



Dear {{ contact.FIRSTNAME }}}

Welcome to the thirtieth 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 in 2023.

This week we enter Chapter Four: An evolvable future, and the first episode is **“Connecting the dots”**.

Happy reading!

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](#)

CH4.1 Connecting the dots



While in the process of writing this, I was flicking through the pages of [my first book](#). As this is a follow-up, I thought it best to go back and refresh my memory of all that I had shared, and make notes of things I had remembered later that might be interesting to include in this one.

While reading, my attention was especially drawn to the various excerpts from my diaries that I had included. These excerpts are copied word-for-word or are an exact translation from my mother tongue, Dutch, and describe my precarious state of being in various situations. These excerpts were only added at the very end of the writing and publishing process. A decision I didn't take lightly. These were very personal experiences of my darkest days and experiences that I had never shared with anyone - not even my family - except Eline. Making them public, of course I wondered how, for example, my family would react, or my patients. How would the world react? Did I want people to know? In the end, I decided that it was better to open up. Tell it how it was or is.

Anyway, re-reading these excerpts, I'm drawn back into time, and I let the experiences unfold in front of my mind's eye. Like a scientist looking through a microscope, I observe. From a place above, I observe myself and my thoughts. My brain starts connecting the dots of different time periods and blends them into one intemporal sphere of thought that is now engraved in the always present, although so many other thoughts are lost.

I relive the desperation and anguish I felt. I had come to what seemed an end, had lost meaning and hope of ever feeling content, healthy and fulfilled. What was the point of living if there was no progress, no personal evolution, no feeling of advancing and becoming more complete with time? If life was just a continuous battle against the odds, with now and then a spark of joy, and then someday to die, I didn't want it.

I get goosebumps just thinking how far I had tumbled down the rabbit hole. If I hadn't opened up to Anne Marie about my problems, then who knows what would have happened. What would have happened if I didn't take the helping hand that was offered. What if I had been stubborn and kept on believing I didn't need help? My guess is I wouldn't be here now writing this story.

When you have dark thoughts, when you don't see a way out, please seek help. Find someone you can open up to. I know this is not easy; I've been there. But you are not alone. There are people out there who care. If you don't want to talk about it to someone in your close environment, there

are literally thousands of volunteers around the world that you can contact. People who feel called to help and support you, many of whom have been there. People who didn't see a way out but were helped themselves and now want to help others forward. Check out www.suicidepreventionlifeline.org, www.rethink.org or an organisation near you and start that conversation. Here in Brussels, we have www.chsbelgium.org who are doing a great job.

Or why not try a chatbot like [Woebot](#)? Woebot is a chatbot designed to be used daily, for a few minutes at a time, and targets conditions like depression and anxiety. The makers of Woebot have created this chatbot to make it easy to talk to and fit right into your life whenever you want to chat.



In my practice it does happen that people open up about their suicidal thoughts. Once I had a person walk in and say, "If you don't help me, I'll commit suicide when I return home." This was not an idle threat. I listened and treated her osteopathically to calm the autonomic nervous system and stress response. At one stage during the treatment, I was able to leave her resting for a moment. I found an excuse to walk out and called her partner, whose number I had, and told him the situation. I wanted to make sure that someone was there when she got home.

Each situation is different. I had a panicked mother call me in despair because her young son wanted to die. In a Q&A session after a presentation, I had a student ask what she could do for a friend who was having suicidal thoughts, but my perception was that she was actually the one having those thoughts. Whatever the situation, just listen, don't judge. I know from personal experience this is not the time you want to be judged. You want to be heard. For most, it takes a lot of courage to open up. Just be there for them, show you care about them.

Recently my book [Futurize Yourself](#) has been a trigger for some to open up to me. So, coming back to the doubts I had making public the experiences of my darkest days, I'm glad I did put them in.

In my case, my suicidal thoughts were caused by the fact that I couldn't see a way out of my predicament and couldn't see how I would ever have the GREAT life I so much longed for. A life where I felt content, healthy, fulfilled and could fulfil my aspirations. A life that made sense.

Now, more than 20 years later, I still want that more than anything. What I wanted then I want now, and I can't imagine that ever changing. For life

as we know it, there has to be a purpose, a reason why life, we and all that is exist. If life had no purpose, we wouldn't exist and there would be no evolution as we know it. So, because we evolve - even though I personally didn't always feel I was, as a whole we were - there must be a purpose. And what if, just maybe, our purpose is simply to evolve on purpose?

Now, once again connecting the dots in hindsight, it seems that the underlying messages in good and bad times have always been pointing towards the understanding that the purpose of life is to evolve on purpose. "What purpose are you giving your life, Tom?" Each personal crisis boiled down to this one message, but I didn't recognise or comprehend it at the time. I was living in unawareness. This wasn't on purpose (pun intended); I just didn't know, didn't have the tools or the wisdom needed to decipher the signs, the message.

A hint here, a nudge there, but I made no response. A bigger hint and nudge, and still no one was at home or listening. Like a vicious circle that became more pressing year after year, I was called to act but didn't know. I lived in ignorance, and it nearly killed me. Until someone pointed out the exit. The exit to a new (r)evolution, a futures (r)evolution, where I became the creator of the future that I could evolve into by my own volition.

To be continued next week with:

CH4.2 The evolving sense of self



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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