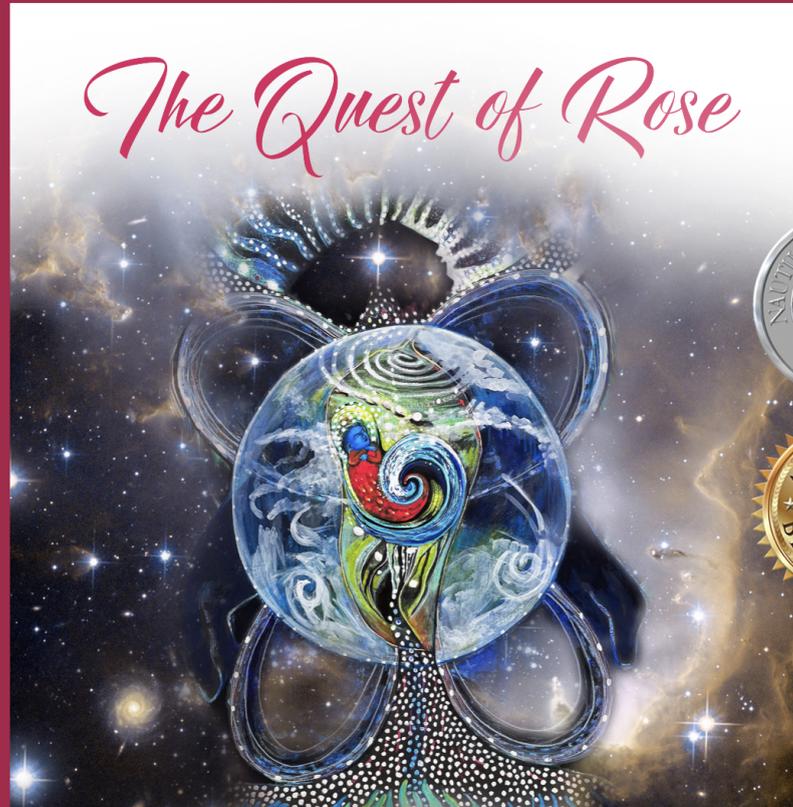


FUTURE HUMANS TRILOGY

Book 1: The Cosmic Keys of Our Future Becoming



Anneloes Smitsman & Jean Houston

Narrated by Ariane Barnes



WINNER OF THE 2022 SILVER NAUTILUS BOOK AWARD

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THE QUEST OF ROSE • Audiobook Supplemental Material

Future Humans Trilogy

Book 1—The Quest of Rose: The Cosmic Keys of Our Future Becoming

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FOREWORD

It is fitting that *The Quest of Rose*, the first in the *Future Humans* trilogy, is told as a story. With so much of our world in crisis at present—with our climate and ecology, our economies, our health and safety, even our basic freedoms now under threat—we desperately need a new story to live by.

As Joan Didion famously wrote, “We tell ourselves stories in order to live.” Although a patchwork of influences—religious, political, economic, scientific, and philosophical—creates the narrative of our beliefs about our world and our place within it, modern humans now look to science as the primary author.

The scientific model creates our perception of how the Universe operates and what it means to be human, and from there we fashion our world.

Although we think of science as a collection of timeless, immutable truths, science is itself just a story, a constant work in progress, with old chapters discarded with every ground-breaking discovery in the laboratory.

Despite a constantly evolving story line, most of what we have come to define as our human capacity and experience derives from ideas that were formulated more than 300 years ago, based on the discoveries of Isaac Newton and amplified by the theories of Charles Darwin in the 19th century.

Newton described a very well-behaved universe of separate objects operating according to fixed laws in time and space, and Charles Darwin’s theory of evolution created a *leitmotif* of competitive individualism, a heroic struggle for dominion over hostile elements and a share of strictly limited resources.

