

Humaning: An Affirmation for Being Human

Whereas:

We observe that our attention is a commodity, that our media is engineered to distract us, numb us, and dumb us down, in order to retain our attention,

That

Our children are suffering from rapidly increasing rates of mental health issues, attention issues and suicide rates.

And

That AI makes it possible for our beliefs to be individually manipulated by the media we are served.

Whereas:

Notwithstanding that AI is extremely useful and can be helpful in our lives, we also observe that AI is becoming capable of doing most of the tasks that we once thought were the exclusive domain of humans

And

Is now, or soon will be, doing most of our jobs.

Whereas:

We observe that social media has become the first line on which wars are fought,

And

That it is systematically used for manipulation of minds, to polarize opinions, to turn us against each other, to destabilize countries and manipulate elections.

Whereas:

Observable, verifiable truth has become obscured

And

Truth is now determined by the loudest, most confident or most powerful voice.

Whereas:

AI now shows us that knowledge, intellectual intelligence and productiveness are no longer exclusive and defining factors of being human,

We Affirm That:

We do not need to fight against any of these things. This would only continue the cycle of blame, fear, polarization and violence.

And

AI, and these issues, create a compelling and useful backdrop that shows us what we do NOT choose to define us.

We also Affirm That:

This backdrop shows us that looking only outward is no longer working,

And:

We now must focus our energy on what we have power to change, and this is ourselves.

Accordingly, we affirm that:

We now need to turn inward,
To face ourselves,
To learn who we really are,

And

To develop the courage, compassion, integrity, and determination
Needed to redefine our understanding of
The meaning of being human,

In order to:

Navigate this current time
Without losing ourselves.

We cannot survive the coming time if we are divided, demoralized, and purposeless.

Now is the time to learn to create the peace inside that we seek outside, and in doing so, we will be building a structure for peace that will radiate beyond us. Our point of power is no longer external. It is internal — but this is how the external will also begin to change.

Humaning is not a new way, or an exclusive way. It has been known for millenia, and called many names, by all cultures.

Humaning is simply one way of remembering a path for coming home to who we already are.

You can find more information about Humaning at humaning.ca.

If you would like assistance or guidance on your humaning journey, humaning.ca also offers resources and support for healing old wounds, managing issues that are holding you back, and nurturing the unfolding of your natural self.

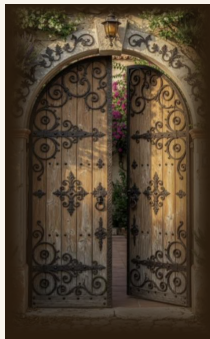
May you **be** well, in all ways,

Todd Blattner

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Open a door to wellness