THE FUTURE OF BEING HUMAN

THE EVOLUTION REVOLUTION – IT'S UP TO US NOW.

By Tom Meyers

In my previous article, "Feeling Lost in Paradise," (Compass Magazine, Jan.-Feb. 2026) I asked what y'our ideal day might look like in 100 years' time and why we need a more human-centred long-term vision for the future.

In this follow-up article, I take the next step, exploring what the foundations of that future may be by asking what deeper human elements and skills we need if we want to flourish and thrive in a fast-changing world without becoming technology.

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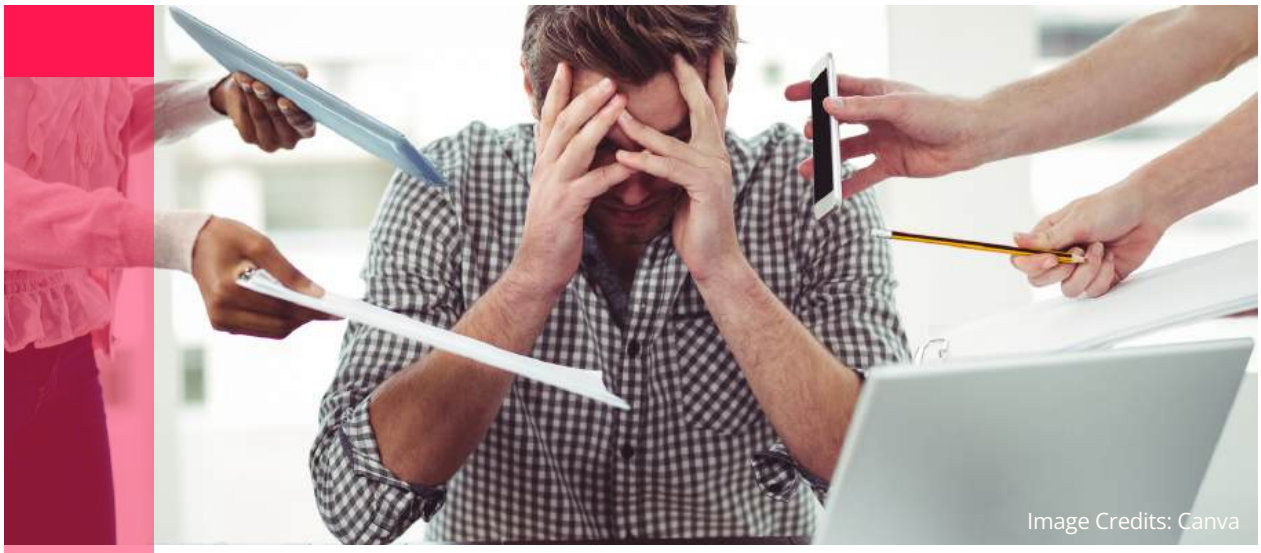
To do so, I put forward three intertwining layers that, together, may help us think more clearly about what is foundational in relation to what we want and need: a more adaptive balance and a way of managing stability through change, or what I call eustasis – the good balance between biology and culture – whatever future scenario unfolds.

What if the real challenge of our time is not that technology is changing too fast, but that we are evolving too slowly – and perhaps even more importantly, without a clear direction? What if the growing crises we are seeing all around us, including the one I am especially concerned about, the **growing health crisis**, visible in rising stress levels, burnout, anxiety, cognitive decline, chronic disease, mental health problems and disconnection, are not simply separate problems, but signs of something deeper? What if all of this is a sign of a growing mismatch between biology and culture? Because that is what I keep coming back to.



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We human beings are trying, *but failing,* to live, cope, adapt, flourish and thrive in a world that is changing faster than we are, because we are wired for a very different pace of life. While most of us have more reasons than ever to be happy and healthy, more and more people feel overloaded, exhausted, disconnected, anxious and lost.

So what now? Do we just continue with business as usual and leave the future up to chance – *que sera sera*? Or do we start to futurize ourselves, set the stage, and ask "What kind of human being do we now need to become in order to flourish and thrive in a fast-changing world without becoming technology? In other words, what direction should we take?"

That question is what led me to the idea of Homo Evolopsis, a concept I first introduced in my previous article, "Feeling Lost in Paradise." Not a new species in the biological sense. Not some fantasy of perfection. Not a transhuman merger with machines. But a human being who learns to look for, and develop the potential already within, and does so intentionally. Because if machines are getting better at being machines, then perhaps the time has come for humans to become better at being human. And maybe that is where our real work now begins.

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Human evolution has, until now, happened slowly and largely without intention. Life and conditions changed over many generations, and over those long stretches of time we have adapted. But today, culture and technology are changing multiple times within a generation and sometimes, it seems, overnight – at a speed biology simply cannot match. That means the way we have evolved – slowly, over many generations, and shaped largely by circumstance – is no longer fit for the world we have created.

Illustration created using Gemini

In a time when culture and technology can change within a single generation, or even overnight, that pace of evolution has become too slow and is now contributing to a growing mismatch that is leaving more and more people sick and stuck.

