The National Security Agency (NSA) has been under a lot of heat lately since being exposed for mass surveillance in the name of the security of the United States of America. Personal contact lists, phone calls, text messages, and the list goes on. Even recording devices not intended for national security such as traffic surveillance cameras may be utilized by the NSA for collecting data about our daily activities.

Truth be told, its not just the NSA that are surveilling the details of our lives. Much of our daily activity is recorded by various organizations, and some of it is even available for public viewing. Although google maps have recently updated the image, for at least several months when one would look at their ‘street view’ of my sister’s house, I could be seen walking from the house toward the street. I may never have known had it not been pointed out to me by a niece who encountered the image online.

Fortunately I was recorded committing only a minor offense - they busted me cutting through the grass as a shortcut. Thankfully, I am also lucky in that so far, every time I have caught my breath thinking I had accidentally pushed the send button on an email to a very wrong person, it has turned out to be all ok.

One thing that is for certain, is that in this age of information we are learning to be aware of the permanence of our actions. While most of us will likely be more skeptical about the truth of things that we read online, research indicates that people may in fact be less likely to lie in an email than when speaking on the phone. “Thats not actually what I said’ and “You’re taking things totally out of context” can not be thrown around so easily when we are referring to an email with an e-paper trail. Both the sender and the recipient of any given email can pull it up at any given time and see in black and white exactly what was written and what was not.

The thought that our phone calls and text messages may be recorded and we may even be surveilled walking out of the house and displayed for public viewing online, gives a whole new meaning to “watch your step”.

It is also a tangible expression of the fact that everything we do has a real, permanent outcome. Indeed everything we think and feel contributes to the universe even though we may not be in tune with it. In addition to the fact that many positive words and actions actually help people in a measurable way, the very fact that a positive action has been performed generates positive energy that contributes toward the completeness of the universe.

Now, keeping in mind that energy is not just abstract and fluffy but it actually exists and is measurable, and that every positive thought, spoken word, and deed generate positive energy, we have very good reason to “watch our step”. To make sure that we capitalize on every opportunity to think say or do something positive, surrounding ourselves with positive energy, and contributing to the health and completeness of all reality.