

# My AI Manifesto

This document has been compiled as a required deliverable for the “Extended Intelligences 01: Personal AI Manifesto” course within the Master’s in Design for Emergent Futures program of IAAC. This document encapsulates my personal worldview on AI and emergent technology usage in the form of a Manifesto. As required, the Manifesto relies on the principles we learned in the course. Before we take an in-medias-res deep dive into the Manifesto itself, I would like to provide a brief overview of my conceptualising and writing process. I believe this contextual introduction section helps the reader to gain further understanding on the formulated thoughts and words.

This document was written on 9th December 2025, heavily driven by the latest impulses, my current state-of-mind, and experience with AI technologies and patterns of how humanity adopts technologies.

## My conceptualising and writing approach

This section of the document provides an overview of how I approached the received task, and some background information that helps the reader to have a better understanding and interpretation of the words I put on (digital) paper. I believed that a name and my program background won’t tell much about the writer of the Manifesto. (But maybe I had a false conception that the reader cares about it).

## Background

I think my professional background is worth a few sentences. Not because they prove that I am right, or my words are the ultimate truth. But to give a context to the reader in what context I formulated my stance on the AI usage:

Over the last 12 years, I have been involved in/led digital transformation programs for large enterprises with my transformative and human-centered design skill set.

So I care about people in complex systems.

I have an agency that helps companies/humans to adopt new technologies, lately AI mostly. When I write these words, I am sitting on a flight back to Barcelona from an AI adoption workshop.

So I see the struggle and effect of AI usage and adoption...even on me.

I have been Facebook, Instagram, and TikTok free since 2018, because I saw how falsely we - as humans - design and use such platforms.

I lost faith in how we (humans) use technologies

I am a sci-fi movie fan; these movies built a fascination with how technology can impact humans and their behavior.	<u>So I am curious to see if our future will be closer to Her, Dune, Blade Runner, or Ex Machina</u>
Within the MDEF program, my research area is the changing dialogue between humans and technology. Practically: What are we (humans) willing to give up to fulfill the promises of AI?	<u>So I care about this task as I see it as an important piece in my studies</u>

Writting

When I read the brief of the received task to formulate a “critical understanding, ethical stance and artistic imagination towards AI”, and later I re-read the presented material of the course and found the “Not a position, but a world view.”, the first sentence was “I believe in...”. I also see that technology is increasingly seen as an act of God, something hard to explain, so the complexity of it becomes a myth, like a religion. For me, “world-view” is a mix of values and beliefs manifested in the form of acts and thoughts, which is something I pair with religion.

So, as an inspiration, I ended up re-watching the “Young Pope” series on HBO MAX. The series of Sorentino is a beautiful story about the person who should or must be the most word-view-driven on earth...the Pope. However, the episodes describe a pope with doubts and struggles, who, at the same time, tries to strengthen and build the faith of others.

This fabricated story gave me inspiration on how to be honest on a topic in which my profes-sion - helping others to understand and see the REAL value in technology adoption - and the standards of the world would dictate a super strong belief in AI. Don’t get me wrong, I do not consider myself the AI Pope. But if a “Pope” can have doubts and struggles - even secretly - then I can openly talk about mine.

Further inspirations:

United Nations: Universal Declaration of Human Rights  
<https://www.un.org/sites/un2.un.org/files/2021/03/udhr.pdf>

Apple: Think Different (1997)  
<https://www.youtube.com/watch?v=5sMBhDv4sik>

Last Dance (2020, Netflix series): Michael Jordan interview  
<https://www.youtube.com/watch?v=HM6uOFRAO6Q>

Scott Galloway (2018): Algebra of Happiness  
<https://youtu.be/qMW6xgPgY4s?si=I6c58bVzV2v5NVFa>

Moneyball (2011): It’s a process scene  
<https://youtu.be/qMW6xgPgY4s?si=I6c58bVzV2v5NVFa>

Many small or large impulses over 36 years.

My AI Manifesto

State of Mind

- I. I am on the edge of doubts and faith. It is not a constant limbo between the two, but rather a jump from time to time, triggered by impulses, events, and processes (within me). And I believe that as a human being, I have the right to be this way.*

*II. The World around us sends messages in various forms and strengths that build (false) expectations and vision. It can be Artificial Intelligence, political views, consumerism, body image...the list is never-ending. At the same time, the instability and complexity of the global state are increasing drastically. Polarisation is on the rise, which drifts us apart from ourselves and others. No one should be forced to have such a constant burden of handling such pressure without beliefs and doubts.*
- III. Artificial Intelligence has been with us over multi-decades-time. Yet, how much it drives everyday narratives was never seen. I embrace the technology evolution of this area, big time, but in my view, the context in which AI is placed results its power...or the illusion of power. And this power, that shapes minds, behaviours, and decisions, is becoming a disruptive force, but at the same time, it opens doubts. Like a religion. And everyone has the right to pick their stance on religion, even if it’s about AI.*

