



Dear {{ contact.FIRSTNAME }}}

Welcome to the eighteenth 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 seventh episode of Chapter Two: **When the future comes knocking at your door.**

In this week’s extras, I’d like to introduce to you Re-story. Re-story is a community of people who see the future of a conscious society as a joint venture. It was founded by journalists [Geert Degrande](#) and [Mischa Verheijden](#).

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](#)

**CH2.7 When the future comes knocking at your door**



Never in my wildest dreams had I imagined becoming an osteopath. It had never been on my radar until I was nearing my 31st birthday. What was also not on my radar was to ever enrol at a university, let alone hold a master's degree ("Yeah, right!"). Studying had never been my forte. In my school reports, teachers often commented that my scores were declining and that I needed to make more effort - especially for languages, including English which I failed time and time again.

Even when I had become a certified osteopath, to continue on and get a D.O. diploma had seemed impossible. But life works in mysterious ways, and with the right kind of motivation - like fulfilling your potential - and willingness, the impossible becomes possible.

I'm in awe how time and time again the future presented itself to make the impossible possible. For example, when I had decided to become an osteopath, I made an appointment with an osteopath in Brussels and asked him if he could help. Two months later, he came back to me and told me that his friend and colleague was starting a school in Brussels in September, which was only a few months later. I applied and, against all odds, was accepted. Against all odds, because I later heard from the school's secretary that there had been a big debate about it as I didn't really have the right background. Six years later, I was the only student who finished the course and obtained certification.

However, although the certification authorised me to practise in Belgium, it didn't allow me to register to enable patients to get reimbursed by their social security or through complementary insurance. Talking about this to colleagues over a pint at the bar in Berlin where we were attending the yearly osteopathy conference, I was asked why I didn't enrol in the bachelor and master programme in the science of osteopathy organised by the [Osteopathie Schule Deutschland](#) based in Hamburg. That was how the future once again presented itself.

While writing this, my mind wanders off, thinking of the current situation where, for over a year now, no physical events are allowed... No more dinners with colleagues... no more pub talks chit-chatting about life's ups and downs, the what-do-you-think-about... I wonder: what impact is that having on ideas, inspiration, opportunities... human flourishing? Where would I be if I hadn't had that revelatory conversation?

We all have dreams, and some find it easier than others to pursue them. If you (like I was) are laden with self-doubt and a very strong inner voice that says "In another lifetime, I can't ever be ..., I'm not good enough for

...”, I challenge you to futurize yourself.

My futurizing dreams came through in unexpected ways. But, just as the Buddhist proverb says:

“When the student is ready, the teacher will appear”, so it is too for the future: “The future presents itself when the futurizer is ready.”

There are other ways the future knocks on your door that you will discover. For example, when you start the process of futurizing yourself and uncover your potential, you probably will not uncover all your potential or develop it at once.

Uncovering your potential is in many ways like learning a skill. When you learn a skill, you start with the basics. Then, with practice and time, you get better – but you also discover that some skills lead to other skills which you integrate or build on. For example, my dad, who has become a skilled sculptor ([www.sculpturesmeyers.com](http://www.sculpturesmeyers.com)) started with painting, then discovered during one of his many art classes that he had a knack with metal. I remember his first origami-like sculptures made from food cans. We had cats in the house, and as soon as a can was empty, he was practising his cutting and folding skills on them at the kitchen table. After a while, he moved from the kitchen table to the shed in the garden, where he could use a soldering bolt to make bigger pieces. Now he lives in France, where he has even more space and creates monumental sculptures in corten steel and inox. Today, you can find his sculptures on market squares like in Changy (France), and towns including Autun (France) and Château Chinon (France), as well as in private collections around Europe and beyond.



[www.sculpturesmeyers.com](http://www.sculpturesmeyers.com)

My dad was born an artist in an artistic family. It was my grandad who taught him how to paint and make figurines in wood. He stopped painting when he got married, I was born and his time was consumed between family, building a house and working as a computer programmer.

