SHINE
Program for Life

VICTOR MANICKAM
KNOWLEDGE GROUP

100 in 100 for 100

100 People · 100 Batches · 100 Years of Independence

In Brief

The Age of Artificial Intelligence has arrived, and most of humanity is meeting it from the reactive end — becoming, in effect, human machines: brains running old, pre-programmed grooves, following rather than creating. This is not a metaphor but neurology — "cells that fire together, wire together," and repeated reaction hardens into fixed, automatic circuitry.

Yet the human brain is livewired, not hardwired — shaped by experience, and plastic for life. London's cab drivers physically grow the brain's memory centre; Einstein's violin reshaped his cortex. If experience wired the machine, directed experience can rewire the inventor.

That is our work — drawn from **ontology**, the study of being, and delivered through four instruments whose effect on the brain is now irrefutable. **Reflection** chooses which circuits survive. **Forgiveness** quiets the amygdala's reactive grip (Ricciardi, 2013). **Acceptance** — reappraisal — calms the reactive brain (Buhle, 2014). **Gratitude** builds lasting structure and reserve (Fox, 2015; Kini, 2016). Four tools that move a person from reaction to invention.

What is true of a person is true of a nation. India was the seat of learning, and around 1700 nearly a quarter of the world's economy. Today it is a nation of followers — over 1.3 million students leaving each year, the world's largest diaspora, research at barely 0.6% of GDP. The country needs restoration as urgently as the person does — and a nation is restored the way a mind is: one at a time.

So: one hundred people, in one hundred batches, to the hundredth year of India's independence — 2047. Begun by Victor Manickam, carried forward by Deveeka Mahajan and Benjamin Manickam. A nation of inventors, not machines.

That is the invention. That is the movement. 100 in 100 for 100.

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A Vision — Victor Manickam Knowledge Group

This document is the first of its kind. It is not a plan; it is the start of a movement — a movement for our country, for our people, for humanity, and for possibility itself. A movement towards **invention**.

The Foundation

In 2020, we sat in a conference room reading a document titled "Creating a Way of Life." It spoke of the children born that year — children who would grow up in the age of a new intelligence, an age in which human intelligence as we had known it would become a memory. I believed then that we were walking towards that age. Today, we are living inside it.

The evidence is no longer in question: the New World has artificial intelligence at its core. Victor Manickam saw this in 2016 and wrote of it in 2019 — which means we have been ahead of our time, preparing for a world that has now arrived. The Age of Artificial Intelligence.

And as we predicted, most of humanity has met it from the reactive end. Some are learning AI to cope. Some out of the fear of becoming obsolete. Some to get ahead, some to build with it, some to profit from it. But wherever you stand in this game, the fact is the same — you are already behind. It may sound like an arrogant claim. I assure you I have my reasons. If you want to know why, read on.

You cannot meet this New World by becoming a part of it. You meet it by creating your own — and having AI participate in yours.

1. What This World Looks Like

The New World is one in which the human being quietly becomes a human machine — a functional pod at the receiving end of life and stimulus, reacting to the past as though it were the future. This is not a metaphor. It is neurology.

Our brains are not fixed objects; they are, in David Eagleman's words, a "relentless shape-shifter, constantly rewriting its own circuitry." But that shaping cuts both ways. Every time a set of neurons fires together, they wire together, and the pathway is reinforced. "Just like paths in a forest," Eagleman writes, "you lose the connections that you don't use." Repeated long enough, a reaction stops being a choice and becomes a road — worn, automatic, pre-programmed. That worn road *is* the human machine.

> *"You become who you are not because of what grows in your brain, but because of what is removed."* — David Eagleman, The Brain

You can watch it happen. The reel that won applause gets reposted, and applause is addictive, so you replicate what was applauded until you are fitting yourself into a

mould rather than becoming someone who can create. The world turns to AI, so you acclimatise, telling yourself it is just another trend to follow. Or you refuse — "I will not fall for this" — and isolate, and rebel, until the rebellion itself governs you. You work hard, build the job, the family, the life, and still find yourself in a rut, with fulfilment a far-off country. And you watch your patterns harden with the people closest to you, everyone operating the same way regardless of what anyone does — all motion, no result.

This is the future of a human being who has become a machine: subscribing to the norm, and going wherever life takes them.

What Victor Manickam Knowledge Group Is For

We are here for the New World Order. In the transition from the being to the machine, we bring invention to a new way of being — one that keeps a person steadfast and ever-evolving, rather than diminishing and certain to become obsolete.

How We Do It

> *"The human brain's ability to shape itself to the world into which it's born has allowed our species to take over every ecosystem on the planet and begin our move into the solar system."* — David Eagleman, The Brain

The same faculty that made us a machine is the faculty that can un-make it. Unlike the animals — the zebra that runs within an hour of birth, the giraffe that stands in minutes — the human brain is born deliberately unfinished. Eagleman calls it "livewired," not hardwired: built to be shaped by experience. That is our vulnerability and our superpower in one. If experience wired the machine, directed experience can rewire the inventor.

And this does not stop with childhood. London's taxi drivers, after mastering the city's streets, grow the memory centre of the brain — the hippocampus — physically larger; the longer they drive, the greater the change. Einstein's lifelong violin enlarged the region of his cortex governing his left hand. The adult brain is not set in stone. Experience changes it, and it retains the change.

So we do not attempt anything magical. We take the oldest route there is — **ontology**, the study of being itself. This is the ground our entire work is drawn from. Where most training tries to change what a person *does*, ontology works one level beneath that — at the level of who a person is *being* — because behaviour is only ever the output of being. Change the being, and behaviour reorganises on its own.