*IV. However, this is the first time in my life when not believing can create not just a professional, but an existential...and social crisis. I am pretty sure that in the history of my family, there were more drastic turning points, but everyone has one life, and has to cope with the struggles, decisions within that lifespan, with considerations on the future of yours and others (including other others).*

Faith & Beliefs

- I. Do not believe that technology is necessarily bad, evil, or a form of capitalism. It’s always the system, the groups, and individuals with biases, ambitions, and power that turn (technology) advancements into such exposure, position.*

*II. Therefore, as individuals, we all have the right to make decisions on why, when, and how we use Artificial Intelligence. But taking the consequences, the responsibility for the impact is also part of the individual decision(s).*

*III. We should embrace the progress we achieve as humanity and use the artifacts, products of this progress. That’s true for the use of emergent technologies, such as technologies related to Artificial Intelligence. Be open to finding the value they can generate.*
- IV. Respect other humans with their values, affinity, and background on technologies. Others’ intellectual and further properties must be respected and protected. Actions and decisions must consider them using Artificial Intelligence.*

*V. I believe there is more value behind this technology that we can manifest out of it in its current state.*

*VI. There is, and there will be value for non-AI-assisted or augmented intellectual work. It’s worth the time to think, craft and use our brains.*

*VII. The quality of my work defines me in other people’s minds and eyes.*

*VIII. Human interactions, relations are and will stay important in our lives. Protect and value them.*

# Doubts & Fears

- I. How will not power-plays drive the adoption, resulting in consequent, shortsighted, and even self-harming usage patterns?

II. How will it not be another attention and human skill drainer “machine” like most social media platforms? How will it not break young generations?

III. How can I trust in something that I do not and won’t understand completely? How can I put my faith into something myst
- IV. How will I keep the health and integrity of my body, capabilities, and skills?

V. How will we not have an optimistic future we saw in movies and series?

VII. How to show strong faith if you have doubts and fears?

# Mental

- I. We should not overlook the effect of Artificial Intelligence and the narrative surrounding the technology on our well-being and mental state.

II. Education on how to live in such times and (digital) worlds is a must. Participation is individually decided, but should be encouraged...and must not be controlled or barred.
- III. Everyone should have the liberty and opportunity (not just time, but freedom, financial support) to take care mental and well-being state in such complex and turbulent times.

V. At the end, this is an individual choice with a “not-just-individual” impact.

# Perspective

- I. In such times, taking small but considered steps is what I can do. Embrace smart actions...but also praise forward-looking thinking. Learnings from the present can build the decisions of the future.

# Mindset & Attitude

- I. Keep and live by the values. In the era of overwhelming technology narratives and daily life, I keep my values. Do not compromise myself with naivety biased by promise and fame. Value also means a conscious decision-making process to find and select those scenarios where using AI actually generates value and impact not just for me but for others.

II. Conceptualizing, running theoretical scenario-generating mind games is not enough anymore. Embrace and live (and encourage others) the “doing” mindset and not just be a talking parrot repeating tech propaganda and never-tried concepts. Open documentation, books, get paper and pen.... Sit down and create solutions using AI. But embrace caution not to over-use, build dependency/addiction using AI. Using your human brain and intelligence stays valuable forever.

III. Be brave to ask questions. Dare being the one asking the “dumb question”. It helps understand something complex, it builds further courage to believe. Questioning also means not losing but improving critical thinking. Question prompt results, question purpose, and question systems, decisions, and mostly...question the tech propaganda.
- IV. Be open and curious to learn and try new emerging technologies. Allow myself to follow and put new technologies to the test. Be open to creating new experiences and potential futures for others. Dedicate the time and effort to learning. Grow by learning, not by talking only. Be more prepared than anybody else.

V. Continuously watch, monitor, and take care of your (and others) integrity. In this period of time, it is super easy to ge biased (and overwhelmed) by the present and the task at hand...or a series of tasks. Being able to say no, taking a break, and letting myself draw boundaries is required for the long run. Help others cope with the challenges in AI era, as they might come from different backgrounds, affinities, and interests. What might be obvious for me, not natural for others.

VI. In the era of high-pace tempo, constant change, turbulence, and instability, do not forget others. Respect the boundaries of others, do not stretch, and convince them or myself to do something unauthentic. Respect the intellectual property and ideas of others.

- II. Is it a healthy and/or sustainable state? I do not know, we already live in a World without the ultimate truth. Right now, I believe and see, this is the way I can cope with the turbulence of the World triggered by Artificial Intelligence.

*There is no magic pill...*