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Monday, August 25 2014

Hello reader, here is our newsletter for this week.



Are we destroying our way of life with electronic communications? Are we losing touch with what's real and what's important?

Yesterday, my husband and I saw the movie Transcendence with Johnny Depp. If you have not seen it, it is about a woman who "uploads" her husband's mind into a computer and he is about to take over the world before the government shuts him down. For about 2 years, she lived in a "relationship" with her computerized husband. You can see that after a while she is starting to freak out. It is an exaggeration of what I want to talk about today, but nevertheless.

I still believe that iPhone, iPad and the ease with which we connect to the Internet are amazing things. I remember the old days when I would come home or while travelling and it would take forever to connect via Modem to try to get your emails. I often gave up because it was too long. So definitely, we have become more connected to what's going on in the world and we are more efficient. But we also get a lot of junk, like the Kardashians, who is sleeping with whom, every minute of someone's day on Facebook and for goodness sake; selfies on Instagram. Who cares!

If I want an update on someone, I will call them and "chat" (yes! Pun intended!). Yes, maybe I am old fashioned but going through endless posts on Facebook to find out anything about a "friend" is such a waste of time. And some people post such useless things. However, there are good things about it, for example I love it when there is a family gathering and people post pictures of the event. That gives me a real update on something a friend did and they enjoyed. There is also the fact that some people use Facebook as emails. They want to update someone on a few things that no-one else cares about. Just email that person and leave the rest of us alone.

The other thing that I find weird is when someone texts me to ask if they can call me. Just call me. If I cannot talk, I will call you later. Or when they use texting as email and they go on and on and on. I don't mind the use of all these technologies as long as they are used in the way they were meant to be: As COMPLEMENTARY communication technologies to human interaction.

I know I am going to lose this battle, the young generation will dictate how we proceed in the future with communication but am I the only one who is concerned? I am sure not. With the predators on line, with the verbal abusers using new technologies to harass people, the amount of people who feel alone and the scary number of suicides due to cyber bullying, lets stop and think for a

second. I feel like it is getting out of hand. It feels like we have no control over it.

But we do; put down the Internet and the texting and talk. Talk and touch. Meet people face to face. We are human and we need real interactions. We need to take a step back and make sure that our youngsters find the right equilibrium between technologies and honest to god, real life connections.

Have a Great Week!

Sophie



Web Site: www.helperetoday.com

Book: in Paperback or Kindle

"When we can no longer change a situation, we are challenged to change ourselves".

VIKTOR FRANKL