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Dear Reader,

Peter H. Diamandis opens the innings this time by framing the oft asked question “In this age of the AI revolution, how do I stay relevant when machines can do my job better than I can?” The speed is the challenge, he says. “When the environment changes faster than our ability to adapt, people panic. 150 years ago, 80% were farmers, now it’s 3%. But that was a 150-year shift. This will be 3-10 years.” So how do we survive? Peter brings in Tony Robbins’ wisdom who says that three skills are the key: Pattern Recognition, Pattern Utilization, and Pattern Creation. Master these three skills, and AI becomes your force multiplier – not your replacement.

Playing both ends of the crease, **Peter H. Diamandis** starts his second piece by quoting Stewart Brand’s proclamation in 1968 that defines our era: “We are as gods and we might as well get good at it.” Having godlike power is only half the battle, says Peter. “The real challenge is upgrading our consciousness and cognitive navigation systems to match that accelerating power.”

At one-down in the batting order comes **Frank Landymore’s** piece that focuses on the phenomenon that psychiatrists are calling “AI psychosis” in which users become entranced by the sycophantic responses of an AI chatbot and are sent down a delusional and often dangerous mental health spiral, sometimes culminating in suicide or murder.

At two-down comes **Joe Wilkins** providing Palantir CEO Alex Karp’s thoughts on what one’s career may look like in our increasingly uncertain, AI-powered future? According to Karp the future of work is vocational, with a strong formal education in any of the humanities spelling certain doom.

Back-of-the-book we have our regularly scheduled column Top-of-Mind (ToM), with Sharks and Wolves dominating the discourse. May Allah keep us all in His protection, ameen ☺

Explore JJ’s curated articles for expert insights on emerging trends, managing people, business, and personal growth. Gain valuable knowledge and prepare for future challenges with confidence.

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3 Skills to Survive the AI Revolution



Peter H. Diamandis | 08 min read

The number one question I get from entrepreneurs facing the AI revolution is this:

“Peter, how do I stay relevant when machines can do my job better than I can?”

It's the same question I've been asking my dear friend Tony Robbins for a decade. And in a recent conversation on my *Moonshots podcast*, Tony shared something that crystallized the answer.

1/ Government Is Too Slow

“I talked to the President 10 years ago,” Tony told me. “I said 8 million truck drivers will be displaced by self-driving cars, and Uber drivers replaced by AI. I asked what the government was doing to retool people. He said, ‘Tony, it’s not going to happen that fast.’

Now it’s happening in cities worldwide. The speed is the challenge: 150 years ago, 80% were farmers, now it’s 3%. But that was a 150-year shift. This will be 3-10 years.

*So how do we survive? **Three skills:** Pattern Recognition, Pattern Utilization, Pattern Creation. Master these and AI becomes your tool, not your replacement.”*

The agricultural revolution transformed society over **7,000 years**... the Industrial Revolution transformed our world over **140 years**... **and the AI**

revolution is transforming society dramatically within a decade.

And the government is still not ready.

2/ Why Speed Is the Real Threat – YOU Need to Be Ready

When the environment changes faster than our ability to adapt, people panic. Tony pointed out a few examples over history.

The Luddites in 1800s England didn't riot because machines were bad. They rioted because 70% of jobs disappeared faster than humans could find new ones. The government hung 24 people publicly to try to stop the rebellion.

We're not facing a technology problem. We're facing a **speed problem**.

The good news is that ***you don't need the government to be ready.*** You need **YOU** to be ready. And that starts with developing three specific skills...

3/ The 3-Skills Framework

Tony has taught this framework to CEOs, his business partners, his kids, and anyone who will listen. ***Master these three skills,*** and AI becomes your force multiplier – not your replacement.

Skill #1: Pattern Recognition

This is the ability to see what's coming before others do. To look at history, markets, technology, and human behavior and recognize: I've seen

this before.

When you recognize patterns, fear disappears. People are fearful because something looks like it's never happened before. But as the phrase goes: **"History doesn't repeat, but it rhymes."**

Pattern recognition is why some people saw the 2008 crash coming. It's why some entrepreneurs saw AI's impact years before ChatGPT. The skill isn't predicting the future. It's recognizing that the future has patterns you can learn.

Skill #2: Pattern Utilization

Recognition alone isn't enough. You have to use what you see.

Tony gave a powerful example: for thousands of years, humans wandered as hunter-gatherers, living in constant fear. What changed everything? We recognized the pattern of seasons and then we utilized it. Plant in spring. Protect in summer. Harvest in fall. Conserve in winter.

