



# DR. DOUWES' *Christmas letter 2019*

**Dear Friends, Dear Patients, Dear Colleagues and Employees,  
Ladies and Gentlemen,**

Again, we want to celebrate Christmas and welcome the turn of the year 2019/2020. Also this year, it seems to be difficult to find the right words for a Christmas letter, because of the many terrible events and problems around us that touched us deeply and sometimes took our breath away. The question of why this must be so remained unanswered this year, as well as all the years before.

People in our country are increasingly afraid of poverty in old age, or of the problems that come with the climate change, because more and more often we experience fire disasters such as in the Amazon, in Australia, California, etc., or floods of unprecedented proportions. Venice is under water and may be lost to humanity as a cultural heritage. More and more people are afraid of the alienation and the creeping religious radicalism. But especially here, we have many positive things to report, as we repeatedly show that tolerance, support and sacrifice are not empty phrases for us and we can and should be proud of them.

### **From the clinic we can report only positive things**

We were able to attract many new employees who are now helping to bring the successful concept of the clinic into the future. The demand from patients around the world for treatment with us is unbroken and makes it necessary for us to reorganize and rebuild the clinic. The plans have been drawn up so that we can start this project later this year and get 20 more beds and a new generous physiotherapy.

We thank all the members and sponsors of the "Freundeskreis" and also Sanecum for their support and the good wishes that have accompanied us throughout the year and given us strength to further develop the concept

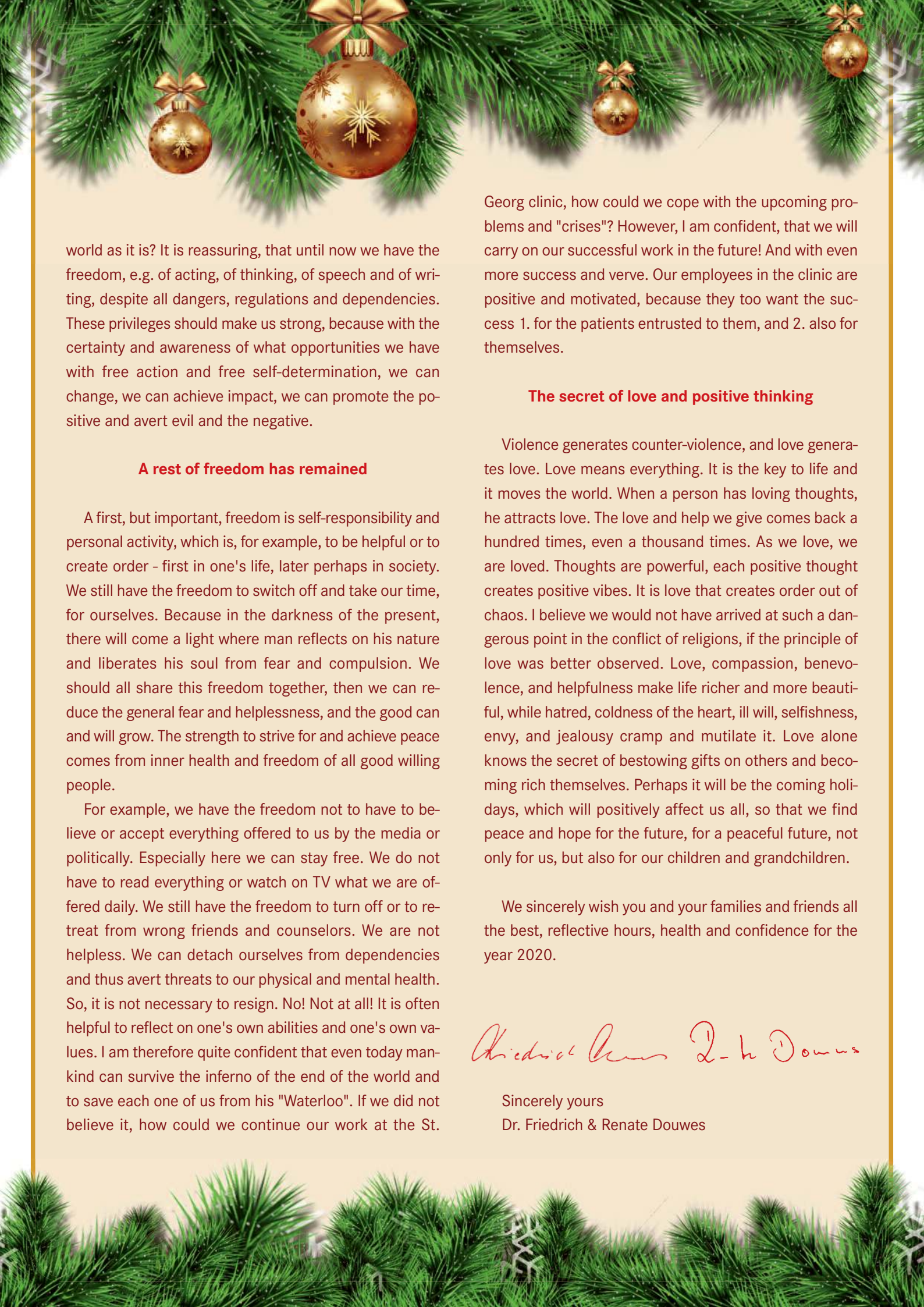
of the St. Georg Clinic together with our old and new employees. In addition to patients with advanced cancer, more and more patients with chronic Lyme disease have come to us, hearing about our unique therapeutic concept and the amazing achievements that have come with it.

