The Metaverse or Meta-Awareness?

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Abstract— **The rapid development of technology around the world and the metaverse, which is promoted as an enhanced digital world of freedom, is expected to have positive and negative effects on humanity in many ways. These effects are disseminated and augmented by a multitude of digital platforms today. With digital perception management to a certain extent, users are manipulated and guided through their urges motivated by pleasure-seeking, while this new digital order makes it difficult for people to adapt to life spiritually or self-actualize. The metaverse, as the new reality we are facing today, will completely change the order of priority in Maslow's Hierarchy of Needs, and the fact that people quickly jump on this bandwagon unaware of being manipulated by their desires is sure to have many serious consequences in the near future. Therefore, raising awareness to understand the imminent risks is crucial before rushing into this new digital paradise. This awareness can be raised with the light shed by philosophers in line with their predictions and ideas on human creation. Thus, the issues analyzed in this article offer a roadmap towards understanding the subjective cognitive processes underlying the mainstream attitudes and perspectives to the metaverse.**

Keywords— Technology, soul, metaverse, perception management, Maslow's Hierarchy of Needs

I. DEATH OF SOUL WITH THE TRANSITION FROM THE PHYSICAL WORLD TO THE METAVERSE

Today, social platforms have almost become a basic need for humanity. People step into another universe with a single click and meet their personal needs with a single touch through these platforms. These platforms seem to make our lives easier, but are they really so? Of course, a video you shoot on these social platforms has the power to completely change your life by becoming viral. It can suddenly transport you to a magical world where you are under spotlight as an instant celebrity and can provide you with opportunities that you never expected in your career. Examining these social platforms and the metaverse, which are taking shape as the new order, from multiple critical lenses offers a broad perspective through which we can see exactly what we are getting into. Metaverse is a virtual world of endlessly interconnected virtual communities where people can meet, work and play, using virtual reality headsets, augmented reality glasses, smartphone apps or other devices [26]. We Are Social and Hootsuite jointly released the *Digital 2021* report [16]. Presenting an analysis of the data of those aged 16-64 who actively used the internet in 2020, the report shows how the use of internet and social media channels have changed around the world with the COVID-19 pandemic. It shows that social media, e-commerce and video games have become an even more important part of people's lives. Here are some striking facts in this report:

- There are 4.66 billion internet users in the world, 59.5% of the global population.

- People all over the world spend 6 hours and 54 minutes on the internet daily.

- Around the world, people watch television for 3 hours 24 minutes on average, spend 2 hours 25 minutes on social media, read books for 2 hours, listen to music for 1 hour 31 minutes, listen to radio / podcasts for 1 hour and play video games for 54 minutes.

- 92.6% of internet access is done via phones.

- Top 3 most frequently used browsers in the world are *Chrome*, *Safari* and *Firefox*.

- Most internet users (63%) use the internet to obtain information.

- *Google*, *Youtube* and *Facebook* are the most visited sites worldwide. Google's search engine market share is 91.4%.

- *Facebook*, *Youtube*, *Whatsapp*, *FB Messenger* and *Instagram* are the most heavily used social platforms around the world.

- There are 4.2 billion active social media users in the world. In the last 5 years, the number of social media users in the world has almost doubled. Compared to 2019, this number increased by 13.2%.

- The time people spend on social media has increased approximately 1.5 times in the last five years.

- The 25-34 age group is the age group that uses social media the most.

- Fewer women than men use social media.

Technology has been the main element that has shaped the world for the last three hundred years and gives its unique character to the goods, shaping the contemporary world [22]. Metaverse, designed as a new world of avatars, is the perceptual universe in which people are completely immersed in reality thanks to augmented virtual reality devices without any physical effort [9]. People will project themselves into this new order with their avatars respresenting them. On the other hand, the reality in the world we live in will begin to fade with the transition to this universe, and remain only as the reality of the world in which we physically exist. As such, in the near future, people will live in the metaverse which is created as a much sophisticated and enhanced version of this world in the form of their avatars, which may result in humanity's

