

Webinar Get ready for smart technology part 1:

<https://youtu.be/h1HVs2xGQs>

Webinar Get ready for smart technology part 2:

https://youtu.be/vO11s_a8sm8

This webinar looks at both the merits, and dangers of smart technology from a psychological point of view. The combination of (smart) technology, and our non-evolved psychological basic structure, brings our entire existence and the entire planet into imbalance. Humanity is estimated to have existed for about 300,000 years. One of the most striking features is a slow propagation speed (long gestation period and usually only 1 child per litter). In addition, and unlike the other great apes, humans have little or no body hair and relatively little muscle strength. This results in a relatively small natural biotope; it should be warm enough for the "naked" monkey and there should be little or no natural predators. This is exactly why the predecessors of Homo Sapiens invented technology, with three basic techniques: 1. language (religion, signal, drawing, writing, logic, math and code) 2. lever/mechanics (spear, hammer, wheel, pulley, pistons) and 3. fire/energy (and water & steam power, magnetism, electricity, atomic power). By combining the 3 basic techniques, we have been able to colonize the whole world. Evolutionary adjustments became obsolete (hairy skin, tusks, etc.). In fact, we have outsourced several processes necessary for survival to technological equipment: digestion (precooking) is outsourced to the pans and the fire in our kitchen, keeping warm is outsourced to animal fur, wool, plastics and stoves, and memory and thought processes have been outsourced to cave drawings, writing, books and now smart devices. So, in our large-scale organized technological world, our biological 'shortcomings' are compensated. Machined predictability has replaced uncertainty, while we did not change psychologically. We still make up for our insecurity through suspicion and friendship, and especially through consumption in times of abundance. But now, in the rich world, there is a constant abundance of food, information, and partners that make us obese or anorexic. Short-term gratification is an ancient psychological mechanism that remains visible in our modern existence. Obesity in the mechanized world and hunger in the non-mechanized world, which moreover has to contend with the dire consequences of our global colonization that place a heavy burden on the planet and the environment. Biodiversity is declining daily, environmental disasters are common and our (grand) children will have a very difficult time keeping the inherited world liveable. We won't get a healthier planet with lifestyle programs and new technologies if we don't understand the psychological mechanisms behind overconsumption: "I want it now, while I still can!" Today there is food, Netflix, vacation destinations, tomorrow is uncertain. Smart technology reinforces the dangerous imbalance that arose much earlier.