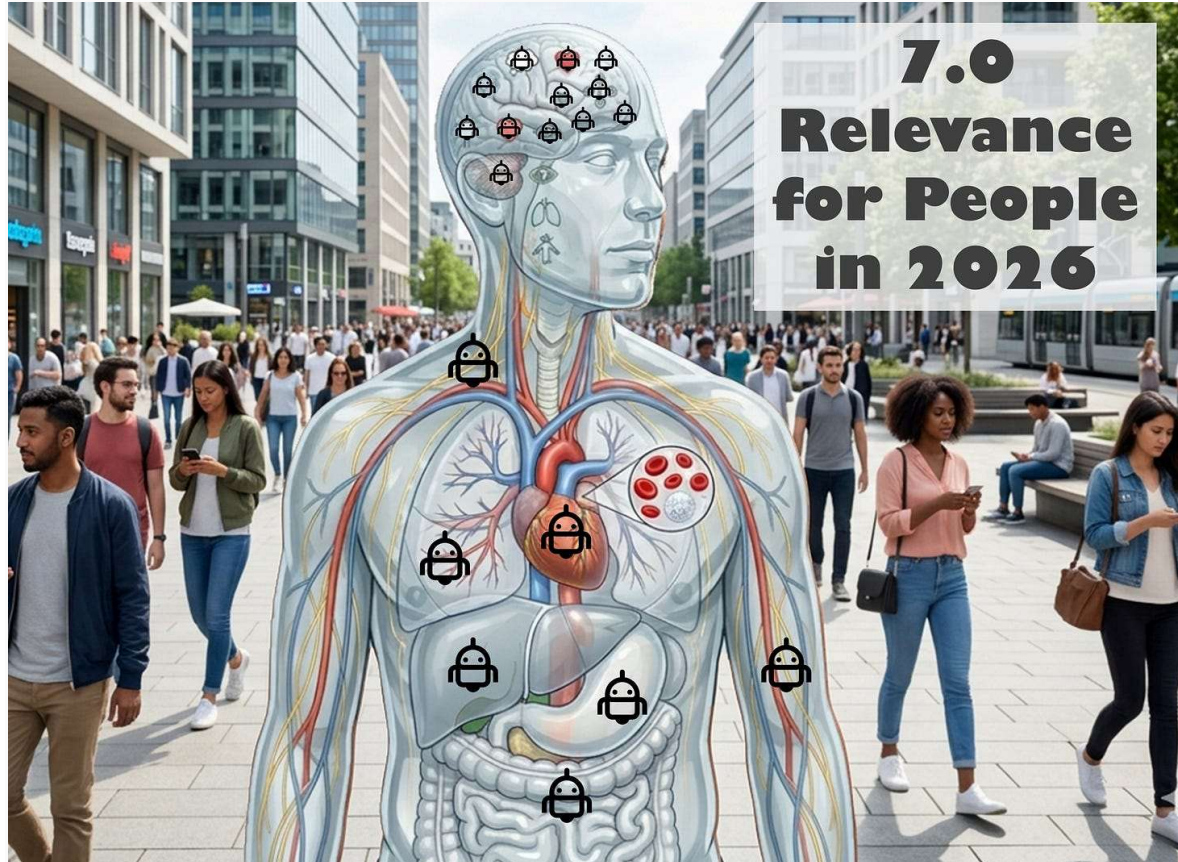


7.0 Relevance for People in 2026

Billie asks Little Green Alien, what's the relevance of all these complex adaptive earth system conversations for people now in 2026, who have no global influence at all.

APR 22, 2026



Billie: Our earlier conversations have been very interesting. System thinking, polarity thinking, complex agentic systems and the implications for our actual global metacrisis. But it became obvious, that I myself, an ordinary human being cannot influence the actual downward spiraling developments at all. I can only be confused, threatened, sad or ignore it all and mind my today's local personal affairs.

Important additional conclusion - you also partial complex adaptive system.
Bodily system agents simplified - limbs - organs - vessels - blood immune cells - more more.

Nervous system agents simplified - general neurons - interneurons - motor neurons - enteric gut neurons - sympathetic parasympathetic neurons - more more.

Reptilian unconscious brain agents simplified - brainstem core survival - basal ganglia action selection - amygdala threat fear - hypothalamus homeostasis feeding fight-flight-hormones - hippocampus spatial mapping.

Higher partial conscious brain mind agents simplified - check part work 50 Plays for Mindplayers - attention - emotions - memory recall - identities - impulses - decisions - perspectives - motivations - stress responses - habits - more.

Limits CAS analogy - many sub-systems well modeled - Cynefin type clear complicated not complex - some sub-systems complex dominant adaptation emergence - not distinguish difference clear complicated complex sub-systems agents recipe failures.

Significant mind agents adaptive - sense environment own state - respond own rules - adapt changes - distributed control - psychological self very limited dominant master agent.

And why would I care, while confused, threatened, overwhelmed or furious from all the actual global developments?

Remember Cinefin chaotic system domain - human confused threatened overwhelmed furious - cause-effect unclear - crisis - human system chaotic domain.

Chaotic domain response - stabilize first analyze later.

Stabilize body - relaxing sufficient sleep - regular healthy food - regular physical activity.

Stabilize nervous system - slow deep belly breathing - controlled cold heat exposure - reduced sensory stimulant less scrolling.

