



The New Age Guide

How to understand the 4th Industrial Revolution — and move into the next age

How to use this guide

This guide turns the ideas of The Living Dead Economy into ten practical steps. Each step has a short explanation and two small actions. Do one step a week and in ten weeks you will be better informed, better protected and better connected.

You do not need to be technical. You do not need to be afraid. You do need to be intentional.

Start with step one, finish the actions, and tick them off. Share the guide with a neighbor and do it together — the new age is built in company.

The 10 sections at a glance

1. **The Singularity** — The point where machine intelligence outruns human understanding — and decisions are made that no one can question or vote out.
2. **The Architects** — The people, institutions and ideas steering the new order — and why every age has its builders.
3. **The Six Systems** — Government, faith, health, money, energy and family — each being rebuilt around data.
4. **The 2030 Framework** — Public promises, private concerns, and a clock that is already running.
5. **The Neuralink of the System** — From the data we type, to the signals we think: the final frontier of privacy.
6. **The Anti-Human Corporation** — Organizations that serve scores and shareholders before the people inside them.
7. **Rescuing One Million Children** — The most urgent work of any age: protecting the youngest from being harvested.
8. **The Media** — Who tells the story decides who wins the war. Building signals that are ours.
9. **Living System or Dead System?** — Efficiency versus freedom. Seamless versus alive. The question every person must answer.
10. **One Living World** — The alternative: cooperative, local, regenerative, human-scaled.

What is happening?



Four big waves of technology have reshaped human life. Steam and water power (1st), electricity and mass production (2nd), computers and the internet (3rd), and now — the 4th — the blending of physical, digital and biological systems: artificial intelligence, robots, sensors, digital money and digital identity.

In plain words: more and more decisions in your life are being made, or suggested, by software. That brings real benefits and real risks. This guide helps you keep the benefits and manage the risks.

Your actions this week

☐ Write down the five apps or services you rely on most.

☐ Next to each, write what it knows about you.

Understand the singularity



The singularity is the idea that AI will become so capable that humans can no longer follow or control what it does. Experts disagree on when, or whether, that happens. You do not need to settle the debate to prepare.

What matters now is the trade you make daily: convenience in exchange for data and attention.

Your actions this week

☐ Turn off one automatic feature this week (autoplay, auto-fill, location history).

☐ Make one decision the slow way — a paper map, a phone call, a written list.

Know who builds the systems



Systems are designed by people with goals: companies, governments, research labs. Learning who built a tool and how they earn money tells you what the tool is optimized for.

Ask: who profits when I use this? What is the default setting, and who chose it?

Your actions this week

☐ Pick one platform and read its privacy summary.

☐ Change three default settings in your favor.

Protect the six pillars in your life



Government: keep paper copies of key documents (birth certificate, deeds, medical records). Know which services require digital ID and whether alternatives exist.

Faith & meaning: keep a practice that is not on a screen.

Health: keep a personal copy of your health records and ask who may share them.

Money: hold some cash, keep a mix of accounts, understand how digital payments can be paused.

Energy: know your household's basic resilience — water, food, light, warmth for a week.

Family: schedule device-free time together, daily.

Your actions this week

☐ Build a one-page 'resilience sheet' covering each pillar.

☐ Store it in a folder at home, not only in the cloud.

Read the 2030 framework with both eyes



Read official plans and critics side by side. For every promise, ask four questions: Is it voluntary? Is my data portable? Can a human override the system? Is there an offline alternative?

If an initiative cannot answer, treat it with caution; if it can, engage and help shape it.

Your actions this week

☐ Choose one policy you have heard about and answer the four questions in writing.

☐ Share your answers with a friend and compare.

Guard your mind



Mental privacy begins with attention. Notifications, feeds and recommendation engines are built to hold your focus.

Create a daily quiet window. Keep devices out of the bedroom. Treat any request for biometric or neural data as a serious decision, not a click-through.

Your actions this week

☐ Set a 60-minute phone-free window each day.

☐ Read a physical book for 20 minutes before bed.

Work and earn in an AI age



Machines are good at repeatable tasks. People are good at trust, judgment, craft, care and leadership. Aim your skills there.

Learn to use AI as an assistant rather than a replacement: draft, check, improve — but sign your own name to the final work. Build skills in a trade, a craft or a community role that cannot be copied by software.

Your actions this week

☐ List three skills that depend on trust or hands-on presence.

☐ Spend one hour a week deepening one of them.

Protect the children



Teach children to ask 'who made this and why?', to say no, and to talk to a trusted adult. Delay personal devices where possible and keep shared spaces for screens.

Support organizations that fight trafficking and forced labor and favor transparent supply chains when you buy.

Your actions this week

- ☐ Agree a family 'safe word' and a rule that nothing is ever too embarrassing to tell.
- ☐ Donate time or money to one child-protection charity.

Build your own signal



Speak and write in ways that are honest and checkable. Share sources, not slogans. Start small: a newsletter, a neighborhood meeting, a voice message to a friend.

Keep local copies of what matters — photos, documents, music — and back them up on devices you own.

Your actions this week

☐ Share one useful, sourced idea with three people this week.

☐ Make a backup of your most important files.

Move into the living world



Form a circle of five to ten neighbors. Meet monthly. Share tools, skills, meals and plans. Start a garden, a skill swap or a buying group.

Support local, cooperative and family businesses. Spend where your money stays close.

Measure progress not by speed but by how many human relationships grow stronger.

Your actions this week

☐ Invite two neighbors to a meal this month.

☐ Choose one local business to support every week.

Your 30-day checklist

- ☐ **What is happening?**
- ☐ **Understand the singularity**
- ☐ **Know who builds the systems**
- ☐ **Protect the six pillars in your life**
- ☐ **Read the 2030 framework with both eyes**
- ☐ **Guard your mind**
- ☐ **Work and earn in an AI age**
- ☐ **Protect the children**
- ☐ **Build your own signal**
- ☐ **Move into the living world**

Keep this page on the fridge. When every box is ticked, begin again with a friend.
The living world spreads one kitchen table at a time.