

# THE FUTURE OF HUMAN



A hand holding a glowing blue sphere against a dark background with a blue light streak on the left.

# FUTURE HUMANITY

**Can our human values save us  
from our own extinction?**

Featuring Famed Tech-Futurist, Jamie Metzl

Written by Ellen White

We all have those deep burning existential questions regarding the future. Are we headed in the right direction as a species? Is modern technology taking over our human spirit? Are we talking enough about the deeper message behind bio-technological evolution, such as what's it all for? If living longer, hacking our biology and preventing disease don't ultimately compel us to be better humans, capable of more love and connection, what's it all for?

This is Jamie Metzl's unique message to a world experiencing radical change in our bio-evolutionary human experience.

He is one of the world's leading authorities on the implications of the genetics, biotechnology and AI revolutions and shares a unique insight regarding our human responsibility in this fast moving global shift.

His approach is to call upon us as a common species, to be better prepared, and to understand how we as a society need to

work better together to handle our new techno superpowers.

The future can either save or destroy us and Jamie's mission is to help save us.

**"I believe our newfound abilities to manipulate the code of life has the great potential to help us live better, healthier, longer and more robust lives and to alter the world around us in positive ways. These great powers also come with great responsibility." - Jamie Metzl**



#### **WHO IS JAMIE METZL:**

Born in Kansas City to parents and ancestors who escaped the Holocaust, Jamie grew up curious about the deeper questions of life. He holds educational degrees including a PHD from Oxford, and a Harvard Law degree, but is known now as a polymath, equipped with many titles across many fields. As the author of five books and a notable technolo-

gy and healthcare futurist, Jamie spends a lot of his time lecturing to corporate and academic audiences around the world. He was an opening speaker at the 2023 Dubai Future Forum, the largest gathering of futurists in history.

He is the best-selling author of 2019's *Hacking Darwin: Genetic Engineering and the Future of Humanity* and his current book *Superconvergence: How the ge-*

netics, biotech and AI revolutions will transform our lives, work and world is newly released.

Jamie was also the lead witness in the March 2023 US Congressional hearings on Covid-19 origins and in 2019 was appointed to the WHO expert advisory committee on human genome editing. He has been featured by most media organizations and currently resides in New York City.


## A MISSION FROM THE HEART:

What stands out about Jamie's work is the human backdrop story behind bio-technological evolution that has existed since the beginning of time. He says the natural advancement of all civilizations triggers fear and change and he seeks to direct our call to action in a more emotional and profound way, shifting the conversation towards how we need to be better, ultimately, at being human. To place importance on our human values, and integrate them productively with new technological capabilities.

His goal is to unite us as a species, globally and cooperatively, in multi-industry convergence, to ensure the greater good of what's to come.

For him, radical advances are coming faster than our biological brains are prepared to handle and in his opinion, the important work is to help organize humanity to be guided by its best values. "Like ancient sailors," he says "we need to orient ourselves by the North Star of our most cherished values. An almost limitless future of human imagination and miraculous innovation is within our reach...but only if we can generate the wisdom to get there."

It is only recently he says that we've developed the capacity to 'do ourselves in,' whether from nuclear weapons, AI or synthetic biology. And barring any global wars, synthetic biological pandemics or ecological disastrous events, this must change if humanity is to survive,



This led Jamie to form an organization close to his heart. ONESHAREDWORLD is a social global movement of stakeholders working collaboratively across diverse cultures, communities, organizations, generations and nations to ensure a better future for humankind and the sustainability of our common home. The organization has brought together people from 125 countries to draft a Declaration of Interdependence to promote the democratic expression of our common humanity and drive meaningful change in practices, structures, systems and outcomes. Among its members are Sting the performer and other renowned artists ([www.onesharedworld.com](http://www.onesharedworld.com)). Jamie believes it is up to each of us to help build the type of future we'd like to inhabit.

