

Pansystellar v1.0.0-alpha.2

Freedom and connection for the rest of us

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Introduction

Warning

You are one of the guinea pigs.

Welcome to a new era of transformation design. After you finish reading this incredibly tiny book (8 chapters, around 1 minute each), you will have a system in your mind that helps you connect with people, allow a romantic relationship to be found, or take more perceived risks in general.

That system was designed to have a rare level of power, simplicity, and closeness to the foundation. Not just from the perspective of your mom, or of those who already have no social anxiety, or of the neurotypical, but of everyone.

It's up to you to decide how precisely and consciously to apply what you will learn.

Links

- Codeberg repository: <https://codeberg.org/dullbananas/pansystellar>
- Lemmy community: <https://lemmy.ca/c/pansystellar>

Copying

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- Joseph Silva (<https://dullbananas.com>)

1 Core beliefs

1.1 Truth

- Being in an official relationship for the first time has negligible correlation with your level of advancement, unlike developing a friendship, doing a small action that's outside of your comfort zone, or how much complementarity you discover.
- External things and your actions don't need to match your feelings toward people. Perfection in your actions is not determined by the accuracy of other people's predictions and imagination. The side effect of other people suspecting a feeling that you have is morally good or neutral, even if those feelings are false or indecisive. Making a sacrifice to prevent that side effect is not always morally good or neutral.
- Perfection is different from perfect imitation.
- An uncomfortable situation is usually not a forbidden situation.

1.2 Not prematurely assumed

Do not prematurely assume that any of these things are true about a situation:

- Someone being interested in you is a special and important situation. (If you do something that makes someone feel good, that's a different deal.)
- A fantasy includes no real possibilities.
- You're a bad person for doing or trying something. (n.d.)
- You behaved correctly.
- Someone else behaved incorrectly.

1.3 Brainwashing factors

These things happening, being perceived, or being feared might have contributed to surprisingly deep brainwashing in you:

- Excessive reactions to things that are not evil
- Perception of weirdness or false meaning in an extremely close and long platonic friendship between a girl and a boy

- Talking about your relationship status when they should be talking about how much you are connecting with people of the opposite sex or with people in general (example: relatives asking “Do you have a girlfriend yet?”)
- Perception of weirdness in crush that is short-lived or toward multiple people simultaneously
- Crush being described in a way that differs from other feelings (e.g. “a crush on” instead of “crush for” or “crush toward”)
- False beliefs in objective meanings (e.g. seeing person A look at person B in a certain way, then telling person B that person A has crush)

2 Goals

Activities are either goal-oriented or intrinsically motivated. To be clear, this is different from whether or not they are spontaneous.

- An intrinsically motivated activity is done just to experience it. In many cases, it's similar to grabbing balls out of a bucket and not seeing what you're grabbing until it's out of the bucket. The results (possibly some causing others) of the activity are represented by the balls.
- A goal-oriented activity is done "for" something that could come after.

When you have a goal and you know that you are not already moving toward it, the familiar response is to just add a bunch of highly focused goal-oriented actions. But this is incorrect for many or all social goals, including the goal of getting married. This goal should mostly be treated as the last straw of the way of life that kept you away from the goal. The correct response is deeper, includes multiple missions, and could move you toward multiple things instead of only the "last straw" goal.

These are the basic elements of the correct response:

- Goal-directed or intrinsically motivated tweaks to interpersonal encounter selection (choose to be around certain people in a particular moment, choose to join a certain club, etc.)
- Intrinsically motivated social interactions only, with no fundamental dependency on the other elements (prefer concurrency over interdependency), and with a very narrow set of exceptions including short term goals such as:
 - Making yourself stronger
 - Knowing other people and being known (be a little careful with this one)
- Goal-directed analysis of observations about people or of the "balls" from social interactions

3 Courage

These can help you have enough courage for an interpersonal action:

- See your past failures to do things as like you being in a prison or having fun stolen from you, and acknowledge that you chose that.
- See the possible reactions to what you will do as like friends' reactions to seeing you get out of prison.
- Instead of giving up, patiently cling onto hope, even if it means spending hours getting the courage to do something.
- Expose the fear part of your mind to everything you know about what brings you toward or away from happiness, especially your regrets. This allows isolation, regret, and frustration to be treated the same as any other danger and be the ones that are fled from. Look at the world to see that this is the correct perspective of danger:
 - Weightlifting involves choosing long-term health benefits over short-term comfort and prevention of short-term injuries, and it's normal to require kids to lift weights.
 - Advocacy for an end to the birth of people, to end the creation of possibilities for suffering in other people, is rarely tolerated.
 - Putting one's own life in danger to defend some countries in a few wars is widely admired. The pain in this case is worse than awkward emotions in social situations.
- Be skeptical of thoughts against doing a brave action. It's the voice of an abuser. Ignore it to be safer. Don't forget at the last minute why you're ignoring it. Examples of suspects:
 - Something lies to you about perfection. If you say a word over and over again, then the word will sound weird, but it's not. This could happen in your mind when you plan on saying something.

These can help you maintain courage after embarrassment:

- Think of the past and the future to recognize self-improvement and overcome the illusion that the situation is disconnected from goodness.
- Resist forgetfulness of any intrinsic value of what you did.
- Judge your actions and decisions using reason. Be skeptical of negative emotions because they don't always accurately reveal something about you.
- See the situation as a childhood memory.

4 Journaling

4.1 Logs

Maintain one or more logs of these things happening, including the date:

- An event that is significant, suspected to be significant, or surprisingly good (it doesn't matter how big the event itself is)
- Recognition of a high level of thoughts about a person
- Having an idea of what could happen in the near future

The logs can help you:

- Tell and analyze your stories
- Recognize self-improvement and the potentially surprising speed of it
- Knowing “what the heck was I thinking” after a situation

4.2 Writing what you like

Maintain a written list of what you might admire or require in people. Use your observations, imagination, and values. For some people, consider making separate lists of more specific observations or experiences involving them.

