Memory As a Service

Learning to manipulate temporal cognition

Timeline
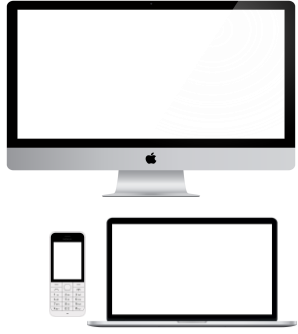
2008 — DATA
2009
2010 — INFORMATION
2011
2012 — KNOWLEDGE
2013
2014
2015 — WISDOM
2016
2017 — VISION
2018

2007 SEE MY BEHAVIOR
2008 SEE FEEDBACK LOOPS
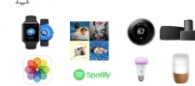VISION - Color Coded & Searchable
BREAKTHROUGH
VISION - Searchable
ACTION
VISION - Segmentable
ACTION
INTEGRATED LIFE
Long Term
ACTION - Now, Then and When

VISION
BREAKTHROUGH
ACTION
Capture
Create
Relive at 20%
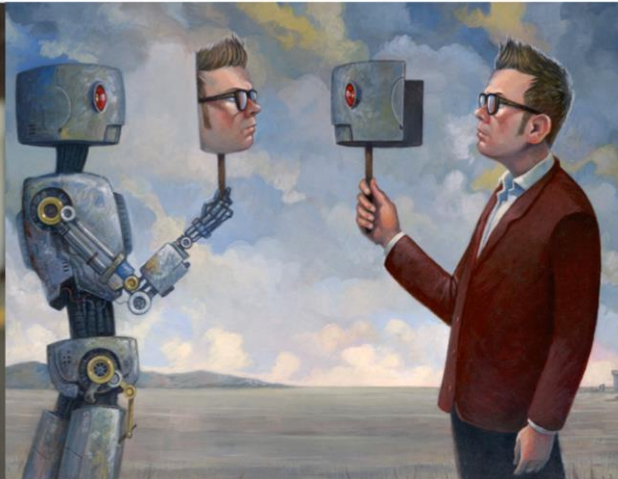
Topic Journey

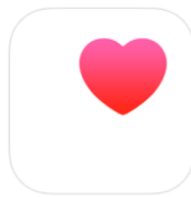Each year I **dedicate time** to study technologies effects **on areas of my life.**

Digital Health
2013

Contemplative Tech
2014

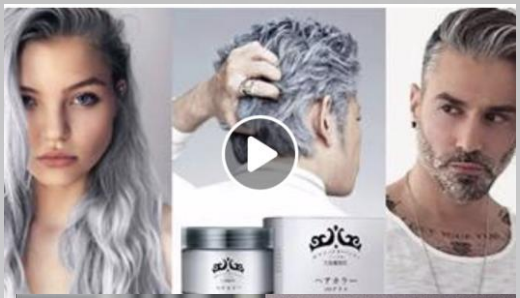Chrono-Cyborgology
2015

Love and Intimacy
2016

Occult and Paganism
2017
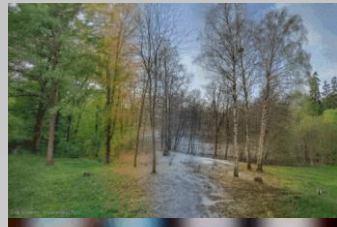
Mandela Effect

Simulation Theory

Isochronic Map
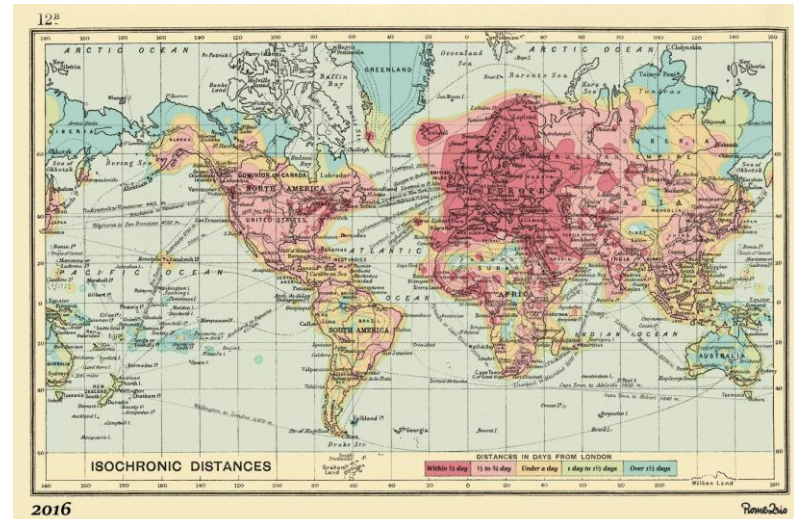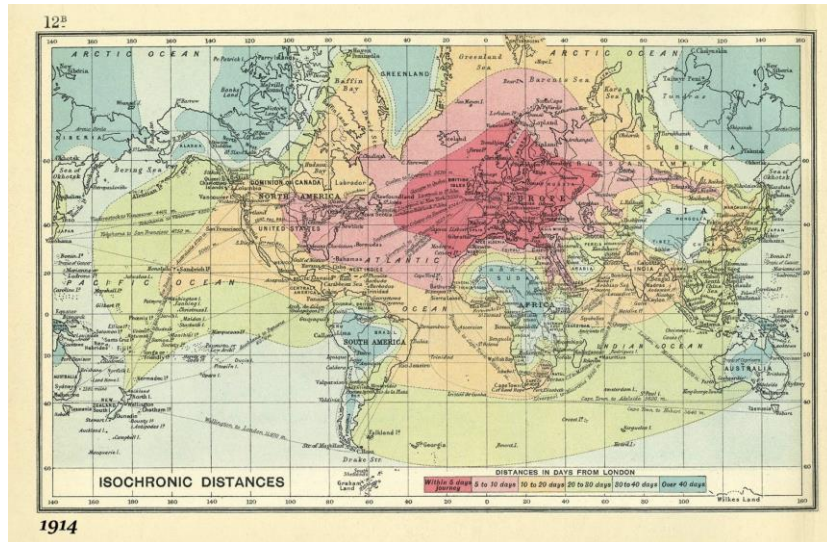
Time perception is controlled by access to a controlled table system.

News
1850-1920

Travel
1920-1950

Consumerism
1950-1970

Climate Change
1970-2000

Technology & Media
2000-2010

Technology / Interface
2010-2015

Speeding Time

What is Chrono-Cyborgology

The Effect of Chronobiology and Cybernetics on Society

The human organism biological dependency on light cues

AI / Programing influence on cybernetics

Influenced Organisms evolving populations and cultures

Chrono-Cyborgology

SECTION 1

- Chronobiology 101
- Cyborgology101
- Life as an Operating System

SECTION 2

- Analog Time and Long Term Thinking
- Clocks for Neo-Modernity

LAB ONE

- Build a simple time machine

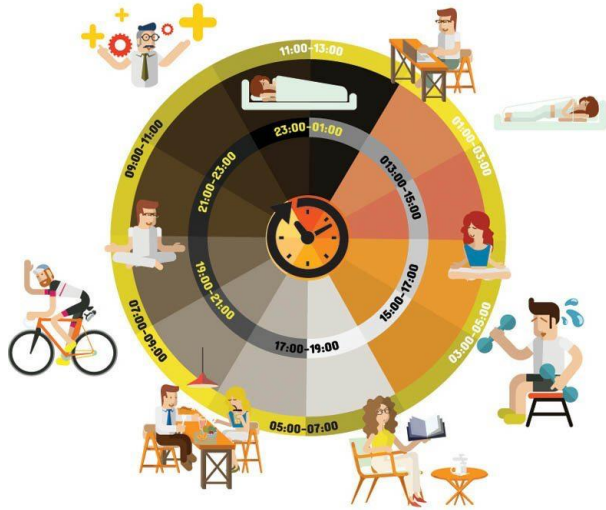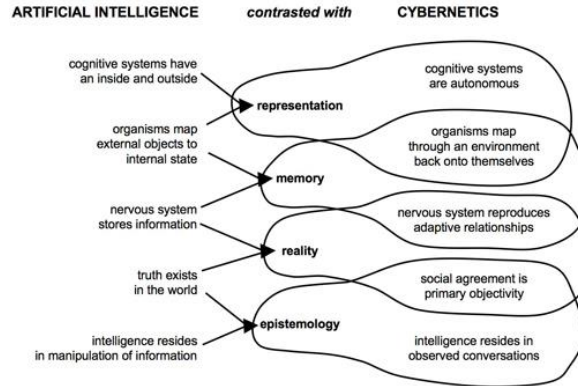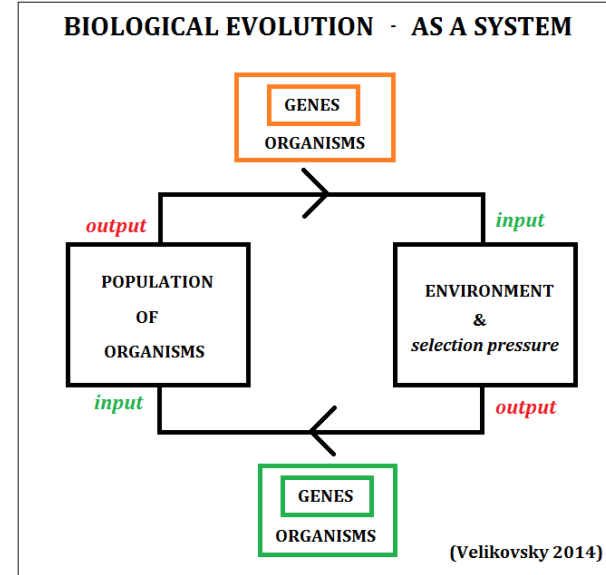## SECTION 3

- Temporal User Interface Definitions
- Temporal User Experience Definitions

LAB TWO & THREE

- Build a temporal interface for your favorite application
- Build an experience to change the perception of time of time.

SECTION 4

- Working with the Future

LAB FOUR

- Program a future routine.

★ BONUS:

- Life after Chronological Time

★ LAB BONUS

- Assisting Synchronicity

SECTION ONE
Cyborgs and Time

Why Talk about Organisms and Time?

ANSWER: Your Body is a Time Machine
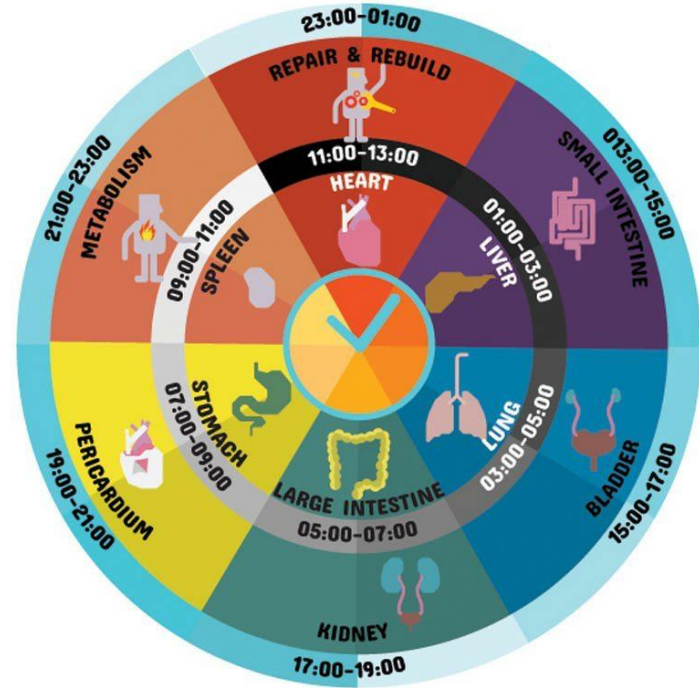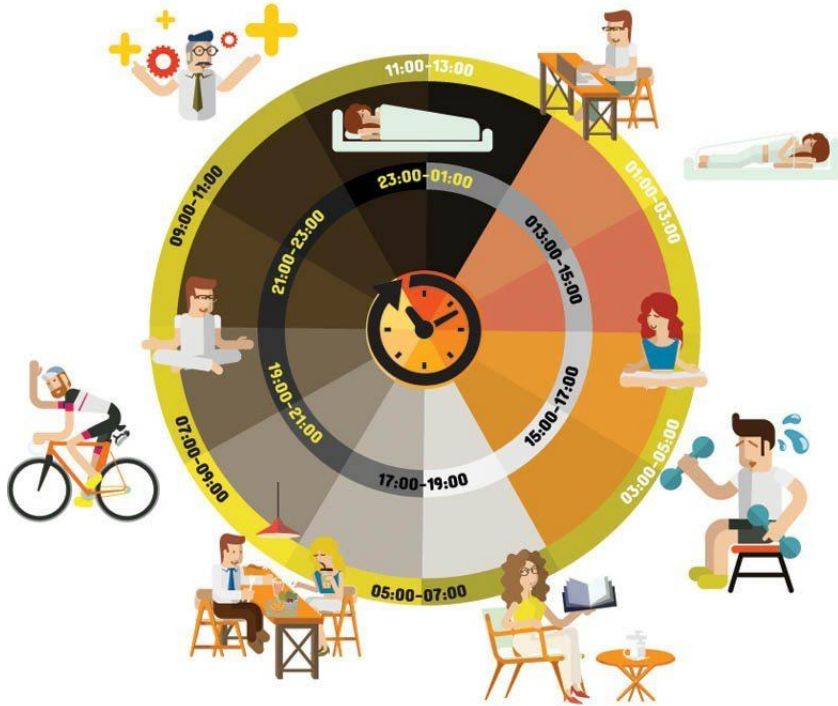
Our Brains are Evolving

Frontal Lobe

Reason

Memory

Personality

Primate *(Neocortex)*

Mammal *(Limbic)*

Reptile *(Reptilian)*

Temporal Lobe

Hearing   *Vision*   *Speech*

Cerebellum / Brain Stem

Heart Rate, Temperature, Breathing

Our Brains are Time Machines

Time Cues

Suprachiasmatic Nucleus

Feeding Schedules

Environment

Activity

Central Outputs

Sleep / Wake   *Cognitive Performance*

Peripheral Outputs

Heart, Liver, Kidney, Muscle
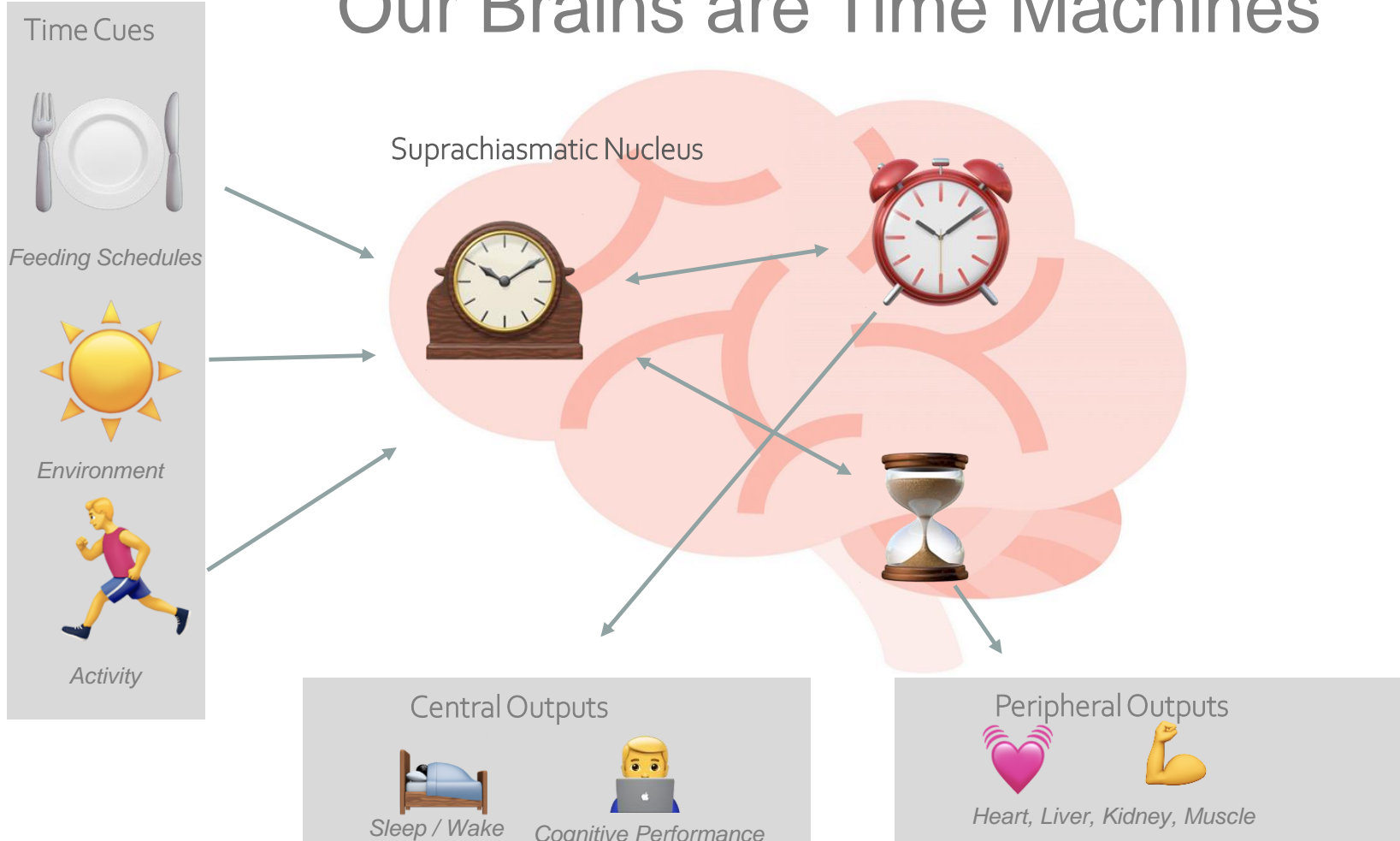
External

Wearable

Always On

Connected

Mobile

Organization

Culture, Governance, Infrastructure

Nature

Environment, Plants, Animals

Discussion

1. Name some parts of your organic senses that can sense time?
2. Do you hack or change your biological time in anyway?
3. Can you think of ways technology is changing your biological sense of time?

Why Study Chrono-Cyborgology
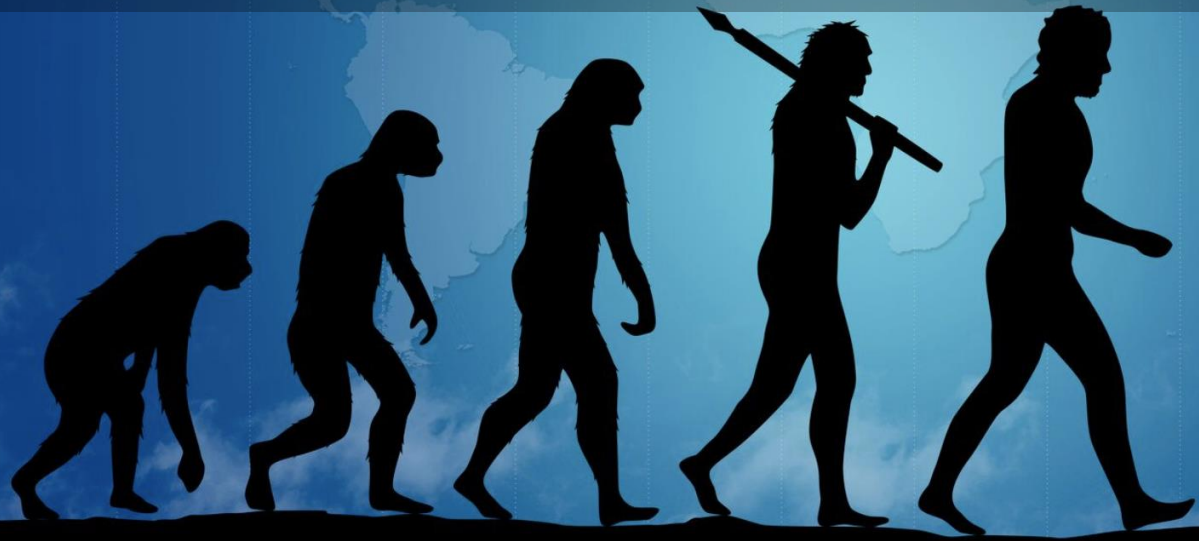
Temporal Platforms

Do we **bias our experiences** or **experience our bias**?

