

## Alize Timmermann & Mathias Berner

### Introduction to the course

**Mathias Berner:** Hello and very welcome to the Mathias Berner Academy today. We start an amazing course with Alice Timmerman and Alice, Hello! Welcome! I must say, before we start, it is so exciting because I felt it so much when we talked so much about female empowerment and what is it to be male, what is it to be female?

How can homeopathy guide us along and how can we solve also the issues which we are having these days? Also you talked so nicely about Lac Humanum already before we had a nice talk about that from you and so. Now you told me it's time that we go a bit deeper, especially into this empowerment of the female and the female energies of the humanity and of our society.

And now I'm very curious about this course and about what we can learn with you.

**Alize Timmermann:** Yes. I'm also very interested myself to give this course and information because I feel there is a lot of possibilities for healing in this time and that homeopathy has a lot to offer, but most of the people don't really deeply get it.

What are the possibilities of homeopathy and there we must understand where everything went wrong. In a way we must understand where we lost kind of the strong fight of force we used to have ourselves. So the course will be to revitalize the power, the really healing power within yourself in relation to the homeopathic remedy.

And also if you are in your inner development consciousness, then you empower the remedies you are giving.

**Mathias Berner:** So that means when we go into resonance, we empower also the remedies.

**Alize Timmermann:** Exactly.

**Mathias Berner:** And when we connect to what you told us before about the Lac Humanum and and the love issue, which we have, and so, what is, what is it, if we go deeper?

**Alize Timmermann:** First we need to understand, in my opinion, where suppression has taken place.

And when we start understanding where suppression has taken place, we start understanding where we can revitalize this suppression again.

**Mathias Berner:** So the repression is like my asthmatic, it is working on our society and then on each individual?

**Alize Timmermann:** The problem we have nowadays is that we do not really know how to listen to ourselves anymore.

Our inner vitality, our inner knowledge, and our inner power. That we in a way have lost the connection, the deeper connection with the knowing of ourselves.

**Mathias Berner:** And this is, but I think this is also, well valid for men and women, right?

**Alize Timmermann:** Of course. So to be shorter:

It means that we went from a matriarchical society, which was lead much more by the female side of yourself. Into a very male oriented society, into patriarchy. And 3000 years ago that had been started somewhere there. I can share that exact moments with you and why this has happened. And that was also the birth of certain diseases already.

And we went over and we started to develop very deep pathology. And we went from the matriarchical society into patriarchal society, and from there we started to suppress our female side. We started to disrespect our mothers in a way. And that of course came from several reasons.

But the big reason was that we were going to grow the land instead of going hunting. And secondly, it was because of we went into Monotheism, into Christianity, into the Islam and that took away already this part of the female power. And then we also started to discover iron in the ground and copper in the ground.

And when we discovered iron in the ground, we started to develop weapons. We started to develop power with the iron. And there came a whole new paradigm to live from. Before that time they couldn't find any war or any fighting. And then it started, you know, refining these metals. We started to, so to say, to misuse them also.

And so I build up an historical overview, where different suppressions has been started and where different diseases came to the light. Because it's completely congruent, completely in resignation with the evolutionary steps we made and with the findings and the discoveries we have made.

And we fought in this kind of traps and we see exactly the diseases coming in, relations to that.

How shall I put it? The female gave more and more power away and the mother became more and more disrespected. Before 3000 years ago, everything was around fertility. Everything was around nurture. We lived in complete abundance. There was no poverty or whatsoever. And we lived in that, so to say nurture in abundance, it means physically, mentally, and spiritually.

It doesn't mean only fertility doesn't have to do only with getting children. It was everything was focused on creativity. And everything was focused on co-creation, meaning a together development.

So through the suppressions, we lost the inner connection with ourselves. As I said to you Mathias, everything was around abundance and everything was around fertility and everything was enough and everything was around togetherness sharing. It was a sharing community.

And I studied archeology together with my friend Annine. She's a big archeologist and a big theologian, and we went over ancient time and we exactly could find where, what diseases was starting over the last 40 thousands of years. But to be short, 3000 of years ago, there was the switch to Patriarchy, and then we were starting to work on the land.

From, you know, being no mates, we started to work on the land, and then the first is these tuberculosis was found. They find it in the bones of the hands. Because the woman had to bend and work on the land. So we also found in 3000 years before, 3000 years ago, every woman was buried in the house around the fireplace, and the whole ancestral life was alive. It means you were together with your ancestors from hundreds of years ago in your own place. Then 3000 years ago, they started to bury the people outside their own houses, away from their house. So you see already a connection was lost.

