

The following reflections were inspired by the works of Daniel Schmachtenberger, Iain McGilchrist, and Bayo Akomolafe, among many others. Too many to name.

Technology and AI as Exponentializers...But Is There a Silver Lining?

Our 21st century civilization has taught us to pixelize the world; to experience life in separate bits and pieces. Separate nations, races, religions, political parties, professions, molecules, particles, oceans, and so forth. We perceive our own body as comprised of many distinct parts and systems. We even pixelize time into discreet increments separating ourselves from past generations and those yet to come.

Our personal “moment in time”, i.e., our sojourn here on Earth, seems to be punctuated by the notion that something came before, and something may follow, but the present moment is what’s most real to us.

When we perceive primarily through pixelized lenses, we see discreet chunks of matter and events – we experience the world to be kind of *noun-i-fied* instead of seeing it as *verb*. And so, what we come to believe is largely a distortion. For sure a useful distortion that has its *raison d’être* and that has greatly advanced our knowledge and understanding of the mechanics of the world. But it has also come at a great cost.

In Hebrew, the word for falsehood, is *sheker*, a word composed of three letters that are adjacent to one another in the Hebrew alphabet. The word for truth in Hebrew is *emet*. Emet is also spelled with three letters: the first, middle, and last letter of the Hebrew alphabet, thus spanning the full gamut, from beginning to end. The learning from this is that when we perceive just one small portion of something, be it a story, event, dance, or poem, we may come to faulty conclusions. It’s only when we see the full picture that we can apprehend truth.

This seems quite intuitive. No matter how closely I look at a Rembrandt painting, if only looking at one tiny section of it, I won’t understand the painting. And if I listen to a Beethoven Symphony, again and again, but only to one measure, I cannot possibly experience its power or beauty.

Our civilization has taught us to operate primarily within the paradigm of short term, goal oriented, categorized thinking, the consequence of which is a world of competition, domination, extraction, and exploitation. We seek to optimize what we perceive as our portion of the world, often blind to the negative externalities of our actions that lie pixels beyond our vision. And if, by chance, we do see the consequences of our actions, we may think to ourselves: “Yes, perhaps I’m using more resources than I need and selling

products that harm. But If I stop, it won't make any difference as others will continue; and I'll lose out in the end."

This kind of thinking fueled and continues to fuel the arms race, and now also the race to 5G/6G and AI. If one AI company chooses to innovate slowly to study and mitigate possible harms, while other companies continue to push ahead as fast as they bureaucratically can, the first company will lose out. And if all companies succumb to the *race to the bottom*, everyone loses out. The result is that human destruction continues unabated with more technology, more weapons, more war.

Daniel Schmachtenberger calls this dilemma the *Multi-Polar Trap*. If we consider the downstream effects of our actions, things might turn out better in the long run for everyone, but short term, we may disadvantage ourselves. So, we feel kind of trapped in the system.

In a world where myopic separation-vision dominates, one solution creates another downstream effect that then calls for yet another solution, ad infinitum. Yes, part of the natural ebb and flow of the universe is responding and adjusting to problems that arise, but much pain and suffering could be avoided if we could hold in our minds and hearts the fuller picture, because in truth, there is no separation. The downstream effects are upstream as well, and advantaging one at the expense of another is an illusion that has run its course. We're in this together. For real and for good.

I might note here that both ways of perceiving the world are necessary and serve life. It's when they are strongly out of balance that things go awry. In the case of our ailing civilization, separation mentality has dominated in recent times leaving the experience of inter-being to atrophy – the cure for which is exercise and use.

Enter Technology and AI and Our Crises Grow Exponentially

Enter technology and AI, which in and of themselves bring serious problems most of us are all too aware of: RF/EMF pollution in our homes, schools, communities, and irradiating all living beings; EHS from layers upon layers of artificial polarized modulated frequencies. Privacy violations and surveillance; emotional dysregulation in kids...and adults as well; impacts on our pineal gland and consciousness. The internet of underwater things (IoUT), and yet more satellites and debris peppering the sky. And sadly, technology and AI are being used to "increase the lethality of war" and transition the world to AI controlled warfare.

But technology and AI are more than just problems in and of themselves. They are

exponentializers. They are the engine driving and magnifying all other crises we face. Up till now, Earth could handle human foibles and our youthful hubris. But with the addition of technology and AI, coupled with our self-proclaimed separation from the natural world, and the notion we must *conquer and subdue her*, our way of life now threatens all living systems. **Tech and AI increase the scale and velocity of the crises we face, causing them to merge into what is now known as the [Metacrisis](#)** - "...the underlying crisis driving a multitude of crises" as defined by Jonathan Rowson. In the words of [Iain McGilchrist](#), well-known author, psychiatrist, and visionary, unleashing AI into our current civilization is, "...rather like putting machine guns in the hands of toddlers and then hoping there's going to be a happy outcome."

