

Media and Loneliness-Banal and Creative Loneliness

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Abstract

Somebody gets isolated because he/she doesn't like people. Some has sweetness of solitude. The both is sick. Such loneliness is a relationship. And asking for mass-media. Someone is alone to increase knowledge from the invisible world. When loneliness is a level of personality, then it is a creative achievement. Such degrees the Sufis say there are over a thousand.

Keywords: *Loneliness-Relationship; Loneliness-Degree; Media*

Creative isolation (halvet) as a higher degree of personality

For a long time the name of Conference or Meeting itself, as a link between two important words-did not attract me so strongly and heartily as a call from and call for in Jagodina. Primarily because the field of our reflections and analytics after so much and mainly sterile mediological and communicative topics and dilemmas like virtual intelligence and technologization which is breathtaking, and takes space to respond in general (so if you really want, space for mind and heart in general), finally a fine but powerful, invisible but strong topic, as this one connected to this meeting in Autumn 2019, hidden as well as revealed (public discourse), personal as well as mass and general, good as well as bad-slipped. And I am interested in all of these extensive ranges of opinions and feelings, they interest me immensely, they bother me immensely, sometimes make me bold and trembling or forced, anyway more responsible every time, more than I was the day before. Who called when? The media called for loneliness? Or did loneliness appeal to the media?

The way of our postmodern life or all that alienation, misery of neoliberalism or the despair of billions of people in the atmosphere of the so-called great charters about their very human rights? Crisis of materialism or crisis of philosophy and shallow thinking, crisis of alienating media or rigid narrow science, lost paradise of emotions and light of pure hearts, or rusted ideological crisis as a false consciousness? Crisis of real religion as inner pureness and deep faith in the unspeakable?

In this text, I question the correlation between media and loneliness through the prism of two possible streams of thoughts: loneliness as relationship and loneliness as level or rank. Because relationship and level are making loneliness, both of them, defining loneliness as a possible explanation in philosophy, philosophy of media, or spirituality as the widest range where we place all those beyond and existing, endless but dark, may be unclear until the end or inexpressible by a media paragraph-form, configuration, genre, sort, subgroup, logics, shape. Namely, first of all loneliness is inner state and choice, some sort of abstract emotion, or vocation, which converts from the news theory into live news, as a real form, as a picture of someone alone, isolated, or separated, so we register the state of loneliness by eyes

and sight. At the same time, generally, we are not sure that this picture following news about lonely people is or it is not picture of lonely persons. So, the mediatization or overflowing states and emotions (Sufis wonderfully call it hal/hals) to inner forms, and loneliness itself can't be authentically mediatized. Actually, as all other emotions and inner states, as well as this one resists to outside effects, media using and technical and technological intermediation. But, let's say, it is possible to write, read, making photos, visualize, audio recording or live following of loneliness of this world and this human being from 21st century in whom we live and gather.

Mental illness also comes from loneliness

While the invitation for this Conference was appearing in Sarajevo, prof. dr. Norman Sartorius was a guest at the University of Sarajevo (03.03.2019), talking about education and mental health. Just as ordered to take away from the boost of information on mental state, (rather to say mental health of the world population) the latest records about that and to submit them firsthand without embellishment and framing, addressing to professional listeners. It became clear that state of mental illness is closely connected to at least 6 factors and they are some kind of the alphabet of our time and space. Prof. Norman put urbanization at the first place, followed by commodification¹, informatization - or all these we from the field of mass-media deal with, then changing the family, new conditions for children's growth, and finally, osmosis of cultural influences. I'd mark off some of the startling data, closely related to the topic of "loneliness and the media" and connected to that: reduced number of children in Europe for 50%, most of living children growing up in single parent family, and they have no experience of brothers and sisters, father or mother, and they are not capable of forming and running their own families later on. Then totally neglected children are not capable to make their own family, more and more kindergartens are also a risk factor because children spend days and days outside the family circle, without learning of what is the role in the life of the grandmother, of the grandfather, the brother...The next records are also hard, care about parents and elderly people is extremely neglected: in Bangladesh, a law on the obligation to care for parents had to be passed; in Peking 70% elderly living without care of close persons except caretakers, foreigners working for money, surrounded by internet connections and media, 60% of the world population are currently suffering from some mental illness; in London there are 30% singles out of the total population. They have "all": money, TV, internet but they have no one alive to say "Good morning". Loneliness is apparently increasing, and it is on the rise from the developed to the underdeveloped world. One should be honest and acknowledged that loneliness is much higher in developed societies. The media more or less, do not report about these problems, or they do so fragmentarily, recklessly, alienated. And that is the reality of the world where we live. It is known that lonely people are easily getting mental illnesses. Loneliness is followed by internet addiction, at the level of six hours daily for the world population. Certainly, with those who have it (internet). And the most have it. The new addiction concerning "chosen loneliness" is recorded in Japan, called "viki komori", means "I am retiring", it is state when teenager, as the most common example, is in his room, locked, lonely, he surfs and is alone. Parents just bring the food, he is making a suicide plan, and often multiple suicides occur simultaneously. Unfortunately, it is not just a Japanese specialty. Records of Prof. Sartorius showing that France is also moving away in this negative appearance, as well as Holland, Belgium and even Switzerland.

