

**Is Life Possible Without 24/7 Internet Access?**Posted by Elya K - 20 Jan 2011 14:46

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It's been a long time since I've written in this forum. In the past two weeks I have come to the realization that I cannot be on the computer alone with internet access, despite filters and other means of prevention and discovery. So I unplugged my internet connection and my wife's computer is off and locked so when I'm home alone I have no access.

For the first couple of days it was torture. After a week, when none of the earth shattering emails came through to tell me I'd won the lottery, I realized most of the emails were junk anyway and I was not THAT important that I had to be on call 24/7 to anybody. In fact I realized walking in the door one day that I was immediately pulled toward going to check my emails. It made me realize that even without looking at inappropriate things, I was still addicted to the box, screen and messages. I was not living in serenity imprisoned by the pull of the computer.

Today when I walk in the door I am free of these shackles, comfortable being alone and cherish quiet time to read, play the flute, study, eat, etc. When I stay busy and have a plan toward a purpose in life I want to achieve, it provides me with a mindful reminder that when I live in the present moment I cannot act out on my bottom line behaviors.

I predict in 2-3 years there will be a cell phone, iPad, iPod, Technology, etc. addiction that will take over our society. It has already begun in our shuls, schools, homes and work. We as a society are encouraged to MULTI-TASK or die. And this stress producer coupled with APPS coming

out of

nowhere for everything will keep us occupied and stressed out 24/7 if we don't take a break and relax mindfully.

After all, how much news, weather, traffic, talk shows, entertainment and politics do we really HAVE to know to survive in our daily lives? Take a technology sabbatical with your family and you'll find time to talk to your kids, your wife, eat together, play together and let G-d take care of your livelihood.

Life is possible without 24/7 access. You just have to realize when you're powerless over being control of every facet of your life 24/7 and freedom is just a plug away.

Elya

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Re: Is Life Possible Without 24/7 Internet Access?  
Posted by ss7107 - 20 Jan 2011 15:41

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KUDOS!

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Re: Is Life Possible Without 24/7 Internet Access?  
Posted by bardichev - 20 Jan 2011 15:51

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just one shabbos and we'll all be free!

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Re: Is Life Possible Without 24/7 Internet Access?

Posted by Kedusha - 20 Jan 2011 16:32

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I think we all agree that 24/7 access is unnecessary. However, some of us may feel that **24/6** access is necessary! ;D

Seriously, point very well taken!

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Re: Is Life Possible Without 24/7 Internet Access?

Posted by ZemirosShabbos - 20 Jan 2011 17:07

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[asimplejew.blogspot.com/2010/11/one-of-greatest-inventions.html](http://asimplejew.blogspot.com/2010/11/one-of-greatest-inventions.html)

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Re: Is Life Possible Without 24/7 Internet Access?

Posted by kosher - 20 Jan 2011 18:34

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Very well put. But when we are tied to Internet access for work (the cursed Blackberry, if nothing else), how do you obtain the serenity not to waste time on the internet as you described?

The "bad" stuff is poison, I wouldn't go there, but another check of VIN, GYE, or YWN don't seem so bad, but then the time just goes to waste.

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Re: Is Life Possible Without 24/7 Internet Access?

Posted by ZemirosShabbos - 20 Jan 2011 19:02

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i did not write that, i was just bringing it to your attention as an FYI

I entirely agree that time is wasted on the internet on a colossal scale. that is not the fault of the internet, rather of the person wasting the time. (talking to myself)

Eye.nonimous writes on his thread about how he has his filter set to shut off internet access at 1130pm every night.

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