

A woman with long, wavy blonde hair is smiling and looking towards the camera. She is wearing a gold sequined, sleeveless top. Her eye makeup and lipstick are a shimmering gold color. The background is dark with many out-of-focus, glowing golden lights, creating a bokeh effect. The text 'Woman's Lifting Clock' is overlaid in white on the lower half of the image.

**Woman's  
Lifting Clock**

**What time is it?**

IT IS WOMAN'S LIFTING CLOCK!

# Woman's Lifting Clock

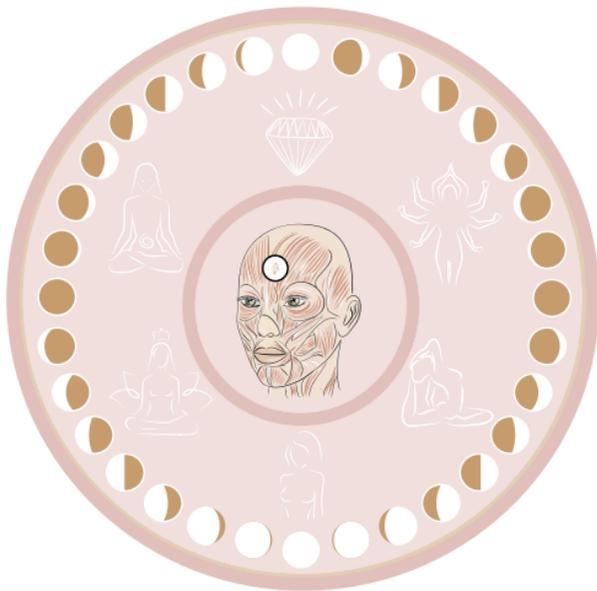
Three ancient knowledge formulas that ignite your all-encompassing rejuvenation.

**The most heavily guarded secret of the ancient masters** of rejuvenation and self-healing (the White Tigresses, tantra masters, yoginis, and Taoist immortals) is to completely merge with nature's cycles and embody this union through one's individual cyclicity.

**For the first time ever**, anywhere in the world, you can now learn the alchemy formula for **THE MERGING OF THREE GOLDEN CYCLES** that is completely adapted to our modern way of life.

## These three cycles are:

- THE BIORHYTHM CLOCK OF NATURE
- A WOMAN'S MONTHLY CYCLE
- THE DAILY MERIDIAN FLOW CYCLE BASED ON CHINESE MEDICINE

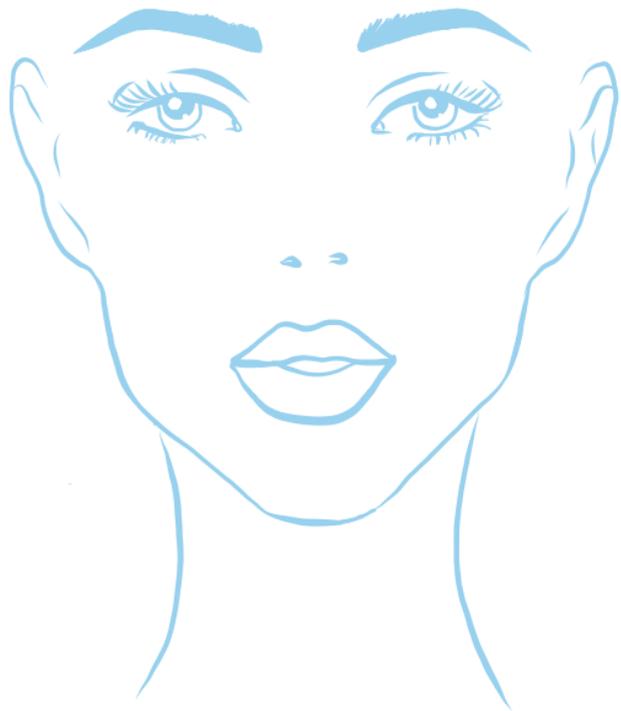


When you know what time it is in the season, what time it is in your monthly cycle, and what time it is in the day, recharging your batteries for health, radiance, and mental strength becomes simple, fast, and efficient.

