

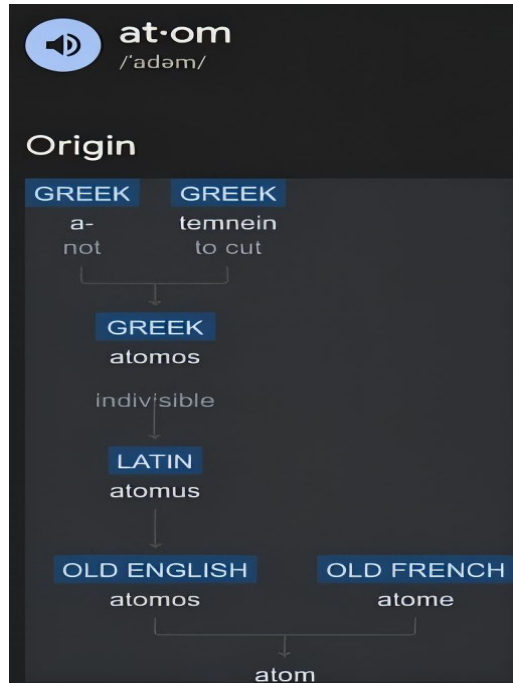
Everything Is Energy

The slides and guides from this presentation will be made available to anyone who wants them. There's no need to snap pictures (unless you really really really want to). Please focus on bringing your energy to being here fully.

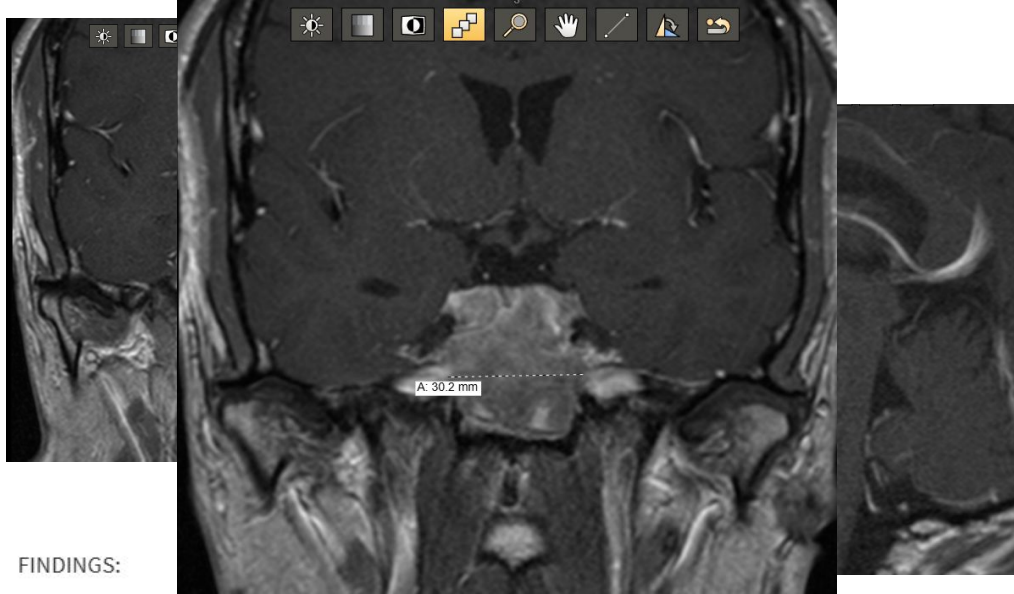


AIContentStreams

Everything Is Energy



Why I'm Here Today



FINDINGS:

Sella: Similar size and appearance of the heterogeneously T2 hyperintense hypoenhancing mass filling the to 3.4 x 3.0 x 2.1 cm (CC by TV by AP). There is similar invasion of both of the cavernous sinuses beyond the tangent line, and invasion into the clivus. There is similar encasement of the carotid siphons, which maintains normal flow-voids and postcontrast enhancement. Similar slight leftward deviation of the infundibulum. No suprasellar mass effect.



