

WHO IS MOVING OUR LIPS, HIPS, AND FINGERTIPS IN THE DIGITAL AGE?

by Karen Voght, Wellness, Inc.



Good morning! Thank you inviting me to speak about *The Body in Motion*, and for this opportunity to share my passion for bringing wellness skills to children early on in their lives ...through their ABCs.

I'd like to 1st introduce you to my esteemed colleagues. This is Adam and Eve, the first human **bipeds** who needed to adapt to earth's pull of gravity on their new 'upright posture' and freed-up hands and feet. And this is Valkyrie, a NASA Robot in training. When they heard I'd be speaking to Women Explore, about bodies in motion, they asked to form a panel. They'd been wanting to practice for CSPAN, so they gave me their script and assigned me the role of interviewer! (BTW, they apologize for their lack of attire, but we thought it best for you to see their body's inner support network of muscles, and why they need to keep them in balanced and in good working order for the inner and outer wellbeing of our species)

They understand that biped muscles are designed to behave like faithful soldiers who non-judgmentally 'repeat directions' sent to them by physical, imagined, and artificially generated stimulations. This includes *encrypted language codes*, which, as sensori-motor representations, get programmed into their body's automatic responses systems ...just at different levels of awareness. What originally conditions them will retrigger their memory recall.

TODAY WE WILL MOSTLY FOCUS ON the IMPACT OF ALPHABET ENCRYPTED LANGUAGE CODES ON THE WELLBEING OF OUR SPECIES, BEGINNING IN UTERO:

The process of language encryption begins in utero. This altered the way **bi-pedal** children began developing motor memory differently than when their parents communicated primarily through **body language**. With alphabetically linguistic mothers, children's muscles began to respond to the sounds of their mother's phonemes in the 7th month in utero. A different muscle responds to each phoneme (sort of like the keys on a piano). No two children will respond to the same phonemes with the same muscles, and each will have a slightly different time pace. It appears that children produce similar motor responses to similar human and simulated speech sounds: NOTE: Studies done on babies' mothers show that replacing a mute mother's lack of voice by a tape recording placed on her womb in the last trimester would enable the baby to incorporate those primary sounds of language (*Condon, W.)

This research made us wonder how today's world, increasingly filled with the artificial sounds of machine-produced languages, might possibly have the potential to alter the very 'nature' of a child's

ability to RESPOND to the early sounds of his or her own 'mother'. As Natural language processing technology has become the holy grail of companies like Google, Microsoft, Facebook, etc., we began to question how alphabet-related technologies might be increasingly influencing the wellbeing of a biped child's life as well. It is these questions, and our concern over the increased impact corporate profiteering is having on the wellbeing of our society, and the future of our children, that has the panel in a quandary, and what we would like to explore with you today:

ADAM would like to start by sharing his concern. ...A long time ago, he detected that the direction his and Eve's lives took 'seemed' to have been **scripted** by the very first copy of a Biblical Story, published by the new Guttenberg Printing Press, that allowed it to be 'economically marketed' to people worldwide ...the *remote source of its words unknown and unverifiable* (containing only 1st names and mostly unconfirmable dates). In that story we were driven out of Paradise for eating an **APPLE**, and cast into a frightening, yet fascinating world of wild UNKNOWNs, with the need to forage for food, and find protection as the first human 'bipeds' subject to earth's pull of gravity on our muscles. As facilitators and organizers of increasingly flexible body's movements, supporters of upright postures, and recorders of the impact our new heel-toe ergonomics would have on mapping the GPS of our brains, we learned ways to move, survive, and flourished in **nature's** environments as nomads, hunters, gatherers, and agriculturalists, through the cooperative power of our smart bodies, brains,& imaginations. **Ubiquitous Alphabet writing and reading tools, however had begun to forever change the STORIES of our lives.**

EVE ... lately we feel as though we are being **rescripted** into a more modern day STORY version of *The Land Of Oz In The Age Of Digital Machines*. Ironically, it is also a time where yet a bite of another **APPLE** again seems to be becoming a big source of societal change! We understand that the way the mobility of our bodies maps our immobile brains determines what type of a life we live. But these day's our muscles feel quite underappreciated, afraid they can't keep up with the pace of change, and concerned they may soon be unemployable!