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transformation of phenomena along with their changing lifestyles. On the one hand, it seems that the search for self in emotional and spiritual senses while living in reality and the difficulty in discovering it in the automated system of this world order will distance us from reaching "self-knowledge" in the new metaverse order. Self-knowledge means that a person searches deeply for why s/he was exists, and to pursue the truth or the grand story. As the person embarks on the journey of knowing self internally, s/he dives into deep questioning as well as deep thinking. At this point, a person who does not think becomes unable to question. In this regard, René Descartes emphasizes the importance of the relationship between existence and thinking by saying "Cogito, ergo sum". In the time period from the past to the present, humanity has forgotten to think and question with the (too) rapid progress of everything. Doubting is a form of thinking, and therefore, the person who doubts thinks as soon as s/he doubts something. Since tthere must be a doubting being, thinking requires being. Thus, Descartes arrives at a certain first knowledge that cannot be doubted: "Cogito ergo sum"[4] which is the transition from doubt to knowledge [19]. But humanity is moving away from this situation day by day. A person who quits questioning gets alienated to his/her soul. So, can the human spirit be perceived as actually existing in a virtual order? With the introduction of technology into our lives, everything becomes easier and artificial intelligence replaces the human mind, gradually taking away the ability of thinking, questioning and spirit. Unless there is thinking and questioning, people feel lost as they get away from their souls, while they are easily manipulated through the game of perception, and even submit their own life to a system that has a higher authority and makes decisions on their behalf. In this case, while making progress in terms of technology, the humany risks stopping thinking completely, whether by their own choice or by becoming a victim of perception management. The self is the perspective that an individual forms by interpreting his/her experiences, stimuli, and feedback. The self is also considered as a systematic structure used to understand the feelings, thoughts and behaviors of other people [3]. Another narrative that leads to the modern technological understanding determined by Heidegger is the "animal rationale". For Heidegger, the definition of "intelligent animal" is one of the narratives behind modern technology, since it both considers the human being deprived of his/her relationship with existence and puts him/her in the center, making him/her the "ruler of the universe". The human, considering him(her)self superior, has the right to do whatever s/he wants on the nature.

Heidegger, who thinks that technology prevents human essence from being revealed, and views it merely as a tool, asserts that humans are delusional to think that they are the "master" of technology because as people try to keep it under control, technology slips away from under their control[27]. Although technological thinking facilitates human life by putting human in the center, it treats both the human and nature as resources. Just as nature is viewed as a "resource" in technological understanding, human is interpreted as a resource in the same way (as in the term "human resources"). This can be compared to the futile effort of human beings who want to be the "master" of nature, trying to control it because the nature has never allowed this and punished them severely with earthquakes, global warming, and pandemics. From the

very first moment of existence, humans have had an organic and fundamental bond with the nature because it has provided human beings with all the resources they need to sustain their lives. While nature, which gives such a strong vital space to human beings, has a strong role in his life, it aroused the desire of human beings to discover and then control it. While people are trying to discover nature with art, science and technological tools and to rise above its power, they have also had the opportunity to improve themselves. However, people, innately desire to control everything around them through discovery, reason, and power. From a philosophical point of view, this points to the Age of Enlightenment. "First of all, what is wanted to be put forward in the age of enlightenment is a mechanical explanation of man and nature in the light of reason and science." [28]. This view brings the will to be superior to nature by giving up the idea that nature is sacred and human being is an organic part of it, and rejecting its superiority. Voltaire, who advocates this view, in which reason and science are emphasized, attempts to re-explain human beings, society, the state and the universe with a deist understanding of God. According to deism, God exists and created the universe, but does not interfere in the affairs of the universe. For this reason, people are free to make decisions about their own lives, to establish society and state order, and to do science. At this point, reason comes into play, because as an intelligent being, human beings have the power to know and manage both society and nature. According to Voltaire, human beings are the only creatures with the ability to think and free will. Human beings have the opportunity to overcome their own ignorance because at the source of all evil is the individual who does not use the ability to understand and lives in ignorance. So what needs to be done is to help the individual to become enlightened by providing him/her with information [28]. Just as man wants to have power over nature by managing it with reason and knowledge, similarly, in Metaverse, the resource is human instead of nature. In the Metaverse, human mind and knowledge are governed only by his desires and pleasures. The mankind has been swept away by the enthusiasm and arrogance of being the master of nature with its intelligence and knowledge, and the human mind has succumbed to its own greed and arrogance. According to Friedrich Schelling, one of the German Romantics who disagreed with this, there is an inseparable bond between the nature and human spirit and they complement each other [29]. The human and nature must be in constant "unity" because the mysterious soul in nature is also a part of his/her soul and those two souls complement each other. Without nature, human beings amount to nothing, so they must bow respectfully to the hidden forces of nature and feel powerless and weak in the face of this incomprehensible force [30]. In the new order, the fact that everything is in the virtual environment will force people to struggle to exist in an artificial environment, and the person who is disconnected from nature will be cut off from a part of his/her own soul as well. The pain of this break will cause him/her to seek artificial pleasures. In this sense, we can call the break with the human being using the ever-advancing technology after the Industrial Revolution as the *first break* (break from the nature), and the period that has started with the transition to the metaverse as the *second break* (the break from the physical world and the biological human).

