ज्ञानविविधा

कला, मानविकी और सामाजिक विज्ञान की सहकर्मी-समीक्षित, मूल्यांकित, त्रैमासिक शोध पत्रिका

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Unplugging Through Vedanta : A Path for Digital De-Addiction

Abstract : The binary system is a dual number system of "0" & "1" and has evolved today's digital age. Simple combination of these two digits has redefined our relationship with technology and internet, giving us ocean of experiences in various forms. 0 mode is denoted by "a state of self-introspection" while 1 mode is characterised by "constant connectivity". In this digital era, we continue to live in the "1 mode" constantly and due to the constant connectivity, the very fact of even the existence of "0 mode" gets extinguished. This paper helps us to understand and transcend the world of immense connectivity of the digital and physical world and ascend towards the very essence of non-duality of the real world as propounded by Vedanta philosophy to discover the interconnectedness of existence. Vedanta insights provide a structured framework to understand the dualities of digital world, and gain insights on digital, practical and absolute reality. Thereby enabling us to digitally disengage through a path of Reflection, Attainment and Completion garnered through Vedanta wisdom, in order to transform our digital behaviour and aim towards a balanced and a meaningful existence.

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Introduction : The binary system of "0" & "1" are like the intertwined twins of this modern world, which are interchangeably used for "off" & "on". The massive digital revolution happening and the experiences we get today in the form of e-commerce, entertainment, education etc. is all attributed to these two simple, basic yet complete number system- binary, the magic created by combination of just "0" & "1".

The evolving technology has made us hyper connected in this digital world. We find ourselves constantly and deeply immersed in the whirlwind of technological advancements. As we navigate our lives in the digital periphery, we realise that the difference between reel and real, actual and virtual, engagement and disengagement gets blur. It is difficult to realise and understand this dichotomy between presence and distraction. At the core of this blurriness lies the deep concept of "0 mode" and "1 mode"- a metaphorical representation of our existence in the digital age.

0 mode & 1 mode : In this modern age, we majorly exist in the "1mode", a state marked by constant connectivity, perpetual stimulation, and unending engagement with the digital devices and screens. A general day starts with the buzz of our alarm clocks and sails with multiple notifications, relentless urge to scroll through social media feeds throughout the day to the never dying pursuit of late night binging on OTT platforms. Our lives have become a product of limitless information, notifications, entertainment, virtual interactions and validations all happening in the digital realm. However, in the shade of this digital sunshine, exists another realm- a realm of silent introspection, deep contemplation and disengagement from the digital buzz. This realm, can be dearly referred to as "0 mode", representing an array of stillness amidst the chaos, a cosmos of peace where we reclaim ownership of our attention, avoid diversion by the digital reflection and reconnect with completion- the essence of our being.

Digital Liberation : As we travel ahead in this digital journey, the two contrasting modes persuade us to look beyond the digital veil. There lies an intense opportunity to explore the relationship we share with technology and to question the everlasting impact of constant connectivity on our mental, emotional and physical well-being. It therefore persuades us to forge a path towards digital liberation.

Liberation from duality : The Duality of binary is 0 & 1, the duality of digital life is engagement and disengagement. The inspirations drawn from Vedanta

philosophy teaches us to embark on a journey beyond the confines of duality and embrace the boundless joy of non-duality. Vedanta talks about the crisis of life resulting from the existence of duality and the trappings of the material world. It invites us to transcend beyond the confines of binary and merge with the interconnectedness of non-duality, thus liberating ourselves from duality and enabling us to unplug from both digital and physical worlds.

Unplugging through Vedanta : Vedanta Philosophy provides us a lens to look deeper and gain insights on unplugging from technology, thus it helps in digital de-addiction not just by disconnecting from technology but enabling us to move on a new journey of self-discovery and connecting with the inner self, avoiding all distractions of the physical and the digital world. It silently creates an active atmosphere for cultivating dis-engagement, mindfulness and intentionality in our interactions with technology to understand the complexities of modern life and unite as one.

