

Istanbul, in December 2023

Dear friends of the Fasting Academy Bauer,

Dear ladies and gentlemen

On the occasion of the end of the year I should like to thank you all for your friendship, the many good talks and dialogues we had, the meetings and workshops you participated in this year. To be in a circle of dear people, who listen, exchange opinions, even critical ones, who lend a hand, if necessary, or accept help, gives a sense of security, perhaps even protection in these times of change. As individuals we cannot offer solutions for the challenges of the future be they social issues around us or new climate change-related situations or terror, war or other events. It is a challenge for society, even for humanity. But, of course, our personal conduct is also important. We can ourselves become examples and motivate others to follow our example by consuming less, by using less energy in our home, in our daily activities, in our lives. We must also not close our eyes to poverty here and in other countries, to migration or to beggars in our shopping streets or at traffic junctions. We need to learn again to give more, like our forefathers taught us, because the more we give, the more we will get in return. But in order to successfully confront the challenges of tomorrow we must – first of all – remain healthy or become healthy again. Maintaining the health of our body, mind and soul is our greatest personal responsibility. Mankind has become sick, often through abundance, less so as a consequence of dearth. The highest rates of diabetes, high blood-pressure, cancer, depression and other afflictions are found in affluent countries. Disease is rarely fate but rather the result of a wrong lifestyle. Getting old while staying healthy should be the goal of all of us. We can all do something for our health and wellbeing. Healing fasting is one of the most important methods of staying healthy or of improving health deviations.

Today's entrepreneurs are faced with huge challenges: supply-chain problems, energy costs, lack of qualified employees on all levels, financial bottlenecks, changed customer behaviour, changed employee requirements, and new management methods are challenges a company needs to solve on a daily basis. As a consultant for medium-sized companies I find again and again that the main driver of corporate success is the qualifications and core competencies of their employees. That applies to the entrepreneur, the managers, but also to all other employees. Leading through competence should be the very first principle of leadership. The enormous importance of internal occupational education and further training must be stressed. Vocational students show an ever greater lack of knowledge in natural science caused by social problems but also through migration or an insufficient schooling system. Maybe this deficiency can be remedied with company-internal courses and company educators. At this point, the importance of a partnership between school, university and industry should also be stressed. Through this partnership suitable employees may be identified early and offered employment. This would improve the ability to innovate and ensure high performance.

The world we live in is a limited and almost round sphere of rock with a thin crust we call the biosphere, the space we live in. Those who have seen and experienced Istanbul 50 years ago, and who still live here today, have first-hand knowledge of the massive rise in its population of that period of time. Our earth currently has over 8 billion human inhabitants. In order to ensure living space and food for all those people, nature is massively pushed back. An olive tree, which has grown over 400 years, provided generations with olives and olive oil, purified the air and given shade in the summer, can be cut down in no more than 10 minutes! Killed for the purpose of a new building! The tree rings of this cross section are witnesses to 400 years of a dramatic history. The resin dripping out of the tree rings is like tears. The cut-down tree cries. Olive trees, all trees, are friends of us human beings. Just rest your weary head against a tree, it gives you peace of mind and restores order to your thoughts.

The internet brings the world to our doorsteps, to our living room, to our bedroom, to our children's rooms. Book-reading people have become rare creatures because they cling to old-fashioned rituals instead of relying on fast updates with the latest news letter or a quick You Tube video. Is it possible that our personal restlessness, our increasing lack of interest, our loneliness, our family conflicts, our lack of competence are somehow connected to it? Those who decide on future education bear a great responsibility in this respect, as do academic teachers, teachers in general, and the parents.

A healthy environment and healthy companies depend on the people who live and work there. For a company to stay healthy, a holistic approach is required which comprises a vivid vision and mission, a value definition and a modern corporate culture. That discipline is necessary for the implementation of generated strategic goals is self-evident.

Human health is based on four main elements: a healthy body, a healthy mind, healthy social behaviour, and healthy spirituality. Intensive use of the internet and new media puts quite a lot of pressure on healthy social behaviour and personal healthy spirituality. However, health can be maintained up to old age. What we need is discipline in implementing health-maintaining programmes.

The world religions, mystics, and wise people teach us a middle way: modesty in abundance, progressing towards moderation.

To conclude this letter, I wish you a lot of success in whatever you do and wherever you live. May you stay healthy. May your goals for the New Year be achievable.

Warm regards

Your

Otto Bauer

(Fasting coach and business consultant)

Seminars in the 1st half-year of 2024

- 1. Two days for myself (outdoor programme in Marmaris)**
- 2. Eight days healing fasting at home (Istanbul)**
- 3. Development of a healthy and efficient company (in-house)**