



# Four Stories in the Metaverse

Metaverse Bipolar - an AR Experience

Metaverse - Permaculture Convergence

Dreaming with AR

Erector, CA – A Meta Town

By William George Paul

<https://www.planetshifter.com/>

November 2022

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# c o n t e n t s

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## MetaVerse Bipolar - an AR Experience

'Bipolar disorder is associated with episodes of mood swings ranging from depressive lows to manic highs. The exact cause of bipolar disorder isn't known, but a combination of genetics, environment, and altered brain structure and chemistry may play a role. Manic episodes may include symptoms such as high energy, reduced need for sleep, and loss of touch with reality. Depressive episodes may include symptoms such as low energy, low motivation, and loss of interest in daily activities. Mood episodes last days to months at a time and may also be associated with suicidal thoughts. Treatment is usually lifelong and often involves a combination of medications and psychotherapy.'

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The rules of the group were read and Jack was noticeably agitated. "Where am I?" he shouted.

"Play the video please," directed the Doctor. The video serves as a base image for the session. Real Time Avatars slink into their seats as Jack's peers' toggle between the AR version and the real room. "Things are blending." Group member DeeDee is an old soul in the bipolar band. She wanted to create her Avatar after Harriet Tubman but settled for an enhanced generic Avatar from "off the shelf."

"Let's try-out the hand-finger controls," coaxed Lisa. "Jack?" The subject of today's AR experience was unusually quiet for a man trapped in mania's grip.

"Lots of data streaming in here," he said. "Jack it up; Ha!" He didn't realize what was instore for Lisa's virtual gang... a second base video for AR construction is "buzzed." AR therapy space #2!

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The new video features a holiday table, void of people, complete with food and drinks. "Hey, that's my family's table during the holidays." Jack's mood went from excited to concerned. Memories plus AR help build a group reality.

"Guys, we will role play a holiday dinner for Jack. People from Jack's past include Grandpa, two sisters plus Mom and Dad and his kid brother. Avatars were modified to illustrate each family member's face, to play the parts." Doc Lisa picked this manic setting from her therapy sessions with Jack. He was 19 at the time.

The point of the exercise is to allow Jack to relive this particular moment in time and recognize his sickness and change course accordingly. Revive the past and live into the future!

Jack talked with each family member, Avatar to Avatar. In this iteration he was inquisitive, friendly and supportive. He tells his mother that he loves her as he helps clear the table.

Jack is protagonist and antagonist in this virtual supper. The AR work will continue to shape and reshape the group therapy because each session is recorded through the headsets. Jack is building an AR "experience kit" so he can better understand his bipolar condition. Could these videos bounce back and forth into infinity, like opposing mirrors?

\* \* \* \* \*

Later that day, Jack is noticeably calm, scheming to continue the AR / video interface work as his self-reflection and self-projection. A star is reborn!

## **Metaverse - Permaculture Convergence**

(1) I will define and combine the Metaverse with the Permaculture Convergence as a positive teaching and experiential space for the future.

'Augmented reality (AR) in the Metaverse involves overlaying visual, auditory, or other sensory information onto the real world to enhance one's experience. Unlike virtual reality, which creates its own cyber environment, augmented reality adds to the existing world as it is.' (investopedia.com)

Permaculture is a holistic design system for creating sustainable human settlement and food production systems. It is a movement concerned with sustainable, environmentally sound land use and the building of stable communities through the harmonious interrelationship of humans, plants, animals and the Earth.

A Permaculture Convergence is an annual gathering of teachers, practitioners and community members (approximately 75 people) who share permaculture success stories, community building and entertainment around pertinent DIY topics like drying fruits and vegetables, home composting, keeping backyard chickens and harvesting rainwater. Participants camp-out. It typically runs from Friday night to Sunday afternoon.

