

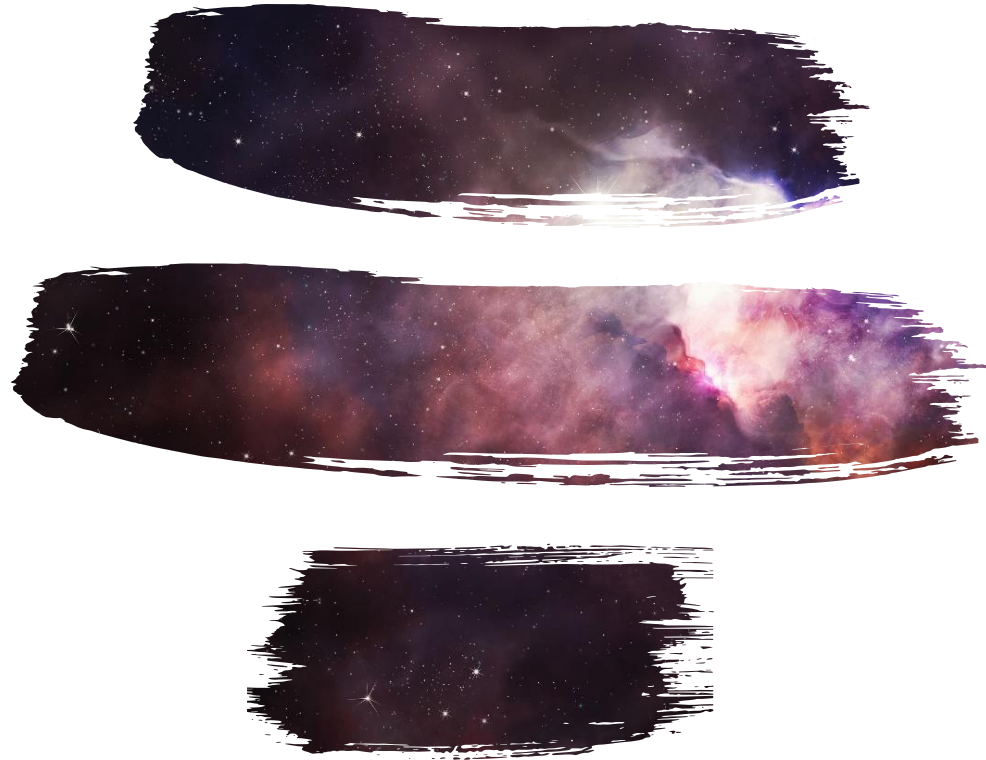


# Future-focused & wisdom-based education

Preparing learners and educators for a world of accelerating change.



**Awecademy**



Aw e c a d e m y

## Learner Modules Catalog

The Awecademy modules have been designed by **world-renowned thought leaders, global futurists,** and **award-winning educators.** They are based on the latest research in Neuroscience and **Mind-Brain Education** and with a particular focus on Existential Intelligence.

These **multidisciplinary** modules take less than an hour to complete and focus on the critical survival skills of the future. They are designed to encourage learners to see the big picture, take a cosmic perspective, have a species-wide positive impact, and help bring about civilization-level change.



# 12 Core Areas



## ART & LITERATURE

Radical Creativity



## CULTURE & SOCIETY

Millennials. Campus Issues. Media.



## THE HUMAN PROJECT

Who are we? Who should we become?



## FUTURE STUDIES

A big picture preview of the 21st century



## INTELLIGENT OPTIMISM

The future is better than you think



## COSMIC CITIZENSHIP

Our future is in the stars



## CONTEMPORARY PHILOSOPHY

Critical thinking. Logic. Discourse.



## 21<sup>ST</sup> CENTURY ETHICS

Science. Technology. Morality.



## 21<sup>ST</sup> CENTURY SKILLS

Creativity. Innovation. Entrepreneurship.



## LIFE LOVE & DEATH

... and everything in between



## SCIENCE & EXPONENTIAL TECH

Preparing for a world of accelerating change



## SHOTS OF AWE: DEEP THINK

Where science, philosophy and inspiration collide

## 21<sup>st</sup> Century Skills



### Overview:

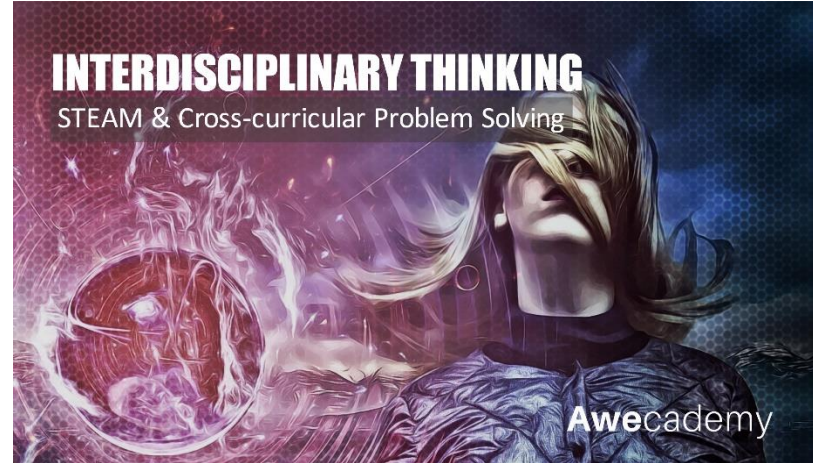
We now live in the information age. Every day we create 2.5 quintillion bytes of data. As this infographic shows, this would fill 10 million Blu-ray disks. We have access to a world of technological tools and information at our fingertips.

This module will provide an introduction to digital skills that young minds need to be aware of in order to succeed in the information age. How can you successfully find and access reliable information on the internet? How are messages in media being constructed and for what purposes? How can we use technology to be productive? We will identify strategies on how to answer these questions and much more.

### Objectives:

- To derive strategies for media literacy, ICT literacy and information literacy.
- To learn strategies that allow responsible use of information and media online.
- To identify the critical skills and abilities for productive use of technology.

## 21<sup>st</sup> Century Skills



### Overview:

In today's world, expertise in isolated subjects such as math or chemistry is not enough. Young minds need to be able to make connections between ideas and concepts across different disciplines. Many breakthroughs in today's world were possible because of diverse teams taking an interdisciplinary approach.

In this module learners will be introduced to the importance of interdisciplinary thinking, what it is and learn how they can leverage it to solve problems. Learners will also be introduced to divergent and convergent thinking tools.

### Objectives:

- To understand the importance of interdisciplinary thinking
- To list important cross-curricular themes
- To explore the effectiveness of STEAM education
- To understand the differences between divergent and convergent thinking

## 21<sup>st</sup> Century Skills



### Overview:

The future of the workforce and our education system at large is evolving rapidly. New industries are constantly being born and old ones are dying out. This will have an impact on the kind of skills that young people will need in order to be productive.

What critical skills do you need to develop in order to be innovative? How can you cultivate your imagination and be a creative problem solver? This module will give learners an overview of the crucial learning and innovation skills such as creativity, collaboration, communication and critical thinking. Learners will identify these crucial skills and explore strategies to develop them.

### Objectives:

- To explore ways to cultivate creativity and imagination
- To identify skills that contribute to innovative ideas
- To understand the importance of collaboration and explore collaboration strategies
- To self-analyze one's strengths and weaknesses in areas of learning and innovation skills

## 21<sup>st</sup> Century Skills



### Overview:

Contributing to human progress in a meaningful way requires certain mindsets and ways of thinking. Moonshot Thinking is one of those mindsets. Instead of looking to make a 10 percent gain or improvement in a current product or idea, moonshot thinking involves aiming for a 10x improvement of the status quo.

This module will explore what Moonshot Thinking is, examples of notable moonshots and more importantly, how we can all adopt the mindset. Learners will be exposed to a mindset that allows them to take risks, embrace failure and solve big problems.

### Objectives:

- To understand the concept of a moonshot.
- To identify the importance of moonshot thinking in human progress.
- To accept the importance of risk-taking in problem-solving.
- To embrace failure and learning from one's mistakes.

## 21<sup>st</sup> Century Skills



### Overview:

More often than not, the first impression individuals will make of you are from online profile or social media image. In other words, it is your personal brand and digital footprint. Branding has been a term that is often associated with companies and organizations - but can be very powerful when applied to individuals.

In this module, learners will identify strategies for effective personal branding. More important, they will learn how to align their online brand to their passions and true personalities. We will also explore ways to utilize personal branding to create value and contribute ideas to the online community.

### Objectives:

- To brainstorm one's online identity and branding.
- To understand the significance of one's digital footprint.
- To identify the role of personal passions in networking.
- To explore how we can create value and contribute ideas to the online community.

## 21<sup>st</sup> Century Skills



### Overview:

We are all fortunate enough to live through the digital revolution. Thanks to the rise of exponential technologies and the internet, it is now easier than ever to connect, communicate and collaborate with individuals from all around the world. Networking is a crucial skill to have, regardless of field or industry.

How can you connect and collaborate with talented individuals from around the world?

This module will give learners an overview of strategies when it comes to online networking. It is important to know how to take advantage of the growing global online network.

### Objectives:

- To explore the importance of networking regardless of field or industry.
- To address what it means to "network" effectively.
- To identify tips and strategies in leverage global digital networks.

## 21<sup>st</sup> Century Skills



### Overview:

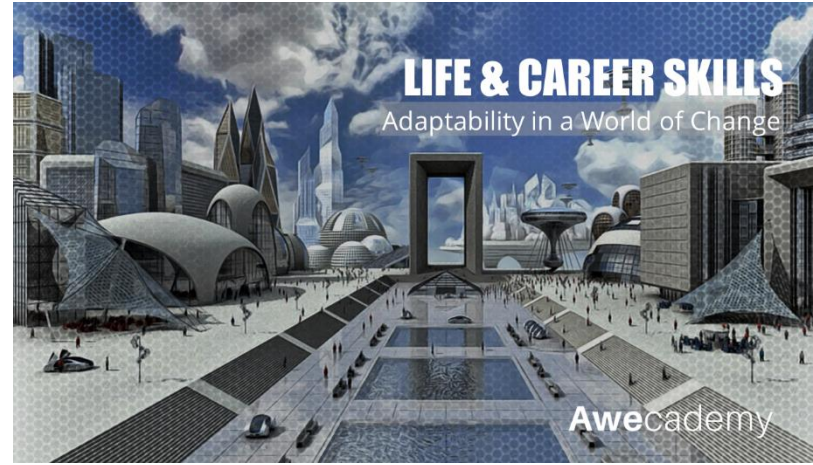
For a team, company or individual to accomplish something extraordinary, it is important to have a powerful unifying purpose. A Massive Transformative Purpose (MTP) is described as a highly “aspirational tagline”, with a clear “WHY” and that serves to cause a significant transformation to the world. It is focused on creating a radical and exciting future.

This module will focus on the importance of organizing a team around an MTP and how you derive your own personal or company MTP.

### Objectives:

- To understand the importance of a Massive Transformative Purpose.
- To identify companies and organizations with impactful MTPs.
- To derive your own personal or company MTP.
- To explore the importance of being driven by a unifying passion and purpose. .

## 21<sup>st</sup> Century Skills



### Overview:

We live in a world of accelerating change. New industries are constantly being born and old ones are becoming obsolete. A report by the World Economic Forum reveals that almost 65 percent of the jobs elementary school students will be doing in the future do not even exist yet. Both the workforce and our knowledge base are rapidly evolving.

Combined with the effects of technological automation on the workforce, this leaves us with a crucial question: What are the life and career skills that future generations will need? This module will get you up to date on the kind of skills that you need in order to be adaptable, productive, proactive and accountable throughout your career.

### Objectives:

- To explore the importance of flexibility and adaptability in a world of change
- To nurture initiative and self direction
- To identify social and cross-cultural skills
- To derive strategies for productivity and accountability
- To understand the importance of leadership and responsibility

## 21<sup>st</sup> Century Skills



### Overview:

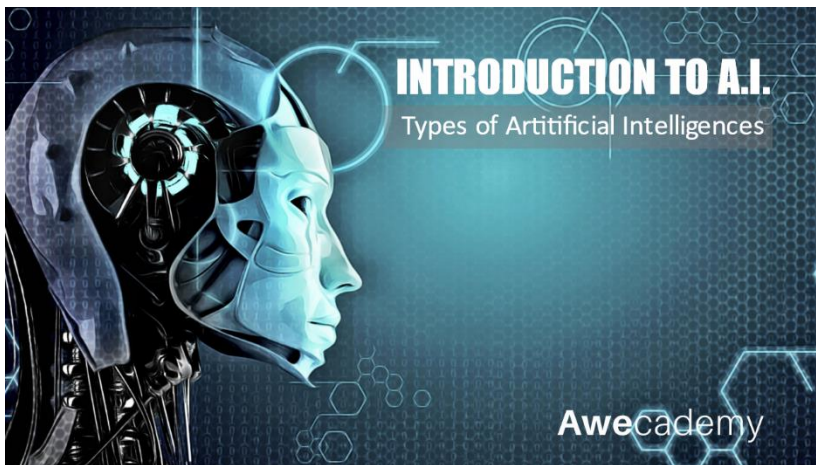
There is enormous value of connecting with individuals who share our vision for the future. We now have powerful tools at our fingertips that can allow us to not only share our ideas to the world, but also collaborate with like-minded individuals from anywhere in the world.

In this module, we will explore the power of collaboration and its increasing importance in the future workforce. We will identify strategies for successful teamwork across digital networks.

### Objectives:

- To explore the influence of the internet of the changing nature of work.
- To understand the power of global collaboration.
- To identify strategies for successful teamwork and collaboration across digital networks.

## Science & Exponential Technology



### Overview:

Artificial Intelligence (AI) is an exponentially growing technology that will revolutionize entire industries. AI is expected to have an impact on all major fields including big data, healthcare, education, security and much more.

In order to be prepared for the future, we need to understand what AI is and what its applications are. This module provides an overview of different types of AI, industry trends and future predictions by experts in the field.

### Objectives:

- To understand what an Artificial Intelligence is.
- To identify different types of Artificial Intelligence.
- To explore industry trends and statistics.
- To identify key figures and predictions for the future of Artificial Intelligence.

## Science & Exponential Technology



### Overview:

We've all read the headlines: the robots are coming, and they will take our jobs. But the reality is more nuanced. Exponential growth in technology will disrupt entire industries but also create new ones. Many experts are asking the big questions: what jobs will be replaced by technology? Which ones will remain? How many will be created? What are the positive and negative impacts?

This module will provide an introduction to the different effects of technological automation on the workforce. Learners who complete this module will be better prepared for the Future of Work.

### Objectives:

- To provide an introduction to the future of automation and work.
- To explore both the negative and positive effects of technological automation.
- To identify which jobs are more susceptible to automation

## Science & Exponential Technology



### Overview:

Exponentially growing technology is disrupting traditional industries at an unprecedented rate. How can we better understand the process in which emerging industries challenge existing ones?

This growth cycle of any new exponential technology takes place in six key steps, which Peter Diamandis calls the Six Ds of Exponentials: digitization, deception, disruption, demonetization, dematerialization, and democratization. This module will go over each of these stages and allow learners to adopt an exponential mindset.

### Objectives:

- To identify the 6 D's of disruption.
- To review the life-cycle of emerging technologies.
- To understand how traditional industries are being disrupted by emerging ones.
- To explore how we can prepared for a future of accelerating change.

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## 21<sup>st</sup> Century Ethics



### Overview:

Over the past century, we have made massive strides in the rights revolution. These include rights for women, children, the LGBT community, animals, and so much more. Will we ever fight for the rights of artificial intelligence? If so, when will this AI rights revolution occur, and what will it look like?

In this module we explore whether AI will ever deserve rights and what these rights would entail. We will evaluate the nature of future AI-human relationships and the role that consciousness has to play.

### Objectives:

- To assess the “moral status” of machines
- To explore the role of consciousness in AI rights
- To identify different types of rights that AI would want
- To evaluate moral and ethical dilemmas with regards to AI and human relationships

## 21<sup>st</sup> Century Ethics



### Overview:

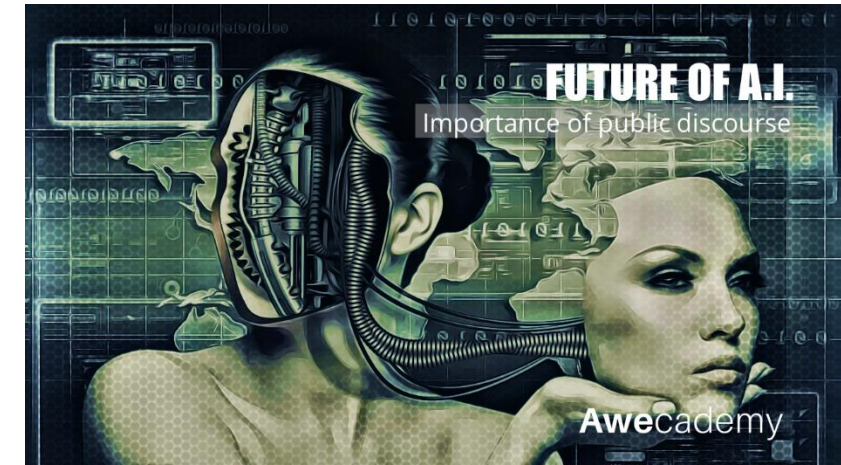
Like any other form of technology, Artificial Intelligence (AI) is not inherently good or bad. It all comes down to how we choose to use it as a species. This module explores all the ways in which AI can pose a threat to society in the future.

