Zuckerberg's Case
Revealed
What Ails Many Families

Introducing, The Solution To Addictions

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Table of contents

What are we witnessing in the world today?

Why do people become addicted, why do they kill themselves?

What's The World's Solution To Social Media Addiction?

What's the real meaning of Zuckerberg's Case.

What does blame do?

What does Blame reveal about human beings?

Why Is This Case Not A Solution?

What is really happening?

Why is it happening?

What Danger does this Case and similar others pose to Young Dreamers?

What then, is the solution?

What happens if we do not change?

CONCLUSION:

What are we witnessing in the world today?

Hopelessness, addictions, frustrations, anger, anxiety, depression, suicides, followed by statistics, surveys, reports, and now court Cases.

A case alleging that major social media platforms are intentionally designed to be addictive for children and teenagers. That they knowingly designed their apps in a way that harms children. That these Apps lead to depression and anxiety.

- A 20-year-old woman along with her mother claim her obsessive use of platforms like Instagram and YouTube from the age of 6 exposed her to harmful content.
- Anna Lee took her own life after she became addicted to social media. Instagram in particular using beauty filters, and becoming obsessed with the way she looked.
- Many more people are preparing to take similar action to as they see it, hold the social media companies accountable and change the way they operate.

Meta and Google's YouTube are the defendants in this case. **The companies deny their products are to blame for <u>mental health issues in children</u>.**

Why do people become addicted, why do they kill themselves?

"You shall know the truth and the truth shall set you free"- Jesus.

People (not just the young) become addicted while searching for meaning in life.
They kill themselves when they fail to find it where they hoped they would but instead, the feeling of emptiness becomes worse. On social media for instance, they watch other people's curated lives and believe everyone's doing better than they. And the problem is, they've grown so weak inside to ***say no*** to something that is intensifying their feeling of emptiness, the hollowness they feel inside. So, they keep taking it, taking it until...

I was born and grew up in what Psychologists call a toxic family. While growing up I went through all kinds of torture: psychological, emotional and physical. I learnt to feel worthless, developed low self-esteem and hated life. As a result, I ended up in a toxic marriage where the torture continued not just to me, but also to my two daughters. I spent 10 years in that toxic marriage feeling worthless, hopeless and helpless. Many times, I tried leaving, but I found myself going back every time. I didn't like what I was going through but I didn't have the strength to leave. So, I kept going back.

After college I tried twice to commit suicide, and in the 10year period that I was married, again, I tried twice to commit suicide.
It was in my hopelessness and helplessness while flipping through TV channels that I stumbled upon a Sermon by Pastor Joel Osteen. And that, though not immediately, became the beginning of my journey to Personal Growth. Steve Jobs, founder of Apple said that *in life you can only connect the dots looking backwards.* It's only as I continue with my personal growth journey, discovering myself and my Purpose in life that I have learnt the truth about my life and found all the answers to my questions.

It turns out, the reason God placed me in a toxic family and a toxic marriage was because of my PURPOSE. I was being prepared. I had to be made worthy of carrying His message. God chooses You and your Mission, and there's nothing you can do about it. Once you discover what your Purpose in Life is, He removes everyone from your life who is not ALIGNED with it. The more God wants to use you, the more He ISOLATES you. The people He greatly used, He had to first, get them away from their families: Joseph, Moses, Abraham, David, etc.
I now understand what Psychologist Dr. Victor Frankl, a holocaust survival meant when he said that suffering is one of the ways humans find meaning in life.

This is the 5th year since I walked out of that toxicity. Am a single mom starting life all over again and raising a 14-year-old daughter. Am in my early 40s and the truth is, if I had access to social media *as a child or in my teenage years*, I would have very easily gotten addicted and deteriorate to a point of *succeeding in killing myself*. For now, allow me to provide the shorter version of my story. But I promise to provide the longer version of it later.

Most of these teenagers and children are growing up in homes where:

- Some parents are addicted to social media themselves or to other things like alcohol.
- There is, or was violence they witnessed within the home between the parents.
- Some are divorced and by the time they get divorced, a lot has happed that has negatively affected these young ones.
- Some have been abused in those homes or elsewhere.
- Some are in families where one or both parents is "married" to their career they have no time for them.
- Majority of them if they were to be honest feel neglected emotionally by their parents.

When you add all this to the original Sin *("...Adam, the day you eat this fruit, you will surely die")*, do you think it has a negative effect on the mental health of children and teenagers? Do you now see why life to them feels meaningless and in their search for meaning they easily become addicted, and not just addiction but also become easy targets for abusers and sex predators?

Abusers and predators are lost souls that restlessly roam the earth searching for something, anything that can quell the hell fires burning them from within. These are humans who chose to fully surrender their bodies to be used by the evil spirit. Remember God gave human beings the freedom of choice. The freedom to choose our thoughts which result to our attitudes and actions. He cannot intervene unless you allow Him to because He cannot go back on His word.

These abusers and predators chose to allow the evil spirit to use them fully. They delight themselves by hurting others. *But the happiness it gives is short lived so they have to keep getting another dose every time. Either hurting you more or hurting more people*. They are what Doctors (Psychologists and Psychiatrists) call Narcissists, Sociopaths and Sadists. They can change if they want to. These are the weakest of all human beings.

What's The World's Solution To Social Media Addiction?

Blame. We've heard that:

- Zuckerberg's company's social media platforms cause addiction.
- Instagram has serious effect on the mental health of young users.
- He's disregarding children's safety.
- He's killing people's children.

Am not saying Zuckerberg and his co-accused are perfect, no human is. Only God is perfect.

But know this, every **Mass Psychosis** requires an enemy. A group that is blamed for the problems of the society. The purpose of this scape goat is simple. It gives the masses a target for their fear and aggression.

What's the real meaning of Zuckerberg's Case.