KAIROS (Greek)

Kairos is **qualitative unordered** of a an **organic system**.

1. Non ordered time.
2. Indeterminate.
3. Theological.
4. Agrarian.
5. **Subjective** Bias
6. 1500BC.

Temporal

Date, Time, Time zone, Elapsed Time

Non-linear Time

Temporal Platforms

Do we **bias our experiences** or **experience our bias**?

KAIROS (Greek)

Kairos is **qualitative unordered** of a an **organic system**.

1. Non ordered time.
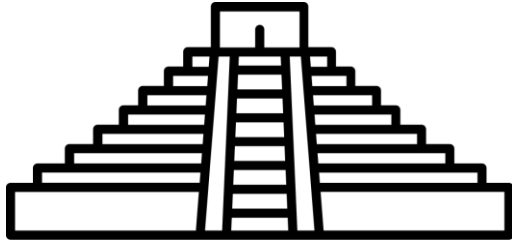2. Indeterminate.
3. Theological.
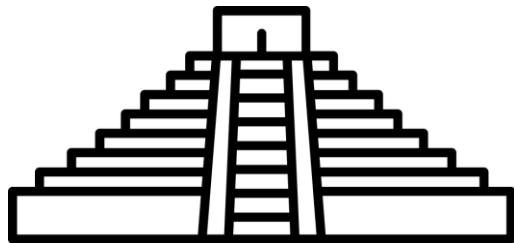4. Agrarian.
5. **Subjective** Bias
6. 1500BC.
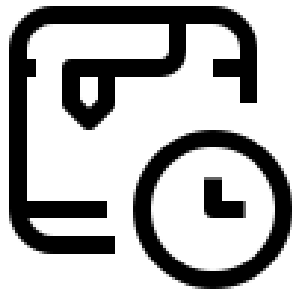
CHRONOS

Chronos is **quantitative ordered** minutes of a system **mechanical system**.

1. Ordered linear time.
2. Determinate.
3. Scientific.
4. Industrial.
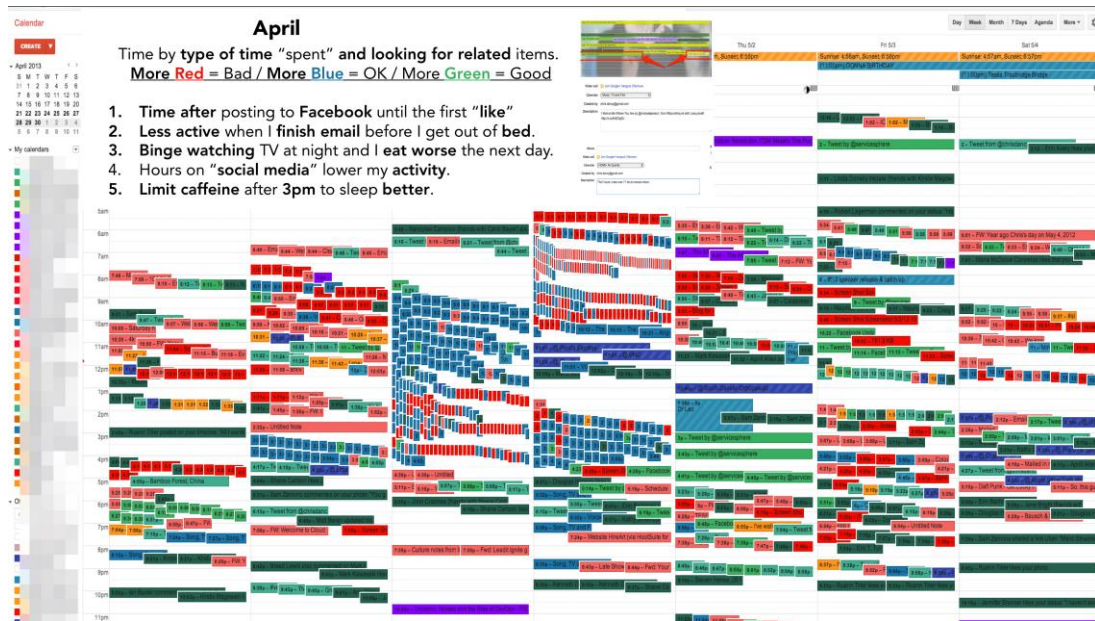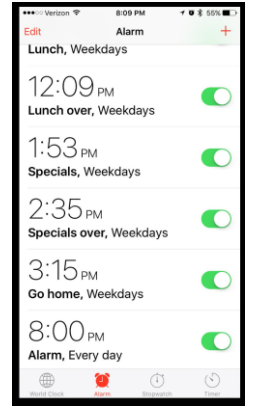5. **Objective** Bias
6. 1300AD

1777

SCHEME.

	Hours.	
MORNING. The *Question*. What good shall I do this day?	5 6 7	Rise, wash, and address *Powerful Goodness!* Contrive day's business, and take the resolution of the day; prosecute the present study, and breakfast.
	8 9 10 11	Work.
NOON.	12 1	Read, or look over my accounts, and dine.
AFTERNOON.	2 3 4 5	Work.
EVENING. The *Question*. What good have I done to-day?	6 7 8 9	Put things in their places. Supper. Music or diversion, or conversation. Examination of the day.
NIGHT.	10 11 12 1 2 3 4	Sleep.

2014

2015

2017

Typical daily schedule:

2:30am wake up
2:45am prayer time
3:15am breakfast
3:40-5:15am workout
5:30am post-workout meal
6:00am shower
7:30am golf
8:00am snack
9:30am cryo chamber recovery
10:30am snack
11:00am family time/
meetings/work calls
1:00pm lunch
2:00pm meetings/work calls
3:00pm pick up kids @ school
3:30pm snack
4:00pm workout #2
5:00pm shower
5:30pm dinner/family time
7:30pm bedtime

Temporal Platforms

Do we **bias our experiences** or **experience our bias**?

KAIROS (Greek)

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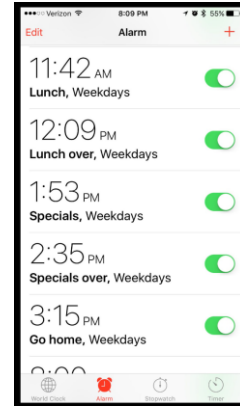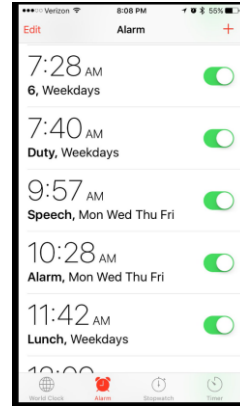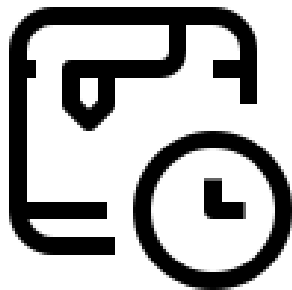3. Scientific.
4. Industrial.
5. **Objective** Bias
6. 1300AD

ALGORITHMOS

Algorithmos is the **emergent will** of the **merger** of **biological** and **mechanical systems**.

1. Emergent experiences.
2. Chaotic.
3. Technological.
4. Accelerationism.
5. **Systematic** Bias.
6. 2000AD

1. Algorithmic Trending
2. Algorithmic Sorting / Recommendations
3. Algorithmic Delay
4. Algorithmic Error Propagation

Algorithmic Sorting / Recommendations

Algorithmic Delay

Twitter's algorithmic feed during time-sensitive moments like now can be very confusing...

Algorithmic Error Propagation

Mike Caulfield is tired, so tired.
@holden

Follow

Yet another example of how errors outrun corrections

Billy Idol ✔ @BillyIdol · 23h
So it looked like 'It was a nice day for a white wedding' in the UK for Meghan and Harry #RoyalWedding2018 💍 ;)

💬 328   ↻ **2.9K**   ♡ **13K**   ✉

Billy Idol ✔ @BillyIdol · May 19
Looks like a lovely day in UK for Harry and Meghan's wedding #royalwedding 💍

💬 865   ↻ **4.5K**   ♡ **24K**   ✉

1:42 PM - 20 May 2018

3 Retweets **3** Likes

💬   ↻ 3   ♡ 3   ✉

SECTION TWO

Creating a Time Machine

The Evolution of Time

Now

1817

2017

1 day

Now, Here
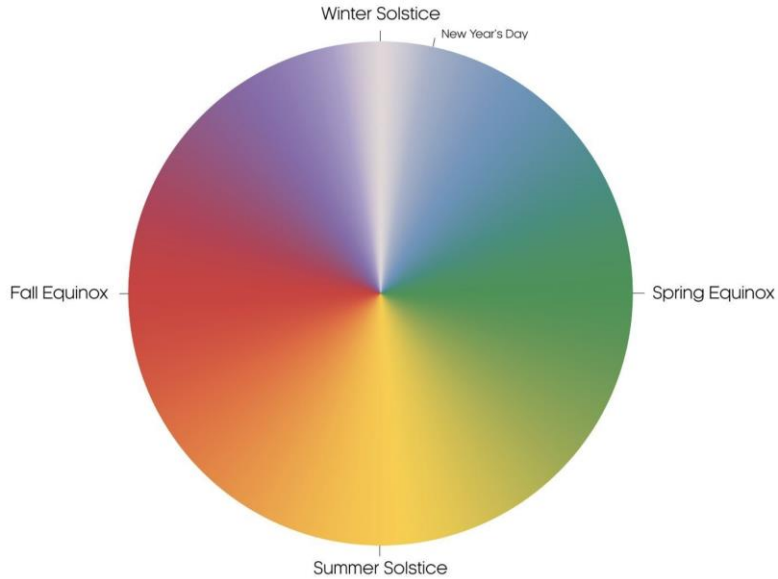
Season Clock
New York
2015

1 year
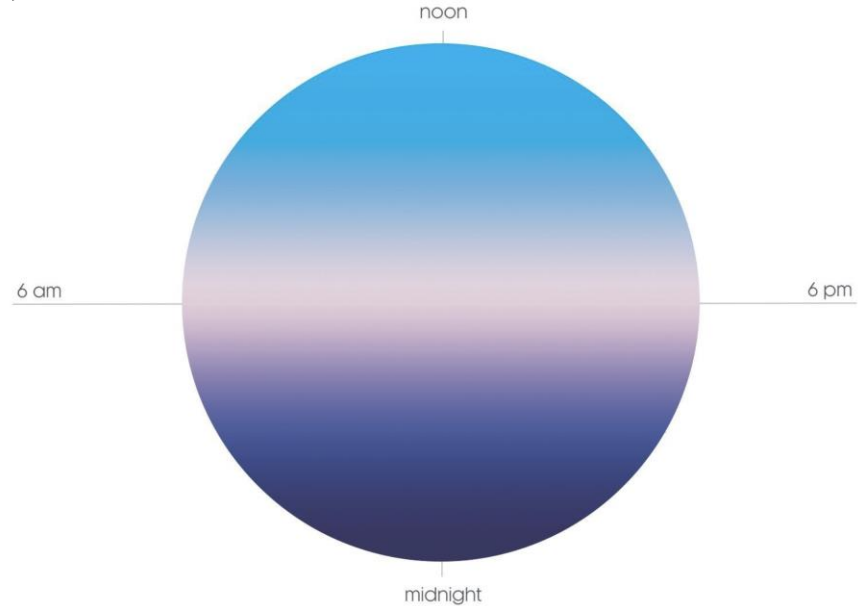
Today Clock
New York
2017

1 day

1 day

Apple Watch
Cupertino, CA
2014

Now, Here, You, Then

Now, Here, You, Then

1896

Now, Here, You, Then, When

2011
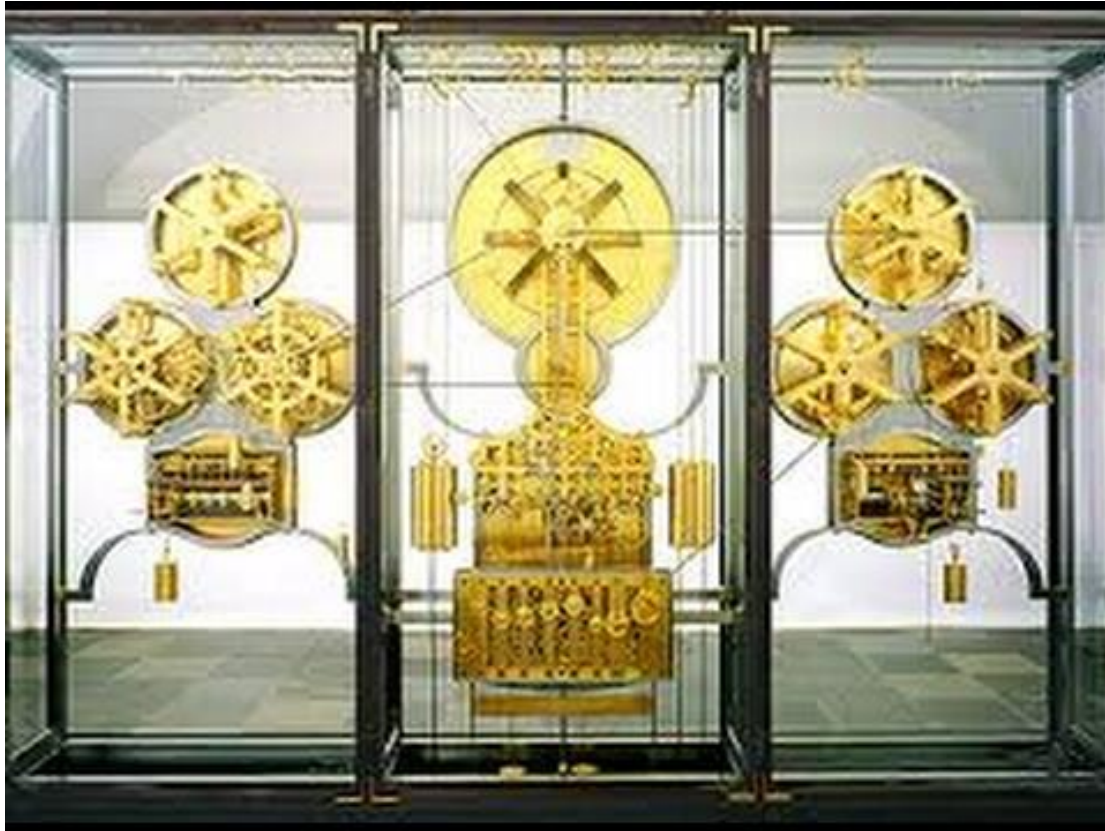
25,000 years

1945

Now, Here, All Of You, When

sun
horizons
year
century
star field
rete
(shows horizons)
moon
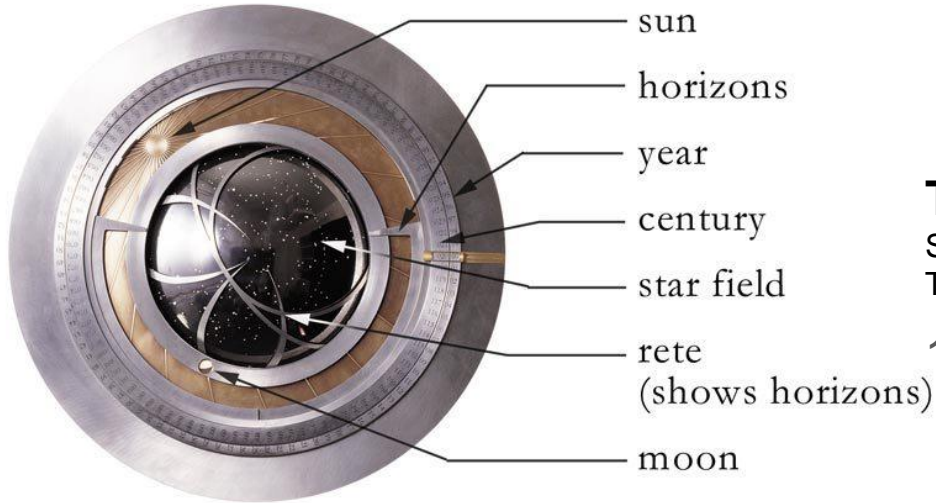
The Clock of the Long Now
Sierra Diablo Mountain Range
TBD 2018

10,000 years

1999

2008

A forest in Norway is growing.

