

At the heart of Petra's philosophy is a simple but confronting belief: you already have all the answers.



The Wellness Column

by *Amanda J. Butler*

In a world that glorifies hustle, optimisation, and constant forward motion, Petra Seiler offers a deeply intuitive proposition: when something is truly right for you, it feels easy.

Not lazy. Not passive. But aligned.

For Petra, ease is not a cliché wellness phrase – it is a diagnostic tool. An indicator. A compass pointing toward truth.

In contrast, when life feels as if you are pushing against the current, walking through treacle, or just feeling tough, that's where Petra Seiler can assist – to help life flow more easily and naturally.

As a mentor and process facilitator for entrepreneurs and ex-

says, "the underlying issues dissolve as well."

It is not unusual for clients to work with her for five, eight, or twelve weeks. Within that time, one or two central themes usually emerge – identity-level topics that shape everything from leadership style to personal relation-

yet she listens for something subtler: the unresolved inner conflicts that silently shape external outcomes.

"If you carry an unresolved issue within you," she explains, "you will bring it into every area of your life – both business and private."

For leaders, this insight can be transformative. A conflict with a business partner may mirror an old family dynamic. A fear of expansion might trace back to inherited beliefs about visibility or success. A stalled vision may be less about market conditions and more about internal

cant change. We are living in an era where business models, leadership expectations, and personal definitions of success are evolving rapidly.

The pressure to adapt externally is intense. Yet without internal recalibration, adaptation can feel forced.

Petra believes that sustainable progress requires addressing both.

For entrepreneurs and executives navigating uncertainty, this can mean confronting long-held narratives about worth, control, responsibility, or visibility. It can mean acknowledging grief, fear, or inherited expectations that were never consciously examined. It can also mean rediscovering a forgotten sense of enthusiasm – the spark that originally inspired the venture.

The goal is not endless self-analysis. In fact, her clients often describe the opposite: surprising simplicity once the core issue is touched.

"The concept is actually quite simple," one client reflected. "Yet so complex."

Perhaps that is the paradox of inner work. The surface appears layered and tangled. But at depth, clarity can be immediate.

From Mallorca to the World

In the context of Mallorca's evolving wellness and entrepreneurial landscape, Petra's work feels particularly relevant.

PHOTO: MINA REZK

WHEN EASE BECOMES THE COMPASS: A conversation with Petra Seiler

tives, she works where strategy meets the subconscious. Her clients often arrive during periods of transition – leadership shifts, business stagnation, personal upheaval, or moments when success on paper no longer feels fulfilling in reality. Others come because a recurring pattern keeps resurfacing: conflict, stalled growth, emotional triggers that seem disproportionate to the situation.

"Many people have spent years trying to understand their issues rationally," she explains. "They can describe them very well. But when something triggers them – a tone of voice, a situation, an image – the old reactions return immediately. That shows the issue is not resolved at its core."

Petra's work begins where conversation-based solutions often end.

Beyond the Rational Mind

Unlike traditional coaching models that focus primarily on mindset or strategy, Petra works on what she calls the non-rational level – the deep identity layer where long-standing patterns live. Some of these are rooted in personal history. Others, she believes, are embedded within ancestral systems and inherited dynamics.

Her sessions do not rely solely on dialogue. She integrates systemic approaches and, at times, physical exercises designed to shift deeply embedded patterns quickly and sustainably. The aim is not to manage symptoms but to resolve the root.

"If you solve the problem at its core," she

ships. The changes may be immediate or unfold over weeks and months. But, according to both Petra and her clients, they are tangible.

One testimonial describes her work as guiding people to generate their own solutions – solutions emerging from the subconscious, intuitively, often beyond rational explanation. The results are described as surprisingly powerful and far-reaching.

The Entrepreneur Who Turned Inward

Petra's credibility in business circles comes not only from her intuitive gifts but from lived experience. She spent many years as an entrepreneur, manager, and sales professional before shifting her focus entirely to mentoring.

"I have always sensed very strongly where something felt right or wrong," she reflects. "And I often knew what would move a situation forward."

Yet it was personal loss and major life changes that catalysed her decision to dedicate herself fully to supporting others. Through these experiences, her sensitivity sharpened into a refined instrument. Today, she says she can physically sense when a process is moving toward a true solution.

This dual perspective – commercial experience combined with deep perceptual awareness – allows her to operate comfortably at executive level. She understands balance sheets and boardroom dynamics,

identity friction. When the internal shifts, the external reorganises.

Strength From Within

At the heart of Petra's philosophy is a simple but confronting belief: you already have all the answers.

The question is whether you are ready to look at them.

Her role is not to prescribe solutions but to create a space where clients can access their own deeper knowing. She describes her work as facilitating reconnection – helping people rediscover strength, clarity, and joy, then move freely toward the future.

In many ways, her approach aligns with a broader movement within wellness: a shift from surface-level optimisation toward inner coherence. Instead of asking "How can I perform better?" the deeper question becomes "What within me needs resolution so that performance becomes natural?"

This is where ease returns as a guiding principle.

When identity aligns with action, processes flow. Decisions feel lighter. Conflict reduces. Innovation accelerates. Not because effort disappears, but because friction dissolves.

Leadership in a Time of Change

It is no coincidence that many of Petra's clients seek her out during times of signifi-

The island attracts visionaries, investors, creatives, and leaders seeking not only financial success but meaningful impact. Yet relocation or lifestyle shifts alone do not resolve inner patterns.

Transformation, as Petra emphasises, begins within.

And when it does, the ripple effects extend far beyond the individual – into partnerships, companies, communities, and families.

Ease, in this sense, is not about comfort. It is about alignment. It is about removing the internal resistance that quietly drains energy from both business and personal life.

For those with an open, unconventional mind, willing to explore their subconscious and address challenges at their root, Petra Seiler's message is both reassuring and demanding: the answers are already there.

The only question is when you are ready to see them.

Petra Seiler is based in Mallorca and offers group workshops "Business Training for Consciousness" for companies in person, in German and English, as well as personal sessions for individuals online. The first 30 minute exploratory meeting is free of charge – <https://calendly.com/petraseiler-mentoring/30min>.

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