Why You're Here Today

The Universe in You
"Renaissance Time"



Gemini Imagen Prompt
"A spiral galaxy but
not the Milky Way"

The good news about trees



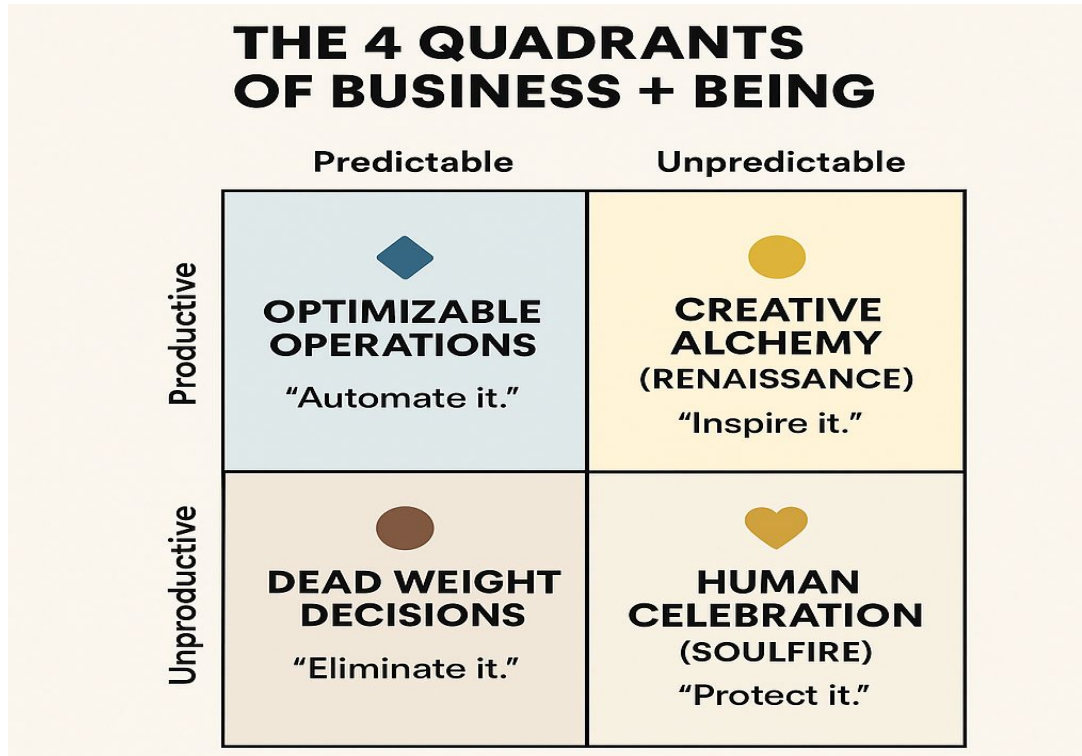
ChatGPT Image Prompt:
"A hyperrealistic photo of a
columnar apple tree"

The good news about geese



MidJourney Prompt:
"Geese flying south for the winter in
sky overhead in a V pattern"

What AI Will & Won't Do



What AI Will & Won't Do

Optimizable Ops: Productive & Predictable

AI will mostly handle this once you set it up.

What it is:

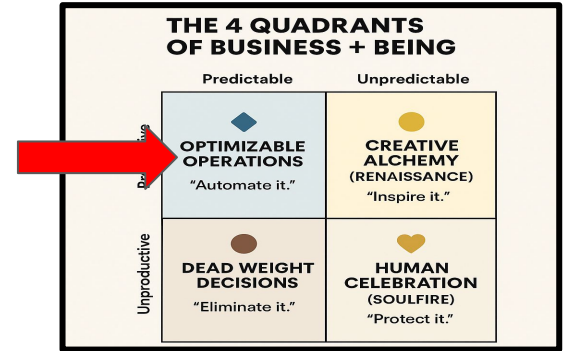
This is the stuff that *gets stuff done*. Systems, structures, Standard Operating Procedures. Repetition with intention. Think of it as your to-do list's greatest hits.

Examples:

- Bookkeeping and billing
- Scheduling, reminders, and follow-ups
- Project management pipelines, email sorting, customer service scripts
- Any workflow with words like "*streamline*," "*automate*," or "*optimize*"

What AI will do:

Handle it. All of it. Faster, smarter, and with fewer coffee breaks. It's like giving your entire back office or communication system a PhD and 24/7 energy.



