

SoulTECH

CONSCIOUS LIVING MAGAZINE
WINTER 2024

THE AI ISSUE

30 MOST INFLUENTIAL WOMEN IN AI

REIGNING THE AMERICAN DREAM WITH FUTURIST CYNTHIA L ELLIOTT, THE FUTURE OF CONSCIOUS LIVING, UPSKILLING ADULTS IN THE AGE OF AI

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EDITOR'S LETTER

Dear Beloved Readers,

As we embrace the crisp fall air, our latest issue brings you a tapestry of stories that illuminate the intersection of technology, consciousness, and human potential.

Our cover story celebrates the "30 Most Influential Women in AI," showcasing the brilliant minds shaping the future of artificial intelligence. These trailblazers are not only advancing technology but also ensuring that AI development aligns with our shared values and aspirations.

In "Reigniting the American Dream," we explore how innovation and entrepreneurship are breathing new life into age-old ideals, creating opportunities for all in our rapidly evolving digital landscape.

"The Future of Conscious Living" envisions our future lifestyle through images.

Finally, we tackle the crucial topic of "Upskilling Adults in the Age of AI," examining how continuous learning and adaptation are becoming essential for thriving in tomorrow's job market.

As we navigate this transformative era, SoulTech remains committed to bringing you stories that inspire, inform, and ignite your imagination. Let this issue be your compass as we chart the course towards a more conscious and technologically empowered future.

Regards,
Cynthia L Elliott
aka Shaman Isis
Editor-in-Chief



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HOW TO USE AI TO REIGNITE THE AMERICAN DREAM

Written by Cynthia L. Elliott

As a longtime futurist and intuitive, I have always had a sense of the country's state. I remember feeling people's simmering frustration leading up to gas pump wars in the 1970s and the near-delusional enthusiasm we had for the future during much of the 1980s...before we became so corrupted that we let Walmart decimate family-owned businesses nationwide in the early 1990s.

I remember how disempowered people felt as they watched American craftsmanship die and our robust manufacturing capabilities be replaced by cheap imports from Asia, which have now reached garbage-level quality. Let's not forget the millions of jobs globalist-run corporations have shipped out while paying CEOs absurd amounts of money.

"Yep, I have been around long enough to witness the great ransacking of our prosperity."

I knew things were bad a few years ago, but they now rest on the border of no return. As a patriot and conscious living problem solver, I felt drawn to figuring out how to get us out of the mess we have made. That sent me down the rabbit hole of reigniting the American Dream.

In my research, I saw that massive change has been a friend to us in the past. Looking at our post-WW2 prosperity, I realized massive change allows us to create crucial strategic change. This is how I came to understand that the fourth industrial revolution, the Age of AI, could allow us to reset everything. In writing A New American Dream, I saw the Age of AI as our most incredible opportunity to fix many of our biggest mistakes.

Everything is already undergoing major change. Instead of watching it happen and seeing a handful of the same people and mega corporations benefit, we can get ahead of it and use it to force a transformation. America needs a makeover!

Conscious living is about being present, facing the truth, and taking the challenging, often "scariest" road to a healthier, more sustainable future. This country must make profound changes, or I predict that we and the American Dream will never recover. I feel the same concern for this moment in our history from our foreign fans worldwide. They want us to make the hard choice for major change.

"It is time to stop playing world-savior and save ourselves. We must become selfish enough to build a brighter future and become a better partner to the world."

On that note, I pulled some vital solutions to our most challenging issues from A New American Dream. Here are some of the most powerful ways we can use AI to deal with our most significant challenges and bring back jobs, pride, and manufacturing to the country.

Rebuilding the American Dream Through Job Creation

AI can help rebuild the American economy by generating new, high-tech jobs, especially in fields like AI development, data science, robotics, and renewable energy. AI can also facilitate job retraining programs that equip workers with the skills needed in emerging industries. By automating repetitive tasks and enhancing productivity, AI can allow workers to focus on more creative, higher-value roles, creating a more dynamic job market.

"IT IS TIME FOR A TRANSFORMATION! I CAN'T WAIT TO SEE THE BEFORE AND AFTER!"

Strengthening American Manufacturing and Emphasizing American-made Products

AI can revitalize American manufacturing by automating production lines, optimizing supply chains, and reducing inefficiencies. Smart factories powered by AI can produce goods at a competitive cost while maintaining high quality. AI can also help enforce strict quality controls on imports, ensuring that only well-made products enter the U.S. market. This emphasis on "American-made" can bolster national pride, encourage domestic production, and create a more self-sufficient economy.

Banning Poorly Made Imports and Promoting Consciously Crafted and Sustainable Products

AI can be used to inspect and regulate the quality of imported goods, banning products that fail to meet rigorous safety and environmental standards. Through intelligent trade monitoring, AI can help identify counterfeit or substandard products. By promoting high-quality, sustainable American-made products, AI can help shift consumer demand away from cheaply made imports, fostering a more responsible and resilient market.

Transforming Education and Workforce Development

AI can revolutionize education by providing personalized learning experiences that adapt to the needs of every student. It can also automate workforce development by identifying skills gaps, predicting job market trends, and creating tailored training programs, especially for those displaced by automation. Additionally, AI can foster a resurgence in vocational training, preparing workers for AI-enhanced manufacturing and other industries critical to America's future.

Healthcare Access, Cost Reduction, and Equity

AI can reduce healthcare disparities and costs by optimizing diagnostic tools, automating administrative tasks, and enhancing telemedicine services. Predictive analytics can streamline treatment plans and reduce unnecessary procedures, ultimately lowering healthcare costs. AI can also improve drug discovery and development, reducing the cost of pharmaceuticals by speeding up research processes and personalizing treatments. Additionally, AI can optimize healthcare supply chains to ensure fair pricing across different regions and demographics.

Lowering Food Costs and Enhancing Food Security

AI can revolutionize agriculture by improving crop yields, optimizing supply chains, and predicting food demand, reducing food waste and lowering food prices. AI-driven platforms can enable precision farming, using data to improve planting, watering, and harvesting techniques. By improving logistics and supply chain management, AI can ensure that food is distributed more efficiently, reducing costs for consumers, especially in underserved areas.

Improving Mental Health and Social Well-being

AI can help address the mental health crisis by providing low-cost, on-demand therapeutic resources, analyzing emotional patterns, and creating platforms for community support. It can also help identify societal risk factors for depression and anxiety and optimize intervention strategies. AI can be used to teach higher consciousness and develop emotional and mental mastery, like SoulTech's work.