Stabilize limbic system - safe relational contact - distance threat source no news global threats - routine predictability.

Stabilize cognitive mind - focus narrow horizon twenty-four hours - write not only think - no self-evaluation.

Not stabilize body - chaotic body system adapt - body tensions solidify - posture adapt - behavior adapt - not affected body parts adapt - system chaos end situation worse - intervention more difficult.

Not stabilize nervous system - chaotic nervous system adapt - stressed nervous system solidify - more other body tensions - more mind stress - system chaos end situation worse - intervention more difficult.

Not stabilize chaotic limbic system - limbic system adapt - stressed limbic system solidify - more other body tensions - more nervous system stress - more mind stress - system chaos end situation worse - intervention more difficult.

Not stabilize chaotic cognitive mind - mind system adapt - stressed mind system solidify - permanent overthinking doubt confusion stress - stressed mind normalized my-identity myself - system chaos end situation worse - intervention more difficult.

But it seems so much easier to stay confused, threatened, overwhelmed or furious, change nothing and carry on as always. And it seems, everybody else is doing that too.

Most people suffer easy solve difficult.

Most people global situation cognitive mind stress only - limited local personal impact - direct impact mainly future - solidified mind stress common social acceptable.

General symptoms solidify mind stress - treated normal common everybody behavior.

Permanent alertness - framed staying informed.

Intolerance information lack - framed compulsive news checking.

Default catastrophizing - framed realism.

Shortened attention span - framed busyness - searching more busyness escape stress.

Emotional blunting affective flattening - no compassion large scale suffering - framed resilience.

Cynicism worldview - framed sophistication intellectual maturity.

No genuine rest - framed productivity diligence - stillness irresponsible threatening.

Chronic low motivation - framed adult realism.

No long-term thinking - framed appropriate approach complex world.

No sense agency - framed factual systematic powerlessness.

Social withdrawal - framed healthy boundaries.

Irritating other optimism - framed impatience naivety.

Cognitive contraction solidify mind stress.

Scrapgoating single causes - immigrants elites corporations - framed clarity seeing through complexity.

Binary sorting - left right us them - framed alignment.

Conspiracy explanations - framed agency narrative - someone in control.

Outgroup hostility - identity anchor shared enemy - social bonding.

Simple solution preference - framed pragmatism common sense.

Rejection nuance - nuance elitism - general accusation overcomplication.

Historical flattening - golden age good-old times - cognitive relief past imagined simple.

Preference strong certain leaders - refuse accurate uncertain multi-perspective empathic system thinking leaders.

Source determination - source determines truth - author over content.

System chaotic - adaptation chronic stress - reduces cognitive variety - reduces capability navigate complexity - solidify stress.

Seems it is a kind of responsibility of these times to stabilize your own systems, not solidify stress and ensure a regular decent cognitive variety to deal with the complexity and not add to the inappropriate simplified interventions and solutions.

Yes - stabilize own chaotic system first - analyze later.

Stabilize body system mostly clear complicated - clear symptoms owner know intervention - examples food sport behaviors more more - complicated symptoms expertise required - meet doctor.

Stabilized real complex body system - symptoms signals - probe sense respond - other CAS interventions - risk - wrong domain - not see clear complicated system - not see doctor - die.

Stabilized nervous system mostly clear complicated - clear act appropriate - complicated see expert - real complex - symptoms signals - probe sense respond - other CAS interventions.

Example intervention - daily rhythmic physical practice many years - walking swimming cycling others - no utility goal no fitness - persistent condition - gradually shift baseline - chronic sympathetic dominance - parasympathetic flexibility - system adapt intervention.

Stabilized limbic system mostly clear complicated - clear act appropriate - complicated see expert - real complex - symptoms signals - probe sense respond - other CAS interventions.

Example intervention - one deep stable long-term genuine co-regulating relationship - person dog horse - gradually shift threat-detection defaults - gradually shift attachment attractors - system adapt intervention.

Stabilized cognitive mind system often real complex - probe sense respond - other CAS interventions.

Example - sustained long-term intellectual complexity engagement - complex multi-perspective domain ecology history philosophy craft - no utility no instrumental goal - learning continuous bigger prior certainly - gradually expand variety diversity ambiguity tolerance - gradually shift - complexity threat - complexity cognitive state.

Other example - regular daily long-term meditation mindfulness practice - regular complementary mindplaying practices (50 Plays for Mindplayers, 21 Advanced Plays for Mindplayers).

I remember you told me, that when you learned mindplaying, your Intelligent Spaceship coached you and made it easier for you.

Yes - very convenient - very demanding - very self-delusion resistant.

But - Intelligent Spaceship very intelligent wise highly developed AI.

Actual LLMs not comparable - but early steps possible.

Load LLM - 50-plays file - 21-advanced-plays file - recently played plays file.

Prompt LLM coaching rules - start early plays - stepwise extend later plays - always return already played plays - deepen early category experience then extend later categories - part liberation identify next part follow complete liberation sequence before work next part - initial chat soft entry signal motivation not problem-solution trigger.

Fix daily regular time - chat own actual feelings thinking bodily tensions stress about a minutes - ask LLM recommend play illustrate play - play the play five minutes - ask LLM update recently played play file.

*That could be a funny way to work with an LLM as a mindplaying coach.
Interesting idea and enough for today.*