



2019



15 AF

(After Facebook)

Tongue half-in-cheek, I wrote:

**“Social media is not just a medium.
It is a new religion.**

The Tweet is our Call to Prayers.

We thumb our Phones like Rosaries.

We say Grace by taking Food Pics.

The Status Update is our Sermon on the Mount.

The Selfie our personal Anointment and Beatification.

Facebook Messenger is our Messiah.

**The Apple Store is our modern Cathedral,
our Silicon Sanctuary.**

New Emoji are released to the fanfare of a new Pope.

Where is this new religion taking us?”

Stages of Culture Shock when migrating online

1. Curiosity, exploration, experimentation, exuberance
2. Ambivalence, dissatisfaction, frustration
3. Adjustment, adaptation, and resignation to limitations of the environment
4. Exit, deactivation, or logout
5. Repeat stages 1-4 as needed

**“We are who happens to us,
and what we make of the happening.”**

– Ravi Chandra, M.D. Facebuddha

“People become people through other people.”

– Ubuntu proverb

CYBER-DISINHIBITION



CYBER-DYSREGULATION

**“It feels necessary to highlight
the intensity, constancy and breadth of harassment
black queer women deal with online.”**

– Roxane Gay, The Pleasure of Clapping Back (Gay Mag, Medium)

**Disconnection lies at the
root of much suffering.**



**The opposite of suffering
is belonging.**

**We touch wounds
with our words.**

**Our wounds speak,
and sometimes wound.**

**“Better than a thousand
hollow words is one word
that brings peace.”**

“Every war has two losers.”

– *William Stafford*
poet, WWII conscientious objector



DON'T BE SOMEONE'S FIGHT BUDDY.

Create boundaries when you need to.

Take a time-out when overwhelmed.

**Nurture peace and belonging,
Online and IRL.**

**BE A FORCE FOR
KINDNESS,
TO SELF AND OTHERS.**



Mindfulness

Compassion

Relationship

[facebuddha.co](https://www.facebuddha.co)
[RaviChandraMD.com](https://www.RaviChandraMD.com)



An open book is held in a hand, with a cup of coffee in the foreground. The background is a blurred outdoor setting.

CURRENTLY ON A
MENTAL HEALTH BREAK
Catching up on some reading

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MINDFULNESSCHALLENGE](https://FACEBUDDHA.CO/MINDFULNESSCHALLENGE)

A group of friends is sitting on a grassy area, possibly a park or waterfront, with a city skyline in the background. The sun is setting or rising, creating a warm glow.

CURRENTLY ON A
MENTAL HEALTH BREAK
Catching up with Friends

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A person is sitting on a rocky shore, looking out at the ocean. The waves are crashing against the rocks, and the sky is blue.

CURRENTLY ON A
MENTAL HEALTH BREAK
see you at the beach!

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A person's hands are shown holding a pink shoelace. The person is wearing a blue jacket and a red wristband. The background is a blurred outdoor setting.

CURRENTLY ON A
MENTAL HEALTH BREAK
Running some new trails

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