



### Farsam Shadab: Technology of the Embodiment Paradox



Pulling from Cognitive Science and Integrative Studies, Farsam - who seeded Wikipedia in the '90s - speaks about Embodiment and technology. Hear about an open system for self-developmental care and reflect upon your own technological practices.

**TOP EMBODIMENT TIP:** Wear blue light blockers; don't let yourself be hijacked by technology.

#### Mixed Feelings About Technology: Our Current Technology Forms Habits and Culture

- For example, your phone! You can't survive a day without it. Heard of the "infinite scroll"?
- This is an addictive practice, which begets various entrainments.
- We can bring embodiment systems into play. We can change and transform the global technological infrastructures.

#### Your Brain Is Changing: The Human Blink Rate Reduces While Looking At a Screen

- Blue light toxicity dis-regulates our hormones (melatonin, et al.).
- We use the technology to save time, but using it at night prevents us from getting the sleep we require.
- We are wrapped into cycles of unhealthy addiction, late night use and unfulfilled usage.
- Technology has "*hijacked your limbic system.*" -Tristan Harris (The Center for Humane Technology)

#### Technology's Effect on our Nervous System: We Are Stressed From Our Technology

- Limbic hijack brings you into a shallow nervous system engagement: stressed.
- It is being shown in teenagers and the average adult.
- Lower sperm count found in younger generations of Japanese males, caused by technology.

#### Wear Blue Light Blockers: This allows for natural production of melatonin

- Without blue light blockers, using technology at night imbalances circadian rhythms.
- Blue light keeps you awake from prohibiting inner production of melatonin.
- The glasses allow you to use technology, even at night, and not have a neurological effect.

#### Resources

- ❖ **Website:** <https://www.interenactive.com/>
- ❖ **References:** [The Center for Humane Technology](#)



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