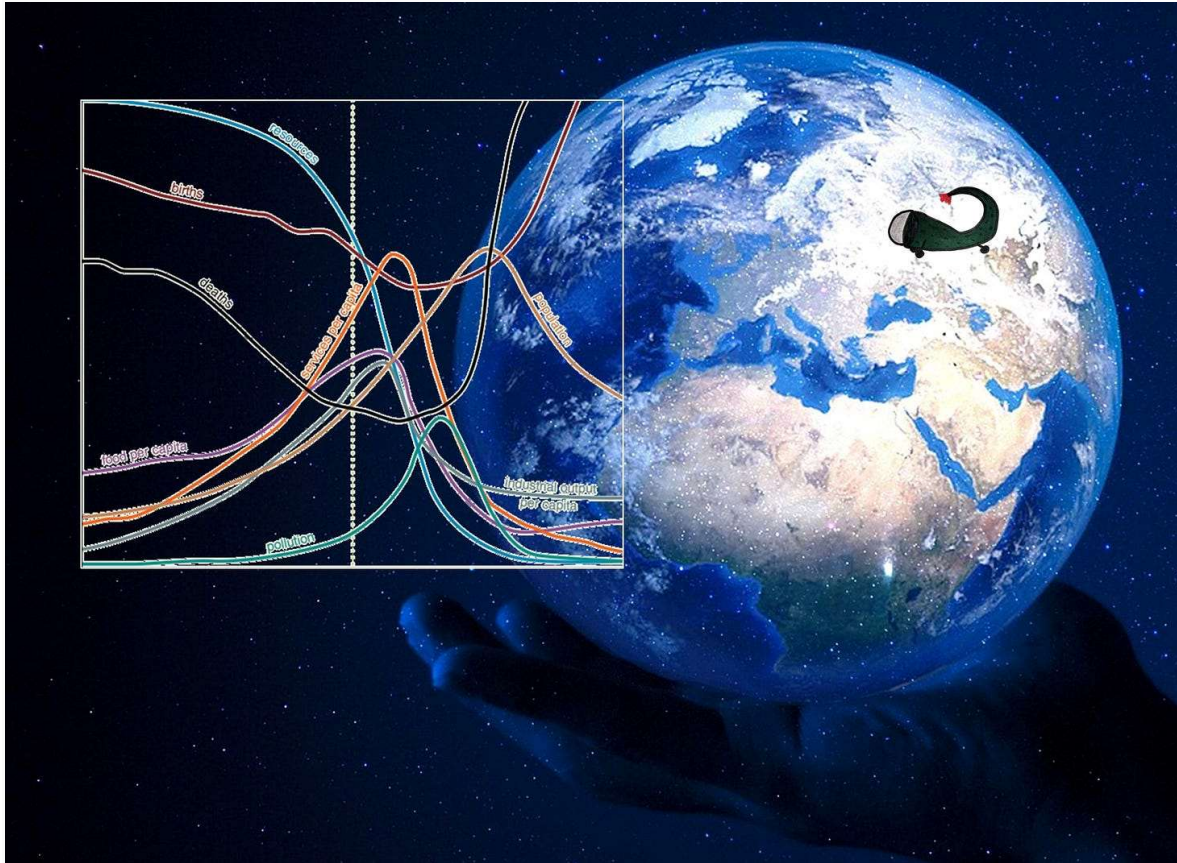


5.1 Over 50 years of looking away

Billie wonders, how people managed to look away since over 50 years from the Club of Rome's 1972 bold viral insights .

MAR 08, 2026



I thought about what I learned from our last conversation. When confused, one should look closer, with open curiosity, not look away. There is one question, that usually overwhelms me and makes me very sad, and that is the global overshoot and the climate change. It feels so heavy and unbearable, that I have to look away. But I feel in my body, that it is sitting there and eating me up from the inside.

Huge!

Earth overshoot day - July, 24. 2025 - earth cooks one bowl - humans eat two bowls.

Global warming now $+1.5^{\circ}\text{C}$ - $+2.5^{\circ}\text{C}$ in 2100 - harsh consequences.

I don't know, what to do, only a miracle can save us!

No miracle!

Accept - learn - adapt - hard - necessary.

Why is it not seriously taken care of?

Humanity unfit - challenge unfamiliar - evolutionary fitness different.

The Limits of Growth - Club of Rome 1972 - viral - everybody knows.

Over 50 years - look away - baby steps only.

New technologies - old belief systems - old mindsets - old society organisation - not enough.

How can billions of people look away for over 50 years?

Some looked - not enough - changes too radical.

Evolutionary emerged human psyche - look away - human nature.

Short term effects - important - long term effects - not important - human nature.

Not my country - not my generation - not my people - not my lifetime - not important - not urgent - human nature.

Weather changes always - things change all the time - so familiar - not important - human nature.

I ok - me no problem - leave me alone - human nature.

Old systems good - it's working - never change a running system - human nature.

Overwhelming global problem - I small victim - cannot do anything - human nature.

