

THE LAST HUMAN

WHY YOUR KIDS WILL BE THE LAST
GENERATION TO LIVE LIKE HUMANS.

AS LONG AS ONE LIVES, HUMANITY SURVIVES.

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Author's Note

“We have the world at our fingertips, it’s true, but we’ve lost the touch of the ones close to you.”

As I place this book into your hands today, a multitude of emotions stir within me. I am often asked why, in this modern era where technology and progress dazzle us at every turn, I felt the necessity to write on a subject like **‘The Last Human’**. First and foremost, I wish to make it explicitly clear that I am a profound admirer of technology, the internet, and this digital revolution. I myself utilize technology extensively and recognize its power; it is a marvelous achievement that a mother can witness her child’s smile from thousands of miles away. I hold this progress in the highest regard.

The purpose of this book is by no means to hurt anyone’s sentiments or to show disrespect toward any lifestyle. Rather, as a fellow traveler, I merely wish to present a small perspective before you. My concern lies with those fragile relationships where we remain under the same roof yet have drifted miles apart. Technology was intended to make our lives seamless, yet inadvertently, we have turned it into a ‘Digital Babysitter’ for our children. Instead of giving them our time, we hand them a screen, causing their tender emotions to become increasingly mechanical.

Today, the line between our ‘Necessity’ and ‘Habit’ has blurred. We are gradually falling prey to a certain mental and physical ‘Laziness’. Our dependency on devices has grown so much that we have become accustomed to controlling every small

thing via 'Remote Control'. This lethargy is becoming a major reason for the lack of harmony in our relationships. We have forgotten that the 'Grace and Prosperity' (Barkat) of a home comes not from expensive gadgets, but from being present for one another and the warmth of shared moments.

Moreover, we have unknowingly entered an era of 'Digital Toxicity' where mental peace has become a luxury. This is why people across the globe are increasingly struggling with stress and behavioral issues. In this digital glitter, we are also losing the sanctity of our 'Privacy.' This urge for validation is disrupting both our peace and security.

However, I also believe that there are many 'Wise People' who use technology in a refined and balanced way. This book is an attempt to take inspiration from them and lead us all back toward that balance.

This book is a 'Mirror' in which you and I will together engage in self-reflection. I am confident that after reading this, we will be able to experience those favorite people around us with even greater depth. Come, let us rediscover the voice of our sensibilities amidst this digital clamor.

- Sincerely Yours

The Awakening

Have you ever noticed that we live in a world filled with noise, yet devoid of peace? Where fingers move swiftly across screens, but tremble when it comes to holding someone's hand? This book is not for those who simply use technology; it is for those who wish to rediscover their 'humanity' amidst this digital chaos.

This is not just my story; it is the tale of every individual who feels alone even in a crowd. If you are holding this book today, it means you, too, feel the weight of that 'Invisible Leash.' Walk with me on this journey, where we step out of the Wi-Fi network to reconnect with the soul.

Perhaps we are 'The Last Humans' who knew what it felt like to smile without a screen. Come, let us find that world again, where our identity was defined not by our 'profiles,' but by our 'emotions.'

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CHAPTER 1:

The Invisible Leash

It is 3:00 a.m. Silence is everywhere, yet a cold, synthetic blue glow flickers in a corner of your room. You aren't sleeping; your tired eyes are fixed on that glowing screen, and your fingers scroll aimlessly without a purpose.

Before we go any further, I want to make one thing absolutely clear- I am not against technology. I support it fully and believe it is the greatest blessing of our era. My words should not be seen as an opposition to technology, but rather as a 'call for reflection.' I am speaking only of the impact it is unknowingly having on our relationships, our mental health, and our simplicity. In this digital noise, we have even lost the 'Barkat' (blessings) and the tranquility of our homes that once came from simply sitting together. My purpose is not to prove anyone wrong, but to turn us back from the edge where, in our attempt to run machines, we are becoming machines ourselves. Pause for a moment and ask yourself an honest question in this darkness- Are you really using this phone, or has this phone started using you as its slave? The problem is not the phone; the problem is the 'Invisible Leash' that has gripped our consciousness. This is the bitter truth that is turning our world into a 'Frozen Photograph'-a world where the scenery is beautiful, but the music and the heartbeat are missing.

This silence reminds me of a dinner at a friend's house. The table was laden with delicious dishes that my friend had spent hours preparing in the scorching heat of the kitchen with great care. She wanted us all to cherish those moments together. But when everyone gathered at the table, bodies were present, but conversation was absent. Her son was lost in a digital world; her husband was buried under the weight of his 'inbox.'

And my friend? She was entirely engrossed in finding the 'perfect camera angle' for social media. The meal she had crafted with such devotion had become nothing more than 'Content.' She was so occupied with presenting those beautiful images to the world that she didn't realize the food was slowly growing cold and tasteless. The steam vanished from the plates, but their 'digital hunger' was never-ending.

We gained 'Connectivity' through technology, but we lost 'Connection.' We learned the skill of connecting with a stranger on the other side of the world, but we forgot how to look into the eyes of the person sitting right next to us. Our fingers can send messages thousands of miles away, but today we hesitate to hold the hand of a loved one beside us. As I look at this sleeping city from my window today, I see that 'Invisible Leash' in every hand. We have connected to the network, but we have weakened the bond with our own souls.

I leave you at the doorstep of your heart with this one thought: "We sit side by side, yet oceans apart we stay, bound by a leash, we've given our freedom away."