You see, generations of over-dependency on fine-motor, *audio-visually* taught alphabet education for the masses slowly diminished our body's need to move to communicate ... displacing the rich information acquired by our other bodily senses (why Shakespeare may have become so famous); increasing toxic stress buildup; and altering our capacity to sense natural vs synthetic pheromones (the scent of a human, etc), to touch and comfort, perspire and inspire, to explore, invent, rest and emote, and even the way we reproduce. Increased lack of our X-lateral, bipedal body movements led to progressively sedentary and domesticated lifestyles ... changing O2-CO2 ratios/heart strength, blood flows, unevenly balanced right - left brain mapping, foresight and ability to plan, to modulate our emotions, and to maintain the pull of gravity's force on the larger muscles of our hips, legs, pelvic and spinal regions. But most important has become the loss of our capacity to detect truth and generate predictability in an age where a universal communication tool for the masses can instantaneously edit and **rescript a user's reality from a distance**, along with their user's capacities for movement that is fundamentally vital to maintaining body health and wellbeing on planet earth.

"Today's brain is a consequence, not a precursor of symbolic language. Language can change our response system faster than evolution changes our genes". T. Deacon, Author, The Symbolic Species.

ADAM **ALPHABET TOOLS EXPANDED** into **alphabet keyboard finger-typing tools**; computers; internets; smart phones; chat rooms, emails, texts, blogs, touch screens, and software ...endless forms of upper body, fine-motor communication devices. Soon, it seemed that, with the right tools, anything or anyBODY could be photo shopped into or out of a story's appeal and intent. TV, Disney movies, and online games altered our brain's synaptic threshold levels with larger than life, colors, sounds and actions of fantastical characters to levels unable to have been previously perceive by our bodies.

Artificially enhanced levels of perception began to make mere mortals (earthlings) appear insignificant, especially as movies combined overloads of simulated auditory 'noises' which foster a state of disassociated hearing that weakens connections between words and pictures.

Eve & Adam requested to bring this to your attention as they now see a societal pattern that is increasingly impacting our youth, namely, the speeding up of fine-motor eye tracking movements while physically disconnecting the body's larger motor movements through the ubiquitous use of screen technologies. Reading and listening skills become disrupted as pop up ads, scrolling texts, dubbing, and digital news trackers on screens take our eyes and ears in different directions that do not always synchronize voice messaging with the images seen on the screen. The ubiquity of such devices **increases peer pressure to fit in**. Unfortunately, increasing numbers of industries are being spawned that market stories which capitalize on levels of societal anxieties, and then develop products to 'comfort and heal'.

FEAR SELLS:

EVE Today, governments, corporations and educational institutes increasingly employ DIGITALLY ALPHABETIZED STORY TELLING to market their products. We live in an increasingly convoluted world where *fear sells*. Their stories incorporate language elements of fear and comfort to capture their buying audience's attention. Incorporating our muscularized bodies into their storylines has even led to corporations now being legitimized as real people by the supreme court.

ADAM & EVE SAMPLES of this duplicitous marketing strategy abound:

Where would cosmetic companies, Insurance companies, and Legal systems be if we were not increasingly bombarded by constant advertising stories preying on our vulnerable natures?

Facebook's thumbs-up logo now connects all our bodies with only one digit on our hand. (Facebook dependency) Their bodiless Emoji are increasingly replacing language as part of our younger culture's internet communications. Even China markets are now looking into creating a common bodiless language of emoji with Facebook. Do they ever wonder how a child in utero will learn the phonemes of that language?

GOOGLE rebranded to ALPHABET (a brand **word** every child world wide will readily recognize!) Yet warns those that use AdBlockers will not be allowed to use their Search engine.