Lowering the Cost of Pharmaceuticals

AI can streamline drug discovery and development by analyzing vast datasets to predict the effectiveness of new drugs and identify potential side effects faster than traditional methods. This can reduce R&D costs, which often lead to sky-high drug prices. AI can also help optimize distribution, ensuring that life-saving medications are delivered where they're most needed without excessive markup, reducing consumer prices.

Combating Wealth Inequality

AI can reduce wealth inequality by providing tools for financial literacy, automating access to credit for underserved communities, and creating platforms for wealth redistribution through blockchain and decentralized finance (DeFi). AI-driven platforms can optimize welfare programs and reduce financial barriers for marginalized groups, helping bridge the wealth gap.

These strategies would leverage AI to rebuild the American Dream by creating jobs, strengthening American manufacturing, and promoting high-quality American-made products. All while addressing key socio-political and economic issues, these strategies would help the country thrive in the 21st century.

It is time for a transformation! I can't wait to see the before and after!



CARLTON JONES



CARLTON JONES

WHO MADE
THE LIST



Conscious Goddesses

We asked the SoulTech team to share conscious thought leaders they admire. Each issue, we feature a person we think is a spiritual badass or should we say conscious goddess?

Legend

Caroline Myss



EACH ISSUE WE
HONOR AN
INSPIRING TEACHER

Caroline Myss is a renowned spiritual teacher, intuitive healer, and best-selling author who has made a profound impact in the field of human consciousness, energy medicine, and personal transformation. With a background in theology, philosophy, and mysticism, Myss has spent over three decades studying the interconnectedness of mind, body, and spirit, and how imbalances in these areas can lead to illness or life challenges.

Myss first gained widespread recognition with her book *Anatomy of the Spirit*, which explores the relationship between human energy systems and physical health, drawing upon ancient spiritual traditions and modern science. She has since authored numerous best-sellers, including *Sacred Contracts* and *Entering the Castle*, where she delves into the spiritual power of personal archetypes and the journey of self-realization.

Known for her no-nonsense approach, Myss has helped countless individuals through her workshops, online courses, and lectures, empowering people to take control of their own healing by understanding the power of their choices and perceptions. A visionary in energy medicine, Myss continues to influence the spiritual and holistic wellness communities, encouraging individuals to awaken to their divine potential and live with greater authenticity and purpose.



**FUTURIST CYNTHIA L ELLIOTT DISCUSSES HER
NEW #1 BEST-SELLER &
SOULTECH'S MISSION TO
UPSKILL ADULTS IN AI**

A NEW AMERICAN DREAM HITTING #1 TOOK ME BY SURPRISE. I WROTE IT TO START A CONVERSATION."

Interviewer: Cynthia, congratulations again on A New American Dream. How do you see AI helping to reshape the future of work?

Cynthia: AI has the potential to create new industries and opportunities, but it will also reshape many existing jobs. By automating repetitive tasks, we can free up human creativity and innovation. The challenge is ensuring that workers, especially those transitioning from traditional roles, are prepared for these changes. That's why AI literacy and skills development are so crucial—without them, we risk deepening existing inequalities.

Interviewer: Can you elaborate on how the SoulTech Foundation is addressing these challenges?

Cynthia: Absolutely. At SoulTech, we focus on accessible AI education for underserved communities. We're developing courses and AI-driven learning platforms to teach essential skills that will allow individuals to stay competitive in the workforce. Whether it's understanding how AI works or learning to use it in their jobs, we're empowering people to take control of their futures. It's all part of our larger mission to ensure that technology serves everyone, not just a privileged few.

Interviewer: That sounds like important work. What do you think is the biggest misconception people have about AI?

Cynthia: The biggest misconception is that AI will only take jobs. While automation will certainly impact certain roles, AI can also create opportunities we haven't even imagined yet. It's not just about job loss—it's about how we can collaborate with technology to solve major societal challenges. That's why we're focusing so much on upskilling workers. With the right approach, AI can be a tool for empowerment rather than displacement.

Interviewer: What's next on the horizon for SoulTech?

Cynthia: We're expanding our outreach, forming more partnerships with businesses and governments, and working on launching more courses that focus on both AI skills and leadership in tech ethics. We're also looking into global opportunities to bring our programs to other countries, ensuring that everyone benefits from the AI revolution.

Interviewer: Thank you, Cynthia. It's clear your work is making a real difference.

Cynthia: Thank you—it's my passion, and I'm excited to see where it leads next!

INTRODUCING CONSCIOUS FASHION
COLLECTION INTENTION BY CYNTHIA L ELLIOTT
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Black & Cream











THE 30 MOST INFLUENTIAL WOMEN IN AI

THE FIELD OF ARTIFICIAL INTELLIGENCE HAS BEEN SHAPED BY NUMEROUS BRILLIANT MINDS, WITH WOMEN PLAYING A PIVOTAL ROLE IN ITS DEVELOPMENT AND ETHICAL IMPLEMENTATION. FROM PIONEERING RESEARCHERS TO INDUSTRY LEADERS AND POLICY EXPERTS, WOMEN HAVE BEEN AT THE FOREFRONT OF AI INNOVATION, PUSHING BOUNDARIES AND ADDRESSING CRUCIAL CHALLENGES. WE HIGHLIGHTS THE 30 OF THE MOST INFLUENTIAL WOMEN IN AI, SHOWCASING THEIR DIVERSE EXPERTISE AND SIGNIFICANT CONTRIBUTIONS ACROSS ACADEMIA, INDUSTRY, GOVERNMENT, AND NON-PROFIT SECTORS. THESE TRAILBLAZERS ARE NOT ONLY ADVANCING THE TECHNICAL CAPABILITIES OF AI BUT ALSO ENSURING ITS RESPONSIBLE DEVELOPMENT AND DEPLOYMENT, ULTIMATELY SHAPING THE FUTURE OF THIS TRANSFORMATIVE TECHNOLOGY.

50 MOST INFLUENTIAL WOMEN IN AI

Leaders in Academia and Research

Nina Schick

Nina Schick is a pioneering figure in the field of generative AI. As the founder of Tamang Ventures, she has established herself as a thought leader in the rapidly evolving AI landscape. Schick's groundbreaking book, "DEEPFAKES: The Coming Infocalypse," holds the distinction of being the first to explore AI-generated content, cementing her role as a visionary in this domain. Her extensive experience, including roles at NATO and significant positions at Rasmussen Global and Hanbury Strategy, has made her a trusted voice on cybersecurity and AI. Schick's entrepreneurial journey led her to establish Synthesia, the first AI-to-video generation platform, further solidifying her impact on the industry.

