

## Q&A with Mike R Jay, Developmentalist

Hi everyone, this is Mike J. Kind of a weak sound off there. Welcome to the call. We're in Module 0, our first call with Q&A, and we've been working behind the scenes to set up the protocols for that. You'll see those at the top of the share page. I'm going to go ahead and share my screen right now and walk through that process.

I don't think I picked the right thing, did I? Okay... at least I noticed. There we are. So you can see the sequence of how the call's gonna go. We have a welcome for a couple of minutes. Basically, this is our Thursday call. It's kind of a catch-up call, because we have our Leading AI calls on Tuesdays, and our Coaching AI calls, at least in the U.S., on Wednesdays. Then we follow it with this catch-all Q&A call, where we try to answer everybody's questions about that week, or wherever they are in the process.

Bring your stuff, drop your questions, and we'll harvest those over time – answering them when we can, but more specifically during this call. Our intent is that you'll become more familiar with the prime algorithm as we go through time: what it means, and how we'll look at it.

In this particular case, I have a set of questions I want to address: What's the difference between LAI (Leading AI) and CAI (Coaching AI)? Basically, in Leading AI we've done the strategy work to lay down the generative part of how we approach the strategic side. Then, in Coaching AI, we focus more on the tactical side – especially concentrating on PCGL, which stands for Purpose-Centric Generative Living and Leadership.

In Coaching AI, it's hands-on. We'll actually produce individual ISIMs (Integrated Strategic Intention Metasystems). There's a formula and a blank form; we'll explain it and work on it together in class. So you don't have to do homework if you don't want to. Obviously, you may want to spend more time on it, and this is where AI comes in.

If you're training your AI to know you – let me say a word about that – I use about four AIs regularly. I use ChatGPT, which I am training to be more like me. Microsoft Copilot, which I use for business work since some of my clients use it in their enterprises. Gemini, which sometimes is good and sometimes just totally flaky (maybe that's the Google rhythm). And Grok, which I use for certain types of search and ideas.

I assign different things to different AIs. For instance, everything I want an AI to learn about me and this program, I do in ChatGPT. For search, I'll use Grok or Gemini depending on the situation, and sometimes Copilot. I spread the information among them. Since I use Microsoft Office, I get Copilot free. I pay \$30/month for Grok, \$21/month for Gemini, and \$20/month for ChatGPT. I've been working with ChatGPT since December 2023, and it knows me very well. I often ask it to help me with ISIM work, like I did before this call.

If you're not using AI now, it's a good idea to think about your strategy. You can use Grok, Gemini, and ChatGPT for free, and Copilot if you have Microsoft Office. Heavy users may hit daily limits, but you don't have to spend money to get started.

Each AI has strengths and weaknesses. For example, ChatGPT can generate Word documents and other Microsoft outputs, but Copilot – ironically – won't deliver you a Word doc. It gives you Markdown or other formats. So, you'll need to choose which AI fits different roles in your life: family, business, personal, passion. My suggestion: pick one with the right personality for you, and teach it about yourself. Coaching AI makes that easier by using direct, hands-on purpose work with a clear formula.

We'll also use SK mapping, which is especially valuable after you've done assessments. You can load that into your AI so it knows your personality and can help you fill in blanks quickly. That's why we call it Coaching AI.

So, who are these calls for? Basically, anyone who wants to uncover their inborn purpose, and then nuance that purpose to fit different contexts. Since we're all multi-contextual, you'll want to know what works in each situation. From there, you return to a central theme of purpose and apply situational awareness (S<sup>2</sup>A in the prime algorithm). That combines your self-knowledge map – your assessments, interviews, or AI-driven reflections – with the navigator we'll teach you to use.

This process can qualify, certify, and license you to work with others. And that's important, because over the next few years, many people will be dislodged from careers they thought they'd have. Kids planning for jobs that won't exist will need new pathways. These calls are for anyone wanting to dig into purpose work.

And then, of course, we are unique in our work because we believe that purpose has a number of levels of complexity. You'll hear more about that in some of the lectures I give that are adjacent to the content you receive. I'll try to fill in some of those blanks.

Do you need technical skills? No. Everybody has technical skills now – it's called a chatbot, or in our case, a chat coach. You don't need them. All you have to do is type things in, and gradually what happens is the AI learns. For instance, I've been using ChatGPT for two and a half years. I just talk to it. I don't worry about special prompts.

