**Technology and Life**

What do we do with the gift that we got? Now some of us would say quite a lot. Some of us would say, well living in a time now where technology is so overwhelming, so incredible, that even just 20, 30 years ago we couldn’t have imagined the world that we live in today.

But that technology comes at a price. It generates its own level of paradox. One of the paradoxes right now, there’s so much information that’s out there, that we are literally overwhelmed. And the emotional route tends to be overwhelmed, which leads to confusion, which leads to inaction. In other words we learn so much, we do nothing. For every one second that YouTube is up right now, there’s between five and ten hours of new content uploaded. Unbelievable.

The other paradox that technology has brought is that in a world of seven plus billion people; we’re all just a push notification away from each other. Interconnectivity is at a time that we’ve never even had the foresight in history to ever even dream of. Yet in a world that is so connected at every single level, why is it that so many of us feel so alone?

Hmm

You know, the evidence of this is everywhere. Prescription drugs for depression are at an all time high. And one of the reasons for that is so many people, I believe, are drowning in technology, but they are starving for something more. What are they starving for? Well, I believe that the ultimate app that you can download from the App Store these days is not Facebook, it’s not LinkedIn, it’s none of the myriad of millions different apps, with billions of downloads. The ultimate app comes down to love.