**Mathias Berner:** This is really interesting. So they were buried in their own house and you lived with them, but they were on top of them.



**Do you want to dig deeper into the topic?**

**[Alize Timmerman EN – Mathias Berner](#)**

**Alize Timmermann:** I talk about ancient Europe. Then they came the Mongolians from the ural, and they came on horses to Europe and they destroyed all these places.

We had no horses, we had no fences. There was nothing like war found. Then the Eastern Europeans, they build all our places and then it changed. So that was already one step you can say you disconnected from. You see, that's where we talk about in our whole course we talk about love and connection, the healing part of our inner life.

And we talk about the remedies which are related and bringing you back in this consciousness again, this connections again. We developed quite a group of remedies which bring all these connections back in again. So you start to own your own roots again. You start your own old self again, and then you feel the source of your energy coming back.

Even when I start talking about it, you start feeling your source again. Meaning your historical, your memory starts to waken up your DNA starts to waken up. So we also talk about, we did a huge research on DNA and we made a remedy, a Federation with DNA. So that is one of Remedy who brings back your inner, your deep connections with the DNA.

Right. So we build up this whole knowledge and also when you connected with your sources, again, you start to feel strong.

You start to feel vital. That is some part of you which starts living again. So there are many reasons which, what took you away from yourself, you see?

**Mathias Berner:** Oh, this is really interesting.

**Alize Timmermann:** So I am, I am very happy for you, Mathias, because we gave already this lecture about Lac Humanum and that was received so well. And that's why now we can give the rest of it. We can give the Followup of it. So I made seven lectures related in a way, on that Lac Humanum lecture. And so we can build on that knowledge.

So, and make it whole, so to say.

**Mathias Berner:** So we will also give everybody the chance who has not seen the Lac Humanum lecture. We will also give that also to the to everybody who is also in the course then.

**Alize Timmermann:** I would love to do that. So there comes, we work from a basic, you know, we build up that knowledge.

**Mathias Berner:** Yeah, it was very well received and we got amazing feedbacks from people who take it. And you talked already about coming back to the source, coming back to our hearts, and having a different relation to other people and to yourself.

**Alize Timmermann:** So I tell you what happened after that lecture:

We were coming into the war with Ukraine. And very fast I had two russian woman coming to me as ask for help. And it was so impressive to me because they always believed they were Russian and then with Lac Humanum they started to understand they were not Russian, they were from Ukraine, they were low back from Ukraine, and they had completely suppressed their identity.

And they didn't know about their sources anymore. It was completely lost. I like this. And the woman wrote a little book about her story and it was impressive to see how she lost her identity. How her mother already had lost it all her aunts, all her ancestor did, they all believed they were Russian and they all saw, by the beginning of the war that they started to go to Germany to move to live into Germany, and there they did not want to touch their history. When I ask they were kind of, „no, no, no, I'm Russian. I'm Russian, I'm Russian“. When I ask, and a little bit further and further and further, and then there was this waking up and,

Unbelievable how many layers were there and they couldn't believe it, that they had completely dissociated from it. Gone from it. And when we started giving them the Lac Humanum and the remedies related to the connections, to your deep connections, again, they came this awakening and they started to understand their view.

They started getting back the memories all to say. And it was completely, you know, It was completely suppressed through fear. Fear. . . Fear of dying. And the main remedy for fear of dying and getting completely disconnected is amniotic fluid. The fruit water. That means you are completely disconnected from your nurture.

From where you are nurtured from. And anyway, for me, it took I think four, five hours that I could reach some deeper in these people and they started to wake up.

**Mathias Berner:** So it reveals a lot of unconscious stories, which we are not aware of, and which influence us very deeply.

**Alize Timmermann:** Yeah. And from there, there are diseases. There are, are all kind of interferences from bacterials. And which has been built up in the body as diseases. And there you have the miasmatic influx, so to say. But by the remedy of Tuberculinum, for example. The remedy Tuberculinum makes you restless. Makes you wanting to go from one place to another.

And it's a restlessness also out of disconnection. You want to fly everywhere you want there, you want to... And you see these bacterials are interconnected with this restlessness and with these disconnections. And that are miasmatic layers because when you become Tuberculinum, you want to go to Germany instead of staying in Ukraine. And it helps you to flee, to go away.

But you get more disconnected. You see everything has the price. And so the Lectures will all be about love and connection and this kind of things. Because I believe when we are fully connected to our heart, our abdomen, even more. Under the heart, right?