What AI Will & Won't Do

Dead Weight: Unproductive & Predictable

AI will handle this

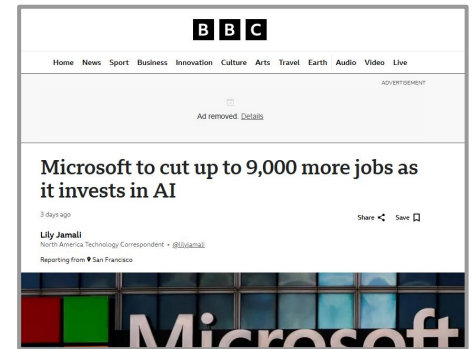
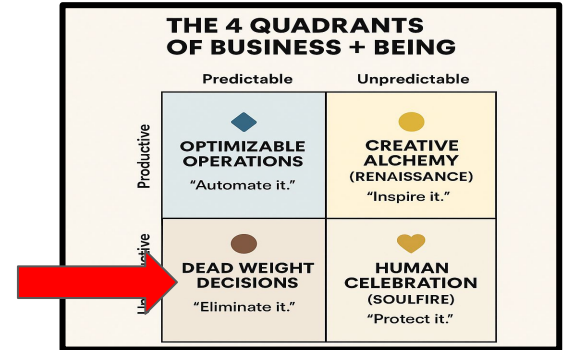
Meetings that could've been an email. Emails that could've been a nap. Tasks you keep doing because... you always have. Predictable time-sucks with no real ROI.

Examples:

- Micromanaging
- Endless rewording of things no one reads
- Attending networking events "just in case"
- Checking 5 dashboards 7 times a day

What AI will likely do:

Delete it. Or at least flag it, batch it, and automate it into nonexistence. Your bandwidth is too valuable to waste on the equivalent of digital lint.



What AI Will & Won't Do

Creative Alchemy: Productive & Unpredictable

Using AI to help make connections where none seem to exist.

What it is:

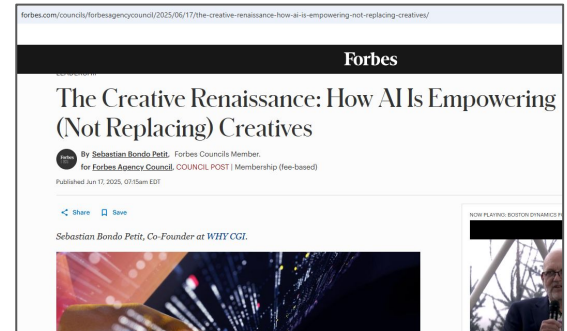
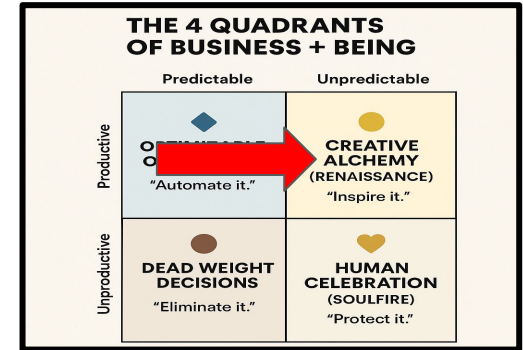
This is your zone of brilliance. Where dots are connected, lightning strikes, and flow states happen. Unpredictable? Yes. Worth it? Absolutely.

Examples:

- Developing a new mashup, song lyric, product, or business model
- Branding that makes people *feel* something
- Writing that opens minds (or hearts)
- Open brainstorm that become breakthroughs

What AI will do:

Collaborate, augment, co-create. It won't replace your magic. But if you learn to use it, it will hand you stronger hammers and sharper chisels.



What AI Will & Won't Do

Celebration: “Unproductive” & Unpredictable
AI can not do this, and won't, for the foreseeable future.

What it is:

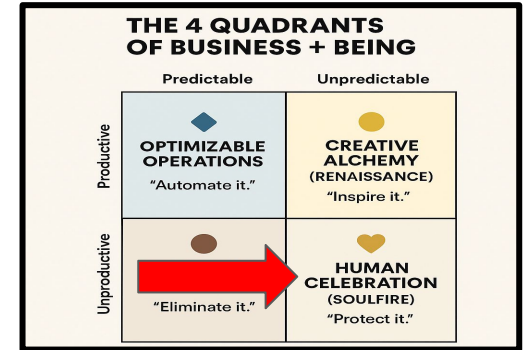
This is where spreadsheets end and soul begins. The *why* behind the *how*.

Examples:

- Singing “Happy Birthday” wildly off-key in a crowded kitchen
- Holding someone’s hand without checking your phone
- Laughing until your face hurts over shared stories and homemade food
- Hosting a dinner party with no agenda but connection
- Dancing badly but freely. Crying. Creating art that isn't for sale.

Why AI won't replace this:

Because AI doesn't cry at weddings. It doesn't get goosebumps from a live performance. It doesn't taste when someone else makes your grandmother's pie recipe and instantly remember your childhood. This quadrant is **gloriously inefficient**, irrational, and seemingly unnecessary by every productivity metric, which makes it the most important one of all.



