

# Letting Go of Social Media – Modern Cold War

Letting go of social media during what feels like a modern cold war is a wise and protective decision. Especially since the pandemic, we have witnessed corporate, politician, and government propaganda, suppression and silencing, slavery by politicians, conspiracy rings, RICO activity, human trafficking, stalking, harassment, targeting campaigns, infiltration across the world, shadow banning and suppression of free speech, amplification of hate speech, and unchecked violence such as wildlife trafficking. These realities have created a social environment that feels unsafe, cruel, harmful to the human psyche, and destabilizing.

While it is difficult to lose connections with loved ones, we connected in other ways before social media existed. We maintained relationships without constant exposure and without the fear that our businesses or reputations could suddenly be erased because unknown decision makers somewhere across the globe decided they did not approve of us. Social media places enormous power in the hands of unseen actors, and this instability is very harmful. Harmful to our social lives, our spirit or soul, our minds and our mental health and our financial health.

Social media is a waste of time and resources. It promotes strange and unnatural behaviors that we would not normally encounter in our daily lives. It drains lifetime and energy. It hurts us. Social media hurts the United States. We can connect in other ways. Like... a phone call.

As it currently exists, social media has become a detriment to the American people. The world has too much access to Americans, and not all of that access is benevolent. It allows piercing voices with little accountability, constant bullying, hate speech, and discrimination that appear to have no end. It has become a perfect medium for hatred and violence to spread with limited protection, reaching directly into what would otherwise be our protected spaces.

In real life, we have far more leverage over our peace and how we choose to live. We control our environment. We can step away. We can create boundaries. There are simply too many negative voices online, and they are amplified. In real life, life can be peaceful and quiet. Our time can be grounded. Less noise, just the wind and the birds.