Through Human Design Education, then, we help you dismantle the reactions and defences you have accumulated, so that when a stimulus arrives it is no longer forced into the old groove but received as new. Your sense organs begin to reactivate instead of merely react. Your brain begins to open. Ontology names the destination — operating from your being; the neuroscience explains the road.

Why the Rewiring Is Necessary

A toddler's brain forms roughly two million new connections every second, reaching over one hundred trillion synapses by age two — double what an adult carries. Then

life prunes. Half of those connections are pared away, and the networks that remain grow efficient, and rigid. Efficiency is a gift; rigidity is the trap. The rigid network begins to draw its evidence in advance: it decides what "happiness" should feel like and then waits for matching events, rather than letting the feeling arise; it replicates situations to manufacture emotions on schedule; it predicts how a person will behave and then acts from that verdict before the person has moved. Eagleman is blunt about the cost: everything you have experienced has "altered the physical structure of your brain" and, in doing so, comes to "constrain who you can become."

Our entire work is aimed at that constraint — at loosening the fixed network enough for a person to operate from their being again, rather than from their pre-disposed patterns.

The Tools We Have Chosen

Reflection, Forgiveness, Acceptance and Gratitude. These are not soft virtues. Each is a precise instrument for changing the wiring of the brain — and the science, now, is irrefutable.

Reflection is how attention chooses. In a livewired brain the connections that are used survive and the unused fall away — so to reflect is to consciously decide which circuits live, to interrupt the automatic replay and look again. And because memory is not a recording but a reconstruction that our present continually re-colours (Loftus), the very act of revisiting an experience is a chance to lay it down differently.

Forgiveness is neural work, not weakness. When people genuinely grant forgiveness, the brain recruits the dorsolateral prefrontal cortex, the precuneus and the inferior parietal lobule — the machinery of perspective-taking, empathy and the regulation of feeling through thought — and in doing so it quiets the spontaneous, aggressive, amygdala-driven reaction to being wronged (Ricciardi et al., 2013). Forgiveness dismantles the resentment circuits that would otherwise fire together and wire together for life.

Acceptance is the science of reappraisal. Across dozens of imaging studies, choosing to reinterpret a charged situation reliably raises activity in the prefrontal control regions and lowers it in the amygdala (Buhle et al., 2014). It is also protection: the chronic anxiety and distress that research links to faster cognitive decline is precisely what acceptance releases.

Gratitude lights up the medial prefrontal cortex and anterior cingulate — the seats of value, reward and moral judgment (Fox et al., 2015). And it is trainable: people who did nothing more than write gratitude letters showed greater neural sensitivity in those same regions three full months later (Kini et al., 2016). Practised, gratitude becomes structure — the "cognitive reserve" that keeps a brain resilient across a lifetime.

Together, these four move a brain from reaction to invention — from the human machine back to the human being, and forward to the human inventor. That is the whole of our work, said plainly: the science of Forgiveness and Gratitude, of Reflection and Acceptance, used to re-wire the brain so that it operates from your being rather than succumbing to its patterns. The result is a brain that is more active, more responsive, more creative — one that lets you experience more and

create your life, rather than reaching for “such is life” or “it was not meant to be” when the world does not bend your way.

Why India

There is a reason this movement must begin here, and nowhere else.

This is the land that gave the world its first knowledge. The Vedas — among the oldest surviving texts of humankind — were composed on this soil. Here stood Takshashila and Nalanda, residential universities that drew thousands of scholars from across Asia a thousand years before Oxford opened its doors. This civilisation gave the world the zero, the decimal system, and the foundations of algebra and astronomy. We were, quite literally, the seat of learning — a nation of education.

And we were rich because of it. Around the year 1700, India produced close to a quarter of the world’s economic output — by some estimates more — making it the largest, or very nearly the largest, economy on earth (Maddison).

Now look at us. From a quarter of the world’s wealth we fell to barely three to four percent by the time we won our freedom in 1947 — and something in us has still not recovered. We have become a nation of followers. Our brightest no longer dream of building here: in 2024 alone, over 1.3 million Indian students left to study abroad, and India now carries the largest diaspora on earth — some eighteen million people who have made their lives elsewhere. Our wealthiest are leaving too — an estimated 4,300 dollar-millionaires in 2024 alone. And we invent astonishingly little: India spends roughly 0.6% of its GDP on research and development, less than a third of China’s and a fraction of what the inventing nations spend. The creators among us are very, very few.

A land that gave the world its gods and its numbers has grown content to imitate. That is not who we are.

This is the same disease, written at the scale of a nation. Just as an individual brain hardens into reaction and forgets that it can create, so too has the country — running old grooves, following, deferring, waiting to be told. And just as the being can be restored, so can the nation — but it must be restored, and restored fast. A country that once led the world in knowledge cannot meet the Age of Artificial Intelligence as a country of followers. We need leaders who build again. People with something of their own to be proud of. A nation that remembers it was never meant to follow — it was meant to invent.

And a nation is only ever restored the way a mind is — one at a time.

Why 100, and Why Now

This is where the vision meets the mission. One hundred people, in one hundred batches, carried across the years to the one-hundredth year of India’s independence — 2047. Begun by Victor Manickam, and carried forward, cohort after cohort, by Deveeka Mahajan and Benjamin Manickam. Not a course that ends, but a movement that compounds: a hundred at a time, a nation of inventors rather than machines, meeting the Age of Artificial Intelligence by creating a world of their own and letting AI participate in it.

That is the invention. That is the movement. 100 in 100 for 100.

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