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**(2) The Permaculture Ethics are:** Earth Care, People Care, and Fair Share

**(3) The 12 Principles of Permaculture are:**

Observe and interact  
Catch and store energy  
Obtain a yield  
Apply self-regulation & accept feedback  
Use & value renewable resources & services  
Produce no waste  
Design from patterns to details  
Integrate rather than segregate  
Use small and slow solutions  
Use and value diversity  
Use edges & value the marginal  
Creatively use and respond to change

**(4) Some of the principles of the Metaverse include:**

Ethical, Safe, Inclusive, Accessible, Interoperative, Decentralized; Persistent; Spatial; Community-driven; Self-sovereign; Immersive

**(5) Some principles from the Metaverse are similar to those in a Permaculture Convergence which can have a synergistic effect on building, and participating in, an AR environment:**

Self-sovereign (M) apply self-regulation and accept feedback (PC)

Inclusive (M) integrate rather than segregate (PC)

Persistent (M) use and value renewable resources and services (PC)

Community-driven (M) integrate rather than segregate (PC)

Immersive (M) design from patterns to details (PC)

\* \* \*

(6) In futurism and science fiction, the Metaverse is a hypothetical iteration of the Internet as a single, universal and immersive virtual world that is facilitated by the use of virtual reality (VR) and augmented reality (AR) headsets. “The demand for virtual land on the Metaverse is soaring. Digital storefronts, virtual gaming, or even entertainment can be interacted with on virtual land. Its size and location will determine the use cases for the land (Spiceworks).”

\* \* \*

**(7) A Metaverse - A Permaculture Convergence Story**

This year’s Inland Permaculture Convergence attracted Selena because one of the workshops will be taught in the Metaverse. An AR teaching covering how to make a tie-dyed tee shirt. AR glasses and finger gloves, and a white tee shirt are required as is a 25.00 workshop fee.

“It will be interesting to see how the instructor, the tech and the principles of the Metaverse and the Permaculture Convergence mix together,” she whispered to no one.

The base AR template for the tie-dyed tee shirt workshop was made from CAD drawings and photographs that the instructor obtained from the organizers. As the students jacked-in and gathered in the space, it suddenly turned in an art studio, complete with wash tubs and a clothes line.

“Welcome. Is the AR feed, ok?” said the instructor, hovering 6 inches off of the floor.

Desks are laid-out in linearity with plastic basins in AR, whereas nothing actually exists in the everyday space.

\* \* \*

“Grab the string in front of you and begin to tie-up your shirts. When you are ready, select natural die colors and combine with hot water. Then dip the bundle where you

want that color to be. The instructor held his shirt with the basin, over his head, an “AR move” that pleased the students.

“Go ahead and dip another color.” The knots that bunch and design each tee shirt are coming off with AR scissors.

Each student is limited only by their imaginations. AR is an imagination machine where people redesign and experience old worlds and create new ones.

“Rinse in cold water folks.” Obviously, there is no cold water it’s just another representation or image from the AR – Human Video Interface (HVI) process. “Please hang your creations on the laundry lines.”

AR class over, Selena goes back to non-AR life for lunch with her fellow Convergents. Her tie-dyed creation floating in her head.

### **(8) Questions**

Can a Metaverse plus Permaculture Convergence be a global, “People Care” super space for learning and community building?

Designing with Nature is a common aim of Permaculture. Can this be done in an AR space?

Will the current Permaculture community use the Metaverse to experience their love for the land?

Can an avatar work the same as a real person. Pros and cons?

What does social media look like in a Virtual Permaculture Convergence? Will we see direct communications instead of threads and email blasts?

How can Meta supporters convince Permaculturists to build a virtual Convergence and plug-in?

What is an “existing world” to Permaculturists? Their backyard? The Convergence? Their city?

Is the PDC (Permaculture Design Course) an appropriate use of the Metaverse?

Can the ethics of Permaculture support the Metaverse?

Is the Metaverse best seen as a teaching tool for Permaculturists? For Convergence design?

Source: <https://www.spiceworks.com/tech/artificial-intelligence/articles/what-is-metaverse/>

## Dreaming with AR

*'Augmented reality (AR) involves overlaying visual, auditory, or other sensory information onto the real world to enhance one's experience. Unlike virtual reality, which creates its own cyber environment, augmented reality adds to the existing world as it is.'*  
(investopedia.com)

The existing world in this journey are dreams.