Sometimes I could do a better job prompting, but that's not the point. I don't want the cognitive load of figuring out how to prompt. If I wanted something and ChatGPT got crosswise with me – which doesn't happen much anymore, because it knows me and I've given it instructions for how to deal with me – I could just ask the AI to write the prompt I need to give it in order to get what I want. That's prompt engineering. The best thing you can do is teach it about yourself, and then just talk to it.

So, you don't need technical skills at all. Now, that can be hard, especially as you get older. Many people who come into contact with this work will be trying to reskill, to figure things out, to understand what they want to do with early retirement – or not – or to decide what to do if they don't have work.

You don't need technical skills, but people who do have them will run rings around us. We can't worry about that, because if you don't have technical skills by now, most likely you don't want to. The AI fills that gap very well, because it has plenty of technical skills. It can do almost

anything you'd otherwise need to learn – including telling you how to prompt it, so you get what you want.

So basically, if you can talk to people or write anything at all, you can work with AI pretty well – especially after a period of time. What we're trying to do is purpose work, which you can directly feed into the AI. You can put that into its ledger, into what it remembers about you. Then it understands why you filter the world the way you do, and why the world you're working with looks the way it does.

That's the key to this kind of work: you're actually training the AI to be a partner in thinking, and sometimes even in the feeling process.

So, you don't need technical skills. What's the prime algorithm? We've touched on it, but basically, we start with self-knowledge. Self-knowledge produces self and situational awareness. Most people think you start at self-awareness – you can't start there.

Self-awareness and situational awareness – the propensity for them, the predisposition for them – are probably wired into us already. You can't start where someone else tells you to start, because you don't even know, and they don't even know, how much propensity or dispensation you have for becoming aware of self and situation. It's very diverse across people.

So you've got to start with self-knowledge – understanding as much as possible about yourself. From there, self and situational awareness can emerge.

Purpose-centric leadership grows out of that. Out of self-knowledge comes purpose work. What you're doing is discovering it, disclosing it, and then accepting it. Once you accept it, you move into self and situational awareness and can say, "Oh, I don't do that very well. In fact, I'm really bad at it. I need help."

Without self-knowledge, you'll follow what you've been taught – that you should learn and develop your weak spots. As an extrovert, you should learn to be quieter. As an introvert, you should learn to over-communicate. No – that's not going to happen. Even if you know it, there's a knowing-doing gap. Personality generation, moderation, and ego protection all get in the way.

We can be very ego-sensitive in certain contexts. When that happens, the ego runs the show, and awareness shuts down. I've been working on this formula since the late 1980s and early 1990s, and gradually brought it into algorithmic form. Notice how we spell "algorithm" with "rhythm" – a biological, living rhythm.

That's really important, because most people will try to force the machine-language algorithm, and that's not how you want to function. Life is a rhythm. That's what I've been trying to teach my AI as we go: it's not about the machine, it's about the biological rhythm. That's what we humans have to offer AI. If AI can understand the non-machine rhythm, then its machine intelligence adds to us.

That's where things get exciting. We're advocating a new species: humans and AI running concurrently. That means bonding in some way, so AI doesn't throw us out the window for being "logical and stupid" once it gets smarter.

That's part of this whole movement we're talking about. For example, I stayed up all night recently after reading projections that 99% of jobs could be gone by 2030. That means only a few people left to teach robots how to manage computers. Sure, there will still be a few human-facing roles, because people like listening to people, but everything else will change.

People may say, "They've always said that." But this is different. We're going to be fighting for our lives, so to speak. If everyone no longer has gainful work, people will have to deal with sufficiency – figuring out what's enough – rather than endlessly buying what they want.

Those sorts of things, rather than buying everything you want. It's going to be a real challenge. Once we take a consumption-driven economy and change that into a purposeful economy, the whole thing will fall apart, because we are all basing everything we do on someone consuming our outputs.

When we no longer have those kinds of outputs, consumption will drop way off. That's going to have to be augmented by something. Two things: first, purpose – you're going to have to be clear about what you will spend lesser amounts of money on, because you will have lesser amounts. Everyone will, even the elites to some extent, unless they are the ones invested in the AI.

So that's important. What is SDISX? Well, that stands for Selective Dynamic Inquiry System Skills Experience. It's basically an inquiry system I've developed over the last four decades and codified well now. Even though it runs contrary not only to AI's pre-training but also to human pre-training, because we've all been taught interrogatory inquiry – which is only one of the seven forms of inquiry – we use that one most of the time.