Wendy Hall

Dame Wendy Hall stands as a beacon in the world of AI and digital innovation. As the Regius Professor of Computer Science at the University of Southampton, she has been at the forefront of technological breakthroughs for decades. Hall's pioneering work in hypermedia and multimedia predates the World Wide Web, with her development of the Microcosm Hypermedia System laying the groundwork for today's internet. Her influence extends beyond academia, as evidenced by her co-founding of the Web Science Research Initiative and her role as Co-Chair of the UK Government's Artificial Intelligence Review. Hall's expertise spans the societal and technological implications of AI, making her an authoritative voice in shaping the future of digital technologies.

Dr. Fei-Fei Li

Dr. Fei-Fei Li is a trailblazer in the field of human-centered AI. As the Co-Director of Stanford University's Human-Centered AI Institute, she works tirelessly to ensure AI advancements benefit society. Recognized by Forbes as one of the leading women in AI in 2020, Li's influence extends beyond academia. She co-founded AI4ALL, an organization dedicated to increasing diversity and inclusion in AI. Li's vision is to make AI accessible to everyone, regardless of background, believing that diverse perspectives are crucial for the ethical and effective development of AI technologies. Her work has been instrumental in bridging the gap between AI advancements and societal needs.

Regina Barzilay

Regina Barzilay is an Israeli computer scientist making significant strides in applying AI to healthcare. As a Professor at MIT and a leading member of the MIT Computer Science and Artificial Intelligence Laboratory (CSAIL), Barzilay's work in natural language processing has garnered widespread recognition. Her recent focus on deploying AI technologies to improve cancer diagnosis earned her the prestigious National Science Foundation's CAREER award. Barzilay's research demonstrates the potential of AI to revolutionize medical practices, potentially saving countless lives. Her work exemplifies the practical applications of AI in solving real-world problems, particularly in the critical field of healthcare.

Chelsea Finn

Chelsea Finn is at the forefront of AI research, specializing in intelligence through robotic interaction. As an Assistant Professor at Stanford University in computer science and electrical engineering, Finn leads the IRIS lab, which is affiliated with Stanford's AI laboratory and ML Group. Her pioneering work focuses on developing AI systems that can learn and adapt through interaction with the environment, a crucial step towards more versatile and intelligent robots. Finn's research has significant implications for the future of robotics and AI, potentially leading to machines that can learn and problem-solve in ways similar to humans. Her contributions extend to Google's Brain team, further solidifying her influence in the field.

Cynthia Rudin

Cynthia Rudin is a Professor of Computer Science at Duke University, renowned for her work in machine learning and causal inference. Her research focuses on interpretable machine learning, aiming to create AI systems that can explain their decision-making processes. This work is crucial for building trust in AI systems, especially in high-stakes applications like healthcare and criminal justice. Rudin's contributions have been recognized with numerous awards, including the INFORMS Innovative Applications in Analytics Award. Her advocacy for transparency in AI algorithms has influenced both academic research and industry practices, pushing for more responsible and understandable AI systems.

50 MOST INFLUENTIAL WOMEN IN AI

Kate Crawford

Kate Crawford has been a leading voice on the social and political implications of AI for over two decades. As a Senior Principal Researcher at MSR-NYC and a Research Professor at USC Annenberg, Crawford's work critically examines the impact of AI on society. She co-founded the AI Now Institute at NYU and Knowing Machines at USC, interdisciplinary research groups focused on the broader implications of AI technologies. Crawford's book, "Atlas of AI," has received widespread acclaim for its comprehensive analysis of AI's global impact. Her work advising policymakers at the UN and the White House underscores her influence in shaping AI policy and ethics at the highest levels.

Cynthia Breazeal

Cynthia Breazeal is a pioneer in social robotics and human-robot interaction. As a Professor at MIT and Director of the Personal Robots group, Breazeal's work focuses on developing robots that can interact with humans in natural, social ways. Her creation of the social robot Kismet was groundbreaking in the field of human-robot interaction. Breazeal's research extends to educational applications of social robots, exploring how these technologies can enhance learning experiences. As the founder and Chief Scientist of Jibo, Inc., she brought social robotics to the consumer market. Breazeal's work continues to push the boundaries of what's possible in human-AI interaction, shaping the future of robotics and AI in everyday life.

Sarah Kreps

Sarah Kreps is a Professor of government at Cornell University, specializing in the intersection of technology, politics, and international relations. Her research focuses on emerging technologies, including AI and its implications for global politics and security. Kreps' work examines how AI affects decision-making in areas such as warfare, diplomacy, and public policy. She has authored several books on technology and international relations, providing valuable insights into the geopolitical implications of AI advancements. Kreps' expertise contributes significantly to understanding how AI is reshaping global power dynamics and policy-making processes.

Sandra Wachter

Sandra Wachter is a Professor of data ethics at Oxford University, focusing on the legal and ethical implications of AI, Big Data, and robotics. Her research addresses crucial issues such as algorithmic bias, fairness, and transparency in AI systems. Wachter's work has been influential in shaping data protection and privacy regulations, particularly in the European Union. She advocates for "counterfactual explanations" as a means to make AI decision-making more transparent and accountable. Wachter's contributions extend to advising governments and organizations on responsible AI development and deployment, making her a key figure in the ongoing dialogue about ethical AI.

Industry Leaders and Entrepreneurs

Mira Murati

Mira Murati serves as the Chief Technology Officer at OpenAI, one of the world's leading AI research and deployment companies. In this role, she leads the teams responsible for groundbreaking AI models such as DALL-E and ChatGPT. Murati's leadership has been instrumental in pushing the boundaries of what's possible in natural language processing and image generation. Her work at OpenAI has significantly contributed to the democratization of AI technologies, making advanced AI capabilities accessible to a wider audience. Murati's vision for AI development emphasizes both innovation and responsible deployment, balancing technological advancement with ethical considerations.

Shyamala Prayaga

Shyamala Prayaga is a Senior Software Product Manager for Deep Learning at NVIDIA, a company at the forefront of AI and GPU computing. In her role, Prayaga leads initiatives to develop and implement deep learning solutions across various industries. Her expertise spans machine learning, computer vision, and natural language processing. Prayaga's work at NVIDIA contributes to advancing AI capabilities in areas such as autonomous vehicles, healthcare, and robotics. Her leadership in deep learning product development plays a crucial role in shaping the future of AI applications and their integration into diverse technological domains.

50 MOST INFLUENTIAL WOMEN IN AI

Rebecca Gorman

Rebecca Gorman is the CEO of Aligned AI, a company focused on developing safe and ethical AI systems. Her work centers on ensuring that AI systems are aligned with human values and goals, a critical aspect of AI development as these technologies become more advanced and integrated into society. Gorman's expertise in AI alignment contributes to the broader conversation about responsible AI development and deployment. Her leadership at Aligned AI demonstrates a commitment to addressing one of the most pressing challenges in the field: creating AI systems that are not only powerful but also beneficial and trustworthy.

