**We Are Exposed**

My intensive meditation of the possibilities of life and also the novel entitled *Chaos Walking: The Knife of Never Letting Go* by Patrick Ness have made me ponder over a number of questions.

What if one day we were to get the opportunity to hear other people’s thoughts? What if one day all it would take is to consume a tiny pill that would allow us to read people’s minds?

What if such a day were to come when we would have to battle to keep our thoughts hidden? When we would have to force ourselves not to think what we would not want exposed? What when our thoughts would immediately expose us?

What if there comes a day when nothing will be kept private – a day when nothing can any longer be kept to ourselves? What if such a day should arrive when our private plans and ideas will be exposed? Whatever we will think is everything they will know. And everything they know is no longer ours. What if this day has already come?

What if we have already relinquished our privacy voluntarily with no need for pills that would force us to do so? What if we have already chosen to expose ourselves publicly? What if we have already taken the decision to reveal our thoughts, feelings, and private moments to the world? What if we have made ourselves transparent?

We accept terms and conditions we never read. We sign up in every popular social media platform. We make sure that the world reads and sees how we spend our days. We share our worries, our broken hearts, and our depression with our online community. We entrust our sacredly private affairs to the internet. We brag about the number of virtual friends we have. We compete to see who has more followers. We share videos of ourselves and do what it takes to make sure we reach as many potential viewers as possible. We share our thoughts in blogs with hopes of being heard. We spend hours, even days trying to decide what picture or header to choose for our online presence or what biographical information to include in our web-based personal profile as these shape our public image.

Are these attempts at asserting our virtual presence a cry for help? Are we substituting the real world with the virtual? Will we ever regret spending long hours watching people we never met and seeking happiness from those virtual participants instead of spending time with loved ones in real life?

What if one day we realize we have spent more time in front of screens than with of humans? What if one day we realize that we have been caged by the virtual world? What if one day we forsake our language in alwar of filters, hashtags, and emoji’s?

Have we ever really considered the consequences of our actions? Have we ever pitied our bodies which we force into prolonged sitting positions in wrong postures? Our eyes drift once we hear the tone of a message. Our attention span is just as long as our heartbeat. We talk to virtual friends to solve our problems, because others are too busy with their own. We google our ailments and place on-line orders for medication because we think we are competent enough to diagnose our disorders.

We are exposed.

We are slowly changing human nature by virtuality, wanting to get things done easier and faster, more efficiently, and more effectively. We refrain from protecting our privacy because we have a constant urge to speak to the world and seek popularity. We can no longer endure normalcy since we lack the courage to cope with our thoughts that we do not share. We have become more concerned with the taking of selfies and the counting of our on-line followers than enjoying a sunset or a memorable view.

Should we continue with what we are doing or stop and go back? Can we go back?

We have exposed ourselves.

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