The process of unplugging from the digital world through Vedanta is a transformative process of understanding the importance of "0 mode"- the dis-engaged, non-moving state of stillness where lies the boundless joy of peace and happiness. A reservoir of quiet contemplation of self, which provides us the centre of life and awaits discovery. The power of centre is in liberating the mind and not in its entanglements with the digital realm.

Digitization : The roots of digitization can be dated back to the 20th century, when the electronic computers started to replace mechanical and analogue systems. Binary code 0 & 1 was developed, which was just a replacement for 'off" and "on". This binary system paved way for digital computing and laid foundation for digital revolution. In no time, vacuum tubes, transistors, chips were replaced by microprocessors. Finally, the internet and mobile technologies evolved building today's digital ecosy-stem. Today digitization has revolution-nized communication, business, enterta-inment, commerce by transforming global connections. Social media, OTT, communi-cation platforms have undergone overhaul and have redefined how individ-uals and societies interact, collaborate, share and process information across various geographical boundaries. Indust-ries ranging from healthcare to entertain-ment, finance to education have innova-ted and modernised in the virtual realm and adapted to evolving consumer demands. The giant wings of digitization and the extent of digital penetration can be understood through the following facts :

Table A : Smartphone Users and Penetration rate in India

Year	Smartphone Users (estimated)	Smartphone Penetration Rate (estimated)
2023	1 billion	71%
2040	1.55 billion	96%

Source : (Statista, Number of smartphone users in India in 2010 to 2023, with estimates until 2040, 2023) (statista, 2023)

Globally, India stands second in the smartphone user base, following China. Although the number of users are already high, still both these nations have the possibility of growing and out casting their own benchmarks due to high population and availability of internet. As reported in the year 2023, over 55% of the Indian population used internet, which touches 820 million people (IAMAI, 2023).

The e-commerce industry in India stood at an estimated value of $125 billion in 2024. It is expected to reach up to $345 billion by 2030 (Mukherjee, 2025). Online shoppers from tier II and III cities are rising exponentially, it grew by 46% in 19-20, to 56% in 23-24 and is projected to rise to 64% by 29-30 (Mukherjee, 2025). Digital payment transactions volume hit INR 18,737 crore in 2023-24, from INR 2,071 crore in 2017-18, registering a CAGR of 44%, while the volume of UPI transactions grew to INR 13,116 crore in 23-

24 from INR 92 crore in 17-18, depicting a CAGR of 129%. The value of UPI transactions also registered CAGR of 138%, by reaching INR 200 Lakh crore in 23-24 (Ministry of Finance, 2024). The Smartphones have been a game-changer in India, with one out of every three consumers doing online shopping through mobile phones (Statista, E-commerce in India - statistics & facts, 2023). This digitization has significantly contributed to India's recent economic growth and is expected to become the third largest economy in the world in GDP rankings.

However, digitization doesn't come with benefits only, it has also raised many serious concerns about privacy, cyber-security, and digital literacy. Data consumption has grown manifold during and after COVID-19 pandemic, as a result of affordable data plans and budget smartphones, causing increasing digital engagement. This surge has led to

potential overuse, manifesting in various forms like gaming, social media scrolling, streaming, online shopping, and many more. Such uninterrupted and unregulated use of digital devices can lead to addiction across different age groups.

Digital Addiction

While technological advancements have brought numerous benefits, they have also given rise to new challenges, one of which is digital addiction (DA). In recent years, there has been growing societal concern about the compulsive and obsessive use of digital and internet-enabled devices (Almourad, 2020). It is known that when an action or a desire becomes so prevalent that it interferes with the daily life and gains one's control thereby taking precedence over the main aspects of one's life like work, school, relationships, daily chores, it is termed as addiction (AddictionCentre, .). DA is characterized by an inability to resist the urge to use the internet or any device, manifesting as compulsive, obsessive and excessive use of digital devices or online platforms. This behaviour can profoundly impact mental health, relationships, and overall well-being.

