



Dear {{ contact.FIRSTNAME }}}

Welcome to the thirty-third 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: **“Repeating patterns”**.

FEEDFORWARD

Earlier this week I had a great conversation with Dana Marduk, a futurepreneur from Iraq. This conversation will be available as a podcast soon. In our conversation we covered, among other topics, the futures aspects in wellbeing, business and education but also “the futurepreneurship of you as a multi billion organisation (MBO)”. What an MBO is and what it means for you, for that you’ll have to listen to the podcast.

PUBLICATION UPDATE

Not much to report this week except that I’ve been in contact with the people from Storyland about the design of the cover for the book. The design that I have at the moment is what I’d like to stick to, but it needs reworking so it will have a photo-like quality when printed.

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](#)

CH4.3 Repeating patterns



Writing this book reminds me of a moment with my dad just before the publication of [Futurize Yourself - Design your life on purpose](#). Dad and I were on our way to see Herman van Veen, a famous Dutch singer, writer and artist. My dad, who has become a very skilful sculptor (www.sculpturesmeyers.com) and who had several sculptures in the [Herman van Veen Arts Center](#) (Soest, NL) had been personally invited by Herman as a guest of honour, and I could come along. We were chauffeured there and so had time to talk.

My book includes several passages which refer to mostly difficult moments with my parents that still influence me today. It also mentions my suicidal thoughts, challenges and periods of self-mutilation, which I had never spoken to them about. The book was their first introduction to these difficult events. I thought this drive would maybe be an opportunity for my dad to say something about what he had read. But no, the only reference he made to it was that it wasn't always easy to read. That was it. Dad is a man of few words.

The next day at the breakfast table, I asked him something I had been wondering about. No, I didn't ask what he had been thinking when he first read about my various struggles. If he wasn't going to say anything about it, I wasn't going to ask. It was not important. What I did ask was how he saw me as a kid. I said to him: "From my book, you know how I saw you. What I'd like to know is how you saw me." I don't think he saw that one coming, but our relationship is such that I can say things like that. I feel more at ease to do so now, and I know that, if I don't ask, I won't ever know the answer. My dad will never divulge something of his own accord, but he is always happy when people ask him questions. He's also always eager to help, but you have to ask. I wish I had known that when I was a kid. But I'm running ahead here.

So, me over breakfast: "Dad, you've read my book and you know now how I saw you, but how did you see me?" He pondered on that for a while, and in typical-of-my-dad fashion, his answer was very short - but he didn't need to say anything more. Dad said: "When parents have children, what often happens is that they forget about themselves. Everything starts to revolve around the child. I was not like that. When you wanted to do something with me, that was OK, and if you didn't, that was OK too." That was it. That was all the explanation I received.

But I understood. I wanted my dad to come to me, and my dad functioned

on the main premise that I had to come to him.

I'm telling a lie here. He also said I wasn't a kid that was interested in handiwork. In French they call it a bricoleur, a handyman. When he was a kid, he had learned to work wood, sculpt and paint from his dad. I hadn't shown any interest in that, so he didn't teach me.

I didn't agree with his analyses, because when I stayed with my grandparents, I was always with my grandad in the cellar creating things. The difference was that my grandad asked me, or rather told me. "Come on, Tom let's go and create... or do..." Grandad also took me to the market, museums and we did plenty of activities together. Probably also because Grandad, "den Bomp", had time. Dad, by his own account, didn't do that. Dad also didn't have time. He worked full-time and built our house, etc. Anyway, this isn't the point. The point is that Grandad initiated the action. With Dad, it was me who had to initiate the action. "When you wanted to do something with me..." It's the direction of the phrase that for me was illuminating.

But my main behavioural characteristic was "sitting on the sidelines" waiting for the world to come to me. Dad was waiting for me and I for him, and we didn't get anywhere, or at least we weren't understanding each other, until much later.

Now, what do you know?! I just had an "Aha!" moment. Why did I wait for the world to come to me? My world was my grandad. In my early years he was my role model, because I spent more time with my grandparents than I did at home - or, if not more, at least a lot. All my memories of my early years are never at the parental home but always at my grandparents' home. So I had learned from a young age that it was the norm that the world came to me.

Maybe I'm over-intellectualising it, but for me this revelation is meaningful. Also, I'm not judging here. I'm just observing, and as behaviour is often set in the first few years of life, maybe my behaviour of sitting and waiting for the world to come to me was born there, or at least seeded.

A behaviour that was challenged when what I was handed - "the opportunity of opening my own deli" - turned out to be a prison from which I could see no escape. That behaviour nearly killed me, and challenging it was a hard nut to crack. I'm not even sure that I master it fully today, but I'm getting better at it.

Let's come back to other processes that were helping me forward, like fishing.

But that is for next week.

To be continued next week with:

CH4.4 Catching opportunities

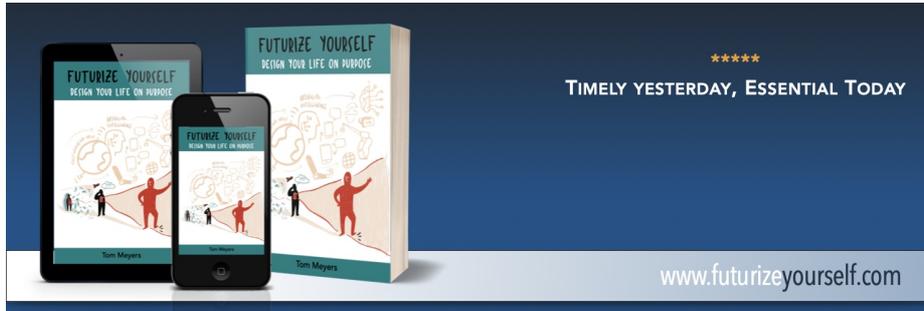
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Tom Meyers, also known as "TomTom the Health Navigator", is an osteopath D.O.,



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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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