

How-to Use A.I. before A.I. Uses you or yours — while protecting your Options, Opportunities and Future (Page 1 of 2)

Here are **16 Primary Components** that can affect a 21st Century *Homo Sapiens Sapiens* in Extant's enhanced ability to-be **Smarter. Starts with —**



Conclusions and recommendations are based on the **Nobel Prizes** of Roger Sperry, Cal Tech = *Our Human Brains' Functionality*, and Denis Hassabis, CEO of Google's Deep Mind = The future of A.I. and its Capabilities that confirm our conclusions. He stated in Print, "A.I. has no Imagination". Unfortunately, Imagination is the Key to Contextual Intuition + Strategic-Adaptability and How-to Use U.S. Intellectual, Industrial, Commercial Evolution to-our-advantage!



The Art of being Smarter: How-to DIY On-the-Fly using A.I. Ys-ly. For Capable + Competent + Collaborative Ys-Mavericks.

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1) Our Physique: The 21st Century's Smart Movement-Focus for-optimizing the Functionality-of our *Physical Capabilities and Competencies* that can optimize our Intellectual Development — buttressed-by the 21st Century's Smart Movement Activities that will accelerate our *Intellectual development* Today and Tomorrow —

- Our Posture (standing + Sitting + Prone + Supine)
- Our Range-of-Motion (reach - bend - twist - kick - stretch)
- Our Fueling Distribution (Cardio Exercises: Bicycling, running, swimming, jumping jacks)
- Our Flexibility
- Our Agility
- Our Balance (includes the Epley Maneuver: an exercise that helps to treat the symptoms of benign BPPV)
- Our Reflexes
- Our Structural Coordination (= Rhythm)
- Our Kinesthetic Awareness (= Proprioception = Balance)
- Our Hand & Eye Coordination
- Our Bone-Strengthening (impact activities: walking/running on natural surfaces = dirt trails/ beach in flexible-sole shoes)
- Our Oxygen Balance (= Diaphragm breathing)
- Our Depth-perception
- Our Perception of Relations-in-Space
- Our Position in our-Space
- The Strength to-Optimize the above
- The Stamina to-complete the Task-at-Hand
- Extremities: Our Hands (Baooning Balls build dexterity)
- Extremities: Our Feet (2-Pack Hedgehog Balance Pads: roll ankles and arch = balance response)
- Extremities: Our Neck/ Head (rotation up and down and around)
- Physical Syncopation (Jump Rope)
- Physical Collaboration (Double Dutch Jump Rope)
- Physical Mental Development Activities (Racquetball, Squash, Handball in a walled-Court [size is irrelevant], Croquet, Pool: All develop the ability to Anticipate and Strategize and Physically Do-Something)
- Non-Physical Mental Development Activities (Bridge, Go, Chess, Marbles, Lego)

Engaging 21st Century's Smart Physical Movements and enhancing our Health can Tune-up our Physical Capabilities, optimize our Physiological Functions, and free us to accelerate our *intellectual development* so we can become an I.A.P. (Intellectual Autonomous Person)

"By failing to Prepare, you are preparing to fail." Ben Franklin

The Art of being Intellectually — Smarter (Page 2 of 2)

2) Our Physique's Physiology: Our Physical Structure's Operating Systems: How-to Sustain/Maintain efficient Structural Components Capabilities: Heart + Lungs (Diaphragm Exercises) + Glands + Liver + Colon + Stomach + Waste disposal, etc., etc., etc. Operating Systems dictate the effectiveness of Mgt. Systems.

3) Our Physical Health: Our Physical Structure's Maintenance Systems: How-to maintain efficient Structural Capabilities: Cardio Vascular + Axon Neuron Network + Respiratory System (Diaphragm Exercises) + Immune System, etc., etc., etc.

4) Our Mental Health: Depends-on "What" we believe-to-be-True about our Situation + Circumstance relative-to our perceived Options and Opportunities and Reality.

5) Our Emotional Health: Actually depends-on our Defined Personal Value System: Our Personal Value System is built between the ages of 8–12 from experiences and observation of family + friends + neighbors + authority figures + media and is our gauge-of-morality until we die, unless intentionally modified.

6) Our Sentient Systems: Our Human Ubiquity Systems that connect us to our immediate World. (aka: Sensory Receptors creates our Presence/our sense of self => Taste + Touch + Smell + Vision + Hearing + Hunger + Thirst + Sleepiness + Temperature + Balance + Dynamic equilibrium (body motion) + Static equilibrium (body position or orientation) + Spatial Orientation Pressure + Visceral Pain + Atmospheric/Geological/Environmental Vibration + BioElectromagnetic Vibrations from another Human being, etc., etc., etc. Excessive use of single receptors can dampen the effectiveness of the System.

