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Dear Reader,

The media landscape is choc-a-bloc with news and discussions about artificial intelligence (AI), with the emerging behemoth (China) on the block throwing the challenge to the reigning behemoth (USA).

DeepSeek has turned the tables on the old established order and taken the pursuit of knowledge and critical thinking into uncharted territory, cutting the flab with pragmatism and efficiency proving beyond all doubt to the world that less is indeed more, much to the benefit of mankind.

David Mattin plunges us into the deep end with our cover piece "AI as electricity, AI as magic," and is followed by **Peter Diamandis** and his piece "NVIDIA's worst AI nightmare," saying that the disruption and reinvention of every industry is rapidly becoming the new normal.

A second piece by Peter Diamadis titled "5 morning rituals to live longer" focuses on human intelligence and its exasperating capacity for not knowing what's best for it. In the same vein Peter Diamadis has penned a third piece titled "Eat Wrong – Die Young." It's time to face the music and do something about the discordant notes in our lives.

Back of the Book we have the 37th edition of our monthly column Nature Calling for Action Stations (NCfAS) that shines the light upon the 83 years young Yasmin Lari and her late-career magnum

Opus, her big, hairy audacious goal as it were, to provide food, shelter, education, and clean water for a million households devastated by floods, all with no money raised. Now that's the kind of news that gladdens the heart and makes for hope and optimism in a landscape often seen as bleak and foreboding.

Ramzan Mubarak! May Allah keep us all in His protection, ameen 🙏🙏

*Ramzan
Mubarak*



Explore JJ's curated articles for expert insights on emerging trends, managing people, business, and personal growth. Gain valuable knowledge and prepare for future challenges with confidence.

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AI as electricity AI as magic



The message hidden inside DeepSeek's R1

David Mattin | 9 min read

In AI, there are decades where nothing happens, and weeks where decades happen. Recently we've grown accustomed to the latter.

DeepSeek's new R1 reasoning model dominated tech news this week. The Chinese startup say they found huge efficiency gains that allowed them to train R1 for far less compute, and at an accordingly lower cost — just \$5.5 million — than was used for comparable models. Its performance rivals that of OpenAI's o1. What's more, DeepSeek have open sourced R1, making it free to use and build on.

This sent a shockwave through Silicon Valley, and panicked the markets. Big Tech is spending tens of billions of dollars on AI chips, because we all thought they'd be needed to train the next generation of models. R1 throws that into doubt. Who will buy all those Nvidia chips now? And what happens to OpenAI if startups can create comparable models for a few million?

There's some doubt about DeepSeek's claims on costs. I suspect we'll discover more.

Still, R1 is telling us something useful. And that something is captured by a framework that has long been at the heart of my thinking. It is AI as electricity, AI as magic.

This framework is an attempt to capture something essential about the way AI will manifest in the years ahead. To capture, that is, AI's strange dual nature.

First, take AI as electricity. One core characteristic of the Exponential Age is its deep merging of information and physical reality. That's happening via a plethora of sensors and microchips, which are being distributed across the built environment. AI will do useful work the information all those sensors and microchips generate, and so help fuel a coming army of robots, autonomous vehicles, and connected objects.

Intelligence will be abundant, and woven through everything. It will be something akin to a new form of energy.

On the other hand, there is AI as magic. Intelligence will create amazing stories, images, and films. It will automate complex lifestyle tasks. It will do the kinds of cognitive and creative work we once believed only humans would ever be able to do.

This is AI as magic. Look, flamingos!



That was AI magic from Google's new Veo 2 video model.

One implication of this framework? The AI as electricity business will be hard. Much of the value will be pushed up the chain to AI as magic.

AI as electricity imagines a world in which intelligence is ubiquitous. In other words, in which it is a commodity. A world in which there are a plethora of 'good enough' LLMs, many of them open-source. As with any commodity business, the result for suppliers will be a race to the bottom on price.

