

The Painful Truth About The Future

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=-EAMPuVK_PE](https://www.youtube.com/watch?v=-EAMPuVK_PE)
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SUMMARY

The speaker emphasizes the unpredictability of life and the importance of living in the present moment rather than being consumed by future uncertainties. They encourage embracing the unknown and surrendering to the present, which fosters a more vibrant and fulfilling existence.

- *Many people do not end up living the life they envisioned at 20.*
- *Predicting the future is inherently uncertain; what we believe about it often serves to comfort us.*
- *Accepting the unknown can be empowering and liberating.*
- *Living in the present moment enhances our sense of vitality and engagement with life.*
- *Future planning should occupy only a small portion of our energy.*
- *Embracing uncertainty allows for a more authentic and alive experience in the present.*

how many of you are living the life that you thought you'd be living at 20. how many of you nobody it would be a tragedy if you were you gotta know that everything you thought would happen really has not happened so in the same way how can you predict three weeks from now how can you predict 17 months from now so we stay in the present we stay in the present we didn't know back then we won't know in the

future so every time your mind goes in the future it is connecting to a belief system belief systems are to give us comfort for an unknowable future because it's too threatening for us to say I don't know and to be okay in the not knowing is the power of it all because then you enter the present moment you surrender to the present moment you're living now and it doesn't mean you won't decide things in the future you do it in a small

percentage of your energy with a small percentage of your energy when you engage in that kind of living you are emboldened emboldening and alive in the present moment [Music]