2014

Building a Time Machine

DISCONNECT CAPACITOR DRIVE
BEFORE OPENING

SHIELD EYES FROM LIGHT

Hardware

Hardware

Automobile
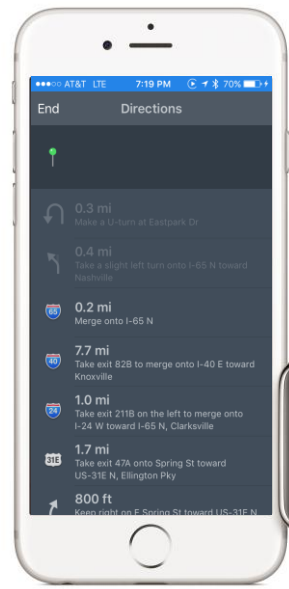
Wearable
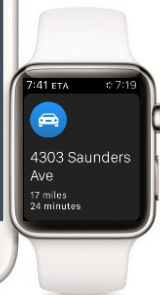
Living Room

Mobile
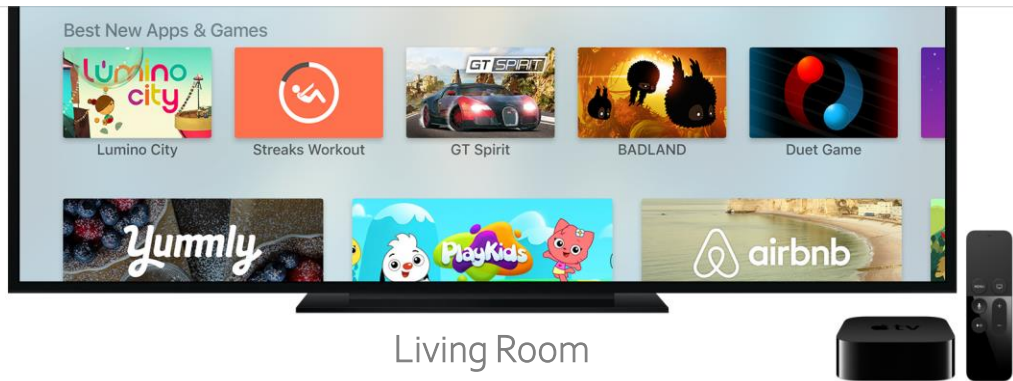
Software

Software v2

On This Day
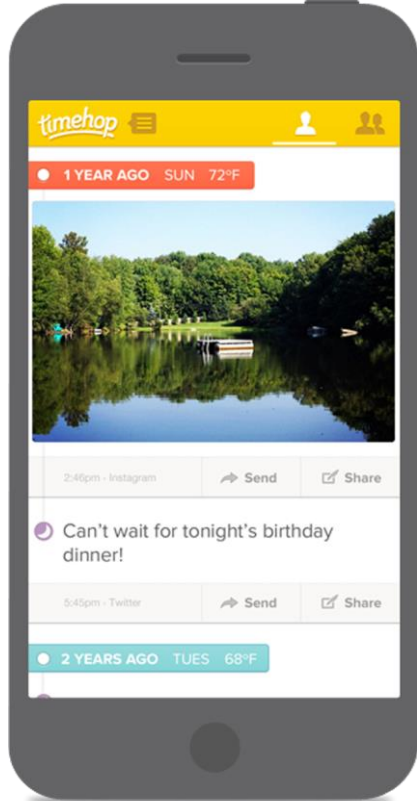
Yearly
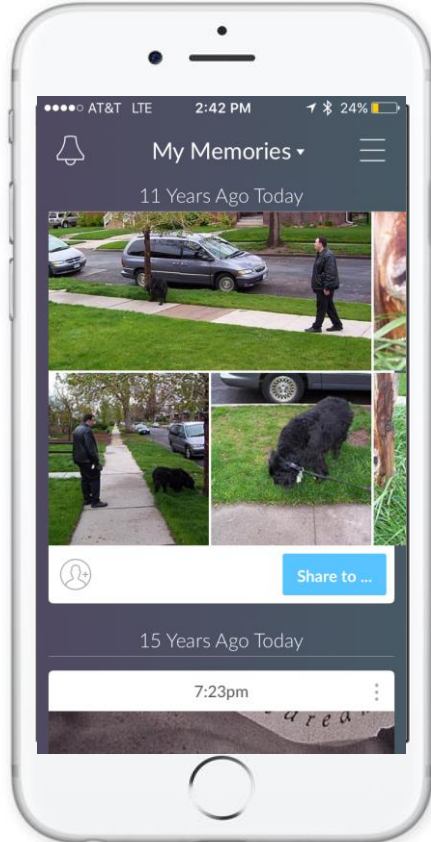
All time
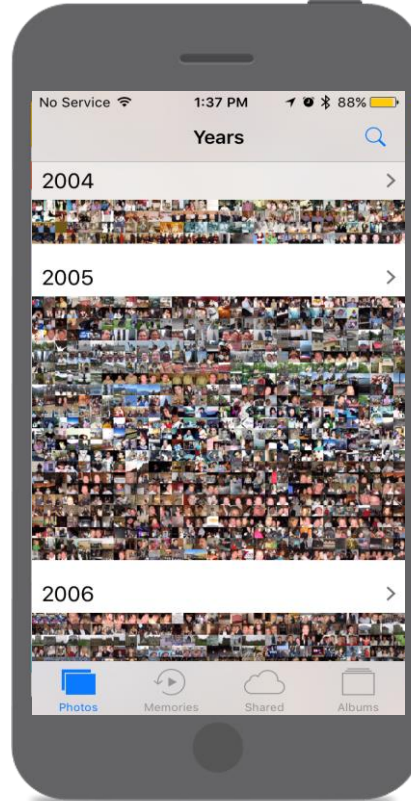
Artificial Intelligence
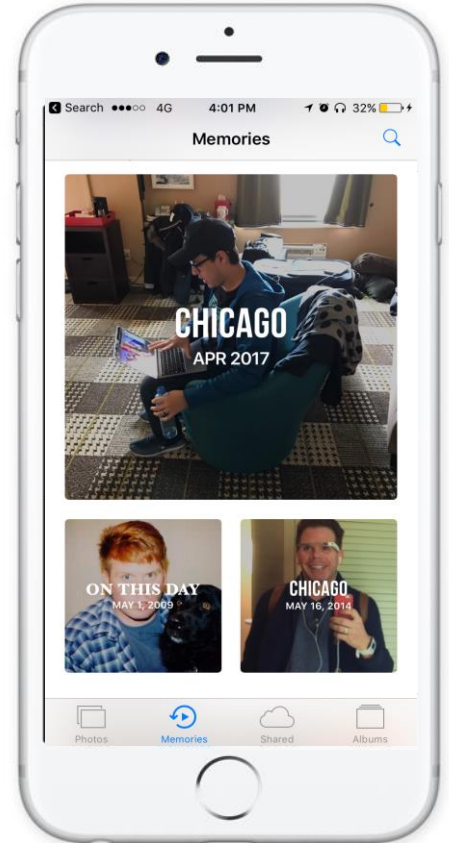
Managing Photos

Software & Hardware

Hardware & Software v1
(2013)

Present & Future

Past

Shop less

Settings
67% - Charging
Wi-Fi data

MON
1
No events today

A rose is a woody perennial of the genus Rosa, within the family Rosaceae. There are over 100 species and thousands of cultivars.

Wikipedia

golden gate bridge

1 hour ago
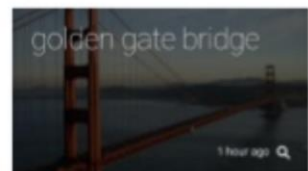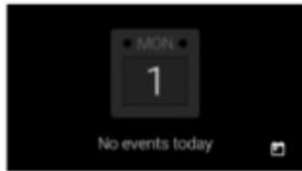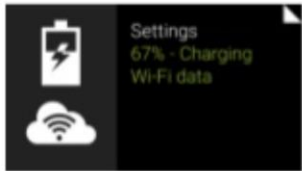
Hardware & Software v2

(2018)

Time

Schedule

Body

Earth

Discussion

1. Share how you use time in your technology.

Can You Build A Time Machine?

Workshop

1. Construct an interface for time travel within a piece of hardware or software?

Time

Schedule

Body

Earth

SECTION THREE

Shifting Consciousness

Designing Technical Temporality

Managing Anniversaries
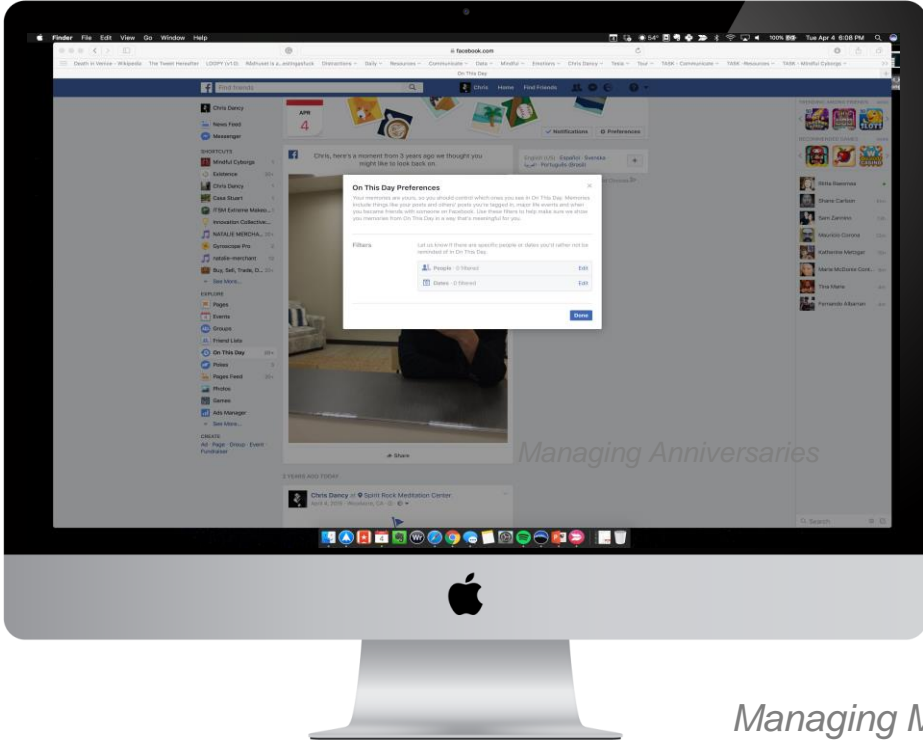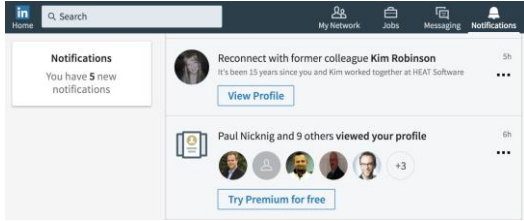
Managing Anniversaries

Managing Memories
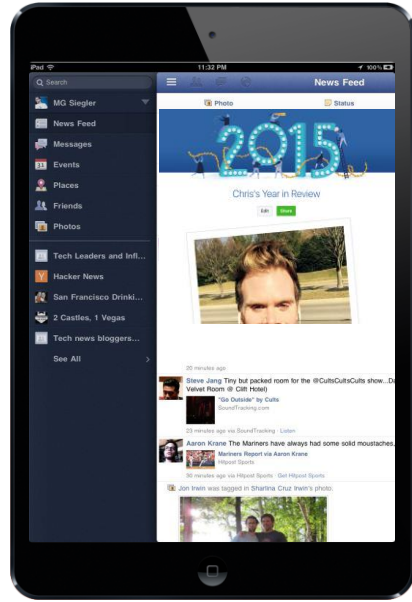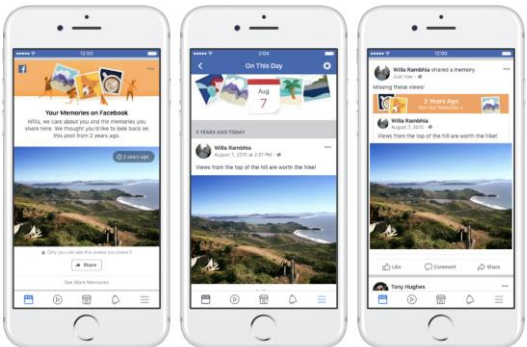
The Milestones
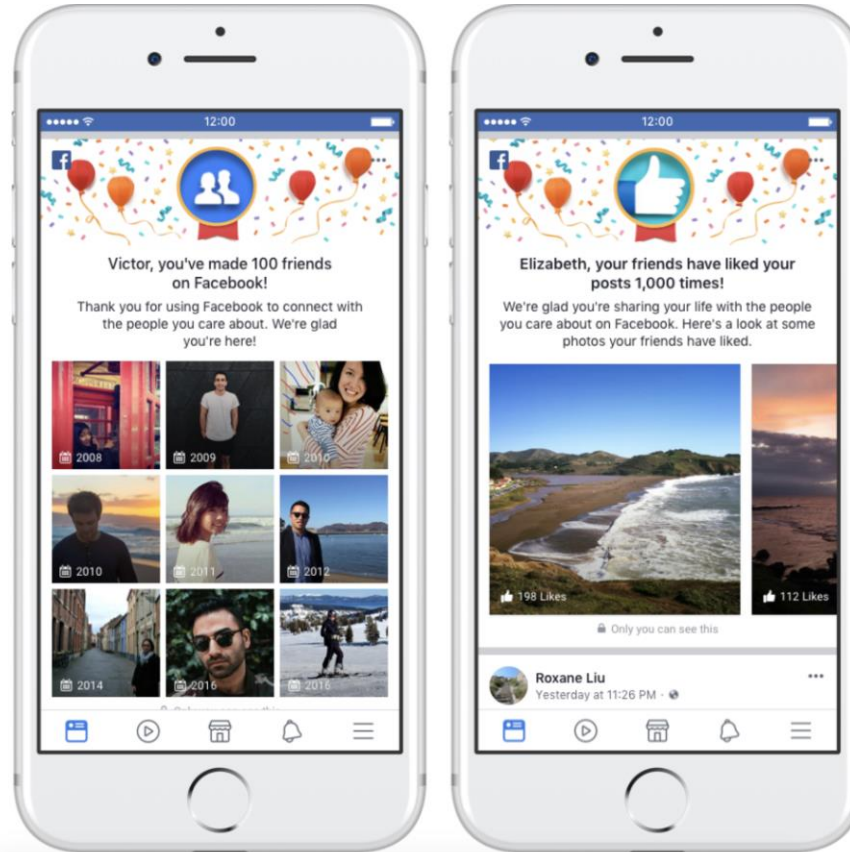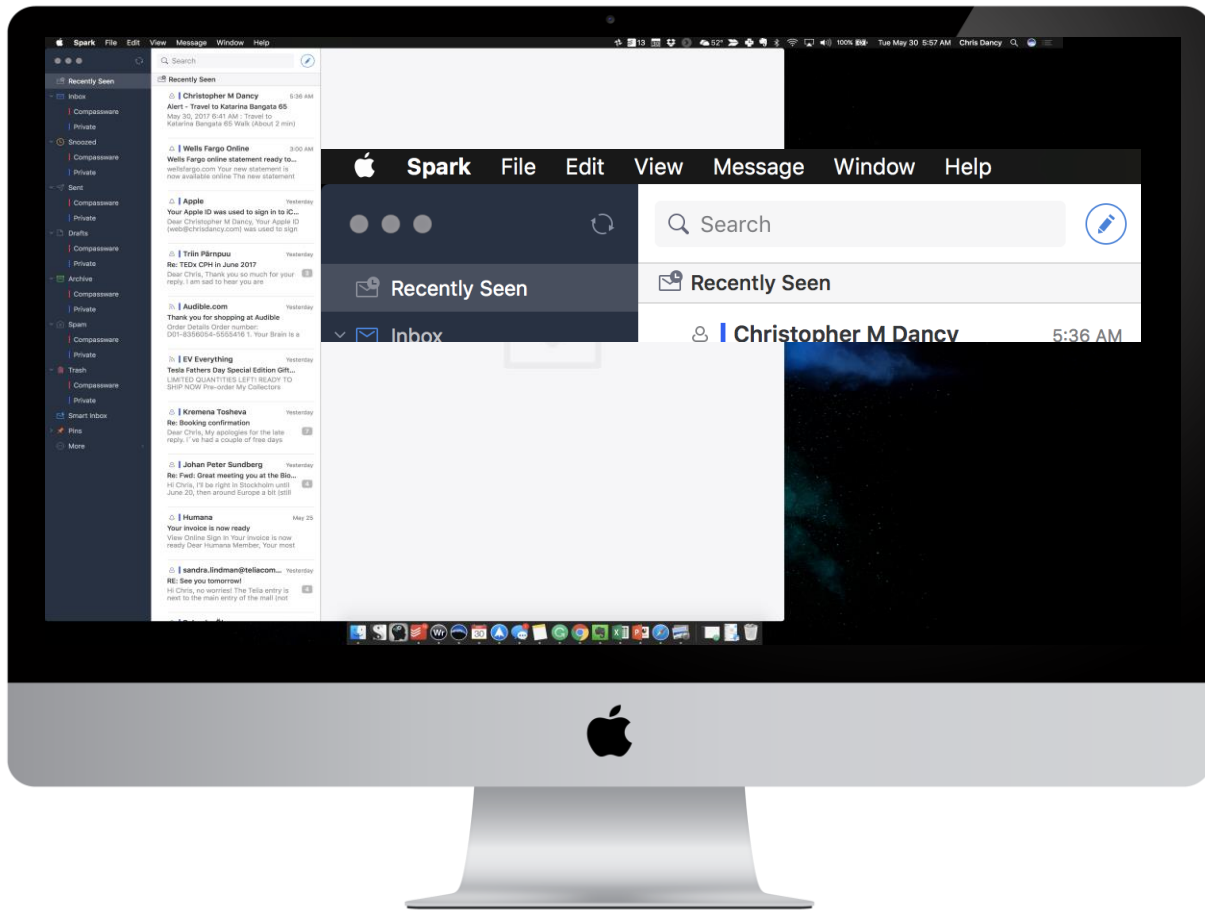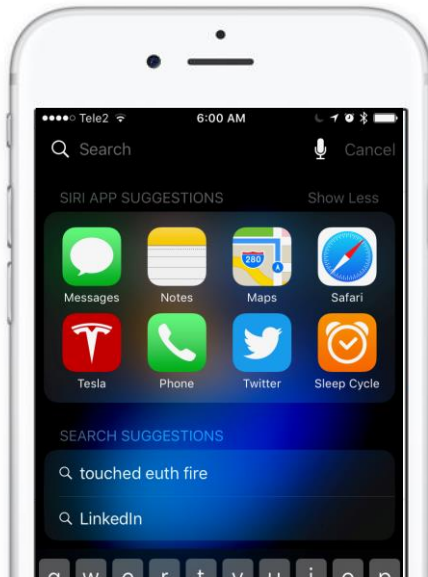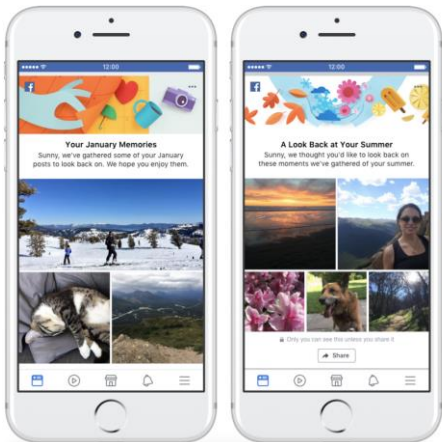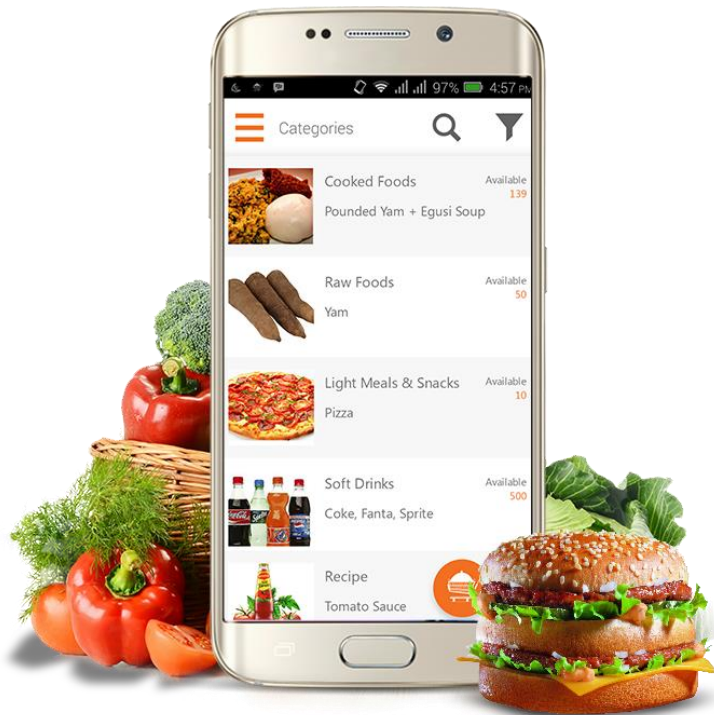
The Temporary

The Soon

The Future

Impatience

Agony

The End
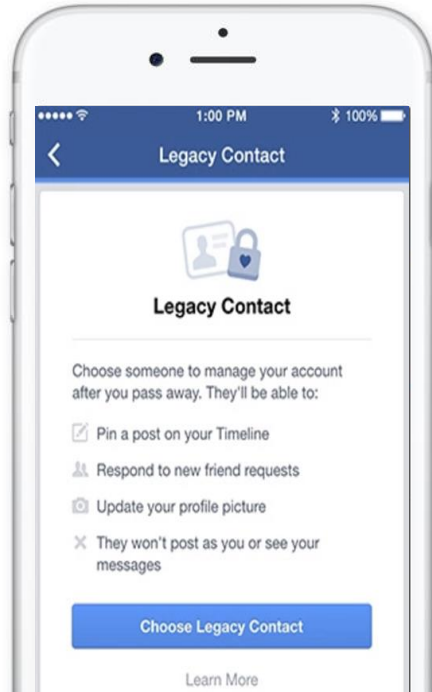
Create a new Temporal Interface

Workshop

1. Using your favorite application or service, build a new temporal interface. *(Forgotten, The Past, Milestones, Recent, Now, Temporary, Soon, The Future)*

How To Time Travel?