We were already able to see that world emerging. Look at Meta's open-source Llama models and others. It was already hard to see how OpenAI could build a huge business simply by selling access to great LLMs. DeepSeek — and the kind of intelligence abundance it points towards — only makes that more difficult.

Instead, and contrary to the AI narrative across the last few years, much of the money will be made not by those who create the AI, but by those who use it to deliver magic to end users. The value, in other

words, will be at the app layer.

All through this generative AI moment, many have been dismissive about so-called 'GPT wrappers'. It's becoming clear they were wrong. Wrappers — that means apps built on top of LLMs — will be where it's at.

So, who is best positioned to deliver AI magic? The answer is: those with deep wells of user data, which will allow them to craft AI experiences that resonate with people. And those with vast distribution, which allows them to deliver this magic at scale.

Data, human context, and distribution: who has all that? Meta, Google, Microsoft, and Apple, of course.

Via AI magic, the tech giants will reach even further into our lives, and consolidate their huge power. To those who have won, more winning will be given.

This probably isn't great news. But that's a postcard for another day.

Meanwhile, when we analyse OpenAI we need to understand their primary underlying motivation. They are scrambling to get beyond the commoditised LLM business, and to get on to the magic side of the ledger. Remember, ChatGPT is itself a clever wrapper around a set of underlying models.

It really worked as a first stab at magic. I wonder what else they have up their sleeve.

I'll be back next week. Until then, be well,

David.

David Mattin from New World Same Humans <nwsh@substack.com>

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https://www.newworldsamehumans.xyz/p/ai-as-electricity-ai-as-magic?utm_source=post-email-title&publication_id=36405&post_id=156316939&utm_campaign=email-post-title&isFreemail=true&r=6jkjg&triedRedirect=true&utm_medium=email

NVIDIA's worst AI nightmare



Peter Diamandis | 9 min read

Netflix ate Blockbuster for lunch. Amazon decimated all of retail. And Uber and Zoom reinvented transport.

The disruption and reinvention of **every industry** is rapidly becoming the new normal.

This week, a small open-source player out of China called DeepSeek is disrupting AI giants OpenAI and NVIDIA.

But this is just the beginning! The coming industry disruptions will accelerate fast and furiously on the heels of AI, AGI, and ultimately **digital super intelligence**.

First the tech players, next healthcare, then financial services, and education will be reinvented. Get ready of the roaring 20's. They are here.

Why is everyone up in arms about DeepSeek?

Here's the data:

OpenAI was founded 10 years ago, has around 4,500 employees, and has raised \$6.6 billion in capital.

DeepSeek was founded less than 2 years ago, has 200 employees, and was developed for roughly \$5 million.

Here's the Disruption: While tech giants like OpenAI and Anthropic have been spending \$100M+ just to train their AI models, this small 200-person team out of China built an AI system matching GPT-4's performance for 20x less money.

How did they achieve the impossible? Three Moonshot innovations that are absolutely mind-blowing:

1. Precision Reimagined: Instead of using computational overkill (32 decimal places), they proved 8 is enough. Result? 75% less memory needed. Sometimes the most powerful innovations come from questioning basic assumptions.

2. The Speed Revolution: Traditional AI reads like a first-grader: “The... cat... sat...” But DeepSeek’s multi-token system processes whole phrases at once: 2x faster, 90% as accurate. When you’re processing billions of words, this is transformative.

3. The Expert System: Instead of one massive AI trying to know everything (imagine one person being a doctor, lawyer, AND an engineer), they built a system of specialists. Traditional models? 1.8 trillion parameters active ALL THE TIME. DeepSeek? 671 billion in total, but only 37 billion active at once. It’s pure genius.

The results are staggering:

- Training costs slashed from \$100M to \$5M
- GPU requirements slashed from 100,000 GPUs to 2,000 GPUs
- 95% reduction in API costs
- Runs on gaming GPUs instead of specialized hardware
- They did this with a team <200 people, not thousands

But here’s what makes this truly revolutionary: ***It’s all open source.***

Anyone can verify, build upon, and implement these innovations. This isn’t just technological progress—it’s the democratization of AI at an unprecedented scale.

