Why do so many people on the planet right now medicate themselves, they medicate themselves with too much technology, they're medicating themselves in front of that white screen, checking the smartphone a hundred and ten times every day. That's not checking your technology, you know what that is, that's an addiction, and an escape from what is.

为什么现在地球上有那么多人自己用药，他们过度使用技术这种药，他们在手机屏幕前给自己用药，每天要查看110次手机。这并不是在检查技术，你知道那是什么吗，那是一种瘾，也是对现实的一种逃避。

And if you said to most people, did you know you're addicted to your smartphone, did you know you're addicted to your notifications, addicted to your television, did you know you're addicted to your excuses, addicted to gossip, did you know you're drinking too much alcohol because you're addicted to it, did you know that this is all a flight from what is, because deep down inside the deepest unknown part of you knows that you're in pain over potential unlived. They would fight you to the death.

如果你对大多数人说：你知道你对智能手机上瘾了吗，你知道你对手机通知、对电视上瘾了吗，你知道你对找借口上瘾了吗，对流言蜚语上瘾了吗，你知道你喝太多酒是因为对酒上瘾了吗，你知道吗，这一切都是为了逃避现实，因为在你内心深处最深的未知部分，你知道自己在为无处施展的潜力而痛苦。它们会与你斗争到底。

Deep down inside I believe most people on the planet are heartbroken. Why? Because they've betrayed the visions, ambitions, values and mission in their heart, they've betrayed their talent by buying into the mass hypnosis that the world has sold them. And they're 35 and they're 45 years old, and they're just no no, this is what everyone does, and they just check check check check check.

我相信这个星球上大多数人的内心深处，都是破碎的。为什么？因为他们背叛了自己心中的愿景、抱负、价值观和使命，相信了这个世界卖给他们的大众催眠药，并且背叛了自己的才能，不去发挥出来。他们35岁，45岁，不、不、不，每个人都是如此，他们只是看手机、看手机、看手机、不停地看着手机...

1.**medicate**['medɪkeɪt]

 用药治疗；加药品于；

2.**in front of that white screen**

在白色屏幕前；

3.**check the smartphone**

  看手机；

4.**an escape from what is**

  对现实的逃避；

5.**be addicted to**

  对…上瘾；沉溺于…；

6.**a flight from what is**

  对现实的逃避；

7.**deep down inside**

  内心深处；

8.**fight you to the death**

  和你战斗到底；

9.**heartbroken**

  悲伤的，伤心的；

10.**betray the visions**

  背叛愿景；

11.**buy into the mass hypnosis**

  接受集体催眠；