



Dear {{ contact.FIRSTNAME }} }

Welcome to the twenty-sixth 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 Three: The future as a milestone and the seventh: Rehearse your future. Yes, this week you are getting two chapters.

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

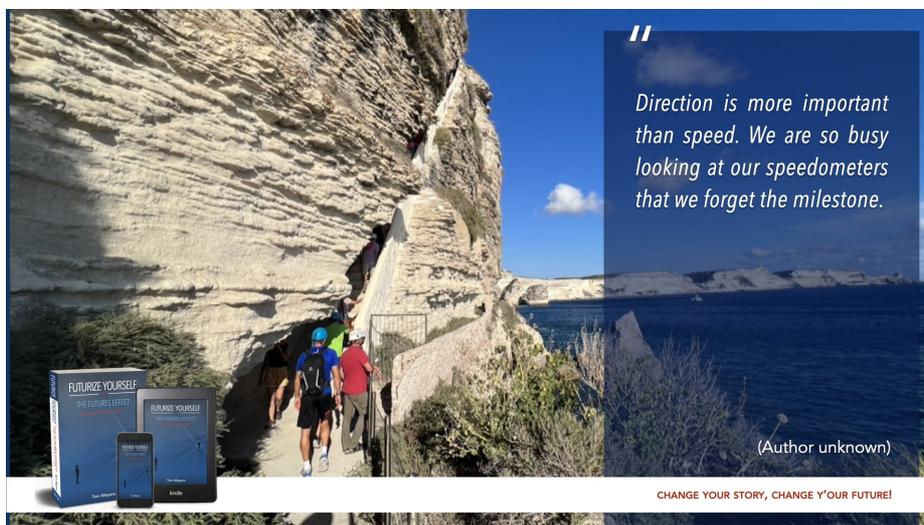
Tom

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](#)

CH3.6 The future as a milestone



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Direction is more important than speed. We are so busy looking at our speedometers that we forget the milestone.

(Author unknown)

CHANGE YOUR STORY, CHANGE Y'OUR FUTURE!

Another great benefit of futurizing yourself is that at any moment you can evaluate your progress. It can also help you progress in challenging times.

While evolving on purpose, I reconnected with my future at regular intervals. Sometimes this was a conscious decision; on other occasions it was a tool I used when I faced resistance, when things were not going so smoothly any more.

I have learned that when I become aware that I'm experiencing a challenging moment - which often goes hand in hand with stress, discontentment and unease - I need to ask the question: "What is happening?" - "Why am I feeling this or that...?"

Am I feeling this because I've deviated from my path, or is it helping me to grow stronger and bring me closer to my goal - my preferred future? If I didn't know where I was going, how could or can I know the difference?

It makes me think of a Delft plate that was hanging above the kitchen table in my childhood home: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." One day I must ask my parents why they had this hanging there and what it meant to them. In any case, it left an impression on me.

The question I want to ask here is: "What wisdom do you need to know the difference?" In other words, what knowledge or experience do you need to be able to make an informed decision?

And this makes me think back to Thomas Lombardo's words: "We create a good future, defined as flourishing in the flow of evolution, through the heightening of future consciousness, which is achieved by developing a core set of character virtues, most notably and centrally wisdom."

For me, it is clear that knowing what the future you want and are evolving into is very wise. I might not go as far as saying "He who has a why to live for can bear almost any how" (Friedrich Nietzsche) but yes, something like that.

So, coming back to my experience of reconnecting with my future as an osteopath to help me bear the many demands, it worked for me. Exams were part of the journey of becoming an osteopath, and that they had stopped my flow was only an illusion. Underlying dynamics were going on that were needed to make me stronger and achieve what I had set out to realise.

CH3.7 Rehearse your future



I'd like to share the story of how I approached my final exam from the future. This was an exam where I had to examine a patient while three examiners were looking on.

The five years I had been studying osteopathy were very challenging. As a very slow learner, I was always one step behind and unable to really integrate all that we had learned. A fact that hadn't gone unnoticed by my teachers.

However, at the final clinical exam, where I had 20 minutes to examine a patient and determine a treatment strategy, something happened. I had practised for this exam with Clara, a fellow osteopathy student. She had finished her theoretical exam a few years before me but still needed to do the clinical exam. When D-day came, we were as ready as we could be. Still, exams are stressful, and waiting for my turn was nerve-racking, to say the least.

However, as soon as I entered the examination room, I felt calm. I felt the room was mine, and when I was told what was expected of me, I started examining the patient.

I don't remember how long into the examination it was when one of the three examiners, who had seemingly become a bit impatient, said something like: "Hurry up, Tom, you don't have all day." A question and tone that could easily have destabilised me but left me completely unfazed. I was in the flow-zone, completely absorbed by what I was doing. The room was mine, and it felt like nothing, not even the examiners, could touch me. I looked at the clock; I was still within my allotted time, so I continued to examine the patient at my pace. Just before the 20 minutes were over, I said I was ready.