He picked up painting again some time after – due to restructuring – he was laid off from work. He was 47 when he lost his job, and a career coach told him that, if he had a dream, it was now that he could make that dream come true. That is when the artist in him reawakened, and he dedicated himself fully to developing his skills. It was during one of his art courses that he started to work with metal and felt that with metal he had something special. Something others also felt; they pointed out to him

how unique his technique and work was and encouraged him to pursue this path further. He took that feedforward to heart and became very successful at it.

When Dad told me this story some years ago, I immediately recognised how similar his journey was to my own. Remember I mentioned how I felt during my first course in kinesiology and how Agnes, the instructor, saw my potential and encouraged me, gave me inspiration, and helped me to pursue my new-found vocation. That I specialised in body-centred stress coaching was also prompted in a similar way: As soon as I opened my osteopath practice, patients reported that after their consultation they not only had improvement in their physical condition but they also noticed improved cognitive abilities, better concentration and experienced less stress. I was often asked what I had done, because it was something they hadn't experienced with other osteopaths. At first, I just put it down to osteopathy being a holistic treatment approach and didn't really pay much attention to it. When more and more patients, young and old, from different backgrounds, came back with the same experience, I became intrigued, and it was then that the researcher in me awoke. That awakening led to development of my own approach. A novel body-mind and educational method of healing that I call the "Reset Approach" - which, in turn, awoke the teacher and communicator in me.

ADVANCES IN OSTEOPATHY

## RE(A)SETTING THE ANS

A hands-on craniosacral, visceral and structural osteopathic approach

**5-DAY FULL COURSE**  
A practical hands-on course to balance i.e. "RESET" the autonomic nervous system (ANS), promote self-healing mechanisms, reduce stress and increase a feeling of wellbeing.

**Hyderabad**  
9-13 August 2022

Tom Meyers - Osteopath D.O. (BSc)  
Giuseppe Ragnò - Osteopath D.O. (BSc)

**BOOK NOW** **LIMITED SEATING**

Contact No  
9885533032 | 7032672852  
8074400883 | +966577959815

OSTEOPATHY TREATS MORE THAN YOU THINK

ADVANCES IN OSTEOPATHY

## RE(A)SETTING THE ANS

A hands-on craniosacral, visceral and structural osteopathic approach

**5-DAY FULL COURSE**  
A practical hands-on course to balance i.e. "RESET" the autonomic nervous system (ANS), promote self-healing mechanisms, reduce stress and increase a feeling of wellbeing.

**Dates : 17-21 August 2022**

**Mumbai**

Tom Meyers - Osteopath D.O. (BSc)  
Giuseppe Ragnò - Osteopath D.O. (BSc)

**BOOK NOW** **LIMITED SEATING**

Contact No  
9960891776 | 9595989374  
99308 9913 | 9119596995  
9806767572 | 7046081762

OSTEOPATHY TREATS MORE THAN YOU THINK

So, just like my dad, I didn't come into all my potential at once. It was a gradual process. However, unlike my dad, when I experienced my life-changing event I didn't have a dream I wanted to fulfil, nor did I know what potential was in me. I created a dream based on the potential I had uncovered. Envisaging my dream or, as I like to refer to it, the future I wanted to evolve into, helped me, when an opportunity presented itself, to grasp and develop it. That is how I seized the moment to develop the therapist in me; seven years later, it was time for the researcher to emerge and two years after that the communicator and teacher, and so on. It took me nearly ten years to grow and evolve into my fundamental skill set. Only after all that did I discover there was still more potential to uncover.

As I mentioned before, you will discover that your potential is not limited to what you first uncover. Some aspects only emerge later, when you are ready. For example, it was only a year ago that I discovered there was a [facilitator](#) - people manager - in me, someone who helps a group of people to work together towards a common objective, and plans how to achieve this objective, during meetings or discussions.

Something I thought I didn't have in me. This was reinforced by the fact

that, on all the occasions I had been professionally in a supervising or management position before, I had failed at it. Not only was I not good at it from a management point of view as I lacked the needed (overview) vision; I also couldn't handle the physical and mental stress that came along with it. As far as I was concerned, I could manage myself and that was it.

