



Am I Forgetting to Be Human?

In the rush toward the future, we risk leaving our humanity behind.

We are living in a faster timeline, with technological advancements accelerating at a rapid pace. AI and robotics are taking the lead in a race toward a new world—a world where having a phone is no longer optional if you live in an urban area. We are in the midst of a massive revolution. It is both scary and exciting, depending on the perspective you choose. Through these changes, we must not forget to be human.

The Signs of Disconnection

Get up, eat, work, eat, sleep, repeat. A common routine for many of us.

No questions are asked when you have a steady income, a roof overhead, and food on the table. Many humans trade excitement for comfort out of fear of the unknown. For years, many of us follow the same routine, living on autopilot and forgetting how beautiful life on Earth can be outside a nine-to-five schedule.



We are losing touch with nature, choosing to watch TV instead of taking a walk outdoors. We are losing touch with people, choosing the latest celebrity gossip over sharing a good laugh with friends over dinner or coffee. We are losing ourselves, scrolling for hours on social media instead of creating and expanding our minds. We are connected to the world, yet equally disconnected from our own personal reality.

Humans need to be reminded that we are creative and social beings.

Why It Happens

The majority of us live in cities where access to essential needs makes life easier. Supermarkets, drugstores, gyms, and cafés support a fast-paced lifestyle, often within walking distance. In many cases, we don't even need to leave our neighborhoods to meet our basic needs.

Coupled with smartphones, the way we live and interact has changed drastically over the last decade. We've become more addicted to our phones than we would like to admit. They are necessary to complete many daily tasks. Banking, shopping, gaming, and entertainment are now all just a touch away. We order online, chat online, meet online, and work online. Life goes by as fast as scrolling through social media.

The stress of expectations and responsibilities builds quietly and often goes unattended, slowly becoming chronic. We forget—or ignore—the signs, drowning ourselves in distractions easily available through the internet. Our nervous systems remain on overdrive, shaped by a culture that rewards performance over humanness.

Remembering to Be Human

Let's remember that we are creative and social beings, and that these qualities should be cultivated for our well-being. Technology is powerful, but we can't let it replace our humanness. It should remain a tool that supports daily tasks while leaving space to explore creativity, expand our minds, and maintain a healthy body.

Let's be more present by enjoying the moment and paying attention to the simple things in life: the sunrise and sunset, the moon cycle, the sound of wind in the leaves, children laughing in a park, and the quiet sounds of nature. Let's learn to regulate our nervous systems to support



our health by walking in nature, spending time with loved ones, meditating, creating art, and engaging in physical activity.

Let's reconnect with one another to build a bright future—and with nature, because after all, we are one.

The Invitation

As society continues to adapt to the growing presence of AI and robotics, it is imperative that we don't lose our humanness during these transitions. The future needs our humanity as much as our efficiency, so we don't lose ourselves—or forget why we chose to experience life on Earth.

Earth is a magical place, filled with wonders and mysteries. Collectively, the goal is to remember that we are one and that we all come from the same place: the source. Let's keep our vibration high without ignoring the challenges we must face, and still find meaning in it all.

The invitation is simple: to remain human—together.