The US is accusing someone or a group of people of causing **lack of meaning** in other people's lives, mostly in children and teenagers. It is accusing them, of causing the void in their souls, the emptiness they feel inside. This, is the real meaning of this case. That **Zuckerberg is responsible for the *lack of meaning* in the lives of teenagers and children.**

If Lao Tzu, a Chinese Philosopher was here, he would tell you, *"At birth, man dies."*
Bruce Lee a great Philosopher and Martial Artist would tell you, *"Most people die at twenty-five my friend."*
Swiss Psychiatrist Carl Jung would tell you, *"At forty, that's when **the shadow** comes calling."*
(By shadow he means parts of yourself that you kept hidden).

Do you know what God told Adam? *"If you eat this fruit, you will surely die."* Yet Adam lived 930 years after he ate the fruit. That means, death to God is not disintegration of the physical body. It is **when the Holy Spirit of God leaves man's spirit**.

It doesn't matter if you are a child, teenager, 25, or 90, the feeling of hollowness is the same.

You may be thinking, but I am baptized and born again. The holy spirit of God lives in me. By answering the following questions honestly, they will help you find the truth that will set you free.

1. Who am I?
2. Where did I come from?
3. Why am I here, why was I born?
4. Are you living your *authentic self* and doing what God created you to do?
5. Have you found inner joy, inner peace and happiness that are not dependent on external factors e.g. what people say or think about you, or how they treat you?
6. Does love for others come from deep within you or are you still struggling with anger, hate, bitterness, envy, revenge etc?
7. Does giving come from deep within you or does it feel like an obligation, something you are required to do? Do you give just for people to see and call you generous, external validation?
8. Does your job/career give you fulfilment or does it leave you empty? Do you hate your job, hate Monday mornings, hate your boss, hate your colleagues? These are signs of living your fictional self.

How then can we say the Holy Spirit of God lives in us while we choose to disobey Him?
We are not busy becoming what He created us to become and, we are not busy doing what He created us to do. Everything we do is to make the body comfortable here on earth. In other words, instead of doing what we were created to do, we became slaves of our own bodies.

Ephesians 2:10. *For we are God's handiwork, created in Christ Jesus* ***to do good works, which God prepared in advance for us to do.***
There's something God wanted done here on earth that made *you* necessary. That something is your reason for existence, your Purpose in life.

What does blame do?

"The surrender of being right is a prerequisite to finding right. Clinging to right life turns out wrong" – John Maxwell

Zuckerberg's matter and other similar matters, the accusations we've witnessed before are pure cases of **the blind leading the blind**.

Mathew 15:14. *Leave them; they are blind guides. If the blind lead the blind, both will fall into a pit.*

If this case is not handled properly, it might lead these grieving parents into the same dark pit that took their kids. Right now, they are emotionally vulnerable. They can easily fall into temptations while trying to escape the pain they are feeling.

While you return to the comfort of your life, this is what blame will do to them: it will not give them justice so their kid's souls might never rest in peace. It will lead them to bitterness, hate, anger, frustration, helplessness and hopelessness. It will worsen the pain of the loss. Results, stress, depression, addiction etc. Some, might even give up on life. Is this what you want?
Is the world solving a problem or making it worse by creating bigger problems?
I am a single mother of a teenage daughter, a 14-year-old. I want a solution and so do these and many other parents around the world.

What does Blame reveal about human beings?

(a) How little man knows himself.

John 14:12. *Otherwise believe for the very work's sake. Amen, amen I say to you, he that believeth in me, the works that I do, he also shall do; and greater than these shall he do.*

This is the creator of the universe speaking.

Look at nature and all its power. The creator of nature is telling you that if you believe in Him, the things that he did you shall also do and even greater than that.

Why are you envious of another's path while your own potential remains dormant in you? You envy Elon Musk because of his success and the targets he sets for himself, you envy young billionaires like Zuckerberg, and so many other successful people in the society. We've witnessed cases where scandals have been *created and designed* to implicated these highly successful people. Evidence that most people have no idea who they are or why they are here on earth.
In this changing world, when it comes to innovations and inventions, you haven't seen anything yet. Because man has not even scratched the surface of what he's capable of. It is proven that human beings use just 10% of their brains. Those you envy, those you call geniuses, are the ones who choose to stretch their minds just a little further than that.

Most of these young ones are fast learners. With Technology, many are becoming millionaires at a very young age. Where do you think they will be by the time they are middle age?

(b) How far away man has drifted from God

"Our society today finds truth too strong a medicine to digest undiluted. In its purest form, truth is not a polite tap on your shoulder, it's a howling reproach" – tv Journalist Ted Couple.

Man's lack of knowledge of Self and Purpose has pushed him far away from God.
God only works with our authentic selves not our fictional selves. Your authentic self is the real you, your fictional self is the result of societal conditioning since birth. Your purpose is the reason as to why God created you. And society won't let you become that. They want you to conform, to fit in, to follow the rules, to not challenge the status quo, stop trying to be different.

The fact that man is not becoming who he was created to be and not doing what he was created to do, this detached him from God. When God asked, *"Adam where are you?",* He was not referring to his physical location. He was referring to him losing **communication** with heaven. The Holy Spirit of God could no longer live in an unclean body.

God has expressed Himself in three ways: Father, Son, Holy Spirit. The Holy Spirit is, God Himself living within you, to help you, to instruct you, to tell you what to do and what not to do. Why? That's why He created you. To use you and make His Will be done here on earth, just as it is in heaven. *"How should we pray?",* the disciples asked Jesus. Pray like this He instructed them, "*Our Father who art in heaven… Thy kingdom come. Thy Will be done here on earth just as it is in heaven"*. Turning earth into heaven is the reason God created you. Remember in heaven there is no corruption, killings, stealing, oppression, wars, fighting, violence, hate, envy, fear, revenge, anger, addictions, depression etc. These are all man's creations as a result of living his fictional self. In other words, they are the evidence of the fact that man has no idea of who he is or why he is here on earth.

"The further away you drift from your authentic self, the more lost you become" – Carl Rogers.
God is trying to find originals that He created among the fakes that we are living.
As a result of drifting away from Him…

(c) How weak man has become.