**This approach rejuvenates you and protects you from stress so effectively because it draws on the regenerative power of the unlimited source within you whose sole purpose is to support you.**

For 30 years I have been travelling the world in order to learn from the greatest masters in the field of rejuvenation and regeneration, so that I can combine this knowledge, uncover new wisdom, and give birth to my own creations. The point of all these pearls of wisdom is that when a Woman respects the **3 GOLDEN CYCLES** and uses the **5 WOMEN WITHIN HER**, her energy and magnetism increase every day, every month, and every year.

## What is The Woman's Lifting Clock?



Centuries past, Taoist medicine discovered that our bodies only produce certain hormones at very specific times of the day and that the same holds true for the activity of our internal organs. This ancient knowledge has now been confirmed by modern science and was even awarded the Nobel prize!

Taoists have mapped out this process in detail. There exists a type of natural clock that not only governs every day but also every passing year. Each individual month in the year and each season has its correspondingly active internal organ and gland.

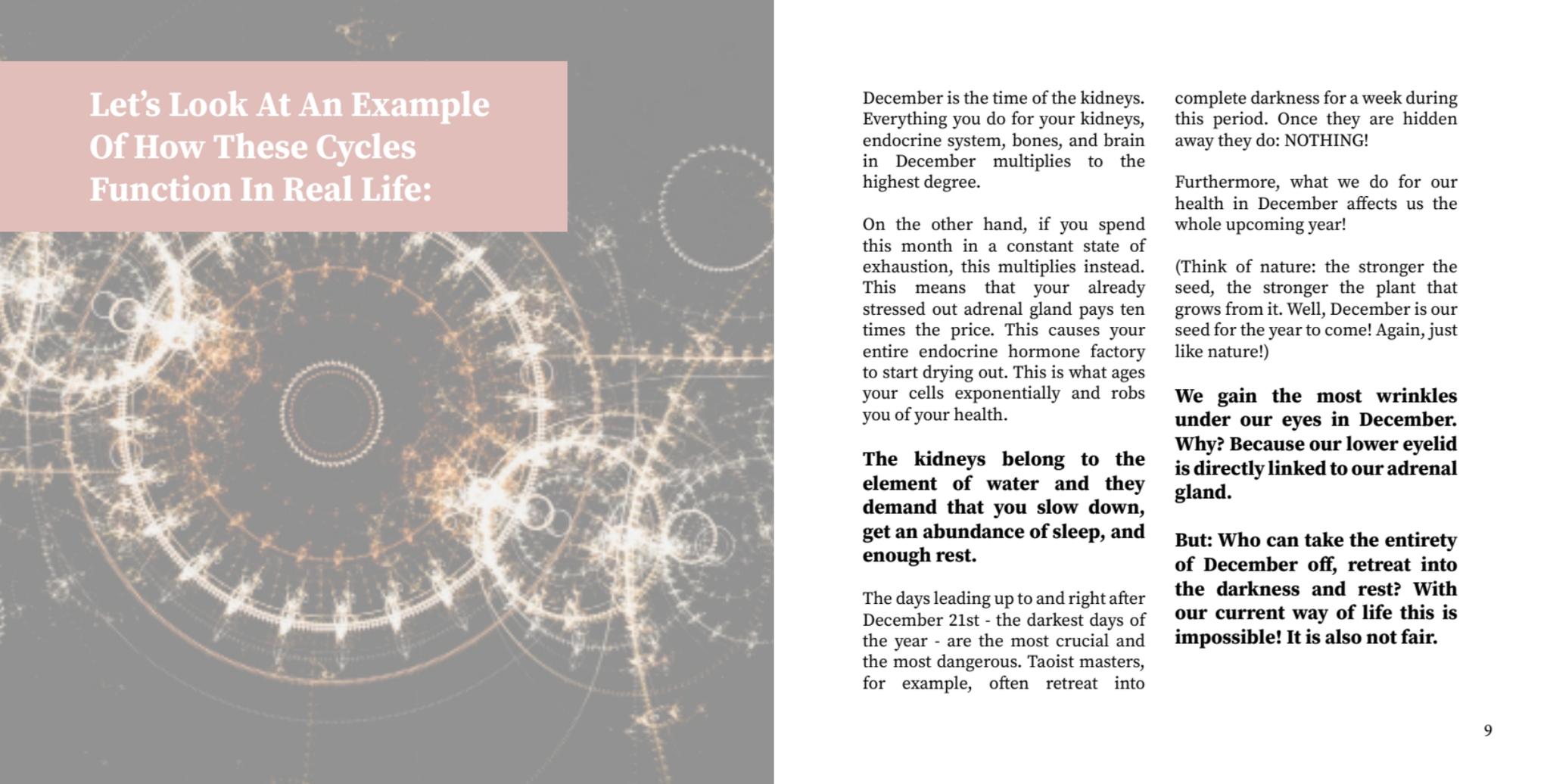
If we do the right things at the right time and take care of the organ that is currently ignited, we strengthen it immensely. If we do not, we put further strain on it and exhaust it. This makes us age faster and grow sick.

