



Dear {{ contact.FIRSTNAME }}}

Welcome to the thirty-ninth 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 on Wednesday, 8 February 2023.

Yes, there is a prospective date... and pre-ordering has started.

I’m also delighted to share another review of the complete book this week. This time by Thomas Lombardo, Director of the Center for Future Consciousness, Executive Board Member and Fellow of the World Futures Studies Federation (WFSF) and the author of *Future Consciousness: The Path to Purposeful Evolution*, a book that has inspired me greatly while writing *The Futures Effect*.

Tom Meyers, in his new book *The Futures Effect*, provides an engaging and highly practical approach to transforming your consciousness and your way of life. Written in a clear, direct, and easily understandable style, Meyers’ book highlights the critical importance of understanding and guiding your life from the perspective of your envisioned future. Instead of following the habits and mindsets of the past, the key to a better life is to become more conscious of the future and its possibilities and opportunities—to infuse the future into the present. For Meyers, the future should become a way of life.

The Futures Effect examines the essentials of personal empowerment and taking a proactive, rather than reactive stance toward life’s challenges. Embracing the concept of self-directed purposeful evolution—we have the power to personally evolve ourselves—Meyers discusses how to successfully prepare for the stress-provoking rapid changes of modern life, creating a “resilient future,” and how to envisage a “future self” to serve as a guiding light for navigating and understanding the present.

Meyers addresses human emotions and feelings, decision-making and planning, knowledge and thinking, and purpose, self-narratives, and self-identity in outlining his futurist philosophy. Filled with illuminating examples from his own personal history and experiences—of difficulties and successes and insights—Meyers’ *The Futures Effect* is an enthusiastic and constructive roadmap for heightening one’s future consciousness and re-energizing one’s life.

And here is the tenth episode of Chapter Four: **“Embracing y’our**

evolvable future”.

Happy reading and have a GREAT 2023!

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@futuraizeyourself.com



PREVIOUS EPISODES

CH4.10 Embracing y’our evolvable future



Back to our evolvable future. You know by now that I can ask some seemingly straightforward questions which, on second thoughts, aren't so straightforward after all. So here is another one: "How do you know that you are evolving?"

I consider that you, just like all human beings, have an innate desire to evolve, to become better somehow. Consciously seek to grow into a better version of themselves. Don't you? But how do you measure that? How do you - yes, you - measure how you are evolving over time?

Can you imagine not evolving? Meaning staying the same year after year. I can't imagine it. I think it is human nature that you want to improve yourself, to grow. We want to rise above what we were before.

You may think, again, "Whatever, Tom" - but, to me, being aware of my evolution and being able to measure it are key to doing better and making decisions that matter. Decisions that get me in the direction of what I want.

When I reflect on how I started to be more aware of my evolution, and to

see the evidence that I was growing into the person I was born to be, I realise that I only became conscious of it once I had found my potential (therapist, communicator, teacher, researcher and explorer). Found my potential and given myself a life-long purpose that I could and wanted to pursue.

So it was only once I had my statement: "I'm a therapist with my own private practice and am invited to give presentations and workshops around the world relating to a new health approach I've developed, researched and written a book about" that I was able to make informed decisions and choices and take informed actions that mattered – and was also able to evaluate my progress.

I needed this. I needed a framework which I could use in order to deal with the myriad challenges I was faced with and create a more meaningful life – a life where I could evolve.

My random life from before had worn me thin and distracted to the point of distraction. Although the bohemian lifestyle had been a blessing in disguise, because, as a late bloomer, I needed time to grow up. However, when playtime was over, I needed traction – something that would pull me forward, not distraction. I thought when opening my deli that I had finally landed on my path – but that turned out a disaster, as I had started it for all the wrong reasons.

In a series of articles with the title "Change your box, change your reality" chiropractor, researcher, lecturer and author Dr Joe Dispenza wrote this on the use of futures thinking to pull you forward:

"If you get really good at investing your energy into your future in the present moment, and thus your body starts following your mind to that future, wouldn't you agree when you start seeing all those wonderful synchronicities, coincidences, and serendipities in your life that you're going to keep doing it? And wouldn't you also agree that you're going to become more aware of your challenges, conditions, and tests when they are happening? Instead of falling for the trigger hook, line, and sinker, you're going to recognise when you've lost your state of being and switch right back into your heart."

When I was offered the opportunity to open a deli, I fell for the trigger hook, line and sinker. I only saw what my friend had and I wanted – but I didn't realise that what he had I couldn't achieve in the same way as he did. We weren't the same, and I wasn't aware of that.

When I became more aware of who I was and what I had in me that I could develop, and created my future on this knowledge, only then did I start to experience wonderful synchronicities, coincidences and serendipities. Through designing my life on purpose, I could then evolve on purpose, and started to recognise much more quickly when I felt out of sync. I've come to refer to the process as futurizing yourself and the benefits for health and wellbeing as the futures effect.