Mistaken in thinking that they have choices, humans are shaped by predetermined market needs, try to acquire the

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certain qualifications to meet these needs, and finally take their places in the market. Viewing oneself in a dominant position is a deception arising from the essence of the technological perspective. The human is now under the control of this destiny. S/he has become self-estranged as s/he follows the assumption that everything is subordinate to him/her. According to Heidegger, this is the disguised danger inherent in technology, and that is why humans today no longer encounter themselves anywhere. The person trapped in technological thinking cannot realize this situation, which brings him/her face to face with "homelessness". Here, "homelessness" does not describe a spatial situation. Homelessness indicates an ontological condition experienced in the age of technology and the state of human mind in danger in which humans cannot get out of the technological perspective that makes them forget their true relationship with existence and nature. Thus, the person who is disconnected from nature drifted away from his/her own soul, and now s/he is drifting even further away from it by breaking away from the world in which s/he physically exists.

People, whose perceptions are insidiously managed (or manipulated), are driven away from thinking and are led into the delusion that they can find satisfactions such as happiness and freedom in the metaverse, which they cannot get in their life. First of all, it would be useful to take a look at what perception is. Perception means receiving, interpreting, selecting and organizing sensory information in psychology and cognitive sciences [18]. Perception consists of signals in the nervous system that occur with the physical stimulation of the sense organs [6]. It would be correct to say that it is a type of connection that people establish with the outside world. Human beings essentially connect with the world through their perception, and they can change this connection by changing their perspective. Awareness that occurs in people's consciousness has the power to change the way they perceive things. In other words, perception can be changed or manipulated by others. Thus, perception management of the great powers that govern the masses comes into play. Today, perception management shows itself in the wheel of the completely pleasure-oriented and rapidly advancing system of humanity, which has forgotten to think, question and feel. "Perception management practices, which have been applied in various ways in every period of human history, have shifted to the social media field, where the masses are very popular, with the development of technology. The impact of the practices that continue through the traditional media has been increased with the message contents shared consciously and for certain purposes through social media." [14]. Individuals seek pleasure, happiness and freedom, which are all offered by social media leading perception management.

Humanity aims to be happy and free consciously or unconsciously as of its creation. When happiness and freedom are not sufficiently felt, they are replaced by pleasures supplying temporary happiness. What is this happiness we are chasing? According to Plato, happiness is achieved by being moral, and the greatest virtue is justice itself. This is given clearly the example of Gyges' Ring in Plato's Republic:

Gyges was a shepherd in the service of the king of Lydia. One day, due to an earthquake, the ground cracked and a deep rift opened where animals were grazing. The shepherd, descending into this rift, found a bronze horse with a hollow inside and a hole at the top. When he looked into the horse, he saw a dead man with a golden ring on his finger. He took this ring and went up. The shepherds gathered at the end of the month to give an account to the king. Gyges came to the meeting with this ring. While sitting, he turned the stone of the ring into his palm without realizing it. As soon as he did this, he became invisible. Everyone there, including himself, was stunned. When you turned the stone while playing with the ring, it became visible again. Thus, Gyges discovered the talisman of the ring: when you turned the stone of the ring inside, you became invisible, when you straightened it, you became visible. Thereupon, he entered the palace as invisible, seduced the queen in the palace, killed the king and took his place [15].

As can be seen in this story, the abuser makes himself a slave to his appetite. He cannot be self-sufficient and happy because he has an unjust appetite [10]. Thus, in the case Metaverse, those who manage avatars' perception drag them into a virtual pleasure so that they can completely replace the king (or the Creator), achieving the ultimate pleasure.

What would happen if we had two rings that made the person invisible like Gyges' ring, one on the fingers of the decent man and one on the fingers of the crooked man and released into the city? They will get whatever they want without fear, they will go into houses and meet with those they love, they will kill whomever they want, they will do whatever they want, just like a god, they will save whomever they want from prison [15].

Transforming the human into a single type like this, creating an avatar in the Metaverse where s/he can upload the features s/he wants, makes that person play a kind of false godhood. Although people perceive this as positive, in the background it is expected that they will change their perspective by changing their point of view and achieve happiness, on the contrary, they are expected to sweep their feelings such as fear, anxiety and inadequacy under the carpet and deceive themselves. In short, concepts such as happiness, pleasure and freedom that we pursue become a trap of the meta-universe that we are manipulated by perception management. According to Avicenna, happiness can be reached only with the mind. Human beings, who cannot feel true happiness within themselves, become quite open to manipulation. According to Antisthenes (445-365 BC), a student of Socrates, the purpose of human life is to reach happiness. But Antisthenes thinks that in order to reach happiness, one should not chase after pleasure. Pleasure enslaves people. For this reason, he proposed a lifestyle that avoids or is indifferent to worldly blessings, avoiding all kinds of things that prevent inner independence, and advising one's self-sufficiency. Socrates accepted the soul as the essence of the person, the power that decides how a person will behave. As such, he considered this essence to be an intangible, eternal inhabitant of our being. Plato said that even after death the soul exists and can think and believed that while bodies die, the soul is constantly reborn in later bodies" [8]. Another philosopher, Thomas Aquinas, considers 'the soul to be the first source of the body. His epistemological theory is based on the fact that the intelligent soul knows all material things, and the soul, in which there is no material element, is absolutely non-corporeal. Since it is separate from the body, the soul's existence is not dependent on the body, that is, it

continues to exist without the physical body. Since the human being has an intelligent soul and is not composed of matter, it cannot be destroyed by any natural process.

