

The fundamental Canon

Post by “Matt” of February 6, 2019 at 10:14 AM

Absolutely true.

Live in nature. Be fond of the country.

It doesn't have to mean selling all your possessions and living in a cave by a stream but it does mean being in the moment and taking in your surroundings. Getting the sun on your face!

Our bodies and minds are so tuned to the world, the cycles of nature, that I believe that this mind paralysis of tech is killing us.

This technology certainly does have benefits. It connects people and opens up lines of communication that was impossible at one time. It's like “fast food”, conceptually it's a great idea. It can be good and be a quick fix, but if it becomes a habit, you'll have health problems.

It comes down to making prudent decisions for your life.