

Look Up by Gary Turk – Extracts

All this technology we have, it's just an illusion
Community, companionship, a sense of inclusion
But when you step away from this device of delusion
You awaken to see a world of confusion.

Being alone isn't a problem let me just emphasize
If you read a book, paint a picture, or do some exercise
You're being productive and present, not reserved and reclusive
You're being awake and attentive and putting your time to good use.

So when you're in public, and you start to feel alone
Put your hands behind your head, step away from the phone
You don't need to stare at the menu, or at your contact list
Just talk to one another, learn to co-exist.

We're surrounded by children, who since they were born,
Have watched us living like robots, who now think it's the norm.
When I was a child, I'd never be home
Be out with my friends, on our bikes we'd roam

I'd wear holes in my trainers, and graze up my knees
We'd build our own clubhouse, high up in the trees
Now the park's so quiet, it gives me a chill
See no children outside and the swings hanging still.

So look up from your phone, shut down the display
Take in your surroundings, make the most of today
Just one real connection is all it can take
To show you the difference that being there can make.

So don't give into a life where you follow the hype
Give people your love, don't give them your 'like'
Disconnect from the need to be heard and defined
Go out into the world, leave distractions behind.