There are many concerns and ethical issues when it comes to AI, such as those related to transparency, weaponization, privacy and much more. Learners will have an opportunity to explore these potential threats and consider how we can overcome them. The goal is to recognize these challenges and derive practical solutions for the future.

### Objectives:

- To identify the potential risks and harms posed by AI
- To explore threats to privacy and human interactions
- To identify misuse of artificial intelligence
- To evaluate the existential risks of artificial superintelligence

## 21<sup>st</sup> Century Ethics



### Overview:

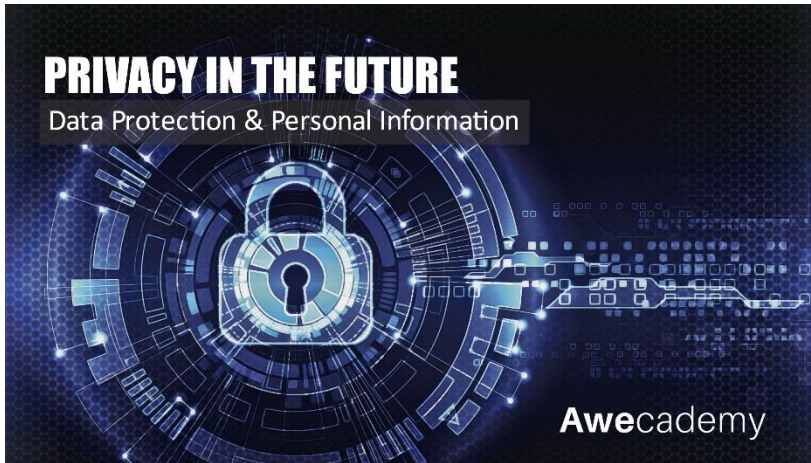
While the field of AI continues to grow exponentially, how can we continue to educate our youth and the general public about breakthroughs and advancements? Even more, how can we ensure that policy keeps up with it? This module will allow learners to begin to answer these questions.

In the module we explore the role of policy and derive societal solutions for the benevolent use of artificial intelligence. We will also explore its impact on the education system at large.

### Objectives:

- To evaluate the importance of public discourse and engagement in AI
- To brainstorm potential policies and regulations for the benevolent use of AI
- To understand the impact of AI on education
- To derive solutions for the ethical dilemmas and challenges posed by AI

## 21<sup>st</sup> Century Ethics



### Overview:

Technological progress has radically transformed our concept of privacy. How we share information and display our identities has changed as we've migrated to the digital world. Emerging technologies, such as Virtual Reality and Internet of Things, will only continue to amplify concerns over privacy and protection of data.

This module explores the ethical concerns with regards to privacy in the digital world and also looks at how our definition of "privacy" will evolve in the next century.

### Objectives:

- To understand how the definition of privacy has evolved in recent decades.
- To identify ethical concerns and threats concerning privacy due to technology.
- To explore technology-enabled solutions for protecting data and privacy.
- To evaluate the importance of policy and discourse in protecting privacy.

## 21<sup>st</sup> Century Ethics



### Overview:

Attempts to improve human cognition and physical abilities date back thousands of years and are exercised every day through seemingly mundane activities such as consuming caffeine or exercising. Yet in recent decades, we have developed a wide array of powerful tools such as genetic engineering and brain machine interfaces that will allow us to enhance what it means to be human.

Human enhancement, like any other technological tool, can be a double-edged sword. This module explores the positive and negative implications of overcoming our biological limitations.

### Objectives:

- To explore the technological tools that will allow us to improve our cognition and physical capabilities.
- To evaluate the underlying motivations for human enhancement.
- To explore positive and negative applications of enhancement technologies.
- To identify the key ethical and societal issues that result from widespread enhancement.

## 21<sup>st</sup> Century Ethics



### Overview:

AI is a powerful tool with enormous potential. It can help solve some of humanity's grand challenges. It can help us cure cancer, tackle poverty, discover new forms of energy and much more.

This module explores all the positive applications of AI and the ways in which we can use it to solve problems. We will explore what it means to be a Cyborg and imagine a future where humans and AI merge to become one.

### Objectives:

- To understand how AI can be used to accelerate human progress.
- To explore AI as an extension of human beings.
- To identify positive and beneficial applications of AI.
- To imagine a future where humans and AI become one.

## Life, Love, & Death



### Overview:

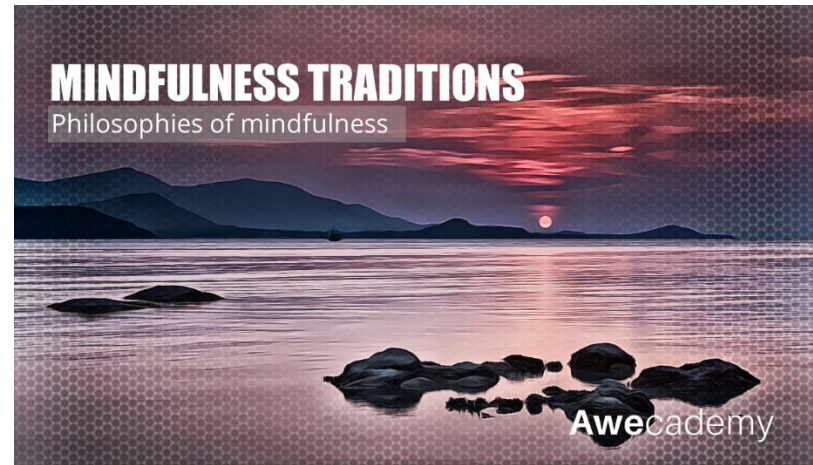
All around the world, people are talking about the benefits of mindfulness meditation and introducing programs that teach these practices. These practices help improve one's abilities in athletic performance and test-taking through improved concentration.

They also help develop new relationships and improve old relationships through increased empathy, and help people feel better mentally and physically throughout the day by decreasing stress and slowing down unwanted thoughts. In this module, we examine why one might engage in mindfulness practices and how these practices can impact our lives.

### Objectives:

- To examine how to meditate
- To identify what mindfulness is
- To highlight how we can start a meditation practice

## Life, Love, & Death



### Overview:

There are varying philosophies and techniques for learning and practicing mindfulness. Making an attempt to quickly define the purposes and techniques of all of the major schools related to mindful philosophies would require making serious over-generalizations of the traditions that take years to understand.

The goal of this module is to provide a starting point for engaging in these traditional (historic) paths towards understanding ourselves and learning to live in mental paradise as often as we remember to.

### Objectives:

- Provide a starting point on the path to understanding various philosophies of mindfulness.
- Examine the commonalities between the philosophies of mindfulness.
- Examine key terms involved in mindfulness philosophy.

## Life, Love, & Death



### Overview:

In this module, we explore how technological innovations will change how humans experience mindfulness. We will examine the impact that technology will have on the path of understanding oneself and living in a mental paradise.

There is a growing group of people called 'consciousness hackers' who are applying technological hacks to the goal of eliminating suffering. In this module, we look at a few ways that consciousness hackers are going about "hacking" suffering. We also explore whether these technologies are actually expanding mindfulness, and how they are related to the 'original consciousness hackers', who, over the last thousands of years, created meditations, yoga, and breathing practices.

### Objectives:

- Explore how technology will impact mindfulness.
- Examine the pros and cons of mindfulness technology.

## Life, Love, & Death



### Overview:

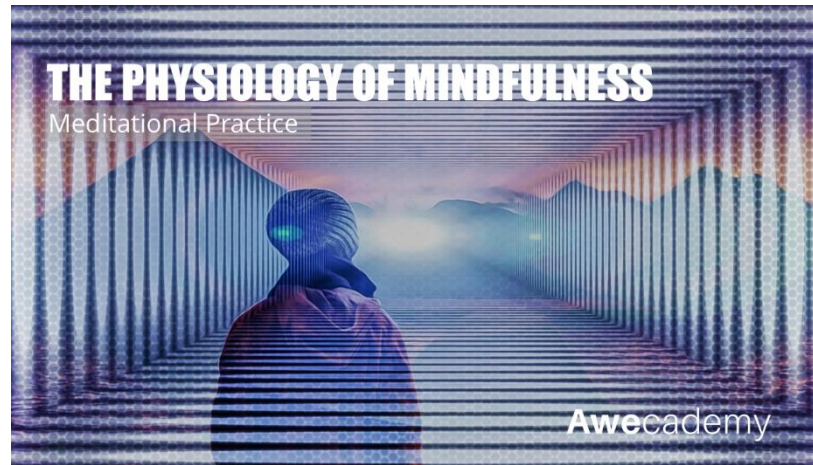
All of us now have access to an abundance of information at the tips of our fingertips. We also have access to a global network of individuals who share our passions and interest. This includes access to more potential romantic partners than ever before - not just through dating sites and applications - but also through the people we meet on social media platforms such as Facebook, Instagram and Twitter.

This module will explore how technology and social platforms are transforming the process of how we meet people. While there are many advantages to finding love digitally - there are also some concerns. We will evaluate the implications that this has on our personal and romantic lives.

### Objectives:

- To evaluate the online dating landscape.
- To identify the disadvantages and advantages of using technology to find love.
- To self-reflect and analyze how we portray ourselves online.
- To explore how AI algorithms can catalyze the matchmaking process.

## Life, Love, & Death



### Overview:

In this module we explore the Physiology of Mindfulness: what happens in the body as we practice meditation and mindful living? Since mindfulness practices have the power to alter the physical structure of the body and change the expression of our genes, it is important for us to understand better how this happens.

Throughout this module, we consider how the practices that we engage in control the wiring of the human body and the human experience.

### Objectives:

- Gain an understanding of the basic principles of human physiology that are impacted by mindfulness practice.
- Become aware of the existing and ongoing research about the physiological benefits of mindfulness and meditation practices.
- Learn why mindfulness is being hailed as a treatment and prevention to many health problems.
- Explain what happens in the body when practicing mindfulness and meditation, as well as the long term structural changes that occurs.

## Life, Love, & Death



### Overview:

The module is based on Ernest Becker's book, *Denial of Death*, and is an exploration of the subject of death from a psychoanalytical perspective: that the fear of death must be present behind all our normal functioning in order for the organism to be armed towards self-preservation. The book doesn't endeavour to offer solutions to the problem of death. However, there is a gentle advice to practice dying – to cultivate an awareness and self-analysis of our eventual demise. By doing so, we discover new possibilities of choice and action, and new forms of courage and endurance.

### Objectives:

- To explore how the awareness of death has an impact on our conscious and subconscious actions.
- To analyse the difference between the physical self and the symbolic self.
- To discuss strategies to alleviate the stress of contemplating death.

# Intelligent Optimism



## Overview:

Intelligent optimism is all about being excited about the future in an informed and rational way based on statistics, data, evidence, facts, science, and empirical evidence. It is recognizing that while the world isn't perfect, it has been getting better.

This module serves to get learners excited about the future by highlighting the rapid progress we have made. We will also explore the tremendous potential humans have to find solutions and solve problems.

## Objectives:

- To review what it means to be an Intelligent Optimist
- To understand the importance of rationality in optimism
- To reflect on the reasons the world needs more intelligent optimism
- To become aware of fear-based news reporting :

# Intelligent Optimism



## Overview:

There are remarkable people out there achieving remarkable things. Intelligent Optimism requires us to pay more attention to the well-deserved good news. We need to recognize humanity's accomplishments in different avenues such as education, healthcare, social justice and much more. This allows us to feel empower tackling challenges that lie ahead.

In this module, learners will come to understand how far we've come as a species and how much further we can go.

## Objectives:

- To derive an overview of human progress in the last two centuries
- To summarize humanity's accomplishments in different avenues such as education, healthcare and social justice
- To review the historical decline in violence
- To review the challenges that humanity has faced and overcome in the past

# Intelligent Optimism



## Overview:

The future is in our hands and unfortunately; many of us fail to realize this. The truth is that we have the potential of creating an incredible and wonderful future worth living.

Yes, there is no doubt that we have lots of problems and conflicts ahead of us. But it's important to keep in mind the rapid progress we have made so far. This module will engage learners in the critical mindsets required to change the world. We will identify the role of optimism in futuristic thinking and cultivate bold dream and ambitions for humanity.

## Objectives:

- To envision an exciting future for humanity
- To understand the grand challenges facing our species
- To identify the role of optimism in futuristic thinking
- To cultivate bold dreams and ambitions for humanity

## Art & Literature



### Overview:

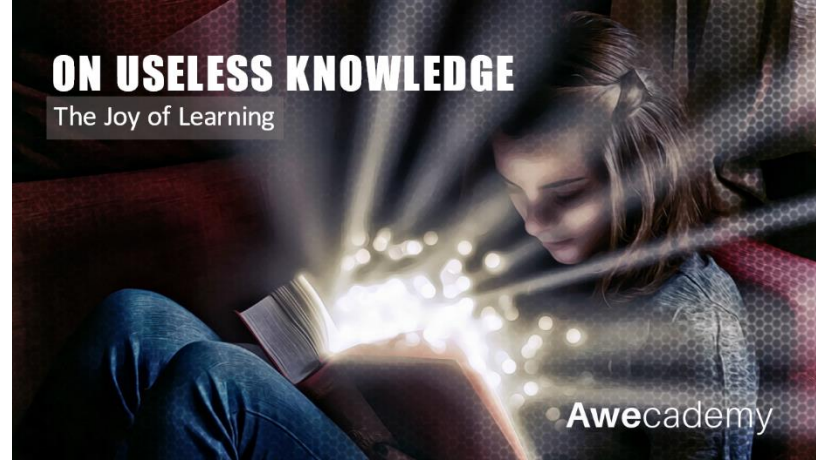
One of the great periods of learning in human history was in Baghdad during the height of the Abassid Dynasty a thousand years ago. The Dar Al Hikma and Bayt Al Hikma libraries rivalled the great Library of Alexandria. These were great centers of learning with scholars from around the world. Drawing primarily on Greek, but also Syriac, Indian and Persian texts, these scholars accumulated a great collection of world knowledge. By the middle of the ninth century, the House of Wisdom had the largest selection of books in the world.

This module considers the impact of the Golden Age of Arabic Science on the advancement of human learning and how the scholars of these great libraries made many remarkable original contributions to diverse fields.

### Objectives:

- To discover the key features of the Golden Age of Arabic Science.
- To highlight the contributions of the great scholars of this age to human knowledge.
- To consider the impact of the Dar Al Hikma and Bayt Al Hikma libraries on society.

## Art & Literature



### Overview:

“Useless” knowledge is the sort of knowledge Francis Bacon was referring to in his famous aphorism “Knowledge is power.” This knowledge is of a mildly scientific and historic nature and allows us to better understand our place as an individual in a vast and ancient universe.

There is an ineffable joy to be had in knowledge for the sake of knowledge—knowledge without overtly practical use. The purpose of knowledge should be to give us a deeper understanding of ourselves and the world around us, and better equip us to make decisions of a moral and ethical nature in a calm, rational, and compassionate manner.

### Objectives

- To explore the meaning and significance of knowledge.
- To identify the importance of scientific and historical knowledge.
- To highlight the importance of curiosity.

## Art & Literature



### Overview:

Contemporary Art in many modern art galleries in the Western World can be bewildering to many people. For many art insiders, art—especially conceptual art—is a substitute religion—an avenue down which to direct their existential impulses. Art demands leaps of faith, but it rewards the believer with a sense of consequence. Artists make work that ‘look like art’ and behave in ways that enhance stereotypes.

This module focuses on the role of art in modern society, why it is so popular, the key figures in the art world that make it a multi-billion-dollar industry, the subculture of art and what art means to different sections of the art world.

### Objectives:

- To examine the impact of art in contemporary society
- To consider the role of key figures in the modern art world.

## Art & Literature



### Overview:

In his Shots of Awe videos, Jason Silva chases his inspiration addiction as he explores “the complex systems of society, technology and human existence and discusses the truth and beauty of science in a form of existential jazz.

He’s been described as a techno-philosopher and a poet for the digital age.

This module explores the similarities between Jason and the 19th Century Romantic poets and also explores the nature of the poetic sublime.

### Objectives:

- To identify the similarities and differences between Jason Silva and the 19<sup>th</sup> century Romantic poets.
- To highlight the themes of Jason Silva’s Shots of Awe.
- To analyse the nature of the poetic sublime.

## Art & Literature



### Overview:

In the last few years there have been three fascinating books (among others) about Nothing. The Mystery of Existence: Why is There Anything at all by John Leslie; A Universe from Nothing: Why There is Something Rather than Nothing by Lawrence Krauss; and the excellent compendium of essays by ‘New Scientist’ magazine, titled, Nothing: From Absolute Zero to Cosmic Oblivion. All of these books serve to give amazing Insights into Nothingness.

This module take a multidisciplinary approach to the concept of nothing, and considers it from literary, philosophical, and scientific perspectives.

### Objectives:

- To explore the concept of nothingness.
- To analyze three fascinating books about Nothing.
- To examine the mystery of existence.
- To take a multidisciplinary approach to the concept of nothing.

## Art & Literature



### Overview:

The scientist and the mystic both share a wonder of the universe. Both seek to understand reality using different sets of tools and different mindsets.

This module explores the difference between scientific truth and poetic truth and focuses on the different ways in which the scientist and the artist contemplate existence and appreciate reality.

### Objectives:

- To explore the nature of scientific truth and poetic truth.
- To consider the links between science and art.
- To highlight the importance of rational thought and science-based wonder.
- To evaluate the importance of pursuing knowledge and understanding

## Contemporary Philosophy



### Overview:

Altruism is the unselfish concern for or devotion to the welfare of others. To distinguish it from mere helpfulness, some would go further and say that it is not merely being helpful; it is helpfulness at a cost to yourself.