That single pattern, properly utilized, built civilization.

Once you recognize financial patterns, business patterns, or technology patterns, you're no longer fearful. Once you use those patterns, you become powerful. You invest better. You build better. You lead better.

Skill #3: Pattern Creation

This is the ultimate level, and it's what **separates good from great**.

Think of learning piano. First, you learn other people's patterns: their songs, their techniques. Then you start using those patterns to create beautiful music. But eventually, if you keep growing, you develop your own patterns. You become a **creator**.

In business, in sports, in any field – the people who create new patterns become the GOATs. They bring something to the table that's never existed before.

And here's the key insight: **You won't be replaced by AI. You'll be replaced by someone who uses**

(or directs) AI better than you.

When you become a pattern creator, you're no longer competing with AI. You're directing it. You're the entrepreneur, the vision-setter, the one who decides what gets built and why.

4/ Identity Shift

But skills alone aren't enough. Tony emphasized something deeper: **Identity**.

Most people today are managers of their lives: stressed, reactive, trying to control circumstances they can't control. The future belongs to those who see themselves as **creators**.

When you **shift from "I manage problems" to "I create solutions,"** everything changes. External circumstances stop dictating your life. You start dictating your outcomes.

That's the mindset shift. AI is a rocket that launches you. But it doesn't know where to go.

You're the pilot. You set the destination. You direct the intelligence toward outcomes that matter.

5/ Call to Action

The government wasn't ready 10 years ago. They're still not ready today. And honestly? They may never be ready in time.

But you can be.

The entrepreneurs, leaders, and builders who master Pattern Recognition, Pattern Utilization, and Pattern Creation will do more than merely survive the AI revolution. They will thrive in it. They'll be the ones directing the most powerful tools in human history toward problems that matter.

You can't wait for someone to retool you. This is about retooling yourself, starting now.

The call to adventure is here. AI is that call ■

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We Are As Gods. Now What?

Peter H. Diamandis | 08 min read

In 1968, Stewart Brand made a proclamation that defines our era: “We are as gods and we might as well get good at it.”

Fifty-eight years later, it’s no longer metaphor... it’s measurement.

By noon most days, you’ve already reenacted half of the Old Testament. You’ve summoned knowledge from the ether via Google or a chatbot. Moved money with the wave of your hand via Apple Pay. Spoken to someone across the globe via FaceTime. Conjured fire on a smart stove and parted the clouds with your weather app.

We don’t call these miracles. We call them Tuesday.

In our first book, *Abundance: The Future is Better Than You Think*, Steven Kotler and I predicted a future of transportation, AI, robots and longevity. A decade later, those predictions are data. But as we explain in our new book, “**We Are As Gods**,” having godlike power is only half the battle. The real challenge is upgrading our consciousness and cognitive navigation systems to match that accelerating power.

Here are seven critical takeaways from We Are As Gods to help you thrive in the decade of everything, everywhere, all the time:

(NOTE: I’m doing a private 90-min Zoom AMA

about the book on Feb 8th for anyone who pre-orders it this month. Pre-order the book here: www.Diamandis.com/book).

1/ The Failure of Analogy

If you feel overwhelmed by the pace of change, it isn’t just cultural... it’s cortical. Our brains evolved for a **local and linear** world where news traveled at a walking pace and change took generations.

Today, we live in a **global and exponential** environment where seismic shifts erupt weekly. Our “structure-mapping” machinery has run out of easy comparisons, leading to “cognitive vertigo”: the sense that the world is moving faster than we can parse it.

To survive, you must stop looking for analogies in the past and build an **Exponential Mindset** for the future.

2/ The Six Ds are Scaling at Warp Speed

The Six Ds—the blueprint for how technology transforms scarcity into surplus—are now “eating the world.”

- **Digitization:** Once a technology becomes code, it jumps on the back of Moore’s Law and accelerates.
- **Dematerialization:** Physicality is disappearing. Your smartphone has replaced \$7.1 million worth of 1980s technology, including your camera, GPS, and encyclopedia.

- **Democratization:** We are democratizing expertise. AI now allows anyone with a Wi-Fi connection to solve problems once reserved for PhDs.

3/ The Paradox of Plenty

Abundance is a double-edged sword. Each new solution unleashes a host of new problems. This is the “Abundance Paradox.” We solved for famine, yet now 2.6 billion people are overweight.

We created hyperconnectivity, yet it triggered a global mental health crisis and information overload. These challenges arrive in forty days rather than forty years.

As Spider-Man said: “With great power comes great responsibility.”