We need a more purposeful form of adaptation. Not by changing haphazardly, but by first becoming clearer about what we need and what we want in order to flourish and thrive in a fast-changing world, whatever scenario unfolds. Then we need to look at what latent potential we already carry within us that can be expressed in different ways and developed so that we can inhabit that future. This is where the concept of Evolopsis – the process of evolving on purpose – becomes important.

The future human being we need is not something alien to us. It is something already present in seed form, something that needs to be recognised, nurtured and developed. In that sense, Homo Evolopsis is not about becoming superhuman. It is about becoming more evolved humans for the future we are creating.

Homo Evolopsis can be seen as the collective extension of the Futurize Yourself process. Because while Futurize Yourself helps us think about who we need to become as individuals, Homo Evolopsis asks that same question at the level of humanity as a whole. And we cannot ask that question in isolation. We need to ask it in relationship to one another, to the future we are creating, and to Planet Earth itself – because without it, we are nothing.

This brings us back to the core problem: we are no longer living with a capacity for healthy adaptation. We are surviving in conditions that repeatedly overload our systems. The demands of modern life, the pace, the pressure, the uncertainty, the overstimulation, the lack of recovery, the growing disconnection between what we need and how we live – all of this takes a toll.

The result is often not one dramatic collapse, but a slow spiral down. Less energy. Less clarity. Less emotional range. Less tolerance. Less relational depth. Less resilience. Less meaning. We may continue functioning, but increasingly at a cost to our health and wellbeing. But is that what we want? Surely not. We want to flourish and thrive, don't we? I assume you do, too. We want to feel content, fulfilled and healthy. We want to fulfil our aspirations with meaning and purpose.

For me, eustasis the word that expresses the kind of state we need if we are to have what we truly want. Not static balance. Not comfort. Not passivity. Not the absence of challenge. But the good balance between biology and culture – a dynamic state of stability through change. A state in which we are able to adapt, recover, orient, relate and grow well enough to flourish and thrive despite uncertainty and change.

But if eustasis is what we need in order to have what we want, then how do we make that possible?

Our Inner RADAR

That is where another question emerged for me. What are the primary human elements that make it possible? If all colours can arise from a few primary colours, then perhaps the same is true here. Perhaps the many qualities we admire and need – resilience, wisdom, courage, creativity, self-leadership, empathy, integrity, future vision – do not all stand alone, but emerge from a smaller set of deeper human elements that do not alter, even though they may be expressed in different ways.

This is where the idea of our inner RADAR comes in. Because to flourish and thrive in a fast-changing world, I believe humans need to strengthen their inner RADAR: Regulation, Adaptability, Direction, Agency and Relatedness.

The more I reflected on it, the more this made sense to me.

- Without **Regulation**, we can become overloaded.
- Without **Adaptability**, we get stuck.
- Without **Direction**, we can become lost.
- Without **Agency**, the future happens to us rather than through us.
- Without **Relatedness**, we are disconnected.

So RADAR, as I currently see it, is not just a catchy acronym. It points to a possible set of primary human elements needed to live well in an age of acceleration. Together, these elements form an inner navigation system – not one that removes uncertainty, but one that helps us move through it without losing ourselves.

From these primary elements, many other qualities can emerge. Resilience can grow from regulation and adaptability. Leadership can grow from agency and direction. Empathy can deepen through relatedness and regulation. Creativity can grow from adaptability, direction and agency. Wisdom, perhaps, draws on all of them in some measure.

But RADAR is not the full story. But it may and can be a starting point for deeper conversation and research into what might make purposeful evolution possible.

Still, being human is not only about regulation, adaptation and decision-making. We are also beings for whom feelings, human connection, meaning and purpose all matter. We do not live by cognition alone. That is why I began to feel that something was still missing between the deeper architecture of RADAR and the more visible skills we develop in life.

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// BONDS helps us feel and live

There seemed to be an affective and relational bridge that gives life emotional depth and motivational force. And for that I arrived at BONDS: Belonging, Orientation, Nurture, Desire and Significance. Because if RADAR helps us stay coherent, BONDS helps us feel and live with meaning and purpose.

- Without **Belonging**, without human connection, we become isolated.
- Without **Orientation** and a goal in life, we can feel lost.
- Without **Nurture** and feeling cared for, we may perish.
- Without **Desire**, hopes and dreams, we have nothing to live for.
- Without **Significance**, we are nothing.

All this matters because no future can be lived well if it is merely thought about. It also has to be felt as meaningful. We need more than an inner guidance system. We need to care, to long, to belong, to feel drawn, to feel that life and what we do in it matters.

Illustration created using Gemini

// WINGS

Beyond that, there is also the question of skills. Because even if RADAR gives us the deeper elements and BONDS gives us the meaning and purpose, we still need practical ways to deal with the complexity of modern life. That is where I think Walter Vandervelde's WINGS becomes useful. WINGS stands for Work and Industry Neutral Growth Skills.