1. *Speed Up Time*
2. *Re-Live Time*
3. *Slow Down Time*
4. *Pause Time*
5. *Reinforce Your Values*
6. *Expand Your Mind*
7. *Define Your Future*

Operating a Time Machine

1. Speed Time

Become a Puppet
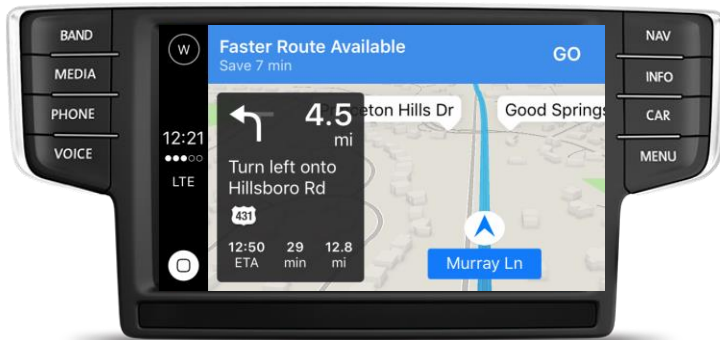
Save "Time"
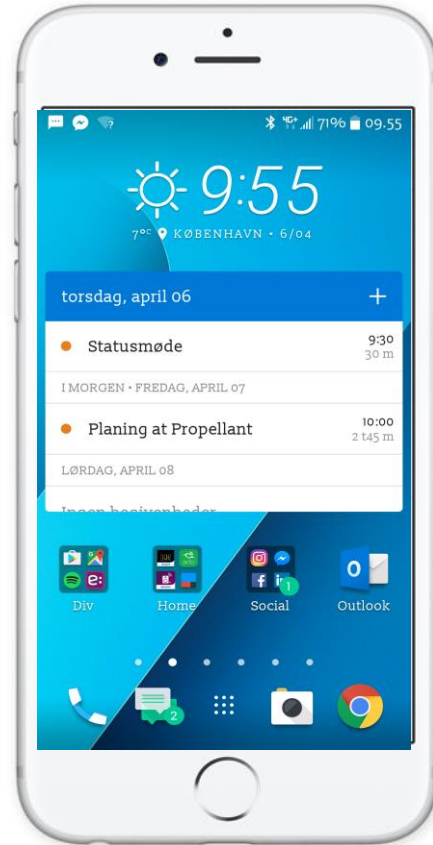
Live like a Calendar

Kill the %

2. Relive Time
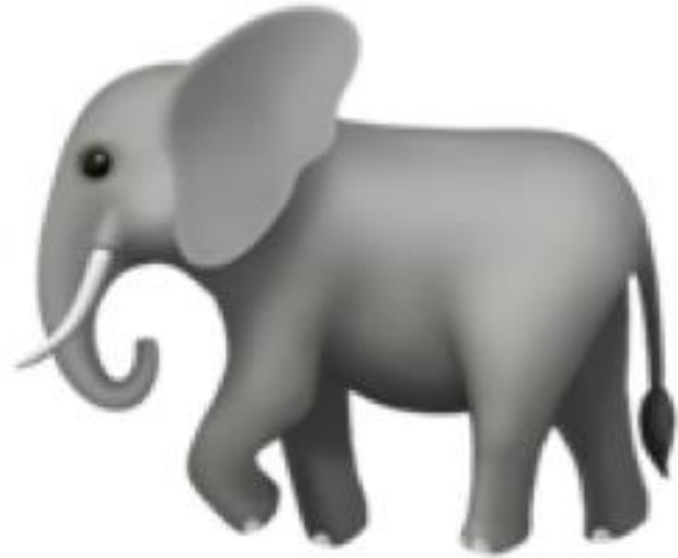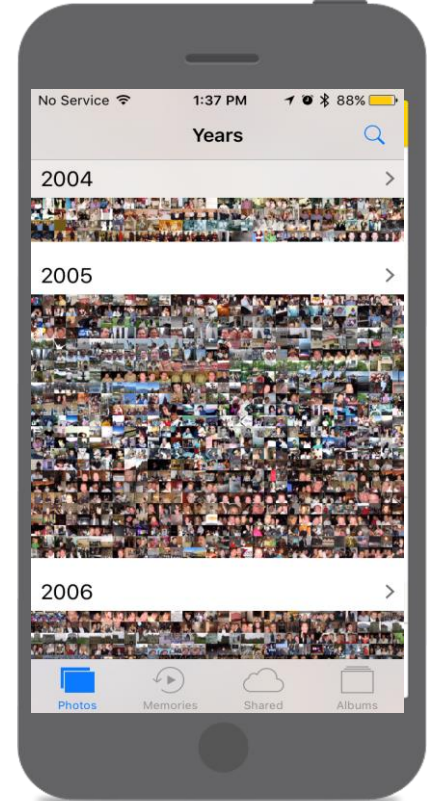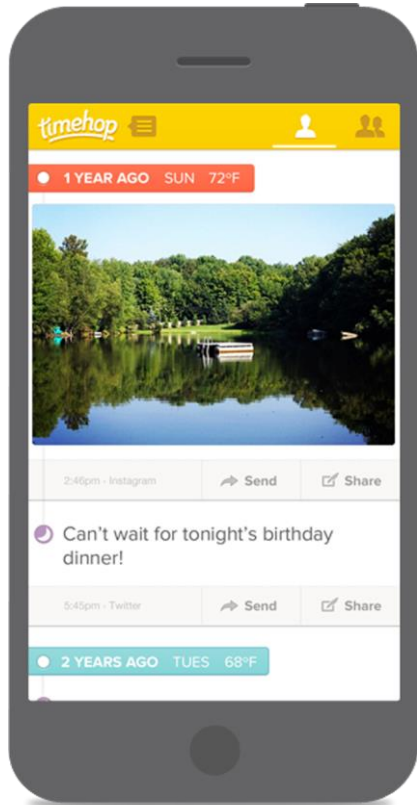
Posts

Photos

Count Up

COUNTDOWNS	
Home Moved In	-981 days
Fernando Anniversary	-318 days
Fernando Moves In	-206 days
Fernando asks me to Marry Him	-91 days
Home Contract Signed	-74 days
BeHealth Ben Quits	-64 days
Fernando In Sweden	-48 days -2:59 hours
BeHealth Merger Proposal	-16 days
Home Sell Furniture and Equipment	-5 days
BeHealth Contract End	15 days
Fernando's Birthday	25 days
BeHealth Merger Proposed Date	45 days
Home Close With Chip	47 days
Book To Publisher	47 days
Home Leave Nashville	229 days
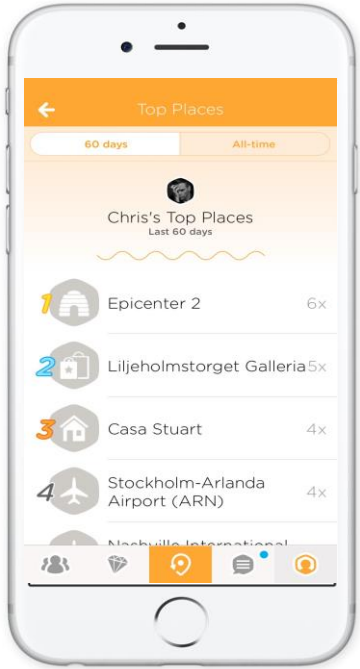
60 days
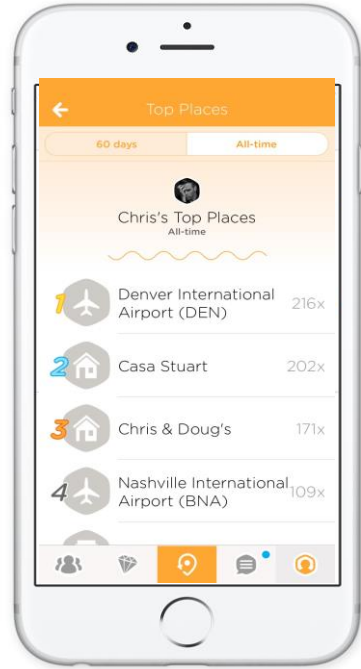
All Time

Places

Capture

Create

Relive at 30%

3. Slow Time

Lock Screens

4:54
Wednesday, May 17
STOP
LOOKING
AT YOUR PHONE.
LOOK
AROUND
YOU

4:54
Wednesday, May 17
DID YOU TEXT
YOUR MOM
TODAY?

try again

4:54
Wednesday, May 17
DON'T TAKE A
PICTURE.
JUST ENJOY THE
FUCKING
MOMENT.
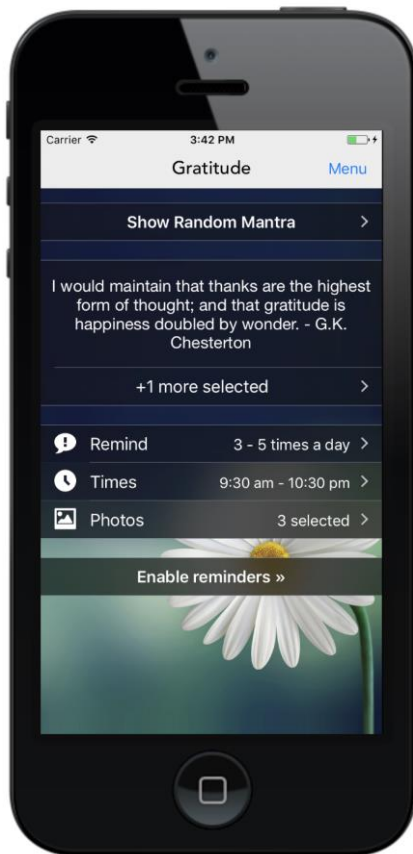
Applications
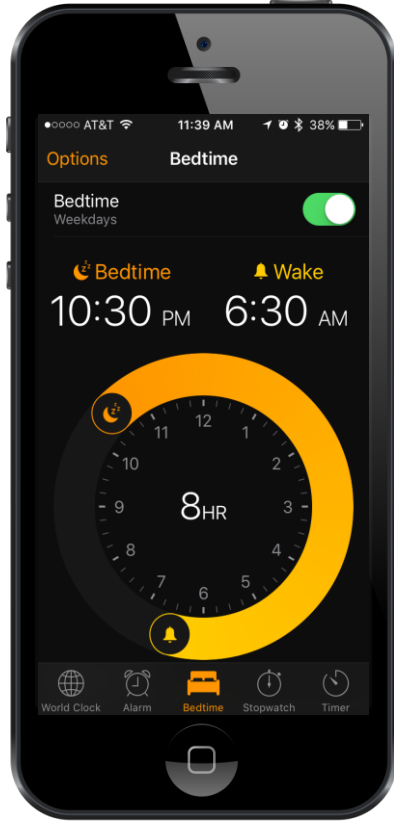
Alarm - Healthy Sleep Habits
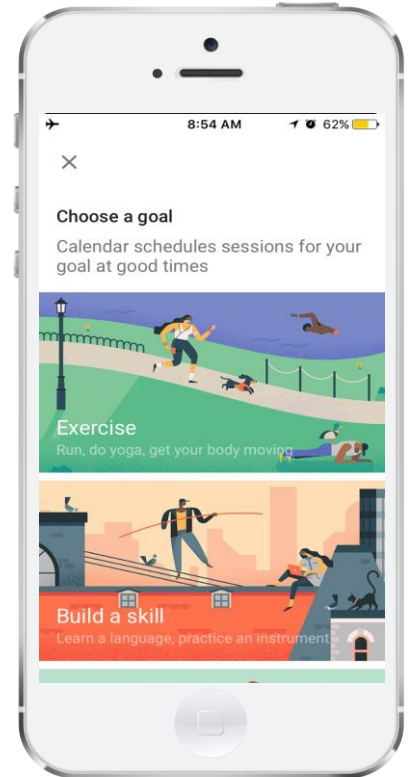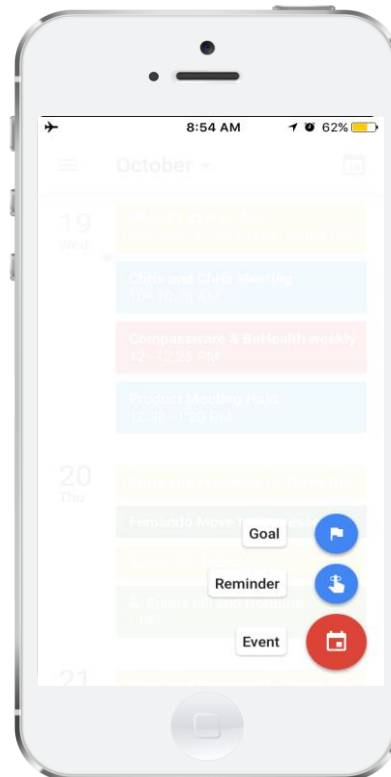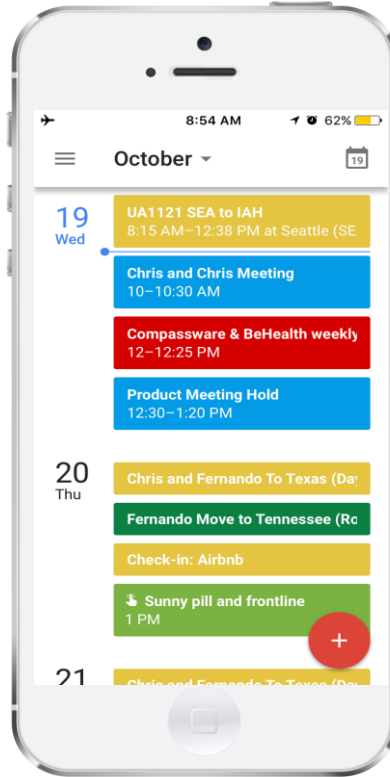
Calendars- Scheduling Habits
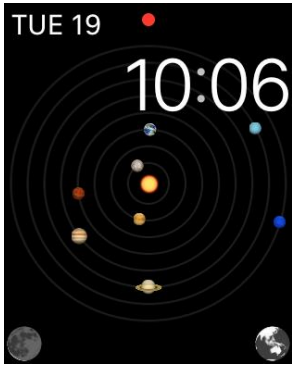
"Astronomy")1) watch face
365 Day View of Time

Moon (Large) cycle watch face
3 Day View of Time

Astronomy (2) watch face
24 hour View of Time
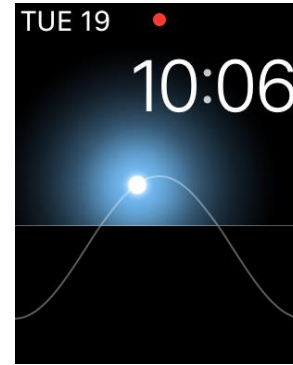
Solar watch face
10-14 hour View of Time

"Numerals" watch face
1 hour View of Time

"X-Large" watch face
60 minute View of Time
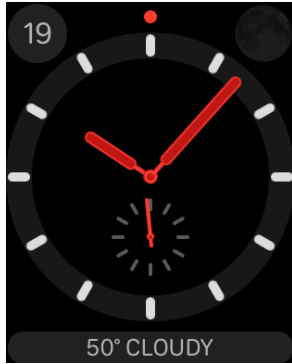
"Explorer" watch face
1-10 minute View of Time
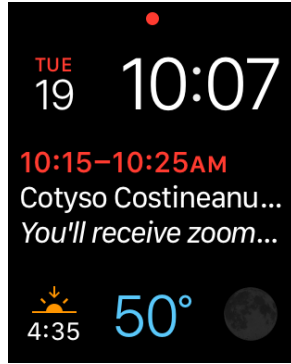
"Modular" watch face
Moments View of Time

"Activity" watch face
Biological View of Time
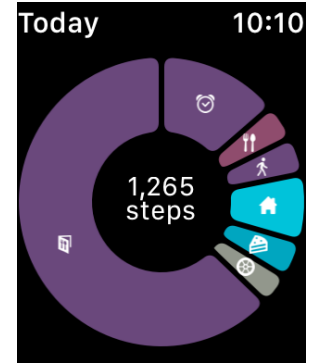
"Life Cycle" watch face
Behavioral View of Time