4/ Become a “Centaur”

The future isn’t a death match of human versus machine. It’s about the centaur: a hybrid model of human-AI collaboration. By teaming human creative intuition with AI’s raw computational power, you can reach unprecedented levels of intelligence.

Look at BMW: when they replaced all workers with robots, productivity crashed. But when they teamed humans with AI, productivity shot up by as much as 85%.

You must train your mind alongside your machine, using AI as a “challenger” to elevate your edge rather than a crutch to replace it.

5/ Flow as Your Competitive Advantage

In a world of artificial intelligence, **lateral thinking**—the ability to make unexpected connections between unrelated ideas—is our ultimate advantage.

AI excels at deductive reasoning but hits a wall

when it comes to wild leaps of imagination. Dropping into a “flow state” can amplify this lateral thinking by 58%.

Creative leaders who master flow and collaborate with AI will own the future.

6/ The Play Mandate

Play is not frivolous – it is a biological requirement for complex brain development.

As AI takes over the “dull, dirty, and dangerous” work of survival, play becomes our path to innovation and social bonding. It is the sandbox where we prototype new realities.

To thrive in Abundance, you must reclaim the transformative power of play to keep your mind vibrant and adaptable.

7/ Purpose is Your Anchor

Without the external struggle for survival, we risk falling into “learned helplessness.”

Without curiosity and purpose, our brains power down and our potential drains away – a fate seen in the “Universe 25” colony, where a mouse paradise became a tomb because the inhabitants lost their “why.” In a post-scarcity world, purpose is the North Star.

The “new work” is not about earning a living. It’s about earning a life through creation and meaning-making.

Here’s what this means for you: We are at the most consequential technological inflection point in history. The tools for miracles are in your pocket ■

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Sam Altman Lets Loose About AI Psychosis

“Almost a billion people use it and some of them may be in very fragile mental states.”

Frank Landymore | 05 min read

As uneasy questions swirl over the safety of large language models, OpenAI CEO Sam Altman took to social media to go long on the phenomenon that psychiatrists are calling “AI psychosis” — though pointedly without mentioning it by name.

The extended spiel was provoked by his longtime rival Elon Musk, who had a grave warning in response to a post claiming that Altman’s chatbot has now been linked to at least nine deaths: “Don’t let your loved ones use ChatGPT,” Musk tweeted.

Altman hit back with palpable frustration.

“Sometimes you complain about ChatGPT being too restrictive, and then in cases like this you claim it’s too relaxed,” he fumed. “Almost a billion people use it and some of them may be in very fragile mental states.”

He vowed that OpenAI would do its best to balance the bot’s safety and usability, but insinuated that Musk was being opportunistic with his criticism, stating that “these are tragic and complicated situations that deserve to be treated with respect.”

“It is genuinely hard,” Altman reiterated. “We need to protect vulnerable users, while also making sure our guardrails still allow all of our users to benefit from our tools.”

To an extent, you can understand Altman’s exasperation at Musk calling the kettle black. A self-proclaimed free speech absolutist who frequently rails against “woke” ideology, the selling point of Musk’s chatbot Grok is that it’s unfiltered and supposedly censorship free, rarely refusing even the edgiest of requests. This has spawned controversies such as a posting spree in which it praised Nazis and styled itself “MechaHitler,” or more recently when it generated countless nonconsensual nudes of women and children — none of which have resulted in Grok being meaningfully reined in.

Going for the knockout blow, Altman pointed out the numerous deaths linked to Tesla’s self-driving



technology, which he called “far from safe.”

“I won’t even start on some of the Grok decisions,” he added.

Still, one could also accuse Altman of not adequately reckoning with the severity of the phenomenon at hand, AI psychosis, in which users become entranced by the sycophantic responses of an AI chatbot and are sent down a delusional and often dangerous mental health spiral, sometimes culminating in suicide or murder. ChatGPT alone has been linked to at least eight deaths in lawsuits filed against OpenAI, and the chatbot maker has acknowledged that somewhere around 500,000 of its users are having conversations that show signs of psychosis every week.

Altman almost waves away these grim tolls as an inevitable consequence of the product’s popularity. And even its own alarming internal figures haven’t spurred the very concerned minds at OpenAI like Altman to pull or at least seriously muzzle their product. In fact, the company has continued to vacillate on its safety commitments, such as promising an smut-friendly “adult mode” after years of resisting the bot being used for more erotic outputs, or restoring access to its notoriously sycophantic GPT-4o model after fans complained GPT-5 was too cold and “lobotomized” — before making GPT-5 more sycophantic, too ■

Source:

https://futurism.com/future-society/sam-altman-ai-psychosis?utm_source=beehiiv&utm_medium=email&utm_campaign=futurism-newsletter&bhid=a8d646b426bbc6efe9621a5981e82bb30c79e8b

CEO of Palantir Says AI Means You'll Have to Work With Your Hands Like a Peasant

"You went to an elite school, and you studied philosophy; hopefully you have some other skill."

