

How-to Use A.I. before A.I. Uses you or yours — while protecting your Options, Opportunities and Future

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 A Smarter Human-Being

is dictated by the Condition + Capabilities + Competencies + Cohesiveness + Coordination of —



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

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 — Starts with:

- Our Posture
- Our Range-of-Motion
- Our Flexibility
- Our Agility
- Our Balance
- Our Reflexes
- Our Structural Coordination = Rhythm
- Our Kinesthetic Awareness
- Our Hand & Eye Coordination
- Our Bone-Strengthening
- 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

Engaging 21st Century's **Smart Movements** will enhance our Health and optimizes our Physical capabilities that will free us to accelerate our *Intellectual development* — Today and Tomorrow.

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The Art of being Smarter: How-to DIY On-the-Fly using A.I. :Ys-Iy. For Capable + Competent + Collaborative Ys-Mavericks.
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"By failing to Prepare, you are preparing to fail." Ben Franklin

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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 Ubiety 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 the

longest lifespan of any Mammal 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.

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' Collective Functionality is commonly referred-to as our-**Intelligence**. Cognitive Intelligence = XX Chromosome-based —or— Ambient Intelligence = XY Chromosome-based.

Our 6 Brains are: **Reptilian Brain, Mammalian Brain, NeoCortex, Cerebral Cortex** + the **Axon Neuron System** (aka: Nervous System; stores all physical experiences) + **DNA** (aka: arming procreation and survival responsibilities).

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 exercises/ activities — that can enhance useful individual capabilities and competencies — require personalized activities.

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 Integration Skills: Recognized + Respected + Accepted unselfish participation = Intellectual Acuity => **Intuition**.

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 School House

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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