



Dear {{ contact.FIRSTNAME }}

Welcome to the seventeenth instalment of the serialisation of my upcoming book **“The Futures Effect - Change Your Story, Change Y’our Future!”** – the second volume in the **“Futurize Yourself”** series – that is scheduled for publication later this year or early 2023.

This week I’m sharing the sixth episode of Chapter Two: **Built for a purpose.**

In this week’s extras, I’d like to promote the **“Love Tomorrow Conference - Do something good today, that tomorrow would thank you for”**, which takes place on the grounds of Tomorrowland in Boom (Belgium). Keynote speaker is historian, philosopher and the author of *Sapiens* and *Homo Deus*, Yuval Noah Harari.

Be good to you, be good to y’our future, always.

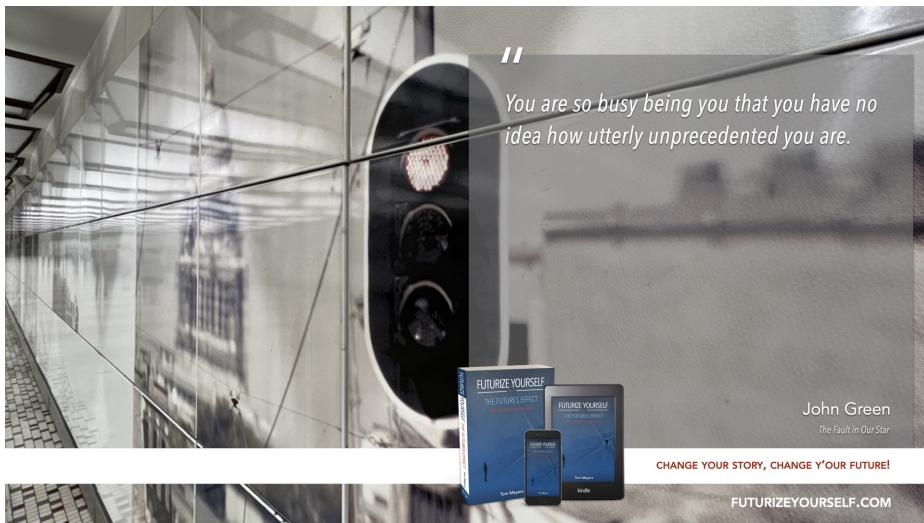
Tom

*PS: Audio and video links in this newsletter will redirect you to the respective platforms as Sendinblue doesn’t support iframe embedding. My apologies for the inconvenience but I hope you will check them out.*



[PREVIOUS EPISODES](#)

**CH2.6 Built for a purpose**



Now here is something interesting I read while delving a bit deeper into the beginnings of human development. It's a very short extract from one of the first chapters in the book *The Ontogenetic Basis of Human Anatomy: A Biodynamic Approach to Development from Conception to Birth* by Erich Blechschmidt:

### Functionalism: The concept of functional differentiation

This viewpoint holds that the human body is built for a purpose (i.e., functionally) in the sense that the events of ontogeny (development of an organism) should be comprehensible according to the subsequent functions of the body. As it is known, for instance, that a hen's egg invariably develops into a chicken and never into a fish, one can speak of the ontogenetic process having a direction by which, as it were, a design is realised.

In other words, you are built for a purpose according to your subsequent function. From the moment of your conception to the moment you die, you are a vehicle of great potential built for a purpose. However, what started as involuntary needs to be at one stage continued and completed by your own volition to become whole.

It's like the first steps are setting the stage. From day one there is a direction; that means a future-oriented design that you evolve into, supported in utero. (By that I mean in the womb and not the album by Nirvana.) But from the moment you are out of the womb, what then?

Wouldn't it make sense that you continue to develop according to your design? At first through the support of your parents and your environment, and then by your own volition? I know, I know: you might think I've gone completely off my rocker again. That it is far-fetched that all along you were built for a purpose. That there is some grand design...

But ask yourself: why are we all so unique? Same same, but all different... Might it simply be that what was started needs to be continued by your own volition? Is it up to you to take over and expand on the original design to give your life a direction?

