



## HISTORIANS & FORTUNE TELLERS

Have you ever noticed that almost everyone you know – yourself included – lives their life as a historian or fortune-teller or both? Let me explain.

**Historians:** Always talking about, thinking about or reliving the past. Always comparing a current experience to a past one. Always trying to make sense of something that's either happened 5 minutes or 20 years ago. Always comparing. Typically you'll say: "Why isn't it like...?", "It used to be...", "When I was..", "It wasn't as good as last time."

**Fortune tellers:** Always projecting (the past) into the future. Always saying what will or won't happen. Typically fortune-tellers say: "I'll never get that job", "There's no way I could ever...", "I'll never learn how to...", "I'll never have a great relationship", "All men/women/people/ are..."

This is how millions of people live their entire lives. Most commonly people are both historians and fortune tellers. Both are actually historians; projecting a distorted past into a fictional future that hasn't happened. Believing it to be the reality. It is not.

Underneath all these ideas is the reality: you, the world and other people as they actually are. You don't need to be a historian or a fortune-teller anymore. It begins with appreciating who you are today, appreciating all your talents – and seeing all the beliefs, fears and ideas that you've been handed and picked up along as just that.

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