Robbie, tired from taking orders at Joe's Burgerland, shuffles home to another life and world filled with excitement and wonder. The scene is augmented reality. Robbie is jacking into his dreams and using memory to experience both the present and the future.

Headset secured; fingers connected to special gloves, Robbie finishes his herbal tea and lays down in his trusty lazy boy chair and relaxes. He is soon fast asleep.

Dreamland coming on.

As a different way to envision his world, Robbie dreams represent a paranormal view into our loves and fears, a landscape suitable for a personable search engine for the overlaying of dreams and AR. The end result is a process that is unending and unique per dream.

Robbie, with his "dream tool kit", has learned to bring certain AR elements into his dreams, enhancing them to his liking.

\* \* \*

The Dream/AR artist is recording each production for analysis. One result is that Robbie's memory has been enhanced with each session and serves as a third stroke in the dream, AR dyad. Robbie is rapidly becoming a human XR machine.

Here is a text script of one synergic journey that Robbie constructed in his dream from last night.

**Dream:** a little girl is flying over a forested landscape...

**AR:** Robbie places a large net in the flight path of the child. And catches the child.

**Dream:** A voice is heard, chiding Robbie for his intervention.

**AR:** "I will take her down to the forest and see what she needs," says Robbie in his dream.

**Dream:** Suddenly the forest is transformed into a small hamlet with people and animals about.

**AR:** A long ladder appears as Robbie and the girl climb down fireman style, to the ground below.

**Dream:** The pair find a communal fire and set about to discover their hosts and new geo-location. (*The net and the ladder are gone*)

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**Memory:** Enhanced by the recordings.

**Dream+AR+Memory = DARM**

## Erector, CA – A Meta Town

“Meta Horizon Worlds: Users can socialize, have business meetings, explore the virtual environment, participate in virtual activities, and play games on Horizon Worlds. One of Meta’s VR social apps is Horizon Worlds. In the Horizon universe, blockchain technology is not utilized. It features functional VR building blocks, such as code blocks, music, and animation effects, that aid content developers in addition to navigable VR settings. As a test platform for virtual explorers with an invite-only policy, Facebook (now Meta Platforms Inc.) first debuted Horizons in August 2020. (spiceworks.com).”

In 2023, Meta founded, funded and trained townsfolk in the Santa Cruz Mountains to experiment with XR and social norms. Everybody was given a headset and hand controllers in support of Mark Zuckerberg’s evolving vision. This virtual space is called Erector; everyone has an avatar, an alternate ego and a “stage name.”

“Avatars can frequently be altered and can resemble their users’ real-life counterparts in some way. Avatars can occasionally also be computer applications. With the help of keyboards, joysticks, mice and specialized human-computer interfacing (HCI) devices, users may operate their avatars. More lifelike avatars might give viewers or anyone interacting with them a more immersive experience (spiceworks.com).”

Everyday tasks and governmental decrees are funneled by VR tools through a small server farm stored in the old fire station. Each citizen’s headset-fueled real-time recordings are available to check-out in the VR Library.

Community-wide meetings with up to 700 residents can have a carnival-like atmosphere with avatars bouncing in the air, floating in and over the proceedings. Usually, the meetings are held in the near-by high school football stadium where a new experimental 6G network terminates from Meta headquarters in Menlo Park.

One popular space in the hamlet is the local coffeehouse where folks can actually drink coffee in real and XR time in a synergistic everyday event. Jose’s Coffee is packed 24 hours per day.

Some of the residents stand during the opening ceremony. The pledge of XR Allegiance floats into the crowd and includes references to what the Erector Project, and all Meta projects, support:

Ethical, Safe, Inclusive, Accessible, Inter-operative, Decentralized; Persistent; Spatial; Community-driven; Self-sovereign; Immersive.

“In essence, (Erector) is a universe of limitless, interconnected (space) where people can socialize, collaborate, and have fun using virtual reality headsets, augmented reality glasses, smartphone apps, and other technologies. It will also include an online life, such as social media and shopping. Metaverse is a mix of 3-dimensional worlds accessed through a browser, a mobile app, or a headset. It would allow people to have real-time interactions and experiences across large distances. A vast ecosystem of online applications will be the outcome (spiceworks.com).”