



REEL FROM YOUR EDITORS CULTURE

The Future Starts Here Another Great Project from Tiffany Shlain

Last spring TILT Magazine [featured Tiffany Shlain's film *Connected*](#) in the Reel Culture column and guess what? She has another great project out!

We spoke with Tiffany and asked her how she thought her project, *The Future Starts Here* might be beneficial to therapists and coaches, and without missing a beat she explained how this project is really about humanity and technology—and specifically how we can be mindful with our use of technology in a fast-paced world. She emphasized the importance of finding balance

and taking breaks from technology as needed so that the technology does not "take over our lives."

We agree with Tiffany. We think these are themes that therapists and coaches can relate to both with finding their own balance and guiding clients to find balance as well. Tiffany explores what it means to be human as we rush "head first into the future". There are 8 episodes, each 3 to 6 minutes long, that employ Tiffany's award-winning signature style and blend of unique original animation, archival footage, deep research, big ideas, humor, and

personal commentary, all set to music in a way that makes it feel like a music video about the important conversations of our day.

For example, Episode 3, "Tech Etiquette" summarizes in 4 minutes, the etiquette of the Internet.

We all have technology pet-peeves. They happen every day, all around us. So who's in charge of fixing them? Historically, etiquette was dictated by books and your local Miss Manners. But with technology changing at an exponential rate, bringing about more and more bizarre human behaviors that go along with them, who's responsible for creating the rules? In this episode, Tiffany charts some entertaining tech pitfalls as well as possibilities for elevating etiquette and creating a harmonious gadget-filled 21st Century.

Tiffany offers wonderful vignettes in all 8 episodes and they are available for viewing anytime! Enjoy!



EPISODE TITLES & LINKS TO WATCH

- ❶ [TECHNOLOGY SHABBATS](#) How might a tech Shabbat change your life? Tiffany explores the ancient roots of this ritual, the past, present, and future of unplugging, the importance of mindfulness, and the neurological implications of being online 24/7.
- ❷ [MOTHERHOOD REMIXED](#) Tiffany speaks to how the Internet, flexible schedules, and shifts in gender roles have revolutionized what it means to be a parent in today's world.
- ❸ [TECH ETIQUETTE](#) Tiffany charts some entertaining tech pitfalls as well as possibilities for elevating etiquette and creating a harmonious gadget-filled 21st Century
- ❹ [WHY WE LOVE ROBOTS](#) Tiffany takes a tour of the history and future of robots with her husband, UC Berkeley robotics professor Ken Goldberg, a pioneer in the new paradigm of "Cloud Robots."
- ❺ [THE PARTICIPATORY REVOLUTION](#) Tiffany shares how her own experiences in forging a new kind of collaborative filmmaking she calls "Cloud Filmmaking" give her a unique window into the new creative landscape where everyone has the tools to record, share, express themselves, and be part of the larger story of humanity.
- ❻ [THE CREATIVE PROCESS IN 10 ACTS](#) Through behind-the-scenes footage of her acclaimed feature documentary *Connected*, Tiffany shares the creative process she has developed over the years -- the hunch, the darkness, the breakthroughs, and everything in between.
- ❼ [IDEA PORN](#) This episode takes a fresh look at both how collective thinking has evolved and what it means to each of us today.
- ❽ [A CASE FOR OPTIMISM](#) Tiffany looks through history to the present to amplify the notion that the world is actually getting better -- through 200 years of liberation movements, Stephen Pinker's work on humanity's steady decrease in violence, new thinking on thinking, and the potential of technology, all illustrating why today, more than ever, we can be optimistic about where we are headed.