Once you add the flow of yearly and daily energy as well as your personal monthly cycle to this equation, the positive effects of anything you do

for yourself increase exponentially. (If you no longer have your period to track your monthly cycle with, simply use the natural lunar cycle.)

**This is The Woman's Lifting Clock. It lets you know what time it is in nature and in your body and tells you know what to do to strengthen yourself at exactly the right time.**

Don't fret, everything is 100 times simpler and more understandable than you might think. It is so useful and adaptable to your lifestyle, yet it brings you the most incredible results. Using this knowledge, I have helped thousands of women escape the clutches of burnout and reach their greatest inner and outer radiance. My speciality is knowing how to transform ancient knowledge into the most practical tips, tricks, and solutions for your healthiest self.



## Let's Look At An Example Of How These Cycles Function In Real Life:

December is the time of the kidneys. Everything you do for your kidneys, endocrine system, bones, and brain in December multiplies to the highest degree.

On the other hand, if you spend this month in a constant state of exhaustion, this multiplies instead. This means that your already stressed out adrenal gland pays ten times the price. This causes your entire endocrine hormone factory to start drying out. This is what ages your cells exponentially and robs you of your health.

**The kidneys belong to the element of water and they demand that you slow down, get an abundance of sleep, and enough rest.**

The days leading up to and right after December 21st - the darkest days of the year - are the most crucial and the most dangerous. Taoist masters, for example, often retreat into

complete darkness for a week during this period. Once they are hidden away they do: NOTHING!

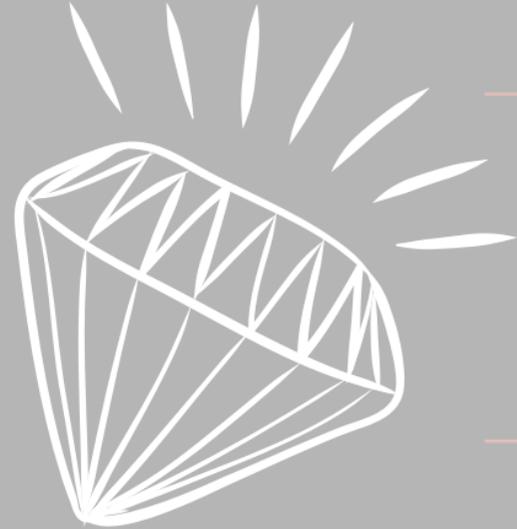
Furthermore, what we do for our health in December affects us the whole upcoming year!

(Think of nature: the stronger the seed, the stronger the plant that grows from it. Well, December is our seed for the year to come! Again, just like nature!)

**We gain the most wrinkles under our eyes in December. Why? Because our lower eyelid is directly linked to our adrenal gland.**

**But: Who can take the entirety of December off, retreat into the darkness and rest? With our current way of life this is impossible! It is also not fair.**

**Let Me Share A Few  
Additional Secrets And  
Tricks Of The Woman's  
Lifting Clock That Will  
Change The Way You Feel  
And Look!**



# The Greatest Pitfalls For Your Health

If you are about to sign an important (possibly multi-million dollar) contract, have a woman during the 21st and 23rd day of her cycle look at it. She will find any mistake (no matter how small) and any fine print anyone might be trying to hide. She will not miss a thing!

