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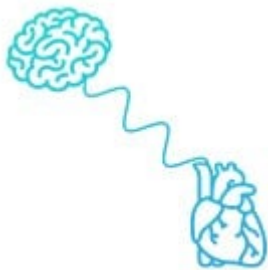
A Symbiosis of Humans & Technology – Changing The Conversation



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By **Jacob Devaney** ⌚ 5 minute read





Before you begin...

Take a moment and breathe. Place your hand over your chest area, near your heart. Breathe slowly into the area for about one minute, focusing on a sense of ease entering your mind and body. [Click here](#) to learn why we suggest this.

Have you ever noticed that discussions about transhumanism tend to focus on technology more than humanism? The journey to reaching our highest potential as a species is usually focused externally on the technology rather than internally on our conscious evolution. This is probably because people assume that conscious evolution is more about spirituality whereas technology is more having to do with the things humans create. The two paths are interdependent so we need more conversations between experts in each of these fields. It will only be through the recognition of the symbiotic nature between humans, their technology, and their environment that we will avert self-destruction.

trans-hu-man-ism (n.) 1. A belief that humans should strive to transcend the physical limitations of the mind and body by technological means. **2.** A movement or group of people who espouse such a belief.

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Standing at a Crossroads: The influence that technology has on society and culture is called, *technodeterminism*. Most of us carry mini supercomputers in our pockets called smartphones. These devices act as external brains which seamlessly integrate into most aspects of our life. Most of us are completely dependent on technology for travel, work, communication, entertainment, and beyond. Take a moment to consider the future implications of augmented reality, artificial intelligence, machine-learning, mass surveillance, automation, genome editing, nanotechnology, and their potential influences on society, culture, and the environment.

When I think about these things, I can't help but ask:

Why aren't people like the Dalai Lama, Deepak Chopra, and Dr. Andrew Weil conversing more with people like Ray Kurzweil, Elon Musk, and Steve Jobs?

Ancient Futures: It will become increasingly imperative for our most advanced technologies to be informed by the natural ethos of indigenous people and the emotional-intelligence of our enlightened spiritual masters. We must remember that the first humans who captured fire to light their cave, stay warm on a cold night, or cook their food were using technology. Anthropologists present us humans “tool-makers” as one of the attributes that make us distinct from other species.

Paradigm Shift: Conscious evolution will require a concerted effort to communicate across silos and disciplines. Cooperation and collaboration towards collective goals will need to take the place of competition for personal gain. What are we hoping to accomplish, and at what cost? We are a risk-taking species and that drives us to exceed all our limitations. Let's make these be calculated risks because with technology also comes a great responsibility.

Start Within: Even our most sophisticated technology does not possess the complexities of organic systems. Computers and machines can do many things for us but they will never be able to *feel* for us. The realm of emotion is certainly unique to our human experience yet it is only now starting to be recognized as a valuable form of intelligence.

“Emotional intelligence (EI) is the ability to recognize one's own and other people's emotions, to discriminate between different feelings and label them appropriately, and to use emotional information to guide thinking and behavior.”
Andrew Coleman A Dictionary of Psychology

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Research in multiple fields of study shows that curiosity, creativity, taking multi-disciplinary thinking, and empathy are skills that will redefine our beliefs about intelligence. The ability to accommodate new information requires a certain level of mental flexibility, humility, and ultimately character. It is through our ability to feel and process our emotions that our higher intelligence flourishes.

SuperHumans: Any sports fan knows that there are individuals who possess superhuman gifts. Think of popular sports stars like Michael Jordan, or all the various extreme sports heroes who somehow manage the seemingly impossible. We also have the various musical or art prodigies who express the skills of Mozart before the age of 10. We have seen humans walk on red-hot coals without being burned, walk a tightrope between skyscrapers, and exhibit mind-boggling feats of focus, and will-power. Did you know that Wim Hof ran a half marathon barefoot on ice and snow, with a time of 2 hours, 16 minutes, and 34 seconds? Humans are capable of amazing things when they channel discipline, practice, brilliance, fearlessness and focus. We have barely scratched the surface of what is possible!

Global Meditation: This simple practice of quieting the mind, and focusing attention on presence to one's breathing has a long list of documented benefits that include enhanced neural connections, deep feelings of connection and well-being, and as a strengthened immune system. When we compound this focused intention and include tens of thousands of people all over the world, we begin to literally create planetary magnetic resonance. The science does not lie, we are potent

beings with the ability to focus consciousness and create beyond our imaginations.

Everything technology offers is a reflection of the technology that we, as are. Learning to laugh at ourselves a little while **delving into our emotions** make room for possibilities beyond our currently held beliefs is essential journey. In order for us to create technology that is aligned with all of life planet, we must first become aligned with ourselves and each other. Meditation is where we practice together!

We can no longer claim that a technology is advanced if it is destroying rivers and perpetuating harmful practices like war and domination. These are examples of misguided technologies. Our DNA has been informed by countless generations of evolution. It is time that we focus our consciousness toward natural wisdom kept by indigenous people, while embracing the pre-enlightened spiritual masters. This will allow us to infuse our science and technological advancements with ecological and emotional intelligence for the benefit of all life.

Dive Deeper

Click below to watch a sneak peek of our brand new course!

Our new course is called 'Overcoming Bias & Improving Critical Thinking.' This 4-week course is instructed by Dr. Madhava Setty & Joe Martino

If you have been wanting to build your self-awareness, improve your critical thinking, become more heart-centered and be more aware of bias, this is the perfect course!

[Click here to check out a sneak peek and learn more.](#)