This gives you a less foggy perception of people. In a search for someone good enough for you, it resists the confirmation bias caused by the appeal of the idea that the search is easy or already finished.

The whole thing should not be used as a checklist, and it should keep on evolving. It's just additional input to intuition.

5 Allocating time and energy

5.1 Avoiding excessive limitation

Do not excessively limit connection. For example, if you are reading this because of a desire to find a relationship: when you are in a room, and everyone else in the room is known to not fulfill your absolutely mandatory criteria (correct religion, single, etc.), you should still make the most of the situation. Completely avoid these:

- Thinking that most bonding with them would be disordered
- Excessively narrow view of what can be platonic
- Fear of “leading on”

Here’s the biggest reasons to connect with them:

- Limited connection is incompatible with habituating the fastest possible trigger for connection.
- It allows the habits involved in connecting with everyone to be good enough and grow fast enough.
- When analyzing the experience later, you might learn about yourself and what you admire in other people.
- It prevents you from having an unnecessary disadvantage if someone later fulfills your criteria.
- Connection is complicated. For example, knowledge about how good you are could spread to other people.
- Excessive frequent change in your level of activity is bad.
- Connection by itself is good.

5.2 Choices

When there’s multiple possibilities of people to interact with in the same time frame, restrict direct access to your choices of who to interact with and any plans of timing. It’s okay for these to have a direct effect:

- Chance of regret from not interacting with the person (this one is very good)
- Random selection

- Commitment to someone, only in an official relationship
- Completely undeniable proof that the person is currently unavailable for your goal (the person claiming to be single is an example if the goal is a romantic relationship)
- Emotions in the present moment
- Positive emotions that are predicted to be felt during or immediately after interacting with the person
- Previous awesome interactions with the person
- Specific observations about the person (“bad vibe” does not count)
- Chance of breaking your personal record of how much complementarity you discover with a person

Use caution when allowing things that are not listed above. Locking down these things is especially important:

- A situation with an individual person
- How close you think you are to entering a relationship with a person
- Apparent good effects or requirement of giving a person exclusive attention or treating them differently from other people
- Information you’re only up to 99% sure about

Examples of things that are made possible by low security include:

- Someone accidentally slowing down all of your social activity or cause a deadlock by ghosting you, instead of the effect staying between you and that person
- An incorrect gut feeling or suspicion having a delayed or prevented end and restricting you
- Heavy dependency on deep understanding of your situations with people
- Wrong level of standards
- Imbalance in the explore-exploit tradeoff (https://en.wikipedia.org/wiki/Exploration-exploitation_dilemma)

If you still think that something should be added to the first list, use the “report an issue” link.

6 Balanced self-control

6.1 Emotion

You may only try to resist feelings or attachment to a person in these cases:

- The feeling doesn't flow or connect well enough to a desire for the other person being happy.
- You feel uncomfortable with the possibility of the person not being available for your goal.
- You feel dependent on any pleasure that's involved.
- Resistance is proven to be necessary for another reason.

Feel free to try to make a tiny positive feeling become huge, which can do things like shifting focus and indirectly resisting exclusive attention. Only do this to negative feelings if it would oppose feelings that need to be resisted.

6.2 Reason

Don't treat uncertain information as very likely to be true.

6.3 Problem solving

Unless you need to rest, don't reduce your ambition. Instead, modify the mental system that your ambition is applied to.

After discovering a severe negative reaction to your behavior:

- Think just a little bit about how to behave in the future. (the only moral obligation)
- Don't make a change that isn't an improvement in every way.
- Focus on the future instead of the past.

7 Working around the constraint of time itself

7.1 Crush

Try to find patterns in what happens before crush toward someone begins or increases, and know which indicators are associated with very intense crush. Some possible indicators:

- Seeing perfect confidence
- Seeing a similarity between you and the other person (which ones?)
- Making someone visibly feel good

Use this knowledge to instantly predict that you are likely about to start having crush toward someone. You can respond to predicted crush almost as if you already have crush. This increases speed by allowing you to have parts of the crush experience early, such as:

- Desire to avoid regret of not interacting with the person
- Desire to think of something to say to the person
- Attention to good things about the person

7.2 Love

Your pursuit of connection in the present can lead to a situation where someone is benefiting from you. Examples:

- Spouse and children, if you find someone to marry (high standards are needed because love is patient, is hard working, and tries to make the future generation better than the current one)
- People who benefit from a creation, if you find someone with shared interest that leads to collaboration

Find energy from this love before you know who it's for.

8 Fast awareness

When you're around other people, try to make your whole mind know these things instantly and at all applicable times:

- Increased chance of a shared interest, even if it's only made obvious by event details but not by what people are talking about, and especially if you're used to not being surrounded by people with the shared interest
- Possibility of conversational continuation in every single interaction

Examples to stay aware of:

- After giving a compliment, say “Has anyone told you that before?”
 - After giving a compliment about doing something good or about beauty when doing it, say “Do you [do thing] a lot?”
 - Express your feelings about someone's reaction to you (example: “Aww” or “I really like the way you laugh”)
- High chance that soon you won't be around someone anymore forever or for a long time, so the current chance to do something could be the last

References

 Warning

Citation is only done for transparency, not for encouraging you to look at something. A cited material as a whole does not necessarily meet this projects's standards, including ethical standards.

n.d. <https://www.textise.net/showText.aspx?strURL=https%3A%2F%2Farchive.is%2Fo%2FvDSUo%2Fhttps%3A%2F%2Fwww.girlschase.com%2Fcontent%2Fcreep-shame-culture>.