Understanding DA: DA cannot be classified as a single defined diagnostic criterion but can be seen in various forms like Internet Addiction, Internet Gaming Disorder (IGD), Gaming Disorder (GD), Internet Use Disorder (IUD), Smartphone addiction etc. Among these, IGD has been recognized as a behaviour related addiction in the Diagnostic and Statistical Manual for Mental Disorders (DSM-5). GD is also included in the International Classification of Diseases version 11 (WHO, 2024).

"1 Mode"- The State of Constant Connectivity: "1 Mode" signifies the "on" state—constant connectivity, perpetual stimulation, and unrelenting engagement with digital screens and devices. Any individual in "1 mode" experiences a continuous stream of virtual interaction, data and information, notifications, entertainment and often seeks validation in the digital periphery. It is characterised by three pillars- CPU: C stands for Constant Connectivity, P for Perpetual Stimulation, and U stands for Unrelenting Engagement.

- **Constant Connectivity**: Always online, checking emails, social media feeds, and news updates regularly throughout the day.

- **Perpetual Stimulation**: Digital platforms provide a barrage of stimuli through videos, games, and social interactions, keeping users engaged and entertained.

- **Unrelenting Engagement**: Compulsion to stay connected and being responsive, fear of missing out (FOMO) on updates or opportunities for interaction.

Symptoms and Signs

Recognizing DA involves identifying common signs:

- **Pre-occupation with Devices**: Constantly thinking about or planning to use digital devices.

- **Withdrawal Symptoms**: Feeling restless, irritable, or anxious when unable to access digital devices.

- **Increased Tolerance**: Needing to spend more time on digital activities to achieve the same level of satisfaction.

- **Neglect of Responsibilities**: Ignoring work, school, or household duties due to excessive digital engagement.

- **Social Isolation**: Preferring virtual interactions over face-to-face communication, leading to strained relationships.

Impact of DA

Living in "1 mode" impacts various aspects of life:

- **Physical Health Issues**: Poor eating habits, binging, immobility, sedentary life, poor posture, strained eyes, headaches, and disrupted sleep patterns.

- **Mental Health Concerns**: Increased risk of anxiety, depression, frustration and stress as a result of constant connectivity and comparison on social media platforms.

- **Cognitive Decline**: Impaired concentration, memory, and decision-making abilities due to information overload and multitasking.

- **Decreased Productivity:** Loss of focus and efficiency in academic and professional settings.

- **Erosion of Interpersonal Relationships:** Reduced quality of real-world interactions and weakening of family and social bonds.

- **Economic Costs:** Increased healthcare expenses for treating physical and mental health issues related to excessive digital use.

- **Vulnerable to financial and emotional exploitation:** Constant connectivity, relentless engagement, create short attention span. This makes individual vulnerable to perpetrators on a spree of financial fraud and emotional exploitation.

Data and Statistics

The statistics highlight the prevalence of "1 mode" and its implications:

Based on a report by Redseer Strategy Consultants, Moneycontrol reported (Moneycontrol, 2022)

Total screen time for Indian's for multiple purposes	7.3 hours per day

IAMAI report also brought to light top most activities done online (ICUBE2022, 2023, p. 28).

Top Activities done Online		
85% for entertainment	77% for communication	70% for social media purposes

Statista also reported about the average data consumption per user per month in India (Sun, 2023)

Data Consumption		Rise
2015	<1GB	_
2022	20 GB	20 times in 7 years
2024	40 GB (expected)	40 times in 9 years

Forbes reported that worldwide approximately 210 million people are suffering from social media addiction (Marr, 2023). REVIEWS.org said that Americans check their phones as much as 144 times per day, it can be rounded off to once every 10 minutes. 89% check their phones within 10 minutes of waking up while 82% stated that in case of fire, phone is the first thing they'll carry before evacuating (Kerai, 2023). On an average, globally people spend, 44 per cent of their waking hours looking at screens.