Fion Lee-Madan

Fion Lee-Madan is the Co-Founder and COO of Fairly AI, a company dedicated to promoting fairness and transparency in AI systems. Her work focuses on developing tools and methodologies to detect and mitigate bias in AI algorithms. Lee-Madan's expertise in AI ethics and fairness is crucial in an era where AI decisions increasingly impact various aspects of society. Through her leadership at Fairly AI, she contributes to creating more equitable AI systems, addressing issues of discrimination and unfairness in AI applications across industries.

Gloria Zhang

Gloria Zhang serves as an Investment Manager at DCM Ventures, focusing on AI and deep tech startups. Her background as a former Data Scientist at IBM provides her with a unique perspective on the technical and business aspects of AI. Zhang's role involves identifying and supporting promising AI startups, contributing to the growth of the AI ecosystem. Her expertise spans various AI applications, including machine learning, natural language processing, and computer vision. Zhang's work at DCM Ventures plays a crucial role in shaping the future of AI by supporting innovative startups and fostering technological advancements in the field.

Usha Jagannathan

Usha Jagannathan holds the position of Principal Engineer & Digital Innovation Tech Lead at McKinsey & Company. In this role, she leads initiatives to integrate AI and digital technologies into business strategies and operations. Jagannathan's expertise lies in applying AI solutions to complex business problems, bridging the gap between technical innovation and practical implementation. Her work at McKinsey contributes to the digital transformation of various industries, demonstrating the potential of AI to drive business value and innovation. Jagannathan's leadership in digital innovation plays a crucial role in shaping how businesses adopt and leverage AI technologies.

Natalia Konstantinova

Natalia Konstantinova serves as the Architecture Lead in AI at BP, one of the world's largest energy companies. In this role, she oversees the integration of AI technologies into BP's operations, focusing on areas such as energy efficiency, predictive maintenance, and environmental sustainability. Konstantinova's work demonstrates the potential of AI in transforming traditional industries and addressing global challenges like climate change. Her leadership in implementing AI solutions at BP contributes to the company's digital transformation and its efforts to transition towards more sustainable energy practices.

Irene Solaiman

Irene Solaiman is the Head of global policy at Hugging Face, a leading AI research company known for its open-source machine learning libraries. In her role, Solaiman focuses on developing and implementing ethical AI policies on a global scale. Her work addresses crucial issues such as AI governance, transparency, and responsible development of language models. Solaiman's contributions are vital in shaping the ethical framework for AI development and deployment, ensuring that AI technologies are developed and used in ways that benefit society while minimizing potential harms.



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50 MOST INFLUENTIAL WOMEN IN AI

Catherine Breslin

Catherine Breslin is the Founder and Director of Kingfisher Labs, a company specializing in voice and language technology. With a background in speech recognition and natural language processing, Breslin has been instrumental in advancing conversational AI technologies. Her work at Kingfisher Labs focuses on developing innovative voice-based AI solutions for various industries. Breslin's expertise and leadership contribute to the evolution of human-AI interaction, particularly in the realm of voice-controlled systems and natural language understanding.

Policy and Ethics Experts

Toju Duke

Toju Duke is a prominent figure in the field of responsible AI, serving as the Programme Manager for Responsible AI at Google. Her work focuses on combating biases in AI datasets, a crucial aspect of developing fair and equitable AI systems. Duke founded Diverse AI, an initiative aimed at increasing minority involvement in AI development. Her efforts extend to authoring "Building Responsible AI Algorithms," which highlights the importance of unbiased machine learning. As an Ethical AI Network Member and Ambassador for Women in AI, Duke's advocacy for ethical AI practices is widely recognized. Her speaking engagements at major AI summits demonstrate her influence in shaping the discourse around responsible AI development.

Timnit Gebru

Timnit Gebru is a trailblazer in AI ethics and diversity. As the Co-Founder of Black in AI and Founder of The Distributed AI Research Institute, Gebru has been instrumental in promoting diversity and ethical practices in AI. Her work critically examines the societal impacts of AI, particularly focusing on issues of bias and fairness. Gebru gained widespread recognition for her paper challenging the ethics of large language models, which led to her departure from Google's Ethical AI team. Her advocacy has significantly influenced the conversation around responsible AI development and the importance of diverse perspectives in AI research. Time magazine's recognition of Gebru as one of the 100 most influential people in the world underscores her impact on the field.

Eva Maydell

Eva Maydell serves as a Member of the European Parliament and is a key advisor on the EU AI Act. Her work focuses on shaping AI policy at the European level, balancing innovation with ethical considerations. Maydell's expertise in digital policy and AI regulation contributes significantly to the development of comprehensive AI governance frameworks. Her role in the European Parliament allows her to influence AI legislation that impacts millions of EU citizens and sets standards for AI development and deployment across Europe. Maydell's efforts aim to ensure that AI technologies are developed and used in ways that benefit society while protecting individual rights and freedoms.

Lee Tiedrich

Lee Tiedrich is an AI expert at the Global Partnership on AI, an international initiative dedicated to responsible AI development. Her work focuses on developing global standards and best practices for AI governance. Tiedrich's expertise spans various aspects of AI policy, including data privacy, ethical considerations, and international cooperation in AI development. Her contributions to the Global Partnership on AI play a crucial role in fostering collaboration between nations and stakeholders to address the challenges and opportunities presented by AI technologies. Tiedrich's work helps shape a global approach to responsible AI development and deployment.

50 MOST INFLUENTIAL WOMEN IN AI

Rashida Richardson

Rashida Richardson serves as senior counsel at Mastercard, focusing on AI and privacy issues. Her work involves navigating the complex legal and ethical landscape surrounding AI technologies in the financial sector. Richardson's expertise extends to issues of algorithmic bias, data protection, and the societal implications of AI-driven financial systems. Her role at Mastercard allows her to influence how AI is implemented in one of the world's largest payment networks, ensuring that these technologies are deployed responsibly and ethically. Richardson's work contributes to shaping AI policies that protect consumer rights while enabling innovation in financial services.

Krystal Kauffman

Krystal Kauffman is a research fellow at the Distributed AI Research Institute, founded by Timnit Gebru. Her work focuses on examining the societal impacts of AI technologies, particularly in areas of bias, fairness, and accountability. Kauffman's research contributes to the growing body of knowledge on responsible AI development, addressing critical issues such as algorithmic discrimination and the ethical implications of AI in various sectors. Her role at the Distributed AI Research Institute allows her to collaborate with leading experts in the field, furthering the institute's mission of promoting equitable and responsible AI practices.