All others not change - I not change - human nature.

Too much complicated information - not know true - not understand - resign - look away - human nature-

I not green rebellious activist - I normal hardworking person - me other problem - I mind my business - human nature.

Why do those not looking away do not have a stronger impact?

Powerful structural factors - system design factors.

Infrastructure cost - infrastructure long lifetime - investment amortization must must - change barrier.

Energy grid fit - dense built-up areas - change difficult - change time consuming - change barrier.

Business interests - profitable old technologies - industrial protection-lobbying - regulations - political campaign financing - change barrier.

Global collective action poor - wrong incentives - sovereignty - other priorities - change barrier.

Short action time horizon - election cycles - management cycles - shareholder value cycles - delayed benefits - change barrier.

Fragmented regulations - administration complex - legal change slow slow - change barrier.

Global inequality - different priorities - access old technology ok - access wrong resource ok - poverty trade-offs - change barrier.

But I read so much about upcoming innovative solutions: Nuclear Fusion Energy, Renewable Energy, direct Air Carbon or Methan Removal, Ecological Restoration, Synthetic Biology, Solar Radiation Management and so on.

Prevent catastrophe not probable.

Some working small scale - large scale soon not probable .

Some experimental only - some theoretical only - practical large scale use unknown.

Fast large scale application not probable - too radical - human nature - structural change barriers - divergent system design drivers.

So I am a helpless victim! Would't it be better to look away and enjoy the remaining good times, than to look at the situation and be stressed out by my helplessness?

Looking away - stress still body - stress still nervous system -consume much energy - distraction stuff more more - expensive thing - thrill activity - self-made drama - addictive substances - work overload - rat race - information overload - more more more - no relaxation - more stress.

Looking at it - pragmatic preparation - accept learn adapt - much less stress.

But how could I adapt to a catastrophe like that? That is impossible!

Realistic expectation focus - no drama fantasies - no doom scrolling - no fall clickbait - no follow outrage entrepreneur - resist victim manipulation.

Realistic fifty year scenario - prepare.

Weather without average - expensive local preventive measures - expensive insurance - changing hot areas work hours siesta - less outdoor time.

Sea-level rise - expensive punctual geo-engineering - Seawall Era London NL NYC Shanghai Sydney.

Food constraints - food expensive - beef luxury - microbial insect-based proteins normal - efficient processed food - nice marketing - no problem.

Disposable Era finished - long-term use reuse repair upscale - fewer personal possession - high-quality twenty year lifespan things.

Grey economy - working age 75 - frequent years work-gap retraining gap - job duty change normal.

Urban living - densified 15-minute cities - public walk bike transportation - local supply.

I see, very important. I can imagine to live a happy life under those circumstances. But I need to let go of old certainties, legacy living patterns, familiar behaviors and customary conveniences. But how can I prepare for that?

Pet nervous system - breath work - natural light sunrise sunset - dark cool regular sleep - safe social interaction - time nature.

Mind playing - regular meditation - dancing singing walking cycling swimming - listen body.

Change training - play accept learn adapt - regular little changes - toddler curiosity.

Strong local physical communities.

Develop skills - not AI replaceable - physical and nature oriented - maintenance complex green systems - high empathy and social skills - care negotiation sales networking complex management.

Does it mean, I should just ignore all the negative developments taking place now and in the future?

Not ignore - monitor - understand system dynamics - undercover forces - hidden personal interests - intentional distraction - instrumental confusion - simple answers - overwhelmed nervous systems.

Accept learn adapt things not your influence.

Identify influence spots - small local short reach - real practical influence - use it.

Grow power strength knowledge - influence more.

Results - success - learn - improve - influence more.

Results - not success - decline - collateral damage - learn - change - improve - influence.

How would I find those spots?

Look personal strength - mental - physical - experiences - friends feedback - successes - recognition - appreciation.

Look personal context - local neighborhood - social groups real viral - school job family sports hobby.

Look personal dreams - fantasies - ideas - thoughts - interests - reading - images wall - screensaver - scrolling.

Pick one - no overwhelm - no enthusiasm disillusion resign cancel - start small - stay consistent.

Expect project curve - enthusiasm - disillusion - despair - recover - flat steady progress.

Small substantial results - not straw fire.

Do it - love it - enjoy it - have fun!

Ok, I will sit down, think deeply about it and make a plan soon.

Proven flop recipe!

Sit down - think - plan - not act now - procrastinate - fear - search impossible safety - escape approach.

Not sit down - not think - not plan - just live normal - better!

Trust inner intuition - read - talk - look - situation will emerge - influence spot obvious - just do it.

Nothing ever perfect - natural constraints - difficult environment - finite resources - limited power - confined strength - normal - ok.

Two ways.

You act - drive forward - your thing.

You support - other's thing - your contribution - joint success.

So I will continue my normal life, regulate my nervous system, not be overwhelmed by all the input and allow my intuition to do it's job.

Correct. Intuition powerful.

Register look away - stop - turn around - look at it - success.

Always curious - always looking.