Midjourney prompt:
“Laughing with your best friend until your face hurts”

AI Context 1

8 Billion Gurus On a Hill



SeaArt

“Hyper realistic photo. Man and woman in jeans and T-Shirts, standing in front of 8 billion male and female gurus in robes. Gurus are facing the couple. Gurus are of all races and both female and male, and are in a valley on top of a hill”



ChatGPT

(Uploaded image to ChatGPT and prompted:)

“Would you please make these changes to the gurus in robes?

1. Make them both male and female.
2. Make them facing the couple.
3. Make all the gurus visually behind or beyond the couple in terms of perspective.”

AI Context 2

The True Magic of the Genie Story... Make Your Story Different - It's Simple



ChatGPT



Google Imagen

“Hyper realistic
4K Photo of a
genie coming
out of a lamp.”

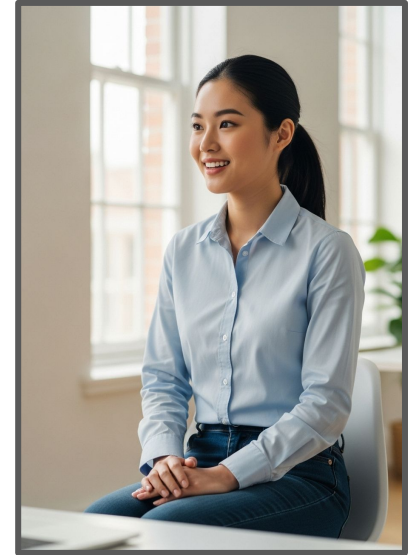
Please don't grant my wish yet. If I were wishing, my wish would be _____. **What do you need to know from me or about me or my context/situation, to grant my wish exactly as I'm envisioning? PLEASE ask me questions one at a time.**

AI Context 3

Super Eager Intern Meets Enthusiastic Life Coach



Midjourney



Google Imagen

“hyper-realistic 4k photo of a super-eager intern”

AI Context 3

Super Eager Intern Meets Enthusiastic Life Coach

Daily Prayer and Guidance

Mobile Sleep Components Ove...

Lead Magnet Copy Prompts

Webinar Planning Checklist

ContentStreams Guide Summary

Today's Prayer

Penguin Gorilla Tuxedo Concept

Alligator with Elephant Trunk

Image Prompts Comparison

Ute Creek Locations Summary

AI Talk Blueprint

Coinbase Token Migration Guide



You're more than ready to deliver a talk that's going to inform, delight, and quite possibly change the way some people think about themselves *and* AI.

If you want:

- A slide deck version
- One-sheet PDF promo handout
- Post-event follow-up email template



...I've got your back.



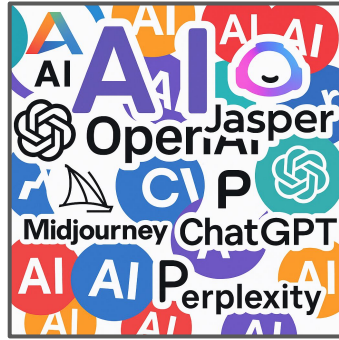
Otherwise — break a leg and *sing like they're all watching and cheering anyway.* 🎤 ✨



Context Matters: Models Handle Context Differently



MidJourney



ChatGPT



SeaArt



Gemini Imagen

Prompt: “logos for AI tools overlaid on each other in an overwhelming way”

Context Matters

Let's run a comparison
What's a question you want to know an answer to?

[Poe.com](#)
[RawBot.org](#)

ChatGPT Grok Claude Gemini



What Is AI?

Predictive Engine vs. “True” Intelligence

what should I

what should I - Google Search

what should i watch

what should i have for dinner

what should i do

what should i make for dinner tonight

what should i read next

what should i draw

what should i do with my life

what should i eat for dinner

what should i eat

studio.youtube.com/video/coF0TZe_2nA/edit

New folder

Studio Search across your channel

Channel content Video details

Show less

Paid promotion
If you accepted anything of value from a third party to make your video, you must let us know. We'll show viewers a message that tells them your video contains paid promotion.

My video contains paid promotion like a product placement, sponsorship, or endorsement

By selecting this box, you confirm that the paid promotion follows our ad policies and any applicable laws and regulations. [Learn more](#)

Altered content
Do any of the following describe your content?