In this module we consider the meaning and significance of Altruism from a scientific, biological and philosophical perspective.

### Objectives:

- To examine the meaning and significance of Altruism
- To analyse how effective altruism can have a positive impact

## Contemporary Philosophy



### Overview:

Does beauty truly lie in the eye of the beholder? Do the objects of the universe have an inherent beauty that lies beyond the need for human apprehension? To what extent are we genetically predisposed to consider something beautiful? Do we truly have free will in our apprehension of beauty?

This module considers the issue of aesthetics and how beauty is processed and understood in the brain.

### Objectives:

- To examine the meaning and significance of Beauty
- To consider the role of colours in our perception of Beauty
- To evaluate whether Beauty is a subjective experience

## Contemporary Philosophy



### Overview:

The Royal Society took as its motto the phrase, Nulius in Verba: "Take nobody's word for it." Ultimately, science and societies based on the scientific method triumphed because of a desirable focus on evidence and reason. From primitive times, through the Bronze Age and down to the medieval era, humanity was driven by cruelty and superstition. Things began to change during the Enlightenment and the Age of Reason.

This module considers the importance of self doubt, evidence based thinking and some of the cognitive tools we need to make sense of Reality and the world around us.

### Objectives:

- To examine the meaning of intellectual integrity
- To consider the importance of skepticism and self doubt.
- To evaluate the significance of the Age of Enlightenment
- To analyse the impact of the Dunning-Kruger Effect



# Contemporary Philosophy



## Overview:

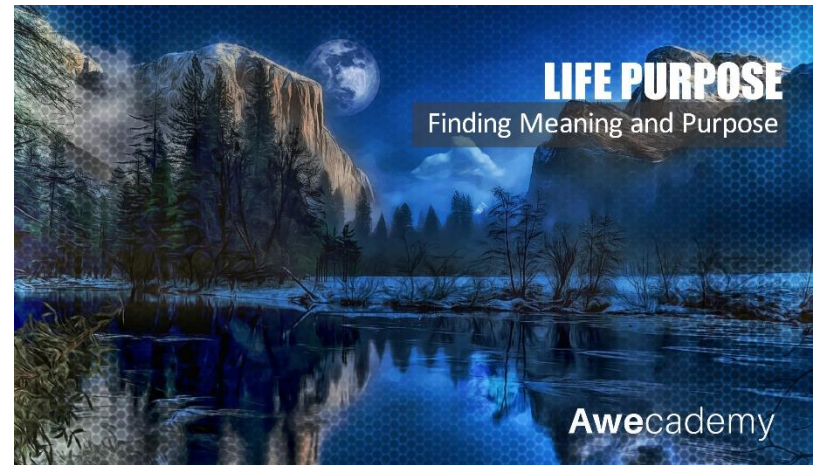
*Ikigai* is a Japanese word It translates loosely as “reason for being”. The Japanese believe everyone has an *Ikigai*. But finding it requires patience, exploration of the outside world, deep introspection, and a search for the self.

This module explores how to get a better understanding of one’s *Ikigai*, and how to promote cosmic citizens who aware of their place on this planet, their place in this universe, and what their personal purpose is.

## Objectives:

- To develop a deeper understanding of *Ikigai*.
- To discuss ways to develop enlightened understanding of the self in order to find happiness .

# Contemporary Philosophy



## Overview:

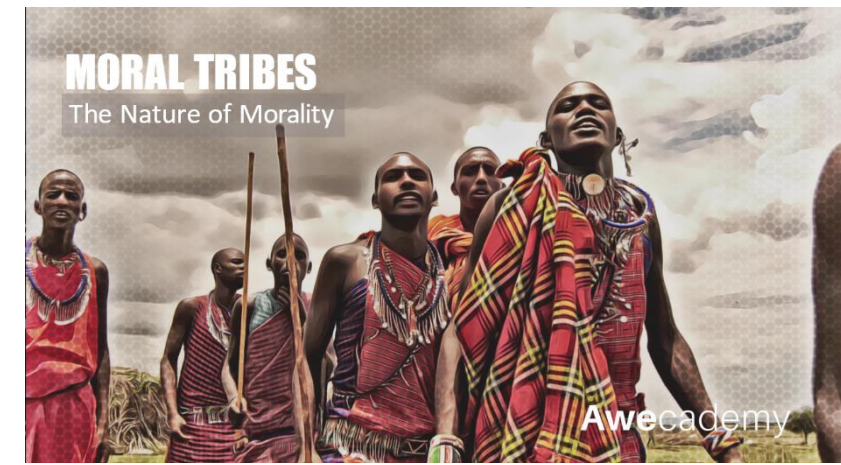
The Japanese have a practice known as *Naikan*. It is a structured method of self-introspection. It literally means, “Looking inward.” However, a metaphorical interpretation of it would mean to consider oneself with the mind’s eye.

For the most part, most students leave high school without figuring out their passion and purpose. People can go for the next several decades of their life without figuring this out. *Naikan* is a simple, straightforward, uncomplicated way of helping people figure out who they are and where they are headed. It helps us focus on the things that truly matter in life: what makes us different; who we ought to be thankful for and grateful to; what relationships matter; the choices we make; the lifestyle we live; our connection with people and the environment; and our connection with our self.

## Objectives:

- To develop a deeper understanding of *Naikan*.
- To identify ways to find meaning and purpose in life.
- To take a structured approach to self introspection and expressing gratitude.

# Contemporary Philosophy



## Overview:

We live in an increasingly polarised world. Many on the left have moved to the Regressive end of the spectrum, and not a few on the right have moved to the Fanatic end of it. It is not uncommon to see people dig in their heels and refuse to heed the voice of reason or evaluate the evidence when it comes to matters of morality.

Our political beliefs, our religious beliefs, and even our beliefs about the climate and the very nature of reality are informed by our moral views. This module looks at how different groups have differing moral intuitions, and different unconscious biases. We will also explore the sources of much of our disagreements and conflicts on issues of morality.

## Objectives:

- To identify the meaning of morality and the unconscious biases that influence it.
- To highlight the sources of our morality.
- To consider the role of reason and emotion in the formulation of moral views.

# The HUMAN Project



## Overview:

Think of the ongoing human project as an inter-generational relay. How is our generation—all of us living at the beginning of the 21st century—doing in our leg of the journey? Today we can't give a good answer. We are mostly making it up as we go. Let's look as far into the future as our knowledge allows. Let's lay out all the known challenges to our existence and opportunities for our evolution. What are the most important contributions our generation can make during our brief window of existence? And how do we get going?

If you are a concerned member of the human race wondering where to place your life's energy or your cognitive and financial surplus, this curriculum is a good place to start.

## Objectives:

- To identify the meaning of morality and the unconscious biases that influence it.
- To highlight the sources of our morality.
- To consider the role of reason and emotion in the formulation of moral views.

# The HUMAN Project



## Overview:

We now have the amazing twin gifts of unprecedented connectivity and unparalleled access to knowledge. We now have the ability to connect across continents and collaborate with millions of minds in real time. We now have the resources and wherewithal to lay out all the big challenges facing our species, identify the big existential threats coming our way, create opportunities for our planet, and discover our hopes, dreams, and ambitions for the human species

This module focuses on the existential threats facing our planet and our species and discusses potential solutions for them.

## Objectives:

- To highlight the challenges and threats that could impact the survival of our species
- To discuss 2050 milestones for our species

# The HUMAN Project



## Overview:

What Should be the Purpose of our Species? To be or to become? We must choose carefully. As humans, we owe it to ourselves to find our own purpose in life - both: our singular purpose as individuals and our collective purpose as a species.

This module explores how we can find this purpose. More importantly, we explore the powerful difference between being and becoming.

## Objectives:

- To reflect on the purpose of humans
- To distinguish between being and becoming

# The HUMAN Project



## Overview:

In biological terms, we are a complex form of life. Like all life, we harvest matter and energy from our surroundings. We rely on the energy of a star. Is our fate then inextricably bound to the fate of our star? Not necessarily, after all, we are no ordinary form of life.

This module will explore the evolution and origins of life on earth and its potential rarity in the universe.

## Objectives:

- To discuss what constitutes life.
- To consider the features of extraterrestrial life.

# The HUMAN Project



## Overview:

Culture is the social behavior and norms found in human societies. Culture is a central concept in anthropology, encompassing the range of phenomena that are transmitted through social learning in human societies.

In this module, we explore how we are a culturally learning species. We are a form of life that learns and learns fast! We will also understand the difference, and similarities, between genes and memes.

## Objectives:

- To discuss what we mean by culture
- To analyse the difference between genes and memes.

# The HUMAN Project



## Overview:

In cosmic terms, we are just tiny clumps of matter. Like all matter, we are subject to the forces of cosmic evolution. Is our fate then inextricably tied to the fate of our Universe? Not necessarily, after all we are no ordinary clumps of matter.

In this module, we will re-define what it means to be a human being and what it means to be made of matter. At the end of the module, we will recognize our immaterial connection with the universe.

## Objectives:

- To recognise our material connection with the universe
- To comprehend what  $E=MC^2$  means

# The HUMAN Project



## Overview:

Over the course of our history, we've made quite a few radical innovations in our technology of collective accomplishment.

Millions of businesses work together in complex supply chains to cater to an increasing inventory of needs. Hundreds of thousands of NGOs are moving the needle on a broad range of worthy causes.

However, our ability to bring together hundreds or thousands of organizations in service of solving a common problem is still weak at best. We need a serious overhaul. But it all starts with how we frame the issue. This module considers how we organize to push the human project forward.

## Objectives:

- To identify megaprojects humanity has collaborated on.
- To identify challenges to global collaboration.
- To identify how to organize on a global, transnational, pan-human scale.

# The HUMAN Project



## Overview:

Only seven million of us are knowledge creators, just 0.1% of our total population. How can we create knowledge? How can we use knowledge to create new realities? How can we ensure that the vast amount of knowledge available online is accessible to every person on earth? This module explores these questions and many more.

## Objectives:

- To consider the difference between fact and opinion.
- To analyse whether science is the best way to acquire knowledge.
- To evaluate how we use and share knowledge.
- To analyse what it means to be human now and in the distant future.

# The HUMAN Project



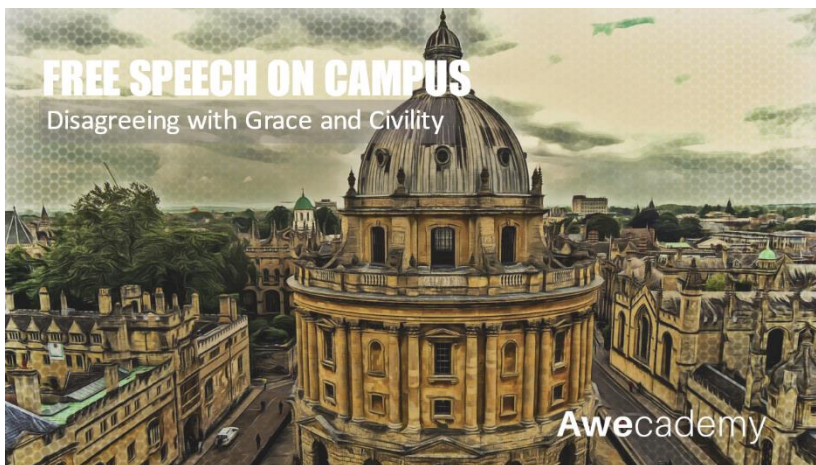
## Overview:

What is the meaning of one life? What does it mean to be a "self"? In this module, learners will explore how an individual's life is not an end in and of itself. One's life is a contribution to the ongoing human project. We will envision our future, both as individuals and as a species, and consider how we want to contribute to human progress.

## Objectives:

- To recognise the meaning of one life
- To interpret and comprehend the meaning of infinity

## Culture & Society



### Overview:

We live in interesting times. Many American Universities which were once the bastion of free thought and free expression are now seeing a surge in calls from various student bodies to curb free expression. We are seeing constant debates on topics like cultural appropriation, triggers and safe spaces.

Why is it important to embrace radical openness and freedom of expression? How should we react when faced with people who disagree with us? How can we continue to challenge each other's views. This module will explore the current issues with freedom of expression in college campuses and the importance of radical openness in this context.

### Objectives:

- To identify the issues with freedom of thought and expression in college campuses.
- To explore the importance of free expression.
- To identify the best means of tackling offensive views.

## Culture & Society



### Overview:

What is radical openness and why is it an important value to have? Radical openness is all about creating intellectual spaces and online platforms for the free exchange of ideas and the sharing of information. It's a mindset we need to adopt in order to connect and collaborate with people with different viewpoints and backgrounds. This module explores the importance of radical openness and its role in innovation.

### Objectives:

- To define radical openness
- To understand its importance in a globalized world
- To identify the role of radical openness in innovative thinking

## Culture & Society



### Overview:

A tribe is any group of people, large or small, who are connected to one another, a leader, and an idea. We've been shaped by thousands of years of natural selection to be tribal in our behaviour. Living in the 21st century, in our urban, multicultural, digitally interconnected world, people are apt to believe that we have got rid of our primitive tribal baggage.

This module considers how our tribal instincts have shifted from the real world to the online world and why we should be wary of our tribal instincts.

### Objectives:

- To examine the different categories and types of online tribes
- To consider the role of the roles of natural selection in the evolution of tribal instincts.
- To evaluate the influence of memes and culture on tribal behaviour.
- To appreciate the significance of the Dunbar number.

## Culture & Society



### Overview:

The idea of Universal Basic Income (UBI) is being debated around the world. Many countries and organizations are experimenting with various versions of UBI. Over the next few decades, as technological automation takes over our jobs, governments may need to provide basic income to their citizens in order to ensure their well-being.

This module will explore what UBI is, and review the arguments for and against its implementation globally.

### Objectives:

- To understand the concept and need for Universal Basic Income.
- To construct arguments for and against Universal Basic Income.
- To review recent experiments and studies on the topic.

## Culture & Society



### Overview:

Many people live a life of routine and monotony. But those who seek out wonder, meaning, and intellectual complexity in their lives are found to be happier, healthier, and more motivated. At a fundamental level, we all crave to be a part of a grand mission, something larger than ourselves.

This module will explore the biological advantage of being awestruck, and the powerful impact that it can have on us as individuals and as a species.

### Objectives:

- To define the word awe.
- To identify the biological advantages of being awestruck.
- To examine the role of awe in our lives and societies.
- To explore how awe can be used to enhance teaching and learning.

## Culture & Society



### Overview:

There have always been reports of UFO sightings and alien abductions - but are they real? In this module, learners will exercise their critical thinking skills to examine the evidence for UFOs and aliens. We will learn how to identify conspiracy theories and debunk invalid theories.

### Objectives:

- To examine the evidence for aliens and UFOs.
- To analyse how to weigh evidence and form beliefs
- To discover how to debunk conspiracy theories

## Future Studies



### Overview:

Do you care about the future? Do you want to get better at anticipating, creating, and managing it for yourself, your family, your teams, your organizations, your society, and your planet?

Foresight is simply the act of looking to and thinking about the future. This can be amateur or professional, trained or untrained. In this module we will explore the principles and importance of foresight thinking.

### Objectives:

- Understanding the importance of foresight and futures thinking
- Identifying the 3 P's of adaptive foresight
- Exploring the 4 domains of adaptive foresight

## Future Studies



### Overview:

What does the future of medicine look like? Exponential technology is revolutionizing healthcare. How we prevent, treat and cure diseases is being radically transformed. Technology is set to transform the way that patients interact with their doctors and healthcare providers. Whether you are an aspiring doctor or an informed patient, this module will give you an introduction to and overview of the emerging technologies that are changing the medical landscape.

### Objectives:

- To identify how major tech trends, such as AI and 3-D printing, are revolutionizing healthcare.
- To explore what the hospital of the future will look like
- To predict how exponential technologies will transform the patient experience
- To examine the benefits of technology in future medicine

## Future Studies



### Overview:

In a world of exponential technologies, all industries and sectors are vulnerable to disruption. This includes finance, banking and our global economy as a whole. What is Fintech? What are cryptocurrencies? You've probably heard these terms in mainstream news and media - but they are more than just buzzwords. They are emerging trends that will revolutionize how we exchange value.

This module will present an introduction to fintech, crypto-currencies and the future of finance. It will give you an overview of everything you need to know in order to understand where we're headed.

### Objectives:

- To examine emerging technology trends in banking and finance.
- To define fintech and cryptocurrencies.
- To explore the future of finance.

## Cosmic Citizenship



### Overview:

What does it mean to be a Cosmic Citizen? At its core, the cosmic perspective is about zooming out and seeing the big picture. It involves acknowledging our place in the cosmos and stepping back and contemplating our purpose in the grand scheme of things.

Learners who complete this module will leave with a better understanding of our place in the universe and how they can contribute to the future of our species. We will explore the rights and responsibilities of cosmic citizens and its importance in global education.

### Objectives:

- To identify the rights of a cosmic citizen.
- To outline the various responsibilities of a cosmic citizen.
- To define what it means to have a cosmic perspective.
- To evaluate the importance of cosmic citizenship in global education.

## Cosmic Citizenship



### Overview:

If we asked the average person how many stars there are in the universe, they'd reply vaguely, "Billions." Most people know that a billion is a big number. Yet, most of us don't realize just how big that number is. What do we really mean when we say that we live in an observable universe 86 billion light years across?

Our brains have not been wired to intuitively grasp such large scale distances. In this module, learners will access thinking tools that will allow them to truly understand the concept of "billion", the scale of the cosmos and the number of stars in our universe.

