



WEEK 4: *Being In Yourself*

The effects of technology do not occur at the level of opinions or concepts. Rather, they alter patterns of perception steadily and without any resistance.

-- Marshall McLuhan, *Understanding Media: The Extensions of Man*

Whoever uses machines does all his work like a machine. He who does all his work like a machine grows the heart like a machine. He who carries the heart of a machine in his breast loses his simplicity.

-- Chinese Proverb (quoted in Marshall McLuhan's *Understanding Media*)

We're losing something of great value, a way of thinking and moving through time that can be summed up in a single word: depth. Depth of thought and feeling, depth in our relationships, our work and everything we do. Since depth is what makes life fulfilling and meaningful, it's astounding that we're allowing this to happen.

-- William Powers, *Hamlet's BlackBerry*

We seem to be losing the ability to enjoy things or immerse ourselves fully in them, one at a time and for prolonged periods of time.

-- Elias Aoujaoude, *Virtually You*

Subtly, over time, multitasking, once seen as a blight, was recast as a virtue. Experts went so far as to declare multitasking not just a skill but THE crucial skill for successful work and learning in a digital culture. Now we must wonder at how easily we were smitten.

-- Sherry Turkle, *Alone Together*

Distraction is not a static obstacle that you avoid like you might avoid a rock in the road. Distraction seeks you out.

-- Paul Graham, *Disconnecting Distraction*

Eventually the problem of distraction becomes more than something that just happens to us; it defines our identity. We become so shaped by our devices that we lose our ability to focus.

-- Tim Challies, *The Next Story*

Here is one of the dangers we face as Christians: With the ever present distractions in our lives, we are quickly becoming a people of shallow thoughts, and shallow thoughts will lead to shallow living.

-- Tim Challies, *The Next Story*

“Needing more to be satisfied less” is one definition of addiction.

According to this logic, technology is, therefore, an addiction. Perhaps we are addicted to the dopamine rush of the new.

-- Kevin Kelly, *What Technology Wants*

So the whole question comes down to this: Can the human mind master what the human mind has made?

-- Paul Valery, 1871–1945

Love the Lord your God with all your...mind.

-- Jesus