Both were stories that defined and indeed idealized separateness. The crises we now experience on many fronts, the vague feeling many of us hold that despite our undoubted technological mastery of the Universe we are nearing an apocalyptic end of days, are both symptomatic of this false view of who we really are and also its logical conclusion.

In this book, Rose’s quest is, on the deepest level, a heroine’s journey to find a more authentic human story. A near-death experience (fittingly, from COVID-19), during which she glimpses a deeper and truer reality—the extraordinary unity of all things—sets her off on a voyage of deep inward discovery, not simply to find out what on earth happened to her while she hovered between life and death, but also what it truly means to be a human being.

During Rose's search for the meaning of her experience, she arrives in largely uncharted scientific territory. Coupled with the extraordinary dialogue she maintains with her wise and farsighted Icelandic grandmother, Verdandi, Rose marries many of these new discoveries with powerful, timeless myths and archetypes to fashion not only a new scientific story, but a completely new and more sustainable view of the world.

Rose begins to understand what she deeply experienced for herself: The Universe is a sentient, unified, and interdependent entity, with consciousness its main driver and digitized information the alphabet of its universal and holistic language.

She learns that time, rather than a one-way arrow, exists as an ever-present "now," so that the future is constantly creating and refining the present.

From these radical new insights, she comes to understand the power that she—and each of us—possesses to "activate and attract" our future into a higher order of reality.

"Life doesn't constrict us. It doesn't hold us back," her grandmother exhorts her.

In fact, the truth is, as Rose ultimately realizes, life actually *isn't* like our present notion of it at all. Furthermore, absorbing the implications of all these scientific revelations must inevitably lead to a very different individual and collective way of being.

The Quest of Rose is a remarkable hybrid of a book on multiple levels: both individual journey and highly palatable introduction to innumerable scientific breakthroughs, both page-turning fiction and practical nonfiction workbook.

Each chapter not only furthers Rose's journey, but also offers summaries of key insights and experiential exercises for the reader to further their own path to self-actualization—so that we can become our own "Cosmic architect."

In that sense, Rose's journey is our own hero's journey. By discovering insights and practices as Rose learns them, we respond, as Rose's grandmother Verdandi puts it, to "the lure of our becoming," the journey all of us must embark on, but most especially at present, during this pivotal moment in our human history.

Verdandi explains that this journey has never been more essential: "It seems like we've landed in our own real-life, myth-making experiment right now in these present times, as we're handed crisis after crisis."

That *The Quest of Rose* marries the mythic with the scientific results from the fortuitous partnership of two extraordinary minds: Dr. Jean Houston, futurist, visionary, academic, advisor to global leaders, and one of the primary architects of the Human Potential Movement; and Dr. Anneloes Smitsman, author, visionary scientist, and systems architect of evolutionary change.

This extraordinary collaboration has produced a bold and highly original work that invites all of us to take our place in the new “Renaissance” by finding within ourselves “the passion for the possible.”

“Seeing your life as a larger story puts you back on your feet and helps you to get on with living. Yet seeing your life as a great story can fill you with passion, and give you codes to access new ranges of possibilities, and grant you a mythic life and a higher purpose,” says Verdandi.

Jean Houston has decades of experience acting as what she refers to as an “evocator.” Originally meant to be a soldier who calls troops to arms, the word also refers to a scientist who helps to set off the growth of a tiny embryo. Dr. Houston has spent much of her life charging tens of thousands of people around the globe with the urgent necessity of reaching further than their current grasp in order to find—and make good use of—their highest potential.

Dr. Smitsman’s original research has relentlessly delved into revolutionary ideas and brought radical new scientific truths to light. And her background as a creative force of systemic transformation in education, economics, governance, and ecology has resulted from a marriage between her scientific originality and her extensive experience in the spiritual and mystical realms.

The Quest of Rose is ultimately a work of profound hope during these tumultuous times, by offering a powerful new definition of ourselves and a vision of unlimited future possibility.

