The field of cybernetics provides a general theory of communication and control. It offers a theory of information processing and decision-making whether these phenomena occur in machines, human beings, groups, organizations, nations, or supra-national organizations. Cyberneticians have developed theories of learning, adaptation, self-organization, regulation, cognition, and the management of complexity. Consequently cybernetics provides an interdisciplinary language for sharing the insights of many fields that have an interest in purposeful activity, goal formulation, and the evolution of complexity. This talk will describe three theories from cybernetics – theories of the regulation of systems, self-organizing systems, and reflexive processes – and will give examples of each from several disciplines.