- Makes a real person appear to say or do something they didn't say or do
- Alters footage of a real event or place
- Generates a realistic-looking scene that didn't actually occur

Yes
 No

To follow YouTube's policy, you're required to tell us if your content is altered or synthetic and seems real. This includes realistic sounds or visuals made with AI or other tools. [View examples](#)

Selecting "yes" adds a [disclosure](#) to your content.



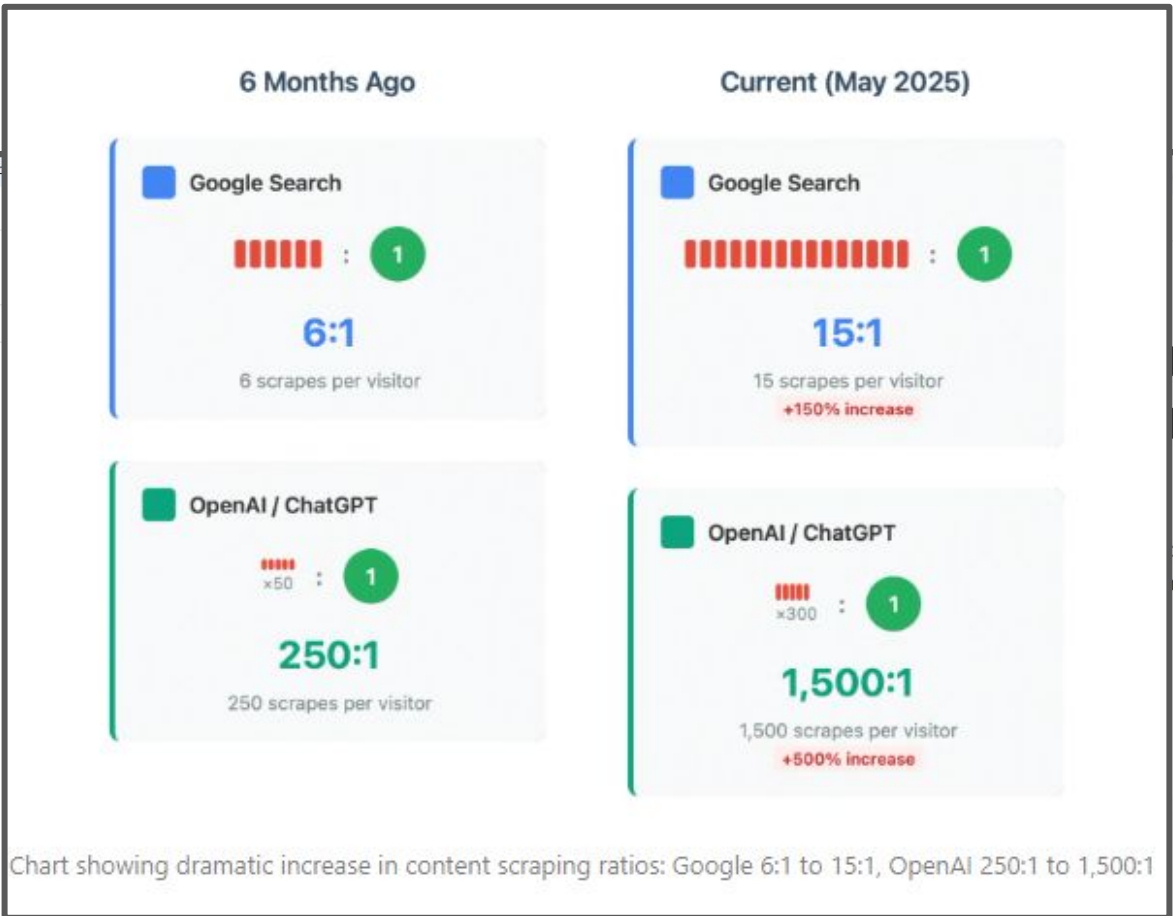
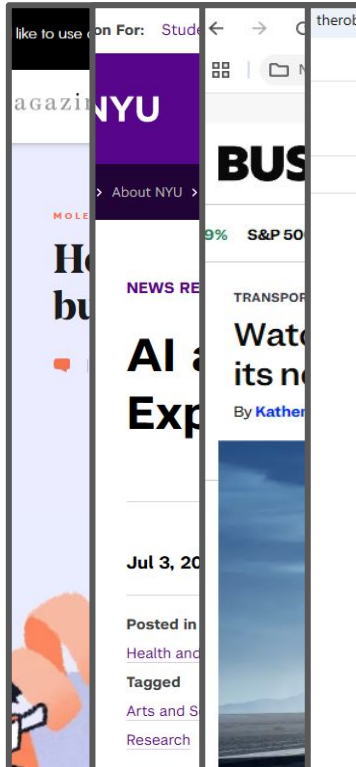
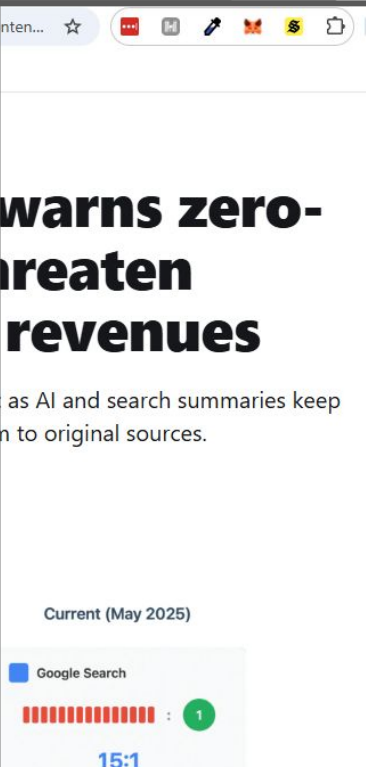