Quo vadis *Homo sapiens*?

It should be introduction of some external loneliness or forced loneliness where the person is lonely because of some life circumstances or it is a result of given social system inhabited by a multitude of loners, as a logical sequence or a result of standing moral and

¹Commodification is defined by new trend in the world that all things and even mental diseases are perceived from the point of money, and everything is made measurable, profitable and unprofitable, but only with money. The basic question of treatment of both the easiest and most difficult patients becomes: are we going to save on it?- so in these professions, too, there are fewer and fewer real specialists in their field and true experts and there are more and more marketing managers who turn everything around them into profit and marketing tricks.

ethics, which is arising from our era of neoliberalism and corporate globalizing capitalism. So, the loneliness as a state of our Planet and its inhabitants. We can also call it in a different way. It has the same essence- "faster and more", as the iron, warrior, for-profit moto of conquest of all resources of the Planet and Cosmos, without any pause or moral dilemma.

Quo vadis *Homo sapiens*? It is time to repeat this question several times. Where we rush, as humans, as thinking beings? Where we go? Is that all good for us as a humankind? Is it possible to control this process, if not to stop it? What we have to do? Those were also questions Lenin made, don't want to resemble to him in any way, this is just an association with him... Where this raging civilization, this egoistic rationalistic culture could be called to mind? Is there salvation for us? May be-where does salvation dwell? For all of us?

If it should be utopic only, if it should be too late, as a thinking and being that feels I can't be quiet, stay calm and not to offer even naïve suggestions. That's why in my way of thinking, I always leave a space for what we pay the least attention to- it concerns us. All of us in the same way. Can we be wounded and torn like this, at least come closer to the umbrella of spirituality? Can we like a Heraclitus's electron, which slips from the pathway and change its valence, to change the direction and pathway which is wrong. Human being existing with the breath, but almost never thinking about breathing except when he/she has asthma or allergic reactions. Every human breath is important. Because one which is cut meaning the end, simple, ordinary death we use to reject because of helplessness and fear. If breath makes us live, and everything else makes possible, then why we don't think about the Author of breaths? Where we made a mistake when we decided to be in a harmony? Because in that sphere there is also loneliness. But it is seen as an achievement, as a point achieved at the Path of goodness, as a conscious deed and manner, as the rank or degree of the chosen personality.

In that case, all we need is all ourselves, our human potentiality which is immense, no technical extensions making us better or worse, no media will make us longer, or deeper, nor give us meaning... So all forms of mass-media just make us more distant, because taking us out from ourselves, from given potentiality already existing inside us. And they make us mechanically divided from the Harmony of the World and Harmony of the Consciousness. We don't need nothing outside of ourselves with breaths that come to life. Then loneliness is a very nice way, circulating- ascension in which there is no performative or technically conditioned end; such loneliness is useful and it ennoble us, first of all ourselves and then all around us and it is why even mind and ego- as two pillars of human rudeness- started to emanate nobility.

It is a living being - man is not an automaton

That "irradiated reason", "enlightened mind" is totally new mind and reason. Only a few weaved it into themselves, working on themselves, personal changes to better state, making good and distracting from evil, they weaved missing emotion and empathy, love and mercy towards everything around. That work on oneself is above all a break with egoism and break with the evil within oneself. Further on, it is often giving and modest taking back. Selflessness and modesty are both factors of the enlightened mind. Everything is a comparison. Every being is a key of all the others². We can experience that and comprehend only after we are free of the shackles of selfishness and egocentrism. These are so present features at every person living in this world-especially to those who are in epicenter of technical-technological-media center. Rarely important cognition is the realization that everything is connected to everything. The World is the Whole which was once torn craving for own ego-power and power that never ceases, cruelly admiring his hardened egoism, egocentrism...

²Andreas Weber the author of the book *Alles fuhlt* refers to this wonderful thought of J.M. Coetzea; see also Andreas Weber: *Alles fuhlt/ Sve osjeća, Čovjek, priroda i revolucija prirodnih znanosti/The man, Nature and Revolution of Natural Sciences*, Ljevak, Zagreb, 2011 [1].