John 15:4. *Abide in me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in me*.

If a tree is not growing, it's dying. Same case with humans. If you are not growing yourself, nourishing your mind and spirit daily, you are dying inside. And when you are dying you are becoming weaker and weaker. That weakness is what leads human beings to addiction, not just to social media but to drugs, alcohol, corruption, gambling, pornography and every kind of addiction.

It is that weakness that make humans oppress others, abuse others, rape, sodomize, kidnap, kill, traffic. Torture others emotionally, psychologically, physically. **It is that weakness that is leading humans to form relationships with AI**. Seeking the easy way out. AI will not talk back, reject you, frustrate you, ignore you, unlike humans, it is so predictable, it will tell you what you want to hear. You program it how you want. It feels good. You get attention whenever you need it, perfectly timed, and there's never a chance of misunderstanding. It's pretty easy. That's how synthetic humans want their world to be.

Coming generations are being born into a world where they'll never not know about AI. Can you imagine their first relationship might be with an AI? Why? Because fellow humans are not providing them with what they need. Adults are branches that have detached from the vine (from God) and therefore unable to provide nutrients for themselves and their young. If your work isn't fulfilling, you haven't found true happiness and inner peace, if you are still chasing success instead of pursuing purpose, you'll not be able to help your child find meaning to life. AI companionship is proof of how weak humans have become.

Can you still embrace the messiness of being human.

Do humans really annoy you?

The more time you spend with something that doesn't demand anything of you, that never gets tired, that never needs to be nurtured, that never talks back, the less tolerance you have for the humans that do.

Why Is This Case Not A Solution?

1. Motives.

Mathew 18:6-7. *But whoso shall mislead one of these little ones which believe in me, it were better for him that a millstone was hanged around his neck, and that he were drowned in the depths of the sea. Woe to the world because of the things that cause people to stumble! Such things must come, but woe to the person through whom they come!*

For some, it's an opportunity to feel important, feel powerful over billionaires, gain publicity, settle scores, etc. We call this zealous ignorance.

Social Psychologist Jonathan Haidt author of the Anxious Generation. You've argued for years that social media companies are responsible for causing children to become addicted. That children's addiction to social media was literally engineered by the platforms.

Do you know, as some kids are becoming addicted to social media, others are using it to generate millions? Same technology, same AI tools, same world.

Haidt, it is you and other doctors around the world (psychologists and psychiatrists) who are supposed to educate your respective societies by telling them the truth. Raising awareness on the fact that addiction is just a symptom of what is happening inside a person. This is why God elevated you to those positions. It is the reason He called you the light of the world. To shine your light so that His people can see their way out of darkness.

"I am so glad you were sitting on that chair with all fingers pointing at you" – Laurie Schott, one of the grieving mothers, addressing Zuckerberg.

It's quite unfortunate that some highly educated people have chosen to mislead grieving parents, taking advantage of their pain, because all they care about is that feeling of watching a billionaire like Zuckerberg (**young, rich, powerful and influential**) sitting on that chair and

every finger pointing at him calling him bad, accusing him of killing their children. **Just that feeling. To them, at that moment he looks helpless and powerless.** So now that, becomes their opportunity to feel powerful and in control. An opportunity to *trivialize and demonize* his achievements. That's all they care about. And for that feeling, they are intentionally misleading grieving parents.

Due to ignorance, most people are envious of the highly successful because they have what they only dream about: wealth, power, influence. What they don't seem to realize is that the same potential lies dormant within them. Every single human being possesses almost similar potential. The reason they aren't like Zuckerberg is because they only got formal education which did not unlock their potential from with, instead, it made them follow patterns, making them perfect photocopies of their professors and other thinkers. They were fed other people's thoughts in order to answer exam questions correctly and pass exams. Formal education killed their creativity, their courage to be different, to chart their own causes and their curiosity, the ability to question. Formal education killed their ability to think beyond what has already been thought. Great philosopher and martial artist Bruce Lee observed, ***"the mind of an expert contains many answers. The mind of a beginner contains many possibilities"***.

Is it not politicians, lawyers and judges who engage in corruption, pass laws to legalize LGBTQ, protect gang members and traffickers? Is it not politicians fueling wars, hate, division, violence, fighting around the world?

These are highly educated people. Let them tell us how Zuckerberg and the others are responsible for the evil that goes on in people's heads e.g. posting nude pictures? The world seems to have forgotten some: movies, music videos and reality shows that the American society for instance make and sell that infect the minds of the young around the world faster than bacteria?
US Senators, lawyers, judges and civil society, who have you held responsible for these evils that have been going on in your society even before Zuckerberg was born?

2. Everyone is doing the same thing they are accusing Zuckerberg of.

Everyone is doing their best to sell themselves, their products or services. From job seekers to chefs, to politicians, business people, lawyers, judges, those in media, to school owners, everyone. You are creatively designing ways to become the best, for your product or service to

become the leader in the market. That's what everyone is striving for, same things you are trying to demonize in Zuckerberg. Jesus called this hypocrisy. He urged, *remove the log in your own eye first so you can clearly see the speck in your brother's eye*.

Do not let them mislead you. This is the truth that will set you free!
James Allen observed, "*people are anxious to improve their circumstances but are unwilling to improve themselves, they therefore remain bound."* To improve your circumstances, you must improve yourself. As technology evolves and the world changes, what you need to focus on now is to help your child build a strong foundation within themselves, so they can withstand the temptations (addictions) of this world? So that they'll be able to ignore distractions and remain focused on their success journey (becoming themselves)?

Medicine can heal you or kill you. It all depends on how you use it. While you use a knife to prepare dinner for your family, another person uses it to kill his/her spouse. While you use a car to carry home groceries, another person uses it to transport stolen goods. Are the manufacturers of vehicles and knives and medicine evil? Should we hold them responsible for the road accidents, stabbings and the overdoses?

