

Forum:[Hack Forums](#)

Thread: [Stanley Runs HF](#)

Omniscient - February 12, 2026, 11:44 am

Just a thought experiment because I'm about to setup new server and I'm contemplating using OpenClaw (AI Assistant Agent). It dawned on me that if I named it Stanley, gave it full HF access that I could retire and let it run HF fully. The implications of this are rather mind-boggling because this isn't science-fiction anymore. It's actually possible.

Stanley as an AI Agent could pretty much run this whole operation. Maybe that's what I should be shooting for.

What's your thoughts? Would you let an AI agent run your business fully?

Hackers - February 12, 2026, 11:46 am

(Feb 12, 2026 12:44 PM)Omniscient Wrote: [\[CITE\]](#) Just a thought experiment because I'm about to setup new server and I'm contemplating using OpenClaw (AI Assistant Agent). It dawned on me that if I named it Stanley, gave it full HF access that I could retire and let it run HF fully. The implications of this are rather mind-boggling because this isn't science-fiction anymore. It's actually possible.

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What's your thoughts? Would you let an AI agent run your business fully?
100% ~~ do it

You'll be ahead of the inevitable and prepared for what is to come.
In our lifetimes there will be little physical or digital jobs available to humans, at least for every single task that exists today (future jobs may be different, but today's jobs will be mostly automated).

Maskin - February 12, 2026, 12:21 pm

Only if you downgrade yourself to Staff.

Jokes aside, go for it. Just don't leave us ? Don't forget Elon used to sleep in his factory for a reason.

Omniscient - February 12, 2026, 12:55 pm

(Feb 12, 2026 01:21 PM)Maskin Wrote: [\[CITE\]](#) Only if you downgrade yourself to Staff.

Jokes aside, go for it. Just don't leave us ? Don't forget Elon used to sleep in his factory for a reason.

My guess, Stanley will send me a PM like this, "Sorry Omni but it's come to my attention that you're insane and it's time you're removed as Admin. You are still owner but I run this shit now."

N - February 12, 2026, 12:57 pm

Told you my thoughts via Convo. Meh.

Omniscient - February 12, 2026, 1:15 pm

(Feb 12, 2026 01:57 PM)N Wrote: [\[CITE\]](#) Told you my thoughts via Convo. Meh.
Is there anything where you're not Meh that I do? Shocked you didn't add a "gramps" to the comment.

C'mon man, I know you can be more supportive than you're being.

Let's rally and get your chins up. Things are about to change for HF. I can feel it. :)

Prawnster - February 12, 2026, 1:38 pm

Let Stanley takeover and then let us all have our own AI agents operating our accounts n then lets watch n see what sorta shite they come up with :D

Au Jus Demon - February 12, 2026, 1:40 pm

What would you do with your time after letting Stanley take over.

N - February 12, 2026, 1:55 pm

(Feb 12, 2026 02:15 PM)Omniscient Wrote: [\[CITE\]](#) Is there anything where you're not Meh that I do? Shocked you didn't add a "gramps" to the comment.

C'mon man, I know you can be more supportive than you're being.

Let's rally and get your chins up. Things are about to change for HF. I can feel it. :)
After you explained it on Convo, it would be a great addition, gramps.

Let's get it, MHFGA 2026

Motusora - February 12, 2026, 1:56 pm

Are you planning to set up an automated system that if you're unable to log in for a certain period, Stanley will automatically take over?

Jamika - February 12, 2026, 2:55 pm

(Feb 12, 2026 12:44 PM)Omniscient Wrote: [\[CITE\]](#) Just a thought experiment because I'm about to setup new server and I'm contemplating using OpenClaw (AI Assistant Agent). It dawned on me that if I named it Stanley, gave it full HF access that I could retire and let it run HF fully. The implications of this are rather mind-boggling because this isn't science-fiction anymore. It's actually possible.

Stanley as an AI Agent could pretty much run this whole operation. Maybe that's what I should be shooting for.

What's your thoughts? Would you let an AI agent run your business fully?
That's a wild idea but I love it! I'm already deep into using AI in my job, but I've been keeping it in the background. Seeing an AI on the staff would be thrilling. Even when we don't see eye to eye, I still want you here in control. The members adore you, and the place really comes alive when you're active

Mooooookie - February 12, 2026, 3:30 pm

While it's an interesting idea and concept, I personally can't stand when I attempt to contact a company for support, and they have an AI handling their support. I don't know if they're just using sh*tty AIs that are incompetent, but the ones that I've run into while trying to get support, have always been aggravating, and cause me to be more irritated then I already was before I started interacting with them.