But this trilogy also means to be an incitement to radical transformation. And there may be no turning back. Once you are caught up in Rose’s revelations and begin to understand the deep truths within them, a new way of your own being must be born.

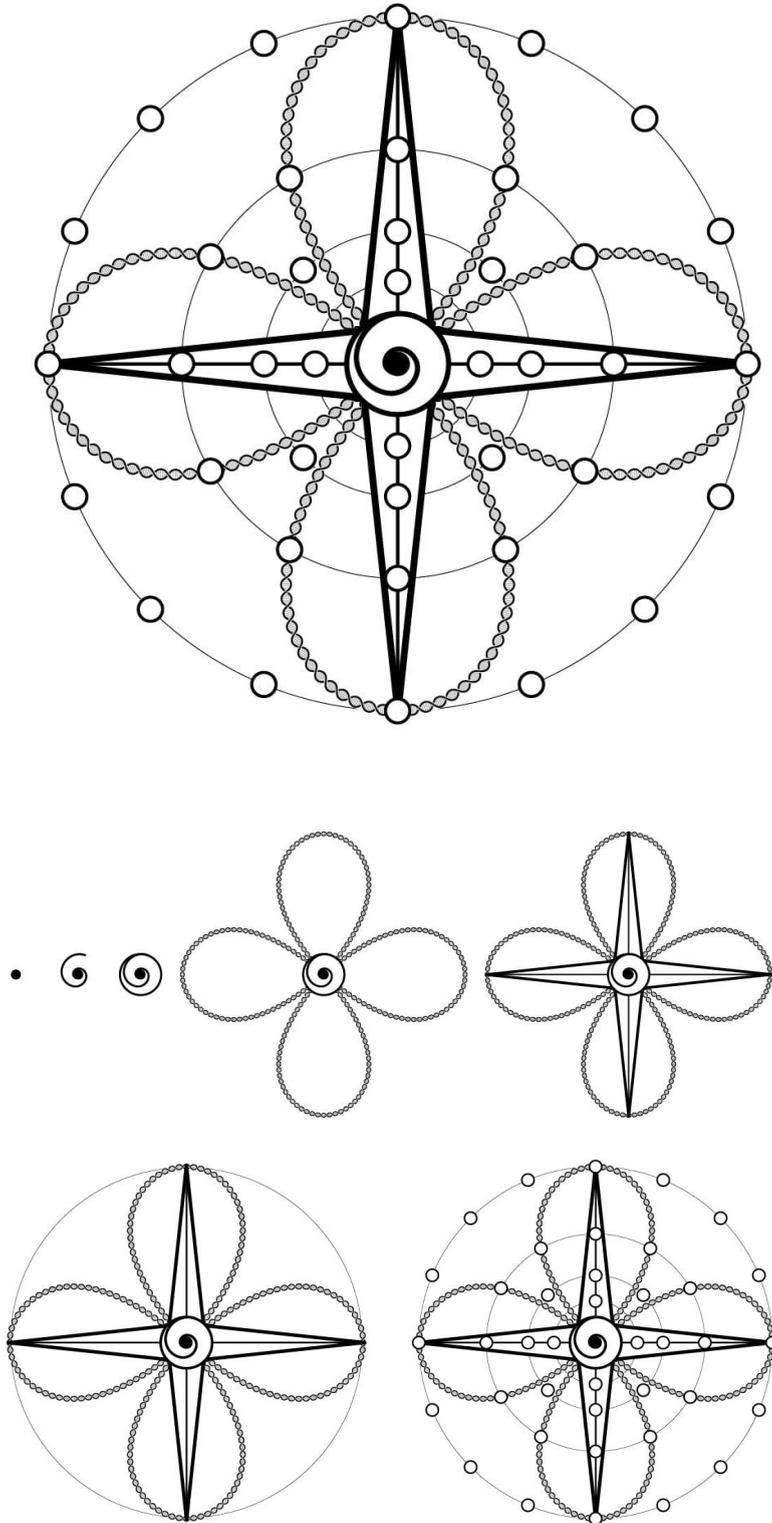
Accept its siren call and take this journey with Rose. Allow this brilliant new story to unleash the imaginal cells of your own extraordinary potential and become the future human you were always meant to be.