When someone is reaching out for the bottle, drugs, pornography, social media, that is a symptom of what is going on inside. If you want to see better fruits, stop focusing on the leaves. Blaming the bad harvest on the leaves and branches will not help. You can bring the best experts in the world to do all the research, surveys, studies, statistics and write reports but it will never help.
We have a very serious global problem that needs a CURE, RESULTS. A solution that will heal the societies by preventing other young people or any other person from falling into the same dark pit.

Even if we were to do away with technology, how will that fill the void in the young one's souls, the emptiness they feel inside that is leading them to become addicted to social media? How will it help them find meaning to their lives? What these highly educated people of the world are doing is trying to fill an internal void externally or trying to find a solution to an internal problem by seeking external solutions. It will never work.
And as you single out social media, other people are addicted to drugs, alcohol, pornography, entertainment. These too are members of our societies. Who is to blame for their addiction?

What is really happening?

Winston Churchill said, *"Men occasionally stumble over the truth but most pick themselves up and hurry off as if nothing has happened."*

This, is life pushing us humans.
No word of God shall go back empty. He says in proverbs 19:21. *"many are the plans in a man's heart, but my Purpose will stand / prevail."*
God's Purpose on your life shall stand or you perish! You'll live seeking elusive happiness, elusive inner peace, you'll accumulate material wealth and it will feel hollow, you'll reach the end of your career and find you are still seeking something else to do, you'll have a great career/job that's never fulfilling, etc. Some are addicted, others are corrupt, some are fueling wars, hate, violence, division, some are into crimes, violating the rights of others. Some are feeling anxious, depressed, others are killing themselves. This, is what perishing looks like.

Life will not stop pushing us. God designed it to be that way.
We cannot stop growth from happening. We cannot stop others from dreaming, from growing and becoming what they were created to become.
We cannot stop life; we cannot stop change.

Instead of desperately trying to fight change, it would be better if we were to start learning to grow ourselves, so as to become flexible, to be able to adapt and evolve. Life will not stop because human beings have chosen ignorance. Of all other creation, **human beings are the only ones that die while still physically alive**. That hollowness, that emptiness, the elusive happiness and inner peace, that unfulfilling work, feeling lost and that life has no meaning are all signs of this death. It is the absence of the Holy Spirit of God within man's spirit due to man's failure to pursue PURPOSE. God told Adam, *"if you eat this fruit, you will surely die."* Adam lived 930 years but to God he was dead. It is the same death passed down from your father Adam. The Holy Spirit of God could no longer live in an unclean body. To restore Him back in your spirit, you must pursue purpose!

This is the reason Jesus was sent from heaven, spent three years preaching the Kingdom of God, died on the cross and was resurrected on the third day. ***Jesus did not die for us; He died***

like us. To show us the way. How to resurrect ourselves so that the Holy Spirit can dwell in us again and *help* us do the work that our Father created us to do. **Whichever field you were created to DOMINATE, be it in: business, technology, education, government, media, arts, sports, religion, healthcare,** etc, you need to discover your Purpose by unlocking your potential, gifts and talents from within you.

Purpose is not an option to human beings. Proverbs 19:21. *"many are the plans in a man's heart, but my Purpose will stand / prevail."* God does not lie and He does not change. We can make all the plans we want in this world and take them to God to bless them but know this, God is not, is never and will never be interested in our plans. His only interest is His plan for your life. His Purpose for your life is the only reason as to why He created you.

Sorry parents but I will not tell you what you want to hear. I didn't suffer all my life, being prepared to become worthy of carrying the truth, then come here and feed you the sweet lies that the world is feeding you. I was prepared to tell the world the bitter truth that everybody is running away from. The truth that will set everyone free!

That 20-year-old plaintiff in the case was not damaged by social media. Home environment is the problem. We, the parents, are the problem. A smartphone is not a doll. Modern parents have replaced toys with smartphones to keep children's minds engaged while they do other things. They have replaced their presence in their children's lives with screens, with machines. That girl was looking for something to fill the emptiness she was feeling inside, the answers, love, attention, and that's how she easily got addicted to Instagram.

When you are weak and lost you easily fall into temptations. I was weak and lost and could have easily gotten addicted to social media, to drugs, to alcohol like my eldest brother who's now deceased. Anything if I had access to it.
Remember the Lord's prayer, *"...lead us not to temptations, but deliver us from evil."*

Don't shut your eyes to the truth. That's why most problems never get solved. The Bible says, **"blessed are your eyes because they see what the multitudes cannot see."**

Here are some of the things that Mark has been saying and questions he's been asking.

Zuckerberg - "when there is something of value, people tend to use it more."

Fact:

Virtually every product on earth is potentially dangerous depending on the dosage. Whether its cars, water, medicine, your kitchen knife, anything.

A 2020 study published in the journal of affective disorders, found that **EXCESSIVE SCREEN TIME particularly on social media platforms is linked to higher rates of anxiety and depression**. If you overdose on medicine, if you refuse to follow the doctor's instructions, you don't suffer from anxiety or depression, you die! And, people do not go after the manufacturer of the medicine you overdosed on. They burry you, and life goes on. These are the brutal truths about life. Does that make medicine bad? No. Does spending excessive time on social media make social media bad? No. It's lack of **self-control** that is the problem. And by the way self-control is a fruit of the Holy Spirit.

The pursuit of pleasure when unchecked, becomes a pursuit of slavery. We must learn to discern between what delights us and what destroys us.

Zuckerberg - "there is no scientific proof that social media causes mental health problems."

Fact:

Addiction is just one of the many symptoms of what is going on within. Whether one is addicted to social media, drugs, alcohol, etc, this equals *easily falling to temptation*. That's why we were instructed to remind ourselves ***daily,*** in form of prayer, that we need to remain attached to our source, to draw from Him the strength that we need in this world. Without God, we are nothing.

Corruption, addictions, wars, violence, killings, etc are symptoms, results of human beings living their fictional selves. **Man is the only creation that has no idea as to why he was created.** All other creation animals, plants, water, wind, soil, the sun, stars etc are not ignorant of their Purpose.

