Title page

Subcategory: journalism/sports media

Title of submission: How we can help me and you

Description of submission: reminds people of the book 1984, the text has inspired Op ed style/essay. Ultimately, it’s a speech.

How we can help me and you.

Tom Willetts

As we collectively scroll, type, search, listen, and speak into our phones, we are devastating the principle of dignity and disturbing our future identities. When you develop ardency for controversial, contemporary issues through social media, passion’s intimacy with the divine, becomes intimacy with ambiguity and hatefulness. The hateful shrew we call, social media.

When I was a child, I loved the outdoors. What resonated with that love was loving awareness. Not soon after that, I started to become involved with the digital world. Soon after that, I forgot what nature meant to me; what it was about nature that drew me toward it. This separation from nature also separated me from frequent, real interactions with people. These digital platforms are undoubtedly one of many despicable strides of human trademarks to the world, because of how it’s shown to immerse itself in the span of 24 years, into our culture, and so far as the paradigm of the human reality. Many people in today’s world would say ‘I’m a protester’ In a manner that gives them dignity to justify their supposed purpose; giving their psychosocial identity a boost; supporting the pandering of their ego. Never has humankind caused mass’ of the millions to alter the human psyche.

As these false dignities persist, social media has only increased our “I-ness”; we’ve become a digital ego feeding frenzy, which is now the vehicle that drives our biases into action. The people that created the algorithms to make people it’s products, didn’t take into consideration how catastrophic the playout of the algorithms is, affecting me and millions of other people.

What these algorithms precisely do, is record specific information of what you actively do on social media, to then extrapolate the possibilities of you clicking on further content. From then, it shows you the content that they chose for you. This suggests that you are not fully in control of what you watch/listen to and read. This keeps you addicted to your phone, so then social media companies like Instagram and YouTube, can maintain corporate profit at your cost; “their goal of successful business is the reason why you have mental health problems” (paraphrased, Harris, et al., Netflix, 2020) When you only have similar content based off what you initially consume, it creates such a strong belief in people that the belief takes up all the mental space for the person’s consideration. “This is the age of dis-information” (The social dilemma, Harris, Netflix, 2020.)

People in today’s world, like myself, aren’t “becoming in the world and not of the world” as Jesus Christ suggested we should be. Christ believed that to be with the kingdom of heaven, you must be in the world and not of it. What the kingdom of heaven suggests is loving awareness toward God, also known as Agape love. When you are oriented around agape love and show your kindness to others, the Hindu faith calls this bhakti yoga.

When you are of the world in today’s world, this looks like people looking down at their phones, having a tenuous bond with others over social media. What being in the world, in today’s world looks like, is people sharing Agape love between each other in the digital and real world.

Parents expect you to be a good boy or girl, mentors want you to be a devotee. Agape love has no condition, unlike the parent and mentor; this is the kick start of being here now with love, which bestows spiritual faith. “spiritual faith is in the heart and believe is in the mind.” (Paraphrased, Baba Ram Dass, 2017)

This begs the question, how could the people in charge of the worlds influence, have the audacity to dramatically impact my true way of living, by replacing it with a digitally cursed one? My birth right has been taken, and so has yours. Why is it that I must write this speech to convey the quintessential of this “social dilemma” (The social dilemma, Netflix, 2020) Carl Jung said, “the issues we face today are problems that have out-grown itself.” – (Paraphrased, Goodreads, 2021). This requires “a new level of consciousness.” (Carl Jung, Goodreads, 2021). This new level of consciousness in my opinion, is asking for unconditional loving awareness. If everyone could elevate their agape love and practise more Bhakti yoga; more specifically the world leaders, they could make more ethical and educated decisions for the current wellbeing of humans.

I am sorry to say, but the algorithm’s that social media uses on humans, has caused a worldwide generational trauma. To stop the bias and hurt that these algorithms have caused, we must as a planet come to a consensus on banning the usage of the algorithms. This will stop this generational trauma in the future, and radiate to one another our endogenous nature, agape love. I have hope; global human love is palpable when it is shown. This power is still here, it is a force one cannot hope to overcome. So please, let we help me, and many more.

Thankyou.