Stop Counting
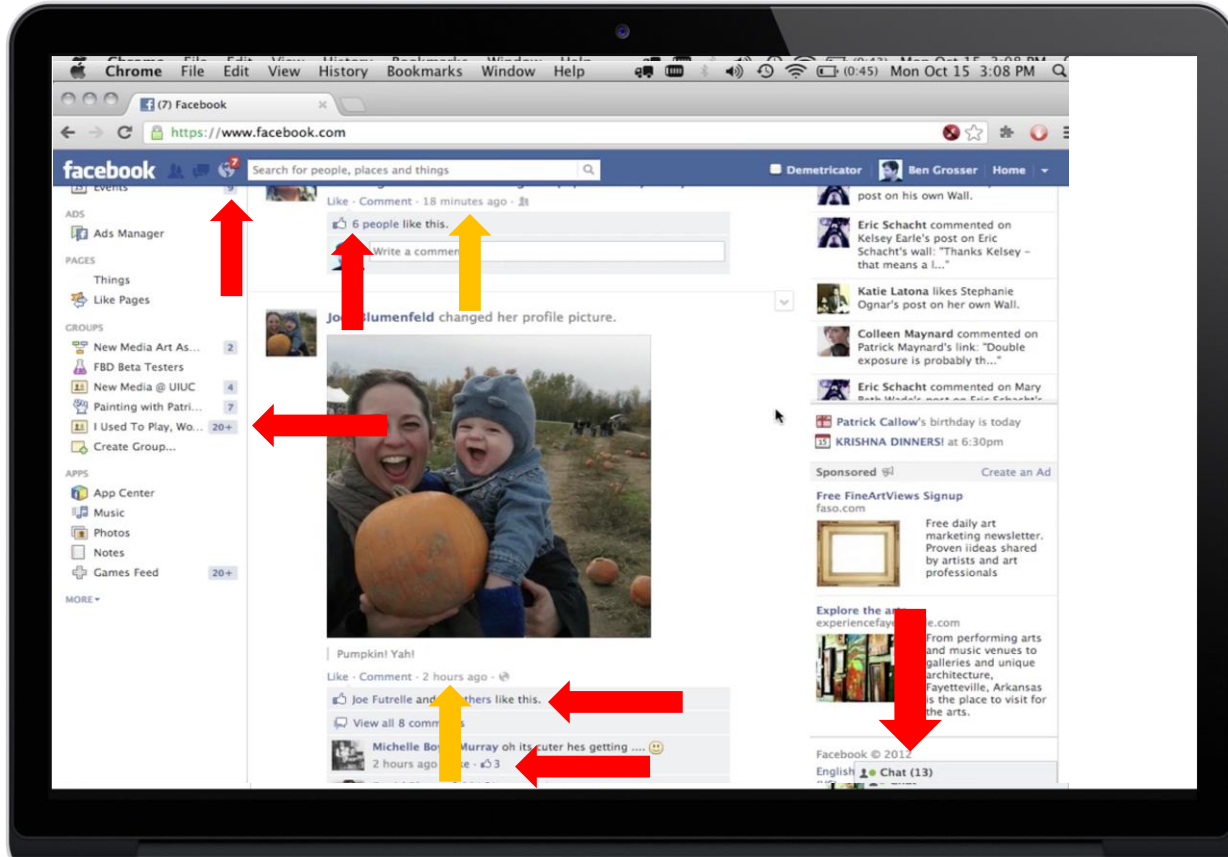
4. Pause Time

Home Screens
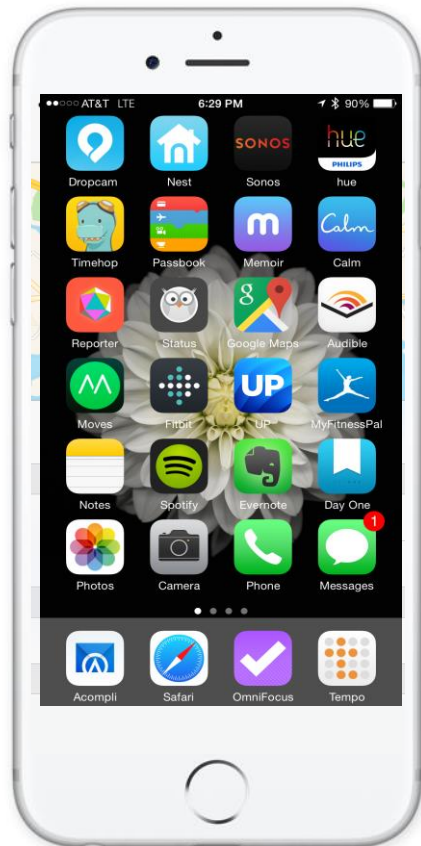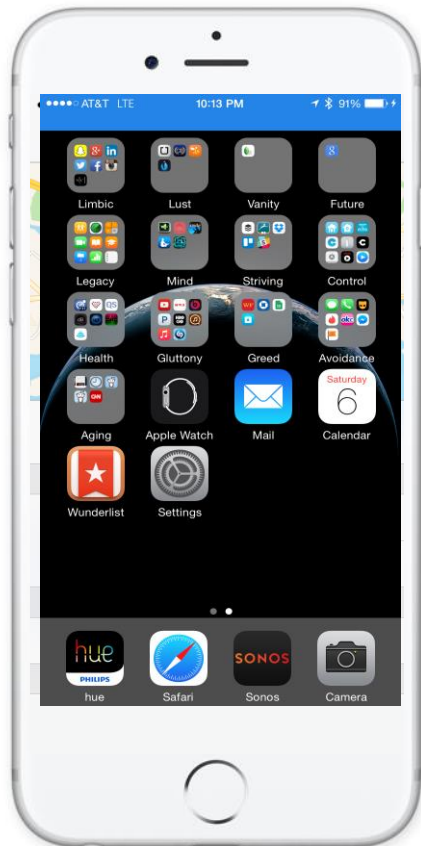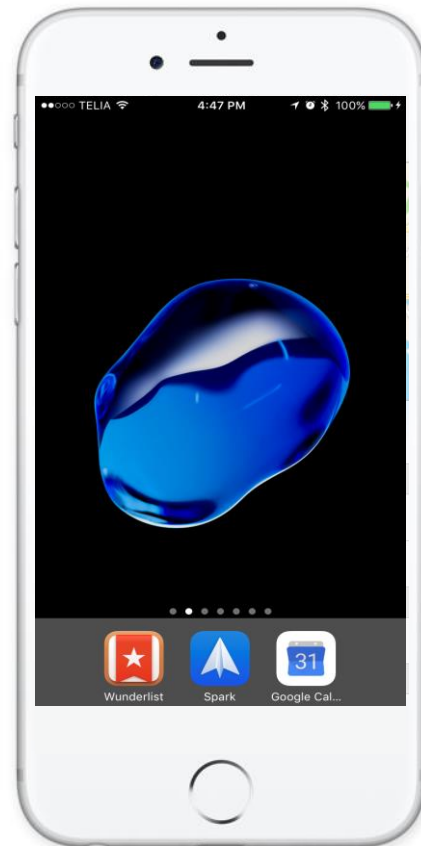
2013 2015 2016 2017

Not Now, Not Ever
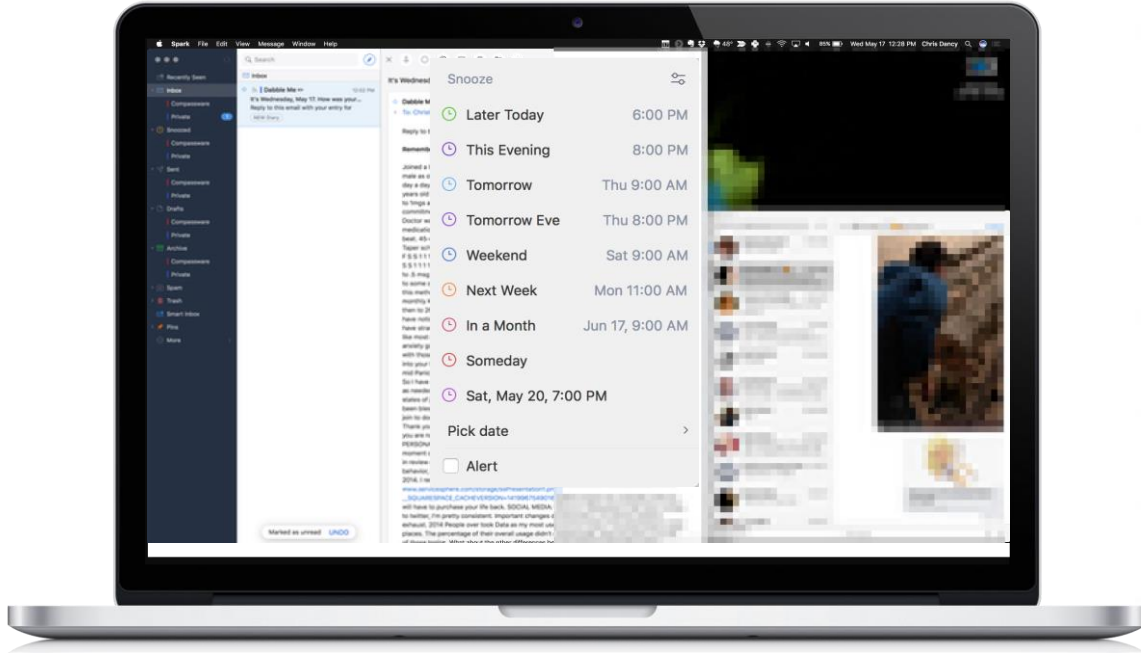
How it works

Inbox When Ready makes some changes to the Gmail interface to help you cultivate a better email workflow.

Inbox When Ready
for Gmail™ and Inbox by Gmail™

Protect your focus.
Fix your inbox workflow.

This Chrome extension will help you check your inbox with **reasonable frequency**, batch process your email on a **regular schedule** and minimise the **total time** you spend in your inbox.

🏠 **Hide your inbox by default**

Search your archives and compose new messages *without getting distracted*. See your inbox only when you deliberately choose to.
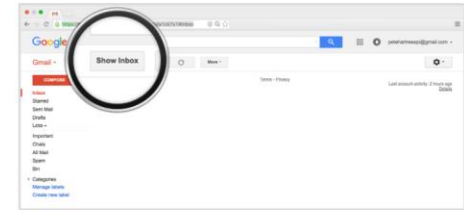
⏳ **Set an inbox budget**

Decide how many times you want to check your inbox and how much total time you want to spend on it. Then, get visual feedback on how you're doing versus your intention.
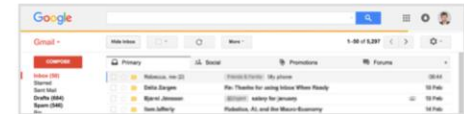
🔒 **Schedule your inbox lockout**

Define an inbox lockout schedule so you can focus on deep work and then batch process your mail at optimal moments.
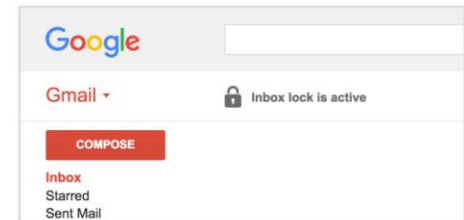
Social Media
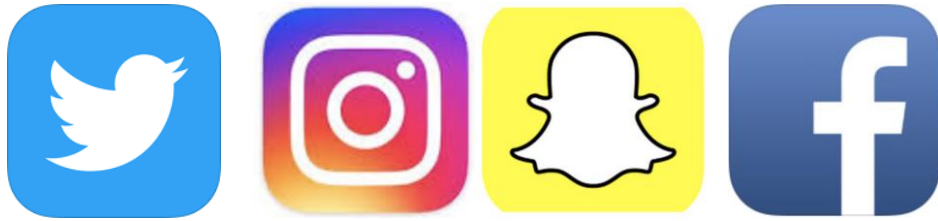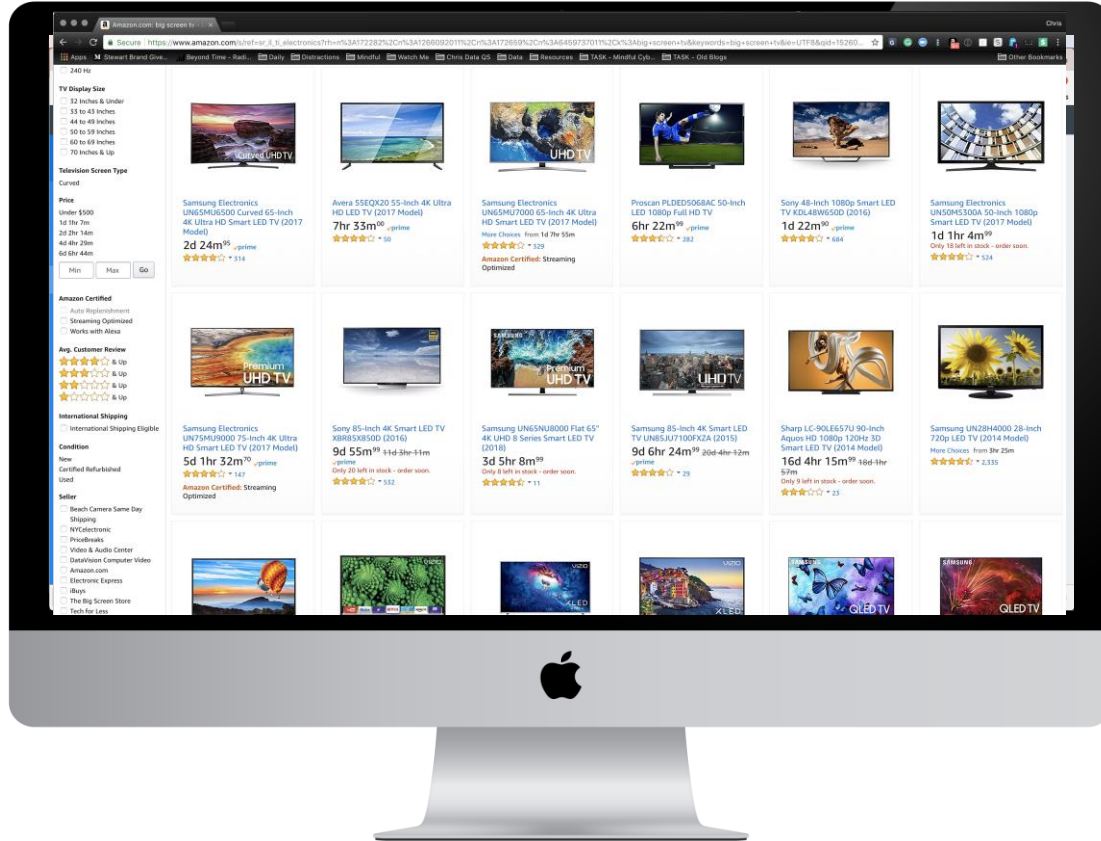
Finances

5. Reinforce Values
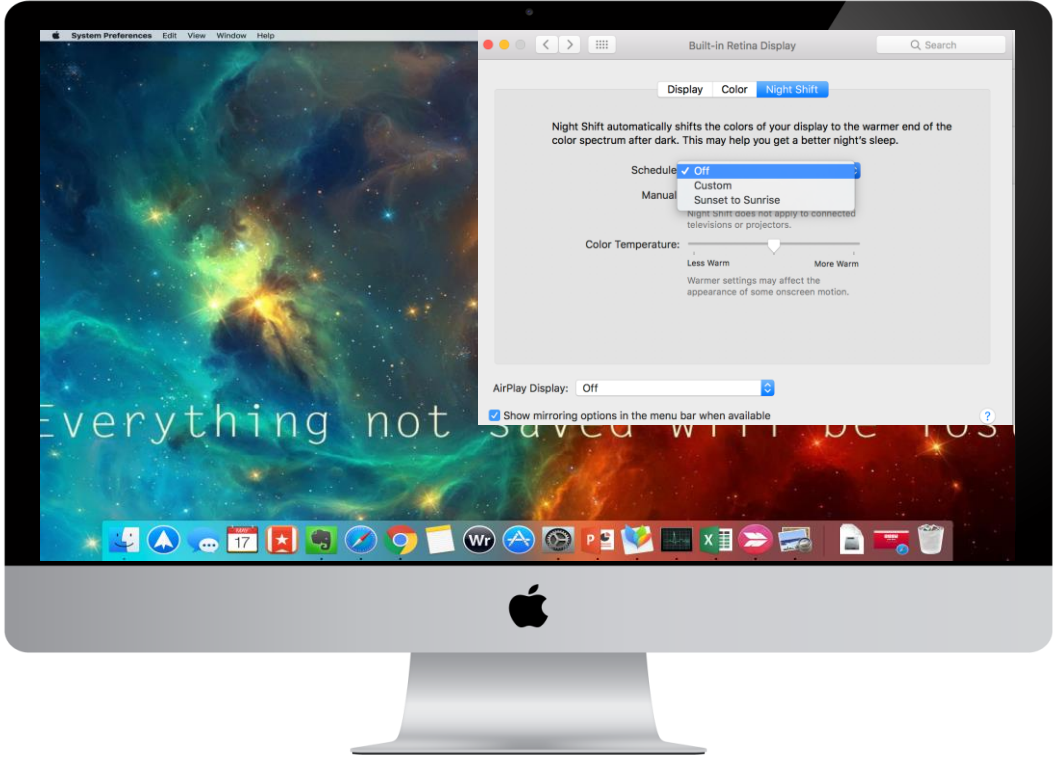
Sync To The Sun
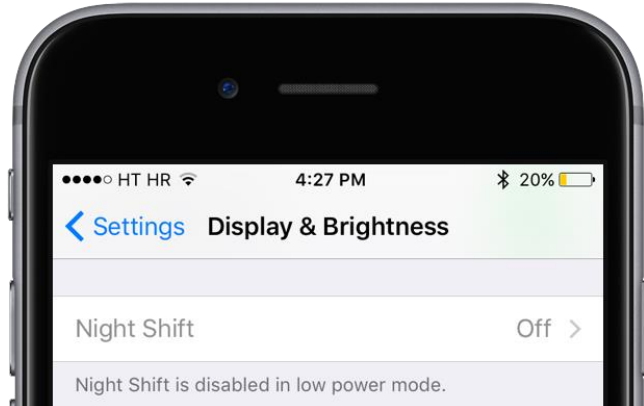
The Journey, Not The Destination
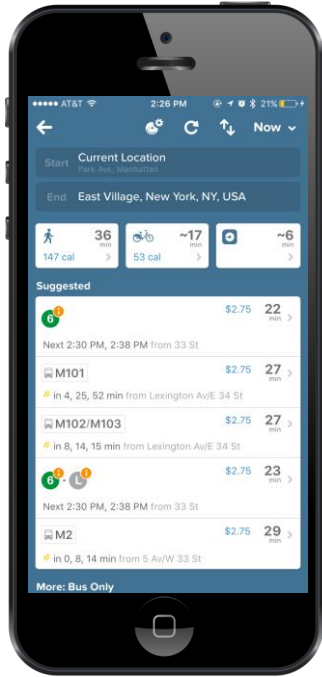
Healthy GPS
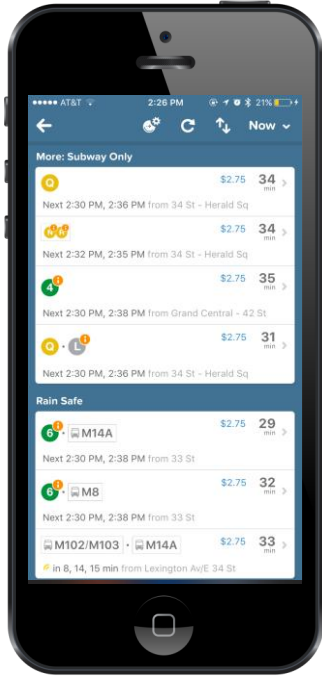
Dry GPS
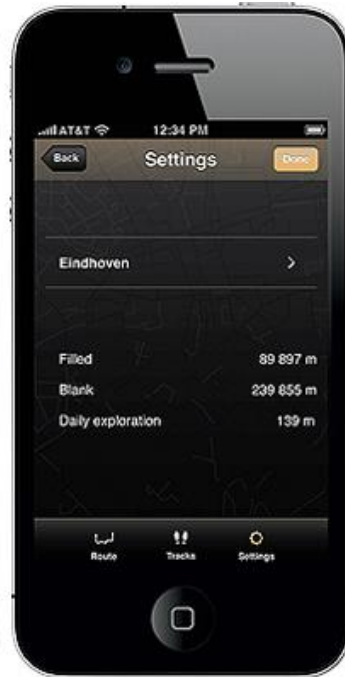
New GPS

The Journey, Not The Destination

Deep Time Walk™

9:30
Tuesday, May 16

🌙 get ready for bed

Snooze

Stop

9:45

CLOCK

Time for bed
Go to bed by 10:30
PM to get a full 9
hours, 5 minutes of
sleep

Remind in 10 Min

King Kong (2017)

107, min   Action, Adventure   2017

After a movie crew travel to a mysterious island to shoot their
picture, they encounter a giant and furious gorilla who takes
their leading actress and form a special relationship with her,
protecting the beautiful lady at all costs.   MORE

Start this movie by 9:43 to meet your target bedtime of **11:30**

Play   Rate   Skip

KING KONG

Upcoming Vacation   Saint Marks Vacation   Tonight's Movie   Compare Goals   Mindfulness Task   Exe

119ᴅ 21ʜ 24ᴍ   LifeCompass

●●●●○ TELIA 4G   9:53 PM   ⬆ ✪ ⧗ 50% ▭

🔍 Search   🎤

Recent   ⊗

CALM   40m ago

It's time to meditate

BEVITALIZED   2h ago

Caffeine Last Call
You should probably avoid drinking any
caffeine for the rest of the day

Sleep and Life

Full Moon

Weights, not a treadmill
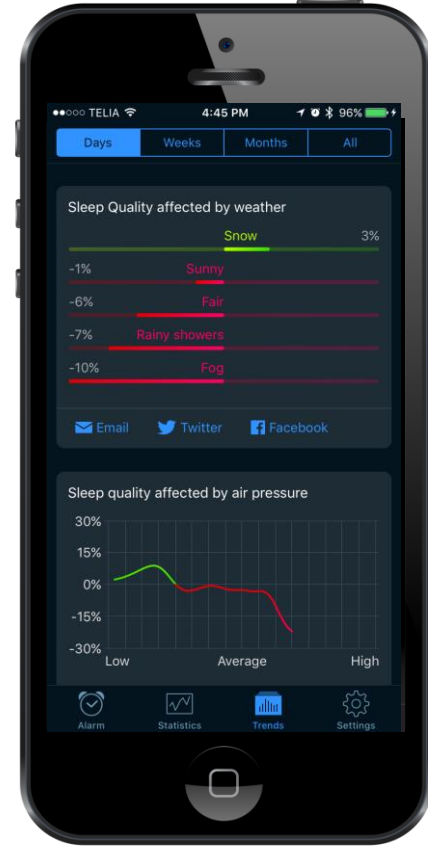
Let it Snow

6. Expand Your Mind by *Design*

Now
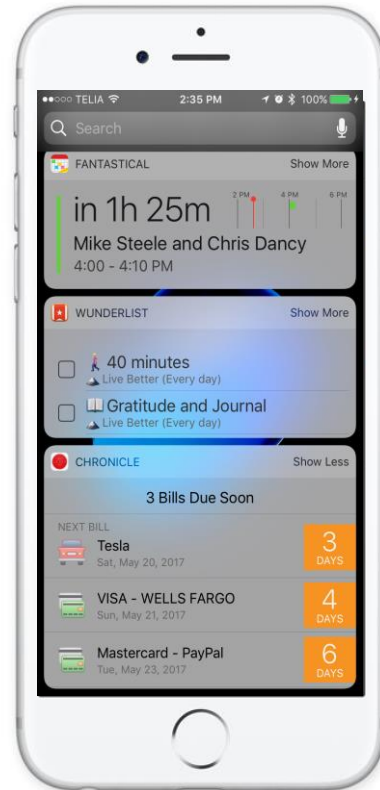
Soon

Soon
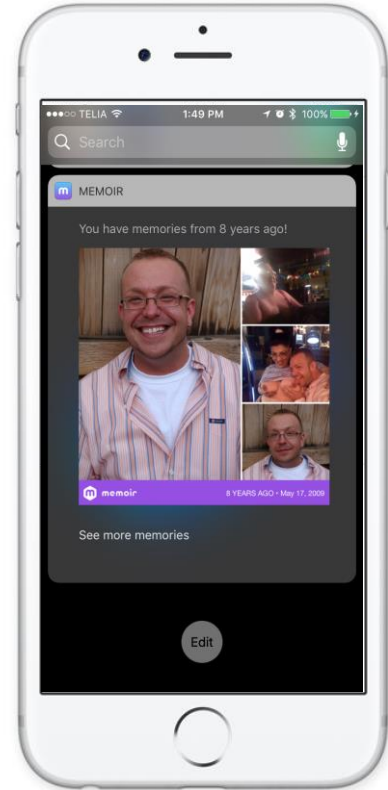
Past

Connect to your divinity

The Wi-Fi network "🙏 Open ❤️ Heart " requires a WPA2 password.