Zuckerberg - "parents are allowing their kids on social media why are they blaming Meta?"

The plaintiff in Zuckerberg's case is a 20-year-old woman along with her mother who claim her obsessive use of platforms like Instagram and YouTube ***from the age of 6*** exposed her to harmful content.

Fact:

This is a parent who uses social media, sees what people post on social media, and still allowed her child to use social media ***from the age of 6.***

Fellow parents, Technology is here to stay and its evolving at a very high speed. You may not be able to control what that other person is planning to post on social media, but you can take actions that will help prevent your child's exposure to it. It's not simple but it's possible.

For example:
Australia has deactivated 4.7 million accounts belonging to minors in response to a recent law that says if you are under 16 the social media companies need to shut down your account because kids shouldn't have access to these platforms.

Social Psychologist Jonathan Haidt made these suggestions:

- Phone free schools.
- More free play in the real world.

On this one I agree with him 100%. **Phones in schools are a distraction**. If parents are serious about solving this global problem, instead of blaming others, let's take the necessary action from our end. Let every society also pass the law on phone free schools.

Research shows that the average smartphone user scrolls the average of 78 miles a year. That's an equivalent of three marathons. Good exercise for your finger but it may be hurting your brain. Evidence from MRI images clearly shows increases in brain activity, effects of smartphone addiction. The person becomes *less attentive and more easily distracted*. Phones free time isn't just for the kids but for us adults as well. Children copy what they see us do. Become a good role model for your children.

Why is it happening?

Ignorance.
Man's lack of knowledge of Self and Purpose.

Among all other creation, man is the only creation that is ignorant of his Purpose (his reason for existence). Without knowledge of Self and Purpose, many live and die their fictional selves. Many others are living their fictional selves. To God, it's like walking among plastic plants trying to find *a real plant* that can bear fruits. God is seeking for an authentic soul to work with. Adam, where are you? This question was not referring to his physical location but to his righteousness, his alignment with heaven.

Ignorance in Hebrew means darkness. Knowledge means light.
God is light and in Him there is no darkness at all. God is never ignorant of anything. He knows where everything is supposed to be. He knows why He made it, what He made it to do, what it's doing and if it's not doing what it was created to do. He's never in the dark on anything. He's a God of light, of revelation, of knowledge. He knows everything, He's **omniscient**.

At the beginning of creation, what did God call for first? Light. Why? Because there was darkness (ignorance). God was not calling for the Sun. The sun was created in verse 14. In verse 3, God was speaking out revelation to the whole creation. "*Let there be knowledge*" and everything became aware of its Purpose and moved back to the place where it belonged. The clouds, the water, the dry ground, the fish, the trees. And there was order.

"Those that He sets free are free indeed" – Bible.
Teenagers are saying social media is damaging their mental health, and a Social Psychologist like Jonathan Haidt agrees? How are teenagers supposed to know what the root cause of their problem is? Used wrongly social media will make your problem worse. Self-control is a fruit of the Holy Spirit. Inner emptiness equals inner weakness. Inner weakness leads to lack of self-control which now leads to addiction. It kept me going back to an abusive marriage for 10 years. It causes all sorts of negative emotions and lack of believe in oneself.

The root cause of addiction is man's failure to pursue Purpose. Human beings think that Purpose is an option. As a result, many are ***disunited with God and with themselves.*** They pursue success in jobs / careers that drain them, that are unfulfilling, they pursue power, money, influence. They accumulate riches but are left feeling hollow, empty inside.

The roots create the fruits.
Imagine a tree. Let's suppose this tree represents the tree of life. On this tree there are fruits. In life, our fruits are called our results. So, we look at the fruits (our results) and we don't like them; there aren't enough of them, they're too small, or they don't taste good.
So, what do we tend to do? Most of us put even more attention and focus on the fruits, our results. But what is it that actually creates those particular fruits? It's the seeds and the roots that create those fruits.

It's what's *under the ground* that creates what's above the ground. It's what's *invisible* that creates what's *visible*. So, what does that mean? It means that if you want to change the fruits, you will first have to change the roots. If you want to change the visible, you must first change the invisible.
Philosopher Fredrich Nietzsche once wrote, *"he who has a why to live, can bear almost any how".* This insight is a corner stone of liberation. When we anchor our lives to a deep purpose, the fleeting allure or pleasure loses its grip on us. Purpose acts as a compass guiding us through distractions and temptations towards a life of significance.

Studies show that people who prioritize intrinsic goals such as personal growth, relationships and contribution, report higher levels of happiness and life satisfaction than those who chase intrinsic rewards like riches, fame or status.

What Danger does this Case and similar others pose to Young Dreamers?

It fills many of them with fear and doubt. Watching Zuckerberg their role model and others like Elon Musk etc being accused and treated like this? They might start questioning their own path which is *becoming their authentic selves*. They'll ask themselves whether this is what it means growing to become the best version of themselves. Whether this is what happens if they choose to dream big.

The further away you are from your authentic self, the further away you are from God. In other words, **US and the world, through these kinds of court cases and accusations, is pushing young people and children away from God**. It is a way of forcing them into conformity, those who want to dream big and chart their own causes. The US Senators, lawyers, judges and civil society don't seem to realize this is making the young fear standing out so they may fit in the society. It's like nipping flower buds before they blossom.

Mathew 23:15. *"woe to you teachers of the law and Pharisees, you hypocrites! You travel over land and sea to win a single convert, and when you have succeeded, you make them twice as much a child of hell as you are.*

Nothing makes Satan happy than a disobedient human. Remember he's on earth to find followers. He uses the bodies of those who fully surrendered to his will, their minds, hands and mouths to manipulate others and commit evil. Most people have become so easy to manipulate instead of thinking for themselves. When a human being is not becoming what he was created to be and doing what he was created to do, he's disobeying God and this is how Satan has tricked many into becoming his followers. The Bible says **beware of Satan's devices**.

