



Dear {{ contact.FIRSTNAME }}}

Welcome to the thirty-second 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 I’m sharing the third episode of Chapter Four: **“Next steps”**.

PUBLICATION UPDATE

I’m super happy to announce that the book you are reading in instalments here is nearly ready for publication. That is to say that the complete 78,000-word manuscript (twice the size of my first book) spread over 198 A4 pages, which Graham Buik has expertly edited, is currently in the hands of Zara Thatcher for proofreading.

At the same time, the manuscript has been sent to several members of the World Future Studies Federation (WFSF) for review. These are all professional futurists who kindly offered to do this but have no prior knowledge of my work. Among the reviewers covering six different continents are futurepreneurs, a few academics, a director of a futures school, and a highly esteemed author in the futures field.

Along with cover design, these are the last steps before the book can be formatted and made ready for publishing. So we are close.

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.

CH4.3 Next steps



As mentioned before, in the beginning I wasn't really aware that I was actively creating my future. I just cruised forward on the river of life – with the difference that I had a direction. A focal point I wanted to get to, and through which I was always able to weigh up the opportunities that came my way. It was only after some years that I became more aware that it was the future that was pushing and pulling me forward. With that awareness came also the intentional use of it. Today, I would even say it is an integrated, dynamic and ever evolving (problem-solving) tool that I not only use for long-term but also medium and short-term changes and challenges. It has become part of me.

Recently I read a very interesting research article by Futures & Trends Researcher Akash Das (IMCI,2022) on the value and role of indigenous and tribal knowledge in planetary and climate foresight. It mentions that for many indigenous people/tribes: "...anticipatory decision making, is interwoven in their ways of living, cultivated as an integral and intrinsic tool for their survival, safety & well-being, since centuries."

By "integrated" I mean that I always have one eye on my North Star, my preferred future. The preferred future which all my decisions, choices and actions are aligned with to help me move forward.

For example, after I had closed my deli, I decided never to work with any kind of product again that I wouldn't have with me on a nudist beach. I suppose that last part needs some explanation. In my deli, where I was selling various hams and cheeses, I had to throw away a lot that was going to spoil because I didn't have sufficient turnaround. It broke my heart, as I was raised not to throw food away. Also, I had been around the world and seen poverty in many places, including India, and had been to the shantytowns and slums of Soweto and Khayelitsha in South Africa. Seeing poverty left a big impression.

So when I closed the doors of the deli for the last time, I vowed to never work with any kind of product again. Also, my potential "traveller" that I've come to associate with the need of freedom of movement excluded the use of a product. Because part of what the future I wanted and

needed was to be so free that I could do my job anytime, anyplace, anywhere.

That is the case today. You can pick me up right here and now, put me on a plane or a spaceship, and I can do what I do. I can treat people, I can teach people, I can mentor people. I can do everything I do in my practice. If the Sun unleashed a coronal mass ejection – which is an immense cloud of magnetised particles – in Earth’s direction and destroyed our entire electronic infrastructure, I can still do what I do today and every day.

At first, this – what some might call an obsession – was a reaction against waste; so it is, but later I recognised it as part of my innate need for liberty and independence. This need is also why I don’t want a cat or a dog, as these would tie me down.

“Nudist beach” as a metaphor: yes, I know my brain works in mysterious ways, but this has made many laugh and has helped me make choices. Choices, for example, about which courses to follow. Was the proposed course leading to a technique I could do on my nudist beach or not? That became my standard reflection. When I chose osteopathy over acupuncture, it was also because there weren’t any needles on a nudist beach, so that choice was eliminated.

I also used and still use this metaphor when, for example, the phone rings and somebody tries to convince me to sell this or that in my practice. I just say no. When they ask why not, I give them my nudist beach metaphor, and I have never had someone persisting after that. It has also helped me to say “No” at times without being rude or feeling guilty about it.

There are so many options, possibilities and opportunities open to us. How do you know what to choose when you don’t know what you want? How do you stay focused when you don’t know where you are going? Having a narrative for your future, a symbolic framework that you build your life around, helps you to evolve on purpose.

Living more intentionally and with focus also leads you from being a passenger of life to being the driver. I had to learn the hard way that waiting for the world to come to me was not how life worked. Sitting on the sidelines waiting was what got me into trouble. As a kid, I didn’t know any better, and it was a behaviour that was very difficult to shake off.

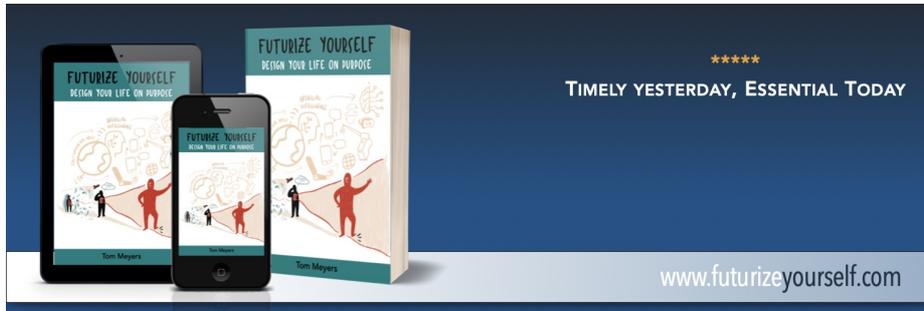
To be continued next week with:

CH4.4 Repeating patterns

About the author

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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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