



Where there is dark, there is light

“When people see things as beautiful, ugliness is created. When people see things as good, evil is created. Being and non-being produce each other. Difficult and easy complement each other. Long and short define each other. High and low oppose each other. Fore and after follow each other”
-Tao de Ching

In October of 1969, a UCLA student sent the letters “L” and “O” electronically a little over 350 miles. The effort led to a system crash but also marked the birth of the internet. Since its birth over 50 years ago, the internet has changed the world irrevocably. People are using digital tools to solve problems, enhance their lives and improve their productivity. There are countless benefits and the human experience is undoubtedly improved.

However, this great experiment has also had some unintended negative consequences. Pornography represents 35% of all internet downloads and the vast majority of accessed porn is toxic embracing scripts that often include: male dominance, power over dynamics, violent sexual acts, strangulation, “very young” and is most often sex without soul. Online gaming is a slow growing occupation that is literally changing the neurobiological landscape of our children’s minds where often cyberbullying and microaggressions are normalized within very sexist story lines. People are mating through online dating and our system has not yet adjusted to a very different set of norms.

The near future includes cars without drivers, robots who are self-aware and intelligent, 5G offering internet access to the poorest of poor and highly enhanced data encryption that is virtually unbreakable. There are major implications to all of these technologies that we should consider. It is very dark.

Where there is dark, there is light. The vast changes in our technological landscape have also created opportunity towards a massive soul transcendence. Vulnerability, empathy and human centric concepts are slowly becoming expectations of interaction. There is a wide conversation around loneliness and how to increase authentic healthy connection. Innovative thinkers are busy finding creative solutions to massive problems like environmental degradation, violence, poverty and the depression of the soul. There is an entire movement embracing gratitude, compassion and kindness.

There is still the possibility that we can create a world where trauma is normally met with compassion and healing. We have the ability to change the world- so let’s do it!

Objectives:

- To bring awareness to pornography as it relates to violence
- To bring awareness to the pornographic and micro-violent nature of online gaming
- To bring awareness to the implications of online dating on “the way” we process cases
- To highlight newest technologies and the possible implications to come
- To illustrate that there is hope
- To highlight the movements around human connection
- To highlight the shift towards a more authentic and vulnerable human interactions
- To examine the research around gratitude and compassion