There seems to be an ever-present dichotomy in life, like the aspects of yin and yang. Trillions of processes in our body function automatically, but to eat and drink, to exercise to stay healthy – these are actions you need to do. Acts that need to be done by your own volition.

Is creating a good future and living a good life such an act? I believe so, if my own experience is anything to go by, and I'm not alone thinking this.

To quote my favourite futurist Gerd Leonhard, creator of many inspiring videos on the future including his recent production The Good Future ([see Episode 15](#)):

“The good future is not something that just happens to us - it is something we create every single day, by action or by inaction. Whether the future is good or bad is entirely up to us. As we see the future, so we act, as we act so we become!”

How do you see (“direction”) the future? It’s a fundamental question as it influences your decisions, choices and actions and who you’ll become (“a design is realised”).

Anyway, although I’m far out of my comfort zone here, I do find it interesting that I didn’t develop into a chicken but into a human being. A human being with a specific set of skills. Skills I wasn’t aware of at first. I also see how my life was before I became aware of my skill set and afterwards. Before awareness, life was random and not good, and the same problems always came back – wherever I was or whatever I did. However, as soon as I became aware that I was built for a purpose, according to a futures-oriented function, and started to become who I was born to be, my life changed for the better. Suddenly, life made sense and I found means to solve the problems that had haunted me for so long.

I remember very vividly that moment when my brain started to put all I had learned about myself into some clear order. I also remember thinking that, if I was born with a specific skill set, then that had to be for a reason. I also reasoned that life would make more sense and become more meaningful when I developed my innate skills and integrated them into my life. Just as my body was made of trillions of cells all working together, not at random but according to a design, it seemed logical to me that there could be a design at a higher level that I needed to participate in of my own free will.

### To be continued next week:

CH2.7 When the future comes knocking at your door



### WORD OF THE WEEK

### To anticipate

(1) To act in advance of; deal with ahead of time. (2) Dealing with ... before it arrives. (3) To regard something as probable or likely. (4) To be excited or anxious about.

## This week's extra

# Love Tomorrow Conference

The Love Tomorrow Conference is about us. It is about our behaviour, our health and our future. Love Tomorrow wants you to look after our planet and we hope to convince, inspire and motivate you to do more. Our planet needs all of us to create change. Join us on the magical grounds of the Tomorrowland Festival and let the Architects of Tomorrow enlighten you on four crucial topics that will define our future.