: "Like a Seurat painting where the dots create the image, all of us is made up of each of us times eight billion." - Jamie Metz



## A MULTI-INDUSTRY ISSUE:

His work spans across the board to leaders in many industries including agriculture and healthcare, information technology, data storage, government and energy. For him, all technological revolutions are embedded in each other. They require a multi-industry alignment to ensure a successful end product.

"This is not a conversation solely for the Silicon Valley tech elite," he says. "AI, genetics and biotechnology are general purpose technologies that affect all areas of life." "The agricultural revolution made the civilizational revolution possible, which allowed for the writing codes that are now the foundation of our computer codes enabling AI systems to interrogate natural designs to help build faster computers and AI systems."

He reminds us how our ancestors used the technology of their day to affect change and progress and that we each live at the top of the pyramid of past knowledge and at the base of the pyramid of what comes next.

"A world where modern technology cannot be applied to agriculture is a world that will likely not be sustainable for all humans at our current level of anticipated population and consumption. All of us, including the nomadic tribes in remote parts were born in an age of GMO foods. Domestication, conventional breeding, genetic modi-

fication and gene editing are all just different ways of humans f-ing with plants. Taming fire for cooking helped us allocate more energy to our brains. Farming allowed us to build civilizations and even led to changes in our genetic make-up. Returning to a world where humans don't manipulate biology would mean going back to a world where we used fire to cook."

In his book *Superconvergence* Jamie illustrates how even the tree-hugging, nature-loving, Birkenstock wearing hippie who only eats locally grown, non-GMO organic fruits and vegetables is also a radical biotechnologist. Even an indigenous farmer growing quinoa in the mountains of Peru using seed varieties passed down from ancestors, they too he says, are a radical biotechnologist. "A scientist working in a cutting edge lab gene editing new traits into various crops, they also are a radical biotechnologist. When we eat any type of domesticated plant, we too, are eating radical biotechnology."

This multi-generational, multi-layered perspective separates him from the rest and has him igniting a cooperative merging of many industries to secure a strong foundation for how all these changes and evolutions will work. If not, he believes, a catastrophic potential of misaligned resources where some can use AI to gain advantage over others will occur.

## HEALTHCARE, LONGEVITY AND THE FUTURE OF MEDICINE:

Jamie also focuses on healthcare as another important industry where medical and techno advances are offering miraculous opportunities and increasing life span.

He was the lead keynote at the recent Longevity Summit in Milan, and gave the unique perspective of how longevity is giving humans more time to become better at being human...to love, connect and innovate. He showed slides of his elderly father enjoying being able to watch his favorite football team (Kansas City Chiefs) play at the Superbowl earlier this year, together with his sons, because of these emerging medical advances that

kept his father alive, and thriving, despite his cancer diagnosis.

His call for investment is in the basic science of aging for humans to live longer, prevent age-related diseases, and predict the potential risk of harmful genetic mutation potentially decades before manifestation. In this area he believes AI and machines will play an important role. "This will free doctors to become better at being human doctors while benefiting from collaboration with machine co-pilots to move healthcare away from generalized to more personalized medicine, to prediction to prevention. AI and data storage are key components of this trend."

He reminds us that the essence of all life is change. "Biology is fluid," says Jamie. A genome's form

is never constant. "The 21st century already gives us the ability to edit the genes of our children, genetically modify our food and even make babies from pre-implanted embryos. Technologies have always been converging together to continually accelerate progress."

But no technology comes with a built-in value system. It is up to humans to weave values into the application of our technologies. Instructing a future algorithm to study all humankind's recorded religious and secular traditions and create a manifesto referencing the best is one way Jamie thinks we can bring a value-based life into the forefront. This requires an alignment of common values and goals, and fostering governance systems on every level to move in this direction.





