

**This episode sets the stage for the next phase of work on The Great Simplification. It's best experienced in its video version on [YouTube](#) or [Spotify](#). If you haven't yet, begin with [Frankly #97 | Why the World Feels Like It's Falling Apart: The Superorganism in 7 Minutes](#) to ground the context.**

00:15 - [The Great Simplification](#)  
00:45 - The [Metacrisis/Polycrisis](#)  
01:00 - The [peak](#) of the [Carbon Pulse](#) ([More info](#))  
01:05 - [Fossil fuels give us 500 billion human-worker equivalents, Burning fossil fuels over a million times faster than they were created](#)  
01:30 - [Anthropogenic global heating](#)  
01:55 - [Seven\\* of nine Planetary boundaries crossed: Plastics, Nitrogen and phosphorus cycles, Ocean acidification, Freshwater depletion, Biodiversity loss, and Ecosystem degradation](#)  
02:23 - [Increasing wealth inequality in the U.S., Global wealth inequality, Financial claims on biophysical reality](#)  
02:42 - [Polarization crisis, Addiction crisis](#)  
02:50 - [Supernormal stimuli, Group bias](#)  
03:30 - [Energy blind](#)  
03:40 - [Week 3 of war in Iran](#)  
03:43 - [Reduced flow of hydrocarbons in the Strait of Hormuz and countries affected](#)  
04:00 - [The "magic" of fossil hydrocarbons](#)  
05:25 - [Communicating a problem without solutions can be ineffective](#)  
07:30 - [Ray Dalio, Ray Dalio's post on the Strait of Hormuz, Grok AI summary screenshot of a video from Dalio on X](#)  
08:37 - [Upcoming U.S.-China Summit](#)  
08:48 - [2008 financial crisis, Mortgage securities not accurately representing value](#)  
10:03 - [Frankly #129: A Guide to Staying Human \(Part 1\): Desperately Seeking Agency](#)  
10:55 - [Triggered sympathetic nervous system cannot hold complexity or logically reason, Sympathetic vs. Parasympathetic nervous systems](#)  
11:25 - [Long time horizon](#)  
12:00 - [Equanimity: Resources for Stabilizing our nervous systems, Developing our agency, Cultivating self-efficacy, Regulating addiction](#)  
13:01 - Finding the Others: [Join our Hylo community channel](#), Toolkit: [Creating and Maintaining Coalitions and Partnerships](#)  
13:55 - [Tool to map your constituency](#)  
14:30 - [Scenario planning, Examining shortfall risk](#)  
16:10 - [Rocks in the River, Islands of Coherence, Cultural Mitochondria \(The social nature of mitochondria\)](#)  
16:52 - [Nate's 4 future scenarios](#)  
22:45 - [How to map out infrastructure/physical stock and flow](#)  
23:00 - [Technology won't save us, How to reduce consumption, 2000-Watt Society \(TGS Ep\), Living Energy Farm \(TGS Ep\)](#)  
23:09 - [Localization and re-regionalization, Design principles, Helena Norberg-Hodge \(TGS Ep\) of Local Futures, Global Ecovillage Network](#)

23:35 - [Decentralized energy infrastructure, 5 systems to use when the grid fails](#)

23:52 - [How to map your food system \(CARAT tool\)](#)

24:00 - [Protecting clean water and sanitation](#)

24:07 - [The Fragile State of Industrial Agriculture: Estimating Crop Yield Reductions in a Global Catastrophic Infrastructure Loss Scenario](#)

24:25 - [Retrofitting, DIY Weatherization \(U.S. Weatherization Assistance Programs\), Density patterns](#)

24:35 - [Suburban/urban sprawl](#)

24:45- [Medical and pharmaceutical global supply chains, Decentralizing healthcare in crisis](#)

25:05 - [Transporting goods when fuel costs rise](#)

25:12 - [Digital commons](#) and [Communication infrastructure, Decentralized communication platform](#)

26:25 - [Risk of automation](#)

27:08 - [Mutual aid hub, How to create a mutual aid network](#)

27:33 - [Improving the care economy](#)

27:50 - [Industries that prosper during recession](#)

28:10 - [Social Cohesion in Times of Crisis: The Role of Communication for Democracies](#)

29:10 - [COVID-19 Pandemic \(and subsequent economic contraction\) reduced carbon emissions](#)

29:40 - [Goldilocks Technology, Open Source Ecology \(low cost, low tech blueprints for machines\)](#)

29:50 - [Carbon drawdown](#)

30:43 - [How to protect biodiversity, Documenting and Protecting Biodiversity on Land Trust Projects: An Introduction and Practical Guide, Corridor creation design principles](#)

31:02 - Protecting [soil](#) and [watersheds, Regenerative agriculture 101](#)

31:38 - [Novel entities, Plastics and Fertility Reality Roundtable](#) with [Shanna Swan](#) and [Sian Sutherland, Endocrine-disrupting chemicals](#)

32:37 - [Economic benefits of preserving 30% of nature](#)

34:10 - [Power and wealth concentration](#)

34:20 - Creating [Deliberative \(More info\)](#) and [Participatory democracy \(Importance of equality and democracy in collapse\)](#), [Creating a citizens' assembly, Sortition-based processes](#)

34:30 - [Audrey Tang \(TGS Ep\), Taiwan's digital revolution](#)

34:53 - [Subsidiarity](#) and [Mapping local governance capacity, Rural Capacity Index map](#)

35:00 - [Decentralization](#) and [placing power back to local governments](#)

35:16 - [Creating Anti-corruption and accountability governance systems](#)

35:27 - [Maladaptive behaviors in disasters](#)

35:47 - [Ombudsman, Intergenerational governance bodies, Netherlands Child Mayor](#)

36:10 - [Building trust toolkit, Building an information commons](#)

36:20 - [People are inherently good \(More info\), Survey on this by country](#)

36:55 - [Importance of stories](#) and meaning, [Awakening from the Meaning Crisis](#)

37:25 - [Cultural Materialism](#) by [Marvin Harris – Theoretical principles, Nate Hagens explaining Marvin Harris' Cultural Materialism, Basic Premises of Cultural Materialism, Infrastructure, Social Structure, Superstructure](#)

37:30 - [Daniel Schmachtenberger \(TGS Episodes\)](#)

38:06 - [Alternative education, Zak Stein TGS episode on reimaging education, Education in a Time Between Worlds](#)

38:25 - [Grief work](#) ([Francis Weller TGS episode on grief as ritual](#)), [Methods for Collective sensemaking](#)

38:50 - [Reconnecting to place](#)

39:03 - [Wes Jackson](#) and [Wendell Berry](#)

39:15 - [Importance of ritual](#), [How to create ritual](#)

39:50 - [Importance of cultural agency and sovereignty](#)

40:50 - [Ecological overshoot](#)

41:20 - [Cooperative and commons-based ownership](#) ([More info](#)), [How to implement](#), [Dark Matter Labs: Smart Commons](#)

41:43 - [Local exchange trading systems](#), [Local currencies](#), [Barter networks](#), [Time banks](#), [Strong local economies foster community cohesion](#)

42:25 - [Land and housing reform](#)

42:47 - [Finance and credit redesign](#), [Debt is a claim on future energy](#)

45:50 - [Nate presenting on Three overlapping response phases](#)

46:20 - [U.S. is currently losing allies](#)

47:30 - [Bend not break](#)

51:35 - [Dark triad traits in positions of power](#)