I just downloaded it on my iPhone to play with.

Think about what this means:

- The “only-big-tech-can-play” era is OVER
- Innovation barriers have been shattered
- A few good GPUs might be all you need
- The playing field has been leveled

For incumbents like NVIDIA, this is terrifying. Their business model of selling super-expensive GPUs with 90% margins? That moat just turned into a puddle.

And DeepSeek did all this with fewer than 200 people. Meanwhile, Meta has teams whose compensation alone exceeds DeepSeek’s entire training budget... and their models aren’t even as good.

This feels like one of those moments we’ll look back on as an inflection point, like when PCs disrupted mainframes or cloud computing changed everything. **The efficiency genie is out of the bottle, and there’s no going back.**

The question isn’t whether this will transform AI development—it’s what YOU will build with this democratized technology. We’re living in an era where breakthrough innovation isn’t just possible, it’s accessible.

What’s your Moonshot idea? The tools to build it just got a whole lot closer.

Peter Diamandis <peter@diamandis.com>

5 morning rituals to live longer

Peter Diamandis | 5 min read

Want to live longer, healthier? Pick your morning routines wisely.

Here's the brutal truth: Your morning routine is either extending your life or shortening it.

There's no middle ground.

“Win Your Morning, Win Your Day, Win your Life”... is serious wisdom.

Here's what I do and why. I hope it's helpful. Whatever routines you choose, make them non-negotiable.

1. Morning Attitude – “Gratitude & Optimism”: When I wake every morning (usually around 6am) before I even open my eyes, I start with a reflection on Gratitude and Optimism. I am grateful to be alive, to have the opportunities and challenges before me, and optimistic about the future and my ability to shape it. This sets a powerful basis for the rest of your morning, day and life. Give it a shot.

2. Stack Your Habits for Maximum Impact: Don't just do one healthy thing—stack them. During my personal “golden hour” (6am – 7am), I combine red light therapy, vagal nerve stimulation for stress management, and meditation for mental clarity. This “habit stacking” makes the most of your time while cementing multiple healthy behaviors. This also sets me up for my favorite golden-hour activity: writing (either this blog, or part of my next book).

3. Prioritize Before You Digitize: Before diving into emails and notifications, set your top 5 priorities for the day. I keep an active “Action List” with my top projects and priorities. I review it, set down my goals for the day

with the mental note, “If I pull these off, today is a total win.” This mental clarity exercise reduces stress and ensures you're focusing on what truly matters for your health and longevity.

4. Make Exercise Non-Negotiable:

Exercise isn't just about staying fit—it's your #1 pro-longevity protocol. As Dr. Kenneth Cooper says, “We don't stop exercising because we grow old; we grow old because we stop exercising.” Whether it's weight training for muscle maintenance or HIIT for mitochondrial health, make movement a daily priority. **BUT MAKE NO EXCUSE:** If you can't put in a full hour of resistance training, do something for 10 minutes... push-ups, squats, lunges, sit-ups. If you can't break away for 10 minutes to get your heart rate up and get your blood flowing, you seriously don't have a life.

5. Start Journaling Like Benjamin Franklin:

Ben Franklin knew something about longevity: he lived to 84 in an era when the average lifespan was just 35 years. His secret weapon? A morning journaling practice he started at age 20. Every morning, Franklin would ask himself, “What good shall I do this day?” This simple question became a powerful tool for self-improvement and purpose-driven living. Three centuries later, science confirms what Franklin intuited: journaling reduces stress, boosts productivity, and helps align your daily actions with your long-term health goals.

Your morning routine isn't just about productivity, it's about longevity.

Remember: Your routine today shapes your health tomorrow.