Joe Wilkins | 05 min read

Wondering what your career looks like in our increasingly uncertain, AI-powered future? According to Palantir CEO Alex Karp, it's going to involve less of the comfortable office work to which most people aspire, a more old fashioned grunt work with your hands.

Speaking at the World Economic Forum yesterday, Karp insisted that the future of work is vocational — not just for those already in manufacturing and the skilled trades, but for the majority of humanity.

In the age of AI, Karp told attendees at a forum, a strong formal education in any of the humanities will soon spell certain doom.

"You went to an elite school, and you studied philosophy; hopefully you have some other skill," he warned, adding that AI "will destroy humanities jobs."

Karp, who himself holds humanities degrees from the elite liberal arts institutions of Haverford College and Stanford Law, will presumably be alright. With a net worth of \$15.5 billion — well within the top 0.1 percent of global wealth owners — the Palantir CEO has enough money and power to live like a feudal lord (and that's before AI even takes over.)

The rest of us, he indicates, will be stuck on the assembly line, building whatever the tech companies require.



Illustration by Tag Hartman-Simkins / Futurism. Source: Fabrice Coffrini / AFP via Getty Images

"If you're a vocational technician, or like, we're building batteries for a battery company... now you're very valuable, if not irreplaceable," Karp insisted. "I mean, y'know, not to divert to my usual political screeds, but there will be more than enough jobs for the citizens of your nation, especially those with vocational training."

Now, there's nothing wrong with vocational work or manufacturing. The global economy runs on these jobs. But in a theoretical world so fundamentally transformed by AI that intellectual labor essentially ceases to exist, it's telling that tech billionaires like Karp see the rest of humanity as their worker bees.

It seems that the AI revolution never seems to threaten those who stand to profit the most from it — just the 99.9 percent of us building their batteries ■

Source:

https://futurism.com/future-society/palantir-ai-labor-hands?utm_source=beehiiv&utm_medium=email&utm_campaign=futurism-newsletter&bhid=4da87a43369e241b4e15b8a7488347fc06bd77bb



Sharks & Wolves on my mind...

Seeking anti-fragility

The churn is on with great gusto. Change, the only constant, brings with it disruption, which then yields reinvention. The individual's, and society's, mental and physical agility decide the speed with which it reinvents. The faster that speed, the greater the resilience.

Resilience implies not just the ability to survive change, but to emerge stronger and better from the churn of disruption and reinvention. Highly recommended in this regard is a revisit of Nassim Nicholas Taleb's 2012 blockbuster ANTIFRAGILE.

Demonizing the animal kingdom

The human capacity to demonize the animal kingdom is boundless, it seems. The donkey has fallen victim to it, as also have the ass, swine, and vulture. Sharks and wolves haven't been spared either. The animal kingdom is driven by God given instinct and there is not an iota of evil in its denizens. We humans, however, attribute highly negative and derogatory meanings to their species. A donkey and ass, for no fault of theirs, became synonymous with stupidity, and the kings and queens of the food chain, top predators like sharks and wolves get linked with greed, gluttony and sheer evil, like loan sharks and the wolves of Wall Street, stripped bare of their dignity and nobility.

“Sydney in Australia has witnessed its third shark attack in two days” – Dawn, January 20th, 2026

Shark attack!

The real villain of the piece, and peace, is of course us humans, and the sharks for one are making known their displeasure at the human arrogance and folly that have rendered the seas increasingly unlivable. Sydney in Australia has witnessed its third shark attack in two days (Dawn, January 20th, 2026). The surfer, believed to be in his 20s, was in a critical condition in hospital with serious leg injuries after the attack at a northern Sydney beach.

All of Sydney's northern beaches were closed until further notice. The attack at North Steyne Beach in the suburb of Manly came hours after a shark bit a large chunk out of a young surfer's board about 4 kilometres north along the coast at Dee Why Point.