CHAPTER 2:

The Death of Silence

In today's modern world, silence has been branded a crime. We are so terrified of sitting in stillness, of being alone with our own thoughts, that the moment silence descends, we desperately plug our ears with earphones. A single digital notification triggers a wave of anxiety, a restless urge that suffocates our peace. We have mistaken "noise" for "life," and in this blind race, we have murdered the very silence that was once the sanctuary of our souls.

My grandmother used to say something that echoes like a haunting melody in my mind today: "In a house where the lamp of peace does not burn in stillness, prosperity and grace can never find a home." But alas, that lamp has been extinguished. The "Halloween storm" of digital notifications has crushed that inner flame. Our relationships have become the silent victims of this era. We sit across from our loved ones, under the same roof, at the same table, yet our eyes never meet. Instead, they are glued to the cold, lifeless glow of our screens. We are physically present, yet centuries apart. We stopped listening to the breath of those beside us and turned the chime of a machine into our God.

This "Death of Silence" is not just an external noise; it is a violent assault on our mental health. We wear the mask of "multitasking" as a badge of honor, but the reality is a mind that

never sleeps, never rests. The result? Chronic irritability, constant stress, and a hollow emptiness that we try to fill with the fake glitter of social media. We are losing our focus, our productivity, and our very ability to feel. As “The Last Human,” I look at this generation and tremble. Imagine the final moment when the world’s power goes out, when every screen turns black, and that expensive smartphone in your hand becomes nothing more than a useless slab of glass. In that moment, silence will return but it won’t bring peace. It will come to haunt you, because by then, we will have forgotten the art of human connection.

Let me be clear: I am not against technology. Technology is progress. My heart aches for the relationships dying in the noise, the mental health crumbling under pressure, and the loss of the human spirit that can no longer focus on its true purpose. Machines were made to serve us; we were not made to be slaves to machines.

As you close this chapter, I leave you with three questions that I hope will disturb your sleep:

- Do you truly fear being alone, or do you fear the truth that emerges from within you when the world goes quiet?
- Has the phone you bought to “connect” with the world actually disconnected you from your own soul?
- Are you living your life by choice, or are you a slave to a “ping” from an unknown server?

Remember, the deepest graves are not dug in the earth; they are found within living hearts where relationships and emotions die a quiet, unnoticed death.

CHAPTER 3:

Digital Loneliness - Thousands of Friends, Yet a Lonely Mind

“**T**he city is crowded, yet every soul is alone. In this world of filters, only memories are known. A smartphone in hand, yet the heart yearns to speak, surrounded by loved ones, yet it’s a stranger we seek.”

It was seven in the evening. After the long grind of the workday, I (Myra) sat by the window table of a quiet coffee shop. Outside, the city was racing toward its destination, and inside, the scene was just as intriguing. At the table across from me, Neil was deeply immersed in his smartphone. He was a passionate online gamer, and he was busy sharing screenshots of his latest global victory on his profile.

“Are you seeing this, Myra? This digital world has given us a literal superpower! I’m sitting here, yet I’m connected with players across the globe. In just fifteen minutes, five hundred people have become part of this victory,” Neil said, his eyes sparkling with excitement. “This world is so vast and thrilling, isn’t it?” I took a sip of my coffee and smiled.

“Absolutely, Neil! Our generation is fortunate to have this technology. Working online, building global communities through gaming, or creating an identity on social media, these are the ‘superpowers’ of today. Without technology, we would truly feel incomplete. But Neil, tell me something... last week, when you were sick and alone in that quiet hospital room, were these digital cheers actually there by your side?”

Neil’s fingers froze on the screen. He placed his phone face down on the table and spoke in a low voice, “To be honest, Myra? At that moment, I was a ‘winner’ on the screen, but in reality, I was profoundly alone. Everyone sent digital prayers and long comments of support, but I had to call the nurse just to refill the glass of water sitting right next to me. In that crowd of thousands of ‘online friends’, I felt like the loneliest person on earth that night.”

This is the most beautiful yet challenging aspect of our era. Technology has given us an incredible platform to connect with the entire world, which is a blessing. Being online or using gadgets isn’t wrong; it is a necessity of the modern world.

However, the challenge arises when we start mistaking ‘digital connection’ as a complete substitute for ‘human emotion.’

“I often scroll through the ‘perfect’ digital lives of others,” Neil added, “and I unknowingly start comparing my real life with theirs. It feels like everyone else is enjoying every second, while I’m just stuck.” I placed a hand on his shoulder. “Neil, gadgets and games are meant to enhance our lives, not to imprison us. We need to learn the art of balancing our online world with our offline emotions. Technology allows us to befriend strangers across seven seas, which is wonderful. We just need to ensure that in all this

digital noise, the voices of those sitting right next to us don't get drowned out."

I am the biggest fan of technology. It has given us limitless opportunities for work, entertainment, and connection. Companies have provided us with these magnificent tools to expand our horizons. We must use these tools to 'connect', but we must also understand the thirst of the soul that doesn't just need an emoji, but a true human touch and presence.

Looking out at the fading evening light, I concluded, "In this crowd of thousands of friends, if the mind is lonely, the fault doesn't lie with the Wi-Fi signal. We must embrace technology and make it our greatest strength, but we must also protect the 'mind' that beats in the world beyond the screen."

"Nature doesn't change on its own, my friend. Now even meetings are decided by the apps we send. The warmth of relationships is lost in this digital noise. We live only for notifications, losing our inner voice."

