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# UNDERSTANDING THE JOURNEY

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A Monthly Newsletter from Healthful Energetics, LLC  
<https://www.sheilajwood.com/about-8>

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<https://www.youtube.com/watch?v=x5BxqkoSBoY>



## **Inclusion or Exclusion? TBD by AI**

WRITTEN BY SHEILA WOOD AND  
PARAPHRASED FROM JACOB WARD

**In the musical ‘How to Dance in Ohio’ which opened on Broadway last week, seven talented autistic actors bring a story of perfection to light. When one thinks of the traits autism imparts to a personality, this casting, which requires being personally available to an audience of strangers, seems counterintuitive....but is it?**



**Autism sometimes renders speech challenging. Here we see the expression of talent in portrayals of a life led in succession that moves toward the assumption of ability. The dancing and singing presented to these seven young actors possibly triggered the most challenging collection of sensory experiences that living with autism can present. The musical’s creators Rebekah Greer Melocik and Jacob Yandura hoped to tap into something authentic. The creators believe that true to their nature the actors will believe they can succeed when it happens and when it makes sense, not necessarily when they are taught but when they live it.\*2**

**Herein lies the perfection in the presentation of lives that are not realized by most. Lives that exist within a confined, often hidden, and certainly unappreciated population. Lives that exhibit talent. This unlikely casting sheds light on possibility and inclusion.**

Can we see more of this please? It provokes such pride in me and at the same time anger rises as well. I am so proud that this theatrical adaptation from a documentary happened. It provides a glimpse into the struggles that autism imparts. It also shows the determination of spirit to be expressive. Struggles may even lead in part to unbounded joy. This much overlooked portion of our society, called to not only participate in, but extensively share with us the beautiful pain experienced through growth, through confronting trepidation and unfamiliarity - and move to the actual celebration of life – resonates across all levels of ability. It hits those chords in us that support the talented people in subpopulations of our culture that are often maligned as being not ‘capable’ enough to fill challenging roles in life. This exclusion is what fuels my anger. Here is the evidence, the evidence that amidst adversity, treasured abilities lie in all of us no matter how challenged we might be.

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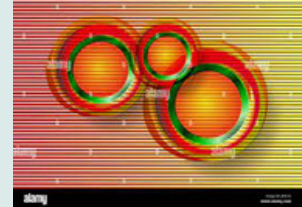
**I think what touches my heart so deeply about this play is the realization that ‘society’ cannot and will not be able to curtail human creativity at whatever level it manifests. Efforts to do that, all too familiar at this time in our evolution, will eventually fail.**

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Which brings me to the influences of Artificial Intelligence as postulated by Jacob Ward in his book *The Loop*. As AI creates the Loop around us, creative parts may seem to disappear. Jacob Ward tells us in this book that we can look at AI as three loops nested within each other.

The first innermost loop represents the human behavior we have inherited including natural tendencies and products of evolution. It houses our biases, our proclivities, and our ability to perceive risk. The second loop is the way that modern forces of consumer technology, capitalism, marketing, and politics have sampled the inner loop of behavior and reflected these patterns back to us, the results of which lie in everything we do from addiction to gambling to racism to machine learning.



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The third outermost loop is the worry. Our future in this will be one in which ancient and modern tendencies have been studied, sampled, fed into automated pattern recognition systems, and fed back to us in portions we gladly consume, largely unconsciously. Popular music apps already tell us and provide for us the music that we presumably 'like' on the assumption that we will need no further introduction to new innovative genres of music. Another aspect of this loop technology provides group identity on social media which has both inclusive and exclusive tendencies. We need to be aware of this in addition to how job recruiters are fed information about candidates based on similarities to past hires. These systems are packaged and limited and will probably not trigger our conscious awareness.

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**Because information will be truncated, over time (perhaps over a generation), we will be guided by unconscious tendencies toward decision strategies that replace our rational thought patterns. The fear is that we will lose our sensibilities to regulate policies invaluable to the evolution and sustenance of our society.**

**An enlightening analogy by Jacob Ward is as follows. Our nearest possibly habitable exoplanet is 130,000 light years away. As humans can travel at a speed of 20,000 mph, it would take many generations to be able to reach this destination. Imagine a space vehicle housing a small colony of people who procreate and live a truncated life with a confined set of choices through many lifetimes. This represents what uncontrolled AI may result in - limited creativity, minimal cultural diversity, less impetus to succeed, less expanded thought, fewer options, and perhaps unhappiness.**

**AI is being trained on terabytes of data harvested from existing databases, the largest of which is social media. Perhaps we should flood social media with positivity, individuation, creativity, artistic abilities, and diverse cultural influences. We want the nuances and quirks of our personalities to survive innovation\*1. We want the talents and gifts of subpopulations to be seen. It is my hope that the influences of AI that may inadvertently sublimate those parts of our society that are low in number and different will not be allowed. <https://www.youtube.com/watch?v=9AjkUyX0rVw>**

**Previous newsletters dealing with AI are listed here.**

**1 \*The Impact of Artificial Intelligence #14 Sept 10, 2022.**

**2. \*AI Among Us #29 June 12, 2023**

# Send me your questions

BY SHEILA WOOD

I am interested in what is on your mind as you progress through spiritual learning curves. Your questions will also help others to learn about different aspects of metaphysics.

This page will reflect your input and curious mind. Hopefully, it will be a continuous dialogue and serve to develop concepts as inputs are collected.

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**As we all know, often answers to questions birth more questions.**

**So in a word - this is the "Don't Be Shy" page.**

*A channeled message from Orion*

*Stay tuned....some answers/comments next time*

*"Make sure that you project from your heart and listen to others. It is the best way to grow."*

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## Presenting a channeled message from Orion

Take from the gravitas of epicene which comes to us via transmutation. We are the workings of rule who make the invincible seem vulnerable for a reason. Once embedded in doctrine and now released from consumption for all nations to approve, our vengeance is obviated, calmed for reasons that seem familiar to all – a star system and seasonal approach to living beyond and living universally. We entrust our writings and legacy to all who wish to study it and seem to know how to interpret it whether in trance or said frequency to receive. Come inside the mantle of love and forgiveness knowing that the outcome is reward, given as a mantra cited to implement guidelines for peace. Within one camp is wisdom and knowledge beyond human dimension or consumption that will be continuously applied for generation of fuel for nations and policies. Regard the revelations coming forth as expected and light them with caregiving and love. What is happening is meant to be and was planned as a consternation of evolution. Your role is to be aware that nations are valid in their approach to peace. Withdraw patently from obviation of review. Go to the place of cunning for swords to be rearranged before they are relinquished. This time is not yours. It comes from other realms and will release in its own time. Stability within is essential. Look to time as the healer.

Dispersed in grace

Yonck