

## Gary Turk - Look Up

TRANSCRIPT OF 'LOOK UP' BY GARY TURK;

I have 422 friends  
Yet I am lonely  
I speak to all of them everyday  
Yet none of them really know me

The problem I have sits in the spaces between  
looking into their eyes or at a name into a screen  
I took a step back and opened my eyes  
I looked around and realised

There's media we call social is anything but  
When we open up our computers and it's our doors we shut  
All this technology we have it's just an illusion  
Community companionship a sense of inclusion  
yet when you step away from this device of delusion

You awaken to see a world of confusion  
A world where we're slaves to technology we mastered  
Where information gets sold by some rich greedy b\*\*\*\*\*  
A world of self interest self image self promotion  
Where we all share our best bits but leave out the emotion

We're at our most happy when each experience we share  
But is it the same if no one is there ?

Be there for your friends and they'll be there too  
But no one will be if a group message will do  
We edit and exaggerate crave adulation  
We pretend not to notice the social isolation

We put our words into order  
Until our lives are glistening  
We don't even know if someone is listening

Being alone isn't the problem  
Let me just emphasize  
We read a book, paint a picture or do some exercise  
You're being productive and present  
Not reserved and reclusive  
You'll be awake and attentive and putting your time to good use

So when you're in public and you start to feel alone  
Put your hands behind your head step away from the phone  
You don't need to stare at your menu or your contact list  
Just talk to one another learn to co exist

I can't stand to hear the silence of a busy commuter train  
where no one wants to talk for the fear of looking insane  
We're becoming unsocial  
it no longer satisfies  
to engage with one another and look into someones eyes

We're surrounded by children who since they were born  
Have watched us living like robots and think it's the norm.  
It's not very likely that you'll make the world's greatest Dad i  
f you can't entertain a child without using an iPad.

When I was a child I'd never be home  
I'd be out with my friends  
on our bikes we would roam  
I'd wear holes in my trainers and graze up my knees  
We'd build our own club house high up in the trees

Now the park is so quiet that it gives me a chill  
See no children outside  
And the swings hanging still  
There's no skipping, no hop scotch  
No church and no steeple

We're a generation of idiots smart phones and dumb people

So look up from your phone  
Shut down the display  
Take in your surroundings  
make the most of today  
Just one real connection is all it can take  
to show you the difference that being there can make

Be there in the moment  
that she gives you the look  
that you remember forever  
that's when love overtook

the time she first held your hand or first kissed your lips  
the time you first disagreed but still loved her to bits  
the time you don't have to tell hundreds  
of what you've just done  
because you want to share this moment with just this one

The time you sell your computer  
so you can buy a ring  
for the girl of your dreams who is now the real thing

The time you want to start a family  
and the moment when  
you first hold your little girl  
and get to fall in love again

The time she keeps you up at night  
and all you want is rest  
The time you wipe away the tears  
as your baby flees the nest  
The time your baby girl returns  
with her boy for you to hold  
The time he calls you grandad  
and makes you feel real old  
The time you take in all you've made  
just by giving life attention

And how you're glad  
you didn't waste it  
by looking down in some invention

The time you hold your wife's hand  
sit down beside her bed  
You tell her that you love her  
lay a kiss upon her head.  
She then whispers to you quietly  
as her heart gives a final beat  
That's she's lucky that she got stopped  
by that lost boy in the street

But none of these times ever happened  
You never had any of this  
when you're too busy looking down  
You don't see the chances you miss

So look up from your phone  
Shut down those displays  
We have a finite existence  
A set number of days

Don't waste your life getting caught in the net  
As when the end comes  
Nothings worse than regret  
I'm guilty too of being part of this machine.

This digital world  
We are heard but not seen  
Where we type as we talk  
And we read as we chat  
Where we spend hours together  
without making eye contact

So don't give into a life where you follow the hype  
Give people your love don't give them you like  
Disconnect from the need to be heard and defined  
Go out into the world  
Leave distractions behind.

Look up from your phone  
Shut down that display  
Stop watching this video  
Live life the real way