My Loneliness

What is this feeling that fills my heart?
Oh yes, this feeling of loneliness
Around me, does love exist?
Am I really loved, by those who claim to love me?
Or is it hypocrisy?
Don’t mind me if I’m not talkative
That’s not part of me
Retreat helps me reflect
Even if reflection makes my heart bleed
But how to have a hearty retreat
Oh yes, to a place where
One can reflect profoundly
For as long as necessary