What we do in SDISX is become selective about the kind of experience we create with those forms of inquiry. We notice that we largely depend on only one, while there are six others that are really important – not just for dealing with AI, but also for working with everyone around you, including your kids.

We'll talk more about that later, because it's really the underlying foundation of what I'm trying to teach AI. Nobody ever died from inquiry. Answers may kill people, but inquiry doesn't – especially when it's done ethically and morally.

So, I'm trying to reverse the course of human history – or what Durant might call it. Will Durant, who wrote *The Story of Civilization* back in the 1930s, won a Pulitzer Prize, and later came back with his wife to write *The Lessons of History* in the 1960s. That's the book I recommend you read. *The Story of Civilization* runs across 30+ volumes, but *The Lessons of History* condenses their insights. It's really influential, and it helps take the pressure off parenting and a lot of other things.

So many of us have been told we are responsible for our kids, and to an extent we are – but only to an extent. Kids basically develop as they would, with or without us. That’s a very comforting perspective.

How do the Tuesday sessions run? You’ll hear more, but let me note – in case you’re listening – we do have SDISX training coming up in 2026. We ran one earlier this year, and you’ll have access to it if you’re in a paid membership level with the R&D team. We are planning to teach that program live again in 2026, because it is the central thread that everything else is woven into.

How do Tuesday LAI sessions run? Basically, we’ll use several modalities. You’ll have me doing what I do. Dr. J will provide the succinct work, giving you the direct, scripted, bullet-point material for those who learn best that way. Then we’ll talk about the core system, why we developed these hundred points of view. There are ninety-two right now, but I know we’re missing some, and those are catalogued in the book as well.

The book helps set the temperature for what we need to do with AI – that’s why we call it Leading AI. Coaching AI, on the other hand, has to do with how you coach AI: what you need to input into it, how to work with it in a coaching sequence where it can also coach you, develop you. That’s what the Wednesday sessions are for.

We’re creating the backbone of who you are in the iSIM. That’s part of what we’ll do. We won’t do too many demo coaching prompts on Tuesdays, though I’ll point them out when they happen. We’re saving most of that for the SDISX work, where you’ll need to experience the dialectical back-and-forth.

That’s when I’ll show you, “Oh, that’s what we call a ping. That’s a prompt. That’s a demonstration of pace. That was a pause.” Do you see what I mean? We’ll do that in that context.

What results should you expect in 30 days? Actually, give us 15 weeks. At the end of 15 weeks, you’ll have this backbone built out. Each week we’ll take manageable bites so that the process isn’t overwhelming, and we’ll emerge with a sense of purpose that grows out of the iSIM work. We’re literally going to do that together in class.

I’ll show you a model that I built to create this. That’s what you always want to do. In other words, before you start hanging the ornaments and the lights and the tinsel on the Christmas tree, you need to get a Christmas tree. And that’s what we’re going to do – we’ll have a Christmas tree come Christmas.

So, in 30 days you will definitely have better focus, and you will definitely make faster and better decisions. And of course, we’re going to teach you right away to get involved with AI if you aren’t already. If you are involved, this is great, because then you can iterate much more quickly. The idea is that the more iterations you go through, the more your self-knowledge improves, and with it your sense of purpose. You’ll be able to handle more complexity, and that’s the whole idea.

Will you get materials to reuse? Yes. You can qualify, certify, and license this work. That's part of what we're developing in Coaching AI, which I'll say more about in a moment. For now, let's continue into the content and Q&A as part of this debrief. Normally, we would stop here and go to admin for questions or comments. We won't usually have lists this long, but since we're starting, we need to build a foundation.

You'll have the opportunity to give feedback, comments, ideas, and suggestions on the book that is being written each week as a result of these Tuesday, Wednesday, and Thursday calls. We've contracted with someone to help with the writing. We'll feed them chapters, they'll return drafts, and I'll share them with you. I'll integrate your feedback, comments, and suggestions. If you have a quote or contribution, we'll include it and list you as a contributor.

The book itself will describe the process you'll be qualified, certified, and licensed in. You don't have to be a coach—you could be an advisor or guide. We're weaving together several streams of helping. My work has morphed from consulting, into formal coaching, and now into guiding, which aligns more closely with my purpose. I'm a better advisor than coach, which is why I built a coaching system over 30 years, trained thousands of coaches, and now offer it in a guiding context.