The futures effect being all the long-term, short-term and immediate benefits that are brought forth because you are using your futures skills on purpose.

Where does your attention lie? On this book, I hope. But step back a moment and become an observer of your attention. Is your attention

focused in the past, present or future? Is it on others or on you? Is the place where your attention lies meaningful, or is it distracting you from greatness? There is a saying that I have mentioned before in this book: "Where attention goes, energy flows."

Do you want your energy to flow towards the future you want? Then futurize yourself: design your future wisely and make it work for you. Make it a focal point to which all your decisions, choices and actions are aligned. Design it based on your potential, which is what you actually have the capacity to develop into something and which is needed. It's a process – enjoy it. No, it will not always be a walk in the park, and you'll still face resistance and many challenges.

However, when you futurize yourself and start to evolve on purpose to have the GREAT future you want, you'll be able to know or find out why you are being challenged.

It's a bit like wanting to go to a particular place in the city but there is a roadblock in front of you and you're not sure how to proceed. In that moment, you can look for directions on a smartphone map app or just ask someone. The key is: you need to know where you are going.

This reminds me again of a passage from *Alice in Wonderland* where Alice asks the Cheshire Cat:

"'Would you tell me, please, which way I ought to go from here?'
'That depends a good deal on where you want to get to,' said the Cat.
'I don't much care where-' said Alice.
'Then it doesn't matter which way you go,' said the Cat."

Know where you are going, so that, when you are challenged, you can always question yourself. Question yourself, for example, by asking if what you are doing, or the situation you are in, is getting you to where you want to be. If not and you have deviated from your path, well, maybe it is very normal that things are complicated. That said, when you are still on track and things become complicated, challenging, or you feel that you're running against the current, well, you're probably evolving towards your next level – and with that, some resistance is normal.

One of the many benefits of futurizing yourself is that it helps you to evolve on purpose and be more aware of your evolution. At any moment, you can step back and become conscious of your situation by the act of self-distancing, and become your own observer. Did you know that when you adopt a self-distancing perspective, it can lower physiological distress and even impact your physical health positively (Özlem et al., 2010)?

From personal and professional experience, I can highly recommend that you stop and become your own observer on a regular basis. This means, in good and bad times, looking at yourself from a distance like an astronaut would look upon the Earth. You are, after all, a time-travelling astronaut who can see past, present and future scenarios all at once.

From a distance, you can become aware of the journey so far and glimpse the future you aspire to realise, and the present as the moment to evaluate where your attention lies – and also the moment where your decisions, choices and actions can make the difference to develop what you want into reality.

So, practically, to evaluate your evolution, you have to have an idea of

what you want. Then, at any moment, you can stop, observe, interpret, and give yourself a good pat on the back when you are doing well, tell yourself to hang in there when you're facing resistance in your growth process, or realign with your purpose if the resistance you are feeling is due to your having deviated from your path.

Make sure, wherever you are, that you follow it up with action. It will be a waste of time if you just leave it at a Q&A session with yourself and then go and eat a sandwich.

Nor will it do you any good if you keep putting the blame elsewhere or keep worrying. Blaming someone else and worrying are both like a rocking chair: it gives you something to do, but it doesn't get you anywhere (a quote partly attributed to humorist Erma Bombeck).

You need to follow up by doing what will get you what the future you want on purpose. These are the decisions, choices and actions that will create your future experience. If it doesn't work, then review where you can do better through repeating steps two and three of futurizing yourself (See "Introduction: The benefits for y'our health and wellbeing").

At some point, you might need to revisit step one. Yes, there are limitations to this technique, so make sure that what the future you want is actually actionable - but more about that later. Now, let's continue our journey of embracing the future and making it work for you.

To be continued next week with:

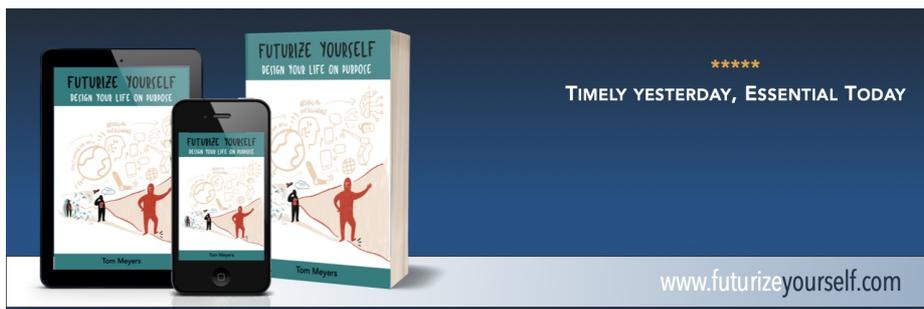
CH4.11 Being a pragmatic futurist



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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