



Dear {{ contact.FIRSTNAME }}}

Welcome to the thirty-eighth 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 ninth episode of Chapter Four: **“Avoid distractions and stay focused”**.

This week I’m also thrilled to share with you **the first independent review of the complete book** by senior lecturer and futures researcher, Linda Hofman.

Linda is one of the members of the World Futures Studies Federation (WFSF) who kindly offered to review my book. Asking the WFSF community for a review was a big step for me as I’m not a professional futurist and was concerned about being judged. But it needed to be done. So receiving this first review was a big deal for me, and I couldn’t have dreamed of better.

Thank you, Linda!

☐☐

**As an osteopath and an autodidact futurist, Tom links the most important skills from futures thinking to learn how to feel with your whole being.**

His vision is not so much about shaping your vision about the future; it’s about shaping your feelings about the future and using that as an instrument to choose directions. It is not a book that is made to be read at one time. It reads like it is simple, but it is not. It’s a book that you should read chapter by chapter and think through and let the content make sense for you before passing on to the next chapter. You need to take time to digest. In his writing, Tom takes you by the hand. Sometimes the text seems to repeat but then it comes to another point for which you still had to go back to what was told before. He teaches us personal futures thinking through his own experiences and underpins them with lots of research from other futurists, (mental) health experts, philosophers, and scientists. My greatest learning from the book is that a lot of things are

uncertain but there are also a lot of things you can count on. I love the insight that "...certain feelings I longed for were constant in life, like feeling content, fulfilled and healthy... I knew I would not always experience those things, but I would always be striving for them". Working with Tom on GREAT futures is not about knowing; his futures effect is about wisdom with all your body, mind and soul.

**Linda Hofman MSc.**

Senior lecturer & futures researcher, Fontys Academy for Creative Industries

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Wishing you a GREAT 2023 by being good to you and 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.*

**Pre-order your signed and numbered copy of "The Futures Effect" by sending me an e-mail: [info@faturizemyself.com](mailto:info@faturizemyself.com)**



**PREVIOUS EPISODES**

Just as a reminder, last week's episode ended with me pointing out that evolving on purpose doesn't involve integrating or becoming technology. As 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.

**CH4.9 Avoid distractions and stay focused**



I was going to write a bit more about my thoughts on transhumanism and

the side effects of brain implants on our evolution as individuals and as a species. However, trying to put my thoughts down in writing, I noticed that I was struggling. Suddenly my writing became haggard, and the more I struggled, the more I felt disconnected, moody and tired.

A week went by, then two, of writing, rewriting and just not finding the flow. The more it went on like this, the more I became frustrated. What was happening? This was an interesting, even fascinating topic. Tampering with the brain and the make-up of our body was tampering with life and our evolution and thus must be considered if we want a GREAT future. My personal belief is that integrating technology can't be the answer to our evolution. I needed to write about this, but when I did, it was like wading through the mud, and with every step I took, I was struggling more, not getting any closer to my goal. I couldn't make head or tail of it, so it was time for a timeout. A moment to step back, take an overview and see where I was going with this with reference to where I wanted to go. Was this resistance I was feeling because I was being distracted, taking me away from my objective? Were the reflections I had been trying to summarise on the adverse health effects and our evolution a step too far for this book, for me? Or was this resistance because I needed to learn something and grow?

I decided it was the first - a distraction and deviation from the essence. The reflections were good. We must question whether the integration of technology is really what it is made out to be. We must think, besides the side effects on our own health and wellbeing, whether, for example, there might not be transgenerational side effects too. Our life and that of future generations depend on it.

Anyway, I removed all I had written from my ongoing document and saved it in another for later. Although it's important, I wasn't ready for this discussion, and it was too far outside my field of expertise.

It's a bit frustrating, but one has to recognise one's limits - and I'm glad I did realise this because, as if by magic, in the days that followed, the oppression I felt within left me. My head became clearer, and slowly I started to feel connected again.

I could have kept this experience to myself, but I decided it was better to write about it while it was happening. It is a perfect example of how I've experienced the futures effect over the past 20 years and realised the future I had designed on purpose. It is these experiences (which can seem insignificant for others) that have made the difference for me. This is how I embraced my evolutionary future. This is how I left randomness behind and started to live intentionally, creating the future I wanted.

### **To be continued next week with:**

CH4.10 Embracing y'our evolvable future

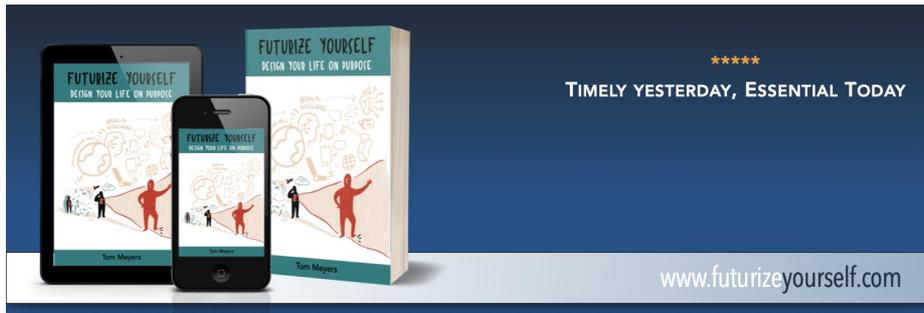
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### **About the author**

Tom Meyers, also known as "TomTom the Health Navigator", is an osteopath D.O., body-centred stress coach, the founder of the "Reset 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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