CHAPTER: 4

The New Generation and Digital Childhood: The Robot Generation

Today, we have unknowingly turned technology into a modern-day ‘Baby-sitter.’ It is a haunting reality of our times that children are learning how to ‘Skip Ads’ and swipe through screens long before they learn to speak their first words or call out to their parents. Instead of taking them to the terrace to witness the vastness of the real moon and stars, we are confining them within four walls, handing them flickering devices, and feeding them a world made of cold, artificial ‘Pixels.’

The Touch of Soil and Real-World Wisdom

A child’s development is incomplete without the touch of the earth. If a child does not play in the mud, feel the rhythm of the rain, or graze their knees while running in a park, how will they ever gain the true experiences of life? Childhood is now imprisoned within a handheld device. The resilience and character built by falling down and getting back up on a playground can never be taught by a ‘Refresh’ or ‘Restart’ button. We are raising a ‘Robot Generation’ - highly efficient at navigating software, but completely disconnected from the soul of nature.

Information Overload vs. The Loss of Wisdom

By handing children the keys to the 'Virtual World', we have given them an ocean of information but robbed them of true wisdom and values. A search engine can provide facts, but it cannot teach empathy, respect, or the strength to face life's emotional challenges. The blue light of the screen is not just straining their eyes; it is dimming their imagination and killing their ability to think originally. They are becoming consumers of content rather than creators of dreams.

A Call for Change

We must realize that no smart gadget can ever replace a mother's lullaby or the warmth of a father's hand in a park.

Children do not need 'High-Speed Internet'; they need 'High-Quality Time' with their family. We must pull them out of this virtual trap so they can breathe the scent of humanity and feel the warmth of real relationships. If their entire childhood is spent staring at a machine, they won't grow up with golden memories, they will only grow up with a hollow 'Browsing History.'

CHAPTER 5:

The Trading of Emotions

Theme: Machine Manipulation

Have you ever noticed that you just think about something, and suddenly, an advertisement for it haunts your screen? This is no coincidence. Our digital algorithms now understand our vulnerabilities better than we understand ourselves. We are living in an era where there is a literal “Trading of Emotions.” The digital world doesn’t profit from your peace or your happiness; it thrives on your rage. It has been mathematically proven that a mind in a state of anger stays glued to the screen far longer than a mind at peace, and that extra “screen time” is exactly what these machines are hungry for.

The Business of Trolling and Digital Outrage

In today’s world, ‘Trolling’ is not just bad behavior; it is a calculated business model. The algorithm knows that if it shows you something you agree with, you might just “like” it and move on. But if it shows you something that offends you, something that triggers your hate or your ego, you will react. You will comment, you will argue, and you will share it in frustration. At that moment, you have lost, and the machine has won. Your anger is someone’s revenue; your outrage is a corporation’s profit. We sit behind

keyboards attacking strangers, thinking we are expressing our “opinion,” without realizing that the strings attached to our emotions are being pulled by an invisible code designed to keep us divided.

Free Minds vs. The Slavery of Code

The beauty of the human mind lies in its freedom. True creativity, innovation, and empathy are born in a mind that is liberated- one that is not a slave to a programmed code. Yet, we are being herded into “digital cages” where we are shown exactly what will provoke us. We are losing our sensitivity and becoming mere pawns in a global game of data harvesting. Our sympathy, our love, and even our political stances are being manipulated to serve an algorithm’s hunger for engagement.

A Call to Awakening

It is time to reclaim our consciousness. We must stop allowing our deepest feelings to be puppeted by software. Real life exists outside the screen, where emotions are authentic and not manufactured for clicks. Before you type a hateful comment or join a trolling campaign, ask yourself: Is this truly your anger, or was it “fed” to you? Empower yourself to a level where your mind is no longer a slave to a machine, but a follower of your own soul.

Remember, true brilliance and growth only come to a mind that is free, not one that is trapped in the slavery of an algorithm.

CHAPTER 6:

The Lost Art of Focus

Theme: The Era of Distraction and Digital Slavery

Do you remember the last time you completed a deep task, read a complex book, or sat with your own thoughts for thirty minutes without glancing at your phone even once? Probably not. The greatest tragedy of our modern era is not a lack of resources or time, but the systematic destruction of our ‘Focus.’ We are living in an age where human attention has become the most expensive commodity on the planet, harvested by tech giants every single second. We are more “digitally connected” than ever, yet we are mentally fragmented, emotionally exhausted, and spiritually disconnected.

1. The Architecture of Addiction: A Design for Slavery

We often flatter ourselves by thinking that using a smartphone is a conscious personal choice. However, the cold, hard truth is that the very design of a smartphone is engineered to turn every user from a toddler to a professional into a digital addict. These devices are not neutral tools; they are sophisticated psychological traps. Thousands of the world’s smartest engineers and neuroscientists have worked together to ensure that your screen triggers ‘Dopamine’ loops in your brain, similar to a slot machine

in a casino. Our youth, the supposed architects of the future, are wasting their most precious years and their cognitive potential in a trance of mindless scrolling. They are burning through their lives one short-form video at a time, unaware that an invisible algorithm is literally rewiring their brains to stay restless and unsatisfied.