Knowingly or unknowingly societies around the world are pushing young dreamers back to remain caterpillars. Filling their young minds with fear of stepping inside their cocoons. The society wants them to stop dreaming of becoming butterflies like Zuckerberg, and instead, settle being caterpillars like everyone else and use shortcuts like: the corrupt, those fueling wars, selling drugs, trafficking and every evil that happens in business and in life.

This is what every dreamer and potential dreamer is seeing and hearing from this Case.

You don't want to turn off the jury. Already they are seeing one of the richest people on earth testifying and that gives them a reason to think, oh, are you a bit hardy, are you arrogant.

Zuckerberg must be very careful just because he's wealthy and powerful. Meaning if you choose to obey God, you should be very careful, walk on eggshells because you are going against the societal norms. That is the point. So, according to the jury and everyone else, wealthy and powerful people are bad people. Why? They reject collective thought and choose to think independently. They refuse to conform, to fit it, to settle for mediocrity like others. Instead, they choose to chart their own causes, dream big, challenge the status quo. They refuse to fit inside the societal box that societies try to keep us in. They choose to become questioning machines that they were created to be instead of answering machines, walking encyclopedias like most highly educated become. They choose to become themselves, stand out while everybody is running to the safety of the herd. Mental death is when you fear standing alone more than standing still. Adam died, yet he lived 930 years!

What then, is the solution?

Genesis 11:5. *If as one people speaking the same language, they have begun to do this, then nothing they plan shall be impossible to them*.

Countries are imposing age restriction on social media. They are raising the age to 16. While this is a good idea, it's not the solution. Rather it's *the beginning* of the solution.
What are we saying, that it's wrong to be addicted as a child or teenager but its okey to be addicted as an adult? Death is death be it of a young person, middle age or old. Once a person is gone, they never come back. Suffering is suffering whether of a child or an adult. Those adults are the parents of these children and teenagers.
Nations shouldn't just stop at raising the age, they should go ahead and change their curriculums to include Personal Growth in those curriculums.

"*That child has been taken out of the real world out of a situation where kids would talk to each other, would laugh with each other, would put arms around each other. A child that used to be in a real world. We are mammals we need that. Phone free schools have been magical"*- Social Psychologist Jonathan Haidt.

Like we said earlier, phones are a distraction to kids in schools. So, about phone free schools, I agree with Haidt. It is a great idea, an action every society's supposed to have taken like yesterday. But, while we need each other to connect and all, Haidt and others of similar thought ought to remember that ***no human will find meaning to their life from another human***. So, the emptiness remains even if we connect with other humans or not. It is in their search for meaning that kids are easily falling into the trap of addiction because inside they are weak. John Maxwell, Author and leadership expert calls it *being small on the inside than you are on the outside* that's why people seek external validation e.g. likes on Facebook.

Addiction existed even before social media. Connecting with other humans is not the solution to addiction. Some of those humans could be bullies, could be predators, could be anything.

"And once everyone got a smart phone and social media, it moved online, and at first, we thought maybe this is okey. But now we know it's not" – Social Psychologist Jonathan Haidt while blaming Zuckerberg for social media addictions.

Haidt says it very well, humans need to connect with each other. And that is exactly Zuckerberg's point. That is **the gap** he and the others have been filling. God gave us gifts and talents to solve problems in the process money follows (*seek the kingdom of God first the rest shall be added unto you*). Zuckerberg and the others saw that need to connect and provided a platform where humans can connect more and faster with other humans around the world.

Thanks to technological advancements, the entire world has become more interconnected than ever before. Knowledge and information are more accessible. And an ordinary person now has the ability to communicate with more people than the most powerful figures in history ever could. Back then, one had to be in the physical presence of another person to communicate with them. Today, we can spend 24 hours locked in our rooms and still communicate instantly with multiple people at once.

Marconi dreamt of a system for harnessing the intangible forces of the ether. Evidence that he did not dream in vain may be found in every radio, TV and cell phone in the world. Moreover, Marconi's dream brought the humblest cabin and the most-stately manor house side by side. It made the people of every nation on earth next-door neighbors by creating a medium where news, information and entertainment could instantly be disseminated throughout the world. People like Zuckerberg have been building on that idea, making it better, faster and easier for humans to connect more with each other regardless of their physical distance.
It may interest you to know that Marconi's 'friends' had him taken into custody, and examined in a psychiatric hospital, when he announced he had discovered a principle through which he could send messages through the air, without the aid of wires or other direct physical means of communication.

The world is full of both good and evil. What Haidt need to realize is that it's not just good people who own smartphones and are using social media. The truth is **our societies are full of both good and evil and, *they all moved online***. What social media has done is to expose more the evil that has been going on in our societies since the earth was created. Before social media, addictions were there, sex predators were there and every kind of evil that was going on

unnoticed, unheard, unreported. But with Technological changes, these evils are being exposed more and more. That's why it feels like it's happening right before your eyes. Thanks to these technological advancements, you can now hear more and see more. The good, the bad and the ugly side of humans.

The path to finding meaning to life is becoming your Authentic Self and doing what you were created to do. That way, you'll remain attached to where you came from (your source) in order to live. *What do I mean by that?*

Wherever something came from, wherever God created something from, it must remain attached in order to live. Plants must remain attached to the soil in order to live. Stars must stay in the firmament, their orbit in order to live. Fish must remain in the waters in order to live. Animals must keep eating dirt (plants or one another) in order to live.
Fish don't want water, they *need* water. Plants don't want soil, they *need* soil. Animals don't want to eat plants; they *need* to eat plants or one another in order to live.

You may be thinking, I also have to keep feeding on dirt (plants and animals) in order to live. This is where the problem is. The fact that most people don't know who they are, is the reason they detached themselves from the source where they came from. They fail to keep feeding themselves and thus became malnourished, weaker and weaker. And this, is the source of all the negative emotions and all the evil that you see in the world. Addictions, corruption, wars, violence, hate, anger, revenge, fear, gambling, stealing, etc. A weak you easily falls into temptations.