“Starve the Bad Wolf by limiting exposure to negativity, recognizing negative thought patterns, and consciously choosing not to indulge in anger, gossip, or dwelling on the past” – Cherokee wisdom

That surfer, reportedly a boy aged about 11, was uninjured but the beach was closed immediately. Soon after that a large shark bit a 12-year-old boy in the legs as he played with friends at a beach in Sydney harbour, leaving him fighting for survival in hospital. The boy and his friends were jumping from a six-meter rock into the water off Shark Beach in the eastern suburb of Vaucluse when the predator struck. That boy is fighting for his life now.

Polluted waters

Recent heavy rain had drained into the harbour, and authorities believed the combination of the brackish seawater and the children's splashing created a “perfect storm” for a shark attack.

Nature's priceless, magnificent handiwork

Sharks range in size from the small dwarf lanternshark (*Etmopterus perryi*), a deep sea species that is only 17 centimetres in length, to the whale shark (*Rhincodon typus*), the largest fish in the world, which reaches approximately 12 metres in length. They are found in all seas and are common to depths up to 2,000 metres. They generally do not live in freshwater, although there are a few known exceptions, such as the bull shark and the river sharks, which can be found in both seawater and freshwater, and the Ganges shark, which lives only in freshwater.



“Dil Mangey Aur”

Sharks are caught by humans for shark meat or shark fins. Many shark populations are threatened by human activities. Since 1970, shark populations have been reduced by 71%, mostly from overfishing and mutilating practice such as shark finning.

Wolves integral to ecosystems

As apex predators, wolves are integral to ecosystems wherever they are naturally found. Like most species at the top of the food chain, wolves have few natural competitors. As a result, they help maintain healthy populations of other animals and even many of the plants that share their habitats.

The wolf, also known as the grey wolf or gray wolf, is a canine native to Eurasia and North America. More than thirty subspecies of *Canis lupus* have been recognized,

“Mr. Trump has expressed a certain affection for the fuel, calling it “beautiful clean coal” to goad environmentalists, who note that coal is the dirtiest of fossil fuels and a major driver of global warming” – Claire

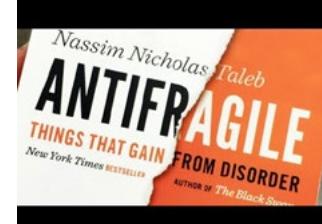
including the dog and dingo, though grey wolves, as popularly understood, include only naturally-occurring wild subspecies (Wikipedia).

A wolf's specialty lies in cooperative hunting of large prey, communication (especially howling), endurance, and keen senses (smell and hearing), making them highly effective apex predators within structured packs that are family units. Wolves may have the largest natural range of any living terrestrial mammal. Wolves have lost nearly a third of their natural range. Wolves don't really howl at the moon. Humans are wolves' biggest predator.

Wolves rely on each other for survival, and this pack behavior has been passed down to dogs, making them naturally inclined to form strong social connections, including with humans. The domestication of dogs has further enhanced their loyalty.

“Good Wolf, Bad Wolf”

The “Good Wolf, Bad Wolf” story is a parable, often attributed to Cherokee wisdom, about the internal battle between our positive and negative traits, teaching that the wolf (or side) that wins is the one we “feed” through



“Sharks range in size from the small dwarf lanternshark (*Etmopterus perryi*), a deep sea species that is only 17 centimetres in length, to the whale shark (*Rhincodon typus*), the largest fish in the world, which reaches approximately 12 metres in length” – Wikipedia

our choices, actions, and focus. The good wolf embodies love, kindness, peace, humility, compassion, and faith. The bad wolf represents anger, greed, fear, envy, regret, arrogance, self-pity, and negativity. By consciously nurturing positive thoughts and behaviors (feeding the good wolf), we can overcome negativity and live a more harmonious life. Feed the Good Wolf by practicing mindfulness, gratitude, self-care, spending time with supportive people, engaging in hobbies, and focusing on positive aspects of life.

Starve the Bad Wolf by limiting exposure to negativity, recognizing negative thought patterns, and consciously choosing not to indulge in anger, gossip, or dwelling on the past. This story serves as a powerful reminder that we have the agency to shape our inner world by choosing what we focus on and nurture daily.

Trump demands burning of coal

Ecology and Tech are at loggerheads with the proliferation of Datacenters spiking the demand for energy and causing Trump to demand the burning of coal to plug the energy deficit (NYT January 22, 2026). Mr. Trump has expressed a certain affection for the fuel, calling it “beautiful clean coal” to goad environmentalists, who note that coal is the dirtiest of fossil fuels and a major driver of global warming. The National Coal Council, which had lapsed under the Biden administration, has been revived, with officials saying that keeping coal plants open is necessary to avoid blackouts and meet rising energy needs.

Man proposes, the Creator dispossesses. Hallelujah ■