### Objectives:

- To grasp the true size and meaning of "billion".
- To review the scales of the solar system, galaxy and universe at large.
- To reflect on humanity's presence and existence in the cosmos

## Cosmic Citizenship



### Overview:

Why should we all care about space travel? What are the benefits of exploring the cosmos? Well, human beings are explorers by nature. We didn't stay in the savannas; we didn't stay in the caves; we didn't stay on the continents; we didn't even stay on our planet. We have always moved on – we explored – we colonised – we discovered – we invented. Space is our destiny.

In this module, learners will explore the significance of space exploration and its role on human progress.

### Objectives:

- To identify the benefits of space travel and exploration
- To explore the role of space exploration in human transcendence
- To understand why our species are considered "explorers"



# Cosmic Citizenship



## Overview:

In the context of all of our daily problems here in on earth, very few of us think about the cosmic threats that face our planet. Comet- or asteroid-collisions, nuclear holocausts, pandemics and gamma-radiation bursts are examples of threats that could wipe out our entire species.

In this module, learners will learn to existential, cosmic and interstellar threats that face us. We will also attempt to derive potential solutions for these threats. We will also understand how space exploration and colonisation serves as “insurance” for the long-term future of our species.

## Objectives:

- To identify the existential, cosmic and interstellar threats facing our species
- To derive potential solutions for existential threats
- To be aware of grand challenges facing us as cosmic citizens

# Cosmic Citizenship



## Overview:

On 14 February, 1990, as the spacecraft Voyager 1 was leaving our planetary neighborhood, Sagan suggested that NASA engineers turn it around for one last look at Earth from 6.4 billion kilometers away. The picture that was taken depicts Earth as a tiny point of light—a “pale blue dot,” as it was called—only 0.12 pixels in size.

In this module we will learn to look at our world and everything in it from a cosmic perspective. Learners will reflect on the history of humanity and our actions in the context of the fragility of our planet, the Pale Blue dot. We will evaluate the history of humanity in the context of our vast universe. Most importantly, learners will become better ambassadors for earth.

## Objectives:

- To understand the fragility of earth in the cosmic arena
- To explore the meaning of “The Pale Blue Dot”
- To evaluate human history and understanding in the context of the cosmos
- To highlight the importance of global and cosmic citizenship

# Cosmic Citizenship



## Overview:

But what does it mean to be a Cosmic Citizen? At its core, the cosmic perspective is about zooming out and seeing the big picture. It involves acknowledging our place in the cosmos and stepping back and contemplating our purpose in the grand scheme of things.

Learners who complete this module will leave with a better understanding of our place in the universe and how they can contribute to the future of our species. We will explore the rights and responsibilities of cosmic citizens and its importance in global education.

## Objectives:

- To identify the rights of a cosmic citizen.
- To outline the various responsibilities of a cosmic citizen.
- To define what it means to have a cosmic perspective.
- To evaluate the importance of cosmic citizenship in global education.

## Shots of Awe



### Overview:

“The other world is this world rightly seen.” There is a human tendency to get jaded as we grow older and cease to see the world with a sense of wonder and entranced by awe.

This module focuses on Jason Silva’s thoughts on how we can evoke in ourselves a sense of astonishment about our own existence and the universe we live in.

### Objectives:

- To identify ways in which to evoke a sense of wonder and awe
- To identify how avoid the hedonic adaptation.
- To examine the meaning of archetypal spaces and Plato’s Realm of Ideas

## Shots of Awe



### Overview:

David Deutsch, the quantum physicist, points out that knowledge is unbounded, and we now stand at the beginning of infinity – and always will. With the invention of the alphabet, the Indo-Arabic numeral system, and binary coding, we are in a position to learn and generate infinite knowledge. This is an exciting and heady proposition. It’s all the more important and urgent that people are given the tools to think clearly and rationally in their daily lives, when interacting with people online, and when confronted with new knowledge or information.

This module explores Jason’s reaction to the ideas expressed in Deutsch’s book.

### Objectives:

- To develop a deeper understand of the concept of infinity.
- To analyse the creation and curation of infinite knowledge, a
- To explore the impact and significance of infinite knowledge on the human condition.

## Shots of Awe



### Overview:

The technological singularity is the hypothesis that the invention of artificial superintelligence will abruptly trigger runaway technological growth, resulting in unfathomable changes to human civilization.

Many notable personalities, including Stephen Hawking and Elon Musk, consider the uncontrolled rise of artificial intelligence as a matter of alarm and concern for humanity's future. The consequences of the singularity and its potential benefit or harm to the human race have been hotly debated by various intellectual circles

This module examines Jason Silva’s views on the Singularity.

### Objectives:

- To examine the meaning and significance of the Singularity
- To analyse the impact of exponential technologies

## Shots of Awe



### Overview:

Ernest Becker points out that "Man is literally split in two: he has an awareness of his own splendid uniqueness in that he sticks out of nature with a towering majesty, and yet he goes back into the ground a few feet in order blindly and dumbly to rot and disappear forever."

This module focuses on Jason's thoughts as he freestyles on Sigmund Freud's 1915 essay "On Transience," an essay inspired by Freud's summertime conversations with the poet Rainer Maria Rilke.

Why is that when we are in love we are nonetheless in mourning?

We examine Jason's views as he tackles this existential bummer in this moment of techno-rapture.

### Objectives:

- To analyze the idea of the impermanence of beauty and how things we love will decay and die.
- To identify ways in which to live life to the fullest.

## Shots of Awe



### Overview:

There are at least two kinds of games: finite and infinite. Finite games are those instrumental activities - from sports to politics to wars - in which the participants obey rules, recognize boundaries and announce winners and losers. The infinite game - there is only one - includes any authentic interaction, from touching to culture, that changes rules, plays with boundaries and exists solely for the purpose of continuing the game. A finite player seeks power; the infinite one displays self-sufficient strength. Finite games are theatrical, necessitating an audience; infinite ones are dramatic, involving participants...

This module examines Jason Silva's thoughts on Finite and Infinite Games.

### Objectives:

- To explore the difference between Finite and Infinite Games
- To evaluate the future of humanity over time
- To create a game that lasts forever

## Shots of Awe



### Overview:

The Hubble Ultra-Deep Field (HUDF) is an image of a small region of space in the constellation Fornax, containing an estimated 10,000 galaxies. This image has revealed high rates of star formation during the very early stages of galaxy formation, within a billion years after the Big Bang. It has also enabled improved characterization of the distribution of galaxies, their numbers, sizes and luminosities at different epochs, aiding investigation into the evolution of galaxies.

In this module we consider Jason Silva's thoughts about how the telescope has expanded the cosmic horizons of the human species.

### Objectives:

- To develop deeper insights into the overview effect.
- To analyse what it means to take a cosmic perspective.
- To highlight the impact of the Hubble Telescope and the James Webb Telescope on the human psyche.

## Shots of Awe



### Overview:

Virtual Reality (VR) is an interactive computer-generated experience that takes place within a simulated environment. It incorporates mainly auditory and visual, but also other types of sensory feedback. This immersive environment can be similar to the real world or it can be fantastical, creating an experience that is not possible in ordinary physical reality. As Zuckerberg points out, Virtual reality was once the dream of science fiction. But the internet was also once a dream, and so were computers and smartphones.

This module is a deep dive into Jason's views on Virtual Reality and immersive technologies.

### Objectives:

- To review the impact and application of Virtual Reality
- To analyse the difference between Virtual Reality, Augmented Reality, and Mixed Reality.

## Shots of Awe



### Overview:

We are now increasingly being able to measure everything. Physicist John Wheeler talks about how the fundamental aspect of reality is information. Everything in the universe – from flowers to fish and electrons to protons are fundamentally manifestations of information. We are generating digital information at an unfathomable rate.

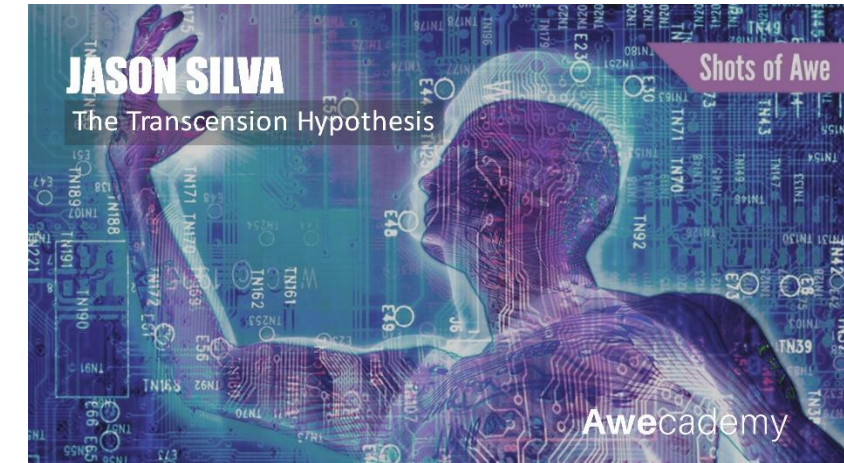
The quantified self is better health through self-knowledge and self-tracking. By sequencing our DNA and keeping tabs on our cortisol level, our heart rate, our insulin production, and a range of other biometrics, we can self-track ourselves to optimum health.

This module focuses on Jason's views about optimal health, big data, and the quantified self revolution.

### Objectives:

- To develop a deeper understanding of big data and the quantified self revolution
- To analyse the impact of sensors on optimal health
- To consider what it means to create Humans 2.0

## Shots of Awe



### Overview:

If the universe is billions of years old, and if there are more stars than there are grains of sand, and if the universe could be teeming with life, why is there such a deafening silence from the heavens? Why do we see absolutely no evidence of intelligent life? Where are all the aliens and intelligent extraterrestrial beings? John Smart's response is the Transcension Hypothesis.

This module explores Jason's response to the Transcension Hypothesis and his speculation about what happens after the Technological Singularity.

### Objectives:

- To develop a deep understanding of the Transcension Hypothesis, Fermi's Paradox, and the Drake Equation
- To speculate on the future of humanity post the technological singularity.

## Shots of Awe



### Overview:

The overview effect is a shift in perception and cognition that astronauts and spacewalkers have described experiencing after viewing earth from up above. The sight of the entire earth “hanging in the void”, glowing like a precious jewel against the black backdrop of space; an earth with no political boundaries; an earth that looks majestic and fragile in equal measure – this experience inspires in these astronauts a sense of mental clarity - a reconfiguration of their life-priorities – perhaps even a literal rewiring of their neural connections and cognitive schemas.

This module considers Jason’s views on the Overview Effect and seeing the Big Picture.

### Objectives:

- To develop a deeper understanding of the Overview Effect
- To highlight the importance of seeing the Big Picture.
- To analyse the significance of the Pale Blue Dot

## Shots of Awe



### Overview:

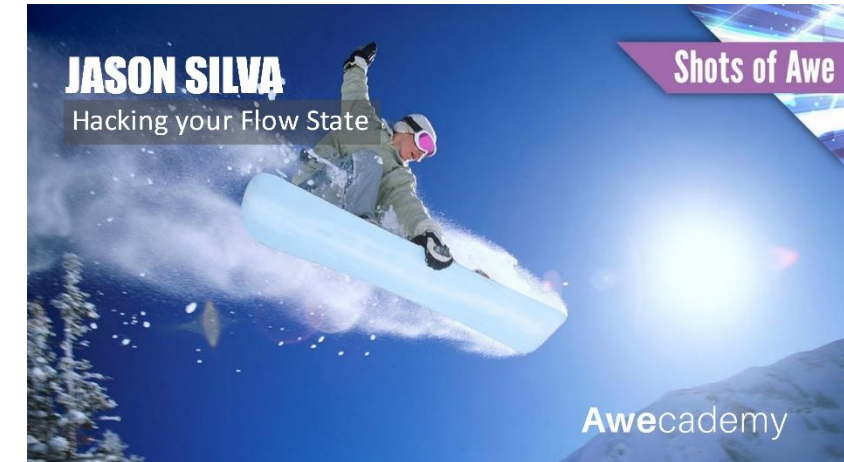
We live in an extraordinary world. A world in which we are increasingly dependent on technology to sustain us. A lot of what is now real once existed only in our imagination. Jason Silva asks us to imagine a time-lapse of all the inventions of the 20th century – from the jumbo jet to the space shuttle to the Hubble Telescope. All these once existed in someone’s mind and have then spilled out into reality.

This module focuses on Jason’s views about technologically-mediated telepathy and smartphones as techno-social wormholes.

### Objectives:

- To analyse the ways in which the lag-time between imagining and instantiating is rapidly decreasing in today’s world.
- To explore the meaning and significance of techno-social wormholes.

## Shots of Awe



### Overview:

Flow, also known colloquially as being in the zone, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does, and a resulting loss in one’s sense of space and time.

This module is a deep dive into Jason’s views on Flow states and peak performance.

### Objectives:

- To develop a deeper understanding of Flow and Flow States.
- To discover the characteristics of hyperfocus.
- To explore the different ways of achieving optimal mental states and peak performance.

## Existential Studies



### Overview:

The Adjacent Possible is a concept that emphasizes the power of ideas, the potential limits of innovation, and the creative extent of change.

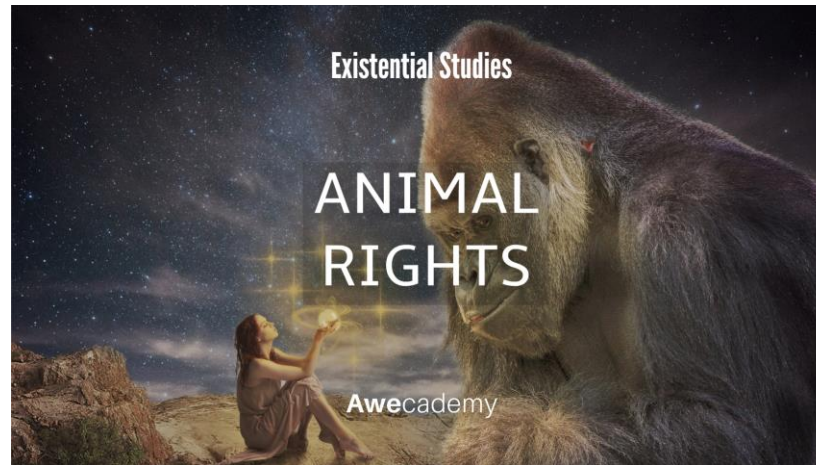
Steven Johnson describes the Adjacent Possible as “a kind of shadow future, hovering on the edges of the present state of things. It is a map of all the ways in which the present can reinvent itself.”

This module explores what is possible, possible, and preferable in the universe.

### Objectives:

- To develop a deeper understanding of the Adjacent Possible
- To consider the different ways in which the universe could be different.
- To analyse the significance of the Pale Blue Dot

## Existential Studies



### Overview:

Animal rights is the concept that animals are entitled to certain fundamental rights such as the right to be spared undue suffering.

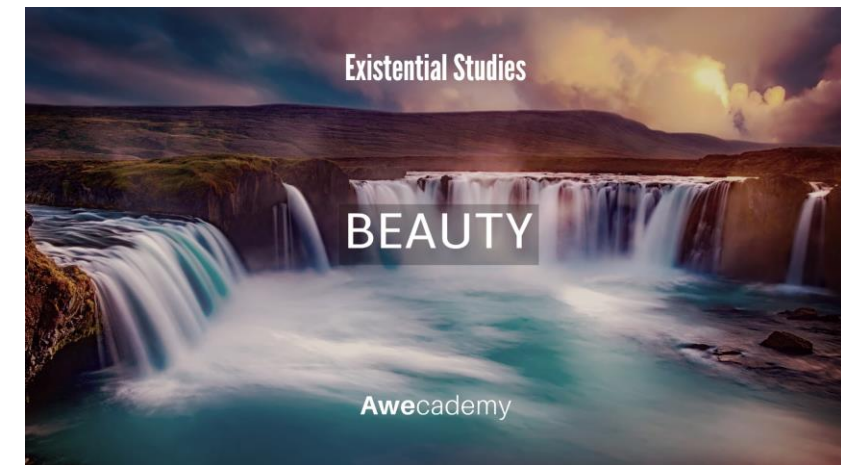
Animal rights is the belief that animals deserve consideration of what is in their best interests independent of whether they are cute, endangered or useful to humans.

This module focuses on historic and contemporary implications of rights for non-human animals.

### Objectives:

- To evaluate the concept of Animal Rights
- To distinguish between rights that humans ought to have and non-human animals ought to have.
- To articulate the reasons why animal rights are important in a civilized society.

## Existential Studies



### Overview:

Beauty is a quality that gives pleasure to the senses. It is a general concept of human aesthetic value.

Conceptions of beauty are closely associated with brain states. A change in the neurochemical balance of a person’s brain (under the influence of alcohol or psychedelic substances) can change their estimation of what they consider beautiful.

This module explores the concept of beauty and the related branch of philosophical aesthetics.

### Objectives:

- To distinguish between the different types of beauty.
- To consider the impact of culture on a society’s apprehension of beauty.
- To evaluate to what extent beauty “lies in the eye of the beholder.”

## Existential Studies



### Overview:

Burning Man is an annual gathering that takes place at Black Rock City—a temporary community erected in the Black Rock Desert in Nevada.

