



Dear {{ contact.FIRSTNAME }} }

Welcome to the thirty-seventh 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 eighth episode of Chapter Four: **“Can we evolve on purpose?”**

PUBLICATION UPDATE



I’m still waiting for some reviews to come in, but after those, a last read-through (333 pages) and a check of the layout, the book will be good to go for its last stage before print, the creation of the cover.

So all is on schedule for this second tome in the Futurize Yourself series to be available in early 2023.

You can start pre-ordering your copy by sending me an e-mail: info@futurizeyourself.com

Happy reading!

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

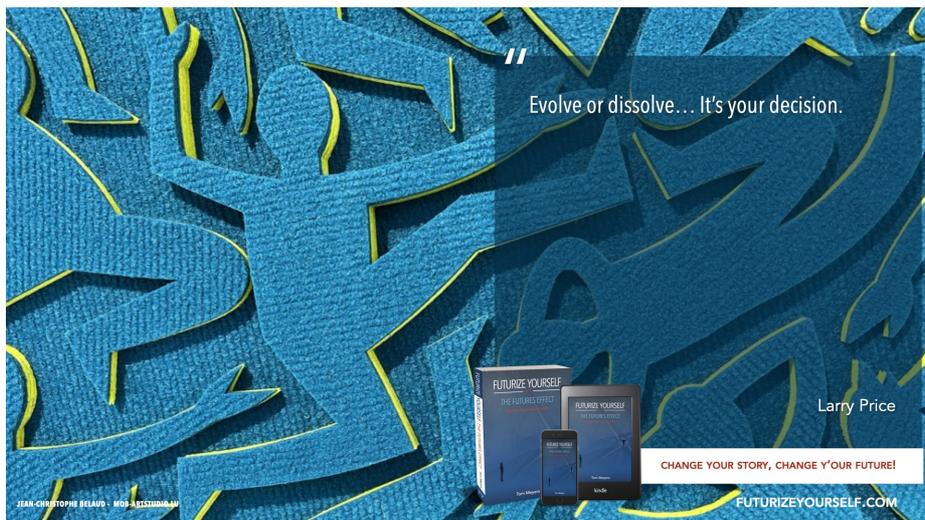
Tom

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

CH4.8 Can we evolve on purpose?



Give or take a little, but lasting evolutionary change takes about one million years. Biological evolution is a constant and sometimes rapid process. However, the changes that hit and stick tend to take a long time (Uyeda et al., 2011).

On the other hand, societal, cultural and technological changes are evolving fast and continue to evolve exponentially. But while we possess a great capacity for change, our ability to manage change is still very limited (Wilson et al., 2014).

The human mind can be described as “a set of information-processing machines that were designed by natural selection to solve adaptive problems faced by our hunter-gatherer ancestors.” Because our modern skull houses a Stone-Age mind: “The key to understanding how the modern mind works is to realise that its circuits were not designed to solve the day-to-day problems of a modern American – they were designed to solve the day-to-day problems of our hunter-gatherer ancestors.” (Wilson et al., 2014)

The question is: how will we bridge the gap? The fact that you experience more stress today has much to do with this conflict of our slow biological evolution in a fast-changing environment which we have created. When you don't manage this conflict or navigate it, dis-ease – i.e. stress – will

set in. Chronic dis-ease/stress will lead to distress and illness. Put simply, it is a question of demands outweighing your resources. Just like the Earth, your resources are limited and take time to restore when used. So, the more demands there are on you without time to recuperate and regenerate – well, problems are inevitable.

In parentheses: The Ecological Footprint (EF) is a measure of human demand on natural capital (i.e. the quantity of nature it takes to support people or an economy), and a Life Change Unit (LCU) is the unit of measurement on the Life Events Rating Scale, on which different life experiences are assigned numerical values in accordance with their stress-generating potential. I wonder if you can make the following comparison: the Ecological Footprint (EF) is for the Earth what Life Change Units (LCU) are for us human beings. What do you think?

Much has changed since our forebears roamed the plains, but the fact is that, just as there is no Earth II, there is no replacement for your body. This is it! Just saying...

We can't wait a million years to catch up with the exponential changes of the digital age we have created. A digital age that will bring along more change and further increase the demands on us. So what now?

We need to engage in purposeful evolution. In other words, evolve on purpose and mind the future we want to evolve into.

"We are agents in the ongoing evolution of evolution and what constitutes evolution as it moves forward in time is up to us." These are the words of futurist and author Thomas Lombardo, whose book *Future Consciousness: The Path to Purposeful Evolution* is well worth your attention if you are interested in a more scientifically informed and psychologically holistic approach to understanding how our unique conscious minds reflect and amplify nature's vast evolutionary process.

We need to start thinking about our future, the future we want. A future where we manage the changes ahead of time to flourish and thrive as individuals and as a whole. We have the potential to change ourself and our environment with purpose to suit a purpose. That purpose can be influencing our own evolution. Yes, we can do that. It is truly up to you how we evolve and where we are going, now that you are conscious of it.

Side note:

I'd like to point out that the evolving on purpose that I'm talking about doesn't involve integrating or becoming technology. As soon as you start on that path, you are more likely to lose your agency – especially when it involves integrating some form of artificial intelligence that thinks and acts for you. Some may think that this is the next evolution of humankind. It is a path, but it seems to me to be a dead-end road. My simplistic brain really has a problem with this type of evolution, because brain implantations or that optimised robot arm, just like plastic surgery results for that matter, do not get passed on to your offspring. How can we call that evolution? Tamper with the brain and you temper with life and free will. That is not even taking into account that any electronic device is hackable. Just imagine that you are

subjected to someone else's will because they hacked your neurolink, robotic arm or pacemaker! So, if you ask me, integrating technology into your body makes you very vulnerable, and you risk becoming a slave. But maybe we are already digital slaves dancing to the tunes of a few.

We have evolved over millions of years to have a magnificent brain and body with unfathomable potential. When given a purpose, a direction, our intention and attention to it will determine whether or not we develop the potential that is within us.

But do you have the courage to make it a priority?

To be continued next week with:

CH4.9 Avoid distractions and stay focused



Merry
Christmas
&
GREAT
New Year

Tom & Isa

TIMELY YESTERDAY, ESSENTIAL TODAY

www.futurizeyourself.com

www.FUTURIZEYOURSELF.com

TOM MEYERS

H. Pauwelslaan 7
B-1200 Brussels

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