2. The Illusion of Multi-Tasking and The Death of Depth

We have glorified ‘multi-tasking’ as a modern-day survival skill, but in reality, it is a cognitive defect that erodes our mental depth and kills our ability to think originally. We eat while scrolling, work while checking notifications, and try to sustain relationships while distracted by pings. The result is a “shallow life.” Focus was once the superpower that allowed humanity to write epic literature, compose timeless symphonies, and decode the laws of physics. Today, that superpower is shattered by a single notification ‘ping’, which instantly turns hours of deep, meaningful thought into digital noise. Our brains are losing the ability to tolerate silence or boredom, which are the very soil where genius takes root.

3. Surface-Level Living Vs. Reclaiming Your Mind

When our attention is fragmented, our successes become superficial. Instead of digging deep wells of wisdom, we are digging countless shallow pits that yield no water and provide no soul-satisfaction. We consume vast oceans of information but gain zero insight. Greatness and abundance only come to a mind that can remain fixed on a single point like a laser beam. Depth is found in the stillness, not in the relentless, chaotic noise of the digital world.

4. The Final Call: Become A Creator, Not A Consumer

To save our creativity and our humanity, we must rebel against this distraction. We must relearn the art of concentration and protect our “attention” as if our lives depend on it because they do. Recognize the value of your time; it is your only non-renewable asset. Stop squandering it on mindless content and the fleeting opinions of strangers. Reclaim your focus, or this world will turn you into a permanent ‘Consumer’, never allowing you to become a ‘Creator.’ Break the chains, put down the device, and rediscover the immense power of a quiet, focused, and free mind.

CHAPTER 7:

The Fake Smile - The Pain Hidden Behind Filters

In today's world, humanity has become part of a race where 'appearing' to be something is more important than 'being' something. We are moving toward a civilization where our true selves are buried under layers of gadgets and social media profiles. As the author of "The Last Human," when I look back at our evolution, I realize that we have traded our souls for a few pixels and likes.

The City of Masks

We have all adorned an invisible mask- 'The Fake Smile.' This smile is not a sign of happiness; it is a shield. On our mobile screens, whenever we take a photograph, our fingers instinctively move toward the 'filters.' We brighten our complexion, erase our scars, and add a false sparkle to our eyes. But what about the blurriness that lingers behind that digital radiance?

The truth is, we have stopped accepting our flaws. We have become so blinded by the desire to look 'perfect' that we have forgotten that the greatest beauty of being human lies in our imperfections. Filters can wipe away wrinkles, but they cannot lift

the weight of memories and the loneliness that hollows a person from within.

“I am fine” - The Biggest Lie of the Century. When I observe this society closely, I find that the most frequently told lie of this era is “I am fine.” These are not just three words; they are a muffled scream suppressed amidst the noise of civilization. We are in crowds, we are at parties, we are connected via digital networks yet, we are more alone than ever before.

Our smiles no longer light the path to our hearts; instead, they have become ‘Do Not Disturb’ signs. We fear that if we reveal our sadness, the world will deem us ‘weak.’ Consequently, we hide our sobs behind emojis and our tears behind high-definition images.

The Search for Existence

Have you ever wondered when you last smiled without the pressure of a camera? A smile that wasn’t meant for an audience, wasn’t intended for a social media feed, but was purely for your own peace. Humanity does not end when breathing stops; it ends when we stop being honest about our emotions. This chapter serves as a reminder that the pain hidden behind the filter is exactly what makes us ‘human.’ If we cease to feel pain, we will become machines- polished, flawless, but entirely soulless.

From the Author’s Pen...

As a writer, my only request to you is this: do not fear your sadness. It belongs to you as much as your joy does. Remove the mask, stand before the mirror, and meet the person who exists without a filter. Because in the end, only the ‘real you’ will remain; everything else is just digital smoke.

“We curated our galleries, but let our souls decay, polished our smiles, while our hearts turned gray. In a world of pixels, where everything shines so bright, we’ve lost the courage to embrace our own night.”

“The prettiest filter couldn’t fix the broken part. It hid the tear, but couldn’t heal the heart. We are a generation of ‘perfect’ faces, living in empty, hollow, digital spaces.”

“Authenticity is the new rebellion. In a world full of masks, dare to be the one who owns their scars.”

Conclusion: The Unfiltered Reality

As I close this chapter, I want you to take a deep breath. For a moment, stop trying to look happy and just be. The digital world has taught us to fear the dark, to fear the raw, and to fear the real. But as the author of this journey, I want to remind you that your value is not measured by the engagement on your posts or the brightness of your skin in a photo. Your value lies in your ability to feel, to hurt, and to heal.

We are “The Last Humans” because we still have the choice to put down the phone and pick up our true selves. Don’t let your life become a gallery of lies. Let it be a messy, beautiful, and honest story. Because at the end of the day, a single genuine tear is more powerful than a thousand filtered smiles. Embrace the raw. Embrace the real. Embrace you.

CHAPTER 8:

Memory in the Cloud (Why Do We No Longer Remember?)

“**T**hey say nothing is ever lost anymore... that everything is safe in the ‘Cloud.’ Every smile, every tear, every encounter, everything has become immortalized as a data file. But if everything is so secure up there, then why this profound emptiness these days? Perhaps it is because some have learned how to ‘save’ memories, but have forgotten how to ‘live’ them. And when human connection is replaced by digital files, that is when we witness the birth of “The Last Human.”