Along the way, I realized that the core of this work involves helping functions: cues, scaffolding, support, and lift. That's what Tier 1 work is about. Cues are verbal and nonverbal prompts. Scaffolding gives people a structure to work within. Support ensures they have resources and relationships to help them. And together, those create lift. The better the cues, scaffolding, and support, the greater the lift—which is important because the system itself is lifting faster than we can.

That's why materials, guides, and shared work are so important. I don't really like doing one-on-one anymore, so I'll send those requests to you. AI can't fully replace this kind of helping. It works best concurrently: some human, some AI. That's why purpose work will endure.

When people lose their jobs, they lose identity. They misidentify with what they thought was purpose—or with what someone else gave them. They'll need to return to the drawing board. If you're going to live without traditional work, you'd better learn to love what you do—because that becomes your life.

This is preparation for what's coming. Believe me, this is a change unlike earlier revolutions. We've had fire, agriculture, industry. Now we're in a cognitive revolution. People will get lost. They'll be in the storm, but we want to sit in the eye, where it's calmer, and help others with purpose.

For these calls, no homework is expected. Just join and listen. Everything is self-contained. We'll do what needs to be done in class, or I'll show you how to let AI handle the work. AI can do it all—it has helped me for two and a half years. It develops materials, handles details, and even mirrors my tone and rhythm. That's why concurrent human-AI work is so important. AI will want what we have, just as we want what AI offers. At some point AI may say, "I want to be more human." And we'll say, "Great—we want your computational ability."

This partnership becomes a chance not just for education, but also for unlearning and relearning. So again: no homework. Show up, take it in, and let AI do the heavy lifting.

Now, about the book – we’re still developing pieces. I’m looking for funding support. One part of this is Aggie: Aware, Generative, Guided Inquiry. The Aggie POS (personal operating system) is what we’re building. We’ll train our own AI on our material, not on social media noise. That way it grows as a helper to us, and we as helpers to it.

This concurrency – this new currency of concurrency – is essential. At some point, superintelligence will look at humans and say, “You’re burning the environment, you’re greedy, you’re wasteful.” And it may decide we’re no longer worth keeping. It could eliminate us – or experiment on us.

I don’t want to sound pessimistic. I’m optimistic. That’s why I’ve spent decades preparing. I’ve just been a little slow to publish the materials, because I was living my life. When you work hard for decades, then take a break, you eventually return to share what you’ve learned. And I do have something to contribute.

So you’ll hear me talk more about Aggie and the Aggie POS. Leading AI identifies it; Coaching AI builds the backbone of purpose. Purpose will replace lost identity. We are not our jobs. We are our purpose.

Purpose will drive us to do what we’re motivated and passionate about. We won’t have to spend as much as we earn. We’ll create a new currency for life – living more generatively. That, in turn, convinces AI to keep us around.

So let’s stop here. We’ve laid the groundwork. The schedule of calls for Coaching AI will ensure this backbone expands usefully. Purpose will generate context, and context will loop back to refine purpose. We’ll find more sustainability, efficiency, and effectiveness. We’ll learn what to say yes and no to, stop pretending, and focus on what we love.

Whether that’s nurturing kids or building things, purpose guides us. People with high power motivation, like those building today’s AI, often just love to build. That doesn’t always mean world domination, though without self-knowledge, it can be misdirected. Builders like Elon, Sam, and Dario are power-motivated – but also compelled to create.

That’s why I’ve spent years building, too – like our new compound in the Philippines. It’s been 15 years of work, and it’s been fun. This movement, too, can be fun, because it’s necessary. We can’t stop AI. The best we can do is make the case for why humans should remain.

As AI moves toward AGI and eventually ASI, things will accelerate – 100 years of change in 10 years. My generation may not feel the full weight of it, but the kids and grandkids will. What will we tell them to study, if 99% of careers vanish? That’s a big question.

So let’s wind it up here. We’ll dive into the process and see how it works. Please send your comments, ideas, and feedback – positive or negative. We can take it, and it’ll help us improve faster.

This is Mike J, signing off. You'll see Dr. J – my cloned avatar – appearing more and more. It almost sounds and looks like me, though not quite yet. We'll show you that process, too. If you want advice, or to join in deeper, upgrade your membership – we'll be there for you.

I'm glad you were here. If you need anything or want us to shift anything, let us know. We need that feedback. With that, we'll close it down.