The technology craze and over-use of screens has wreaked havoc on children and families. Whereas once children spent time listening to and learning from grandparents and elders, imbibing wisdom, values, and love, children are now stationed in front of screens like zombies, imbibing the latest **frivolity and violence** that sells. Imagine what a forest would be like if we replaced the vital nutrient-rich fallen leaves and debris with artificial fertilizers. Our kids are being raised on artificial fertilizers from technology, AI, and our vapid culture. How can they possibly grow into healthy vibrant beings who will contribute to the family of life?

For sure, technology and AI offer many benefits, and will exponentialize and accelerate those as well. But likely our civilization will evolve according to our world view, which for the most part, is one of extraction, domination, consumption, and separation.

Unchecked, technology and AI may cause civilizational collapse... unless, that is, there is a shift in our world view.

A New Consciousness Ecology

In partner dancing, couples are taught to deeply sense one another. The slightest movement or hesitation of one partner elicits a response and adjustment from the other. The gentlest guidance from one partner is felt and responded to with fluidity and grace. They dance as one.

The time has come for us to dance as one with the Universe as it moves and speaks through us. To allow for a shift to the collective consciousness ecology that's longing to emerge through the unique portal of each one of us. A consciousness inspired from a sense of awe and love for all living beings and for life itself.

Yes, technology and AI are growing the *Metacrisis* exponentially. But they're also giving

each one of us a cosmic nudge - dare I say push - toward re-awakening a consciousness of unity and inter-being. We may even someday look back on these times and feel enormous gratitude that technology and AI gave us the final push we needed to transition to a civilization so much finer than anything we've imagined up till now.

There are no clear solutions. We're all feeling our way. But we can begin to ask questions, open to rethinking and reconsidering. Seeing through the cracks and crevices of our concretized world views, as [Bayo Akomolafe](#) so eloquently puts it, and into the wild vistas of potential, to celebrate with whomever meets us there. We can begin to sense and respond to the Universe's urgings, allowing our pixelized, *noun-i-fied* experience of the world to melt into an ocean of color, verb, and inter-being, ever mindful to not cling too tightly lest we relapse back into concretization.

We cannot *make* deep change happen; we create the conditions that allow it to emerge. Change most often happens when the vessel is ready to absorb the new. By cherishing the wisdom of the past, and composting what no longer serves, we can bring these forward to nurture the future. Each day offers the possibility for incremental softening...if it feels right. We can trust the wisdom and even the timing of the process if our intentions are sincere. It will take time, but the miracle of healing happens a whole lot faster when we trust nature to find her way.

What Will Be?

The story is told of an embryo growing inside an egg. The yolk supplies nutrients to the embryo as it grows into a chick. Over time, the yolk is depleted, there is almost nothing left for the bird. It seems for sure the young bird will die. But then a miracle happens. The tiny bird finds herself instinctually pecking at the inside of the shell. Bit by bit, it cracks open, and the baby bird enters what feels like a completely new world...family, yummy food, sunshine, and eventually soaring through the sky.

We humans are now instinctually pecking at the confines of our civilization as it appears there is little left to support our evolving. Like a seed that disintegrates before the plant grows, our civilization may be nearing an end. But perhaps that's nature's way of midwifing us to a new consciousness. A new civilization.

After thought:

Much healing involves improving the "terrain" that allowed us to succumb to illness. In the case of our current civilization, one very significant part of the "terrain" is our consciousness. So yes, we must slow down, go deeper, tune into the gentle urgings of the

Universe, and become ever more mindful. *And* we must do more.

We must remove or mitigate our world's toxins and pollutants; detox from past exposures; share our learning and new protocols with others; support and enhance nature's systems through local and regenerative living. And when necessary, fight for and enact strong regulatory measures to eradicate global threats such as nukes, Tech/AI gone awry, censorship, or GDP as a measure of progress.

Perhaps the mad rush to a digitalized world is the Universe's invitation for us to rethink our personal lives, values, relationships, and culture. What will manifest from this will look different for each of us. But together, each in our own way, we can contribute toward the healing of our Cosmic Body, Mind, and Heart.

Reflections by Kate Kheel from Safe Tech International.

P.S. We hope you will read on and explore the writings, podcasts, and videos of the visionaries featured in this Update. May they inspire your imagination and inform your personal journey into the future.