Onward to decades of added healthspan,

Peter

Peter Diamandis <peter@diamandis.com>

EAT WRONG – DIE YOUNG



Peter Diamandis | 8 min read

You literally are what you eat. So, what are you eating? What should you be eating?

Here's the shocking truth: 93% of Americans are metabolically unhealthy. But it doesn't have to be this way.

After interviewing dozens of leading scientists and physicians, experimenting on myself, and diving deep into the research, I'm sharing **five game-changing strategies** that can transform your longevity through diet.

Let's dive in...

Sugar is America's Silent Killer: Excess sugar fuels obesity, type 2 diabetes, heart disease, and fatty liver—crippling millions. It hijacks the brain like an addictive drug, driving cravings while wreaking havoc on metabolism. It accelerates aging, fuels chronic inflammation, and even increases the risk of cancer. The average American now

consumes over **80 pounds of sugar per year**, a staggering leap from just **6 pounds** two centuries ago. This tidal wave of sugar is driving an unprecedented health crisis—one we must confront before it consumes us. **Cut the sugar. Save your health. Reclaim your future. Pro-tip:** Say “no” to dessert before it hits your table—it's easier than resisting it once it's in front of you. Also, don't go shopping when you're hungry.

Master Your Eating Window: Forget three meals a day—it's **accelerating aging, spiking blood sugar, and disrupting your metabolism.** Research shows that condensing your eating into a **6-hour window** can **increase autophagy, enhance mitochondrial function, and boost longevity.** As Harvard's David Sinclair, PhD says, “It's not just what you eat. It's when you eat.” The sweet spot? Try eating between 8 AM and 2 PM and then fasting until the next morning. Can't manage that? Then how about

an early dinner at 5pm, and breaking your fast the next morning at 8am, a 15-hour fast? Even a 12-hour window between 7pm and 7am, avoiding snacks in between can help. **Pro-tip:** The key is stopping food intake 3-4 hours before bedtime.

Try “Food Sequencing”: The order in which you eat your food can be very impactful. Here’s the formula: Tonight at dinner, divide the food on your plate into vegetables, proteins, and carbs. Eat your vegetables first. This slows down your digestion, followed by proteins, and save carbohydrates for last to manage blood sugar levels. Because vegetables are high in fiber, eating them first slows glucose absorption, and fills you up with nutrients. Eating proteins second further slows digestion, stabilizes blood sugar, and provides satiety. Finally, eating carbs last, after fiber and protein, you significantly reduce their glycemic impact and prevent blood sugar spikes. **Pro-tip:** This simple switch can boost your post-meal GLP-1 levels (your body’s natural appetite suppressant) by 38%. It’s like getting the benefits of weight-loss drugs, naturally.

Eat Enough Protein to Boost Muscle: Muscle is your ultimate longevity asset. It’s not just about strength—it’s about survival. More muscle means **higher metabolism, better insulin sensitivity, stronger bones, and greater resilience against disease.** As we age, muscle loss accelerates frailty, increases fall risk, and weakens immunity. Studies show that **higher muscle mass is directly linked to lower mortality and a longer healthspan.** One of the most important dietary changes to maximize muscle is to consume enough protein. If you’re trying to build muscle,

increase your minimum intake to 1 gram per pound of body weight (2.2 grams of protein per kilogram). **Pro-tip:** Mix sources between plant (lentils, chickpeas) and lean animal proteins (wild salmon, chicken), and spread your protein intake throughout the day.

Practice Vitamin “O” (Oxygen): Before every meal, take three deep breaths. This activates your parasympathetic nervous system, optimizing nutrient absorption and reducing inflammation. It’s a zero-cost hack that can dramatically improve how your body processes food.

Consider committing to these for a one-week period and then see how you feel.

Want to dive deeper into the science of longevity and learn more about my complete blueprint for extending healthspan? Check out my new book: ***Longevity Guidebook: How to Slow, Stop and Reverse Aging – and NOT Die from Something Stupid.*** The guidebook is available on Amazon, and the audio version has amazing interstitial interviews. **NOTE:** All profits are being donated to the XPRIZE Healthspan.

