Hello everyone, it's been a few months since I left social media and I have to say, it has been one of the best decisions I've made in a long time. Initially, it was tough as I felt like I was missing out on what everyone else was doing, but now, I feel free and liberated.

It's amazing how much time we can waste scrolling through social media, and how much energy we can expend in keeping up with what everyone else is doing. Once I stepped away, I realized how addicted I was to social media and how it was taking away from my focus on important things in life.

I just realized leaving social media would be almost impossible for me if I was not doing meditation. Meditation definitely helped me to question myself on why I am using social media and being in a constant state of sadness and still using it and unable to stop it. From there it was a very easy decision to make and I deleted all the social media apps from my phone and yes I do get the urge to go on social media once a month but now I am able to control that urge.

Being mindful allowed me to slow down and focus on what's truly important, like spending time with family and friends, and pursuing my passions and hobbies.

I found that without the constant distraction of social media, I was able to focus more on my personal growth and development. I was able to really listen to my thoughts and emotions and respond to them in a more positive way.

Leaving social media was not easy, but it was definitely worth it. I encourage anyone who is feeling overwhelmed by social media to take a break and try practicing mindfulness. It may be challenging at first, but the benefits are immense. You may discover a new sense of clarity and purpose that you never knew existed. We don’t have to suffer to then leave social media, we can do it as a challenge to ourselves for some period of time and then later observe our moods with and without social media in general. You don’t have to rely on blogs like me, just go and experiment with yourself and be curious on what are your limits.

Thank you for your wonderful time in reading this blog.

Jai Sri Hari

Hey everyone, it's been a while since I've been on social media. I decided to take a break and delete all my apps. It was tough at first, but now that I've done it, I can't even express how much I feel free. I realized how much I was addicted to social media and how it was controlling my life.

But what really helped me in leaving social media was spirituality and meditation. I started practicing meditation and focusing on my spiritual growth, and it changed everything. I realized that I was looking for something on social media that I couldn't find in real life. It was like a never-ending cycle of trying to be happy through external means.

Through my spiritual practice, I found a new sense of peace and joy that I never knew existed. It was a feeling of being complete within myself, without needing external validation.

Leaving social media was a tough decision, but it was the best thing I could have done for myself. I hope that you'll find your own path to inner peace and happiness, whatever that may be."

I hope this blog captures the emotions and thoughts of a young Indian boy who has left social media and discovered the benefits of spirituality and meditation. The focus is gently kept on the aspect of spirituality while highlighting the personal transformation that can be achieved by taking a break from social media.

Hello everyone, it’s been a few months since I left social media, and I have to say, it has been one of the best decisions I've made in a long time. Initially, it was tough, as I felt like I was missing out on what everyone else was doing, but now, I feel free and liberated.

It's amazing how much time we can waste scrolling through social media and how much energy we can expend keeping up with what everyone else is doing. Once I stepped away, I realised how addicted I was to social media and how it was taking away from my focus on important things in life.

I just realised that leaving social media would be almost impossible for me if I was not doing meditation. Meditation definitely helped me question why I'm using social media and being in a constant state of sadness while using it and unable to stop. From there, it was a very easy decision to make, and I deleted all the social media apps from my phone. Yes, I still get the urge to go on social media once a month, but now I can control that urge.

Being mindful allowed me to slow down and focus on what is truly important, like spending time with family and friends and pursuing my passions and hobbies.

I found that without the constant distraction of social media, I was able to focus more on my personal growth and development. I was able to really listen to my thoughts and emotions and respond to them in a more positive way.

Leaving social media was not easy, but it was worth it. I encourage anyone who is feeling overwhelmed by social media to take a break and try practising mindfulness. It may be challenging at first, but the benefits are immense. You may discover a new sense of clarity and purpose that you never knew existed. We do not have to suffer to then leave social media; we can do it as a challenge to ourselves for some period of time and then later observe our moods with and without social media in general. You do not have to rely on blogs like mine; just go and experiment with yourself and be curious about what your limits are.

Thank you for your wonderful time spent reading this blog.

Jai Sri Hari.