~ Lynne McTaggart, June 2021

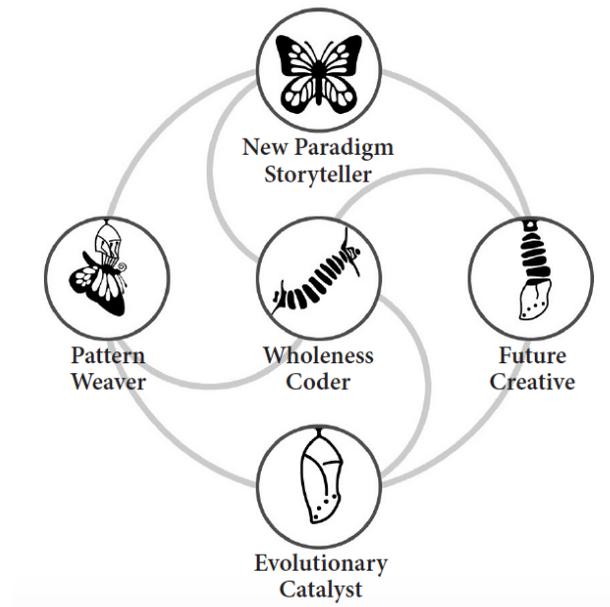
Lynne McTaggart is an award-winning journalist and world renowned author. She is one of the central authorities on the new science of consciousness, and the editorial director of What Doctors Don't Tell You, one of the world's most respected health magazines. She is architect of the Intention Experiment.

ILLUSTRATIONS

The Cosmic Compass Design by Anneloes Smitsman



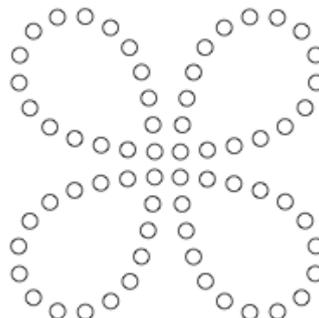
The 5 Future Archetypes by Anneloes Smitsman



The Actualization Process with the Future Archetypes

Wholeness Coder		Activating your future potentials through conscious choice
Future Creative		Engaging your future possibilities through your imaginal powers
Evolutionary Catalyst		Developing your future capacities & transitioning to the new systems
Pattern Weaver		Embodying the future states & entering into emergence
New Paradigm Storyteller		Actualizing the future potentials by being the new realities

The Toroidal Butterfly Pattern



The 5 Stages of the Actualization Process with the Future Archetypes

The Cosmic butterfly is the Source archetype of the five future archetypes. Call upon this archetype anytime you need support in your self-actualization and to discover how to become your destiny. The brief summary below supports as a visual reminder, and has been narrated in chapter 8 of the audiobook:

1. **STAGE 1—Future Potential:** Wholeness Coder archetype. Code consciousness. For entering into the consciousness states of our future human choices, which activate the future potentials within us. *The Key of Conscious Choice.*
2. **STAGE 2—Future Possibility:** Future Creative archetype. Imaginal consciousness. For opening the inner portals to the imaginal realm of the Cosmos from where we can experience and engage the future possibilities of the unified field of consciousness. Engagement of our future possibilities through new ideas, intentions, visions, desires. *The Key of Imaginal Power.*
3. **STAGE 3—Future Capacities:** Evolutionary Catalyst archetype. Evolutionary consciousness. For accessing the deeply transformative forces of the unconscious and embracing the evolutionary tensions and growing pains when enzymes are dissolving former structures, while new capacities and internal systems have not yet fully formed. Inner transformation for developing our future capacities, transitioning from the old to the new states. *The Key of Darkness.*
4. **STAGE 4—Future Embodiment:** Pattern Weaver archetype. Integral consciousness. For developing the integral systems and future patterns from the embodied awareness of our future selves, so we can emerge from the cocoon and be born into the new world. Developing the integral systems and future patterns from the embodied awareness of our future self. *The Key of Self Awareness.*
5. **STAGE 5—Future Actualization:** New Paradigm Storyteller archetype. Thrivability consciousness. For becoming the living stories of the renaissance that has taken place within us and fertilizing our world with the future potentials that are now actualizing as our new realities of being. Becoming the new story, fertilizing our world with the new realities, communicating abundance, prosperity, and wellness for all life. *The Key of Cosmic Communication.*