I explained to two of the three examiners, who had also been my teachers for the past five years, what I had found. I can't recall my exact words, but something like: "I feel there is a tension between..." and I showed them the back of the head and under the sacrum. I continued to tell them, while demonstrating with my hands, what I would do to release that condition. Then they started grilling me.

I don't know for how long I was grilled like this. Also, I did not really understand their questions - what they were after - until the third examiner, an osteopath I didn't know, shouted to his colleagues to stop. I'm not exaggerating; he shouted to the two others: "Stop! He has given the correct answer, hasn't he? So why question him further?" I'll never forget that moment. I think the examiners were as perplexed by the outburst as I was. They stopped immediately, and I could leave the room. I was asked to go back in only after all the other students had done their clinical exams. I had no idea if I had passed or not. It all went so fast - and that abrupt stop, I didn't know what to think about it.

So there I was, standing in front of a tribunal of three judges to receive my sentence. I was less confident this time when I was in the room, but I didn't need to worry: I had passed. Yeah! It turned out that the reason they had grilled me was that they wanted me to use the terminology for the condition I had described: a craniosacral compression. Oh boy... of course! However, what I had differentiated and the treatment protocol I had offered was exactly what they were looking for. They were pleasantly surprised by what they had seen me do. If there was one student they thought was going to fail, it was me. They told me so and thus were very surprised, and their praise of my progress was so much more sincere and touching.

The student most unlikely to pass had passed with high marks from the examiners! The only one of the dozen that had started five years earlier that actually did and passed his clinical exam and went on to get a diploma, a bachelor's and a master's in osteopathy.

But how did I end up in that flow state?

No, it was not by coincidence. I had rehearsed that future over and over again in my mind every day for a week. Every day I took time out to sit down and close my eyes to first practise a heart coherence breathing technique to calm me and then to envisage myself entering the building the exam was held, then the room, seeing the examiners and creating in my mind and body a feeling of harmony and calm. Every day I projected myself into my future in this way. I had studied. I knew how to do the protocol, but I wanted to feel in control in that stressful moment. When I actually entered the room, that room was mine.

This was an extraordinary experience for me and another example of how you can benefit by embracing and using the future.

After passing my clinical exam, if you had told me that I would one day have a master's in osteopathy, I would have laughed at you. A master's in osteopathy didn't even exist back then, and I still thought I wasn't clever enough for a university degree. But I did go on to do my BSc, and I got my MSc in osteopathy just before my 49th birthday.

What I want to get to with these stories is that when you are on a personal evolution learning or growing curve, you will face resistance.

When you are fulfilling your destiny, you will face resistance. Resistance is part of the processes when evolving on purpose.

When faced with resistance, stop and ask yourself the question: Is it because I deviated from my path, or is it for me to grow? You can only answer this question when you have designed or, in other words, defined a future you want to grow into. If you haven't got a clear image of how you want to feel and/or who you want to evolve into, maybe this is the time to think about it - the time to make space for your future.

Let me repeat this: You have a measure of control over your future through your decisions, choices and actions - your behaviour. Therefore, futurizing yourself or choosing a future before a future is chosen for you and incorporating it into your decisions, choices and actions, is a means to influence your future.

As a body-centred stress coach, I would like to give you one more futurizing health and wellbeing tip: "Mind your body before your body reminds you!" The body is the vehicle of your future.

So, make sure you give yourself enough time to relax, rest and recuperate always but especially in challenging moments. You are like an athlete on a quest to become a better version of yourself. Athletes know this - and they know that to get stronger and better, they will need to push themselves to achieve their goal, and know when to stop and take a break to rest.

To be continued next week with:

CH3.8 We all need something to look forward to in life

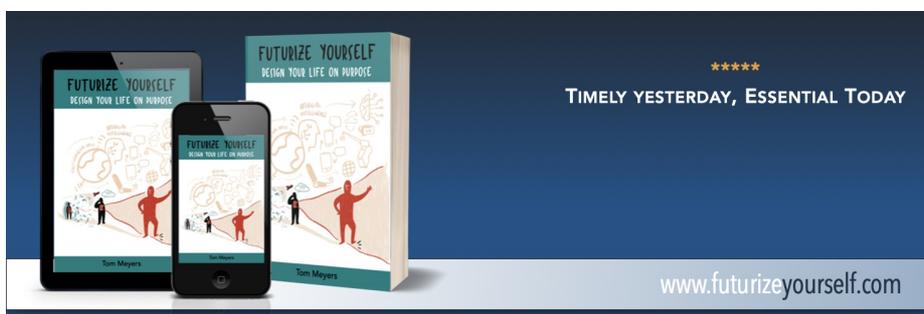
CH3.9 Rewiring the brain for the future



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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