The human is a limited and mortal being. But the soul he carries is his door to eternity. But where is the soul, which is an infinite and unlimited structure, in a virtual reality? These questions help us to see what we have actually lost in this virtual world of illusion that is shaped on our behalf.

II. META-EVOLUTION: INSTRUMENTS BECOMING AN END AND THE INSTRUMENTALIZATION OF THE HUMAN

The great change in the social hierarchy, moral structure and way of life of people in the history of humanity has transformed to a great extent with the introduction of technology into our lives. First of all, if we make an evaluation from Baudrillard's point of view; "Consumption as the new tribal discourse has become the moral of our contemporary world. Consumption destroys the foundations of human existence, that is, it shakes the balance that Western thought has maintained between the mythical origins and the world of logos since the Greeks" [2]. At this point, we have mentioned before that big technological companies target desires, one of the basic building blocks of humanity, in order to fulfill their own goals. This target, which aims at the desires and drags them to a growing dissatisfaction like an avalanche, has the power to change even the social class differences.

The first thing that will be shown as evidence to humanity, which has turned into a consumer society, is the fact that their world, which was once surrounded by people, is now surrounded by mechanical tools and objects. The flashy products of artificial intelligence, which fulfill your wishes for you without any power or effort, come to the fore day by day. These technological devices, which fulfill your wishes with a single button for you, interrupt the person's thinking, questioning and acting, making him more captive in the comfortable space. In this case, the main issue that needs to be brought to the light of awareness is that if someone or something is doing the actions for you, people donate their own power to these tools as well as developing addiction to it. "More precisely, people in abundance are no longer surrounded by other people, as in all times, but rather by OBJECTS." [2]. This state of siege grows when people fail to realize that they are surrounded by objects, and human objectification, separation from soul, and inability to feel a real connection to life become inevitable. In this perception management, the appetites that rise in the state of possession want to "own". And s/he cannot realize what s/he is in, by being caught in this illusion that is actually empty but creates a false paradise. As a reflection of the device paradigm, computer networks de-world people by reducing people to data flows that the user can easily control. Although the subject appears in online interaction, s/he has become an asocial being out of context [23]. Borgmann [22] argues that this structure, which reduces our relationship with reality, competes with structures that organize our lives in a fundamentally different way and tries to eliminate them. Even though people may not be aware of it, they are on the verge of a worldwide transformation or even a disaster under the name of owning it. "The only way out of this great danger is to radically change people and the social structures that

condition and guide them. A new understanding of morality, a new worldview, in short, a new society has to be established." [5] It has often been a problem for the individuals that make up the society to live together in the process from the past to the present. In a sense, the person who has difficulty in capturing individuality and integrity within himself, either distanced himself from the society or tended to disrupt it by causing chaos in some way. However, a person has to exist in this world and live together with others, and in fact, there is no such thing as a social problem. There is the inability to be together, the inability to live together [20]. When people cannot reveal their existence and "self" knowledge sufficiently, they need to be satisfied through the relationships they establish with other people, because "human is the mirror of man" [17]. In other words, it is only by staying together with people that we can understand what we do and why, our habits, what we like and what we do not like, and our needs. However, this newly created meta-order completely isolates the person from others and drags him into a state of solitude in which he will be trapped only within himself. Thus, humanity should embrace a new transformation as a solution, which should not be about having in an order surrounded by objects, but on the contrary, it should be about "being". The new virtual world universe, called the metaverse, is based on possession, on the opposite side of it. While the person is exposed to perception management and manipulation with the desire to possess materially, s/he misses the concept of "being". The concept of "having" will create a hunger that will never end, just as they drink water, and will lead people to extinction in a false paradise. However, the concept of "being", which is considered as the opposite of having, will, on the contrary, free people from addictions and "objects". While the issue of what is ontologically real should be the main concern, it is a moral duty to turn to the essence of human behavior. It is also a political duty, as it is the responsibility of the common order [23]. To be means to love everything in its wholeness, vitality, life and development. A person who behaves like this tries to develop himself and evolve without being attached to the external and material and has the desire to love and be one with other human brothers and sisters with the consciousness of humanity [5].