Password: ●●●●●●●●●

☐ Show password
☑ Remember this network

Cancel   Join

Watch
From "Kindness"

AirDrop
Receiving 12 items from Compassion

Organize by Value
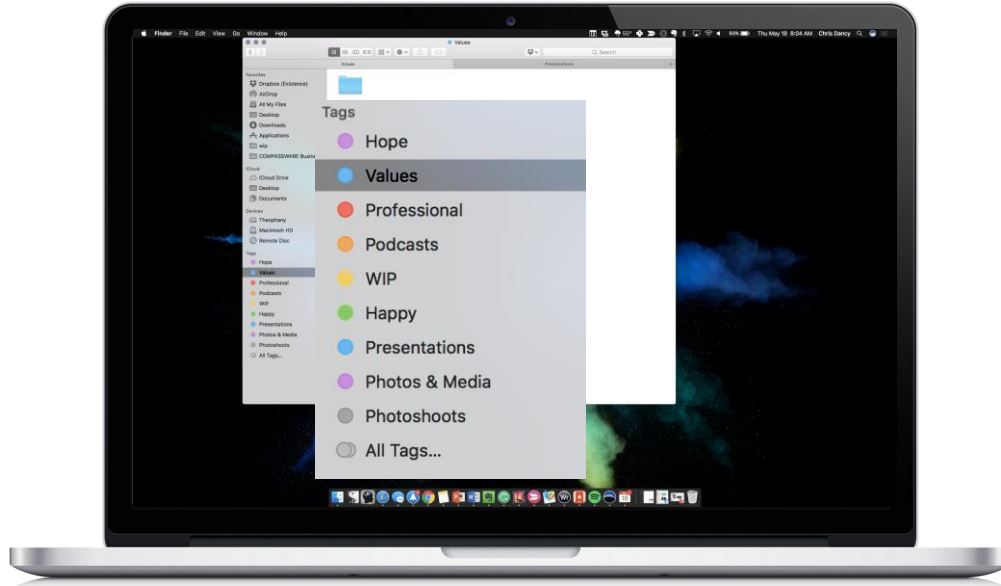
File System
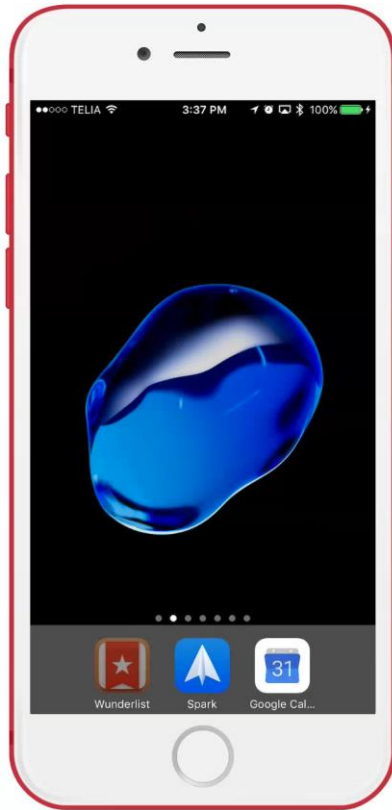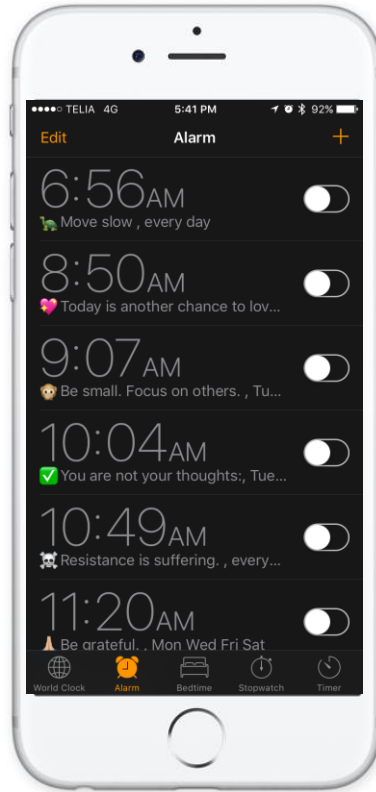
Folder Names
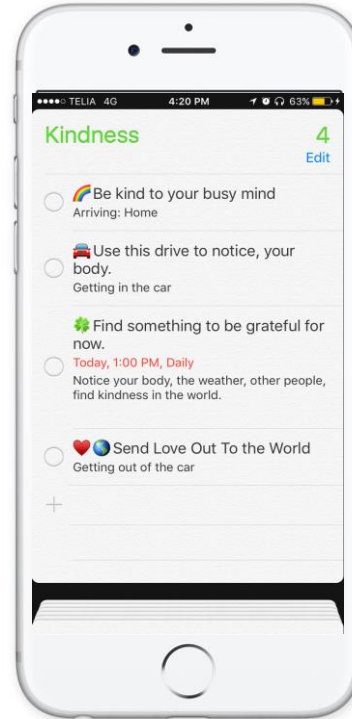
Context Sensitive

Value Based

Tasks

Alarms
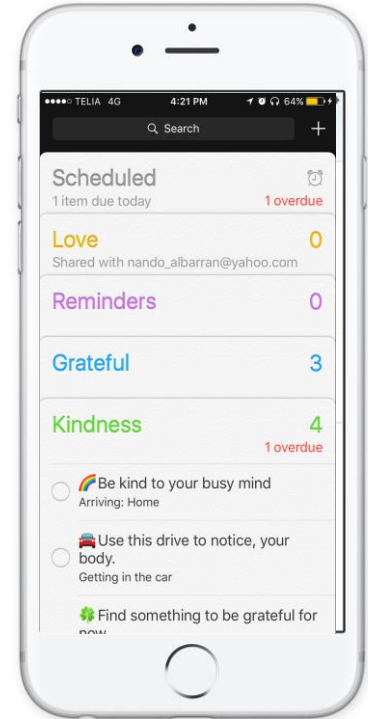
Reminders
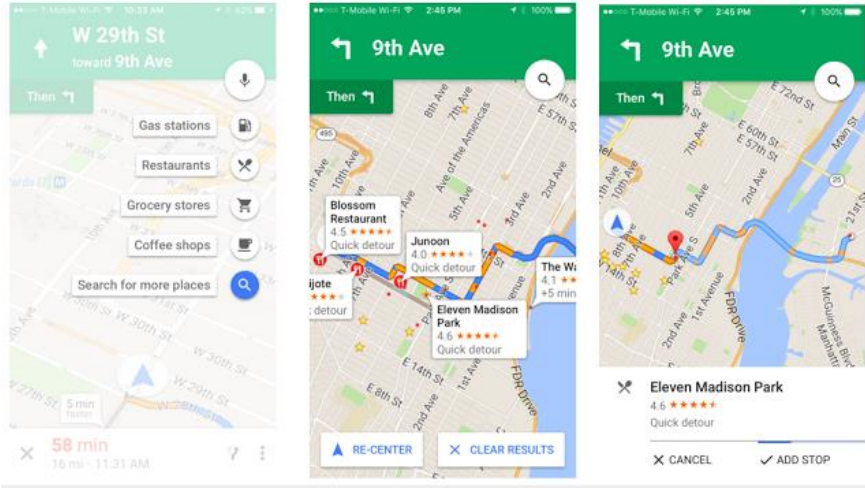
Provoke the now.

Stop Valuing your Schedule
and Start Scheduling your Values
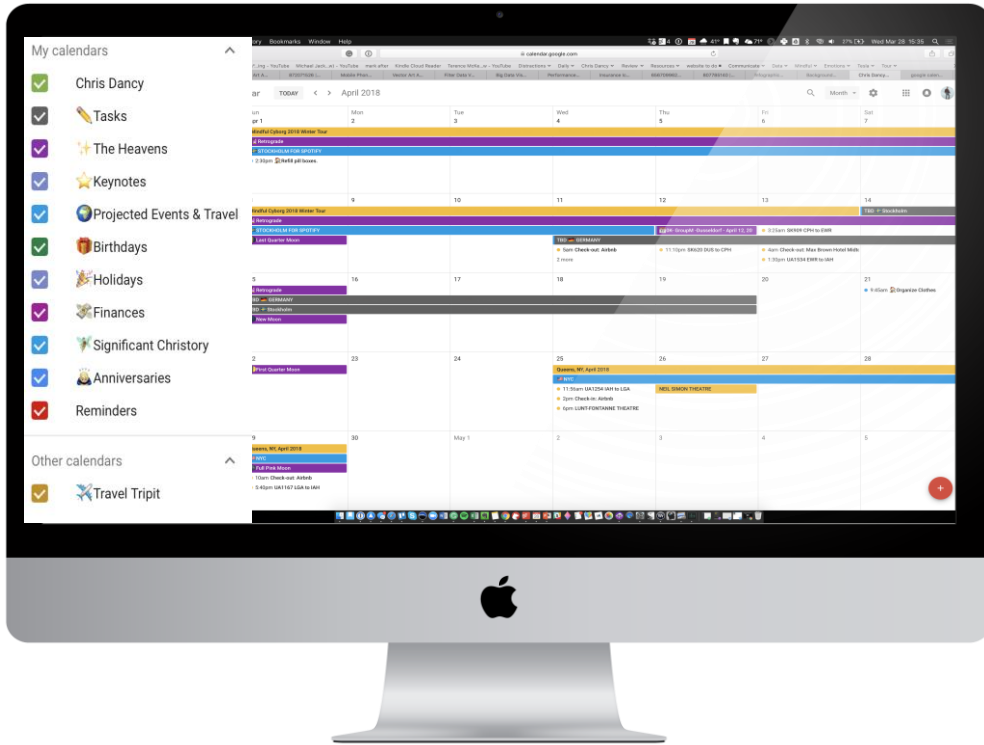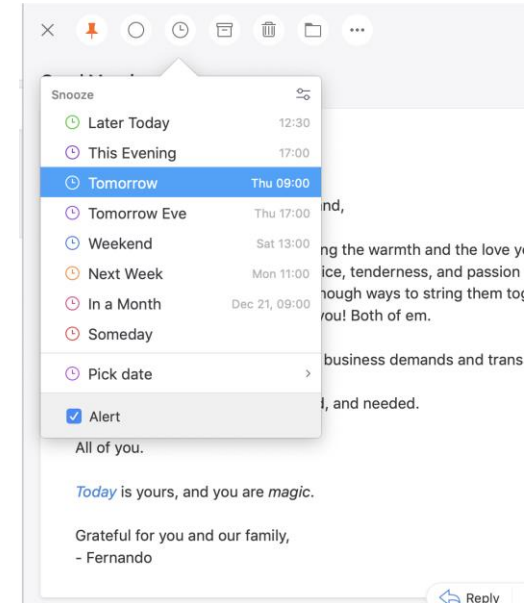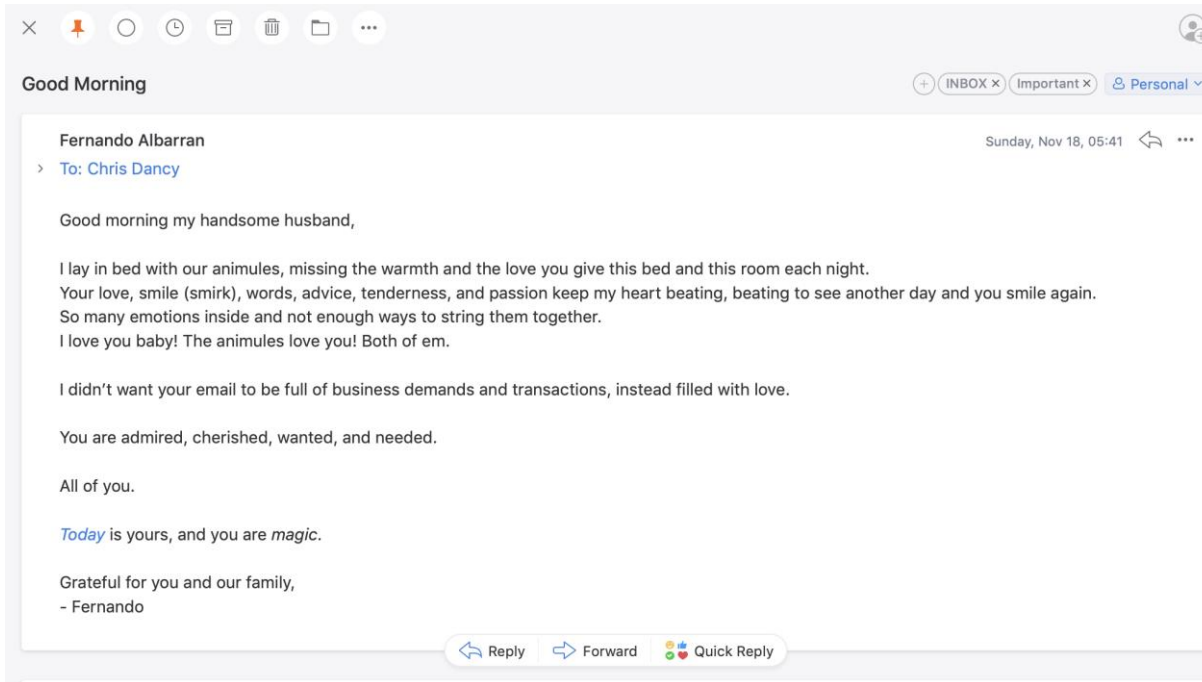
Keep Important Things Important
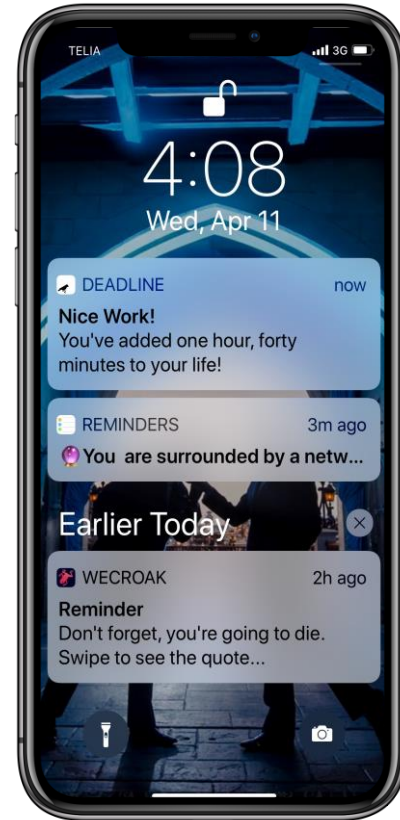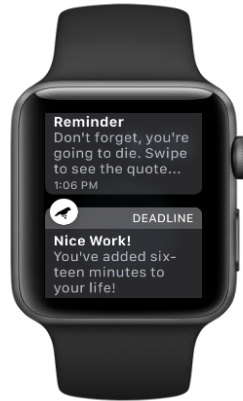
Workshop

1. Construct a user experience to change time perception. *(Speed, Relive, Slow)*

DIE WITH ME

The chat app you can only use when you have less than 5% battery.

Die together in a chatroom on your way to offline peace.

Spotify's Discover Weekly is _____
We found more far more use of positive words and phrases than negative
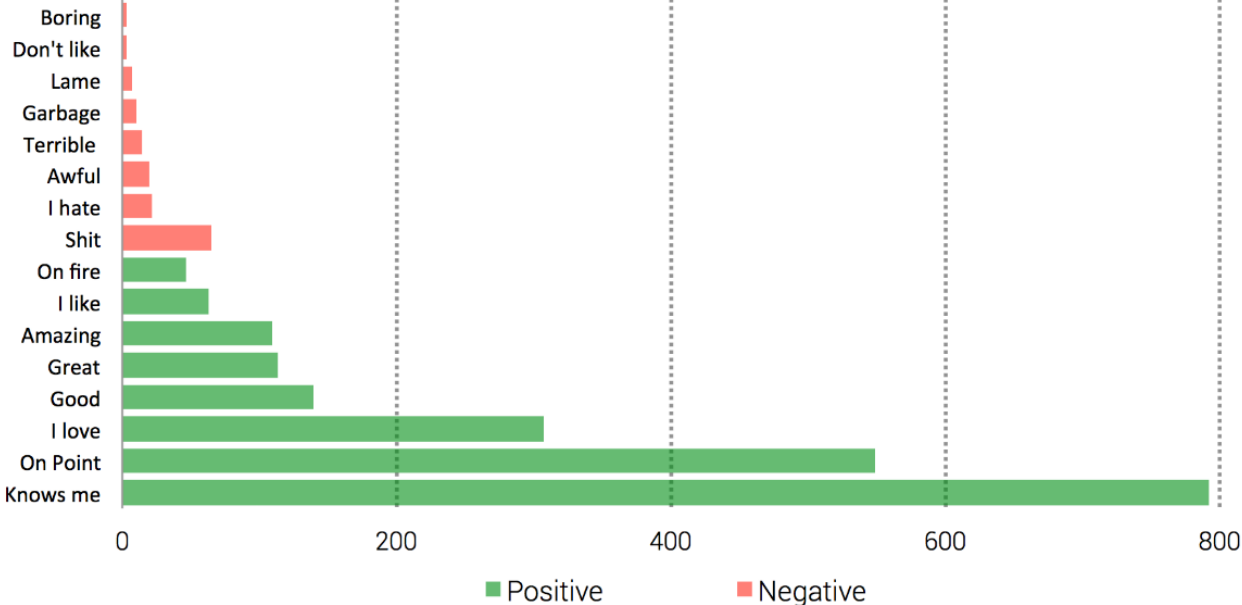
Twitter analysis via Brandwatch | March - May 2016

Kairos Time

Chronological Time
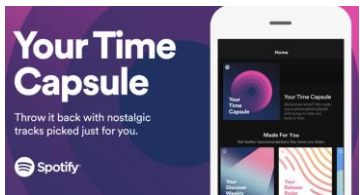
Time Capsule (2017)

Your Library

Your Daily Mix

Year in Review (2013)

Last Played 50

Live Lyrics

Collaborative Playlist

Historical Past Recent Now Soon Future

SECTION FOUR

Reprograming Your Future

Can You Change the Future?
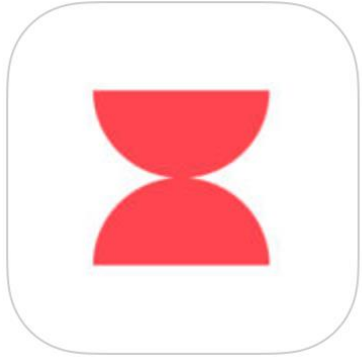
Jack – Time Will Tell

By Jack Media SA

This app is only available in the App Store on iOS devices.