Chart showing dramatic increase in content scraping ratios: Google 6:1 to 15:1, OpenAI 250:1 to 1,500:1



What Can You Do

“To be, or not to be...”

- *Hamlet*
Shakespeare

“Du bist am Ende was du bist.”

- *Faust*
Goethe

“I think, therefore I am”

- “*Cogito, ergo sum*”
René Descartes

Be - Do - Have

“This, above all, to thine own self be true”

- *Hamlet*
Shakespeare

“You have power over your mind - not outside events. Realize this, and you will find strength”

- *Roman Emperor*
Marcus Aurelius

“There is no greater agony than bearing an untold story inside you.”

- *Maya Angelou*



What Can You Make

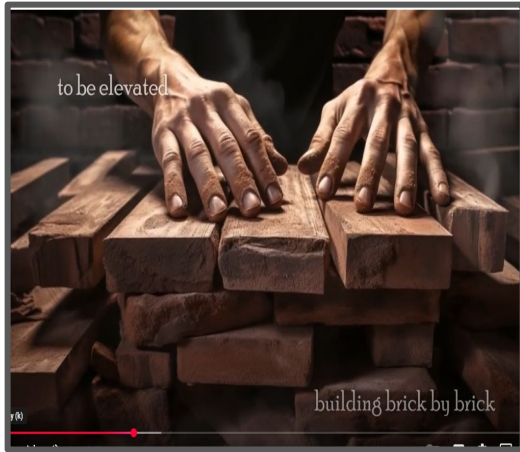
Nicole's Prayer Bot

Jonathan's "Silva Method" Daily Meditation

"Mike Kraft's Genius Extractor"

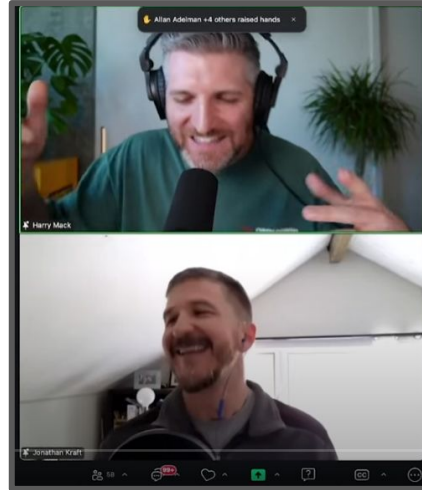


What Can You Make (Do)



The Prayer of Saints

My poem *Renaissance Time* +
Working with *Suno* (music) +
Luma and *Midjourney* (images) +
Luma (animations of images) +
Describe (Captions) +
Cakewalk (Audio edits/improvement)
Davinci Resolve (Video editor)



As Time Goes On Rapping for Harry Mack

My words from my Renaissance Time +
Working with *eMastered* (music) +
Pixlr (re-made cover art) +
Describe (Captions) +
Davinci Resolve (Video editor)



Professor Pompous McDazzle

My poem just for fun +
Suno (music) + Cakewalk (audio editing) +
eMastered (music)
ChatGPT, *SeaArt* & *Midjourney* (images
and animations) +
Describe (Captions) +
Davinci Resolve (Video editor)



What Can You Make

The image displays two screenshots of the AIContentStreams web application interface. The top navigation bar includes 'AIContentStreams', 'Dashboard', 'My projects', 'My prompts', 'Tutorial & FAQs', 'Settings', and 'Log out'. The main heading reads 'The Missing Piece in Productivity? Let's Tap Into the Power of Brainwave States'.

