities of a shy and introverted person in some ways I feel it was my destiny to spend a lot of time alone.

While still having a destiny to be alone, something in my soul yearns for the companionship of friends and family that probably will never be mine.

While I am truly grateful for the people in my life, I accept with a lot of sadness that the love of a beautiful woman and large family will probably never be mine because I am (1) old (2) poor and (3) most of all have dark skin.

In my opinion we live in a world where people value is based on financial wealth. If you have a lot of money you are popular. If you are poor and old, you will be abandoned by everyone in some races even your family, This particularly true for my race as a Black American.

As a man entering his senior years, a man who feels many of the pains of growing old, I wonder how many fewer pains I would feel if I had more than one person who needed me and any family member that truly loved me.

Grateful I heard the speech by Dr. Ornish about loneliness, equally sad because I know that magical healing power of companionship will never be mine because we live in a world full of so many ISM's.

This review is my interpretation of Dr. Ornish review.

As an amateur who is not a medical doctor I may have erred in attempt to define Dr. Ornish words, which I apologize now.

I highly recommend anyone reading this review view Dr. Ornish website.

Dr Ornish message about loneliness and companionship can be found at

www.ornishspectrum.com/

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