### **The year has passed quickly**

Yes, this year has passed quickly again. I often contemplate the pace with which time passed by and the ever-increasing number of disasters, and also that the world cannot find peace. Christmas is supposed to be the celebration of peace; year after year, we ask for "peace" in every church in the world, but rarely we were as far from peace as today. I often ask myself, if we are already so dull and cold that we do not even notice how life slides through our hands and how little we estimate the value of a life? Many young people have been victims of violence, healthy people – the hope of their parents and friends. Who reports on the many tears of the mothers who have lost their sons in pointless wars or on the tears of the young women whose sweetheart bled to death in the sand of a desert or on the tears of the orphans who now have to grow up without a father or mother? And all of this happens only because of egoism, fundamentalism, intolerance and economic interests, which mute us, rob our freedom and prevent mutual respect.

### **Are our problems actually getting bigger and more unsolvable?**

Do we actually have less time to live and to experience or to understand life? Isn't it people, who formed the



world as it is? It is reassuring, that until now we have the freedom, e.g. of acting, of thinking, of speech and of writing, despite all dangers, regulations and dependencies. These privileges should make us strong, because with the certainty and awareness of what opportunities we have with free action and free self-determination, we can change, we can achieve impact, we can promote the positive and avert evil and the negative.

### **A rest of freedom has remained**

A first, but important, freedom is self-responsibility and personal activity, which is, for example, to be helpful or to create order - first in one's life, later perhaps in society. We still have the freedom to switch off and take our time, for ourselves. Because in the darkness of the present, there will come a light where man reflects on his nature and liberates his soul from fear and compulsion. We should all share this freedom together, then we can reduce the general fear and helplessness, and the good can and will grow. The strength to strive for and achieve peace comes from inner health and freedom of all good willing people.

For example, we have the freedom not to have to believe or accept everything offered to us by the media or politically. Especially here we can stay free. We do not have to read everything or watch on TV what we are offered daily. We still have the freedom to turn off or to retreat from wrong friends and counselors. We are not helpless. We can detach ourselves from dependencies and thus avert threats to our physical and mental health. So, it is not necessary to resign. No! Not at all! It is often helpful to reflect on one's own abilities and one's own values. I am therefore quite confident that even today mankind can survive the inferno of the end of the world and to save each one of us from his "Waterloo". If we did not believe it, how could we continue our work at the St.

Georg clinic, how could we cope with the upcoming problems and "crises"? However, I am confident, that we will carry on our successful work in the future! And with even more success and verve. Our employees in the clinic are positive and motivated, because they too want the success 1. for the patients entrusted to them, and 2. also for themselves.

### **The secret of love and positive thinking**

Violence generates counter-violence, and love generates love. Love means everything. It is the key to life and it moves the world. When a person has loving thoughts, he attracts love. The love and help we give comes back a hundred times, even a thousand times. As we love, we are loved. Thoughts are powerful, each positive thought creates positive vibes. It is love that creates order out of chaos. I believe we would not have arrived at such a dangerous point in the conflict of religions, if the principle of love was better observed. Love, compassion, benevolence, and helpfulness make life richer and more beautiful, while hatred, coldness of the heart, ill will, selfishness, envy, and jealousy cramp and mutilate it. Love alone knows the secret of bestowing gifts on others and becoming rich themselves. Perhaps it will be the coming holidays, which will positively affect us all, so that we find peace and hope for the future, for a peaceful future, not only for us, but also for our children and grandchildren.

We sincerely wish you and your families and friends all the best, reflective hours, health and confidence for the year 2020.

*Friedrich & Renate Douwes*

Sincerely yours

Dr. Friedrich & Renate Douwes