GLOSSARY

Archetype—A common pattern of behavior that reveals the deeper systemic structures, templates, or codes for the way things form, grow, develop, and evolve. An archetype can also be a psychic or cultural pattern that animates the behavior of a person or a collective of people.

Complexity—A nonlinear state of connectivity that emerges from the multiple levels of interdependent connections and relationships. Not to be confused with “complicatedness,” which refers to a situation or event that is not easy to understand.

Cosmos—From the Greek word “Kosmos,” which means “ordered whole” and is also used to refer to the Universe as an orderly, harmonious living system.

Cosmic Architecture—The innate holographic structures, codes, and archetypes of information that shape and influence the way our physical universe forms, grows, and evolves [*see also Implicate Order, and Information*].

Cosmic Hologram—Based on emerging research in physics which suggests that the Universe is a Cosmic hologram because it is informationally unified at all levels and scales of existence [*see also Implicate Order, Information, and Holographic Principle*].

Evolution—An emergent process of learning and development from the tiniest pixels to the larger realities of stars, planets, and each of us, which unfolds via increasing embodied complexity and deepening evolutionary coherence [*see also Complexity, and Evolutionary Coherence*].

Evolutionary Coherence—A dynamic state of harmonic resonance and spontaneous collaboration between the diverse elements and relationships of complex living systems. A natural state of attunement to the innate wholeness and unity of life [*see also Evolution*].

Fractal—Infinitely complex patterns that repeat in a self-creative and self-replicating manner through all dimensions of life. We can discover fractals in the ways flower petals grow and

open as unfolding spirals, as well as in the growth patterns of trees and weather patterns. The Cosmic architecture of life is fractal [*see also Cosmic Architecture, and Cosmic Hologram*].

Holographic Principle—A principle in physics that suggests how the appearance of our physical universe as a three-dimensional space originates from a two-dimensional holographic surface or boundary that is mathematically (informationally) encoded at the smallest level of physical reality [*see also Cosmic hologram*].

Imaginal—A future creative state of consciousness that extends beyond the “imaginative” and connects us with the transformative powers of the Universe in the way we think, perceive, and respond.

Implicate Order—A term coined by physicist David Bohm to explain how the physical Universe is part of an undivided holographic wholeness of consciousness, and emerges from more fundamental implicate orders or structures of reality that precede space-time [*see also Holographic Principle*].

Information—The primary entity from which physical reality is constructed, and also the building blocks of consciousness. Life is informationally unified, which suggests that both energy-matter and space-time are complementary expressions of information.

Nonlocality—A principle of quantum physics which Albert Einstein referred to as “spooky action at a distance.” Classical physics suggests that physical reality is local, which means that a measurement at one point in space cannot influence what occurs at another point in space, if the distance between the points is large enough. However, quantum physics predicts that physical reality is essentially nonlocal, which means that under certain conditions, a measurement of one particle will correlate instantaneously with the state of another particle, even if the physical distance between the particles is many light-years away. Nonlocality thus suggests that particles at more fundamental levels of reality are informationally correlated. We also use the concept of nonlocality to refer to unity states of consciousness and our creative partnership with the Universe [*see also Holographic Principle*].

Renaissance—A renaissance is a period of significant rebirth, regeneration, and transformation that is often preceded by periods of collapse and crises.

