

- 1 J: ... alright well.. before we .. we were about to start recording these guys were totally goofing off and perhaps that has some link to your new book which is called Abundance and how the future is just going to be better for everyone... and that's ahh kind of an interesting statement... amm.. but... first off ...why do you think that and then I'm going to ask you to describe who you guys actually are.
- 2 S: one of the things that's .. that's .. if .. if you .. if you .. one of the things that's quant.. the core of our book is .. is a microscopic view .. so if you pull back a little bit from the sea of bad news that's kind of assaulting us these days what you actually see is a preponderated trends that are moving in a fantastic direction... you see poverty has dropped more in the past 50 years than it has in the previous 500 .. in the past 100 years our life extension has moved ...ahh.. I can't even speak... (laughs)
- 3 P: well, the fact is the human life span has doubled in the last 100 years ... and you know ... if you stop and you think about the fact that today somebody that we consider impoverished in the United States .. you know... 99 percent of the people under the poverty level in the US have running water, flushing toilets, televisions.. you know.. 80 plus percent have access to phones, air conditioning, cars... I mean ... these are things that literally the poorest people on the planet ... ahh ...today have more than the ... the kings and queens of 100 and 200 years ago
- 4 J: right... (nodes)
- 5 P: so we've been moving this poverty line and people have .. you know.. basically ignored that fact ... but the world is getting better at an extraordinary rate... and as Steven and I wrote this book ... ahh ... we basically were speaking to the innovators, the scientists, the engineers, and the philanthropists ... ahh .. who have been literally knocking down problem after problem, after problem...
- 6 J: ugu... (nodes)
- 7 P: and as we sort of project forward .. ah, you know.. we believe that most of the basic needs for every man, woman and child, over the next 30 to 40 years will be met... that the technologies that are coming online today will lead towards a world of healthcare abundance, education abundance... I'll... I'll give one example of what I mean, and then .. ahh .. toss it back to ...ahh... to you.. an ..ahh... African tribesman ... a Masi warrior in the middle of Africa today on a cell phone... if you stop and think about it they've got better mobile communications than the president of the United States did 25 years ago...
- 8 J: right... (nodes)
- 9 P: ... and if they are on Google they have better access to information the president did 15 years ago they're living in a world of information communication abundance... and who would have possibly ever imagined that?.. but this is the world that we're creating
- 10 J: yeah, well ... so ...my.. my goal here is to actually ask you guys some questions so everyone watching and listening .. ahh ... can actually have some real takeaway value... ahh.... and also... you... you have created a roadmap for people to actually create ahh.. massive change in the world if they so choose

and to live ... ahh.. just much happier, healthier ... ahh... productive lives... ahh... first off, who are you guys? I mean what qualifies you to speak to this? course you are not just talking about positive thinking in this book.. I mean you're talking about ..you know.. altering the way we live and how that's going to happen and you are on the cutting edge of doing this... I mean I'm here at Singularity University ..ahh ... and ... I'm.. I'm attending a program here you ... you.. at the university you created with Ray... Ray Kurzweil and it's fascinating what's going on here... so,I want the .. the people that are listening to this to get some perspective on who you guys actually are... you first...

11 P: ok, so ahh... I ... I serve as the chairman and cofounder of Singularity University,which is really ...ahh... an institution built to teach people like yourself about all of the exponentially growing technologies that are ... what's in the lab today what's coming to market in 2, 5, 10, 20 years, in AI robotics, nano materials, human machine interface, medicine, computational systems, networks, all of these areas that are really transforming our planet... and than I also am the chairman and CEO of the X Prize Foundation whose mission it is really to envision the future and then challenge the world to go and make that future happen... and our first one was in private space flight but we're doing it in energy, education, life sciences, a range of areas... and I'm passionate about solving grand challenges...

12 J: yep... and that you have so far (hand motion pointing to S)

13 P: hmm... (smile, turns head to S)

14 S: I on the other hand am not passionate about solving them... (others are laughing with S)... I'm a long—time author and journalist... I run an animal sanctuary and I had a research project into flow states...

15 J: yeah .. and you know we had some fascinating conversations before ... ahh.. we started this ... this interview and about ...I mean ... what the human mind is capable of... real quickly your perspective of background you've done on ... on the brain and ... and human behavior.

16 S: Well I .. hmm.. the work that you're interested in is the work that I've done on flow states... and the flow states... it's a term that goes ... dates back to Mihaly Csikszentmihalyi, a psychologist from the '60's and '70's who was looking at what is the fundamental technology behind creativity and innovation, happiness, and things along those lines and he identified a state of consciousness called a "flow state" that seems to underpin all of these things... for example... in survey after survey after survey people ... hmm... we found that if you go kind of around the world and find the happiest people on earth they're the people who live lives that consistently have the most flow states in them... so what we're talking about is kind of the ultimate happiness technology... and unfortunately it's kind of a black box technology... we don't really know how it happens in the human brain ...we have very... very little work with it at this ... this point on it... but I'm part of an organization that's trying to reverse engineer flow states...

17 J: yeah... I'm glad you said that because I think that very much leads into abundance... I mean if someone's actually going to live in a state of abundance I think they have to first believe that that's even a possibility and to ... and to live a life according to that...