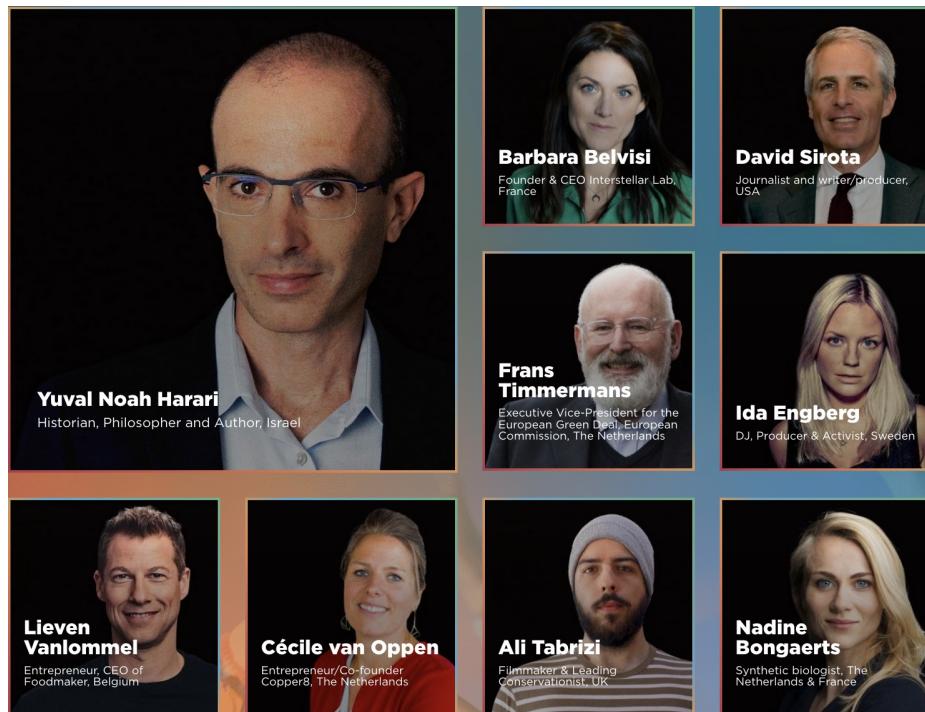
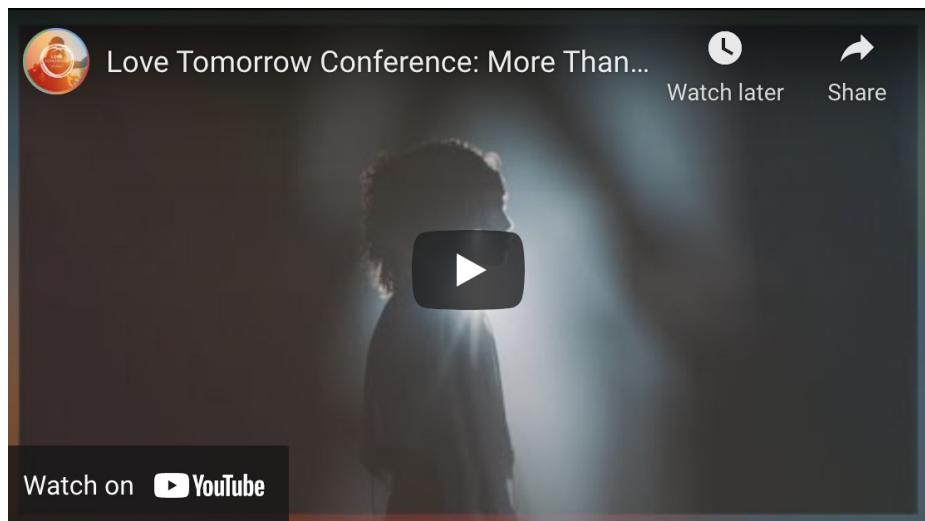
<https://lovetomorrowconference.com>

## More than just a conference!

The first Love Tomorrow Conference is a unique sustainability conference. World-renowned thought leaders will entice the People of Tomorrow to take concrete steps towards a better environment, climate and well-being.

To get these crucial messages across, we have spiced up the traditional conference concept and combined it with the magic you are expecting from a place like Tomorrowland's Freedom Stage.

[Continue reading >>>](#)

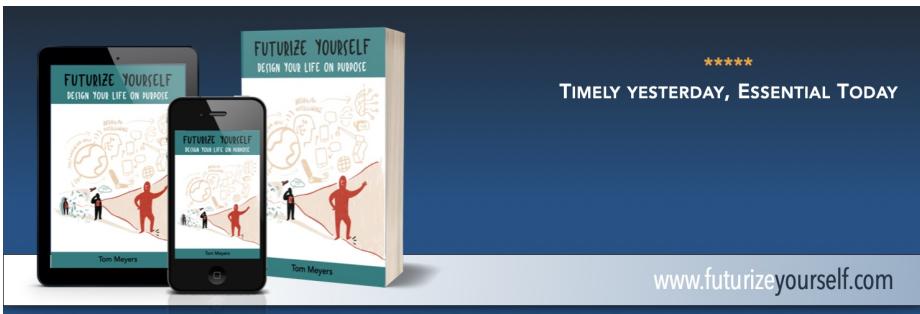




## About the author

Tom Meyers, also known as "TomTom the Health Navigator", is an osteopath D.O., body-centred stress coach, the founder of the "Reaset Approach", a wellbeing futurist, space enthusiast, TEDx organiser and author of "Futurize Yourself - Design your life on purpose."

His mission is to empower you to flourish and thrive in this fast-changing, uncertain and challenging world full of opportunities.



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