You can purchase a copy of the book for ~50% cheaper on my book website www.LongevityGuidebook.com (where you’ll also get many additional bonuses).

Remember: During this era of extraordinary biotech breakthroughs, your goal is to live healthy enough to intercept the longevity technologies coming our way. Your diet (along with sleep and exercise) is your daily opportunity to make this happen.

To your longevity,

Peter

Peter Diamandis <peter@diamandis.com>

Nature Calling for Action Stations (NCfAS#37)

ADAPTATION



The past month has witnessed a deluge at Dawn, flooding and overwhelming hearts and minds with ways and means to make Pakistan Breathe again. While smog may appear as the central reason for bated breathes in this our great land of the Indus and the Karakorum, it's very far from being the only reason, for aside from the physiology there is the psychological aspect of our existence, far more potent in its ability to lay waste our fragile mental states.

Nature reconstructs the global village

There is no questioning the interconnectedness of our climate predicament, as Ali Tauqeer Sheikh has very succinctly penned in his piece 'Breaking the climate silos' (Dawn, February 12, 2025). "As the winter smog **blankets our cities from Lahore to Delhi, and farmers from Punjab to Bihar watch shifting monsoon patterns upend centuries-old agricultural practices, we are reminded daily that climate change knows no borders.**"

"The climate crisis poses non-traditional security threats that cannot be addressed through conventional security approaches" – Ali Tauqeer Sheikh

Climate-resilient regional economic policies

This message is at its strongest when it comes to the regional aspect of the climate crisis, he writes. "Our common destiny is written in the geography we inhabit. From the Bay of Bengal to the Arabian Sea, we share ecosystems that have shaped our civilizations. Our futures are inextricably linked through common environmental systems that transcend national boundaries... the climate crisis poses non-traditional security threats that cannot be addressed through conventional security approaches."

Climate events increasingly shape regional trade patterns in South Asia. Pakistan's emergency imports of vegetables from India during extreme weather-driven shortages demonstrate the immediate need is for climate-resilient regional economic policies that facilitate timely trade responses during weather-induced scarcities. It is estimated that regional trade could boost Pakistan's shrinking GDP by one per cent.

While coverage of disasters remains important, says Ali Tauqeer Sheikh, people increasingly seek deeper, more nuanced coverage of embedded climate governance for national development policies that connect climate resilience with daily lives and equitable development.

This brings me to an article that caught my undivided attention recently. Nick Aspinwall writing in Dwell (23 January 2025), celebrated Pakistan's first female architect Yasmeen Lari's ground breaking work designing homes for climate disaster areas without outside funding.

Lari's B.H.A.G! Lari Octa Green (LOG) shelters

Yasmin Lari's Zero Carbon, Zero Waste, Zero Donor, and Flood Resistant Bamboo Villages. The race is on! At 83 years young, Pakistan's legendary architect is in hot pursuit of her Big, Hairy, Audacious Goal – food, shelter, education, and clean water for a million households devastated by floods, all with no money raised. Now that's the kind of news that gladdens the heart and makes for hope and optimism in a landscape often seen as bleak and foreboding.

"As farmers from Punjab to Bihar watch shifting monsoon patterns upend centuries-old agricultural practices, we are reminded daily that climate change knows no borders" – Ali Tauqeer Sheikh



Even as Pakistan Breathes in Islamabad amidst all manner of high sounding envisioning of cross-border cooperation to mitigate the impact of global warming and climate change, there is rock solid action on the ground in response to Nature's Call.

Vernacular architecture

Lari's eight-sided bamboo shelters can famously be built for less than \$100 apiece, relying on prefabricated frames with diagonal reinforcements that also provide resistance to earthquakes, a method also utilized in other countries such as Ecuador. These panels can be moved and reused if floods destroy the exterior plastering and the roof, made of thatched leaves bound tightly to prevent water intrusion while also allowing hot air to escape.

