

**IoT Shifts Transformation Retreat, Oct 2015**

## **My perfect day in the year of 2023**

by Lilian Güntsche

I open my eyes and I feel great. I feel so fresh and alive and I see and hear perfectly and clear due to the newly discovered figs I started eating a few years ago. They magically increase all head related revelations and senses, such as seeing, hearing, smelling, tasting or thinking - everything is now much more intense and all restrictions or problems seem to be gone. Its amazing. A total different consciousness has arrived in society since then - and by solely a natural and healthy product. Ive always loved figs but this is a total new experience. I look at the watch and its 11 am - because I want it to be. They have finally developed a first approach to time travel. So I can sleep as long as I want to or work creatively on a new project idea or concept all night and am still perfectly refreshed and relaxed, because I sleep as long as I want and then time travel to the exact timing I have or want to be in. It has solved my challenge of always getting too little sleep and of having the feeling that no day has ever enough hours to do and experience everything I love. Now this is possible. I stretch and take a few deep breaths to connect with myself. I have now practiced mindfulness for over a decade so I only need one breath to reach a deep state of inner stillness. In the mornings I still treat myself with three deep breaths and a slice of my 3D-printed bread to recharge me for the day.

The day ahead is filled with things that I love doing. Art, creativity, inspiration, lovely people, new experience, solving & enabling things, singing, writing - and so much more. I love my life and my job. Times where I followed goals of ambition only are gone, my life today is about meaning and adding value. I can't even remember that it was ever different. I feel that Ive found my purpose in life. I feel like I have arrived and figured things out.

Its like that moment in the Matrix when Neo finally gets it all. There is nothing but clarity and a deep universal connection and inner feeling of bliss.

My initiative THE DIGNIFIED SELF that I launched in 2015 - 8 years ago - has changed my entire life. Only positivity came out of it on all different levels. It is now a major global community and organisation - all following the mission to establish mindfulness in the technology age. We have organized so many events, created disruptive new products, shared knowledge, developed entirely new concepts for the modern-work-needs that are now being rolled out internationally. Happiness and balance of employees have become an important KPI for businesses today. And people and society seem to all profit from it somehow. Its amazing. We are actually making a a positive difference. I feel so blessed and grateful; also for all the amazing people I was meant to meet and connect with over the years.

I live with the man of my dreams by the ocean. We met in the real life - not online - and I fell in love with his emotional intelligence. It is the love Ive always read or written about, the unconditional love. Every day we take a walk at the beach together, swim in the turquoise water or just sense the soft ocean breeze and warm sunshine kissing our skin. I feel home.

Technology is very well connected in our lives. When I enter a room Im being asked automatically by my connected floor what I wish for. When I think "fridge" (I don't even have to say it anymore!), the fridge automatically opens. When I think "Italian food", our Italian robot cook appears and asks if Id like to have my favorite pasta. And while I think "yes", my favorite music goes on in the living room and a cozy atmosphere is instantly being created. Technology works for me and makes my life so much easier. It is great that we now have "thought-to-action", it has created a very deep consciousness of our thoughts. Whenever I think something that I want, my tech automatically offers me a possible solution. And when I sometimes want to be disconnected I just think the word "independent" and it just leaves me alone, disconnects and shuts down. This way I still get to do things on my own, am not entirely dependent on tech, but I can use it whenever I feel like it.

Sometimes I also use it for little updates of my life (“augmented self”), to add things that I love. One of the features for example is the “scentsizer“: Everything and every where I go scents the way I wish it to be. Today for example everything scents like lavender, because I chose today to be my Lavender day. This is just one example of the products we have been building over the years. Technology emphasizes the natural experience of being and augments it with what you wish for.

Also screens have disappeared, everything is now displayed where ever I want. I can look at pictures or watch videos on the walls of my entertainment room or in the sky while lying on the beach, I can write emails by only thinking the words and I can hang out with my favorite friends or have meet-ups with my network and team as holograms or time travel myself to them.

Time and space is more and more becoming irrelevant. Its all about the now. Its all about meaning. And now I will go for a swim and get some emails done while swimming freely in the ocean.