APPLE claims to protect privacy while it tracks and records each stroke we TYPE with, and designs Siri, their natural language processing assistant, to be a universal voice that also tracks our locations and inquiries ... all while inserting terms of service that overwhelm any mere mortals capacity to read or interpret.

Political campaigns create stories/ Big tech investing creates stories

Media chooses which stories to air that will constrict our muscles and hype up our adrenaline.

Military/Wars/gun manufacturers all have a story: ISIS vs over-domesticated, sedentarily bred and educated citizenry. One and all is able to advertise their wares on Facebook as the number of internet searches (**clicks**) and purchases generate markets and income for their cause.

Surveillance technologies abound: (<http://www.buzzfeed.com/peteraldhous/spies-in-the-skies?ncid=newsltushpmsg00000003>) What if there is a typo error or a similar address spelling!

BIG PHARM repeatedly speed product side-effect warnings across their TV screen commercials: Do they miss any part of our bodies that can't get diseased?

Health ethics cannot keep up with the speed of changes to our bodies and brains from precision medicine, neuro technologies, and computerization of medicine.

Spam and bots provide huge **numbers** of CLICKS that help prioritize Social Media marketing messages.

Space stories help our bodies escape to the moon and other planets only suitable for **robots**, while we watch real children & their families on planet **EARTH** experience the largest migration since World War II. **Religions** have always communicated through the power of stories

VALKYRIE **HOW WILL OUR CHILDREN LEARN TO MOVE?** Babies muscles are magical as gravity has not yet taken over. But commercial enterprises take over earlier and earlier as they learn the value of entraining kids' muscles to use fake money charge cards ... turning them into trained consumers as soon as their little digits and eye muscles adapt to fine-motor accuracy tracking skills. Earth parents and educators can't compete with digital fantasticality and its impact on youths' addiction to fiction. Fantasticality has replaced humanility. Who among us is safe from being written into a **STORY** and **STORED** at some unknown Corporate data bank in the cloud. And now, they've learned that Neuro tissue has the ability, if you punch/**type** in information to it, it will take you to your goal! Heaven help us if there is a **neuro-typo** Spellchecker doesn't catch!!

Yes we are well on the way to becoming a new hybrid earth species. But, as an astronaut robot, I do wonder how future earth children will learn to move as space stories increasingly excite and incite their muscles and their minds for life in space only suitable for a robot (0 gravity in Space alters emotional capacities), especially now that Astronaut Scott Kelly, upon return from one year in space, lets us know about the eye, bone density, emotionalities, and muscle atrophy risks of space ..AND that his feet don't get to touch ground and foster the benefits of X-laterality in micro gravity environments.

EVE, ADAM, AND VALKYRIE ASK

JUST WHO is MOVING OUR LIPS, HIPS, AND FINGERTIPS IN THE DIGITAL AGE?!

1. **It looks like we may have been seduced again by an APPLE** to put too much trust into an increasingly universal alphabet writing tool held in the palm of our hands!
2. **OR**, is it that original sense of warmth, comfort, nurturance, and freedom from gravity in the mother's womb that causes us muscles to seek gravity-free space adventures?
3. **OR**, or is it the *calm* feeling Alpha Waves trigger when our eyes look up toward the heavens that frees us from the constant Beta Wave activity of our eyes *darting* from left to right to read all of those alphabetically encrypted stories!

Thank you for exploring this quandary with us today.

1. As stories can fake-out our interior motor responses and feelings that exhaust and damage, as well as enhance our immune systems, ask yourselves 'Whose lips, hips, and fingertips **your own words** are moving when **YOU** speak/read/write/teach/learn/self-talk/imagine/dream/and tell secretes or tall tales'!
2. Be sure to ALPHABETIZE lots of kindness and caring into your words.
3. **OR**, at the minimum, **GET THEE TO AN ALPHABET PT !** (<http://www.alphabetfitness.org>)

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