In India, screen time noted a sharp increase specially during the covid times. It is said that , more than 40% of urban Indian children aged between 9 to 17 years are addicted to internet based activities (Chaudhary, 2022). India had the highest number of Facebook users across the globe as of 2022 (Basuroy, 2023).a OTT users also grew and reached 668 million and online gaming users at 350 million in 2022 (ICUBE2022, 2023, p. 34).

The above data underscores the shift towards "1 mode" where continuous digital consumption keeps individuals perpetually engaged, leading to DA. Understanding the pervasive impact of digital addiction is crucial, but the next step is even more vital: finding ways to mitigate this addiction and reclaim our lives from the constant attraction of digital devices. This draws our attention to the concept of digital de-addiction; the strategies and practices to break free

from excessive digital consumption and restore equilibrium in our lives.

Digital De-addiction :

Digital de-addiction refers to the process of reducing dependency on digital devices and online platforms, and creating a healthier relationship with technology. This process involves identifying the signs of digital addiction, setting boundaries, and implementing strategies to decrease screen time usage

- **Enhanced Physical Health**: Better sleep patterns, reduced eye strain, and more active lifestyle.

- **Improved Mental Health**: Reduced anxiety, stress, and depression associated with constant connectivity.

- **Increased Productivity**: Improved focus and efficiency in tasks and responsibilities.

- **Stronger Relationships**: Enhanced quality of personal interactions and family bonds.

- **Better utilisation of resources**: Resources in the form of time, energy and money can be utilised in a better way to stay healthy, focused or productive.

- **Greater Life Satisfaction**: A more balanced and fulfilling life, with time allocated to meaningful activities and self-care.

Digital de-addiction is not just about reducing screen time; it's about understanding and thereafter transforming our relationship with technology. Here, the ancient wisdom of

and re-engage with the physical world.

Understanding Digital De-Addiction :
Digital de-addiction is not about completely barring the use of technology but about finding an equilibrium that's sustainable in nature. It's about transitioning from "1 mode"- a state of constant connectivity and engagement- to "0 mode," a state of mindful disconnection and introspection.

Benefits of Digital De-addiction :
Vedanta philosophy offers deep insights. Vedanta teaches us to look beyond duality, embracing a holistic reality. This philosophy can guide us in steering the digital age with mindfulness and intentionality, nurturing a deeper connection with ourselves and the world around us.

Three Stages of Reality- **Understanding Digital Addiction through Vedanta**
The Advaita Vedanta philosophy's three levels of reality: Pratibhasika (Illusory or Apparent Reality), Vyavaharika (Empirical or Practical Reality), and Paramarthika (Absolute or Ultimate Reality) (Sharma, 2016) (Saxena)- provide a profound framework for understanding DA- the concept of "1mode"- and also mechanism to address it- the concept of "0 mode." By linking these philosophical insights with the modern digital world, we can gain a deeper understanding of the current phenomena, its nature, its futility and a way out for self-realization.

Pratibhasika (Illusory or Apparent

Reality) The Reel Life

As Vedanta says this stage is the most fake stage of reality. It is like a dream state which appears to be true when in dream. Once out of dream, its fake reality emerges. So it can be said that to understand the unreality of the effects of this illusionary or imaginary position, one has to attain the empirical position. This state of reality is not real and not true, it is just imaginary and illusionary in nature (Sharma, 2016). In the context of digital addiction, Pratibhasika represents the illusory nature of digital engagement. Individuals often mistake the virtual world for reality, becoming deeply engrossed in the illusions presented by digital devices and keep themselves engaged in '1mode'.

- **Illusory Engagement**: Social media platforms, online games, and virtual interactions can create a sense of reality that is compelling. While immersed in the digital world is becomes like a dream state, where everything happening seems to be just for real. One doesn't realise that it is practically an ultimate illusion. It is just a reflection- a digital identity- which creates an impression of being the real self. For instance, huge number of followers, create an impression of being loved and admired for real. However, it is an illusion, a slight change in the dynamics can lead to dramatic fall in followers. As one associates self with the illusionary identity, it resonates self in that digital image, which creates a fake and distorted self-image and unrealistic expectations of physical self.