See "You" Later

Left phone:
●●○○○ TELIA 🔊 9:28 PM ◢ ⚙ ✱ 67% ▭

✕ Diary Complete

If every day were like today...

You'd weigh

167 lbs

in 5 weeks*

*Your projected weight loss is an estimate based on your total
net calories for today. Actual results may vary.

Health

Right phone:
●●●○○ TELIA 4G 9:50 PM ◢ ⚙ ✱ 53% ▭

✕ Diary Complete

If every day were like today...

You'd weigh

168.1 lbs

in 5 weeks*

*Your projected weight loss is an estimate based on your total
net calories for today. Actual results may vary.
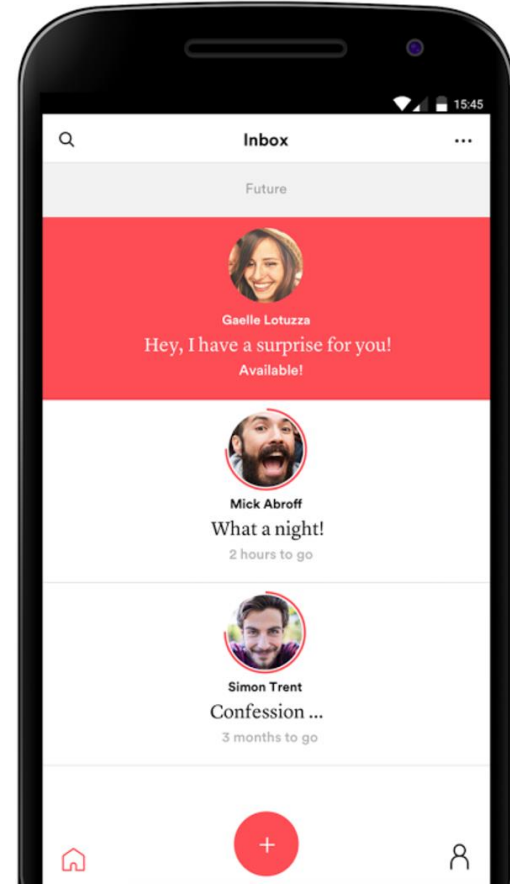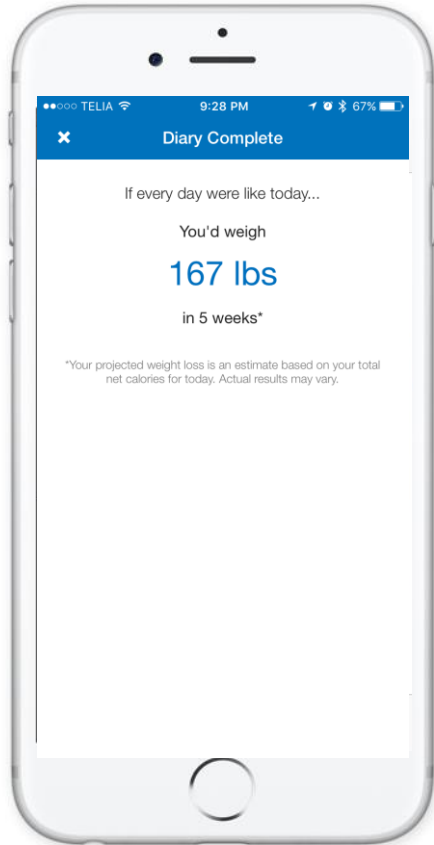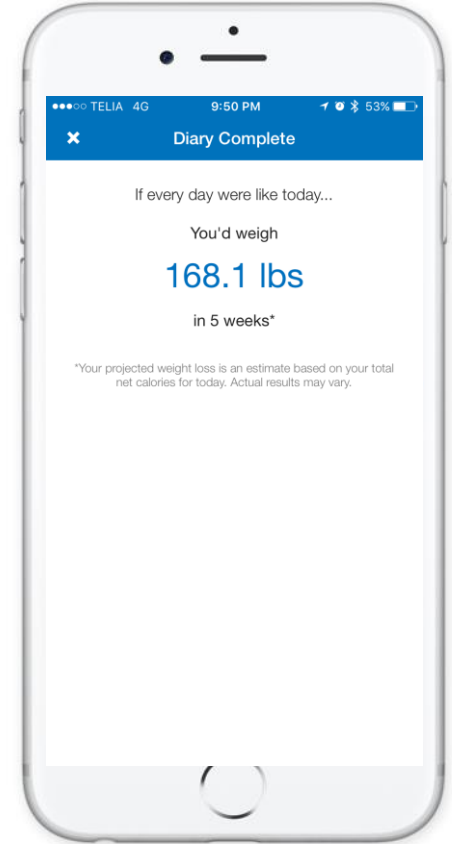
Health
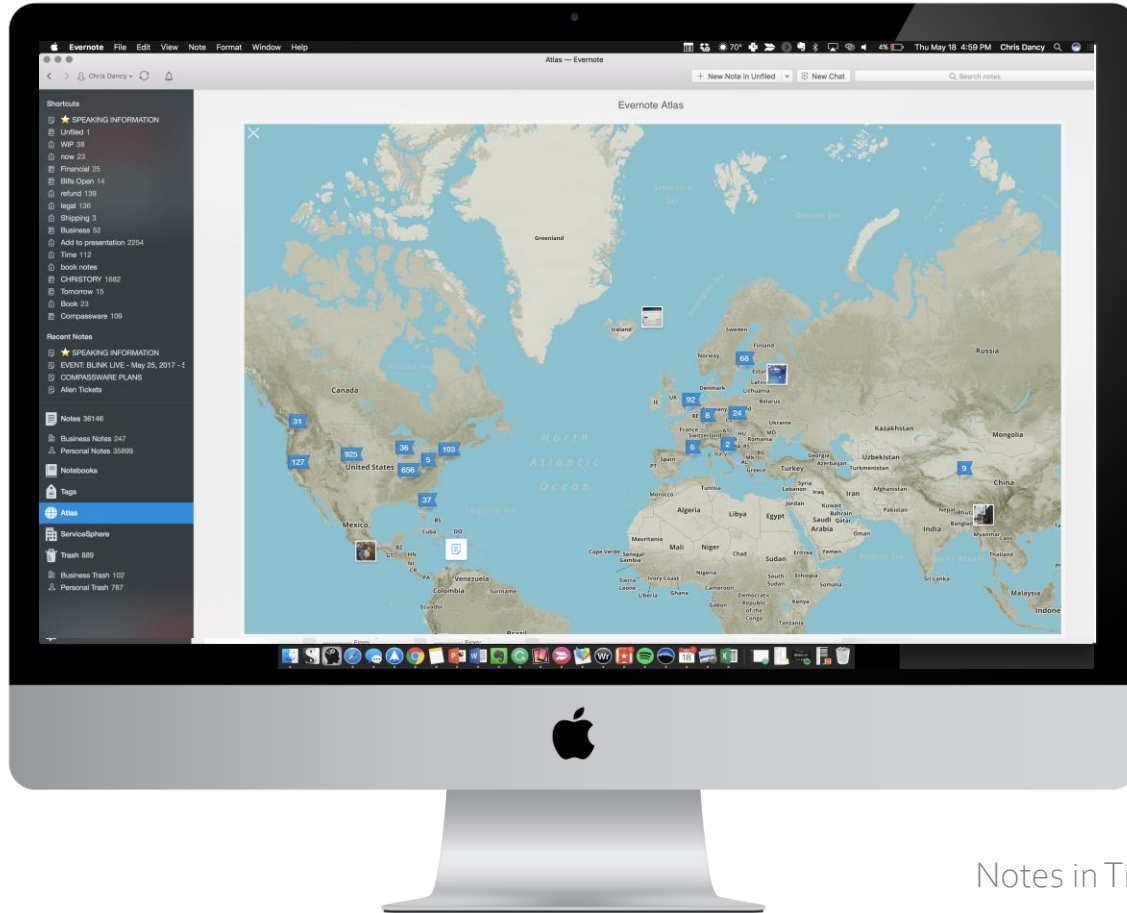
Notes in Time and Places

Design your "Tomorrow Now"

Dabble Me

To: Christopher Matthew Dancy

Reply to this email with your entry for April 5.

Remember this? On Sun, Apr 3, 2016 (about 1 year ago) you wrote...

I went out twice this weekend on Friday night to a bar with my dog trainer and her girlfriend and then Sunday night to a karaoke bar with some other folks. Kind of crazy two nights in one weekend.

Other Updates:

Book / TV deal / New Media:

BOOK: I think my proposal for the options deals with the different publishing houses will be done early this month. What does that mean? Well I then go with my literary agent to NYC and we meet with all the publishers who want to have a crack at owning it. Should be interesting and lots of fun.

Wednesday, Apr 5, 12:02 PM

ANSWER: Yes, you do it every day, in reverse.

Workshop

1. Reprogram your future.

SECTION BONUS
Magic in the Age of Machines

Can You Program Magic?

What is Time?

The indefinite continued progress of existence and events in the past, present, and future regarded as a whole.

What is non-linear Time?

| Now | Coincidence | Déjà vu | Serendipity | Synchronicity |

```python
                 _press(self, symbol, modifiers):
    """Delegate key press"""
    if self.context_index == -1:
        if symbol == key.UP and not self.active_index == 0:
            self.menu_labels[self.active_index].color = [255, 255, 255, 255]
            self.active_index -= 1
            self.mags_dt = self.get_act_color_mag()
        elif symbol == key.DOWN and not self.active_index == 3:
            self.menu_labels[self.active_index].color = [255, 255, 255, 255]
            self.active_index += 1
            self.mags_dt = self.get_act_color_mag()
        elif symbol == key.ENTER:
            if self.active_index == 3:
                pyglet.app.exit()
            else:
                self.context_index = self.active_index
        elif symbol == key.ESCAPE:
            if self.context_index == -1:
                pyglet.app.exit()
            else:
                self.context_index = -1
    elif self.context_index == 1:
        if symbol == key.ESCAPE:
            self.context_index = -1
        else:
            self.cur_game.on_key_press(symbol, modifiers)
    else:
        if symbol == key.ESCAPE:
            if self.context_index = -1
```

INPUTS

Transmuting Ritual

A GPS for the Spiritual

GOAL

Create ritual, habit and **change** the course of a **persons** life and **influence** their **decisions** to be more **aligned with** the needs of the **common good**.

METHOD

Using the **passive data** of a connected person to **influence** their **behavior** by turning their **entire life** into a system of **ambient feedback.**

EXAMPLE

1. Collect

- Behavior
- Activity
- Health
- Env

2. Identify

- Behavior heuristics

3. Trigger

- Time
- Extended
- Population <>

4. Filter

- Time
- Location
- Activity
- Lifestyle
- Behavior

5. Action

- To device
- To environment

6. Trends

- By population
- By Time
- By Segment

7. Research

- By population
- By Time
- By Segment

INFORMATION RESOURCES

DETECTION OF REGULARITIES
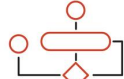
DESIGN ALGORITHMS

FILTRATION

INTELLIGENT DATA

PREDICTIVE ANALYTICS

THE RESEARCH PROCESS

Climate
UV, Temp, Humidity, Wind, Warnings

Biological
Active Calories, Flights climbed, HR

Behavior
Contact, Calendar, Music, Photo

Activity
Sit, Stand, Walk, Run, Fall, Drive, Bike, Mass Transport

Environment
Temp, Humidity, Air Quality

Proximity
Sound, Light

Location
GPS Coordinates, Elevation, Floor, Address

Temporal
Day, Date, Month, Year

SINGLE EVENT TRIGGERS (Level 1)
Information from the ID engine is acted upon (Condition Identification)

CORE BEHAVIOR ALORTHIMS (Level 2)
Multiple information resource combinations acted upon (Behavior Identification)

EPHEMERAL CONDITION ALGORHTYM (Level 3)
Temporary condition for core ID event pertaining to an individual or group. (Event Identification)

EXTENEDED CONDIFGTION ALGORITYM (Level 4)
Information resources over time for an individual significant event. (Lifestyle change Identification)

NORMATIVE STATE CHANGE (Level 5)
Behavior deltas filter through normative state changes for populations. (Traditional Crowd Analytics plus predictive intelligence)

Proximity

Body

Home

Vehicle

Office

Locality

Transmuting Ritual

A GPS for the Spiritual

*Information resources from the **devices, connections and external sources**, are pooled.*
Any external resource is identified for it's placement in the matrix.

1. Collect

- Behavior
- Activity
- Health
- Env

INFORMATION RESOURCES

Temporal
Date, Time, Time zone, Elapsed Time

Location
Coordinates, Elevation

Activity
Standing, Sitting, Walking, Running, Riding.

Behavior
Using device, listening to music, taking photos, appointments

Biological
Respiration(*), Heartrate (*), Food intake(*)

Environmental
Noise levels, light strength, weather(*)

Transmuting Ritual

A GPS for the Spiritual

*Using **behavior finger print**[s] moments are identified and packaged for trigger or further analysis.*

2. Identify

• Behavior heuristics

DETECTION OF REGULARITIES

Suggestions for **Incantation**

1. Just like a "Carpenter" Rainy days and mondays always bring me down.
2. Rush hours can make us really tense, consider listening to some music
3. Wear sunscreen, a sun burn can make it hard to sleep
4. Working from home can be overwhelming take a moment to enjoy the city your visiting, look up old peers
5. Lack of Sun during winter months can play with our nerves and emotions, take time to get outside
6. It's easy to forget our diets while on vacation, but let's try to have enough energy for our trip and no more
7. The holidays are for relaxing, but consuming too much alcohol can ensure our sleep in not as restful
8. When hiking in higher elevations, remember to drink a lot of water.
9. Sitting is the new smoking, find a way to have a walking meeting or make excuses to visit friends on other floors
10. Going for a jog when the humdity is high can be hard on your body, consider waiting until early morning
11. Capturing the memories of your life and sharing them with your friends is fun, remember to smell the roses!
12. Celebrating the new year can be fun, but remember you have resolutions to keep
13. Everyone loves a summer vacation so let's make sure we stay active while away this year so we can sleep longer
14. We often don't see the quality of the air around us, on days when you're being active, make sure to check around you!
15. Often we don't feel road rage coming on, so let's take time to listen to a podcast or put on some good music
16. No matter how busy you are, your family loves spending time with you, take a moment to just go hang out with them.
17. Weekend warrior? Slowing down on the weekends is good for the soul, so how about some meditation?
18. Music is soothing to the soul. On days when the weather is too cold or too hot, treat yourself to your favorite playlist
19. Crushing your activity goal before noon is great for sleep, at night too much exercise can effect our restful night.
20. Caffeine is hard on the body, so let's get out and take a walk before dinner to make tonights rest deeper.
21. While traveling natural suppliments can sometimes help us sleep more deeply, are you keeping up on your diet today?
22. It's a busy, world, and it will never not be. Put everyone on hold and let's have a mindful 2 minutes right now.
23. Looks like rainy afternoons do make us sleep, great job meeting your bedtime window and getting enough sack time.
24. Relaxing with some good music is a great way to get your self ready for bed, but remember to slow the beats down!
25. With the sun seting early, remember to get your exercise in sooner.
26. Orfield Laboratories in Minneapolis has the world's quietest room at -9dB! How quiet can you make your room?
27. While out of town the brightness of the room were sleeping in can change our sleep schedule, pull those blinds!

Temporal
Date, Time, Time zone, Elapsed Time

Location
Coordinates, Elevation

Activity
Standing, Sitting, Walking, Running, Riding.

Behavior
Using device, listening to music, taking photos, appointments

Biological
Respiration(*), Heartrate (*), Food intake(*)

Environmental
Noise levels, light strength, weather(*)

2.
Identify

- Behavior heuristics

DETECTION OF
REGULARITIES

MVP	Uncanny Vally Data Picker
	TIME
*	Minute
*	Hour
*	Time of Day
	DATE
*	Day
*	Month
*	Year
*	Day of Week
	LOCATION
*	Home
*	Work
*	Away from Home / Work
*	Elevation
	ACTIVITY
*	Stationary
*	Standing
*	Walking
	Running
	Driving
	BEHAVIOR
	Unlocking Phone
*	Full Calendar
	Taking Photos
	Listening to Music
	BIOLOGY
*	Steps
*	Calories Burned
*	Caffeine
*	Alcohol
*	Water
*	Sugar
*	Heart Rate
*	Magnesium

Temporal
Date, Time, Time zone, Elapsed Time

Location
Coordinates, Elevation

Activity
Standing, Sitting, Walking, Running, Riding.

Behavior
Using device, listening to music, taking photos, appointments

Biological
Respiration(*), Heartrate (*), Food intake(*)

Environmental
Noise levels, light strength, weather(*)

2. Identify

• Behavior heuristics

DETECTION OF REGULARITIES

Temporal
Date, Time, Time zone, Elapsed Time

Location
Coordinates, Elevation

Activity
Standing, Sitting, Walking, Running, Riding.

Behavior
Using device, listening to music, taking photos, appointments

Biological
Respiration(*), Heartrate (*), Food intake(*)

Environmental
Noise levels, light strength, weather(*)

**2.
Identify**

• Behavior heuristics

DETECTION OF REGULARITIES

Uncanny Vally Data Picker

Column headers:
TIME — Minute, Hour, Time of Day
DATE — Day, Month, Year, Day of Week
LOCATION — Home, Work, Away from Home / Work, Elevation
ACTIVITY — Stationary, Standing, Walking, Running, Driving
BEHAVIOR — Unlocking Phone, Full Calendar, Taking Photos, Listening to Music
BIOLOGY — Steps, Calories Burned, Caffeine, Alcohol, Water, Sugar, Heart Rate, Magnesium, Meditation, Sleep (In Bed), Sleep (Asleep)
ENVIRONMENT — Temperature (Ext), Humidity (Ext), Pressure (Ext), Wind, UV Index, Precipitation, Sun up, Sun Down, Temperature (Int), Air Quality (Int), Humidity (Int), Room Brightness, Room Sound Decibels

Row labels:
TIME
* Minute
* Hour
* Time of Day
DATE
* Day
* Month
* Year
* Day of Week
LOCATION
* Home
* Work
* Away from Home / Work
* Elevation
ACTIVITY
* Stationary
* Standing
* Walking
  Running
  Driving
BEHAVIOR
  Unlocking Phone
* Full Calendar
  Taking Photos
  Listening to Music
BIOLOGY
* Steps
* Calories Burned
* Caffeine
* Alcohol
* Water
* Sugar
* Heart Rate
* Magnesium

Temporal
Date, Time, Time zone, Elapsed Time

Location
Coordinates, Elevation

Activity
Standing, Sitting, Walking, Running, Riding.