Superposition State—A quantum realm of potentiality where all possible states simultaneously co-exist prior to being observed.

Thrivability—Our innate ability to develop our capacities and actualize our potentials in ways that are generative, life-affirming, and future creative.

ESSENTIAL NEW SCIENTIFIC INSIGHTS

The *Future Humans Trilogy* is based on radical new understandings that are emerging from the frontiers of a new paradigm in science and research. The new paradigm sciences offer a unitary conception of existence and the role of consciousness. These sciences include fields such as: quantum field theory, cosmology, new physics, complexity sciences, evolutionary systems design, neuroscience, epigenetics, and consciousness research.

All of the scientific references that have been made relate to real-life people and research. We chose to share the scientific ideas in a storytelling way, knowing that some of these ideas are so complex and mind-boggling that many people will stop reading when exposed to such information directly. In other words, it requires a tasty meal, receptive ambience, and the warmth of human relationships to be able to digest these radical new perspectives of the nature of reality and our universe. Even then, as the saying goes, “Those who understand quantum physics, don’t understand it.”

The new paradigm sciences confirm what the ancient mystics have said from the beginning: The Universe is truly a great unity, which becomes even more apparent when we explore time as a living field in which “future, present, and past” are simultaneous and co-arising. Above all, this is the science of learning the ways in which the local self joins in the adventure of becoming resonant and reflective of the ultimate self, the great Oneness, which we call the Cosmos.

Based on our own research in the emerging fields of the new paradigm sciences, we have summarized below what we consider the essential new insights for our time, which serve as the foundations for the *Future Humans Trilogy* and courses. This research is referenced toward the end for further exploration.

Some of these scientific concepts and ideas may appear very complex or even difficult to understand, initially. We recommend, therefore, reading this summary as a contemplation to receive these concepts as a gift to the deep mind for opening up and activating profound new perspectives and understandings. Like with the ancient riddles, some of these concepts will only reveal themselves much later, and often when we least expect it.

Three Evolutionary Principles of Life

- *The Universe exists and evolves as a single unified entity, an undividable wholeness*—This evolutionary principle helps us understand life as a unified reality, whereby energy-matter and space-time are complementary informational expressions of consciousness.
- *The Universe evolves through deepening evolutionary coherence and increasing embodied complexity, precisely tuned to make life possible*—This evolutionary principle shows us how to architect and design for evolutionarily coherent complexity that is life generative.
- *The Universe develops its evolutionary capacities by actualizing its cosmological potentials through systemic autonomy and autopoiesis (i.e. self-creation, regulation, and adaptation)*—This evolutionary principle shows us how to architect and design with the systemic conditions for growing, developing, and evolving as a self-actualizing process of consciousness.

The Nature of Reality and the Architecture of Consciousness

- *Consciousness exists, creates, and evolves as a unified holographic field of life*—This field includes all orders of reality (locally and nonlocally), and is sentient, responsive, and communicative (Bohm, 1980; Kauffman, 2019; Laszlo et al., 2016; Penrose et al., eds., 2017). This field also acts like a womb and membrane for localizing the *actualizing* potentials of consciousness through the evolutionary process of life (Smitsman & Currivan, 2019).
- *The Cosmic architecture of the Universe is coded as a Cosmic hologram*—This Cosmic architecture *in-forms* as well as potentiates the process of creation through an ‘alphabet’ of digits that fractal out into all levels of existence. Consciousness architects realities and worlds through this Cosmic hologram of information (Currivan, 2017).