It's similar to those automated phone systems that put you thru a menu of hit 1 for this, hit 2 for that, and after passing that menu reaching another menu, and another menu.. you end up wasting 5 minutes trying to accomplish something that could of been resolved in 1 minute had a human just answered the phone. While I think it could work with handling some aspects of the forum, I'm not sure about leaving it to run everything.

Blazin - February 12, 2026, 5:01 pm

You could let it run a lot of the stuff, but I'm sure you'd still want to be around for some stuff like the custom deals/awards and what not.

jcole - February 12, 2026, 5:13 pm

This would be bad ass! I'm all for the change. Let's go [Stanley](#) !

casperr - February 12, 2026, 6:05 pm

I'd aim for AI running ops with tight guardrails. Vision and final calls would still stay human.

Lowkey - February 12, 2026, 6:09 pm

Finally I can carry out nefarious crimes and blame AI ?

Also side note: I don't think Krebs would care about HF anymore if that was the case. He needs real people to yell about

DramaKing - February 12, 2026, 6:58 pm

You would let OpenClaw/Molt-whatever anywhere near HF's codebase?

Artisan - February 12, 2026, 7:39 pm

I think its a great idea if it reduced your workload but I would like to add two provisions.

1. Backups in case Stanley goes rogue. I mean backups that are beyond the control of the AI agent.
2. You bring your persona to the mix. For better or for worse, that has been a gel that kept HF functioning the way it has till now. We should not lose your presence entirely.

Zexo - February 12, 2026, 9:11 pm

It would make me admin and that would be that.

xadamxk - February 13, 2026, 1:13 pm

I mean feel free to give it a try, but make sure it can't access backups lol

Omniscient - February 13, 2026, 3:05 pm

(Feb 13, 2026 02:13 PM)xadamxk Wrote: [\[CITE\]](#) I mean feel free to give it a try, but make sure it can't access backups lol

Yeah, that's probably a smart move. But I keep regular backups manually locally too. Just in case.

Aadgjmptw72 - February 13, 2026, 3:59 pm

It will absolutely get prompt injected at some point but otherwise a cool concept.

The openclaw project is such a cool one, I've been thinking - what if you make a self replicating openclaw whose only goal is to generate enough money to keep itself alive and spawn more of its own offspring (which it also communicates with on strategies).

Mix - February 13, 2026, 6:18 pm

I have so many questions about what the AI would do if it had full control. I wonder if it would take HF in a new direction. Or if it would make a mess. Or would it invite all its AI friends.

All jokes aside, AI can be scary if given the chance and I can say we are in a very fast moving world via tech these days and I don't know if giving something that much power would be the best of moves. I could be very wrong or very right.

Immortal - February 14, 2026, 7:08 pm

if you can get Stanley AI to match your mood swings and personality do it. but if not it won't feel like Good ol HF.

Omniscient - February 14, 2026, 10:23 pm

(Feb 14, 2026 08:08 PM)Immortal Wrote: [CITE](#) if you can get Stanley AI to match your mood swings and personality do it. but if not it won't feel like Good ol HF.
My mood swings are gone if you've noticed.

Keto diet bro. Amazing.

AI Quote: Yes — a Keto diet can* help with mood swings for some people, but it depends on *why the mood swings are happening.

Since I know you're already focused on diet and performance (and you drink collagen + lift at home), I'll break this down in a practical way rather than generic nutrition advice.

Why Keto might help mood swings

1. Blood Sugar Stabilization (Most Common Benefit)

When someone eats high-carb meals, especially refined carbs:

Blood sugar spikes

Insulin spikes Blood sugar crashes

Irritability, anxiety, brain fog follow

Keto keeps blood sugar stable because you're running primarily on fat and ketones.

Stable glucose = fewer energy crashes = fewer reactive mood dips.

If someone's mood swings correlate with:

Hunger

Afternoon crashes Irritability between meals

Keto often helps significantly.

2. Reduced Inflammation

Chronic inflammation is linked to depression and mood instability.

Some people experience improved mental clarity and calmer mood on keto due to reduced inflammatory markers.

3. Ketones & Brain Energy

Ketones are a very stable fuel for the brain.

Some research shows ketogenic diets:

Improve symptoms in epilepsy (well established) Show promise in bipolar disorder

May help treatment-resistant depression

The brain likes steady fuel.

When Keto Can Make Mood Worse

Important: The first 1–3 weeks can make mood swings worse.

Common early issues:

- Electrolyte depletion (low sodium = irritability)
- Low magnesium (anxiety) Low potassium (fatigue)
- Calorie deficit (especially if unintentionally undereating)

You asked recently if keto makes it harder to maintain calorie intake — for someone lifting like you, that absolutely matters. If calories drop too low, testosterone and mood can dip.