Amba Kak

Amba Kak is known for her work in creating policy recommendations to address AI concerns. Her expertise lies in developing frameworks for AI governance that balance innovation with ethical considerations and societal impact. Kak's work often focuses on the intersection of AI, privacy, and human rights. Her policy recommendations have influenced discussions on AI regulation at both national and international levels. Kak's contributions are crucial in shaping a regulatory environment that promotes responsible AI development while protecting individual rights and societal values.

Miranda Bogen

Miranda Bogen specializes in developing solutions to help govern AI technologies. Her work focuses on creating practical frameworks and tools for AI accountability and transparency. Bogen's expertise spans various aspects of AI governance, including algorithmic auditing, impact assessments, and policy development. Her contributions are vital in bridging the gap between theoretical ethical principles and their practical implementation in AI systems. Bogen's work helps organizations and policymakers navigate the complex landscape of AI governance, ensuring that AI technologies are developed and deployed responsibly.

Mutale Nkonde

Mutale Nkonde is the founder of a nonprofit organization working to make AI less biased. Her work focuses on addressing racial and gender biases in AI systems, advocating for more inclusive and equitable AI development practices. Nkonde's expertise spans policy, technology, and social justice, allowing her to approach AI ethics from a multidisciplinary perspective. Her efforts contribute to raising awareness about the potential discriminatory impacts of AI and promoting solutions to mitigate these issues. Nkonde's work is crucial in ensuring that AI technologies benefit all segments of society equitably.

Karine Perset

Karine Perset is a prominent figure in AI policy and governance, currently serving as the Head of the OECD.AI Policy Observatory and the Working Party on AI Governance (AIGO). With over 20 years of experience in international organizations, Perset plays a crucial role in helping governments understand and navigate the complex landscape of AI technologies and their implications. Her work at the OECD focuses on developing evidence-based policy advice and fostering international cooperation on AI governance. Perset's expertise spans various aspects of digital policy, including AI, Internet governance, and ICTs. Her leadership in the OECD's AI initiatives contributes significantly to shaping global standards and best practices for responsible AI development and deployment.



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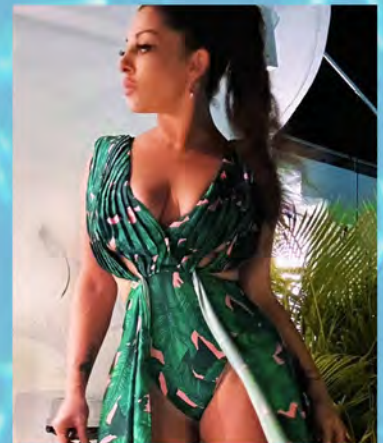
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Carlton Jones
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THE PRICE OF PERFECTIONISM

For years, during job interviews, I proudly shared that perfectionism was one of my best traits. Potential employers ate it up. Little did I know how much I was telling on myself. Of course, they loved it. It meant I would overwork and overperform. It is one thing to aim for accuracy, such as pulling off a stunning and complex event. It is another to never hold space for being human or taking life-altering chances because you can't calculate or control immediate and rapid success. Growth takes friction, and it takes gambles. Perfectionists are not fans of either.

The ideal family, career, or life has been used as a roadmap to a "good life" and a tool to judge conformity. Conformity, long valued by established institutions, drives manipulability and predictability, supporting a capitalistic system for accumulating wealth and power—many greedy and controlling systems benefit from conformity. The system needs you to participate in the never-ending pursuit of societal approval.

Come enjoy the "hot mess" that is my own effort at getting out of my comfort zone. Please get your tickets for my new one-woman show, *Raising Hell and Consciousness*, premiering September 21st at 1:30 PM at the Caveat Club NYC.

Ask questions in a world that values conformity, and your mental health is called into question. Grow up in a screwed-up family and spend lifetimes trying to prove your worth to the system. It is a great way to ensure people stop thinking for themselves.

If your life experience fell outside the ideal, you were often gifted with heaps of guilt and shame. That process creates many adults who later need rewiring and struggle with perfection. Perfectionism is a painful and inauthentic way to live. It is rooted in discomfort with authenticity, with rawness and realness. It does not honor humanness. We are surrounded by reinforcement that sells a LOT of products and services.

On Saturday, I hosted my weekly X Spaces on this topic. Several of the nearly 200 amazing folks who dropped by to chat realized that they struggle with the price of perfectionism. They realized they were not reaching for their biggest dreams or stretching themselves because failure or criticism (much of it self-induced by adulthood) was holding them back from growth.



THE PRICE OF PERFECTIONISM

If you are wondering if you struggle with perfectionism, here are signs that it may be getting in the way of your growth:

Overly Critical of Oneself: Perfectionists tend to set extremely high standards and quickly criticize themselves for any perceived shortcomings, even if the mistake is minor.

Fear of Failure: They may be so afraid of making mistakes or failing that they procrastinate or avoid tasks entirely.

Difficulty Delegating: A belief that others won't meet their high standards can make it hard for them to delegate tasks to others.

All-or-Nothing Thinking: Viewing situations in extremes—complete success or total failure—without room for middle ground or imperfection.

Procrastination: Ironically, perfectionists might procrastinate out of fear that they won't be able to complete a task perfectly.

Excessive Checking and Revising: Repeatedly checking or revising work to ensure it's flawless, often well beyond necessary.

Difficulty Celebrating Success: Even after achieving something, perfectionists might focus on the flaws or things that could have been better rather than celebrating their accomplishments.

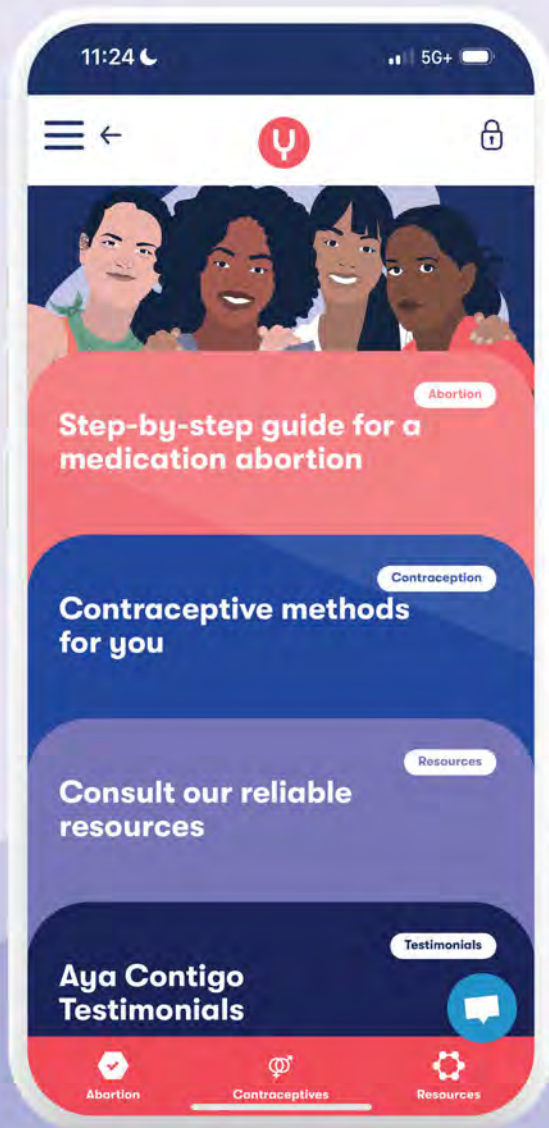
People-Pleasing: They may go out of their way to please others in an attempt to be seen as perfect by those around them.