- *Cosmic information is holographic and unified*—Cosmic information embeds and fractally manifests the qualities and potentials of the unified field of consciousness (Smitsman & Currivan, 2021).
- *The Cosmic hologram generates surfaces of interdependent realities*—The holographic surfaces converge the information between the implicate orders of reality and the explicate orders of life (Bohm, 1980; Smitsman, 2019).
- *Space-time and energy-matter are complementary states of information*—Everything we call physical reality is literally made of information, which expressed as digitized bits are embedded at the Planck-scale area of the holographic boundary of space-time. This informational perspective of reality provides a radically new understanding of the nature of materiality and the primacy of consciousness (Currivan, 2017; Smitsman & Currivan, 2021).
- *Space-time emerges from more fundamental structures that precede it*—Space-time as a data-structure projects a three-dimensional surface within which the flow of time manifests as its fourth dimension (Currivan, 2017). This raises the question as to whether space-time itself is part of more fundamental structures that precede it, and for which new principles of physics are required to understand this (Arkani-Hamed, 2015, 2017). It also raises the question of whether the expansion of space results from the ways in which the Universe embodies complexity, and whether this could be considered as evidence for how our universe learns and evolves (Smitsman & Currivan, 2019; Smitsman & Smitsman, 2020).
- *States of information correspond to states of consciousness*—At the quantum, nonlocal levels of reality, information exists in a superposition state of simultaneous possibilities. When digitized, this means that information can be in a state of 0 and 1, and all variances of such. At the local (physical) level, information appears in a binary state of either-or. When digitized, this means that information appears in a state of 0 or 1, which is the informational state that most of our current digital programs run by. By exploring the various states in which information can exist and manifest, we gain a powerful new perspective for better understanding the nature of consciousness and

how to redesign our human systems and growth models with the Cosmic architecture of life (Smitsman & Currivan, 2021).

- *The geometry of space-time is part of the architecture of our body-mind complex*—Cylindrical protein polymers within the neurons of our brains, called “microtubules,” provide our brains with the same quantum computation capacities as the Universe. These microtubules are able to self-assemble and interconnect to make it possible for the membrane structures and genes in the cell nucleus to communicate and exchange. These microtubules also appear to play a key role in the experience of self-consciousness, within which, quantum and binary states of information converge and integrate (Hameroff, 1998; Hameroff & Chopra, 2012).
- *Quantum gravity thresholds play a key role in the architecture of choice*—Quantum gravity thresholds form part of fundamental ripples in space-time geometry and appear to play a fundamental role in how systems choose (shift) between quantum superposition states and singular states (Hameroff & Penrose, 2014). The architecture of choice-making is non-algorithmic and confirms the hypothesis that consciousness is not computational and thus not deterministic (Fridman, 2020). We postulate how quantum gravity can be considered as the feminine principle of contraction, which is essential for manifestation and enables embodied self-conscious experiences.

The Imaginal Realm and the Presence of the Future

- *The imaginal realm forms part of the Cosmic architecture of life*—The imaginal realm is cosmologically present in all levels and realities of existence as the space to dream into the higher dream and become our future possibilities.
- *Futures exist now within the imaginal realm of consciousness through which life transforms and renews*—The imaginal realm is an inner state of consciousness that is essential for learning, healing, evolving, and transforming (Smitsman et al., 2018).
- *We can imaginally activate and attract our futures into being*—The imaginal state is the superposition quantum state of simultaneous possibilities, which is essentially a future state of consciousness. We can consciously evolve by imaginally activating and

attracting the future potentials of higher orders of reality into the embodied state of our local context (Kauffman, 2019; Smitsman et al., 2018).

- *Future potentials are nonlocal information that converge into local information through the holographic membrane structures of space-time*—The membrane structures of space-time can be likened to a holographic fishing net, as well as a Cosmic womb for impregnating the surface levels of reality with the imaginal potencies of future potentials. This feminine perspective of materiality is fundamental for creating generative and fertile systems and cultures.
- *When future states become locally engaged, they can shift the entire system into higher orders of realities*—Our imaginal powers provide direct access to the imaginal and future states of consciousness. By activating future states of higher orders of reality we can override and transform the conditioning of past structures and beliefs. The engagement of future states plays a key role in immunity related learning, as well as for epigenetic, biomic, and planetary health.