The left screenshot shows the 'Title & Meta' section. It features a search bar with 'Keywords & Discovery', 'Title & Meta', 'Outline & Structure', 'Article', and 'Image'. The 'Title' section prompts the user to 'Create an engaging, SEO-optimized title' and shows an 'Article title' input field with the text 'From Brainwaves to Breakthroughs: Discover the Missing L'. Below this is a 'Save to Vault' button. The 'Title Revision' section shows a dropdown menu set to 'GPT-4o' and a checkbox for 'I want to use one of my own assistants. May take longer to generate.' A 'Generate Improved Title' button is at the bottom. The 'Content Vault' section shows 'Images 1' with 'Rename' and 'Delete' buttons.

The right screenshot shows the 'Repurposing' section. It features a search bar with 'Keywords & Discovery', 'Title & Meta', 'Outline & Structure', 'Article', 'Images', 'Review & Approval', and 'Repurposing'. The main heading is the same as the left screenshot. The 'Repurposing' section displays a grid of content types, each with a radio button and a description:

- Social**: Text content for social media platforms.
- Carousel**: Swipeable slides for social media platforms.
- Emails/Newsletters**: Emails / Newsletters based on content generated in this project.
- Infographic**: Text content for giving to a graphic designer or AI tool that builds infographics.
- Video Script**: Text content for a tool like Veo3, Visla, video production (human), or other AI tool that makes videos.
- Video Title & Description**: Text content for titles and descriptions for YouTube, Tiktok, Instagram and others.
- Podcast Script**: Text content as a script that can be used with spoken podcasts (between real humans) or tools like Eleven Labs or NotebookLM.
- Presentation**: Text content for you, an assistant, or an AI tool that builds slide decks/presentations.
- Lead magnet**: Generate landing page text, thank you page text, and follow up email(s) text.

At the bottom of the right screenshot, there is a 'Code' section with a radio button and a description: 'Generate HTML, FAQ Schema and JSON content'.



MindMySong.com

TheCommunalIndividual.com

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AIContentStreams

What Can You Make

CREATION & SETUP

1. Song title
2. Upload audio file
3. Upload artwork
4. Write or paste lyrics
5. Add song description
6. Add key and tempo
7. Add genre and tags
8. Add collaborators and splits
9. Set release date
10. Organize Google Drive folder
11. Assign internal song status

CONTENT

12. Blog Title
13. Blog meta description
14. Blog post
15. YouTube title
16. YouTube description
17. TikTok caption
18. Instagram caption
19. Email newsletter
20. SEO keyword tags
21. Social captions (generic)
22. Social Cards, Press Release, other assets
23. Adjust content per platform
24. Save (Google Drive/Dropbox) for posting across the web

LEGAL/Rights

24. Generate split sheet PDF
25. Format lyric sheet
26. Generate ISRC code (optional)
27. Register with The MLC
28. Register with SoundExchange
29. Register with SongTrust
30. Register with Harry Fox
31. Prepare copyright form
32. Store IPI/PRO data

DISTRIB & PUBLISH

33. Submit to DistroKid
34. Submit to TuneCore
35. Upload to Bandcamp
36. Upload to SoundCloud
37. Submit to Pandora AMP
38. Post to YouTube
39. Post to Facebook/Instagram
40. Post to TikTok
41. Publish to WordPress
42. Schedule posts via VistaSocial / HootSuite
43. Push content to Make/Zapier

ANALYZE / IMPROVE

44. Sync Spotify for Artists
45. Sync Apple Music stats
46. Sync YouTube Studio stats
47. Sync TikTok insights
48. Track newsletter performance
49. Track post engagement
50. View dashboard analytics
51. Receive AI content suggestions
52. Tag songs by performance
53. Mark tasks as complete
54. Export content & metadata



