

The Lust of the Eye

In 1 John 2:16 we read of the lust of the eye. The word “lust” can also be translated desire. And what does the eye desire? What does it want to do? The eye jumps. It flits from one thing to another. It doesn’t move slowly. The eye, like the flesh, lusts for the next thing it can devour.

What would happen if someone could control your eye? He would have more control of your mind. By controlling what you see, he could control what you think about. Then, if he could match the lust of the eye to the lusts of the flesh, he could potentially inhibit you from looking at higher, more spiritual things.

Jesus said, “The eye is the lamp of the body. If your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. And if the light in you is darkness, how great is the darkness!”

Beware him who wants to control your eyes!

That Glow!

Parents who bought their first television in the 1950s or 1960s knew something was not quite right when they saw their children transfixed to the screen. It wasn’t that *Father Knows Best* was a morally compromising show. It was that they couldn’t peel their children away from the tube.

Dr. Nicholas Kardaras, an addiction expert, recently released a book, *Glow Kids*. In it he explains how screens can be addicting to children.

In his clinic he observed that kids raised with “high-screen diets” suffered from a digital malaise. They are, he says, “uninterested and uninteresting, bored and boring. They lack curiosity and a sense of wonder that non-screen kids seem to have.”

His assessment is that those who are passively stimulated by a glowing screen don’t have to do “the neural heavy lifting” that develops the brain.



Kids who are hyper-stimulated by any immersive screen opt to stay in the digital matrix. Screen addiction has the same dynamic as a heroin addiction. The one-two punch of adrenaline and dopamine often proves irresistible.

Video game developers know this. Therefore they measure adrenaline and dopamine levels in order to make video games as addicting as possible.

Gaming is a multi-billion dollar industry that employs the best neuroscientists and behavioral psychologists. If a game doesn’t spike blood pressure to 180 over 140, they adjust the game. One study showed that video games raise dopamine levels almost as much as cocaine does.

Adding to the problem, research shows that excessive screen use also stunts brain development. Thus a hyper-arousing game creates a double whammy. It is not only addicting, but the addiction impedes the exact brain development necessary to resist addiction.

Dr. Kardaras has worked with hundreds of heroin and crystal meth addicts. He finds it easier to treat a heroin addict than a screen addict because screens are everywhere. Heroin isn’t.

He believes the key to preventing digital addiction is keeping screen usage low during the early ages. “Let children’s brains develop fully before we expose them to these digital drugs.”

The Eye World

What Christmas gift is guaranteed to drive your friends or family further away from you? The virtual reality (VR) headset. Give one to people you love and watch them disappear into another dimension with a genuine “Wow!” as they engage a new world.

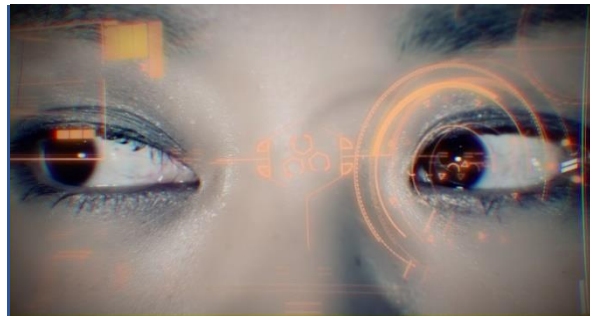


Oculus (See our coverage from 2014) has now released the consumer-ready Rift. HTC, Sony, and Samsung have their versions and Google has just launched Daydream View, which can take you, via Google Earth, anywhere on the planet. It lets you look around in virtual space and makes you believe you are actually there.

Modern VR headsets come in two types: mobile or tethered. Slip your smartphone into a mobile headset and its built-in lenses separate your phone screen into an image for each eye giving you virtual 3D viewing. Because all of the processing is done on your phone, you don't need to connect any wires to the headset. Headsets like the Samsung Gear VR and Google Daydream View are inexpensive at \$100 or less.

The second category, tethered headsets, including the Oculus Rift, HTC Vive, and PlayStation VR, are physically connected to your PC via cable. The dedicated display in the headset, as well as the built-in motion sensors drastically improve both image fidelity and head tracking.

Now Fove is taking VR to a new level. Their radical new feature is eye-tracking. Fove will know exactly where your eye is focused. It uses infrared sensors to track where the pupil of your eye is looking. “In-game” characters can then make intelligent eye contact with you. Fove will also anticipate where you will want to look. Not surprisingly, the leading software developers are in the gaming and pornography industries.



Definition:

Fovea: the area of the retina that provides the most acute vision.

To make eye tracking useful, it needs to be extremely fast and extremely accurate. That's not as easy as it sounds — your eye darts from place to place, your gaze doesn't

go in a straight line. But by knowing exactly where you are looking, Fove can greatly increase the detail of that focal point and decrease the detail of your peripheral vision. That will reduce the computer's power requirements, enable Fove to run on a cheaper computer, and thus reach more people.

The technology described above is “foveated rendering” and it could make full immersion in virtual reality far more compelling.

Say goodbye to more of your friends if this is indeed the new “killer technology.”

The *eye-world* can draw us directly into the *i-World*, the world of the self and the selfie.

Keep a sound eye in the real world.

Christmas Giving

Kairos depends on a lot of people making donations in order for us to keep current programs running and to develop new ones.

Things like this newsletter have no other support than donations. Others, like Grandly – the Strategic Grandparents Club are just starting and are underfunded.

Please consider making a donation this year to support our work by clicking below.

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