Inability to Rest or Relax: Feel guilty about taking breaks or resting because they feel they should be working on perfecting something.

Negative Impact on Mental Health: Perfectionism can contribute to anxiety, depression, stress, and burnout due to the relentless pursuit of unattainable standards.

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The zen ROOM



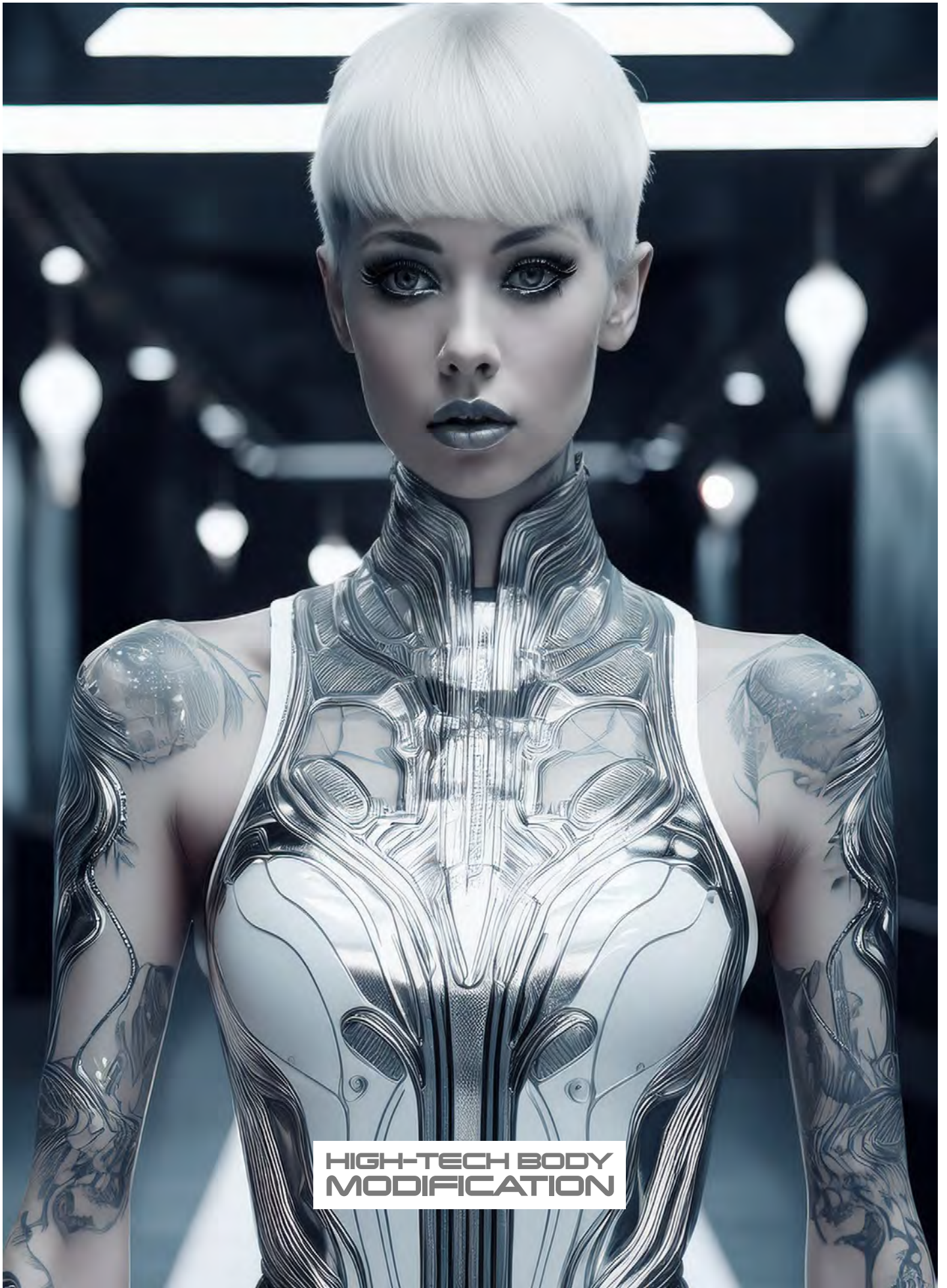
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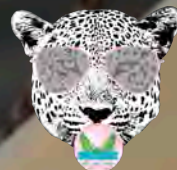


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CONSCIOUS READING

FOUR INSPIRING BOOKS

The Power of Now by Eckhart Tolle

This groundbreaking work focuses on spiritual enlightenment and living in the present moment. Tolle teaches readers how to free themselves from being "stuck in their heads" and instead find happiness and fulfillment by being fully present. The book's question-and-answer format makes complex concepts accessible, guiding readers to let go of past regrets and future anxieties in favor of embracing the now.

Conscious Living by Gay Hendricks

Hendricks offers a practical handbook for understanding your life purpose and taking actions that contribute to your wellbeing and that of others. Drawing from Stoicism and Taoism, he explores how to truly feel your feelings and express gratitude for life. The book provides wisdom on finding joy in the real world through conscious choices and awareness.

