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**How To Never Get Lonely**

**By Timeo Busyanya**

**How to never get lonely**

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... "I never get lonely", said the woman I met last year, while I was boarding on a bus, going to Dallas Texas. This woman was full of joy; I couldn't imagine in this world of trouble, how could she be like that.

I had to ask her because I was curious, why she was so vibrant. Can you imagine?  
Some body who never get lonely!

After twisting her arm and leg she finally told me her secrets. Here they are:

**1. Never tell yourself that you are lonely**

When I wake up in the morning I remind myself that, this is the good day, it is going to provide me with good things, I should never feel alone. At any time I feel lonely I remove that negative thought.

A side note:

## How To Never Get Lonely

All experience we encountered in life start as a thought if we keep accumulating these thought process they will transform into reality.

### **2. Do what you like**

I hear people say, Oh I don't like this job, and I hate it!

Hating your job is an added energy EATER. After getting off work most people will feel exhausted for working many hours. To hate something consume a lot of energy. When this process of consuming energy takes about eight hours every day, how much extra energy are you losing?

When you go back home you feel exhausted with very little energy left, and guess what! You don't feel like doing anything. Your mind start telling you, " You can't do anything, you are tired, you are lonely"

On the other hand if you do what you like your mind will re–create more energy, you will feel more complete, you will start to see life as something good, and guess what, your mind will start to produce good feelings. The energy keeps building up, you will never feel lonely. No wonder couples in love have more energy, they never feel lonely.

### **3. Old good memories**

Side note:

Anytime you see, hear, taste, feel or smell something, your mind processes that information. When I say process I mean receiving a command and interpreting it. (Like when you smell a perfume your mind is commanded to smell and interpreter what kind of smell is)

Even what you are reading right now is processed by your mind. If what you read is good your mind processed good feelings and vise versa. No wonder most people stop reading articles they don't like. If you have reached this far you must have liked it.

Here is what the lady told me about using powerful old good memories.

She said,"See those old photos, those which you were five years old, see those little feet and little hands of yours when you were little. Oh! what about calling your old friend. How about the movie you saw when you were in high school.

You will be surprise how those old memories bring your evening full of energy.

By remembering some of your good memories and processing in your mind, you will feel happier and never feel lonely."

### **4 Take a long bath**

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"Water in any container presses equally in all direction" that's just basic physics. It means when you lay on a tub full of water it presses your body equally in all direction from head to toe. It is as if a great lover is touching you all over at once with that great sensation.

The buoyancy of water makes you feel like you are floating in the air. All these pleasant experience happens at once. Your body relaxes so well.

Now there is one more important thing happening in your mind. This is very important!

When you do something good to your self such as taking a long bath. Deep down in your mind you feel valuable, read that again if you don't mind. It's like a house, which appreciates in value, it always looks better, you will feel good and you will never feel lonely.

These were her suggestions but I can't just leave you like that without sharing with you an experience happened three weeks ago.

### **5 Do your hair**

Three weeks ago I attended a wedding ceremony. Every body was dressed so well (You know what I mean, When people attend marriage ceremony...I bet you have attended one).

The way one lady who was smiling really caught my eye, I approached her and we talked for a while, her hair was so smooth,I needed to sigh a little bit.

I wouldn't tell you what happen next.

Anyway

Let me asked you how long does it take you to take a shower.... and.how long does it take you to do your hair. Are you starting to see the important of hair? Why do you think most people spend more time to do their hair.

Like I said earlier our mind always process information, when you see something good, your mind

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stimulate good feelings. When you see your face looking good, your mind produces good feelings

Doing your hair will kill two birds with one stone:

First, you will keep yourself busy and second your mind will stimulate good feeling, hence you never feel lonely.

Sincerely,

Timeo Busyanya,  
Helping individuals, improve their self image  
"**lonely.com**" .

This article is written by Timeo Busyanya. The author is committed to help individuals, improve their self image. He provides a FREE e course at: "

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### **Cuba–Pictures.com Launched by Lonely Planet Author**

**By David Stanley**

### **Cuba–Pictures.com Launched by Lonely Planet Author**

by: **David Stanley**

The original author of Lonely Planet Cuba announces the launch of

, a 14–page

collection of 126 travel photos of Cuba.

All photos in this picture gallery are by David Stanley, who researched and wrote the first two editions of Lonely Planet Cuba, published in 1997 and 2000. Stanley first visited Cuba in 1975, and over the next four years he represented a Canadian tour company on Isla de la Juventud, at Varadero, and in Havana. Since then, he has revisited Cuba dozens of times.

A few of Stanley's photos originally appeared in Lonely Planet Cuba, while the rest are published here for the first time. They offer a cross section of Cuba, with the emphasis on "real Cuban life" rather than the artificial world of tourism. The images are intended to convey the atmosphere of some very special places, and the warm, friendly people who call Cuba home.

Each page of pictures provides an introduction to a specific area, and all photos are fully captioned. The site also features a map of Cuba, a shopping mall with Cuban music, guides, and films, and a selection of travel links.

## How To Never Get Lonely

is now open to visitors.

David Stanley has been writing travel guides since 1979. His pioneering guidebooks embrace the South Pacific islands, Micronesia, Alaska, Eastern Europe, Cuba, and parts of Canada. Stanley researched and wrote the first three editions of Eastern Europe on a Shoestring, Lonely Planet's first guide to Europe. Though the current 3rd edition of Lonely Planet Cuba was updated by another writer, much of Stanley's material remains in the guide. His travel pictures of Cuba are now freely accessible at

.

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