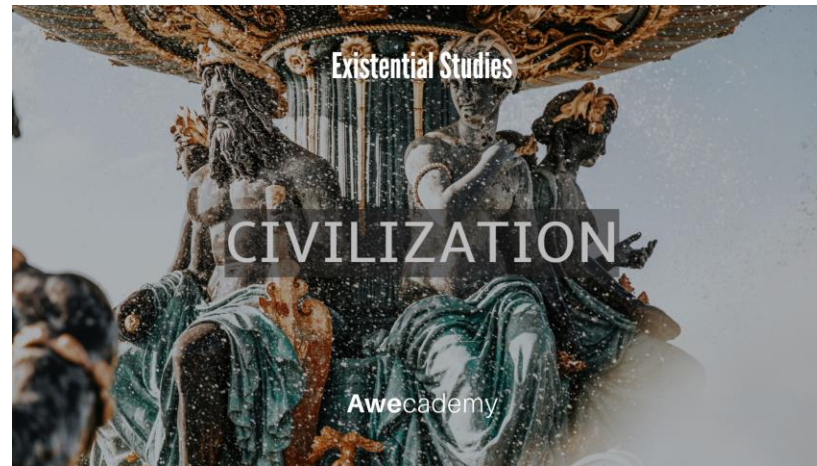
Burning Man is described as “an experiment in community and art, influenced by 10 main principles, including ‘radical’ inclusion, self-reliance and self-expression, as well as community cooperation, civic responsibility, gifting, de commodification, participation, immediacy and leaving no trace.

This module considers the impact and influence of Burning Man on creativity and human society.

### Objectives:

- To evaluate the ten principles of Burning Man
- To consider the impact of Artificial Intelligence on a post-industrial society.
- To discuss the importance of the arts in the wellbeing of human beings.

## Existential Studies



### Overview:

Civilization refers to a society in an advanced state of social development (e.g., with complex legal and political and religious organizations). It is the social process whereby societies achieve an advanced stage of development and organization.

The module focuses on the different aspects of civilization and how it has contributed to human progress.

### Objectives:

- To discuss the meaning of the word ‘civilization.’
- To identify the different elements of modern civilization.
- To highlight the main civilizations of the past and what we have learned from them.

## Existential Studies



### Overview:

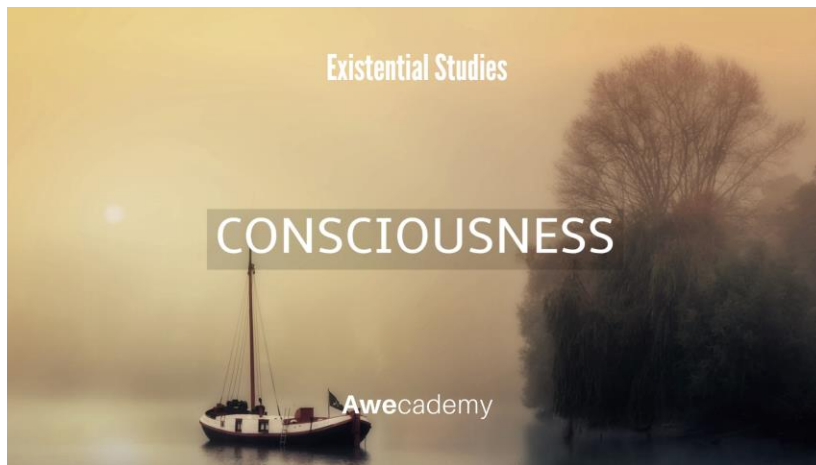
Compassion is a deep awareness of and sympathy for another's suffering. It is the humane quality of understanding the suffering of others and wanting to do something about it. It is the emotion that drives people to alleviate the suffering of other sentient creatures.

This module explores compassion from a multidisciplinary perspective.

### Objectives:

- To consider the ethical and philosophical implications of compassion.
- To highlight examples of types of individuals who lack compassion.
- To discuss in what ways compassion is different from or similar to love.

## Existential Studies



### Overview:

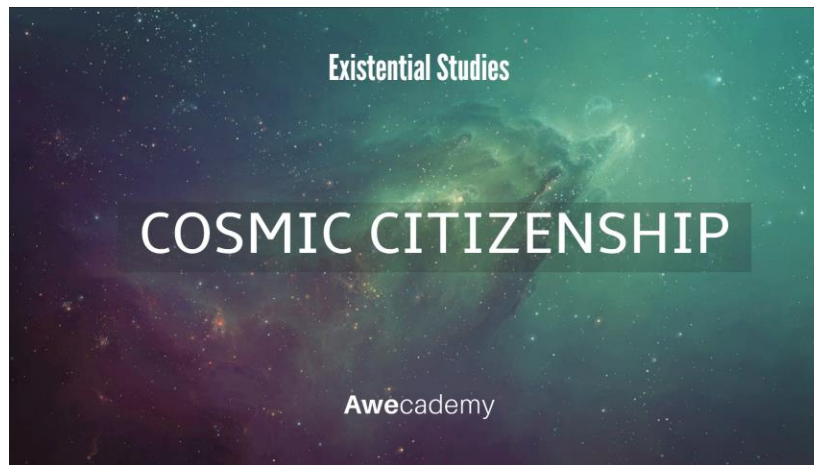
Consciousness refers to our individual awareness of our unique thoughts, memories, feelings, sensations, and environment. Our conscious experiences are constantly shifting and changing.

This module is a deep dive into the mysterious and elusive concept of consciousness.

### Objectives:

- To develop a deeper understanding of the meaning of consciousness.
- To explore how consciousness is different from or similar to self-awareness.
- To explore how consciousness is a spectrum and lies on a continuum.
- To discuss the meaning and significance of qualia.

## Existential Studies



### Overview:

A cosmic citizen is one who is aware of their connection biologically with all human beings in society, chemically with all life on the planet, and atomically with all matter in the universe.

A cosmic citizen is anyone who recognizes our place in the universe, the fragility of our planet, and the unimaginable potential we have as a species. Becoming a cosmic citizen is a powerful awakening of the mind and a fundamental redefinition of what it means to be human. It upgrades our consciousness, our values, and the kind of ambitions that we set forward for ourselves, both as individuals and as a species.

This module is a deep dive in to the concept of cosmic citizenship.

### Objectives:

- To analyse the concept of cosmic citizenship
- To explore how cosmic citizenship is different from global citizenship.
- To discuss the existential threats facing our species.

## Existential Studies



### Overview:

Culture refers to the tastes in art and manners that are favored by a social group.

Culture is the arts and other manifestations of human intellectual achievement regarded collectively. It is the ideas, customs, and social behaviour of a particular people or society.

This module focuses on the meaning, significance and impact of culture on human society.

### Objectives:

- To consider how culture has contributed to human progress
- To evaluate the influence of memes in propagating culture.



## Existential Studies



### Overview:

Death is the cessation of life.

It is the permanent end of all life functions in an organism or part of an organism.

This module explores the concept of death.

### Objectives:

- To consider how the awareness of death influences the behavior of humans.
- To discuss the philosophical implications of death.

## Existential Studies



### Overview:

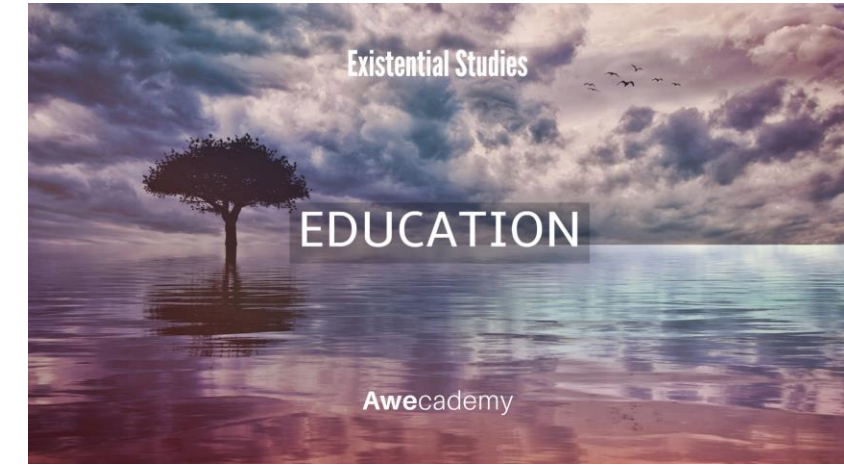
Dimension is a construct whereby objects or individuals can be distinguished. It is the magnitude of something in a particular direction (especially length, width or height).

This module explores the concept of dimensions and considers the possibilities of higher or lower hidden dimensions.

### Objectives:

- To analyse the ways in which the lag-time between imagining and instantiating is rapidly decreasing in today's world.
- To explore the meaning and significance of techno-social wormholes.

## Existential Studies



### Overview:

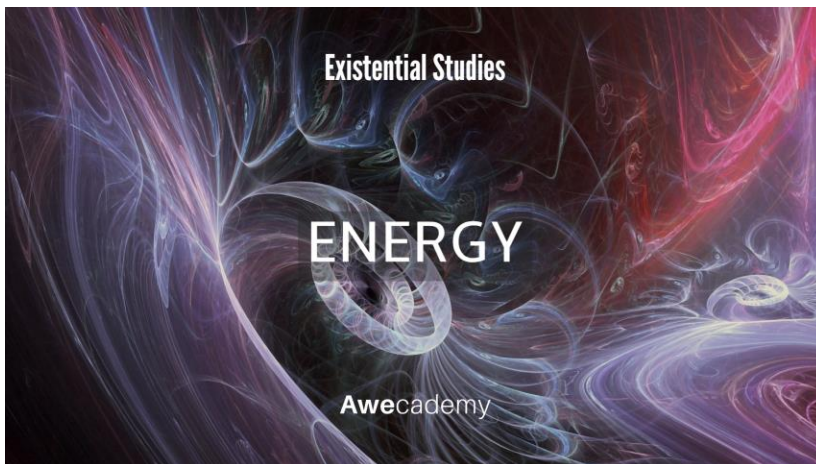
Education is a set of activities that impart knowledge or skill. Education is different from learning and schooling. Learning is the cognitive process of acquiring new skills or knowledge. Education is knowledge acquired by formal learning and instruction.

This module explores the difference between education and schooling.

### Objectives:

- To develop a deeper understanding the difference between education and schooling.
- To explore how education is a lifelong process.
- To identify ways in which knowledge and skills can be attained outside school.

## Existential Studies



### Overview:

Energy is the capacity of a physical system to do work.

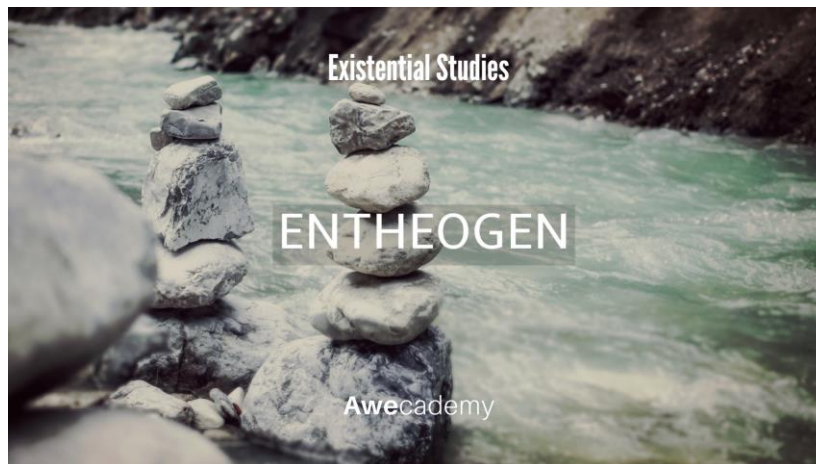
Additionally, energy is forceful exertion, enterprising or ambitious drive, an imaginative lively style, or any source of usable power.

This module explores the different ways in which people understand the word “energy.”

### Objectives:

- To consider the scientific and pseudoscientific ways in which people use the word “energy.”
- To identify the connection between energy, entropy, and the laws of thermodynamics.

## Existential Studies



### Overview:

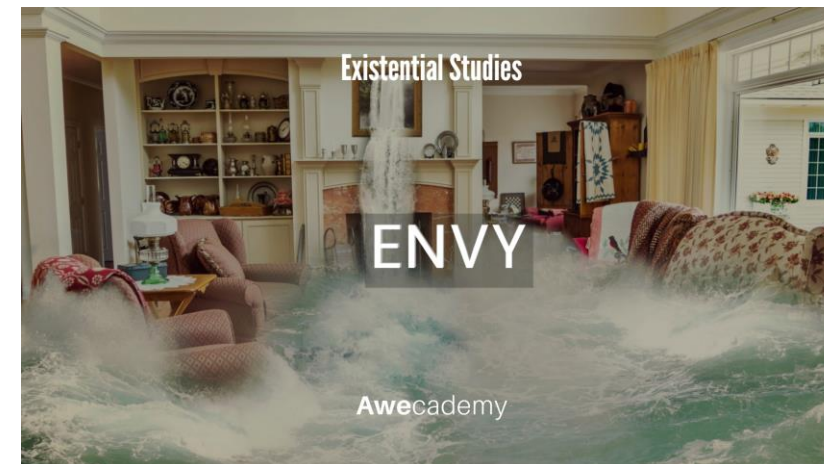
An entheogen is psychoactive plant or substance, esp. when taken for spiritual or religious purposes. It is a class of psychoactive substances that induce any type of existential experience aimed at personal development and spiritual improvement.

The module considers the impact and influence of entheogens on traditional societies.

### Objectives:

- To evaluate the connection between entheogens and mystical states.
- To explore the use of entheogenic substances to treat people with depression and criminal tendencies.

## Existential Studies



### Overview:

Envy is strongly wanting someone else's position, advantages or possessions.

This module explores the differences between envy and jealousy and considers way in which to cope or overcome this emotion.

### Objectives:

- To highlight the difference between envy and jealousy.
- To consider whether envy can be a source of motivation
- To discuss how envy is one of the main factors that cause unhappiness in people.

## Existential Studies



### Overview:

Ethics is the philosophical study of moral values and rules.

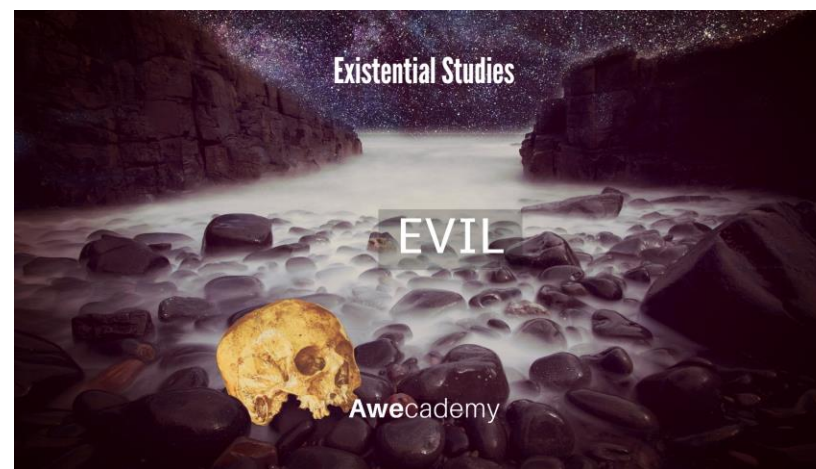
It is a branch of philosophy that deals with the study of right and wrong, good and bad, moral and immoral. It is an attempt to formulate codes and principles of morally desirable behavior.

This module explores the meaning and significance of ethics in society.

### Objectives:

- To explore the different types of ethical systems
- To identify the difference between ethics and morality.
- To consider why we have differing ethics.

## Existential Studies



### Overview:

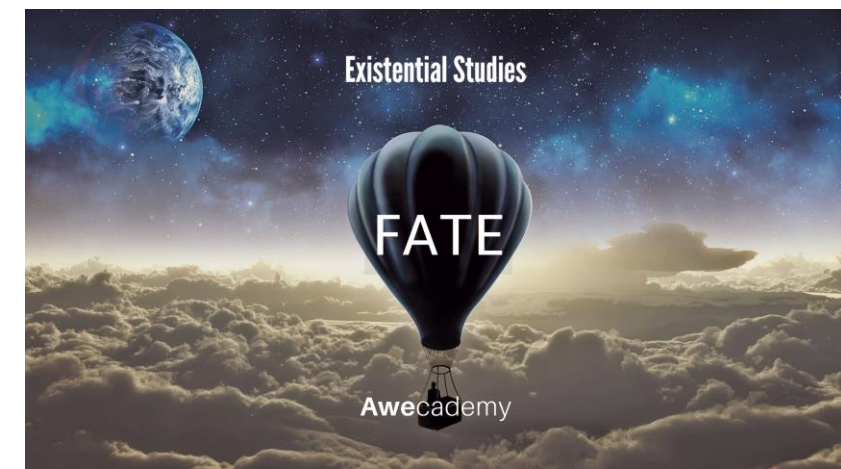
Evil is the quality of being morally wrong in principle or practice. It is the suffering which results from morally wrong human choices. It is an action that is profoundly immoral and wicked. Simply put, evil may be considered the absence of good.

This module explores the concept of evil from a literal and metaphorical perspective.

### Objectives:

- To discuss the different literal and metaphorical interpretations of evil.
- To consider the metaphysical aspects of evil.
- To identify sources of evil in society.

