

From the upcoming book “The Human GLOW” by Stuart Patton

Preface

The Light We Carry Together

There is a quiet truth about being human that we often forget in the noise of modern life.

Every one of us carries a light.

It is not a light that can be measured on a screen or counted in followers. It does not appear in a résumé or a bank balance. It cannot be coded into an algorithm or stored in a machine. Yet it is the most powerful force shaping our lives and our relationships.

It is the GLOW.

The GLOW is the living warmth of the human spirit. It is the energy that appears when gratitude replaces resentment, when love replaces indifference, when openness replaces judgment, and when wisdom steadies our actions.

It is what we feel when we are truly present with another person. It is what we recognize in someone whose calm presence lifts a room. It is what moves us to help someone we do not know, to listen longer than we planned, to forgive when it would be easier not to.

The GLOW is not something we earn.

It is something we remember.

This book begins with a simple observation: every human being is born with an internal GLOW. It lives quietly beneath the layers of experience we accumulate throughout life. Our choices, our environments, and our relationships either brighten that GLOW or dim it.

Over time, the world places demands on us that can obscure it.

Modern life moves quickly. Technology accelerates everything—information, communication, expectation. We are encouraged to compete rather than collaborate, to perform rather than reflect, to build our image rather than

nurture our inner life. Attention becomes fragmented, and the pressure to appear successful often replaces the deeper pursuit of meaning.

Without realizing it, many of us begin to live from the outside in.

Our environment tells us how to think, what to feel, and who we should become. The pace of the world pulls us into survival mode—reacting quickly, protecting our status, guarding our time and attention. When this happens, the GLOW becomes buried beneath layers of urgency, comparison, and fear.

Yet the GLOW never disappears.

It waits.

It waits for a moment of stillness. A moment of gratitude. A moment of connection where two people recognize each other not as roles or achievements, but as human beings sharing the same fragile and beautiful experience of being alive.

At the heart of this book is a simple framework: **GLOW**.

Gratitude reminds us to notice the good that already exists.

Love anchors our relationships in warmth and belonging.

Openness invites curiosity instead of defensiveness.

Wisdom guides our choices toward long-term meaning rather than short-term reaction.

These principles are not abstract ideals. They are practices—ways of living that shape how we show up in the world.

Throughout the chapters ahead, we will explore how the GLOW influences every domain of modern life.

We will look at how the GLOW shapes the world. The consequences of children growing up in a world of screens and artificial intelligence and the effect on their GLOW. We will explore how education must evolve from simply filling the mind with knowledge to nurturing the intelligent heart. We will examine how Force vs Power is driving polarization and the fact we must move beyond competition and control toward coherence, trust, and collaboration.

We will also consider the biological roots of the GLOW—how human beings are wired for connection, how kindness and compassion influence the brain

and body, and why loneliness and disconnection have become some of the most urgent challenges of our time.

The GLOW is not sentimental.

It is essential.

As artificial intelligence grows more capable and technology continues to reshape our societies, a profound question emerges:

What does it mean to remain fully human?

Machines can process information faster than we can. They can recognize patterns in vast datasets and perform tasks with extraordinary efficiency. But there is something they cannot replicate: the lived experience of human connection.

Only humans can look into another person's eyes and feel the resonance of shared understanding. Only humans can comfort one another with presence alone. Only humans can create meaning together through empathy, forgiveness, and love.

These distinctly human capacities arise from the heart.

And it is through the heart that the GLOW is felt most strongly.

The future will not belong to technology alone. It will belong to those who can integrate intelligence with humanity—who can harness the tools of innovation while remaining deeply connected to one another.

To do that, we must protect and cultivate the GLOW.

This book is not an argument for withdrawing from modern life.

It is an invitation to live within it more consciously.

To slow down long enough to notice what truly matters.

To reconnect with the inner light that has always existed beneath the noise.

To strengthen the bonds between us—family, friends, colleagues, communities—through genuine human presence.

Because the GLOW grows strongest when it is shared.

Every act of gratitude brightens it.
Every moment of kindness strengthens it.
Every honest conversation expands it.

And when one person's GLOW grows stronger, it often helps another person remember their own.

In the pages ahead, you will find ideas, stories, and practices designed to help you reconnect with that inner light. But ultimately, the GLOW is not something that can be fully explained in words.

It must be experienced.

It appears when you pause long enough to feel gratitude for something small.
When you listen to someone without interrupting.
When you choose compassion where anger might have been easier.

These moments may seem ordinary, but they shape the emotional atmosphere of our lives.

And collectively, they shape the future of our world.

If there is one hope guiding this book, it is this:

That as technology continues to transform our societies, we do not lose sight of the simple, powerful truth that human beings are meant to connect with one another.

Heart to heart.

GLOW to GLOW.

When we take time to cultivate that connection—within ourselves and with others—we create a life that is not only successful, but deeply balanced and meaningful.

The GLOW is already within you.

The invitation of this book is simply to help it shine.