But then a couple of years ago, after attending a barbecue of the Belgian chapter of the [Professional Speakers Association](#), I received feedback that made me question my self-limiting belief.

It turned out that the barbecue took place in a very busy tavern with no separate area for the guest speaker, Bernard, to give his talk. Bernard rightfully refused to speak under these conditions. As I was familiar with the organisation and knew the organiser, and because I just like to know what is going on, I was involved in the discussions to find a solution.

Long story short: over the next two days after the barbecue, I had two members phone me. One was Bernard, whose talk had been postponed to another occasion. I had only met and spoken to him once, very briefly, a year earlier. After the initial chit-chat, he said: "Tom, I have to tell you something. I don't know why, but at the barbecue I thought you were the chairman of the organisation." A bit dumbfounded by this comment, I asked him: "What do you mean?" "Well, Tom, I can't really explain, but there was something about your presence, your calm and the way you stood and spoke to help resolve the situation that, at one stage, I really thought you were in charge. But I knew you weren't. It was a very strange experience, and I just wanted to share that with you," he said. The second member that phoned me in the days following the barbecue ended up saying nearly the same thing.

I truly believed that there wasn't an ounce of leadership potential in me. But being praised twice in a couple of days - that intrigued me and, instead of downplaying what they said, I thanked them both. PS: If someone pays you an honest compliment, accept it and thank them. Don't say "It was nothing," because that is telling someone who has had the courage to say something nice that you don't value their judgement. You might not believe what they say in the moment - but still acknowledge their courage by saying, for example, "Thank you! I appreciate you saying that."

Their kind words kept on turning in my mind over the next few days. What was happening here? I rarely get praise, and here I was being praised for something - not once but twice - when I wasn't aware that I had done anything noteworthy. It tickled my curiosity. Now that I'm writing this, I'm wondering if curiosity could be considered as a form of potential, a personal trait. Or is it part of my potential as a researcher? I can't imagine a researcher not being curious.

Anyway, what was happening? Let's come back to the second question that helped me uncover my potential. Question 2 in the Futurize Yourself process of finding your potential is: "For what advice or problems to solve do people come to me and not my friends?" Through this question I had found out there was a therapist in me. Now what was this experience telling me, if it was telling me anything? That there was a leader in me?

Over the next few days, I just couldn't let it go. I replayed the event as a film in my mind, or at least what I remembered of it, and started to let my mind wander to other recent experiences and memories.

Thus, my mind wandered to the time I organised meetings in Brussels for the same speakers' association, the recent yearly holidays with friends to Slovenia and Croatia that I organised from A to Z... and then it hit me. Like a flashbulb going off in my head, I suddenly realised that I had been organising and facilitating people to come and/or work together towards a common objective. For example, the events in Brussels: no one had told me to do that. I had come up with the idea, got the board of the association to agree to it, organised the location, the speakers and the invitations, and recruited a small team to make it all happen.

That's how in this case I started to realise that my limiting belief no longer had any basis. I had been organising regular events and our yearly holidays with friends...! Plus, I was seen as a people manager by others. Who was I kidding but myself?

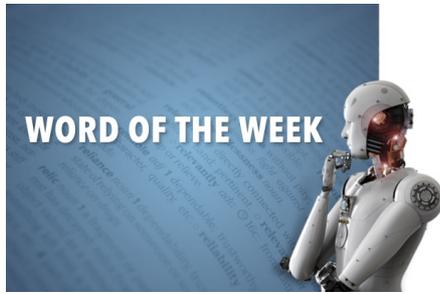
The conversation I had with myself was something like this: "Tom, the two times you did fail as a people manager were, what, more than 20 years ago? Don't you think you might have evolved since then and that what you think is a limiting belief?" "It looks like that, but how would I know? This might all be circumstantial." "Well, organise another and bigger event and see how you feel in the process."