When you return home from a stressful or strenuous day at work, you need to step out of your 'manly/active energy' and give your nervous system a reset by returning to your 'feminine/regenerative energy'. This will not only drastically improve your health and your emotions, it will also enable you to create a better polarity between you and your partner. Without polarity there can be no attraction and no intimacy.

If you keep waking up between 1 and 3 o'clock in the morning, your liver is overburdened and full of toxins.

The most important piece of jewellery a woman can own is a crystal yoni egg. Ancient masters knew this secret that is why they never got old. They wore the egg always... inside! This was how they strengthened their vaginal muscles, lifted their uterus, strengthened all their internal organs, and rejuvenated their face. You can do the same thing. The lifting of your facial muscles comes from your vaginal ones.

All the famous fad diets that we go on every January not only DO NOT WORK they are also incredibly harmful when done in this month! Detoxifying your body in winter is dangerous because winter is the time of the kidneys. In March, when activity moves from the kidneys to the liver, you can begin the detoxification process if you wish. In January, instead of dieting, provide your body with a sufficient amount of healthy fats.

It would be ideal for women to DO NOTHING on the first day of our period. If employers were smart, they would give us this day off no questions asked! Because a woman during her 5th and 10th day of her cycle can do the work of ten other employees.

If you go to sleep at night without transferring the 'heat from your head' into your uterus (which basically means that you activate your sympathetic nervous system and activate your inner factory for melatonin, growth hormone, and serotonin), you will have a restless night and will reap no benefits of the detoxification and rejuvenation that sleep should provide. The night-time is crucial for the processing of emotions and if you do not allow yourself to go through this process calmly, these emotions become suppressed and turn into trauma.

# The Greatest Pitfalls For Your Health

You can improve your eyesight in February and March. Or you can cause immense harm to your eyes during this time, if you do not take care of them. Your eyes are the windows to your liver.

It is great to know which superfoods and supplements you can add to your diet every month to support your body. In March and April, it is incredibly important to add something green to your meals. Chlorophyll, Chlorophyll, Chlorophyll! And spirulina and schishandra - the jewel of Chinese medicine that erases wrinkles, improves eyesight, and melts cellulite. But, like with every dietary supplement, it is important to know how and when to use it. Even the best product can harm you if used incorrectly!

In Chinese medicine cellulite is called 'the emotions that do not flow'. In May it can melt all on its own if you perform the right rituals.

One of the most important exercises for women is the so called 'Ovary Kung Fu' - a thousand year old technique for the revival of your ovaries. If your ovaries are drying out, your entire body is ageing at an expedited pace. The most important months for the activation of your ovaries are November and May. November is the time of the kidneys/The Mage and May is the time of the heart/The Mesmerizer.

Are you having problems with your hormones and your libido? Are you experiencing energy deficiency or lack of strength in the afternoon? Drink a maca superfood drink between 11 o'clock in the morning and 1 o'clock in the afternoon. You will feel the difference! Plus, your breasts will naturally increase in size, lift up, and become firmer.

You can rehabilitate your thyroid gland in September and October, or weaken it as is the case with many people. Anything you do for your thyroid in these two months (during the period of the element of metal - governed by the lungs which are connected to the thyroid) will have incredible and amplified results. Thyroid exercises are great because they involve strengthening your neck muscle. This increases the circulation to your thyroid, activates and regenerates it and makes your neck and face look amazing!

Emotional fluidity is crucial for a woman's health and radiance. In order to maintain it, it is essential that we women regularly perform exercises catered to our breasts. The hormone oxytocin (the hormone of love and intimacy) that is triggered by these exercises literally melts away elevated cortisol levels.

Maca is incredibly important for riding your body of any suppressed, internalised anger that is stored in your liver. When we do that, our vision clears, we regain our focus, and increase our life's purpose.



I also haven't forgotten about the men. I have prepared special instructions for them, based on the biorhythm clock, and instructions for you. What I mean by that is that I have prepared instructions for you... For him! Since you are a cyclical being who has 5 Women living within her, it is important for you to know which one is active at a certain time. This will help both you and your partner enrich your relationship and fill your lives with magic. Your cyclicity is your superpower. The more you use it the bigger you are. Your cyclicity is also the greatest gift you can give to your man.

