

A PARALLEL WORLD OF LIKES, COMMENTS, SHARES AND SELFIES

Did Einstein say this? The debate goes on
A safe bet is to state that the source is not confirmed and move on

When I look at this photo, I feel perhaps it's too late
Einstein would surely be turning in his grave

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The techno-over-stimulating world is altering structurally
With Googles and Apples it is changing functionally

History's alarmism accompanies all significant innovation
The world has irrevocably changed, is the correct notion

Lets acknowledge change, but with a grain of salt
If we are cognizant of pros and cons, our progress will not halt

Do not decry modern technology as it has come to stay
'Control technology before it controls you', is all that I have to say

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Short of hug, we can communicate with people left behind
Working from home, video conferences, eLearning come to mind

Our dependency on digital devices is increasing day by day
They are doing the talking for us, not required is our say

In the labyrinth of our superficial lives and associations
We communicate with the world but not with our relations

As we act on our impulses, we are robbed of our peace of mind
Sleep deprivation sets in; anxiety and depression aren't far behind

Attention span is a fraction of what it used to be
There is a commensurate increase in ADHD

The information we consume is getting smaller and smaller
Bullet points and byte sized information are hence popular

Reading done on the internet is shallow, thinking is not involved
In-depth analysis is diminished, creativity is disavowed

Our social lives can be summarized as 'we text, we don't talk
Life style diseases afflict us, we stay indoors, we don't walk'

Due to multi tasking, our focus is grossly misplaced
Habits of reading, information processing and thinking have changed

Anxiety experienced when separated from cell phones is called 'Nomophobia'
In cyber world, patience is not a virtue, instant gratification is the mantra

We consider phones to be an extension of ourselves, we are tech-obsessed
Upon parting from phones, we tap feet and crack fingers like someone possessed

We are excessively focused on other people's lives; this tendency is harmful
Comparison, self judgment and negative feeling about own life is hurtful

'Smilie' emotions are cute but should be no match to our emotions
But we believe in less actual and more virtual connections

Techno-philes immortalize our idiocies for the world to examine
Courtesy digital fingerprints, it's not so hard to imagine

Everything has a price tag, there are materialistic strings attached
The norm is 'every man for himself' so nobody is shielded or cared

Reputations are damaged beyond repair due to cyber bullying
Without search warrants we are subject to spying

Disrupted work-life balance takes a toll on our health
Productivity decreases and also wealth

We are compelled to answer cell phones, no matter what
Evenings and holidays, offline, off work

Due to 24/7 availability, our electronic workload is un-ending
Working hours are long and schedules unbending

Due to texting, teenagers' capability to read and write is pathetic
LOL, TTUL, TC is not time management, it is out rightly wretched

We do not allow the brain to go the extra mile or work independently on life's puzzles
The circuits in adult brains are atrophied and are perhaps near extinction in teenagers

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My friend, steer clear from staying connected all the time
Stay away from gaming, texting and tweeting, it's a waste of time

Away from the hubris of every electronic device
Spend time with nature; be in the presence of the divine

Put the tablet aside, wean off computer obsession
Unplug all devices, limit screen time and ration cell phones for reflection

To enjoy meaningful relationships, let's calm down and be forgiving
Let's give unconditional love, be kind and self sacrificing

Let's reflect on our situation and consider the consequences
Let's say no to impulsive behavior, embarrassment and criminal charges

Experience intimacy, emotional and spiritual closeness
Be attentive and mindful to the importance of loved ones

Rise up early and feel the dew early morning
Walk barefoot on the grass; take a stroll in the evening

Digital detox involves enjoying real world putting down digital devices
Finding happiness beyond social media and saying hello to real experiences

Let's recharge and rest
Let's give the world our very best

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