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MEDICINEWOMAN & LIFE-COACH



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THE WORST ENEMY NEEDS THE STRONGEST WEAPON

Exactly in our time of change, a very special enemy is spreading at breakneck speed. Unfortunately it is neither visible nor tangible. And yet it is constantly present.

We are talking about the fear thoughts and feelings that threaten our lives worse than any weapon. Many clever and educated people have reported that our thoughts and beliefs strongly influence our lives.

However, through many different media we humans are so influenced that clear, positive thoughts and feelings are often hardly possible. Fear therefore easily burrows deeper and deeper into our consciousness.

Because we are so conditioned, it is easy for those who play with it, earn money and so many other things to manipulate us so that we remain in fear.

At the moment there is a lot of playing with fear on a large scale and many are playing along. Any visible enemy can be assessed, but an invisible enemy who is only dependent on the opinion of others is unpredictable and is therefore rated worse and felt that way over time.

What helps now? What can be done to counter this?

Something that is characteristic of the Germans - *thinking*. (We were once the people of poets and thinkers!)

Critically questioning whether the feeling that is reaching me right now is really real or whether it was artificially created also helps. Even superficial realities are, if they are looked at more closely, anything but real. Unfortunately, we have been brought up in the last decades to leave thinking to others. You can see what comes out of this when you look around in your life and around the world.

What helps in particular is a positive basic attitude towards oneself, life and existence. The firm conviction that for me as a human being everything is for the best; that I am loved and held by existence when I entrust myself to it and the love for everything that is, make life easier and lighter.

Love and the firm belief in it thus develop into one of the strongest weapons that can defeat fear and chaos. Never before has peace been achieved with war. But with love, compassion, sympathy and openness many a dispute could be settled.



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"I love you" no matter who it is, is an essential building block to get through our time well. Every person has something lovable about or in himself somewhere. Those who find it easier can also say: "I love the God in you. And right after: "Thank you." Everyone contributes with his being to the fact that I can be, no matter who or how he is. Even a: "I love myself as I am" is more than just helpful. A blessing also helps again and again. Moreover, an honestly spoken blessing always honours the blessing. This means that everything comes back. Just like envy, envy and the like always come back to the sender.

In this sense we wish all of you a heart full of love and an unshakable belief in the power of love. We bid farewell today with the words from the Aria des Belmontes from Mozart's opera "Abduction from the Seraglio"

*I rely entirely on your strength, trust, O love of your power!
For ah, what works have not been accomplished by thee many times.
What seems impossible to the world is united by love.*

Jan-Christoph Ziegler *Ursula W Ziegler*