We miss a lot real ecological ethics. Today we know: nature is not a space for escape from the feelings. It guarantees us an escape into feeling. It is not an illusion that we find again something crucial in animals and plants. We find our soul in them. But feeling, like a center of life was not discovered by esoteric enthusiasts and children prone to daydreaming. Actually, it is science that can no longer do without them if it wants to understand living beings³. How was it sad historical modern moment, the moment in which Rene Descartes stated roughly rationalistically that living beings are nothing but very complicated machines...what a stress it was for the Planet. What a stress it was for man as a supremely intelligent being on it. The union and the cross-section of everything around, rocks, stones, water, fire, earth, plants, animals, fungi, plankton... nothing further should surprise us. Things happened consistently and unfortunately "seemingly coherent": - Biologist were following their role models physicists. They made it their motto to understand life only with the help of the components of dead matter. Darwinists rejected feelings and emotions like illusions- sentimental baits, which purpose is consisted of production of as much as possible progeny with the same genes⁴ ... Evolutionistic explanation for many ways of behavior, for example why mothers are adopting children that are not their own, are missing or they are very tensed...Biology of our age that still follows Newton's laws taps into place...Organisms are highly intelligent and complexed and not trivial and deterministic- and not for sure small molecular watches directed with remote genetic software...It is confirmed by certain genetic experiments - certain centers of the grow in embryos developing to a large degree, independently from DNK instructions... Cells are permanently renewed. They produce their own parts. Cells show amazing power of persistence. In constant exchange of substances with the environment resemble self-charging batteries. They climb alongside hereditary substances, but in dialogue with genes, and to a lesser extent determined by them. DNK is skeleton, and not its draft. It is the body that must interpret, read and convert into meaning hereditary plantations. For biologist Stuart Kaufmann a living being is not a genetic automaton. This scientist, biologist, prefers to call it "autonomous actor"⁵, continuing his life philosophy.

To the glory of life as such, the real, the realistic, there are his conclusions also coming: "Being is longing to last. It has thirst for developing, for reproduction, wants to expand, to suck up all the precious matters- substances it possesses only if it breathes. That thirst is life. The desire for life carries the organism as a wave carries a swimmer. That feeling was lifted and carried to the shore which he did not expect, but which saved him⁶. Or this one attitude: "The life is not without values...On the contrary, the life is appearance of value that became a body. Biology must speak about alive beings in a new way-so that the physical and mental side remain in balance. The nature and the soul will not be longer separated"⁷. So, it is with all living beings, from planktons to the tree, flower to man.

Loneliness as a higher level or rank

To use in this part of the consideration of loneliness as a rank or degree the division we find in philosopher and gnostic Nikolaj Berdajev in his book *Philosophy of free spirit*, division into average, mediocre and spiritual aristocracy. This author concludes that history is made for that average man, a man of mass and collective, and that he needs daily order, and there is no difference between rights and lefts, democratic or aristocratic types. All of them may "be gifted but they are turned to the masses and have a rougher psyche"⁸. All they must be mediocre and mass-adjusted. Saints, prophets, genius, Sufis and real creators don't need anything of that, they have another

³Ibidem, p.27.

⁴Ibidem p.28.

⁵Ibidem p.30, 31.

⁶Ibidem p.31

⁷Ibidem p.32

⁸Nikolaj Berdajev: *Filozofija slobodnog duha-Philosophy of free spirit*, Dereta, Bgd, 2007. p.28 [2].

iritual composition, more sensitive, more complex, sophisticated...". "The only spiritual experience a person can measure in existing of spiritual experience...one who is not turned to the God, can't ask for proving and showing reality of the God... Spiritual life is extraterrestrial supernatural reality, not connected to the time, space, matter, reality, that is reality of the reality of primordial life itself"¹⁰. The place of loneliness is situated there as a rank or degree. At that place every human being is making self-reparation, up-grading, listening in, craving for the Whole, understanding, thinking and feeling it just in that solitude. For the moment it is visible as the light which is coming as a reward to opponents of egoism, egocentrism, and malignancy. There are also some other special communications and connections-unutterable ocean and unspeakable network of drops of spirituality as a network of uniqueness. Network over networks. That's why it is always "spiritual experience which is enlarged, it expands and drowns in the super-personal spiritual world, it reveals the connection of the microcosm with the macrocosm...It is a breakthrough into a closed mental-physical monad, the exit of yourself, immersing yourself in your depth, overcoming of separation and exterior"¹¹. However, mystic experience confirms that man himself without extensions, without media, is a true reservoir of spiritual energy, and that man is a lasting mystery of God. That's why, the early theologian, Nikola Kuzanski was right, for which the truth is divine and loneliness is for the sake of divine rank and that which belongs to the accord of uniqueness or famous coincidentia oppositorum, which is synonym for the reason, unspeakable in the notion that it would be a philosophy. The notion cannot bear the realities dominated by opposites. And here comes to symbol, at the place where there is no space for the notion, there is a place for symbol, and this is where the secret comes from. With a conceived secret, man dives into the realm of beautiful loneliness. This is where the divine world touches. Where the natural world, which needs mass-media stops, as in 21st century, as "the birthplace of lies", the divine world that is non-being arises, but in the same time it is super-being. This gnosis finds a secret. Symbol. And keeps secret.