- **Symptoms**: This illusory engagement manifests as compulsive checking of notifications, endless scrolling, and immersion in virtual personas, leading to a disconnect from the physical world.

Vyavaharika (Empirical or Practical Reality) The physical Life

Vyavaharika is the practical, everyday reality where digital devices play a significant role. Any interaction or engagement in the physical life is the vyavaharika stage. This stage is neither real nor unreal, as real means 'real for all time', similarly unreal means absolutely unreal like the hare's horn, but the physical world is not like that. In this sense the physical life is relative, phenomenal and finite, but it can't be categorised as illusionary (Sharma, 2016). It is equally useful for practical purposes but can't be fixed and identified as the absolute and real reality. So it can be said that to understand the unreality of the effects of this empirical or phenomenal position, one has to attain the absolute position. In the context of digital addiction, vyayaharika stage represents the physical life that gets effected due to its relationship with digital devices. As technology is indispensable in modern life due to its practical application, it is an important part of the physical life.

However, its excessive use disrupts the balance of daily life activities, leading to digital addiction keeping humans ever-active in the "1mode".

- **Practical Engagement** : Digital tools are essential for communication, work, education, and entertainment. However, when it fails to strike a balance its use becomes excessive, it interferes with daily responsibilities and interpersonal relationships.

- **Symptoms**: Signs of digital addiction at this level include neglect of duties, decreased productivity, and strained relationships due to constant digital engagement. This is the "1 mode," where individuals are perpetually connected and stimulated by digital devices.

Paramarthika (The Absolute or Ultimate Reality)

Paramarthika represents the real, the ultimate reality. It is stated to be real because it's existence doesn't depend upon the existence of something else, it is independent in the sense that it is neither born nor does it decay (Bhagwat Gita 2.20, 2.21) (Kath Upanishad 1.2.18). It is beyond time and space. The state of non-dual consciousness where one realizes the oneness of the self (Atman) with the ultimate reality (Brahman) (Sivananda, 1999). In the context of digital addiction, striving towards this level involves breaking the chains of illusory engage-ments, seeking deeper self-awareness and mindfulness, realising the holistic Brahman and uniting with the ultimate.

- **Transcending Digital Distractions** Moving towards Paramarthika requires individuals to transcend the distractions / diversions of digital devices or illusory engagements, achieving a state of inner peace and self-realization.

- **Path to Completeness** Embracing practices that promote understanding of the ultimate and the self by inculcating stillness and introspection, such as mindfulness, oneness and compassion, helps individuals disconnect from the constant barrage of digital stimuli. This is the "0 mode," a sanctuary of stillness and self-connection or the Conjuncture with the Brahman.

Understanding digital addiction through the lens of Advaita Vedanta reveals the profound impact of living predominantly in the "1 mode," where constant digital engagement traps us in an illusory reality (Pratibhasika) and disrupts our empirical (Vyavaharika) lives. By striving towards the ultimate reality (Paramarthika), we can achieve a state of inner peace and self-awareness, transce-nding the distractions (Bhattacharya, 1995) of the digital world. This leads us to the concept of unplugging through Vedanta, which offers a structured path to digital de-addiction and a balanced life.

Unplugging Through Vedanta: A Path to Digital De- addiction

The process of unplugging or digital de-addiction is not merely about reducing screen time; it is a path to rediscover oneself through self-contemplation and introspection. Vedanta, with its profound teachings and ancient heritage, offers timeless wisdom to understand the true nature of the self, various stages of one's existence, giving us an understanding of the levels of reality. Vedanta talks about the prominence of absolute reality over both physical and illusory reality. As Shankaracharya said : brahma satyaṃ jaganmithyā jīvo brahmaiva nāparaḥ .