We are under there, not here in the middle, but even more deeper down.

**Mathias Berner:** The guts.

**Alize Timmermann:** Then you come in balance with your head. And now we are, like me also a little bit, I'm going in the head and then, you know too much sometime. But you need to be in balance with your underpart, with your solar plexus, with your first chakra, so to say.

You need to kind of be in the balance, and I will show you in pictures from ancient times from 20,000 years ago, how much people were in balance with themselves. In complete natural way. So we see where you need, for example, to be connected to your Carbonicum side, meaning your grounding.

By the side which, you know, the level of grounding in you. That means the connection with the earth. We are not birds, we are not flying, we are meant to live on earth. And to develop from under up. Not from up down. So we talk about that when you need bird remedies, when you need the grounding remedies.

**Mathias Berner:** This is interesting. So it is very important what you say, not from up down. It's more from down up. And and then for these stages you have these different

remedies, which we need then to reconnect, right?

**Alize Timmermann:** Yeah.

**Do you want to dig deeper into the topic?**

**[Alize Timmerman EN – Mathias Berner](#)**

**Mathias Berner:** This is very important, what you said.

You talked about this reconnecting and that this is also a source of healing. So coming back to our inner truth and reconnecting also to some truth, which we are often not aware of because maybe we have put it in, in the cellar.

**Alize Timmermann:** Yeah. And let me see.

So we first have lectures about the what I call the power woman from the past, from the present and from the future, and how we can co-create, how we can create, co-create together power again, to feel this power again. And that's where we need to know our past. Where we come from.

Believe me: Three, four, I don't know, 10 thousand years ago, they don't find any disease.

**Mathias Berner:** Amazing.

**Alize Timmermann:** And then it starts when we start working together on the land and when we start to live with the animals, to use animals in our own home, the horses, the dogs and the cats and all of it. Then the diseases has started.

Every time there was a culture change that came a new disease. So we go from where we were completely perfect and healthy. And living in abundance, not in poverty. Which was abundance from Japan into America, into South America. We have found the same female art. 90% was female art, and it's all over the world the same.

It's very interesting. So there was a complete resonance and connection all over the world.

Three years ago, we have found that the same female art was in Japan, as in the rest of the world. We always thought it was different. Three years ago, we got the confirmation because Japan was an island. And it was conserved very well. So we start understanding where we went into the metal side of us.

Where we went into our male side too much, where we did a lot of suppression or were put under pressure to live under suppression that counts for the male and the female.

**Mathias Berner:** Wow. This is, this is like also like epigenetics.

**Alize Timmermann:** Yeah. But then from homeopathy, huh? From the discovery of what plants were grow at that time, what metals were there and found and used, what bacterials were there, what sea animals were used as remedies, as healing substances, right? So, all of it we, go and talk about, about the sea animals, about the minerals and the metals and the stones, and then we talk about the mammals, of course.

And then we talk about the human resources. Folliculinum, Lac humanum, Amniotic fluid, Placenta humana, Vernix caseosa. We gonna talk about these ones. Then I do a big lecture about the, what we call the Ur-Mutter, the Primal mother and what she teaches us, and her name is the Black Madonna. And she was black.

And why she was black, because she was a complete resonance with the source energy with the black hole. She was a symbol of the black hole in the universe where all creation came from.

That's why she was black.

**Mathias Berner:** We learn a lot today.

**Alize Timmermann:** So in this ancient time, they already were aware of the black hole where all the creation takes place. 90% of the universe is empty, what we call the black hole. And they called it 3000 years ago, the Black Madonna. So you see the symbolic world already knew all of it.

And we do a whole lecture how the Black Madonna was related to which trees and which trees were growing in her surroundings and why these trees were holy trees. So we do a lecture about the holy trees and the holy plants related to our first mother, our primal mother. And you see these ancient people knew how to use the trees and the plants and how to revitalize themselves with these plants.



And these plants were all known for fertility, for power. So we go back to the rimu tree, we go back to the oak tree, we go back to the holy berry. We go back. You see already the name. So you start understanding why these trees were all found on holy places in relationship with water.

There were always streams of pietal water and much later thousand years later, they built on all the cathedrals on this holy places in Paris, in lots of cathedrals in France and they called it the Notre Dame. Okay?

The NOTRE Dame.

**Do you want to dig deeper into the topic?**

**[Alize Timmerman EN – Mathias Berner](#)**

So we go there.

What the primal mother is teaching us and in relation to her plants and trees, right?