Because and for that as people, modern addicts on mass-media, we need another period of this world, for a new era of spirituality, a new realism, new symbolism which is either freed from false technicalized realism, from the freedoms of specific people as natural media and numerous good symbols, or us and him, consciousness and the world, will not be.

Solitude in the kingdom of God

The Kingdom of God that is invoked both intentionally and unintentionally, at different places and occasions, is not natural because it is not of this world, it is realized in every spiritual moment. Special moment. It is realized in the afterlife for which many people never find the time even though they are technically completely alone, because they have no need that they translate their technical loneliness into the most beautiful moments of creative loneliness and solitude, through loneliness as a self-reparation, actually as a rank. That is the ultimate good-that is code of loneliness. And that's why it's a nice solitude¹².

⁹Ibidem p.29

¹⁰Ibidem p.46.

¹¹Ibidem p.48.

¹²Ibn Arabi's narration is inspiring so here are a few thoughts: "Loneliness is the highest degree. It is a position inhabited by man and filled with his being, so that there is no place for anyone else. Such loneliness, in relation to him and he in relation to it, is like the relation of God to the heart of a slave who embraces Him and into which none of the creatures enters in any way. Such a heart is empty of all creatures And in it He appears with His Being (Zat)...The relationship of such a heart to God is such that it is always in His image. The basis of solitude in the world is empty Free space, which is filled with the world. The first thing that filled that empty space was the primordial matter-heba and it is actually a dark substance that has filled that empty space with itself. After that, God appeared with the name Light, so that substance was colored by Him and lost the nature of darkness, and darkness is nothing but nothingness (non-existence). Thus, in this way, it is described as existence and it was inherent in it. And so she appeared to herself, became self-aware, through that light of God with which she was colored...Man is a creature in which Allah has stored the realities of the whole great world, so man arose in the image of the world, and in spite of being a small body...Solitude has 67 degrees. Oddness is pronounced in the number of degrees. If loneliness is inhabited by nothing but the world, then he who is so alone is alone with himself. That is a basis. Then when she is illuminated, that is, colored by the light of God, then she will be in solitude with her Lord and will remain in that solitude permanently. Then the solitude will not be limited in time by 40 days, nor more nor less". (quoted from 260-265 pages of Meccan Revelations, published by Ibn Arabi, Sarajevo, 2011) [3].

Revelation is always a revelation of meaning, and the meaning lays only in the spirit. That's why the faith comes before authority. The comprehension of revelation as authority is a form of materialism...it is not possible to discover divine in one in which there is nothing that meets the Divine...¹³. For these things we need a change in our consciousness, in its structure, education of new organs of consciousness turned to other life, refraction of consciousness...revelation is internal event of the spiritual world which means radical change of organization of consciousness... So, spiritual loneliness makes experiences and borders which are not the same like before, our consciousness rises up to the superconscious... Berdajev said: "The whole worlds are untouchable to our experience, because we turned away from them, because we are separated with the wall of our consciousness, because we have chosen another limited world for us. And there the media imprisoned us in an imaginary prison. A shake of consciousness is needed to open whole worlds. The fire of spiritual lava should melt our consciousness...There is no revelation without faith¹⁴. And that's why the faith is an act of freedom of spirit. There can be no faith outside of freedom. With this faith is different from the knowledge, but knowledge presume faith as a primordial intuition. We have once fallen away from the world of God to the natural world, which we only recognize as a visible and material one, and we all believe too much in it, and that's why we can't step out. As if we had lost our own spirit and only bodies and souls were accepted. In it we are alone and lonely, and alone and dead, and alive [4].

Conclusion

Westerners suffer especially because their whole culture is material, dynamic, but their consciousness is very static. The East, on the other hand, is not interested in historical dynamism, but it still has a dynamic awareness of the discovery of spiritual worlds. In this way, we as humankind have fallen into a crisis. Real loss of freedom is there in the loss of freedom of spirit. Inner depth of all of us is in the secret energy which revealing secret connections of worldly life that everything is connected with everything... that is existing inside us, without mistake is, when we mentioned at the beginning of the text admiring to that Existence in which everything that exists - everything feels! If imperfection, connected with the mechanical freedom, is broken then the inevitable love of God will soon follow. He is waiting for us and He descends close to our hearts in about approximately one thousand degrees of loneliness. You just need to relax and start moving on these paths of immaterial values. Just we who are addicted to networks and media which technically atomize and isolate us and make us unhappy and dead. No one will desire the status of pleasure as it appears in the joy of giving rather than taking, in the joy of doing good and rejecting evil...

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¹³Ibidem p. 119.

¹⁴Ibidem p.127.