Although framed in relation to work, I see these skills as relevant far beyond the workplace. They are, in my view, core human growth skills that help us navigate not only professional life, but life itself in a fast-changing world. WINGS are the primary skills that can be expressed in different ways and through which our deeper elements become visible and usable in the world: creative thinking, critical thinking, personal leadership, social intelligence and attention management.

If RADAR helps us sense and orient, and BONDS helps us care and connect, then WINGS helps us move, create, focus, collaborate and contribute. That matters because the future will not be shaped only by what we feel, nor only by what we understand, but by what we are able to embody and enact. In other words, if RADAR helps us navigate and BONDS gives us meaning and purpose, then WINGS helps us take flight in practical life.

But what about…?

Those less fortunate

But what about the person who is hungry, thirsty, displaced, traumatised, bombed, homeless, poor, or living in fear?

That was my thought too. Indeed, what use are RADAR, BONDS and WINGS to someone who lacks food, safety, shelter or dignity? This matters deeply, because any model of the future that only speaks to the already privileged is incomplete. Human flourishing does not depend only on inner development. It also depends on the conditions in which life is lived.

There is an outer layer that cannot be ignored – the universal human ground: safety, water, food, shelter, care, dignity, and enough belonging to make life viable. Without this ground, the human system is pushed into survival. This does not make these deeper elements and skills irrelevant. Even under extreme adversity, people still rely on steadiness, connection, hope, meaning, and practical ways of responding in order to cope, endure, and hopefully one day change their situation.

So, this means – and should not be taken for granted – that no universal human model can place the full burden on the individual. The task is not merely to strengthen people. It is also to shape cultures, systems and environments – governments, workplaces and institutions included – because access to the conditions needed for human dignity, health and flourishing should not be treated as a privilege but recognised as both a collective responsibility and a matter of basic human rights.

Climate Change and Planetary Health

Some of you may also ask, "What about climate change and planetary health?" Where does that fit in? That too was something I wondered. Because I am very aware that there is no future if we fail to care for the ground we stand on, the air we breathe, and the nature that surrounds us. The Earth is not just the backdrop of human life – it is the very foundation that sustains it. So Homo Evolopsis must not only be human-centred, it must also remain Earth-aware. We do not flourish apart from nature. We flourish within it. Which means Homo Evolopsis must be both personal and collective, inner and outer, human and humane, and planetary too.

Creating a DNA to Futurize Ourselves

To bring it all together, just as I introduced the concept of creating a DNA for your future to *Futurize Yourself* at the individual level, collectively we also need to create a DNA for our future. By DNA I do not mean DNA in the narrow biological sense, but that what Does Not Alter – the deeper core that remains, even though it may be expressed in different ways.

At the individual level, it is a metaphor for the unique future pattern already latent within each person – a living mix of feelings, potential and aspiration. At the collective level, if we are to evolve on purpose, I believe that the DNA for our future needs to be grounded in BONDS, RADAR and WINGS. Together, these may form the core elements and skills needed to move towards eustasis. And, let's not forget that this is the objective here: to identify what is foundational if we are to overcome the growing conflict between biology and culture and create the good balance needed to flourish and thrive, whatever future scenario unfolds in this fast-changing world.

Homo Evolopsis = Possibilities

When I speak about Homo Evolopsis, I am not speaking about a luxury idea, nor a vague ideal, nor some distant science-fiction fantasy. I am speaking about a possibility – that humans can evolve more purposefully, not by becoming less human, but by becoming more fully human. More coherent. More adaptable. More directed. More purposeful. More meaningfully connected. More evolved in order to live in harmony with both nature and technology and not succumb to it. Which is why I keep coming back to this: technology is the means, people are the point – but there ain't no future if we don't take care of planet Earth.

Technology is the means, people are the point – but there ain't no future if we don't take care of planet earth.

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I hope I have given you further food for thought. This next step is one we should all consider and explore together. I hope I have put my concerns about the future on your RADAR, and perhaps also given you something to connect with, so that together we can spread our WINGS and become better at being human in this era of chaos, insecurity and anxiety. But beneath it all, there is also hope. Because evolution often begins with a revolution – with conflict, friction and resistance. The question is whether, as we have done before, we will once again recognise the opportunity and grow.

So, as futurists, consider this: what would y'our ideal day in 100 years' time be like? Because that is the real question of Homo Evolopsis. But just as an architect needs a framework to work with, so do we need to think about the foundations on which we can build that future which is ours to inhabit.

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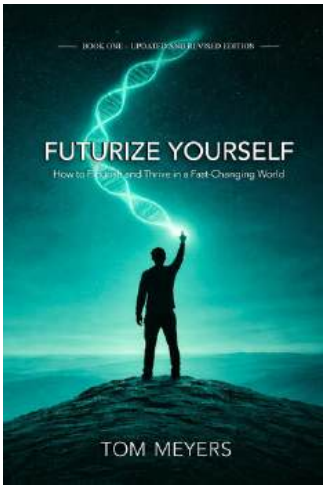

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