anena vedyaṃ sacchāstramiti vedāntaḍiṇḍimaḥ (Brahmajnanavalimala- Verse 20) (Brahmajnanavalimala, n.d.). It is very clearly propounded that the phenomenal world is false, untruth and delusionary in nature, the only truth that is real, constant and never delusionary in nature is the absolute or the Brahman. Therefore, any object that is a part of untruth can't be truth or real. One should not get falsified by the objects of the unreal world, as this will not only lead to bewilderment and confusion but also affix the mind into a never-ending process of wanting more illusions. Having said this ultimate truth, Vedanta guides us to pursue higher goals in life. By gaining Vedantic insights one gets equipped with discriminative power to discriminate between the real and unreal, absolute and illusion and thereafter realise that both physical and digital

realities are illusory in nature. Thus identification of self with the physical self and with the digital self is nothing but the source of sorrow.

Vedanta, brings to light that misidentification happens due to *Maya*. The word Maya can be divided in two parts- Ma & Ya, where 'ya' means 'which' and 'ma' means 'not there'. The derived meaning of Maya comes to- 'which is not there'. So Maya in itself means something which is not there (Vivekchoodamani 109). Maya is also known as Avidya. It has two kinds of power inbuilt within itself- Avaran (covering) and Vikshep (deflection) (Vivekchoodamani 112, 113). While avaran has the power to hide the truth behind its sheaths, vikshep creates a false impression of existence of something that actually is not present there. In the words of Shankaracharya maya creates a veil of illusion that hides the true nature of reality. While this illusion can't be said to be absolutely non-existent, it is to be understood that it is a temporary form of apparent reality that has been superimposed over the underlying truth (Shankarnarayan, 2016). It is due to Maya that the digital life appears real. While the fact is that physical life itself is not real due to the presence of Maya (Vivekchoodamani 108).

To simplify the process of digital de-addiction, it can be seen as a three-step approach- rooted in Vedantic

insights. This approach, guides individuals on a transformative journey from digital addiction (1 mode) to a state of inner peace and fulfilment (0 mode).

1.   Understanding the Illusion

Insight: This stage involves discovering that the digital world, or reel life, is just a reflection of oneself and not the real self. In Vedanta, this corresponds to the Pratibhasika level of reality, where the individual is trapped in an illusory or apparent existence, and understands it as reality, which is in essence just a digital image of his own physical reality. It is as fake as a dream. Till the time one is in dream state, it appears to be as true as physical reality. It is felt to be true till the time, one wakes up and knows that all that was felt or done, happened in dreams only. It is just like water, seen in dream, which can quench the thirst in the dream but not in real. However, when in dream one realises the occurrence of the processes- thirst and quenching of thirst- but none of them are true (Sharma, 2016). Physical reality is totally different from the dream reality. However, the fact that it is a dream reality can't be established till the time one wakes up. Similarly, the expression of digital reality can't be experienced till the time one gets out of it and stands one stage above it. Once a person looks at the digital reality from above, it is understood that all was mere illusion. Digital life is only reflection of

physical self, appearing in the digital realm as a result of frequent and unending interaction of the individual itself with the technology. Dream state is a state totally different from phenomenal state. Similarly, digital life is totally different from physical life. It can be inferred that digital life replicates the vikshep Shakti of Maya and makes the digital-self appear as real. Therefore, the first stage of digital de-addiction in the light of Vedanta is "Understanding the Illusion".

Application to DA: Digital life, or the "reel life," is a reflection, not the physical self. In this stage, individuals are chasing a mirage, believing that online validation, social media engagement, and virtual achievements define their true self.

Process: Disassociate the real self from the digital reflection. Recognize that online interactions and digital content are transient and do not represent the true essence of who you are.

2.   Recognizing the Futility of Seeking and Attaining Happiness Online

Insight: This step refers to the continuous effort to seek and attain happiness or pleasure (sukha) by a person in physical life through digital means. In Vedanta, this corresponds to the Vyavaharika level of reality, where the individuals try to look for and seek happiness in the physical or practical life

as a result of their digital engagement or achievement or attainments. They even mistake it for the source of true happiness. It can be seen in conjunction with the avaran shakti of maya, which veils the reality and pushes one into the ocean of limitless pursuits. They think that some more digital presence, engagement or likes, followers will make them complete. However, the process of attainment of so-called happiness, becomes an unending procedure- a state of sorrow, as identification of the physical self with the digital self is nothing but the source of sorrow.

