



Session 18 – Technology

Technology can be used almost as a dirty word. People think, oh, you know, I'm on the telephone again and not another YouTube film and I had to get my Mac out or my computer out again. And we start really having this love, hate relationship with technology.

I would invite you to use your meditation to embrace technology. Personally, I love technology, but that is because I have the fortunate length of practice with meditation to realize when I'm picking up my phone and when I'm putting my phone down. To realize when I'm behind the Mac and which position I'm sitting in. That is how you use meditation to embrace technology. Why? Because technology is, yeah, incredibly cool. Face Time all over the world. In contact with anybody you want to be incredible information that you can gather. These courses that we can make together with you. So that's fantastic. But when it becomes, of course, an addiction, it's awful. But I'm sure with your meditation practice of half an hour a day, you will start to be able to embrace technology for yourself.

Stop judging that of others, they're maybe not where you are at the moment. Let them be. If you go on and on about, it doesn't work.

Pay attention to yourself. Use it when there's room to use it and put it away when you want to put it away. And sometimes I put it away for a couple of days and other days. I'm using it quite a lot. There's no wrong or right. Just feel, are you the observer or are you not the observer?