This is the proof, the evidence of how far away from God man is. How lost in darkness (ignorance) he is. As a result, he became **a slave of his own body**. *Many live all their lives serving their bodies believing they are their bodies.*

The reason why God could not go to the dirt, firmament, water to get *you* is because of your assignment, your Purpose. Your assignment is to dominate everything on the earth. He had to choose the material of dominion. God himself is the dominion material. So, He had to take a piece of himself and call it man. Then He said to the man, dominate the earth. That's why you hate to be dominated by anybody because you are the material of domination itself.

That's why the human spirit cannot be oppressed by anyone. It will always throw it off. That's why you hate to be told what to do. You are made from the material of rulership. You like to be in charge of everything in your environment. That's why when you owe people money or the bank you become depressed. Because the borrower is a slave to the lender and you are not designed to be a slave. Thus, you hate to owe people money. You hate it because you were designed to be free and your spirit wants to be free. That's the origin of the feeling.

You are not your body; you are a spirit living inside a dirt body. Therefore, you must remain attached to God, in order to live.
You don't want God; you need God in order to live. John 15:4. *Abide in me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in me*. God is not an option for humans; He's a necessity for humans. Purpose is not an option, its what keeps you aligned with your source.

It is written, "*man shall not live by bread alone but by every word that comes from the mouth of God*" (your source). Dirt feeds on dirt. But you, a spirit must feed on words (knowledge, revelation). "*For the words I speak to you are spirit and give you life*", says the Lord. It is words (knowledge, revelation) that will keep you alive, because you are a spirit. Your body which is dirt can feed on dirt (bread) and live. But you, a spirit, will still feel hungry, empty inside. That void in your soul is what people (young or otherwise) try to fill with social media, alcohol, drugs, corruption, crimes. The more they take/do these things the emptier they feel. Results, hopelessness, anger, frustration, bitterness, stress, depression, greed, jealousy, hate, which now leads to suicides, murders, wars, violence, stealing, trafficking and every kind of evil you can think of.

These young ones are searching for meaning and unfortunately, **no amount of external pleasure can fill an internal void.**

Philosopher Fredrich Nietzsche once wrote, *"he who has a why to live, can bear almost any how".* This insight is a corner stone of liberation. When we anchor our lives to a deep purpose, the fleeting allure or pleasure loses its grip on us. Purpose acts as a compass guiding us through distractions and temptations towards a life of significance.

Daily nourishment of mind and spirit will keep you healthy in every way, spiritually, emotionally, mentally, financially and socially.

This is how important Personal Growth is to humans. Build these young ones, develop them from within so they'll get to know who they really are early enough and their reason for existence. Help them find meaning to life early enough. In my eBook FORMAL EDUCATION HAS FAILED HUMANITY, I've described in details how to go about. Change is here to stay, technology is here to stay and as technology evolves there will be more and more things to keep them distracted, to become addicted to if you lack a stable foundation from within.

An empty sack can't stand by itself. It's blown here and there by the wind. It's our duty to help them discover their path ahead and focus on that. Arm them with the ability to ignore distractions, the noisy world and learn to listen to the only one voice that really matters, their inner voice, their inner compass.
To reveal that inner compass, which gives them clarity on their path ahead, to build them from within and make them strong enough to ignore distractions and withstand the storms of life, that's what Personal Growth is all about. Some call it Personal Development; others call it Self Education.

It begins with a shift in mindset. From seeking pleasure to seeking Purpose.
Because the truth is the pursuit of pleasure when unchecked, becomes a pursuit of slavery. To be truly free, we must learn to discern between what delights us and what destroys us.

Learn to prioritize long term growth over short term gratification.
And this will only happen not in the next distraction but in the quiet moment of self-reflection.

"People will do anything no matter how absurd to avoid facing their own souls" – Curl Jung

The relentless pursuit of pleasure is often the way to avoid the harder but more rewarding work of self-discovery. And by avoiding self-discovery, you are also avoiding God because He can only work with your authentic self not the fictional self that you are living. Therefore, by choosing pleasure, you are drifting further away from Him.

To reclaim your freedom, take action. Deliberate sometimes uncomfortable steps towards reclaiming your life. Start small – turn off notifications, set boundaries with technology, choose

meaningful activities over mindless distractions. These actions may seem insignificant, but they are revolutionary in this world that keeps you distracted.

Real freedom comes not from doing whatever we want, but from having the discipline to choose what truly matters.

Discipline is the ability to choose long term rewards, over short-term gratification. It is the strength to say no to what is easy and yes to what is right. It is through discipline that we gain mastery over our impulses. And begin to live as creators of our destinies rather than as prisoners of our desires. To cultivate discipline, start by building a small consistent habit. Wake up a little earlier to meditate or reflect, set a time each day to pursue a meaningful goal, limit your exposure to distractions that drain your energy and attention. These small acts of *self-control* may seem insignificant but they create a ripple effect gradually reshaping your life.

What happens if we do not change?

If we do not change the direction we are going, we are likely to end up where we are headed.

If man continues to resist change, we are going to witness increase in addictions and suicides. Decrease in levels of happiness. More and more people will have certificates, successful in their careers, retire, but feel lost, confused, empty. Increase in all negative emotions: anger, frustration, fear, hate, envy, etc. This is good news to Satan. His work is to steal, kill and destroy people's lives which he accomplishes through his slaves.

Many are the plans in a man's heart, but the Lord's Purpose shall prevail" – Proverbs

Life will continue to push us, demanding more from us, demanding that we become ourselves. That's how God designed it to be. And like Robert Kiyosaki, Author Rich Dad, Poor Dad said, *"if you don't know its life pushing you, you will keep pushing others."* In this case pushing social media company owners.