The person who tries to exist by having more things in life will fall into the absolute trap of greater hunger. In fact, while he wants to taste the "spontaneity" of being one with everything, s/he seeks it in the wrong place, namely, possession. More things, more people, more possessions, each of which will lead her/him to an insatiable craving for possession. However, humans are biologically limited. It is a creature that will taste death like every living thing. While s/he represents eternity as a spirit, her/his corporal desires are subject to a limit within her/his needs. And with her/his quest to have more within these limits, s/he actually thinks that s/he will be happy on the basis of it. This is the equivalent of trying to satisfy that hunger by consuming something sweet while hungry. However, s/he only satisfies her/his hunger with sweet food. After a certain period of time, after this false deception has passed, s/he will feel that hunger again. Our desires, our urge to possess, work with just such a mechanism. As we try to be satisfied with what we are trying to possess, we cannot go beyond experiencing only temporary satisfaction. We each have a biological body. Although our bodies have their own defense mechanisms against diseases

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and we may try our best to lead a healthy life, we are still unable to prevent getting sick. Humans are limited mortal beings with no control over their deaths and some are already looking for immortality. When a person remembers that s/he is a mortal being, she realizes that s/he has nothing, including his/her own biological body. The basic motive of humans is to survive but they cannot do this without technology. When you remove a kitten from its nature and raise it in your home under the name of taming it, when you leave it on the street after a while, that animal will be defenseless against the dangerous situations outside by not fulfilling its vital instincts. Unable to fight for his own life, she will end her life in any danger. The main thing is that she has lost her own instincts against outside dangers. Because she is so removed from her own existence that she does not even know what to fight against. However, the cat living on the street since infancy has the instinct to protect itself against dangers, even if it has become domesticated by breaking away from its nature. Similarly, humans have undergone a kind of "techno-evolution". They are unconsciously vulnerable to the outside world in the meta universe, viewed as much more sophisticated than their own pleasure-based comfort zone. There are also potential dangers to the metaverse for children. Metaverse poses a particularly serious danger to children, according to a report by Common Sense Media, the agency that oversees the child-appropriateness of media and technology. According to this report, on Metaverse, which has a large proportion of users under the age of 18, children offer adults online dances and nude photos in exchange for a virtual currency called "Robux" that can be converted into real money. In Metaverse, which is also called the new address of pedophilia, young and child users are regularly faced with abusive sexual content, harassment and rape threats. Since it is also compatible with Metaverse VR (virtual reality glasses), such abuses create traumatic potentials in children by creating an almost real effect because VR glasses offer people a realistic experience in the virtual environment [31]. Repurposed with technology, objects are no longer meaningful for people or have lost their original meanings to them, and the process that started after Industrial Revolution has evolved into a situation where everyone approaches everyone and everything indifferently, which peaked with the creation of the Metaverse rendering everybody into an avatar [24].

Another inherent risk involved in the Metaverse is the immense data it contains and the tremendous power harvested from them. Foucault asserts that the government needs information to maintain its power. The fact that all kinds of personal data available on the Metaverse can be processed and sold means that those who set up and manage this digital environment have a very strong financial position and power in the field of mass management. Metaverse, which appeals to a very large audience in general, poses a threat to the existence of even existing states. Knowledge is not a means of liberation, but a control mechanism of power over individuals. The more knowledgeable people are, the stronger their power to categorize, guide, and manipulate others is. Thinking that those who hold power actually control knowledge, Foucault says: "Those who have power in a particular field of human activity have the capacity to define and control knowledge within their sphere of control and thus to subject others—whether a professor, a doctor, or a general—to their rule. they have. There is no power relationship that is not connected with

the formation of a knowledge field, nor is there knowledge that does not require and does not create power relationships [32].

III. HUMANITY TRAVERSING FROM MASLOW'S HIERARCHY TO METAEVOLUTIONARY HIERARCHY AND EXIT FROM THE LABYRINTH: THE FREEDOM PYRAMID