They're an evolution and improvement of a common Sindhi structure—their conical roofs can also [reduce the effect of Pakistan's deadly summer heat-waves](#), which reached 49 degrees Celsius. It's a tradition of vernacular architecture, a style of regional or local building that utilizes conventional supplies and resources from the region in which the building is situated.

“Lari's eight-sided bamboo shelters can famously be built for less than \$100 apiece, relying on prefabricated frames with diagonal reinforcements that also provide resistance to earthquakes” – Nick Aspinwall

“People increasingly seek deeper, more nuanced coverage of embedded climate governance for national development policies that connect climate resilience with daily lives and equitable development” – Ali Tauqeer Sheikh

Feudal subjects in dire straits

“Wealth inequality in Pakistan is extreme, and nowhere more so than in the floodplains of the southeastern Sindh province, where peasant communities live as feudal subjects to powerful landowners, whose land they till,” writes Nick Aspinwall. “Many tell stories of how, when the floods hit, water was diverted from profitable farmland and into the poorest communities. People gathered for weeks on roadsides, the only places that weren’t flooded.”

The devastation of Pakistan’s floods—\$15 billion in economic losses, millions pushed below the poverty line, rapidly spreading waterborne diseases and skin infections, and more than 230,000 children still out of school, [according to UNICEF](#)—was most vicious in parts of the country already facing an ongoing social catastrophe. “Suddenly, everything was washed away,” he quotes Lari saying. “There’s just nothing left, no fields, no greenery, no nothing. These people never had anything much in their lives, but whatever it was, it was all gone.”

“Lari wants to build faster. Still, she believes asking for monetary donations will destroy the essence of her project, turning people into beggars. To her, modern charity is wedded to a colonial model of subservience that does more harm than good” – Nick Aspinwall

Donor-free scaling up! BRAVO

So far, about 50,000 have been built since 2022—a far cry from a million, but impressive considering they have been constructed almost entirely without donations. To get to a million without outside money, the Heritage Foundation, which Lari founded with her husband to preserve historic structures, trains people to build homes, chulahs, toilets, and other essential structures in their own villages, along with skills like thatching roofs and crafting terra-cotta tiles. Then, people who learn the skills can join [“barefoot brigades,”](#) which travel and teach other communities.

As they earn more money, they eventually buy motorcycles and travel even further.

Lari has devised a [multistage pathway](#) through which villages progress, starting with food security and moving on to securing a clean water supply, building flood-proof homes for every family, and developing a sustainable

“Our futures are inextricably linked through common environmental systems that transcend national boundaries” – Ali Tauqeer Sheikh

source of income.

Dignity before Dishonor

Lari wants to build faster. Still, she believes asking for monetary donations will destroy the essence of her project, turning people into beggars. To her, modern charity is wedded to a colonial model of subservience that does more harm than good, even as each passing year brings a greater threat of extreme heat and catastrophic flooding, of homelessness and disease, of lost lessons and stunted growth, of social calamity.

Some research suggests that [cash injections can work](#). But Lari is convinced that cash would hurt communities. She accepts in-kind donations, such as television monitors for schools, but still prefers that people raise money to buy them instead. Lari concedes she could tolerate monetary aid as long as it goes to the women’s committee bank accounts which control village finances, and is done in the right manner.

Many donations in Pakistan are [allegedly pilfered by corrupt officials](#) before making their way to people in need, writes Nick Aspinwall. “I wonder if the architect in Lari sees outside charity as incompatible with her design, a compromise that dampens her late-career magnum opus, while the human in Lari has been scarred by donors who work against the interests of the communities they serve.”

[#54 House of Bamboo](https://youtu.be/WYem7pxvHEI)

[Gimme Hope](https://youtu.be/R-ZplG81oZg)

Column by Adil Ahmad, Correspondent, TGS Octara.Com