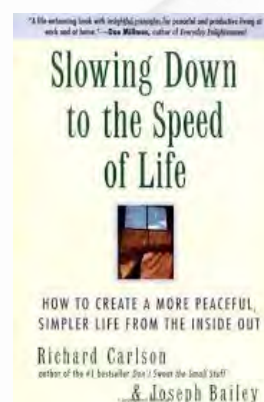
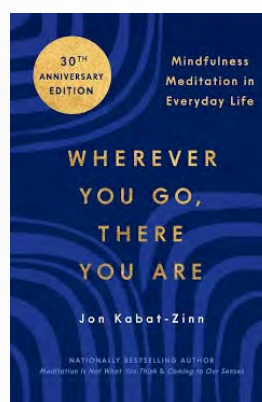
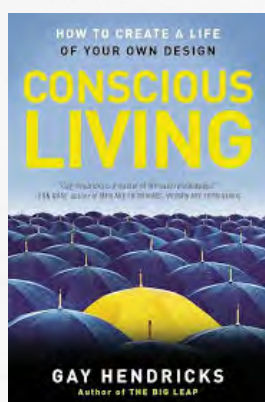
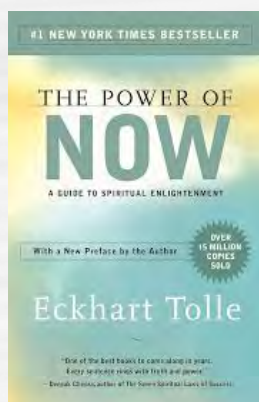
Wherever You Go, There You Are by Jon Kabat-Zinn

This accessible guide makes mindfulness approachable for everyone, even those skeptical of meditation practices. Kabat-Zinn provides scientific insights into how mindfulness can actually change the brain, along with practical tips for incorporating mindfulness into everyday situations. It's an excellent resource for those curious about mindfulness but wary of prescriptive approaches.

Slowing Down to the Speed of Life by Joseph Bailey and Richard Carlson

For those feeling overwhelmed by the pace of modern life, this book offers a refreshing perspective. The authors debunk the myth of multitasking and provide strategies for slowing down to live more peacefully and efficiently. It teaches readers how to approach tasks one at a time and find simplicity amidst chaos.

These books offer diverse approaches to conscious living, from spiritual enlightenment to practical mindfulness techniques. By exploring their teachings, readers can develop greater awareness, find more joy in daily life, and cultivate a more conscious approach to living.



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CONSCIOUS EATING

THE POWER OF CUCUMBERS

Cucumbers are often underestimated in the realm of nutrition, but they offer a refreshing array of health benefits that make them a fantastic addition to any diet. Composed of about 95% water, cucumbers are an excellent way to stay hydrated, especially during hot weather or after exercise. Proper hydration is crucial for maintaining bodily functions, aiding digestion, and preventing constipation.

Beyond hydration, cucumbers are low in calories—only about 16 calories per cup—making them an ideal snack for weight management. Their high water and fiber content can help you feel full, reducing the likelihood of overeating. Additionally, cucumbers contain important vitamins and minerals, including vitamin K, which is essential for bone health and proper blood clotting.

Cucumbers also boast antioxidant properties due to compounds like flavonoids and triterpenes, which help combat oxidative stress and inflammation in the body. This may contribute to a reduced risk of chronic diseases such as heart disease and cancer. Furthermore, the presence of cucurbitacins in cucumbers has been linked to potential anti-cancer effects by inhibiting tumor growth.

Incorporating cucumbers into your meals is easy; they can be enjoyed raw in salads, pickled, or blended into refreshing drinks like cucumber water. By adding this versatile vegetable to your diet, you not only enhance your meals but also boost your overall health with minimal calories and maximum hydration.

CONSCIOUS LISTENING: THE POWER OF FREQUENCY

The frequency of sounds we listen to plays a crucial role in our physical, emotional, and mental wellbeing. From the soothing low frequencies of nature to the higher frequencies in music, each range can impact us differently.

Low-frequency sounds, like those found in nature (e.g., the earth's rotation at around 11 Hz or the Schumann resonance at 7.83 Hz), have been associated with promoting overall health and balance. While these frequencies are below our audible range, they can still influence our bodies positively. White noise, which contains a mix of frequencies, can be particularly calming and is often used to aid sleep.

In the audible spectrum, different frequency ranges correspond to various brain wave states. For instance, theta waves (4-8 Hz) are linked to deep relaxation and creativity, while alpha waves (8-14 Hz) are associated with focused productivity and reduced stress. By listening to sounds or music that align with these frequencies, we may be able to induce corresponding mental states.

The impact of sound frequencies extends beyond just relaxation. Research has shown that certain melodic, soothing tones can help decrease cortisol levels, indicating reduced stress. This highlights the potential of using specific sound frequencies as a tool for stress management and overall wellbeing.

However, it's important to note that higher frequencies aren't inherently better. Each frequency range serves a purpose, and the key is finding the right balance for your needs. Additionally, while sound can be healing, excessive exposure to high-amplitude sounds (over 85 dB) can damage hearing.

In our daily lives, we can harness the power of frequency by being mindful of the sounds we expose ourselves to. This might involve creating playlists with calming frequencies for stress relief, using white noise for sleep, or simply spending time in nature to absorb its beneficial low-frequency sounds. By understanding and utilizing the importance of frequency in what we listen to, we can potentially enhance our overall health and wellbeing.



THE BENEFITS OF CONSCIOUS BREATHING

Conscious breathing, often referred to as yogic breathing or pranayama, offers a multitude of benefits that extend beyond mere oxygen intake. By intentionally focusing on your breath, you can significantly enhance your mental and physical wellbeing.

Stress Reduction

One of the primary advantages of conscious breathing is its ability to reduce stress. When we experience anxiety, our breathing often becomes rapid and shallow, triggering the body's fight-or-flight response. By practicing deep, diaphragmatic breathing, you signal to your nervous system that it's time to relax, effectively calming both mind and body.

Improved Mental Clarity

Conscious breathing also enhances mental clarity and focus. By directing your attention to your breath, you create a meditative state that helps clear away distracting thoughts. This practice can improve concentration and foster a more mindful approach to daily tasks.

Enhanced Physical Health

Research indicates that conscious breathing can improve various aspects of physical health, including respiratory function, blood pressure regulation, and even digestion. Regular practice promotes better oxygenation of the body, which can lead to increased energy levels and overall vitality.

Emotional Wellbeing

Lastly, conscious breathing is linked to improved mood and emotional regulation. By incorporating breath awareness into your routine, you can cultivate a greater sense of calm and resilience against life's challenges.

Incorporating conscious breathing into your daily life is a simple yet powerful way to enhance your overall wellbeing. Just a few minutes each day can lead to profound changes in how you feel and respond to stress.

CONSCIOUS TECH: THE LATEST AND COOLEST

NEORHYTHM: THE WEARABLE WELLNESS SOLUTION



NeoRhythm is a groundbreaking headband that uses pulsed electromagnetic field (PEMF) therapy to enhance mental and physical wellbeing. By emitting specific frequencies, it gently guides your brainwaves into desired states, offering seven scientifically-determined settings for improved focus, deep relaxation, better sleep, pain control, energy, meditation, and more.

