

## Fwd: ATC Monthly Newsletter

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“The Earth's cry for rescue from the punishing weight of the industrial system we have created is our own cry for a scale and quality of life that will free each of us to become the complete person we were born to be.”

— Theodore Roszak, *The Voice of the Earth* (1992)

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# Welcome to the Anti-Tech Collective's monthly newsletter!

## Upcoming Events

### **Public Group Discussion**

Date: TBD (Early October)

Topic: Philosophy of David Foster Wallace

(Date subject to change / Zoom link available on the Upcoming Events calendar)

### **Detroit Litter Cleanup**

Date: Every Friday at 2pm

Contact [antitechcollective@gmail.com](mailto:antitechcollective@gmail.com) for meeting location

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## Spotlight

New to the spotlight this month is an essay by **Louis Jackson** entitled, “**Mental Illness, Technology and Modernity.**” True to its title, this brief 8-page piece explores modern society's warped understanding of ‘mental illness’, and how technology is the root cause. Check out the first few paragraphs below, then download the full PDF from the Library!

*Ernest Hemmingway once provided exceptionally useful advice when he said, “When you are writing, leave yourself out of it.” Although I agree that this is a good idea and I do try to adhere to it when I can, in this particular essay I will inevitably need to refer to some of my own experience in order to paint a fuller picture for the reader. In addition to considering my own life history, I will find it useful to discuss a few philosophers who have assisted to illuminate my understanding of the modern world and its psychological woes, mainly Robert Pirsig, Michel Foucault and Ted Kaczynski. These three writers has assisted me greatly at different points in the evolution of my own philosophical outlook on the topics of “mental health” and industrial civilization.*

*What I am hoping to establish in this essay is to give the reader an understanding that mental illness and*

*most of our psychological issues that afflict modern society only exist due to the absurd and unnatural way in which we are forced to live. I must emphasize at the outset that I do not claim to offer any definitive solution for this within the short space of this one essay. I only seek to highlight, as strongly as I possibly can, just how insane the modern world is. It is modernity itself which is making most people miserable and unwell, yet I promise to illustrate in this essay that it has not always been this way.*

*First, I shall emphasize that my own understanding of mental illness could probably be divided into three phases. In the first phase, I was convinced that mental illness was due to some defect in the individual that needed to be "fixed." In the second phase, I began to understand mental illness as more a problem of adjusting to society, as I will try to explain in greater detail later in the present essay. In the third (and, I believe, final) phase, I outright objected to the first two phases, realizing that the the blame for our modern psychological issues rests with modern society itself and, in particular, with modern technology...*

If you have something you would like to showcase in the Spotlight, please submit your work to [antitechcollective@gmail.com](mailto:antitechcollective@gmail.com).

## THE ANTI-TECH CAST

Episode 4 of The Anti-Tech Cast is currently under production. It is expected to be released by October 14th. Stay tuned!

Be sure to subscribe to the show on **Spotify**, **Apple Podcasts**, or **Google Podcasts**!

## Book of the Month

Our book suggestion for this month is ***The Voice of the Earth*** by **Theodore Roszak**. Learn about the revolutionary field known as Eco-Psychology.

Description:

What is the bond between the human psyche and the living planet that nurtured us, and all of life, into existence? What is the link between our own mental health and the health of the greater biosphere? In this "bold, ambitious, philosophical essay" (Publishers Weekly), historian and cultural critic Roszak explores the relationships between psychology, ecology, and new scientific insights into systems in nature. Drawing on our understanding of the evolutionary, self-organizing universe, Roszak illuminates our rootedness in the greater web of life and explores the relationship between our own sanity and the larger-than-human world. The Voice of the Earth seeks to bridge the centuries-old split between the psychological and the ecological with a paradigm which sees the needs of the planet and the needs of the person as a continuum. The Earth's cry for rescue from the punishing weight of the industrial system we have created is our own cry for a scale and quality of life that will free us to become whole and healthy.

For more recommended reading, check out the [Library](#) section of the website. It features a wide variety of anti-tech literature, and some of the pieces are provided for free.

## Anti-Tech Homework

This month, instead of focusing on limiting the negative impacts of any specific type of technology, let us take some time to remember what exactly it is that we are fighting for.

The natural world is shrinking every day. Forests continue to be flattened at a frightening rate, oceans continue to be filled with garbage, and concrete continues to cover every available piece of land. Some of us do not even have the opportunity to bask in the beauty of wild nature; the best we have is a local park or

two. Whatever it is that you have - a park, field, forest, lake, beach - spend as much time as you can there. For those that are in the northern hemisphere, the warm days are reaching their end, and it's the perfect time to give thanks to mother nature before entering our version of winter hibernation. Have a picnic with friends. Go on a hike. Build a fort. Meditate in a field. There are so many things to do, and none of them require a bank account or smartphone. We want to bring about a world that is founded on this type of interaction with nature, and we need to stay familiar with her. In a technological world that is obsessed with productivity, simply relaxing in the sun can be a great revolutionary act.

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## **Ways to Contribute**

We always encourage our readers to submit their suggestions, ideas, writings, recommendations, and questions.

Think something on the website could be improved?

Have a book recommendation for the Library?

Want to just chat with someone about technology?

Send an email to [antitechcollective@gmail.com](mailto:antitechcollective@gmail.com), whatever the content.

We love hearing from the community and are always looking to improve and expand the anti-tech movement.

Come join the discussions happening on the [ATC forum](#).

Dissenting opinions welcome!

If you are interested in seeing the latest in anti-tech news,

follow our account on Instagram ([@antitechcollective](#))

or check out the News Feed on our front page

If you would like to become a member (or be considered an ally) of ATC,

and be featured on our About page,

please send a request to [antitechcollective@gmail.com](mailto:antitechcollective@gmail.com).

Lastly, if you are feeling generous, we appreciate donations!

100% of all donations go toward maintaining the website, producing The ATCast,

and helping to bring about a less technological future.

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**Thank you,**

***-Anti-Tech Collective***

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