What kind of creature has the human become? While a person is a living being that knows how to think and question and can exist with her soul and emotions, she has forgotten to think and feel by transforming herself into an object with technology. In other words, she gave up on herself with the convenience of technology. She has disconnected from feeling with her soul and being in touch with the soul. Of course, a human is not only composed of souls and emotions. She needs clothing, shelter and meeting her basic needs just as much to fulfill her vital functions. After meeting these basic requirements, she can reach the point of understanding and exploring her soul. Aristotle states that "the moods of people who suffer because of illness, poverty, love, thirst, or other unfulfilled desires are ready to be angered" Thus, the human has been hooked by technology promising to meet her avalanche of unfulfilled desires. She has fallen into the trap of a perception game as if basic needs such as bread and water even its "existence" depends on it. The homo sapiens is a species that has the biology of survival, nutrition, shelter, survival and progeny by nature. Of course, it is in her hands to choose not to continue her own lineage in life and to choose suicide, without waiting for the natural end of biological life, or can realize her highest potential step by step, as in Maslow's hierarchy.
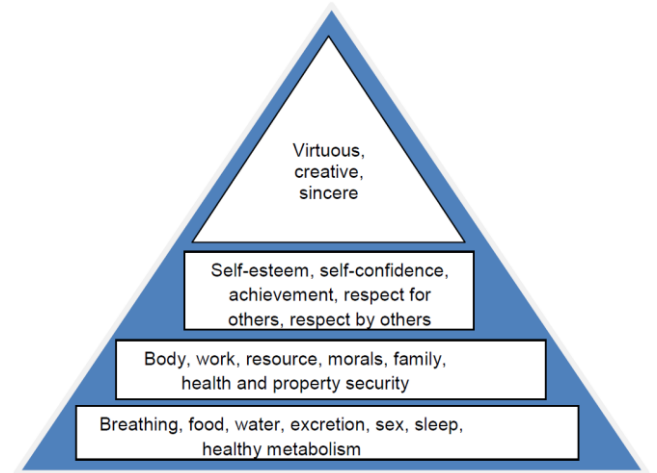
IV. THE EVOLUTION OF MASLOW'S HIERARCHY OF NEEDS

Figure. 1. Maslow's Hierarchy of Needs

Maslow's Hierarchy of Needs consists of 5 levels:

1. Physiological Needs: Hunger, thirst and similar basic vital needs

2. Security Need: Protection from dangers caused by external factors

3. Social Needs: Belonging, love, acceptance, social life, etc.

4. Need for Value/Dignity: Status, achievement, reputation, recognition

5. Self-actualization: Development, successful completion of a task, creativity

In Maslow's hierarchy, while the lowest layer of needs is action, nutrition and shelter, it is now ready to take its place in technology, among the basic needs of people intertwined with technology. The only difference is that while meeting these basic needs is essential for a person to survive, technology was just a game to disappear in and become ignorant of self. The soul is a concept that has been deeply questioned and researched in almost all civilizations. According to Socrates, the human soul is invisible and immortal, and it is the soul that governs the body. And this is at the very top of Maslow's hierarchy. Human nature needs other people and when they cannot meet their needs, chaos arises. People need other people just as much while trying to complete the existential phenomenon they live in. However, today, humanity, which has fallen too far from this, is trapped in digital slavery, while at the same time cannot help falling into the clutches of its endless loneliness. However, this has increased the consumer role of people with the rapid progress of technology and has also displaced the needs. In the new world order, while humanity normally meets its needs through objects, it has also become an object without realizing it. In addition, the fact that social networks become a part of people's lives is as important as a breath and a shelter.
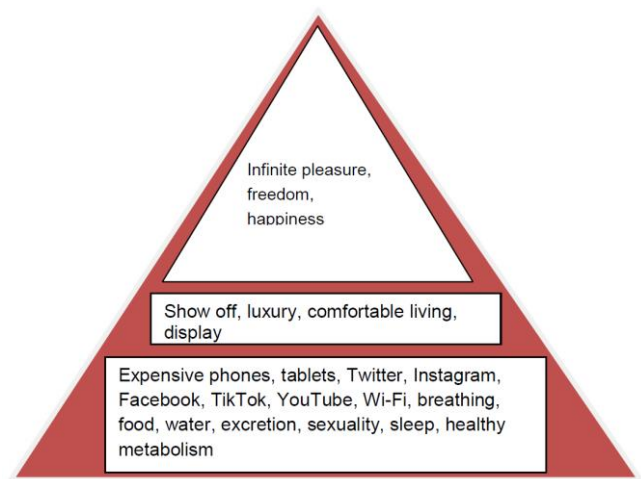
V. Metaevolution Hierarchy

Figure 2. Levels of metaevolution hierarchy

According to Maslow, in the primary level, where basic needs are present, besides eating, drinking, breathing and shelter, extra Wi-Fi, social networks: twitter, Instagram, Facebook, Pinterest, YouTube, etc. have been added. These social platforms, which have become such a basic need of people, have taken their place in this pyramid by playing to their weakest point, namely the addiction dilemma. For example, a person has become unable to stay away from these technological devices for a certain time interval or for days (FOMO), because when he stays away, he becomes unable to follow the events in these channels because the agenda changes very quickly. This social network meta-universe, which is completely at the center of humanity's life, makes it consist of an object that is used on its basis. Is there a way out of this pyramid?

How can we find freedom in this pyramid without getting our awareness clouded by technology?