We often come across scenes that shake us to the very core. Recently, I attended a funeral and I witnessed two entirely different worlds existing in the same space. On one side was the family, completely immersed in the grief of losing their most beloved person. Their tears and the heavy silence on their faces bore witness to a pain that is impossible to put into words. For them, that time was meant for experiencing the final memories of their favorite person. But on the other side, there was a different sight- people who were present only in body. I saw individuals standing in corners, indifferently scrolling through their phones. Their thumbs moved rapidly across the screens, as if they had no

connection to the agony of the grieving family before them. Some were checking social media feeds, while others read mindless messages. It sent a sting through my heart to see how we have abandoned the feelings of living, breathing humans to chase 'digital shadows.' People were there, yet they weren't; their sensibilities seemed entangled somewhere within that blue-lit screen. In that crowd, I caught a glimpse of 'The Last Human' - the one who was weeping in their memories instead of staring at a phone. Perhaps, upon reading my words, some might perceive me as a person with conservative thoughts, but believe me, that is not the case at all. I fully support the internet and technology; I am a complete advocate for this progress. I use technology extensively myself, and it is difficult to imagine modern life without it. I am genuinely happy that technology has advanced so much. Today, when we talk to loved ones across seven seas via video call, it feels as though we are sitting face-to-face. Technology has acted as a bridge to unite us, and I heartfully appreciate this progress.

However, I personally use technology only as much as is necessary. And this is the humble perspective or suggestion I wish to place before everyone. We should use technology according to our needs, rather than becoming its slave and losing our real lives and emotions. I have immense respect for those who give 'First Preference' to their work.

Whether it is a professional working from home, a teacher, or an employee, their true identity lies in their concentration toward their duty. They understand that when they are on duty, it is their 'work' that is paramount, not their phone.

The purpose of this book is not to criticize anyone. I am merely reaching out as a well-wisher, making a small effort to awaken that lost human essence within all of us.

“Technology was meant to be a lamp to vanish the darkness of distances, but we must ensure that our human emotions are not scorched in its flame. I am not against progress; I am part of this living tomorrow where the internet has shrunk borders. But my only request is this: when you work, do it with total devotion, and when you hold someone’s hand, feel it ‘spiritually,’ not just ‘digitally.’ Do not let mindless distractions become your priority. In this crowd of machines, do not lose yourself... because the day our sensibilities vanish, history will remember us only as The Last Human.”

CHAPTER 9:

The Death of Silence

Why Do We Crave Everything ‘Instant’?

“Our fingers are weary from constant refreshing. If only life could be updated with such effortless pressing.”

In today’s world, if there is one luxury that remains truly unaffordable, it is ‘Soulful Silence.’ But before you label me as someone with an outdated mindset or a person disconnected from modern progress, let me be clear- I am very much a part of this ‘Smart Generation.’ I find navigating new paths nearly impossible without digital maps, I rely on mobile apps for my meals when needed, and I am the same person who hits the ‘refresh’ button five times if a movie on an online streaming app takes even a second longer to load.

Technology is not the villain here; the culprit is that ‘Invisible Remote Control’ that has hijacked our sense of patience. Just imagine, if ‘Patience’ were a commodity sold in a store today, people would probably be elbowing each other, shouting, “Excuse me, can I get a pound of patience? And please hurry, I’m running late!” This is our hilarious yet tragic reality. We live in an era where the thirty seconds it takes for popcorn to pop in a microwave feels like a lifetime. We have lost the sweetness of ‘The Wait.’ In

earlier times, waiting for someone meant observing the world around us or reading the faces of passersby. Now? If a person steps away for even two minutes, we check our phones ten times, as if an urgent invitation from Mars might arrive in that tiny window!

This hunger for 'Instant Gratification' is consuming the little conversation left in our relationships. In this day and age, having the entire family sit together at the Dining Table has become a challenge in itself. Everyone is so caught up in their own frantic schedules that it is rare to find those thirty minutes where everyone is present. But the irony is that even during those precious moments, instead of sharing a meal or a conversation, we are buried in our smartphone screens or laptops. The time that was meant to heal the day's exhaustion is sacrificed at the altar of 'Digital Noise.' We are together, yet we are worlds apart. This restlessness has even changed how we communicate. If we send a message and don't receive a reply within minutes, anxiety kicks in. We have stopped giving others permission to be 'Silent.' When I speak of silence, I don't mean that you should become isolated from the world or discard your devices. Technology is a necessity, and I hold it in high regard. My point is simply about those five minutes when you enjoy a cup of tea without a notification popping up. Those two minutes in an elevator where, instead of hiding behind a screen, you offer a simple smile to a stranger.

It is a strange irony that the technology designed to connect us has made us so impatient that we are always in a hurry to be 'somewhere else' even when we are with our loved ones. In chasing the 'Instant', we are losing the 'Important.' This isn't a lecture or a piece of unsolicited advice; it is a small attempt to stop ourselves from turning into 'Machines.' We must use technology, but technology should not use us- it's as simple as that.

CHAPTER 10:

The Digital Partition

Subtitle: Reclaiming the Soul and Peace of the Human Home

A message from a friend friends, before we dive in, let me be very clear- I am not against technology. In fact, I fully support it, and in today's world, we are incomplete without it. It is because of this very technology that I am able to share my thoughts with you. I am not here to lecture you from a pedestal; I am simply here as a friend, sharing something we all witness every day. We often talk about changing the world, but have we noticed the "Digital Partition" happening right inside our own homes?

Professional Discipline vs. Domestic Respect

In many leading corporations and workplaces, employees are respectfully asked to park their phones at the reception or in lockers during work hours. Whether it's a senior executive or a new intern, everyone follows this rule to ensure total 'focus.' We accept this professional discipline because we value our career growth.