Behavior
Using device, listening to music, taking photos, appointments

Biological
Respiration(*), Heartrate (*), Food intake(*)

Environmental
Noise levels, light strength, weather(*)

2. Identify
• Behavior heuristics

DETECTION OF REGULARITIES

Uncanny Vally Data Picker

	MVP	TIME			DATE				LOCATION				ACTIVITY					BEHAVIOR					BIOLOGY											ENVIRONMENT											
		Minute	Hour	Time of Day	Day	Month	Year	Day of Week	Home	Work	Away from Home / Work	Elevation	Stationary	Standing	Walking	Running	Driving	Unlocking Phone	Full Calendar	Taking Photos	Listening to Music	Steps	Calories Burned	Caffeine	Alcohol	Water	Sugar	Heart Rate	Magnesium	Meditation	Sleep (In Bed)	Sleep (Asleep)	Temperature (Ext)	Humidity (Ext)	Pressure (Ext)	Wind	UV Index	Precipitation	Sun up	Sun Down	Temperature (Int)	Air Quality (Int)	Humidity (Int)	Room Brightness	Room Sound Decibels

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Examples

1 Just like a "Carpenter" Rainy days and mondays always bring me down.
2 Rush hours can make us really tense, consider listening to some music
3 Wear sunscreen, a sun burn can make it hard to sleep
4 Working from home can be overwhelming take a moment to enjoy the city your visiting, look up old peers
5 Lack of Sun during winter months can play with our nerves and emotions, take time to get outside
6 It's easy to forget our diets while on vacation, but let's try to have enough energy for our trip and no more
7 The holidays are for relaxing, but consuming too much alcohol can ensure our sleep in not as restful
8 When hiking in higher elevations, remember to drink a lot of water.
9 Sitting is the new smoking, find a way to have a walking meeting or make excuses to visit friends on other floors
10 Going for a jog when the humdity is high can be hard on your body, consider waiting until early morning
11 Capturing the memories of your life and sharing them with your friends is fun, remember to smell the roses!
12 Celebrating the new year can be fun, but remember you have resolutions to keep
13 Everyone loves a summer vacation so let's make sure we stay active while away this year so we can sleep longer
14 We often don't see the quality of the air around us, on days when you're being active, make sure to check around you!
15 Often we don't feel road rage coming on, so let's take time to listen to a podcast or put on some good music
16 No matter how busy you are, your family loves spending time with you, take a moment to just go hang out with them.
17 Weekend warrior? Slowing down on the weekends is good for the soul, so how aobut some meditation?
18 Music is soothing to the soul. On days when the weather is too cold or too hot, treat yourself to your favorite playlist
19 Crushing your activty goal before noon is great for sleep, at night too much exercise can effect our restful night.
20 Caffeine is hard on the body, so let's get out and take a walk before dinner to make tonights rest deeper.
21 While traveling natural suppliments can sometimes help us sleep more deeply, are you keeping up on your diet today?
22 It's a busy, world, and it will never not be. Put everyone on hold and let's have a mindful 2 minutes right now.
23 Looks like rainy afternoons do make us sleep, great job meeting your bedtime window and getting enough sack time.
24 Relaxing with some good music is a great way to get your self ready for bed, but remember to slow the beats down!
25 With the sun seting early, remember to get your exercise in sooner.
26 Orfield Laboratories in Minneapolis has the world's quietest room at -9dB! How quiet can you make your room?
27 While out of town the brightness of the room were sleeping in can change our sleep schedule, pull those blinds!

2. Identify
- Behavior heuristics

DETECTION OF REGULARITIES
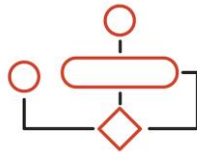
Transmuting Ritual

A GPS for the Spiritual

Packaged moments are triggered upon or passed on for further analysis.
*Offer **five levels of analysis** to their customers.*
Elements are data or time combinations.

3. Trigger

- Time
- Extended
- Population <>

DESIGN ALGORITHMS

EXAMPLE

Season
Winter, Spring,
Temporal + Location

Social Location
Work, Home, Other
Location + Persistence

Special Event
Entertaining
Proximity / Behavior / Environment

Life Style Change
Recharging
Climate + Health / Activity change

Population Sentiment

Stress/ Relax
Temporal / Climate / Behavior / Biology

LEVEL

SINGLE EVENT TRIGGERS (Level 1)
Information from the ID engine is acted upon *(Condition Identification)*

CORE BEHAVIOR ALORTHIMS (Level 2)
Multiple information resource combinations acted upon *(Behavior Identification)*

EPHEMERAL CONDITION ALGORHTYM (Level 3)
Temporary condition for core ID event pertaining to an individual or group. *(Event Identification)*

EXTENEDED CONDIFGTION ALGORITYM (Level 4)
Information resources over time for an individual significant event. *(Lifestyle change Identification)*

NORMATIVE STATE CHANGE (Level 5)
Behavior deltas filter through normative state changes for populations. *(Traditional Crowd Analytics plus predictive intelligence)*

Transmuting Ritual

A GPS for the Spiritual

Actionable behavior is now filtered for contextual delivery and or scheduled for re-evaluation.
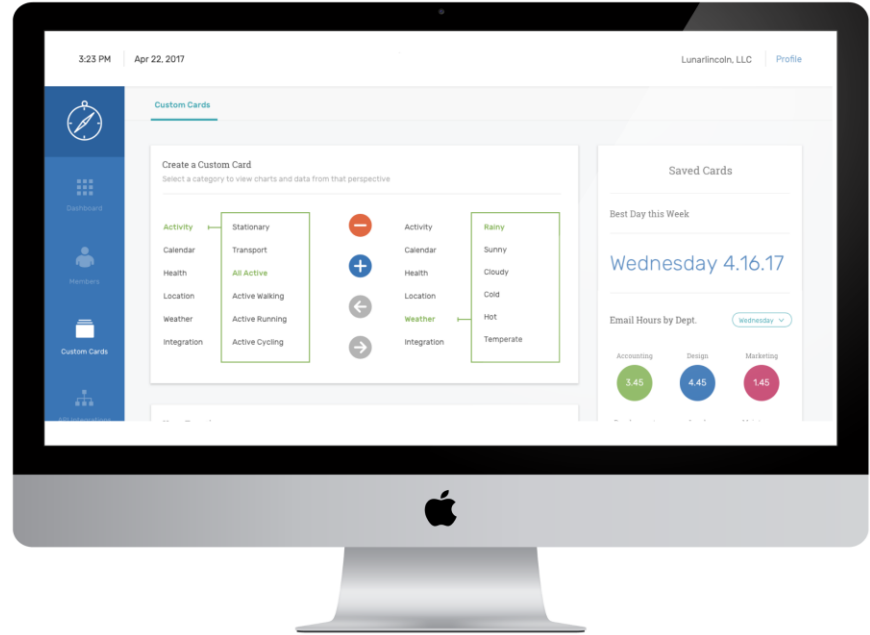
4. Filter

- Time
- Location
- Activity
- Lifestyle
- Behavior

FILTRATION

Transmuting Ritual

A GPS for the Spiritual

Proximity

Body

Spell content is *packaged and delivered* in real time to the contextual relevant Metaverse.

Home

Vehicle

5. Action

- To device
- To environment

INTELLIGENT DATA

Office

Locality

145

Transmuting Ritual

A GPS for the Spiritual
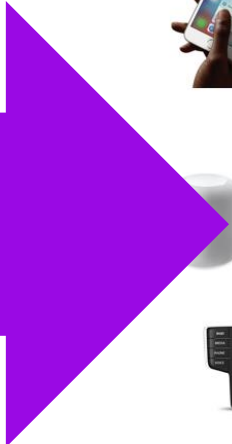
Dashboards with analysis of delivery, predictive services and crowd insights are available to partner for efficacy review of targeted population and content success.

6. Trends

- By population
- By Time
- By Segment

PREDICTIVE ANALYTICS

Flying Monkeys

Transmuting Ritual

A GPS for the Spiritual

PERSONAL HABITS

Deciphered Moment	DATA	TRIGGER	ACTION
Greater Good — Continuous behavior change	Persistent change Activity	Condition continuous for 14 days	Reward message
Personal — Vacation	Persistent location	New location outside of home / office. Weather good.	Reward message
Social — Home on Time	Location / Time	On Road more than 6 days	Message to crew lead
Health — Active	Steps	Less than 3K steps	Message to driver
Safety — Located in safe zone of a city	Location	GPS in high crime center	Message to driver

CORPORATE HABITS

Deciphered Moment	DATA	TRIGGER	CHANGE
Time in traffic	Location/ Speed	Hours driving	CO2 stats updated
Time in Training	Behavior	Hours at main office and seated	Reminder for HR
Dining Out	Location, Noise, Velocity	Eating while driving.	Stat updated
Rested	Time off Road	Time driving +8 Hr	Message to crew lead
Distracted driving.	Time off Device	Device usage while driving	Message to crew lead

NOTE: Example of solutions for transportation to help drivers stay healthy and to promote safety, aligned to insights and actionable triggers.

TRIGGERS

Potential Trigger

Temporal
Date, Time, Time zone, Elapsed Time

Location
Coordinates, Elevation

Behavior
Using device, listening to music, taking photos, appointments

Potential Triggers

Activity
Standing. Sitting. Walking, Running, Riding.

Biological
Respiration(*), Heartrate (*), Food intake(*)

Environmental
Noise levels, light strength, weather(*)

FROM WORK (behavioral)

Office
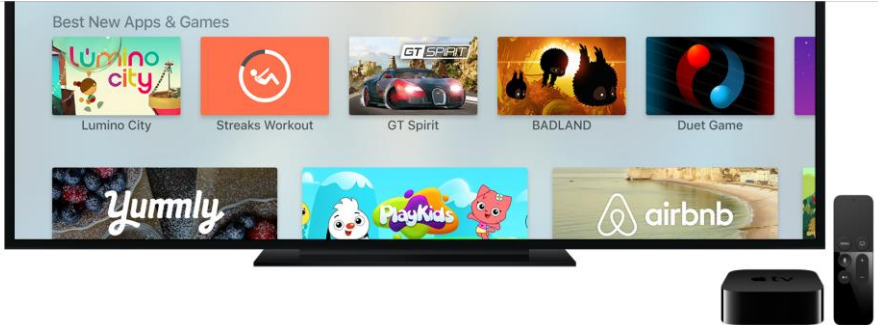
Everywhere

School

FROM BODY (Physical)

FROM CAR (Activity)
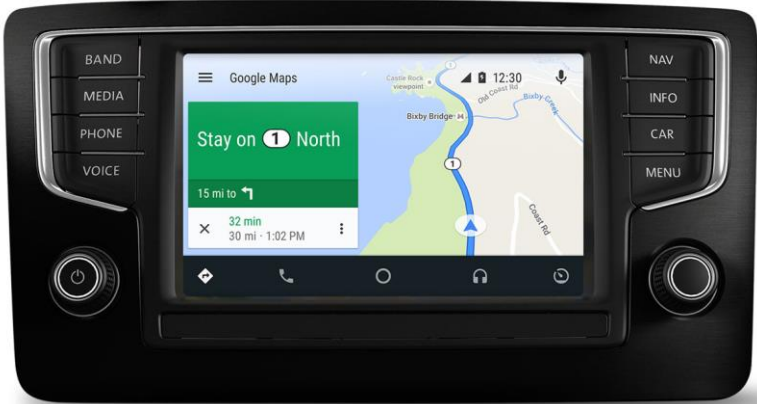
FROM HOME (Rest)

Screen

Sound

Light
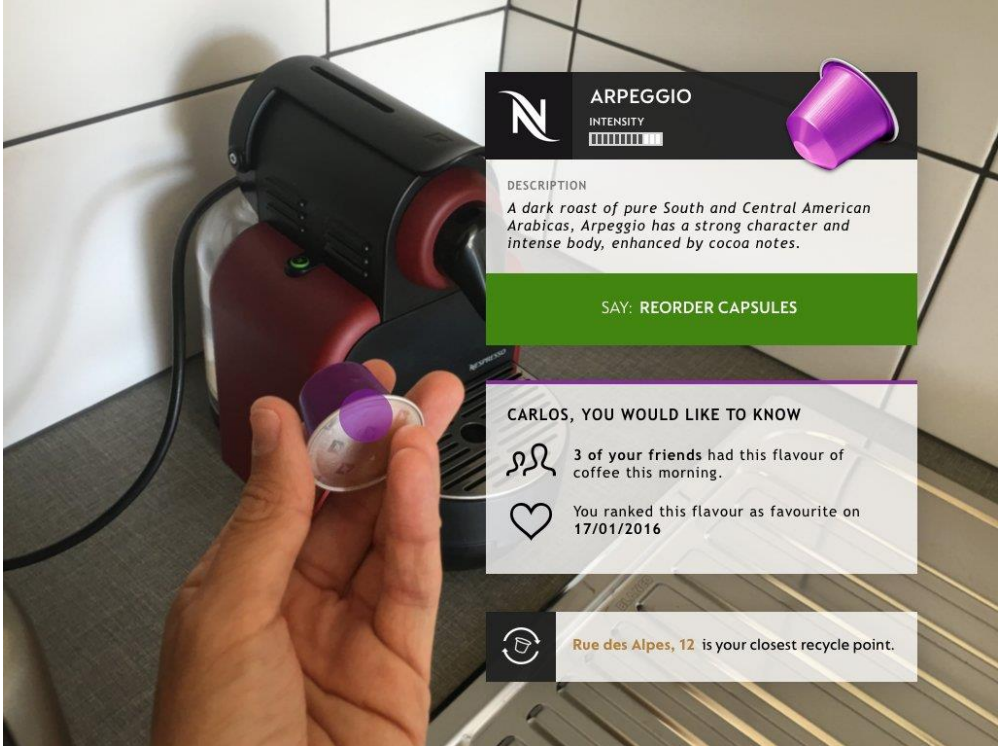
FROM OTHER REALITY

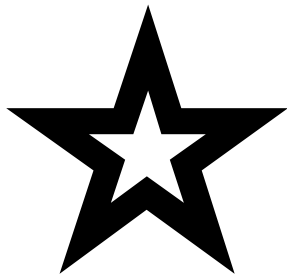# BEYOND TIME (Heart / Soul)

Peer　　　Anonymous　　　Time

Discussion

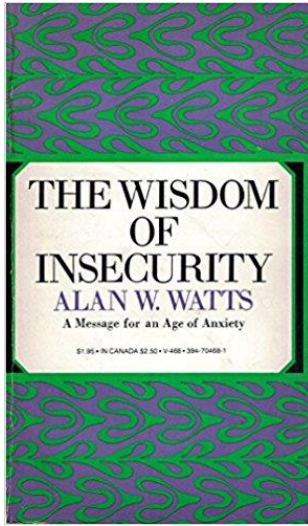1. Can you think of an use of technology that is designed outside of linear time?

Workshop

1. Design conditions to introduce coincidence to your life.

Thank You
Additional Resources

The Wisdom of Insecurity

"There is, then, the feeling that we live in a time of unusual insecurity. In the past hundred years so many long-established traditions have broken down—traditions of family and social life, of government, of the economic order, and of religious belief."
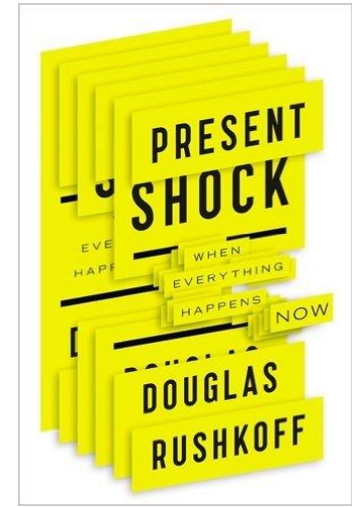
Alan Watts
1951
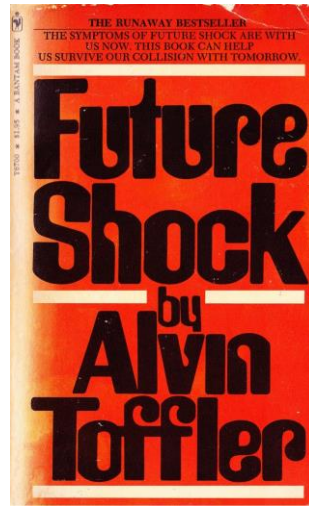
Future Shock

"Future shock is the shattering stress and disorientation that we induce in individuals by subjecting them to too much change in too short a time."
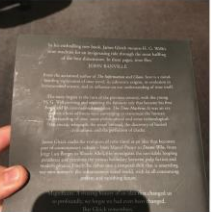
Alvin Toffler
1970

Present Shock

"Digiphrenia"—the way our media and technologies encourage us to be in more than one place at the same time."

Present Shock
2013

@DrTime_
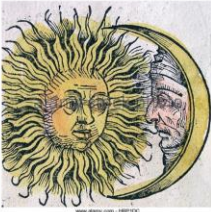
"now"
3 days

yesterday   today   tomorrow

"nowadays"
30 years

last decade   this decade   next decade

t h e   l o n g   n o w
20,000 years

08000 BC   07000 06000 05000 04000 03000 02000 01000 00000 01000   02000 CE   03000 04000 05000 06000 07000 08000 09000 10000 11000   12000 CE

ice retreats
agriculture
first cities
Giza Pyramids
Stonehenge
Ise Shrine
industrial revolution
digital revolution
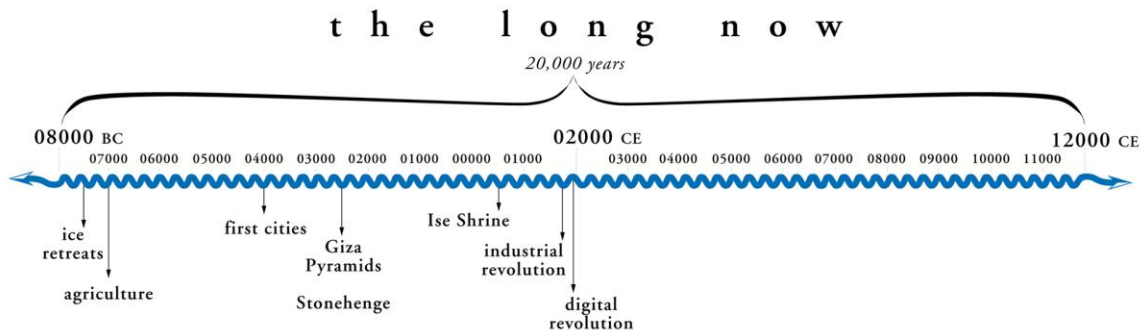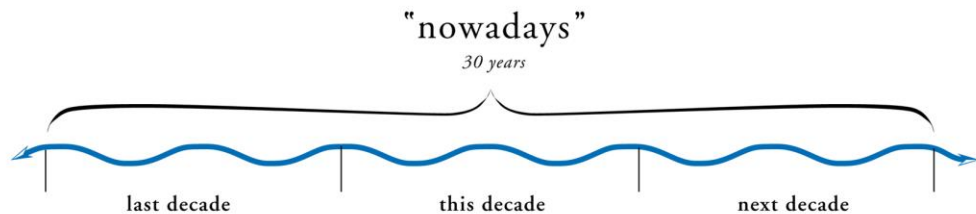
X
THE LONG NOW
FOUNDATION

Atlas Obscura

LONDON, ENGLAND
Clock of the Long Now: Prototype 1
This clock is set to tell the time, date, and century for the next 10,000 years.

ATLANTA, GEORGIA
Crypt of Civilization
This time capsule, sealed in 1936, is not to be opened until May 28, 8113.

LONDON, ENGLAND
Longplayer
A musical composition a thousand years in length is in progress on London's Trinity Buoy Wharf.

NORWAY
Svalbard Seed Bank
A cold storage facility for preserving plant species for the next 20,000 years.

SAN FRANCISCO, CALIFORNIA
Long Now Orrery
This model of the solar system will also show the positions of the planets for 10,000 years to come.
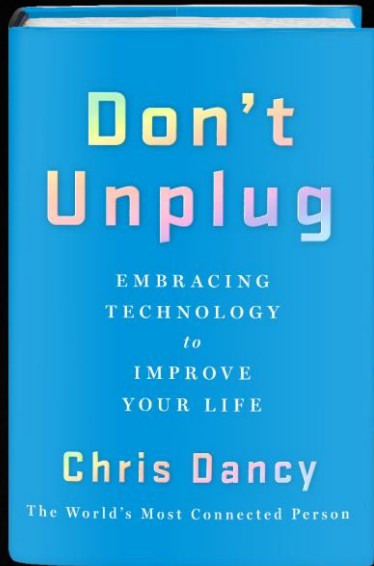

COPENHAGEN, DENMARK
Jens Olsen's World Clock
The gilded, masterful astronomical clock will calculate time, dates, and planetary positions for thousands of years to come.