7) Our Gender – Puberty and its consequences:
A) We are a 2-Gender-based procreation species. Male = XY Chromosome-built DNA. Female = XX Chromosome-built DNA. Each Gender has assigned + inherent + unique Species responsibilities > that are not always compatible. B) Our off-Spring have the longest dependency of any Mammal that is divided into 7 levels of Growth and Development. C) We have a long

lifespan and, in the End, we tend-to physically deteriorate — need assisted living.

8) Our Self-Management Systems = Our Brains:

A Brain-is a physical component of any ambulatory-living entity that *generationally Copies - Records - Repeats* its physical + social + habitat + environmental perspectives/ experiences — demonstrating *Cognitive Intelligence*.

U.S. Academia treats our Human Brain as a single Unit with multiple Parts. *It isn't!* The Human Brain is actually 6 unique Brains, each with specific species responsibilities, that is in constant contact + collaboration with the other Brains. The Human Brain is an-Ensemble — not-a-Unit, not-a-Team, not-a-Committee. *An Ensemble!*

It is an-*Ensemble of Brains* with common-connections to our environment through our 21+ Sensory Receptors that are all electronically linked and individually or in selective-Concert influence our Perspectives, Perceptions, Beliefs, Behavior, Attitudes and contribute-to our Gender-based behavior. Our Brains' Collaborative Functionality is commonly referred-to as our-*Intelligence*. *Cognitive Intelligence* = XX Chromosome-based —or— *Ambient Intelligence* = XY Chromosome-based.

Our 6 Brains are: 1) Reptilian Brain (directs procreation and survival responsibilities); 2) Mammalian Brain; 3) NeoCortex; 4) Cerebral Cortex; 5) Sensory Systems Memory Banks; 6) Neuron Axon-based Nervous System (stores all physical experiences).

9) Our Assimilation Skills: Acquiring Knowledge Skills + Calculating Skills + recall on-demand Skills + + + = our Intellectual Acuity + our Intuition.

10) Our Socializing Skills: Our Cultural Socializing Systems built from experience with family, friends, neighbors, authority figures, socializing with Peers. Our Physical Structure's Species-based Communication Systems = Body Language + Sound + Behavior + Presentation. XX Chromosome DNA = *Words Matter*. XY Chromosome DNA = *Behavior testifies to Beliefs*.

11) Our Aptitudes: Our range of inherent Physical + Mental + Emotional Capabilities to deal with the World around us.

12) Our Anticipation Skills: Recognizing Truths and their Consequences in Context — *relatively + relationally + rationally*.

Results-oriented conditioning activities — that can enhance useful individual intellectual capabilities and competencies — require personalized activities. One size does not fit all.

13) Our Emotional Management Skills: Manage our own and be aware of the potential emotional impact on others from our behavior.

14) Our Adaptive Guidance Systems: The *Left Side* of our Cerebral Cortex dominates the Management of our XX Chromosome-built DNA Humans' compliance with THEIR Species-inherent capabilities. The *Right Side* of our Cerebral Cortex dominates the Management of our XY Chromosome-built DNA Humans' compliance with THEIR species-inherent responsibilities. Both sides inherent functionality have been reinforced by millenniums of Culturally directed Role-playing via selective breeding. XX Humans tend to-be *literal* and XY human beings tend to be *metaphorical*. Both are susceptible to modification. XY is more-adaptable since it does not have child-bearing responsibilities

15) Our Collaboration Skills: The ability to seek-out and accept the Perspectives of others to augment our own. And, proceed in Context and Concert as a member of *an-ensemble*.

16) Our Contextual Intuition: Key Characteristics: It is instantaneous, often unconscious, and perceived as a direct knowing rather than a result of logical deduction.

Perspectives and Tools:

- **"Behavior testifies to Beliefs."** Do-we or do-we-not have/demonstrate Common Sense. Common Sense is categorized by the word — *Intuition*.
- **Intuition is really Smart Guessing.** Smart Guessing is what scientists call *Hypothesizing*: When we take what we observe and combine that with what we know and our Experience — to make a guess. A smart guess means the same thing as an *"educated guess"* and so is related-to Common Sense. Common Sense does have Tools.
- **Other Intuitive Tools:** Strategic Planning – Critical Paths – a Story Board.
- **The Art of Being-Smarter** can-be Learned DIY On-the-Fly => *"VirMotely"* on Retrac.com.



A One-Room Schoolhouse

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