

# FUTURE Vision

## Signals of the Future

### TECHNOLOGY

**Neuralink connects your brain to a computer, so you can communicate with your mind!**

Neuralink implants a chip in your brain that can read electrical signals directly from your neurons. Neuralink is testing the technology on people with paralysis to improve their quality of life. In the future, brain-computer-interfaces (BCI) could augment anyone's abilities. Imagine playing video games or reading your friend's thoughts!



### SCIENCE

**A new ultrasonic 3D-printer repairs organs without surgery**

By combining ultrasound and special ink (called "sono-ink") we can now insert 3D-print implants to repair damaged organs and treat diseases. This technology developed by Brigham and Women's Hospital and Harvard Medical School, is powered by solar energy.

### INSPIRATION

**A 12-year old tells the world about her life with Down Syndrome**

"I have Down syndrome, and I like myself exactly as I am." Mia Armstrong, 12, just published a picture book *I Am a Masterpiece* to describe what it's like to live with Down syndrome. In 2022 she was the first child with this genetic condition to voice a cartoon character, Eon in *Action Pack*.

**"Your Brain is a Time Machine" -**  
Dean Buonomano

## Envisioning: Aging and Life Extension!

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?

- **What if** we enhanced our physical and cognitive abilities to extend our health span?
- **What if** we used mixed reality (AR, VR) to create immersive and engaging experiences that prevent memory loss in older adults?
- **What if** we used digital health and AI to monitor and optimize our wellness and longevity?
- **What if** we used telemedicine and robotics to provide health care and assistance to older adults in remote or rural areas?
- **What if** we were able to reverse aging (via gene therapy and CRISPR to edit our DNA)?
- **What if** we replaced damaged organs (via stem cells and regenerative medicine)?
- **What if** we used brain-computer interfaces and neural implants to connect our minds with machines and each other?
- **What if** to preserve our bodies and brains through cryonics and biostasis until future technologies can revive us?
- **What if** we cloned ourselves and other species?
- **What if** we uploaded our mind and consciousness to reach digital immortality?

Wanna share your thoughts with us? Send us an article, fiction, image, video, or artifact!

### The Question:

## Why am I not comfortable thinking about my future self?

Do you know that the human brain is the best travel machine, and that it makes us humans unique?

**Daydreaming is a futures-thinking activity our brains do when at rest!** Our human brain is capable of transporting us to different places and times, without physically moving our bodies.

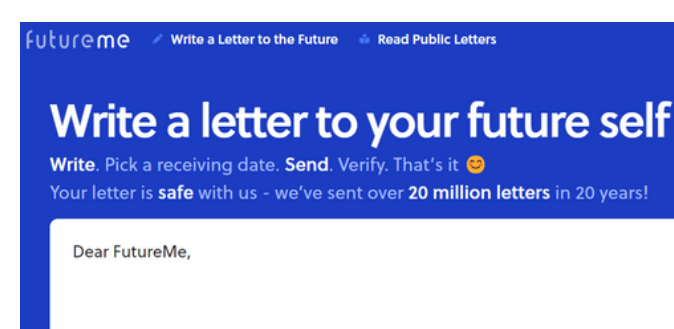
**Over the millenaries, we humans had to plan for food.** This led to the development of agriculture, which in turn led to the rise of civilization, and the creation of complex societies.

**However our brains have a natural dislike towards visiting the far future.** More than half of Americans rarely or never think about the far future (30 years from now), whereas a closer future (5 years) is a bit more common.

**Brain scans show that our future self appears as a stranger to ourselves,** so it is hard to empathize with this visitor from the future! We naturally give preference to the present self we are familiar with over our future self for whom we don't care much.

*To start caring for your future self, why not write them a letter?*

## Taste of the Future!



FutureMe lets you write a letter to your future self and send it to a date of your choice in your email inbox.



**FutureMe:**  
<https://www.futureme.org/>

**Letters to My Future Self**  
Available on Amazon.com

<https://siliconhumanism.home.blog/2020/01/23/the-human-brain-is-the-best-travel-machine/>

Writing your future self a letter is a form of self-care that defies the rules of time. Not only are you taking a moment to reflect on where you are, where you're heading and what's important to you right now. You're also creating a reflective check-in with yourself to mark these two points in time: the writing, and the receiving.

You can also opt for a good old-fashioned paper letter delivered in your mailbox.