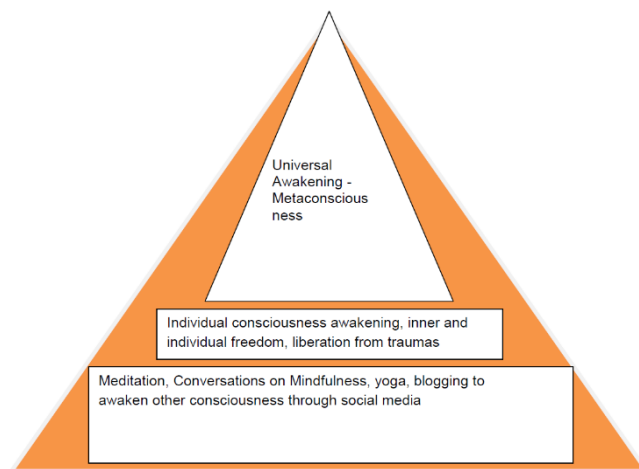## VI. HIERARCHY OF EMANCIPATION FROM METAEVOLUTION

Figure 3. Levels of Emancipation from Metaevolution

In this new dynamic, which is planned to enter our lives as a new order, it is expected that people will first turn their attention to their own shelter, their bodies, in order not to lose their own consciousness, mental health and individual awareness, and at this point, they are expected to balance their hunger for pleasure from the emotions stuck in the body. The sincerer a person establishes a personal bond with himself, the more s/he can realize the weakness traps played on him/her. The hunger that people feel will only open the door to freedom by turning into themselves and understanding their needs. At this point, the consciousness that has become aware of it will come together with other similar consciousnesses and will rise much higher and they will be able to provide their spiritual "new age" awakening with their inner freedom. The concept of New Age here refers to a unique syncretic and eclectic belief system that has become popular in today's world rather than expressing any period as time.

Even though the people of the new age are transitioning to another universe with their desires with the meta-order, and this is called the rise of the darkness within us, it will grow in the same equivalent light as the darkness grows. "Opposites emerge from opposites. You cannot know the bad unless you know the good. The opposite can also be seen with its opposite. At the bottom of the sea, corals are found along with stones. Everything is strong with its opposite" [21]. Just as people unwittingly fell to the lowest layer in Maslow's Hierarchy, they will succeed in getting rid of the returns of the age they live in, just like in the new order and the Hierarchy of Emancipation. However, this will mainly bring about the efforts to ensure self-sufficiency and mental liberation because what attracts people to this meta-order is, in another sense, the loneliness they feel inside. As time progresses, people feel more and more lonely, and in a sense, they become dependent on their own loneliness. Just as lonely people fall into the pit of emotional and motivational addiction, they will succeed in adding this to an evolutionary process towards competence and being alone, to exist.

Can we say that those who will stand out among the uniform people brought by the new age, who have a high and awareness potential, will pass the way of becoming

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superhuman, which the valuable philosopher Nietzsche predicted at the time, through a more difficult whirlpool and move people in this direction? Nietzsche is of the opinion that evolution does not end with man, but after man, he will be the übermensch (superman) who is one click above him. But this evolution will be more mental than biological. Nietzsche, who says that "God is dead", emphasizes the necessity for the übermensch to live. With his statement, "Man is a rope stretched between an animal and a übermensch, a rope with an abyss underneath." (ibid, p. 17), he reveals that the transition process to the superman is actually a very tough job and a journey surrounded by dangers. According to him, it is possible to infer that God does not exist at all, but that man will create himself on the way to becoming a superhuman. So, what are the characteristics of this superman? According to Nietzsche, the übermensch is a person who has the courage to follow his own truth, even if it is foreseen that he will be alone in his own way without being attached to any ideology, and even if it is foreseen that he will be excluded from society. Besides, the übermensch is not afraid of suffering. And he speaks of the übermensch's need to be selfish in his own way. But this selfishness is the selfishness of being able to manage and direct his own life on his own path. It is not selfishness based on self-interest. In the "Thus Spoke Zarathustra", the übermensch is treated as the opposite of Christianity. He criticizes the point of belief dragged after another world (belief in the hereafter). And the übermensch, on the contrary, does not believe in fairy tales. Clashing with the Church, Nietzsche was exposed to many criticisms and reactions. In fact, the philosopher, who foresees the future of these criticisms, expressed this with the words "I claim that what I call superman you will call the devil" (ibid, p. 138). The übermensch has only one moral principle and that is the will to power, as stated by Nietzsche: "What is the ape to man? A laugh or a painful embarrassment. So is man to Ubermensch: a laugh or a painful embarrassment" [12].

The superhuman creation are for those at the top level who completely manage the system, and unlike Nietzsche's übermensch, there will be people who play an evil Divinity who has reached the highest limits of technology with desire and animal instincts, not as those who have realized the highest potential of their soul. However, the superman, by following his own soul and potential, gains strength from his own pain, and reveals his own essence by challenging himself internally.

VI. A SOLUTION PROPOSAL

If people first realize what they are in by raising their personal awareness by taking a step to look at the situation they are in from a wider perspective and reducing the frequency of technology use will be the first step that serves to awaken them in terms of consciousness. Introspection and self-criticism are the two key aspects of this step.