## **JAMIE'S PERSONAL HEALTH PRACTICES:**

On a personal level, Jamie considers himself an optimist. He is a health enthusiast and enjoys a healthy lifestyle. He, too, has a vested interest in extending his own lifespan! He is an ultramarathon runner and ironman triathlete. He believes in the basics of exercise and nutrition and eats a lot of fruits and vegetables. He admits his sleep is not great, but says he is at peace with it because in the past people were rewarded for poor sleep. "It helped them be better prepared for predators." He often awakens at 3am and does yoga and reads books. In the mornings he drinks a cup of ceremonial cacao and holds a secret title of chocolate shaman.

Exercise for him is still the most effective medicine and says the body is built for activity. "One hour of exercise per day adds an average of five healthy years to our lives." He also directionally follows the Blue Zone principles put forward by his friend, Dan Buettner. Once a year he travels to New Delhi India for the Platinum Preventive Health package at Max Hospital which carries out scores of tests of most body systems. He has also taken the Grail Galleri test which screens for fifty types of cancer blood biomarkers. Identifying potential problems early, before the physical symptoms manifest, is key to his message on longevity.

## THE FUTURE IS BRIGHT:

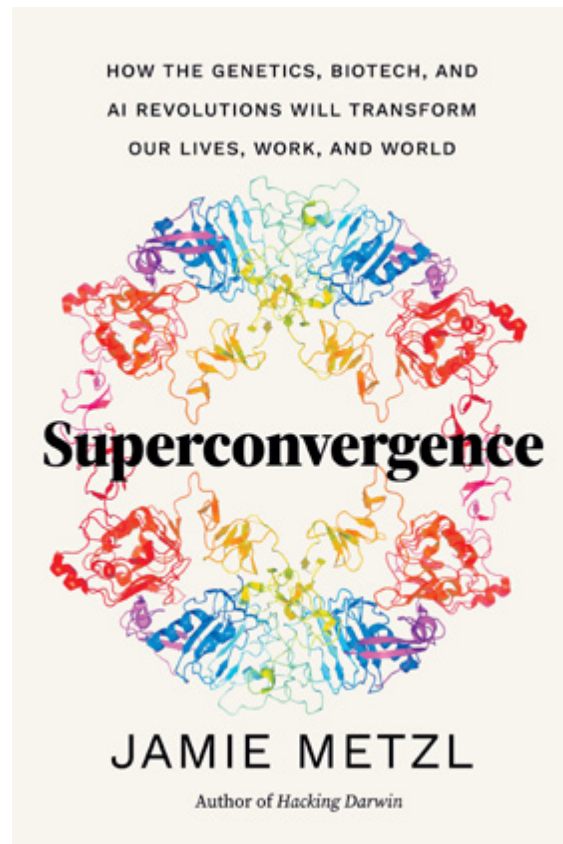
According to this perspective, the ultimate story behind technology and its convergence with AI, genetics and bio-engineering is the human experience seeking to save the human spirit in the midst of radical change. As Jamie shares, the intersection of our lives with technology must ultimately reveal a mural of human values that showcases the best of human imagination. And in this capacity, we all play a role.

[JamieMetzl.com](http://JamieMetzl.com)

[SuperconvergenceBook.com](http://SuperconvergenceBook.com)

[HackingDarwin.com](http://HackingDarwin.com)

[OneShared.World](http://OneShared.World)



# Ellen White



*Ellen White, NBC-HWC, is a Board Certified Health Coach and a member of the American College of Lifestyle Medicine. She specializes in natural, lifestyle-driven practices to boost health, longevity, beauty and well-being through nutrition, stress management and self care. She currently works in a clinical setting helping patients learn new lifestyle habits to lose weight. Ellen also has a BS in Journalism from the University of Florida and has published many articles on Wellness. She is a native to Miami, and currently living in Fort Lauderdale, near the beach! Her passion is writing and coaching people towards becoming the happiest and healthiest version of themselves by becoming more aware of their daily habits and bringing them into full consciousness. She loves the beach, juicing and living a relaxed lifestyle! She joins Biohackers Magazine as a new contributor. Her personal goal is to stay natural, healthy and youthful looking while continuing to slow down her biological age!*

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