With thousands of clinical trials supporting PEMF therapy, NeoRhythm stands on solid scientific ground. Its user-friendly, gesture-controlled design allows for easy switching between settings via a companion app, and the device can be worn in various positions depending on the desired outcome.

As we increasingly seek non-invasive, natural ways to enhance our wellbeing, devices like NeoRhythm are leading the charge. By offering a drug-free approach to managing stress, improving cognitive function, and promoting overall health, NeoRhythm is positioning itself at the forefront of the biohacking movement.



CONSCIOUS HOME

READY TO GROW YOUR OWN PRODUCE?
ONE OF THE EASIEST TO START WITH? TOMATOES

The Tomato Tango: Growing Your Own Red Gold

Growing tomatoes is like hosting a party where everyone is invited, and the guests are all deliciously ripe. Seriously, if you can manage to keep a houseplant alive, you can grow tomatoes. They're the overachievers of the garden—thriving in just about any condition, even if you accidentally forget to water them for a week (not that we recommend this).

The Tomato's Superpowers

First off, let's talk benefits. Tomatoes are basically nature's candy. They're packed with vitamins C and K, plus lycopene, which sounds like a superhero but is actually a powerful antioxidant that fights off those pesky free radicals. Who knew your garden could double as a health spa?

Tomato Cultivation: Easy Peasy!

Planting tomatoes is as easy as pie—if pie were made of dirt and sunshine. Just find a sunny spot, toss in some seeds or seedlings, and watch the magic happen! They'll grow faster than your neighbor's gossip about your questionable gardening skills. Before you know it, you'll be harvesting more tomatoes than you can handle.

A Tomato for Every Occasion

From salads to sauces to the perfect BLT, tomatoes are versatile culinary chameleons. Plus, nothing beats the satisfaction of saying, "Oh, these? I grew them myself!" while casually tossing a fresh tomato into your salad like a culinary ninja.

So grab your gardening gloves and get ready to embrace the tomato tango—your taste buds will thank you!



THE ATTITUDE WE WEAR

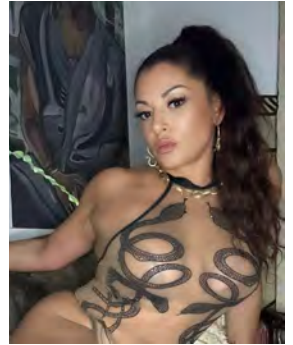
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Special Contributors

Fab Bliss is a native New Yorker whose path has been a wild journey from the world of entertainment media and public relations to the holistic & sensual arts. She graduated from The New School for Social Research in 1996 as an already published author and launched MIA, the first English-language Latino lifestyle magazine, in the same year. Her freelance journalism career ran the gamut of the NY culture scene from being a nightlife reporter for Paper and Next magazines, to entertainment columnist for the NY Post to having her very own relationship advice column for BET.Com. She has written for a variety of major publications both in print and online and worked as a publicist for NBC news.

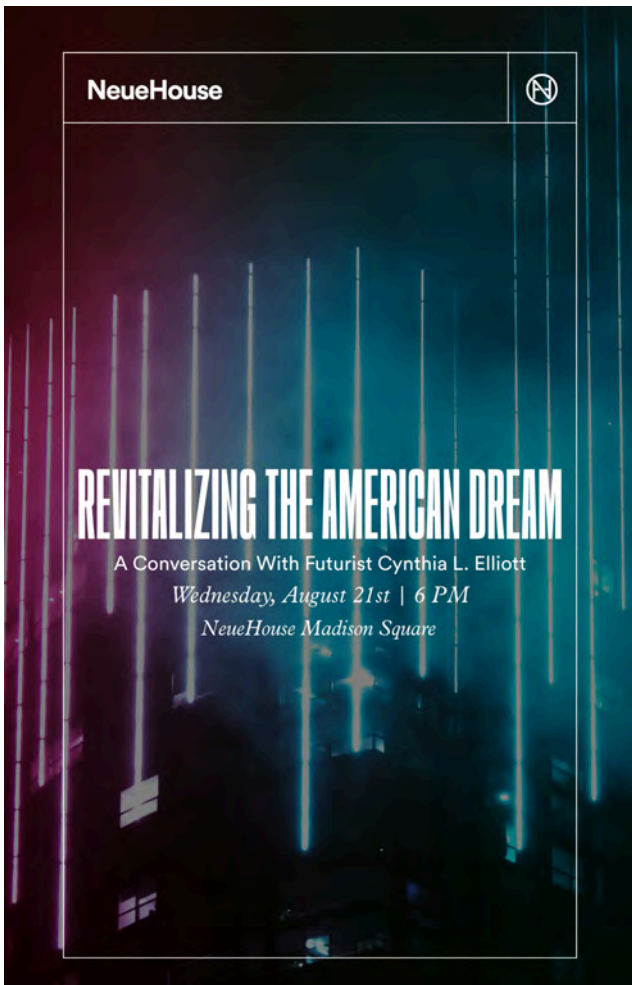
In 2003 Fab took a hiatus from the accelerated pace of content creation to pursue her passion for holistic healing and spent many years studying the esoteric practices of tantra, yoga, and shamanic breathwork. As a certified Tantra instructor and life coach, she brings a unique perspective to her work and is passionate about turning people on—not simply in a physical sense, but to experiencing sensuality as a gateway to the wisdom of your body, mind and spirit. Currently she is the CEO of Bliss Bodytemple, a multi-tiered collective of brands that promote holistic sensuality through bodywork, wellness retreats, and events.



Carlton Jones began turning heads early in his career as the stylist to begin the transformation of the image of Queen Latifah from rapper to the beautiful songstress we know today. With over two decades of experience serving as an image consultant, fashion director, style correspondent and wardrobe designer, Carlton began combining his love of style and fashion, with elation received from traveling to some of the most breathtaking destinations imaginable. The genesis of his eponymous, resort-inspired collection utilizes his experience dressing bodies, ranging from Halle Berry and Erykah Badu to Aretha Franklin and Michelle Obama

As a result of this aptitude and ambition, in 2020 Carlton became one of the recipients selected for the Icon 360 x A Common Thread \$1 Million Grant facilitated by The CFDA and VOGUE. These resources fuels Carlton's ambition to create travel inspired clothing that are suitable for the streets of any metropolitan city. Carlton has fused his fondness of relaxed fluidity, sensual fabrics, colors and prints along with a seasoned ability to forgive and accentuate. With that, aesthetic comes the brand's anchoring belief; Resort isn't a destination; it's a Feeling!

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