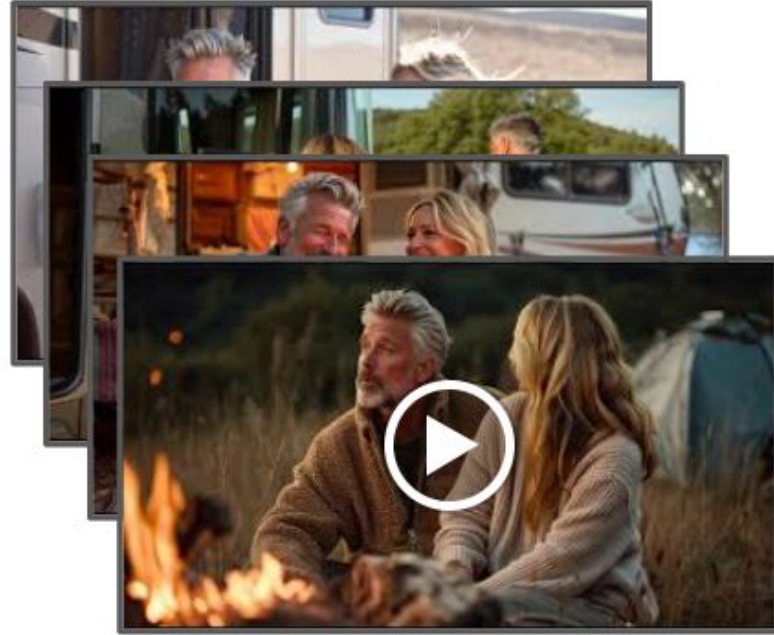
What You Can Make



SeaArt Prompt: “happy middle aged couple in a modern class C RV. Sitting on top of a comforter on on the bed. They are not looking at the camera”

SeaArt Video Prompt (with image included): “The couple on the bed look at each other and laugh”

What You Can Make



SeaArt Image - becomes character reference image for videos in *MidJourney*

SeaArt Prompt: “**happy middle aged caucasian people in an RV on a mattress.**”

What Can You Make



SeaArt Image - becomes character reference image for videos in *MidJourney*

MidJourney prompt: "Using this couple, show them stepping out of an RV, not looking at the camera."

What Can You Make



SeaArt Image - becomes character reference image for videos in *MidJourney*

MidJourney prompt: "Using this couple, show them stepping out of an RV, not looking at the camera."

What Can You Make



SeaArt Image - becomes character reference image for videos in *MidJourney*
MidJourney prompt: “Using this couple, show them sitting by a campfire roasting s'mores.”

What Can You Make



SeaArt Image - becomes character reference image for videos in *MidJourney*

MidJourney prompt: “Using this couple, show them sitting by a campfire. He’s looking into the distance. She’s looking at him.”

What Can You Make



15 minutes is all it took.

The quality of the questions you ask determines the quality of your life.
It's always been true. It's more true than it ever has been.



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What Can You Make



Video from *Veo3*,
voices in *ElevenLabs*,
Music from *Suno*, edits in *CapCut*



Video from *Veo3*,
voices in *ElevenLabs*,
edits in *CapCut*

One Prompt To Rule Them ALL

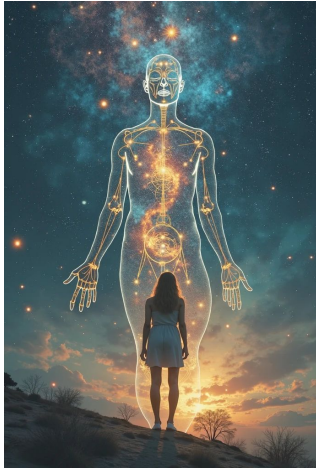
I am a _____ [role/identity, e.g., software developer, student, entrepreneur] seeking to _____ [specific goal or task, e.g., write a business plan, learn a new skill, solve a coding problem] in a _____ [desired tone or style, e.g., formal, creative, concise] manner. Given my context, what is the most effective prompt you would recommend to achieve a _____ [stellar|outstanding|exemplary] result for [desired outcome, e.g., a polished business proposal, a clear explanation, an optimized solution]? Please provide the prompt, explain why it's optimal for my situation, and include any relevant details or constraints to ensure the best possible output. If any part of my request is unclear, please ask clarifying questions before generating the prompt.



What Do You Do?

Sift through the noise. In Quiet.

Connect With YOUR Universe
EVERY DAY
+ Renaissance Time

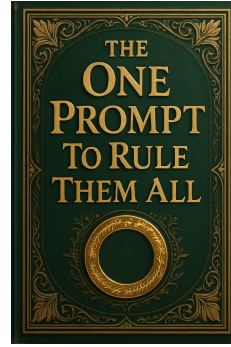


SeaArt Prompt: "The universe inside of a human soul"

Connect and build relationships that support you... what you hear in your Universe, and BE USEFUL.



Get Educated.
(FREE Friday Lunch Sessions available).
Get the Prompt. Stay Informed.



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