## Existential Studies



### Overview:

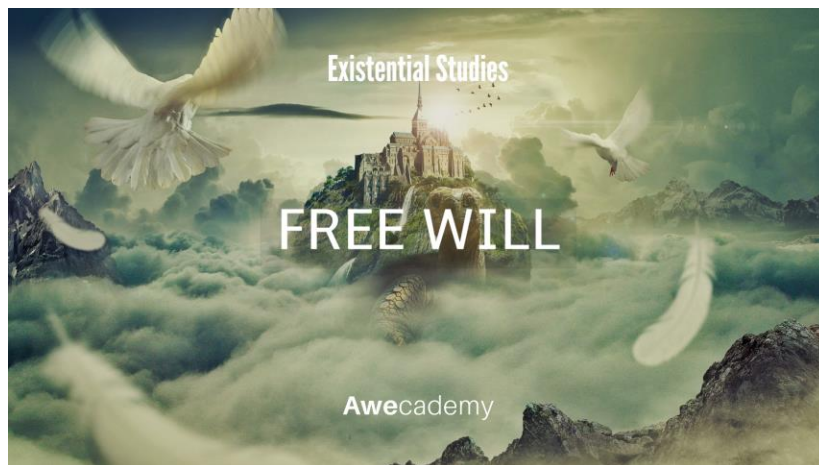
Fate is an event (or a course of events) that will inevitably happen in the future. It is the ultimate agency regarded as predetermining the course of events.

This module is a deep dive into the philosophy of fatalism.

### Objectives:

- To explore the meaning of the word fate.
- To evaluate the connections between fate and free will.
- To consider the role of luck and coincidence in relation to fate.

## Existential Studies



### Overview:

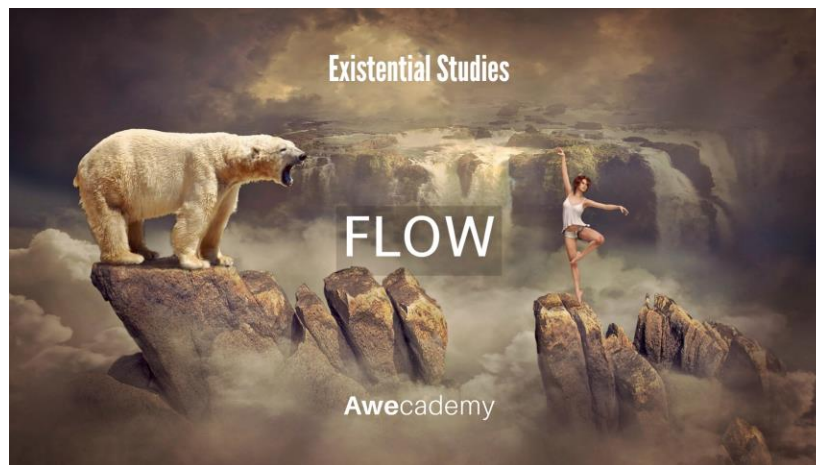
Free will is the power of making free choices unconstrained by external agencies

This module explores how the question of whether we have free will or not has deep theological, philosophical, and societal implication.

### Objectives:

- To develop a deeper understanding of the Overview Effect
- To highlight the importance of seeing the Big Picture.
- To analyse the significance of the Pale Blue Dot

## Existential Studies



### Overview:

Flow is a state of mind of being fully in the present and performing at optimal capacity. It is a mental state of heightened awareness and increased focus that results in peak performance. Colloquially, it's referred to as "being in the zone."

This module explores how the best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.

### Objectives:

- To analyse the different types of flow states.
- To identify the different characteristics associated with flow states.
- To discuss the neuroscience behind flow states.

## Existential Studies



### Overview:

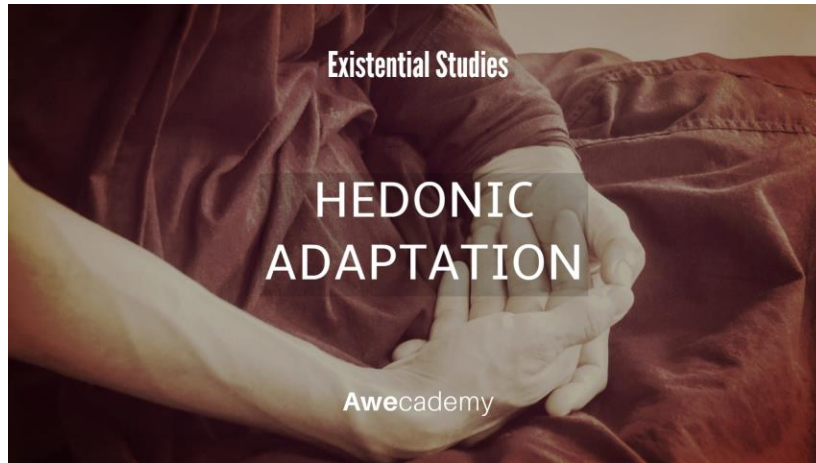
Fungibility is the property of something that is essentially interchangeable. Two or more things are fungible if there is no difference between them apart from the fact that there is more than one of them.

This module explores the philosophical and metaphysical implications of the concept of fungibility.

### Objectives:

- To explore the concept of fungibility in physics and economics.
- To consider the philosophical implications of fungibility.
- .

## Existential Studies



### Overview:

Hedonic adaptation is the human tendency to quickly return to a relatively stable level of happiness despite major positive or negative events or life changes. This level of happiness varies widely from person to person and depends on the personality of the individual.

This module explores how the Hedonic adaptation is a mechanism by which the mind helps the body cope with the impact of extreme emotional events.

### Objectives:

- To analyse the difference between happiness and contentment.
- To get a deeper understanding of Set Theory of Happiness and the role of genes in influencing baseline happiness.

## Existential Studies



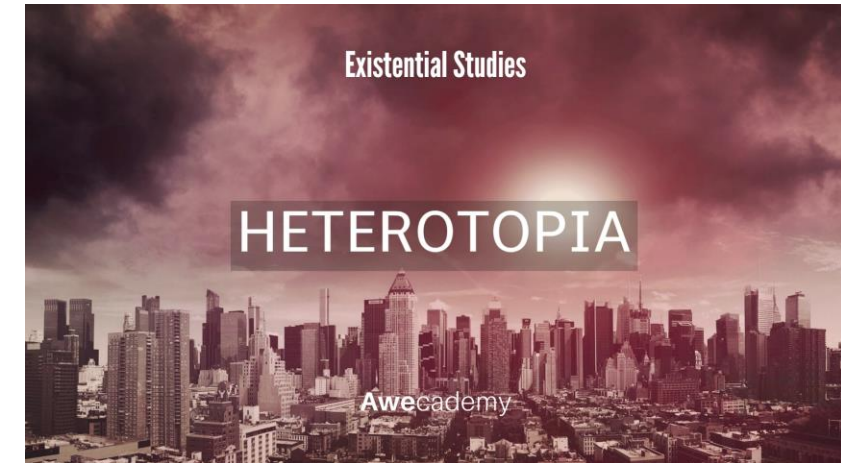
### Overview:

This module briefly explores the different ways in which philosophers, moralists, theologians, scientists, mystics, and poets have conceived of an ultimate deity.

### Objectives:

- To review the different ways in which the divinity is understood.
- To consider the philosophical implications of a supreme divinity.

## Existential Studies



### Overview:

Heterotopia is a space that figuratively mirrors, inverts, and distorts a certain other space. These spaces have deeper layers of connections and associations with other places of significance. Examples include prisons, cemeteries, gardens, fairs, etc.

### Objectives:

- To explore the different possible types of heterotopia or spaces that exhibit dual meanings.
- To analyse the difference between utopias and heterotopias.

## Existential Studies



### Overview:

Humans 2.0 is an upgraded and better version of ourselves. It is a conception of future humans as beings that are superior to our current selves in a variety of bio-physical, moral-ethical, and spirituo-intellectual domains.

The module explores how the key defining facet of Humans 2.0 is the ability to have higher goals and nobler aspirations for ourselves.

### Objectives:

- To identify the four characteristics associated with human transcendence.
- To evaluate new political and economic systems that humans should develop.
- To discuss Nietzsche's concept of Übermensch.

## Existential Studies



### Overview:

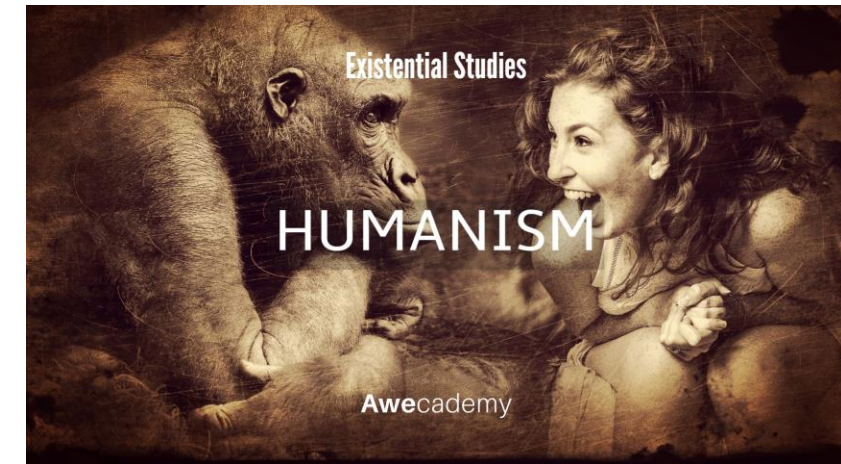
Human nature is the shared psychological attributes of humankind that are assumed to be shared by all human beings. It is a collection of attributes including ways of thinking, feeling, and acting, which humans are said to have naturally.

The module explores how the term human nature is used as a short form to describe the essence of humanity or what it means to be human.

### Objectives:

- To evaluate the role of nature and nurture in the evolution of human nature
- To consider the various factors that influence human nature.
- To discuss whether human nature is static or adaptable.

## Existential Studies



### Overview:

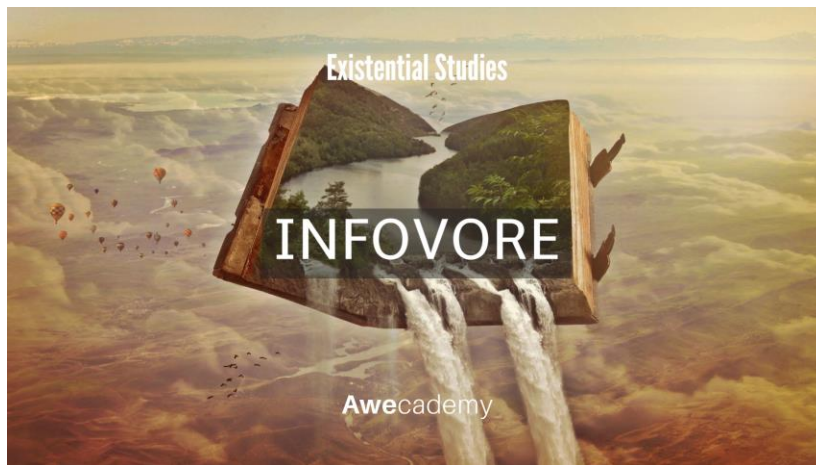
Humanism is the doctrine that people's duty is to promote human welfare. It is the system that emphasizes a person's capacity for self-realization through reason. Additionally, humanism moves beyond rejection of superstition and places value on living a life devoted to one's own improvement and the service of all mankind.

This module focuses on the values and mindsets associated with humanism.

### Objectives:

- To identify the different types of humanism.
- To discuss the importance of using reason in arriving at conclusions.
- To analyse the role of superstition in human belief systems.

## Existential Studies



### Overview:

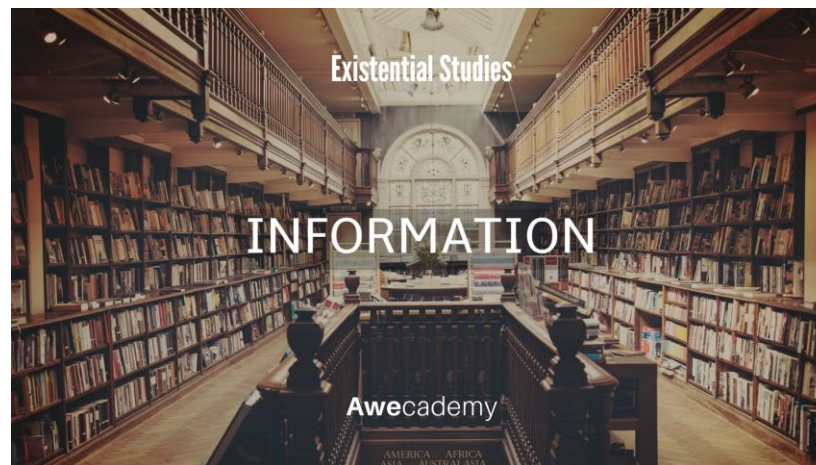
Infovore is a person who indulges in and desires information gathering and interpretation.

Infovore was introduced as a scientific term by neuroscientists Irving Biederman and Edward Vessel to describe a person who craves information, especially one who takes advantage of their ready access to it on digital devices. It is a portmanteau word derived from Information (facts and knowledge) and Vore (one that eats).

### Objectives:

- To evaluate the importance of curiosity in human behaviour.
- To discuss the high humans get from learning new things.
- To consider how humans have always been explorers and seekers of the unknown.

## Existential Studies



### Overview:

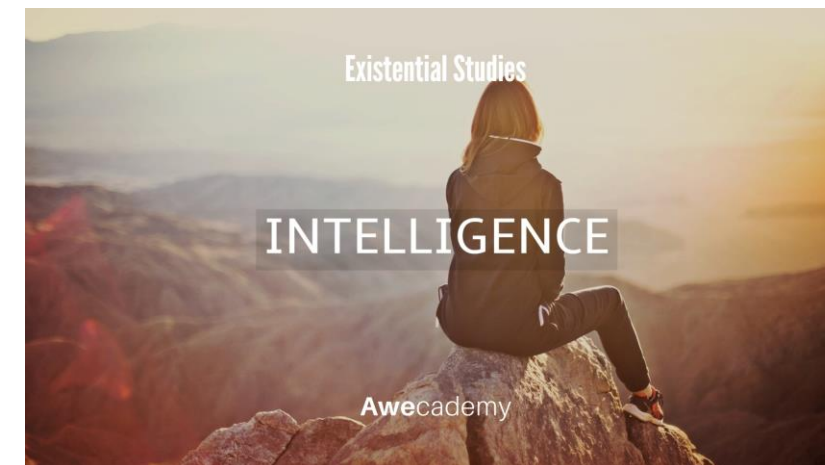
Information is the resolution of uncertainty. It is what is conveyed or represented by a particular arrangement or sequence of things.

This module explores how Information can be encoded into various forms for transmission and interpretation and also be encrypted for safe storage and communication.

### Objectives:

- To consider how the fundamental aspect of the universe could be information.
- To evaluate how information is the ontological basis of reality.
- To discuss the difference between data, information, and knowledge.

## Existential Studies



### Overview:

Intelligence is the ability to comprehend and think in abstract terms:

This module explores the different definitions of intelligence with a particular focus on Howard Gardner's Theory of Multiple Intelligences which avers that there are many ways of being intelligent.

### Objectives:

- To consider the limitations of intelligence as measured in IQ tests.
- To discuss the different definitions of intelligence.
- To consider the different ways in which animals are intelligent.
- To identify the 8 different intelligences according to Howard Gardner's theory of multiple intelligences.

## Existential Studies



### Overview:

Knowledge is the psychological result of perception, learning, and reasoning. It is a familiarity, awareness, or understanding of someone or something, such as facts, information, descriptions, or skills, which is acquired through experience or education by perceiving, discovering, or learning.

This module focuses on how Knowledge is different from information and data.

### Objectives:

- To explore the importance of attaining knowledge.
- To discuss the meaning of the statement, "Knowledge is power."
- To identify the different ways in which knowledge can be attained.

## Existential Studies



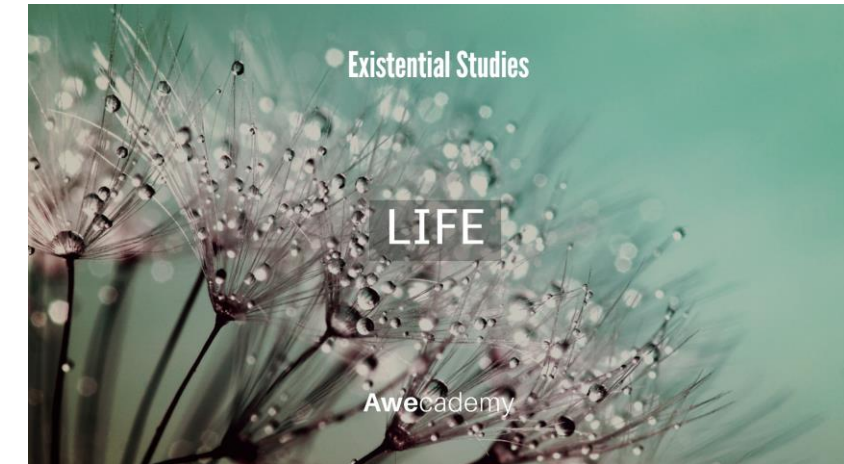
### Overview:

Karma is the effects of a person's actions that determine future events. Karma literally means action or deed. Some people conceive of Karma as the notion that good intent and good actions lead to good results and increased happiness. Bad intents and bad actions lead to negative results and increased dissatisfaction.

### Objectives:

- To explore the importance of being present in the moment.
- To discuss how the choices we make influence our lives

## Existential Studies



### Overview:

Life is the state of being alive. It is the period between birth and death.

This module explores the different definitions of life and how what constitutes a living organism is not without controversy.

### Objectives:

- To identify the features of life.
- To discuss systems and processes and structures that seem to be alive but aren't.
- To discuss whether synthetic and virtual forms of life are alive.