When both of you understand this, you will ignite the most beautiful flame of love within you, and your man will completely open up to you. You will suddenly feel the support of 5 activated Women within you! If your man gets to know them and learns how to interact with them, he will be the most blessed man in the world. If you fight and struggle against them ... ugh... That makes life tough. The most beautiful part of this is that a real man is happy and fulfilled when his woman starts using the Woman's Lifting Clock and ignites the 5 Women within her.

Let's say you don't have the option to stop and rest in December. Did you know that there is a special time of day that can give you a boost? It is the time between 5 and 7 o'clock in the afternoon. If you do anything beneficial for your kidneys during this time (for example: drink a cup of he sho wo superfood tea, perform a few belly breathing exercises, eat a portion of collagen soup, or rest a little bit) it will do the trick! This is your ace in the hole that will magnify the effect of your self-care. According to the biorhythm clock used in Chinese medicine (an invention backed by modern science and the recipient of the Nobel prize) the time between 5 and 7 o'clock in the afternoon is the time of the kidneys.

If you take care of yourself a little bit more during this period - as much as you can - and focus your attention inwards, it is like hiring a personal bodyguard for your health. It is truly, truly, truly beneficial for you to know these things.

Because if you perform an additional exercise that strengthens your lower eyelid area, you not only erase wrinkles and prevent more from appearing but also pam-



per your adrenal gland! Isn't this great to know? Once you master these tiny tricks your life will become so much easier. You will have so much energy and every investment in your health will increase exponentially. This is the best form of interest you could possibly get!

**When you start sailing smoothly on the wave of your three cycles and ignite all five Women within you, YOU WILL BE LIMITLESS!**

You will be able to invest your newly awakened energy into your deepest, most heartfelt dreams (in all areas of your life) and turn them into reality.

**This knowledge will be yours for the rest of your life, and you can use it for yourself, pass it on to your daughter, share it with your friends, or teach it to all the Women in the world. But first I want to share these secrets with you. Once you master it you can share it with your entire Universe. This is how invaluable this knowledge it!**

**Nature is very fair, yet it is also full of tricks!**

## 32 Years Of Gathering Knowledge Has Led Me To The Discovery Of The Woman's Lifting Clock



As a five-year-old little girl, I sat at the feet of the world's greatest authorities in the field of spirituality and alternative medicine. As a child, I have been baptised in six different religions, received more than 100 spiritual initiations, trained in the most advanced yogi, Taoist, and tantric techniques, and drunk enough holy water and wheat juice to fill an ocean - all by the age of nine.

This part of my life was very difficult and traumatic, yet it also taught me how to find all the meridians and chakras in the body before I knew my A-B-Cs. So it was as much a curse as it was a blessing. I used this knowledge as a basis for my development. **I threw myself into over-the-edge bio-photonic and hormonal medicine and connected all the overlapping coordinates and turned it into the foundation for my teachings.**

When I had to rehabilitate my body (which was completely exhausted

by years of extreme diets that I had been subjected to as a child), I only knew one thing - I did not have the time nor the wish to spend 8 hours a day meditating in a headstand and juicing greens. I wanted to live. I wanted to live an earthly life. Only yogis closed off in caves have the time for this. I wanted quick, visible results, and I wanted everything that was good for me compressed in one package. I wanted to do only what would give me the best, most effective results in as little time as possible.

This is what inspired me to build the Woman's Lifting Clock. It contains a treasure chest of knowledge that I have been collecting and mastering for decades. **This made me realise how crucial exercising facial muscles is for turning on the switches of endocrine renewal - the glands in the body.** Later I included more exercises that simultaneously train the face, body, and the internal organs.



**All my facial muscles exercises -  
The Yogini Face Lifting; my workout programmes  
(Bikini Elixir, Golden Detox, Golden Autophagy...);  
meditations; self-massages; nutrition guides; and  
my online school 5 Women Within You - are based on  
the Woman's Lifting Clock:**

The Three Circles of Nature. This formula is entirely unique. If we perform the right facial exercises at the right time, massage the appropriate acupressure point, drink a certain superfood, massage the right internal organ, and exhale healing sounds from Chinese medicine, we unlock our potentials of self-healing and recharging our life energy batteries.