As one tries to achieve happiness out of Maya, it forgets that something that itself is illusion can only give illusions of happiness, such happy-illusions are nothing but distractions for the mind. As mind gets drifted away by these illusions, it tries to seek more illusions to satisfy its quest for attainment and completion. Therefore, the second stage- recognizing the futility of seeking and attaining happiness online., becomes utmost important in the context of digital addiction.

Application to DA: In the 1 mode, individuals continuously seek happiness or sukha through digital means, believing that more engagement online eg. More likes, followers, shares etc. will bring them satisfaction. The accomplishments of digital live creates happiness which one

can sense in practical life. One gets trapped in a cycle of desire, consumption, and temporary attainment. Expectations in the form online validations, effects one's physical existence, it creates ripples of mental disturbances. The effect of the mental modifications makes one behave like the digital self.

Process: Shift focus from seeking external validation in digital and physical life to cultivating inner contentment. Recognise that true happiness cannot be found in the endless pursuit of digital achievements. It is a loop of desires, consumption and satisfaction.

3.   Realizing Inner Wholeness

Insight: It involves understanding that true fulfilment comes from recognizing one's inherent wholeness, as taught by Vedanta. This corresponds to the Paramarthika level of existence, where one realizes the completeness of the self (Atman) as part of the absolute reality (Brahman). Vedanta helps us to realize this inner wholeness by stating that one is already complete.

Om Purnamadah Purnamidam Purnat Purnamudachyate‖ Purnasya Purnama- daya Purnamevavashisyate‖ (Ishavasya Upanishad, Shanti Path) (Gita Press) It spreads the knowledge of the ultimate beauty of completion, preaching that self is already complete and no amount of external means can further the process, implying that the process of either digital

or empirical attainment is absolutely futile.

Application to DA: Individuals in the 1 mode believe that attaining more digital success or engagement will make them complete. However, true completion cannot be achieved through external means, especially not through digital pursuits. Digital engagements are rather like an ocean of pursuits which can't be achieved or completed in one's whole lifetime.

Process: Embrace the "0 mode" of stillness and inner peace amidst the digital chaos. Realize that chasing reflection and attaining for the reflection, in an attempt to complete the reflection is a false notion. True fulfilment comes from within, recognizing that you are already complete as part of the absolute. Anything which comes out of completeness, is already complete, no amount of external/ digital validation is needed for completeness. Disconnect from digital devices regularly to reconnect with your inner self.

Understanding digital addiction through Vedanta sets the foundation for effective digital de-addiction. The application of above three step process, guides one to unplug in the following way:

1.   Understand the illusory nature of the digital world and disassociate it from the real self.

2.   Realize that true happiness cannot be found in the endless pursuit of digital engagement.

3.   Accomplish the journey by realizing inner wholeness and embracing the stillness and peace of the "0 mode."

Conclusion : The journey from digital addiction to digital de-addiction through the discernments of Vedanta is a profound exploration of self-awareness and inner peace. Our digital existence, driven by the binary system of "0" and "1," has evolved from sheer technological advancements to an omnipresent force shaping our lives.

By transitioning from the binary constraints of "0" and "1" to the profound insights of Vedanta, we move from a life dominated by illusions to one guided by absolute truth. Unplugging through Vedanta is not about simply reducing the screen time; it is about reconnecting with our true self, finding peace in stillness, and attaining a sense of completeness that transcends the digital realm.

By embracing the three-step approach, one can navigate the complexities of the digital age with mindfulness and intentionality, ultimately leading to a more balanced and fulfilling life. By understanding the illusion; recognizing the futility of seeking and attaining happiness online; realizing inner wholeness; one can reclaim its attention from the digital distractions and discover

the boundless reservoir of joy and peace within self, thus achieving digital de-addiction in its truest sense.

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