## Existential Studies



### Overview:

A meme is a cultural unit (an idea, value or pattern of behavior) that is passed from one person to another by non-genetic means (as by imitation)

This module explores how memes are the cultural counterpart of genes and their impact on human culture, society, and behavior.

### Objectives:

- To explore the origins of the concept of a meme.
- To identify the difference between rational and anti-rational memes.
- To distinguish between internet memes and Darwinian memes.

## Existential Studies



### Overview:

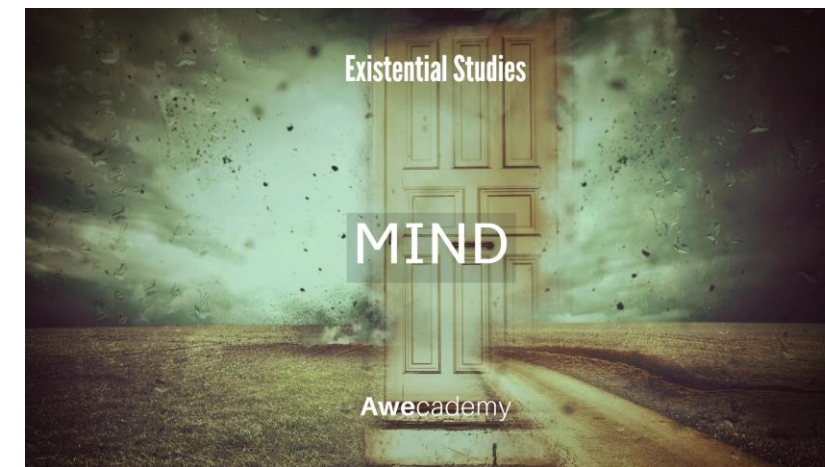
Love is a strong positive emotion of regard and affection.

This module explores the many nuances of this powerful human emotion.

### Objectives:

- To identify the different types of love.
- To highlight the different words for love used in different languages in human history.
- To identify the characteristics of love.
- To evaluate the neuroscientific basis of love.

## Existential Studies



### Overview:

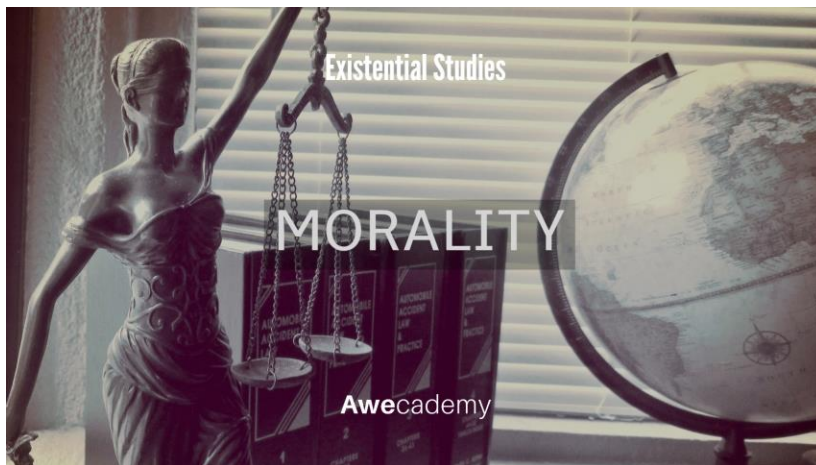
Mind is that which is responsible for one's thoughts and feelings – the seat of the faculty of reason. The mind is a set of cognitive faculties including consciousness, perception, thinking, judgement, language and memory.

This module explores how minds are an abstraction.

### Objectives:

- To explore the meaning of mind and how it is different from a brain.
- To explore which aspects of the mind are under conscious control.
- To discuss whether it is possible to have a mind independent of a brain.

## Existential Studies



### Overview:

Morality is a set of beliefs or principles concerned with the distinction between good and evil or right and wrong;

This module considers how morality is a particular system of values and principles of conduct and how it is also concerned with how we treat others.

### Objectives:

- To explore the origins of human morality.
- To consider whether animals have moral systems.
- To note the difference between ethics and morality.

## Existential Studies



### Overview:

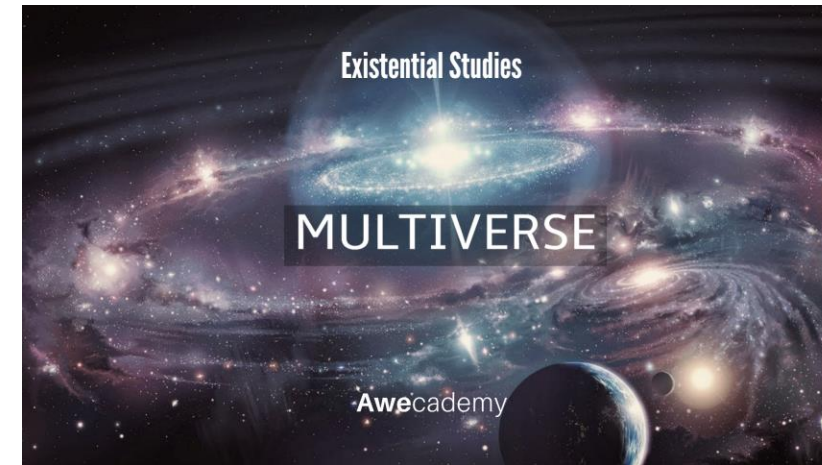
Mindfulness is the mental state of being aware of the present moment. It is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the practice of meditation and through other training.

This module explores how mindfulness is simply the act of being in the now

### Objectives:

- To analyse the meaning of mindfulness.
- To explore the historical origins of mindfulness practice.
- To discover how mindfulness practice can help us cope in a world of multiple distractions and an abundance of stimuli.

## Existential Studies



### Overview:

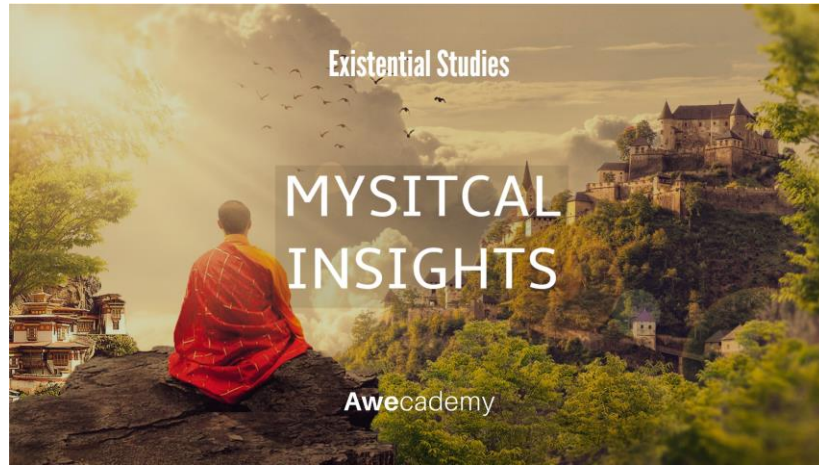
Multiverse is an ensemble of universes, each (apart from ours) causally disconnected from or unobservable by us. The multiverse is a hypothetical collection of various types of universes that might exist - including our own.

This module considers how together, these universes comprise everything that exists: the entirety of space, time, matter, energy, and the physical laws and constants that describe them.

### Objectives:

- To develop a deeper understanding of the concept of Multiverse.
- To identify the different types of Multiverses that could possibly exist.
- To explore some of the ways in which we might find evidence for universes besides our own.

## Existential Studies



### Overview:

Mystical insight is a clear or deep perception of a situation having an import not apparent to the senses nor obvious to the intelligence. A mystical insight is a flash of understanding that a person has which is experienced not through study, investigation, or learning, but that is purely experiential in nature.

This module considers how mystical insight is different from philosophical insight or scientific insight .

### Objectives:

- To develop a deeper understanding of mystical insight means.
- To identify the characteristics of mystical experiences.
- To explore scientific explanations of mystical experiences.

## Existential Studies



### Overview:

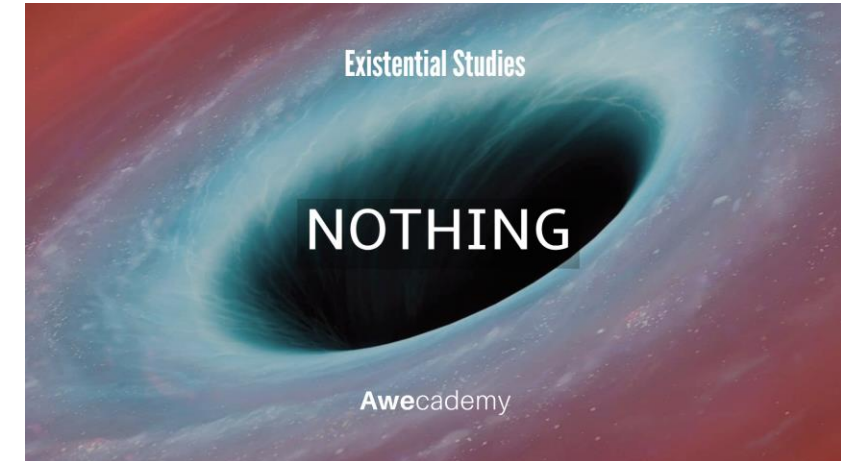
Nirvana is a particular state of awareness. It is a transcendental (but not supernatural) state of mind.

This module explores how Nirvana is a way of life based on the awakening to the reality of impermanence and lack of independent existence.

### Objectives:

- To analyse the different interpretations of the word Nirvana.
- To explore the historical associations of Nirvana.
- To identify desirable states of mind.

## Existential Studies



### Overview:

Nothingness is the state of nonexistence.

This module considers how nothing implies the absence of everything that exists and everything that can exist. This would include the physical, mental, platonic, spiritual, ultimate creator, and other nonphysical stuff.

### Objectives:

- To develop a deeper understanding of the concept of nothing.
- To explore why we have something instead of nothing.
- To explore the quantum physics behind nothing.

## Existential Studies



### Overview:

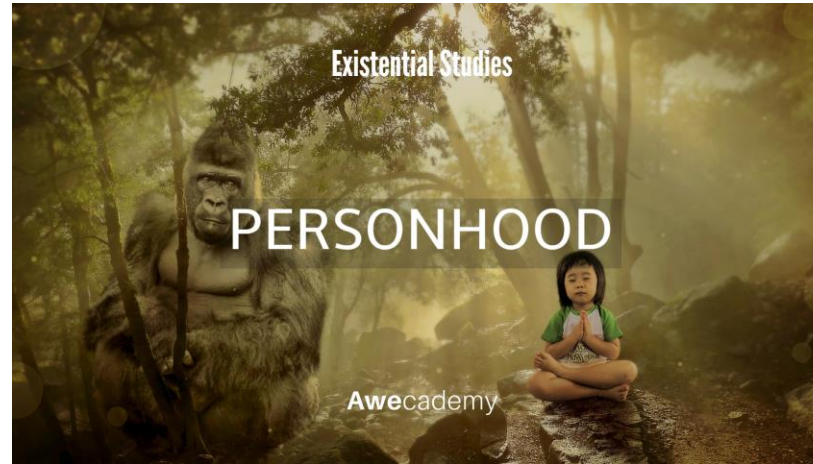
Origin is the place or event where something begins.

This module broadly considers the origin of the universe and the origin of life.

### Objectives:

- To explore the various scientific and metaphorical explanations for the origins of the universe and of life.

## Existential Studies



### Overview:

Personhood is the state of being a person.

This module explores how defining personhood is a controversial topic in philosophy and law and has legal and political ramifications related to notions of citizenship, equality, and liberty.

### Objectives:

- To analyse the meaning of the term "personhood."
- To identify the traits central to personhood.
- To discuss whether non-human animals may be considered persons.

## Existential Studies



### Overview:

Poetry is a type of literature, or artistic writing as a form of self-expression, that attempts to stir a reader's imagination or emotions.

The module explores the meaning and functions of poetry in society.

### Objectives:

- To discuss how poetry is different from prose.
- To identify the elements of poetry.
- To discuss the import and value of poetry in human society.

## Existential Studies



### Overview:

Qualia are ineffable conscious experiences, as distinct from any physical or computational processes.

This module explores how qualia are instances of first-person, subjective, conscious experience.

### Objectives:

- To develop a deeper understanding of the concept of qualia
- To differentiate between the easy and hard problems of consciousness.
- To identify the four laws of qualia.

## Existential Studies



### Overview:

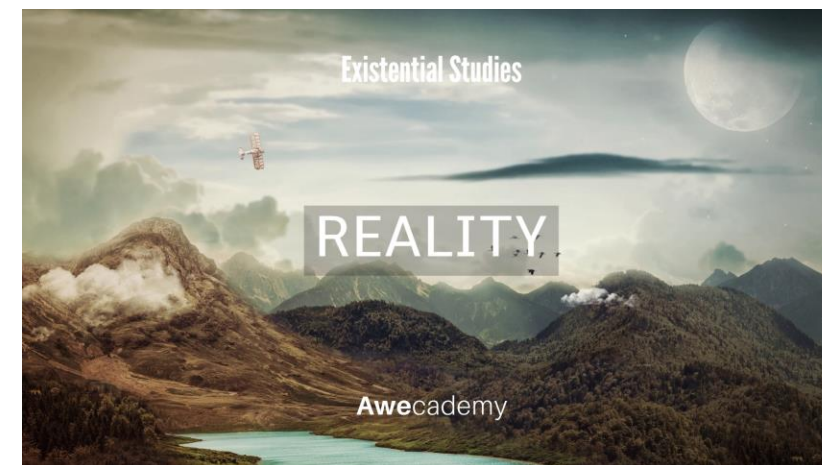
Quantified Self is the process of self-knowledge through self-tracking using technology and big data.

This module focuses on how the quantified self is also known as life logging and involves collecting, storing, and analyzing vast quantities of data about the individual's body and brain.

### Objectives:

- To develop a deeper understanding of the different ways in which we can collect data about ourselves.
- To identify ways in which we can enhance our well-being by tracking data about our bodies.

## Existential Studies



### Overview:

Reality is all of your experiences that determine how things appear to you. It is the sum total of everything that exists, as opposed to that which is merely imaginary.

### Objectives:

- To explore what we mean by Reality.
- To identify the different ways in which we can gain knowledge about and insight into Reality.
- To discuss whether ultimate reality exists.

## Existential Studies



### Overview:

A sapiosexual is someone who finds another person's intellect to be their most attractive attribute, above and before their physical characteristics.

This module considers why humans find intelligence attractive and the role of creativity in human evolution.

### Objectives:

- To identify the characteristics of a sapiosexual.
- To examine the role of intelligence in the evolution of the large human brains.

## Existential Studies



### Overview:

Science is the study of the physical and natural world using theoretical models and data from experiments or observation. Most people think of science as a collection of facts and equations.

This module considers how science is more than just a body of knowledge and is, rather, a way of thinking.

### Objectives:

- To analyse how science is a self-correcting, error-correcting mechanism.
- To examine how science is like a set of tools we use to measure external reality.
- To highlight the impact of the scientific method on human society over the last 500 years.

## Existential Studies



### Overview:

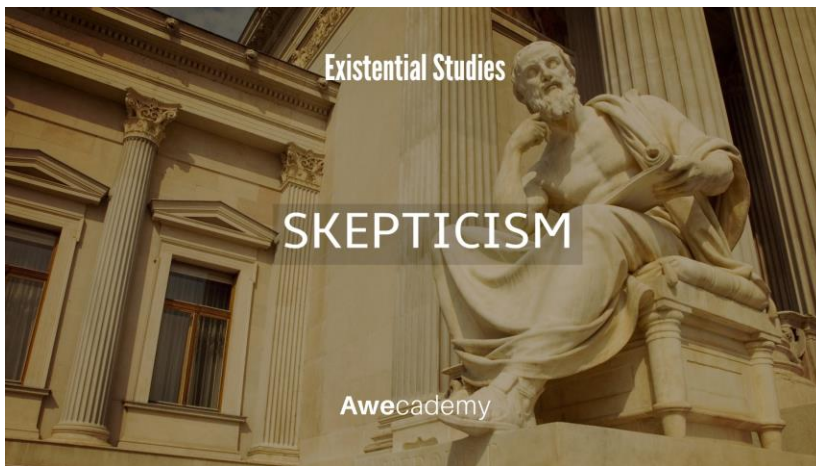
The self is an individual person as the object of his or her own reflective consciousness. It implies a first-person subjectivity.

This module is a brief introduction to the nature, meaning, and significance of the self from a scientific, mystical, and philosophical perspective.

### Objectives:

- To consider how the self might be an illusion.
- To examine the concept of an expanded sense of self.
- To discuss the connections between brain, body, and environment in the conception of self.

## Existential Studies



### Overview:

Skepticism is doubt about the truth of something. It is generally any questioning attitude or doubt towards knowledge or belief systems.

This module explores the meaning and importance of skepticism.

### Objectives:

- To develop of the phrase “nullius in verba.”
- To discuss the importance of the Age of Enlightenment in the skeptical movement.
- To explore the concept of intellectual integrity.

## Existential Studies



### Overview:

Spaceship Earth is a metaphorical view of earth as a spaceship travelling through the cosmos and the people as the crew. In the Spaceship Earth metaphor, Earth is a “generation ship” – a spaceship on a journey so long that many generations of passengers live out their lives in transit.

### Objectives:

- To consider the different ways in which earth is habitable and sustains life.
- To highlight the importance of recycling and sustainable living.
- To discuss the need to keep in mind the needs of future generations.