But have you ever wondered doesn't our home and our loved ones deserve that same 'focus'? The only difference is that in the office, a lack of focus ruins a project; at home, it ruins a

relationship. Technology isn't the enemy, but when we prioritize a notification over a conversation at the dinner table, we unintentionally diminish the respect our family deserves. If we can stay away from our phones for eight hours for professional success, why can't we practice this 'discipline of love' for just one hour for our family's happiness?

Our Future Generation: What Are We Modeling?

The most critical factor is our children. Children don't do what we 'tell' them to do; they do what they 'see' us doing. If they constantly see us tethered to a screen, they will grow up believing that 'digital glow' is more important than 'human warmth'. We wouldn't want the next generation to be strangers living under the same roof. We must become a living example for them- showing them that machines are for work, but people are for love and presence.

The Last Human Challenge: Reclaiming Peace

Being 'The Last Human' isn't about becoming a hermit; it's about being the 'Smart Master' of your smart machines. We can start with these simple steps:

- **The Mobile Basket:** Designate a beautiful corner or a small basket in your home. When the family is together, respectfully let your phones 'rest' there.
- **The Eye-Contact Connection:** When someone shares their heart with you, place your phone face down and look into their eyes. Believe me, the person in front of you is a thousand times more precious than any 'viral video.'

- **The No-Digital Zone:** At the very least, keep the dinner table a phone-free zone. The true flavor of a meal comes from shared laughter and presence.

Final Thoughts

Technology was created to connect us with those far away, not to distance us from those right next to us. A home is a place where your hearts should connect, not just your Wi-Fi. Let's end this partition and bring back the peace that belongs to us.

CHAPTER 11:

The Art of Mental Clarity

(Digital Detox)

Subtitle: Recharging Your Mental Peace in a Connected World A Friendly Disclaimer (With a Smile!)

Friends, before you start imagining me as a “Digital Guru” or a “Doctor,” let me clear the air- I am neither! I’m not here to suggest you abandon your phone for a life in the mountains, nor am I an enemy of your favorite apps. In fact, I am a huge supporter of technology; I rely on it just as much as you do. However, sometimes I feel that our poor, tiny brain gets so overwhelmed by a day full of scrolling and thousands of notifications that if it could speak, it would probably scream: “Friend, stop! I can’t handle any more data!”

Brain Servicing: What We Often Forget

We get our cars serviced on time, we update our phone’s software, and we even clear the trash from our homes daily. So, why this unfairness to our most precious asset- the brain? People call it a “Digital Detox,” which sounds like a bitter medicine. I prefer to see it as a “Mindful Break.” This isn’t a legal restriction or a forced rule; it’s simply your own “Pause Button.” We often

fear that if we don't check our phones for an hour, the world will stop. Trust me, the giant social media platforms won't mind if you're offline for a bit. They will be there tomorrow, but this moment of peace might not.

Capturing Memories vs. Living Them (Balance is Key)

Here's a relatable thought. We often travel miles to the mountains or the sea to refresh our minds. Taking photos and making videos of those beautiful sights is perfectly fine, after all, we do it for our sweet memories. But ask yourself: are you experiencing those vistas with your own eyes, or only through a camera lens?

I believe that while you fill your digital gallery, you should also leave space for your "Mental Gallery," which only fills up through feeling. Collect your memories, but maintain a beautiful 'Balance' between the recording and the reality. Let's not miss out on the very freshness we traveled for, just because we were too busy hitting 'record.'

The Emotional Touch

Beyond the humor, think about this for a moment. We watch reels of strangers' lives, but do we always know what's going on in the hearts of our parents or children in the next room?

Sometimes we are 'Live' on the internet but 'Offline' in our most precious relationships. Our children see us lost in screens and might innocently wish they were a smartphone too, just to get that same level of attention. It stings a little to think about, doesn't it? But that realization is what reconnects us to our roots.

Final Thoughts:

My suggestion is simple- we don't need to 'quit' the phone; we just need to put it in its rightful place. Choose a few minutes a day where you are just 'You.' When you clear this mental clutter, you return with more energy and freshness. "The Last Human" is one who holds a phone in their hand but keeps a sacred corner for peace in their mind and a special place for loved ones in their heart.

CHAPTER 12:

Reconnecting with the Soil and the Sky (Peace, Prosperity, and Well-being)

Sitting in the quiet corner of the café, Aryan gently touched the screen of his digital pad and turned it off. On the dark, glossy surface of the glass, he saw a reflection of his own face- a face that was constantly surrounded by the frantic pace of algorithms and data, looking somewhat weary today. He ran his fingers over the rough, grainy surface of the old wooden table; the sensation was “real,” something no software had ever engineered. His long-time friend Kabir sat across from him, watching him in silence, as if trying to decipher the storm brewing within Aryan’s mind. “Kabir,” Aryan began in a calm, profound tone. “I am not against technology. You know that I am incomplete without it. But I fear that in this pursuit of speed, we might end up becoming mere machines. ‘The Last Human’ is the one who, even in this high-tech world, recognizes his own humanity and the ancient sanctity of home. True progress is not something that distances us from ourselves.”

Aryan took a sip of his coffee and continued with a hint of gravity, “Why do we rush to ‘Retreat Centres’ today in search of ‘Mindfulness’? Why must we seek refuge in mountains or silent

hermitages to find peace? It is because our souls are exhausted by this digital noise.

