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MEDICINEWOMAN & LIFE-COACH



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CHALLENGE - BUSINESS OF THE NEW ENERGY

Globally, we are in the middle of a fundamental change. What could be implemented without problems until a few years ago is no longer possible. More and more companies are having to bow to large corporations and then fall by the wayside. At the moment, that is, since the global economy is close to zero, some people are asking themselves: what is the way forward? How do I get out of this misery?

There are certainly many creative solutions. One question remains: Does this solution include what will save your own company and make it fit for the future? Is it only a short-term thing or is it designed in such a way that the company can continue to exist and generate profits for many years to come?

No matter what the individual prefers, a fundamental question should be asked at the beginning: **Do I love what I do?** If not, it would be necessary for entrepreneurs or employees to look around for what they love to do! Just as many clever people have said: If you do what pleases your heart, most things go by themselves. The same principle also applies in the private sphere. Do you love the person - still, - with whom you are together?

If you do something just for the money, a lot of things fall by the wayside and life becomes more and more a struggle. Illnesses follow on foot. In the future even more so than all the years before. Why? The density of events is increasing more and more, the "hamster wheel" is turning faster and faster.

The second pioneering question should be for everyone: **Am I grateful for what is what I have?** Grateful from the heart, not superficially, but deeply felt gratitude. Am I grateful for my work, for my co-workers, for my family, for my wife, for my husband, for my children, for what I have on my plate every day, for friends, clean air, clean water and much more!

For one or the other it is a somewhat unusual experiment that I propose, which has already brought about a lot of positive changes in my private and professional life.

Love what you do and love the person in front of you. It does not have to be spoken aloud, a deeply felt feeling works even without words. The corresponding formula is: **"I love you"**, and immediately afterwards: **"Thank you!"** It all depends on a try! Give yourself a trial period of two weeks to see what happens, what changes, and then let it become your "daily prayer"! It can't hurt! - With some special people, perhaps the first step is to remember: **"It's good to have you"**, easier.

Let us be warned briefly against abuse. If these words are used to manipulate someone else, this will come back immediately. The effect depends on your disposition and can sometimes be violent.

In this way everyone can help to develop a new quality of togetherness.

I love you. I thank you!

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