Evolutionary Coherence and the Cosmic Architecture of Life

- *The Cosmic architecture of life is evolutionarily coherent, precisely tuned to actualize the potentials of consciousness*—By architecting our world with the Cosmic architecture of life, we can co-create evolutionarily coherent systems and cultures that enable global consciousness to become self-conscious in the human experience.
- *Evolutionary coherence is essential for our personal, collective, and planetary health and development*—When evolutionary coherence is strong, synergy, collaboration, and mutual understanding naturally emerge. Evolutionary coherence creates the flow states and resonance conditions for attunement with the unified fields of consciousness, which are vital for our evolutionary development and planetary wellbeing.
- *Creating evolutionarily coherent growth patterns is the fundamental breakthrough understanding for resolving our sustainability crisis*—Evolutionarily coherent growth emerges from systems that are rooted in the Cosmic architecture of life. Evolutionarily coherent growth is in tune with the systemic boundaries that serve the integrity of the

whole. Systems that are *not* rooted in, and regulated by, the unified fields of the Cosmic architecture become systemic thrivability barriers. Systemic barriers manifest as harmful exponential, extractive, and cancerous growth patterns, as well as polarized diversity that attempts to divide and fracture the wholeness of life (Smitsman, 2019).

- *When evolutionary coherence drops below a critical threshold, the conditions for systemic collapse become manifest*—We harm and diminish evolutionary coherence by: ignoring the Cosmic architecture of life in the way we design, grow, and develop our systems;
 - creating and imposing goals that only serve the agendas of a few;
 - dividing, fragmenting, and polarizing the diversity of our world through harmful competitive win-lose dynamics;
 - operating through the principle of dominance, preventing and disabling our diversity from converging, integrating, and evolving;
 - employing extractive growth methods that are not rooted in the Cosmic implicate order growth dynamics, causing harm and imbalance to our planetary systems;
 - creating degenerative growth patterns through dualistically polarized governance systems.

- *The Cosmic architecture holds the key for co-creating the new civilizations that are thrivable by design*—The Cosmic architecture reveals how life is a unified reality and how matter is a form of consciousness that transforms through the cycles of life. We have created an unsustainable human world, because we have not sufficiently applied the cosmological architecture of life in the design, architecture, growth models, and activities of our human societies. By embodying and embedding the cosmological potentials of consciousness we become the future humans of a thrivable and conscious world.

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Dr. Houston holds conferences, seminars, and mentoring programs with leaders and change agents worldwide. She has worked intensively in over forty cultures, lectured in over one hundred countries, and worked with major organizations such as UNICEF, UNDP, and NASA, as well as helping global state leaders, leading educational institutions, business organizations, and millions of people to enhance and deepen their own uniqueness.

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Ariane Barnes, is a British-Mauritian award-winning performer, narrator and teacher of Advanced Performance and Yoga Psychology. She holds a BA (HONS) in Acting, an MA/QTLS in Performance and she is a certified Advanced Yoga-psychology teacher. As an actor with a foreign language and phonetic dialect specialism, she has been commissioned to work with artists at the Tate Modern Museum and The CAAC in Andalusia. She has worked in west-end theaters, television and radio.



Ariane is also the founder of the Different Women Project Ltd, a non-profit organization and registered social enterprise helping women stand tall and strong through performance, psychology, and diversity as a pathway for inner transformation and leadership.

The Different Women Project provides DEI consultations alongside well-being and artistic community development through her two flagship programmes Diversity Warriors™ Embodied DEI Consultancy, and Warrior Women Like ME™ with a team of all star BIPOC/LGBTQ+ musicians and artist-teachers. Different Women has provided mentorship, events and courses for a wide variety of businesses and organizations including the National Health Service and the Royal Academy of Dramatic Art.

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- Into the Heart of Systems Change (Ph.D. Dissertation).
- The New Paradigm in Politics (with Alexander Laszlo).