This is a matter of ‘Ghar ki Barkat’ (the sanctity and prosperity of home) and our mental well-being. When every corner of our home is filled with the clamor of screens and the haze of blue light, that deep, familial connection is lost.” He added further, “When we sit with our loved ones, looking into their eyes, laughing and talking without the intrusion of a phone that is the true ‘healing’ for our mind and body. When the brain is free from the pressure of devices, our physical health begins to flourish.”

Suddenly, a light drizzle began outside the window. As the rain hit the parched earth, a mystical aroma filled the air. Aryan took a long, deep breath and smiled. “Sense this, Kabir. The real magic lies in this ‘Scent of the Soil’ (Mitti ki Khushbu). Can any air purifier or app ever replicate this serenity? Especially for mothers who are about to bring a new life into this world, they don’t need the chaos of Wi-Fi signals; they need a safe, natural, and tranquil environment.

Newborn eyes don’t need radiation; they need a mother’s warmth and the lap of nature. When machines interfere less and human connection prevails, only then do ‘Barkat’ and health reside in a home.”

He slid his digital pad toward Kabir and said, “That is why I have envisioned a Global Blueprint where ‘Zero-Signal Zones’ will be integrated into the heart of smart cities. We need technology that respects human health and our ecological roots. This is not about stepping backwards; it is about using technology to ensure that we and the generations to come remain whole, healthy, and truly human.”

Aryan stood up, gathered his things, and walked out of the café. His eyes now held a new roadmap where technology and progress would coexist with the scent of the soil, the smiles of loved ones, and the enduring prosperity of home. The fresh air and the raindrops outside seemed to whisper a new hope, as if nature itself was welcoming his resolve.

CHAPTER 13:

The Power of Real Conversation - Looking into the Eyes

Opening Lines: “The world’s most precious currency is neither wealth nor expensive gifts-it is simply your ‘time’ and ‘attention.’

Why talk of scattered words in the air?

Let’s leave the phones aside and talk of feelings that we share. Expensive gifts offer only a fleeting spark. Come, let’s look into each other’s eyes and ignite a memory in the dark.”

Imagine sitting in a crowded cafe. You are surrounded by the mechanical symphony of coffee grinders, the constant ‘ping’ of notifications, and the relentless tapping of keyboards. Yet, in the midst of this digital noise, two people sit in a corner. Their phones lie face down on the table. They are looking into each other’s eyes. There is no Wi-Fi between them, yet there is a profound ‘connection.’

This is the magic we are losing in today’s digital hustle. In this fast-paced life, we have redefined the meaning of happiness. When a loved one’s birthday or anniversary arrives, our first instinct is to

find the most ‘expensive gift.’ We assume a branded watch or a high-end smartphone will bring them joy. We spend weeks scouring online stores, but we forget to search for one crucial thing-our own time. The truth is, the sparkle of a gift fades within days, but those few moments spent sitting together, looking into each other’s eyes, resonate in the heart forever. Our children, our parents, and our partners do not ask for ‘things’; they crave our ‘attention.’

I have often observed that people who maintain a balance in their relationships- be it personal or professional are not only happier but also significantly healthier, both physically and mentally. Spending time with loved ones acts as a natural healing therapy. Conversely, there is a strange trend today where people run away from their own family, pretending to be so busy as if they are handling massive global deals every single minute. This ‘show-off of busyness’ is a trap that destroys mental peace. Wise people have cautioned us about this for ages, yet we often choose to ignore these truths even after reading or hearing them.

Looking into someone’s eyes while talking is not just etiquette; it is the

foundation of ‘trust.’ When you maintain eye contact, you tell the other person, “You matter to me.” No matter where you are in the world, a real conversation always travels through the heart. It heals misunderstandings that a ‘text message’ can never fix.

How to Start a Real Conversation?

- **Digital Fasting:** Dedicate one hour a day, like dinner time, to be completely phone-free.

- **Meaningful Questions:** Instead of asking “How was your day?”, ask “What made you smile today?”
- **Listen Without Judgment:** Give the other person your full presence without interrupting them.

Conclusion: In the end, remember that ‘The Last Human’ is the one who has the patience to listen and the courage to speak the truth while looking into someone’s eyes. Material things will eventually gather dust, but a soulful conversation remains fresh in memory forever. So today, sit with someone dear, hold their hand, and just talk... because this is what truly keeps us alive.

CHAPTER 14:

Digital Networks, Disconnected Hearts

Zoya, who had been a celebrated actress for years, sat alone in her vanity van on a bustling film set. Outside, hundreds of people stood with their phones held high, hoping for a single glimpse of her. But today, Zoya didn't have her smartphone in her hand; instead, she held an old diary and a pencil. Pulling back the curtain, she looked out at a sea of screens and flashes. She took a deep breath and began to write the truth of today's world.

She wrote:

"People think my life is all about glitz and glamour, but the truth is, I am bound by the same digital chains as everyone else. As an actress, I am immensely grateful for technology- it gave me an identity, connected me to the world, and took my voice to millions. Without it, I, too, am incomplete. But sometimes, it feels like we aren't just using it; we are 'lost' inside it. I am sharing this not from an outdated perspective, but as a friend.

I have often observed that when a loved one video calls after days of silence, filled with longing, the person on the other end, instead of looking for the unshed tears in their eyes, starts showing off their new house, expensive clothes, or the scenery around them. We manage to bring a 'fake smile' and 'artificial radiance' to the

screen, but we forget to cleanse the bitterness of these deteriorating relationships.