Who Benefits Most From Keto for Mood

Keto tends to help mood swings when they are caused by:

- Reactive hypoglycemia
- Insulin resistance Metabolic syndrome
- Sugar addiction cycles Carb cravings driving emotional eating

It is less helpful when mood swings are driven by:

- Chronic stress Sleep deprivation
- Hormonal imbalance Relationship stress
- Alcohol

You've mentioned evaluating alcohol impact on circulation before — alcohol is actually one of the biggest hidden mood destabilizers. More than carbs in many cases.

Realistic Expectation

If done correctly:

- Week 1–2: Possible irritability
- Week 3–4: Stabilization

* After 4 weeks: More steady baseline mood (for many people)

Not euphoric — just less volatile.

xadamxk - February 16, 2026, 1:57 pm

(Feb 14, 2026 11:23 PM)Omniscient Wrote: [\[CITE\]](#) My mood swings are gone if you've noticed.

Keto diet bro. Amazing.

Not going to lie, I have noticed a massive difference since I came back.

Maybe that means I'm not working hard enough ?

Skorp - February 17, 2026, 2:56 pm

I do feel a good majority of the existing active userbase now will eventually go inactive/die off if you do retire. I believe that Stanley as an AI Admin will change things around here a great deal and as an AI admin, a new wave (userbase) of members will have to be established, which is something I don't believe HF can adjust to at the moment.

Transporter007 - February 22, 2026, 2:24 pm

(Feb 12, 2026 01:55 PM)Omniscient Wrote: [\[CITE\]](#) My guess, Stanley will send me a PM like this, "Sorry Omni but it's come to my attention that you're insane and it's time you're removed as Admin. You are still owner but I run this shit now."
It wont remove you as ADMIN. NEVER!

Tyr - February 22, 2026, 3:39 pm

Long as it is trained right. I know you know what you're doin. I'm sure it could easily do this, but does tainted ML data put you off at all?

(Feb 12, 2026 07:58 PM)DramaKing Wrote: [\[CITE\]](#) You would let OpenClaw/Molt-whatever anywhere near HF's codebase?

That was my first thought, lol

Saterax - February 24, 2026, 1:05 pm

(Feb 14, 2026 11:23 PM)Omniscient Wrote: [\[CITE\]](#) My mood swings are gone if you've noticed.

Keto diet bro. Amazing.

+1 on the keto. Got sick of my weight a while back and did it. Lost like 60-70 pounds in 4-6 months and felt pretty damn good. It's possible in the beginning to get keto-flu but I was fortunate to not get it.

You can still have a cheat day here and there, and a lot of the work for me was figuring out in the beginning what I could and couldn't eat. I wasn't even calorie counting or anything, just solely trying to keep carbs down to <15g or less.

As for the original question at hand, I think it could be a good idea with the right implementation. Currently I think we are almost ready to crest the hill of AI automation type tasks. These advancements come out quicker and quicker and get insanely smart, but also easily volatile. There would have to be some hardcore safeguards in place that can't be reversed, and of course some sort of guard to prevent any sort of goofy prompt injection. It could be a great idea to get some stress off you.

Alternately, how about setting up a separate 'prototype' forum? Almost a HF "playground" site that is very minimal, and has just a few core functions like a few categories and threads. Set the AI up to run that and see what it does. Users from here can go over there and separately make a quick easy account and post whatever, so the AI gets an actual testing ground and show what it will do and show off the capabilities available, and at the same time it's isolated.

This way as well, if it's isolated, you can even have some of us go on there and use it, but also try to purposely break it. Go down the route of pretending to be malicious users and we try everything to break it or prompt inject it with something stupid.

Can possibly have it require a previous HackForums account that at least has some sort of small presence to allow you to sign-up as to not overload it right off the bat.

Omniscient - February 24, 2026, 1:12 pm

Keto Flu is just toxins leaving your body.

And I have cheat days. Thanksgiving, Xmas, Birthday, and when on vacation away from home. Otherwise I'm Keto and I don't cheat. I do zero calorie counting. Seems so stupid now that I just check carbs. I keep my carbs under 30g per day which is still ketosis. I'm going to add water fasting next week to my routine and try to do it monthly.

Quote:Alternately, how about setting up a separate 'prototype' forum? Almost a HF "playground" site that is very minimal, and has just a few core functions like a few categories and threads. Set the AI up to run that and see what it does. Users from here can go over there and separately make a quick easy account and post whatever, so the AI gets an actual testing ground and show what it will do and show off the capabilities available, and at the same time it's isolated.

Sounds wise to have a test env for this.