The fact that a large part of our identity is shaped in the socio-digital world, especially in the post-COVID world, means that a complete break with it cannot occur, but turning to our self with a close and sincere look will make it easier for us to find our personal path.

Another step is to use it as a tool to raise awareness of our part on social media. Technological literacy, digital literacy, being aware of what people use technology for, reaching a wider audience of individuals who realize the harms of digital security vulnerability are parts of this awareness, and individuals with high awareness will also contribute to the awareness of those who are techno-instrumentalized and lack awareness.

People can follow the path of individual self-actualization with these methods. If those who are addicted to digital start to use social networks with higher-level awareness, the course of the meta-order will change in a positive way. Throughout history, the enlightened few have always been at the forefront in determining the fate of their societies and the overwhelming majority, failing to see the truth, have suffered from its psychological consequences. Therefore, raising the digital awareness of the majority through the work of those who have already achieved meta-awareness can transform the society like waves rippling through a lake.

VII. CONCLUSION

While humans used to have a fundamental bond with the nature necessary for self-actualization, this bond was weakened with the Age of Enlightenment and broke with the technologies rapidly advancing after the Industrial Revolution. The power and mystery of nature led human beings, who feel powerless against it, to wage a war against it. This war has pushed humans to stay away from their own home, to fall into a deep frustration, and to seek happiness. In this new path, which is created with the mind, arrogance has reached its highest level, and spiritual hunger has been temporarily satisfied by pleasure-oriented pursuits. When a spiritually-weakened person pursues pleasure, s/he is allured into a heavenly universe (ie. Metaverse) promised to him by using all tricks of perception management. It would not be surprising if Metaverse throws this person from a mental prison to a pleasure prison with many uncertainties that may cause him/her to fall into the fallacy that s/he can exist as he pleases. If the human mind leaves its place to artificial intelligence in the new order perception of the changing new age, it will be a normal result that it will produce societies that forget to question and only become enslaved. We can compare this to Plato's Allegory of the Cave. Plato [15], in chapter seven of The Republic, likens life to being chained to a cave wall and being forced to watch the shadows cast on the wall. In this allegory, a group of captives are bound in the cave with chains from their hands and feet. They can't turn their heads in different directions and have to watch the same wall all the time. For this reason, they think that life consists only of shadows on that wall. The shadows of people or objects passing in front of the cave are reflected on this wall, and the captives follow these moving shadows. They think of these shadows as real life because they don't know about real life. They gave names to the shadows they saw on the wall and placed them in their consciousness. The Captives believe this illusion and are blindly attached to the fact that shadows are real life. One day, one of the prisoners is freed and faces the truth when he gets out of the cave. He realizes that the shadows are not real, they are just an illusion. Although he perceives the shadows more clearly at first, over time he begins to perceive and make sense of the facts more clearly. He also realizes that shadows are a play of light. He tells about his experiences and awareness to his captive friends in the cave. Although he wants to try to free them from captivity, the other prisoners want to believe in the reality of the shadows

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they see on the wall, not that he is telling the truth. They do not believe their friends, saying they want to keep watching the shadows. Plato likens this to the situation of philosophers who want to educate people. As it can be understood from this metaphor, people who are tied by their hands and feet represent humanity that is dependent on virtual reality in today's world. The shadows reflected on the wall have the same resemblance to the unrealistic reflections in the virtual world. People do not see the reality of the objects reflected from the light, on the contrary, they only see their shadows. While the person is exposed to a similar perception game when identified with real life, this shadow play will become more colorful with Metaverse and on the contrary, it will cause people to be chained with their desires even more. However, those who have the courage to use their will and mind can get out of this virtual shadow game thanks to light of awareness and will want to bring others to the light of awareness. This person achieving enlightenment and freedom can be considered as the person who has sought for his/her own true self and actualized his/her real potential.

One issue that should not be ignored is that the most basic human needs (first level in Maslow's Hierarchy) have changed. This means that humanity has now moved into a virtual addiction phase with enormous impact. As mentioned in the Cave Allegory, humanity is in shadow games. The Metaverse founders bring along the possibility of a great danger for the future of humanity with their administrative panoptical power they gain through their access to tremendous amount of personal data. The race to be the "best" that serves the human ego brings with it the power struggle, being strategic, and even faking. As a result, the only way for humanity to get out of this systematic game of perception is to illuminate consciousness and mind in the light of awareness and continue to question. Individuals should be able to draw their boundaries against this system with their mind and will power so that their own existence is not endangered, by getting rid of being the object governed by virtual platforms and realizing that pleasure only means temporary satisfaction that needs to be constantly satisfied rather than permanent and genuine happiness.

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