## Existential Studies



### Overview:

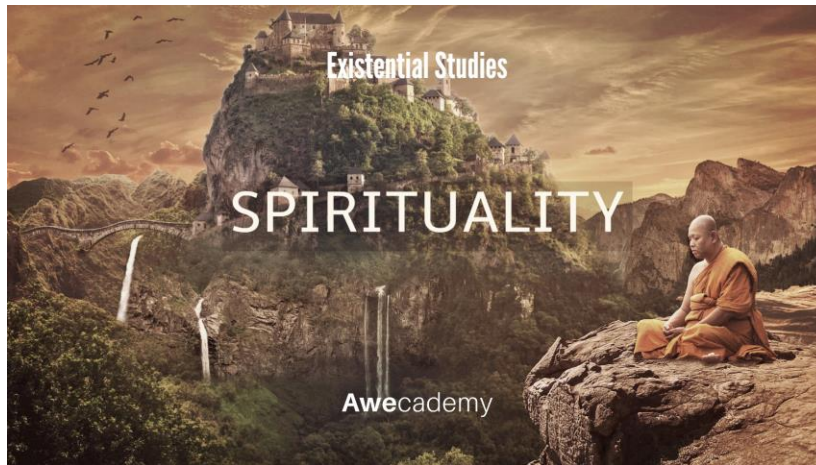
Space-time is the four-dimensional coordinate system (3 dimensions of space and 1 of time) in which physical events are located.

The module considers the significance of the dimensions of space and time.

### Objectives:

- To explore how space-time is relative..
- To evaluate the implications of the speed of light on space-time.

## Existential Studies



### Overview:

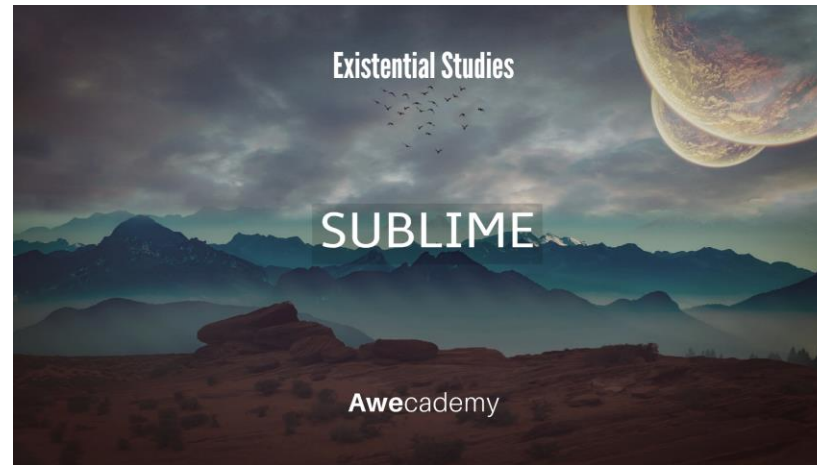
Spirituality has multiple definitions and is interpreted differently by different people.

This module explores the different ways in which spirituality is understood by different people.

### Objectives:

- To consider the difference between religiosity and spirituality.
- To discuss different spiritual customs and traditions in human societies.
- To explore the connections between science and spirituality.

## Existential Studies



### Overview:

The sublime is that which evokes awe. In aesthetics, the sublime is the quality of greatness, whether physical, moral, intellectual, metaphysical, aesthetic, spiritual, or artistic.

This module explores how the Sublime refers to a greatness beyond all possibility of calculation, measurement, or imitation.

### Objectives:

- To discuss the different interpretations of the sublime.
- To identify the different features of the sublime.
- To analyse the relationship between feelings of awe and the sublime.

## Existential Studies



### Overview:

Success is a feeling of achievement. It is the achievement of desired visions and planned goals.

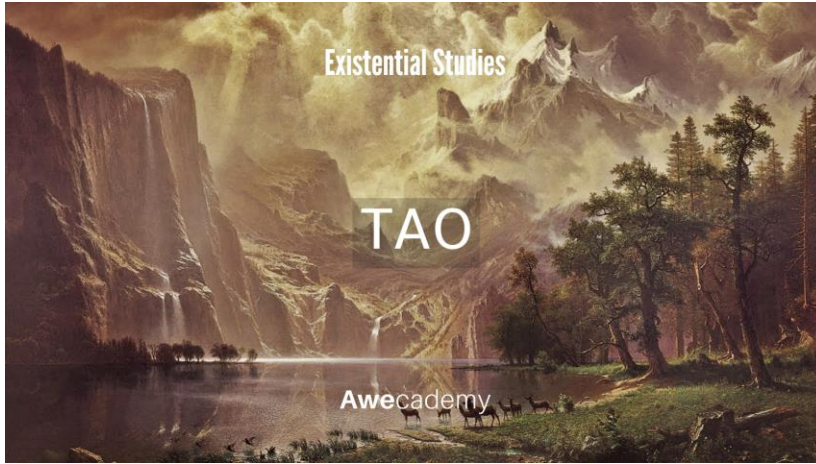
This module considers the different interpretations of success.

### Objectives:

- To consider the different definitions and interpretations of success.



## Existential Studies



### Overview:

The Tao in Chinese philosophy is the absolute principle underlying the universe, combining within itself the principles of yin and yang and signifying the way, or code of behaviour, that is in harmony with the natural order.

### Objectives:

- To consider the history and origins of the concept of the Tao.
- To evaluate the importance of living in harmony with nature.

## Existential Studies



### Overview:

Tat Tvam Asi is a Sanskrit phrase from Vedanta philosophy that literally means, "That are thou."

The module considers the connection of the individual with the rest of the universe.

### Objectives:

- To analyse the meaning of the phrase *tat tvam asi*
- To evaluate the relationship of the individual with the rest of the universe.
- To consider the fundamental unity between all things.

## Existential Studies



### Overview:

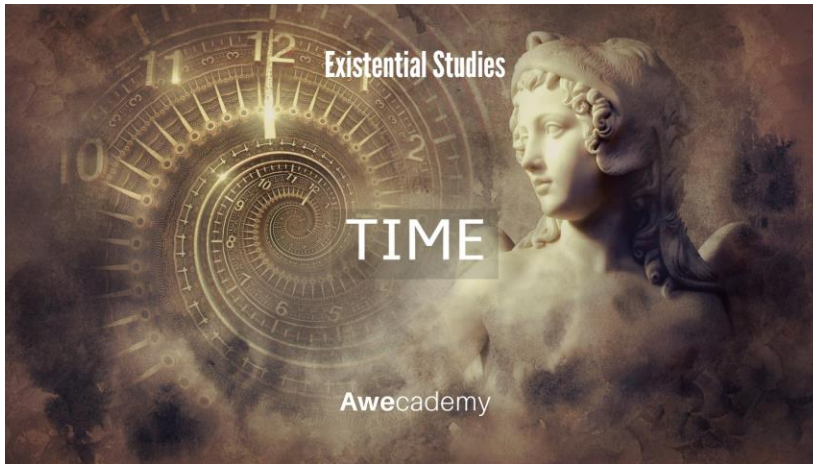
Seeing the big picture involves taking a large-scale wider-angle perspective on human affairs.

This module explores how seeing the big picture involves zooming out and refocusing the lens of perception to take a broader view of reality, life, consciousness, and the universe we live in.

### Objectives:

- To evaluate the deep questions in life.
- To consider the importance of rising above parochial and tribal concerns and focusing the needs of humanity.

## Existential Studies



### Overview:

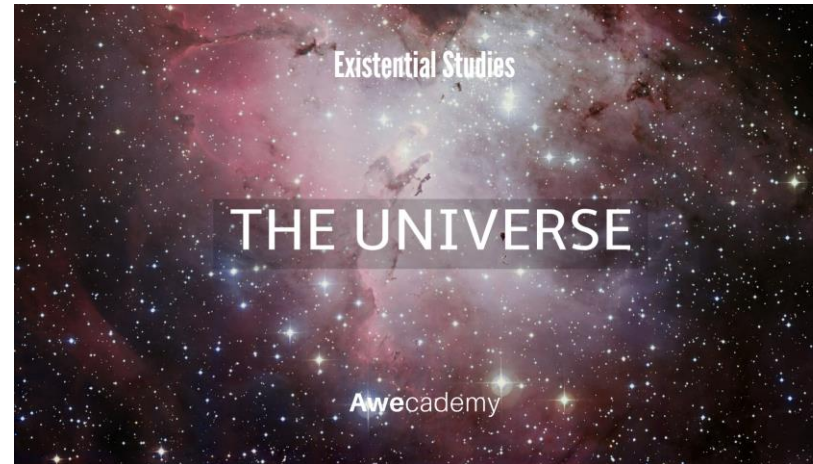
Time is the continuum of experience in which events pass from the future through the present to the past.

This module explores how Time is the indefinite continued progress of existence and events in the past, present, and future regarded as a whole.

### Objectives:

- To develop a deeper understanding of Time.
- To consider the different ways in which time is measured.
- To discuss the beginning of time and whether time is infinite.

## Existential Studies



### Overview:

The universe is everything that exists everywhere.

This module explores how the universe is all of space and time and their contents, including planets, stars, galaxies, and all other forms of matter and energy.

### Objectives:

- To consider the shape of the universe and whether it is symmetrical or not.
- To identify what the universe is made up of – including dark matter and dark energy.
- To evaluate the various theories about the end of the universe.

## Existential Studies



### Overview:

Transcension is a hypothesis that the more advanced a civilization gets the more likely it is to explore inner space at the quantum scale than outer space.

This module explores how the Transcension Hypothesis might account for Fermi's Paradox and speculates about what might happen after the Singularity.

### Objectives:

- To consider theories of what highly advanced civilizations might do.
- To evaluate the reasons why we haven't detected any signs of advanced life outside earth.
- To discuss what advanced forms of life might look like.

## Existential Studies



### Overview:

Transhumanism is a mode of thinking about the future of our species. It is the belief or philosophy that the use of science and technology can overcome current human limitations and improve the future human condition.

This module explores how transhumanism is premised on the notion that Homo sapiens in our current form don't represent the end of evolution.

### Objectives:

- To explore a few of the ethical issues associated with transhumanism.
- To consider the different ways in which humans might enhance themselves in the future.

## Existential Studies



### Overview:

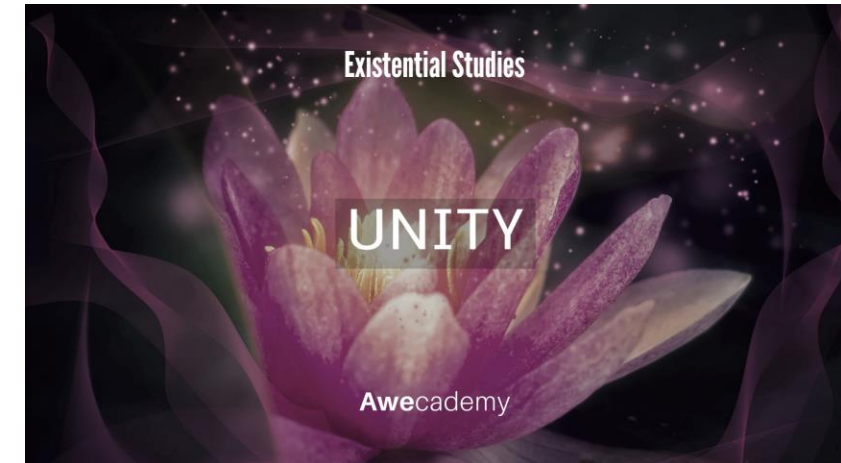
Truth is that which is true or a fact that has been verified or conformity to reality or actuality.

This module considers how Truth is often used to mean being in accord with fact or reality, or fidelity to an original or standard.

### Objectives:

- To analyse the different ways in which the concept of truth may be interpreted.
- To consider different theories of truth.
- To discuss whether absolute truth exists.

## Existential Studies



### Overview:

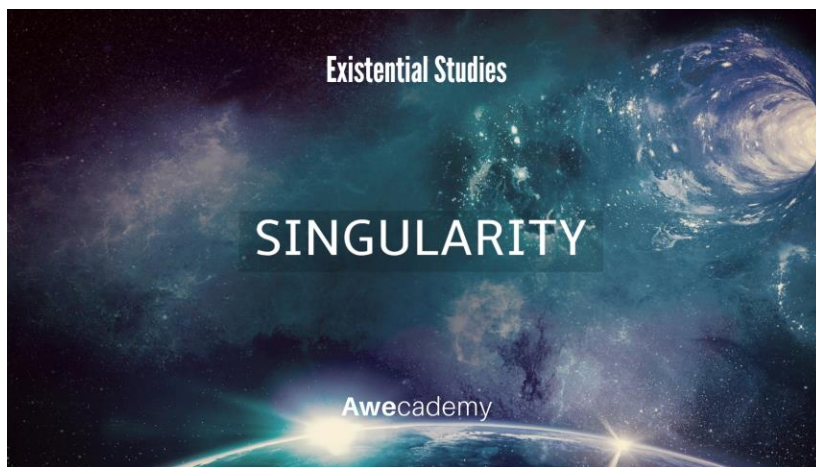
Unity is an undivided or unbroken completeness.

This module explores how Unity refers to the fundamental connection behind everything.

### Objectives:

- To explore the interconnectedness of everything in the universe.
- To explore the concept of Unity from a scientific, mystical, and philosophical point of view.

## Existential Studies



### Overview:

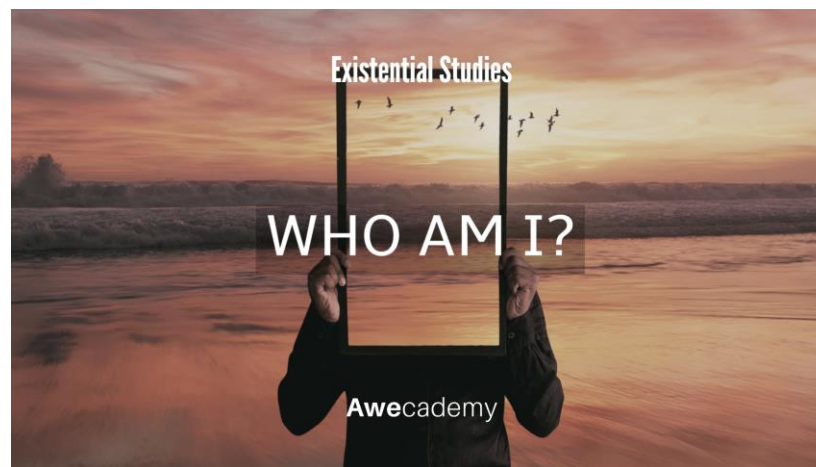
The Singularity is a period in the near future that marks the moment when artificial intelligence becomes smarter than humans.

This module explores how the technological Singularity is the hypothesis that the invention of artificial superintelligence will abruptly trigger runaway technological growth, resulting in unfathomable changes to human civilization.

### Objectives:

- To develop a deeper understanding of the meaning and origin of the word "Singularity."
- To discuss the repercussions of greater-than-human intelligence.
- To evaluate possible timelines for the Singularity.

## Existential Studies



### Overview:

I, in metaphysics, is the subject or object of self-consciousness; the ego.

This module considers the issue of personal-identity and how it is inherently associated with memories.

### Objectives:

- To analyse the role of memory in forming a sense of personal identity.
- To discuss the role of the brain in forming a sense of self.
- To consider the different ways in which to answer the question, "Who am I."

## Existential Studies



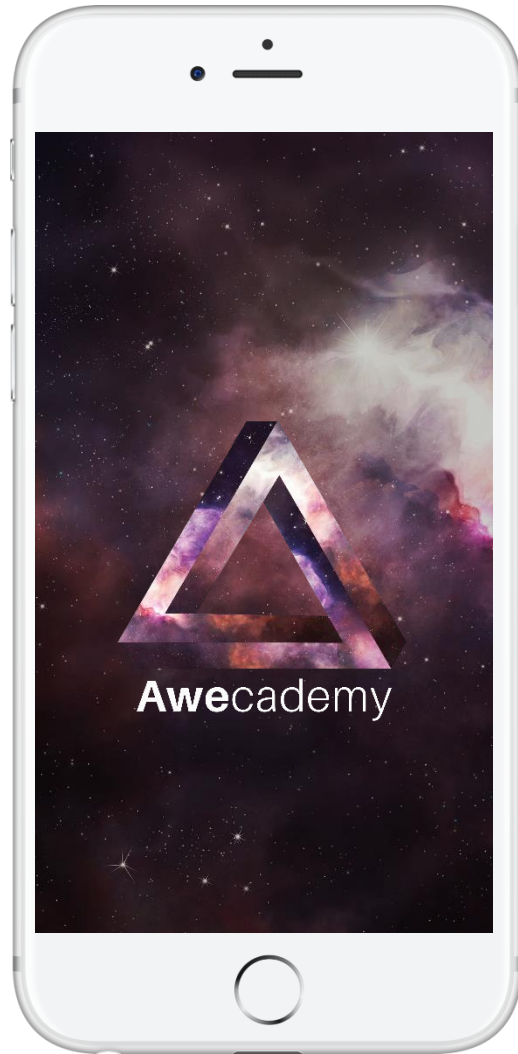
### Overview:

Zen is a doctrine that enlightenment can be attained through direct intuitive insight instead of faith. It is not a theory, or belief, or dogma, or ritual, or moral code, or a practice.

This module explores how Zen is a state of realization, self-discovery and insight.

### Objectives:

- To develop a deeper understanding of Flow and Flow States.
- To discover the characteristics of hyperfocus.
- To explore the different ways of achieving optimal mental states and peak performance.



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