Remember, friends, people eventually forget the sights you showed them, but they never forget how you made them 'feel' in that moment. Are we truly connecting, or are we just showcasing our 'network'?

Another bitter truth that stings me as an artist and a daughter is how we are so engrossed in this virtual world that we fail to hear the real 'voices' in our own homes. Our parents put so much love and effort into cooking and setting the table, calling out to us, yet we refuse to look up from our screens. The food grows cold, and along with it, the warmth of that love and those deteriorating relationships begins to fade. Data can be downloaded again tomorrow, but the peace of sharing a meal with your parents cannot be found in any 'Cloud Storage.' Are we 'downgrading' our human emotions in our quest to 'upgrade' our machines? And as for the trolls and negative comments... as an actress, I have endured it all. It is baffling that we allow a single nasty remark from people whose names we don't even know to ruin our entire day and jeopardize our mental health. If we have done something good, or made an awareness video, we did it based on our own conscience and understanding, didn't we? Then how can the opinion of a stranger-someone we don't even know change our truth? Throwing a stone into a gutter only splashes filth; it doesn't clean the gutter. So why sacrifice your peace of mind at the altar of that filth? When you are grounded in your own truth, why let a stranger's opinion make you doubt yourself? I am not lecturing you; I am simply speaking as a friend. Do not hand over the remote control of your happiness to an anonymous comment or a digital signal. Use technology; do not let it 'use' you! I hope these words

reach you, because I want us all to remain modern, but more importantly, to remain human.” Zoya closed her diary and stepped out of the vanity van, taking a deep breath of fresh air. She slipped her phone into her pocket, looked at her assistant, and asked with a genuine smile, “Have you eaten? Come, let’s have lunch together today.”

The Chapter’s Closing Thought:

“Life is found in ‘Emotions, not in ‘Signals’...

Strive to ensure that when the ‘Network’ is weak, your ‘Relationships’ grow even stronger.

For the glow of a screen may comfort the eyes, but the warmth of the soul is found only in the smiles of our loved ones.”

CHAPTER 15:

The Last Human -An Eternal Legacy

“In this era of relentless speed, where everything is being ‘updated,’ have we forgotten to ‘upgrade’ our humanity? The world’s greatest machine cannot produce the peace that flows from a pure intention. This chapter is not a story of an end; it is the birth of a Legacy where humans and technology walk hand-in-hand, but the footprints left behind are purely human.”

Poetry: A Touch to the Soul

Moving with the speed of time is a skill, no doubt, but holding the hands of loved ones is what life is about.

A true legacy is one that leaves a mark on the heart. Otherwise, money is just paper, a fleeting work of art.

The Main Narrative: The Voice of the Witness

Imagine a time several decades from now, when technology is a hundred times more powerful than it is today. Someone will look back at our era.

They will see that even amidst the roar of machines and data, there were voices explaining the true meaning of being human. This chapter is not the story of an individual; it is the story of the thought process we are leaving behind as our ‘Legacy.’

Today's world is caught in a blind race. We call it 'progress', but is it truly so? As an author, I honestly believe that in today's world, money is as essential as oxygen. Economic strength is mandatory for inflation, education, and healthcare. Those who say money doesn't matter are perhaps far from reality. Earning wealth, reaching heights, and keeping pace with technology is a matter of pride. However, there is a fine line that must be recognized. Today's giant technology companies and visionary leaders are, in fact, the architects of our future. Their contribution is not just making machines, but laying the foundation for a better world. Technology is our most powerful tool, and under the guidance of these leaders, it is taking the future to new heights. A true 'Legacy' will be when we give as much importance to 'human peace' as we do to technological advancement. Our real legacy is not the bank balance we leave behind, but the 'Footprints' of a balanced life.

Often, we see an entire generation spending their lives in a state of 'chaos, frantic competition, and the desperate scramble for money.' We look at our leaders, our bosses, and our parents- if all our role models are constantly burning in this stress and blind haste, the coming generations will accept this restlessness as their destiny. This is a cycle that must be broken.

The true measure of success is when your work is done with 'Pure Intention.' If you carry your physical health, mental peace, and the love of your close ones along with you, you leave behind a 'Legacy' of a smooth and beautiful life. When future generations look back, they shouldn't see that their role models worked like machines. They should see that their leaders, their bosses, and their parents kept the 'Human' alive within them even in this peak technological age. They earned money, they earned fame, but they

never lost the company of their loved ones or their own inner peace. This is the true legacy that will light the path for the future.

[Grand Finale: A Call for a New Beginning]

“My friends, this final page of ‘The Last Human’ is not an end. Today, when you close this book, remember: the flame of humanity never burns alone. Make this message your ‘Legacy’ - do not keep it limited to yourself. Tell your friends, teach your children, and reach out to every person who is exhausted by this race. My writing ends here, but your ‘living’ begins now. Go and show the world how a ‘Smooth’ and ‘Beautiful’ life is lived. Because in the end, only the one who achieved everything without losing their soul will be remembered.”

Author Profile

“A unique blend of legal logic and the heart’s call. An author who dares to light the lamp of ‘Awakening’ amidst the noise of digitalization and misinformation. Her words do not just tell stories, but inspire us to remain human in this machine-like world.

‘The Last Human’ is a reflection of her deep thinking and an impactful effort to save humanity in the digital age.”

“In a world where humanity is fading into the digital void, what does it mean to be the last one left? The Last Human is a gripping journey of survival and the resilience of the human spirit. A hauntingly beautiful tale that questions the very essence of our existence in this machine-driven era.”