

The need to keep up consumes much of our day, and creates a kind of anxiety our minds barely register.

What is this need based on? Why can't we get free of it? Actually, we can get free. I've done it in my life, to a large extent. Let's examine the two questions.

What is this need based on?

In short: **fear**



If we really think about it, we're not gaining much by keeping up with all this information. How is it adding to our lives? How is it helping us to create, to live happy lives, to do what's most important to us, to spend time with our loved ones? If anything, it takes away from these things.

Let me repeat that point: this obsession with keeping up with information takes away from the things that are most important to us.

But we try to keep up because we're afraid:

- we might miss something important, and seem ignorant
- we might miss out on an opportunity
- we might not see something bad that we need to respond to
- something bad might happen to us if we aren't informed

These fears seem reasonable, until we test them. Then we can see that they're not really grounded in anything other than societal norms, and a "need" created by media corporations and similar companies.