

Most people today seem addicted to non-physical reality. Symptoms include:

- can't put down one's device; it is one's only reference point: "all my friends say," "I saw the coolest shirt today," etc.
- listening to music and streaming videos all day and all night
- online gaming, fantasy sports, etc.
- annual memberships to Disney World
- childhood fantasies carried on into 20s & 30s
- unresolved identity / look / gender / race / etc.
- never becoming adult
- drug / alcohol / gambling / eating, binging, clubbing
- alternative reality experiences
- religious and other ecstasy / passion
- etc.

How can we help each other get in touch with concrete reality, come down to earth? Reality = what is external and distinct from me/my mind.