That is what I did. I contacted a few speakers I knew and asked them if they would be interested in organising an event on the benefits of futures thinking. That idea eventually turned into a TEDx, [TEDxVilvoorde](#), with the theme: "What The Future?!" What else! From an organisational point of view it was a success, even though, due to the COVID-19 lockdown measures, I had to postpone the TEDx and change it from a live on-stage event to a digital event. Not only was it a success; with it, my limiting belief became history, and managing people towards a common objective – a good future – is now a quality I'd like to develop further.



It's through moments like these that the future comes knocking on your door. Often unexpectedly – but when you work with your future, you know when to stop and step back to witness, learn, and evolve into your full potential.

**To be continued next week:**  
CH2.8 The future of possibilities



## Black swan

A metaphor describing an extremely low-probability or unforeseen high-impact event that takes everyone by surprise; similar to **wild card**.

([WHO, 2022](#))

---

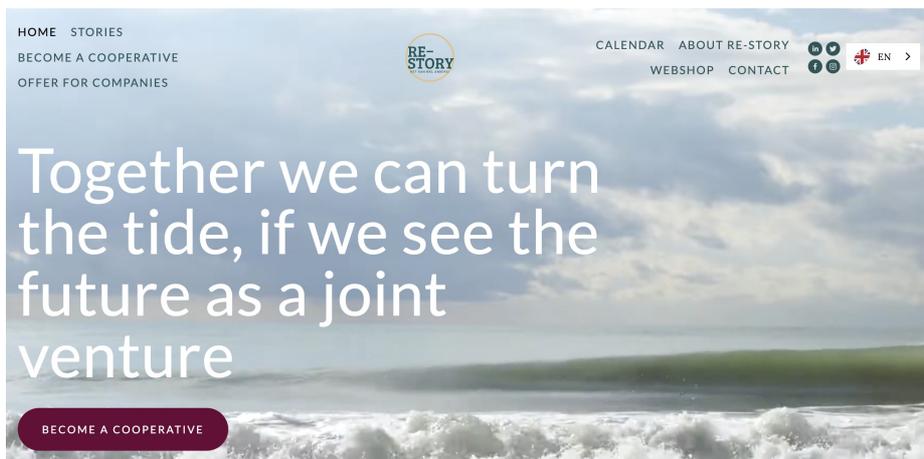
## This week's extra

### Re-story

#### Because it is high time for a new story

Re-story is a community of people who see the future of a conscious society as a joint venture, seek answers together to the question "how?", help each other to get started and thus get into motion. Because if we think, look and feel differently, we change the world.

Check them out on: [www.re-story.be](http://www.re-story.be)

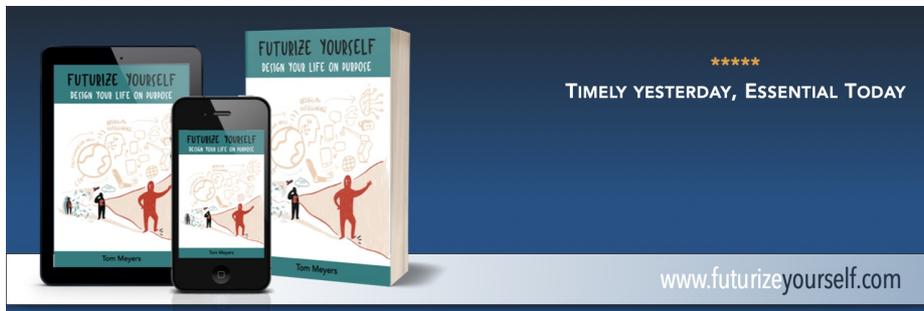


### About the author

Tom Meyers, also known as "TomTom the Health Navigator", is an osteopath D.O., body-centred stress coach, the founder of the "Reset 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.

---



[www.FUTURIZEYOURSELF.com](http://www.FUTURIZEYOURSELF.com)

## TOM MEYERS

H. Pauwelslaan 7  
B-1200 Brussels

This email was sent to {{contact.EMAIL}}  
You've received it because you've subscribed to our newsletter.

[View in browser](#) | [Unsubscribe](#)

Sent by  
 **sendinblue**