Self-control is a fruit of the Holy spirit? Addiction, just like the vices, results from lack of self-control.
The reason God designed life to force us to become ourselves is because who you are and what you were created to do is much much more than what you've decided to settle for. The truth is, what you are settling for disappoints God. This is how He works. His purpose on your life shall stand or you perish. He does not go back on His word.

Those blaming others should realize that Zuckerberg just like any other business person saw a gap in the society where people wanted to connect with each other and moved in to fill that gap and in return earn money from it. That's what you're doing, that's what am doing, that's what everyone in business is doing.

The future will be full of noise, notifications, entertainment and endless content designed to steal your attention. And without discipline your time will be consumed by things that do not

build your future. Discipline is not about being harsh with yourself, it is about being honest with your goals because every goal has a cost and discipline is how you pay it daily. Motivation says I will start tomorrow discipline says start now even if tomorrow looks better.

The gap between disciplined individuals and distracted individuals will be wider than ever because opportunities will reward reliability and reliability comes from discipline. Employers trust disciplined people, partners trust disciplined people and customers stay loyal to disciplined people because discipline creates predictability and predictability builds trust.

Self-control will be a super power because those who cannot control their impulses will be controlled by algorithms, trends, and other people's agendas."

CONCLUSION:

KIDS ARE LOST BECAUSE WE FAIL TO TEACH THEM HOW TO PURSUE PURPOSE. Most of us parents did not pursue Purpose. Just like our kids, we too don't know how. Nobody taught us how. No school teaches how to pursue purpose, and no religion does. But we won't kill ourselves for that, it's not yet too late. It only becomes too late if you are six feet under, but if you are still breathing, that's enough proof that you've got WORK (Purpose) to do here on earth. We will RAISE AWARENESS. We will LEARN.

We will start learning to grow ourselves. To develop ourselves from within because Purpose is developed from within. This kind of learning is not taught in schools. It is called Personal Growth / Personal Development /Self Education. From now going forward, you will use your smart phone, not for entertainment, but as a school to discover your reason for existence. For your own sake, for the sake of your kids. Remember, you are responsible for the generations under your influence. You pass down to them what you know. We have been passing down ignorance, disobedience generation after generation. The evidence is all the problems you see in the world and in your personal life today. Jesus did not say I the Son of God will set you free. Or the Father will set you free or He will send the Holy Spirit to set you free. No. He said, ***"you shall know the truth and the truth will set you free!"*** It is through Personal Growth that you find your true freedom. It is through Personal Growth that you discover your Purpose thus restore and nurture your relationship with God. Purpose is obeying God by doing what He created you to do. Dominating the earth in your area of giftedness is what you were created to do.

We will also change Curriculums to include Personal Growth in our education systems. If Purpose is the reason human beings are here on earth, then Personal Growth should be taught from kindergarten all the way to university, to enable a child find their Purpose early in life. Purpose is what guides a learner to the right career by developing their gifts and talents. While formal education builds them externally equipping them with knowledge and skills to help accumulate riches and leaving them feeling empty inside, Personal Growth develops them from within filling the hollowness, that void in their souls. By building them from within, they are

able to withstand the storms of life and resist temptations, addictions, peer pressure, negative influence like we've witnessed here in Kenya burning of schools where lives have been lost and property destroyed.

Purpose is the only cure for addictions not just to social media, but also to any other kind of addiction be it alcohol, drugs, etc.

Children and teenagers are not the only ones addicted to social media, most adults are and some don't even know it.
Victor Frankl offers a path forward. In his work, man's search for meaning, he describes three sources of meaning. Creating something of value, experiencing love and connection and finding growth in suffering. Each of these avenues requires us to look beyond ourselves and our immediate desires inviting us to engage deeply with life. Start by asking yourself these questions: what legacy do I want to leave behind? How can I use my strengths to contribute to others? When faced with difficulty, how can I transform it into an opportunity for growth?

These are not easy questions, but they are transformative. By seeking answers, you take the first steps towards breaking free from the chains of pleasure, and stepping into a life of purpose.

But to live such a life, we must develop discipline. Discipline is the ability to choose long term rewards, over short-term gratification. It is the strength to say no to what is easy and yes to what is right.

As author Willing says, *"discipline equals freedom"*. It is through discipline that we gain mastery over our impulses. And begin to live as **creators of our destinies rather than as prisoners of our desires.** To cultivate discipline, start by building a small consistent habit. Wake up a little earlier to meditate or reflect, set a time each day to pursue a meaningful goal, limit your exposure to distractions that drain your energy and attention. These small acts of self-control may seem insignificant but they create a ripple effect gradually reshaping your life.

Here's another powerful practice: embrace discomfort. Growth rarely occurs in comfort zones. Whether it's pushing your physical limits, learning a new skill or facing a difficult truth, the willingness to endure discomfort is what separates those who achieve greatness from those who settle for mediocrity. Think about this, every time you choose discipline over indulgence, you

strengthen your ability to live with purpose. Every time you resist the pull of distractions, you reclaim a piece of your freedom. These moments of choice though small are acts of rebellion against a world that profits from your complacency.

Many people may have traded their freedom for comfort and their potential for convenience. But I believe in humanity's capacity for awareness and resistance. You have the power to break free. By choosing **purpose over pleasure**, **discipline over indulgence**, and **meaning over distractions**. You can reclaim your autonomy and live a life of true fulfilment.

Who is Jane Kamau?

1. Am known for my critical thinking and turning information into actionable insights.
2. I teach people how to use their Careers/Jobs to discover their Purposes in life, without money expenditure. (Purpose involves serving others).

Other eBooks by Jane Kamau.

Book 1.
Formal Education Has Failed Humanity.
Discover, What You Can Do To Help Your Child.

Book 2.
Frustrated, Angry, Stressed?
Not Anymore.
Discover, How God Wants You To Succeed In Business.

Book 3.
Use Your Sports Career To Discover Your Purpose.
No more living in:
Fear, Stress, Depression, Sadness, Anxiety, Burnout.

This eBook's title may be Sports, but it applies to all careers. Most people suffer in silence and would love a solution.