And then we go to a difficult subject for all of you, and that is what we call from curse to bliss. It means that I give a whole lecture about the menstruation. And how to get back your empowerment from the menstruation, we call it the females power. So we call the lecture from curse to bliss.

So we have a whole lecture around the moon, around the luna, around the moonstone and the menstruation blood. We did a big investigation with a group of homeopaths from New Zealand and from the Netherlands into menstruation blood. And we give a big lecture about that, and I hope all these people who were part of it will be there.

And the remedies related to that.

So the empowerment, which comes from the menstruation. That is completely turnaround in history because everybody said that the menstruation was a curse.

**Mathias Berner:** Exactly.

**Alize Timmermann:** So we go from the curse to the bliss.

**Mathias Berner:** Oh, this is very strong.

**Alize Timmermann:** So that is the third lecture, we doing.

Then, Mathias and I will all write it exactly down how the lectures are built up. But then we go about a lecture from oneness to separateness, and that will be what we call a love presentation about all the relationships where love gets destructive and where love is empowerment with the remedies, with all the remedies you need and the different levels of love.

But what I already said to Mathias, is that in homeopathy is not so well understood that every plant, every animal, every tree, every stone has a level of love and connection where you can connect to that level of that plant, of that mama, of that tree. So it was what I wrote to you, Mathias. It is around that you need to understand as a homeopath which level needs to be treated. And also to start believing and trusting that in every remedy you find this level of love and connection. And more in the metal in this way, more in the **lock** in this way, more in the flower in that way.

So that lecture is about that. And that you need to know that you need to start feeling that for every problem of your own inner blockage in your own inner heart that is mirrored in the nature, mirrored in the plant or in the tree. And to find that mirror, so to say, and we start also talking about that most often, that plant is already around you, has already looking for you.

But you were blocked. You were not seeing it. You were not feeling it. That's why you are sick because you lost it, the connections with it. Believe me, the universe is so created, it's so perfect that for your problems in the universe, there is a solution that is how life is created.

And we start also talking about what I really learned from Alfia Buri, my big mother in homeopathy who became 93. And she taught me the believe and trust in homeopathy. Because she really believed in that every remedy was giving a solution in her patient. And she used that power, and Alfia called it the golden key.

The golden key to healing. So we go to have a whole lecture about that.

The fifth lecture I wrote down is about the paradise and all related remedies to it. Because when we are in the body of our mother in the fittest, then in fact we are in paradise, and then we go out and we are born, and then we come in the life on this earth.

And we have problems not to be in the paradise anymore and how we can solve that with good remedies we developed.

And the last lecture is about Maria Magdalena. She was the daughter. You had Sophia, the mother of God, and then you had Eva, and then you had Maria, and then you had Maria Magdalena, the wife of Joshua, or you call him Jesus, and she has given us unconditional love. She had given that and that was what? Jesus was transforming with the help of her effects. He was the leading person behind it all. So we have a whole lecture about intention, the remedies which you have, and you have the possibility to create this, your unconditional love.

And we have developed a group of remedies around it that is isis, that is Maria Magdalena, that is the holy water, that is abundance, that is trust, that is love, and we talk about how we can benefit and heal with intentional, what I call intentional remedies.

But I want to ask all of you to do it together because I believe all of you have the healing power inside. And I'm only here to help you to make it active. To go there to this inner healing possibility.

**Mathias Berner:** This is really a must what you are giving us here. It is really something which is going so deep and empowering.

Also empowering the female, but also the male in, because if the female is healed also in us the male can be of a completely new quality. And this is the magic in that. And by last, the question is, so we also learn how to use these remedies. Which, I mean, this is a really huge content which you are going to give us here.

**Alize Timmermann:** And I'm so pleased to do it because then I feel that all of us are going to stream, to move, to flow with this energy and when we are all part of these energies, this flow, then there is big healing taking place.

**Mathias Berner:** Absolutely. And this is what we all need, especially during these days.



Or maybe this is where we are moving to, you know?

**Alize Timmermann:** Sure, sure. It is there already in all of us.

**Mathias Berner:** Okay, so we awaken this female strengths and this new power. We reconnect to the power, which is already there. Let's say we come home, let's say we connect with our home, which we are looking very often outside and which is already here.

And with all this amazing wisdom and these amazing tools that you are giving. I'm really looking forward to be with you during these days. And also Doris will be present and she loves it already also very much.

Wow. Thank you Alize!

I hope everybody will come to this course and come join this caravan, this caravan of love of connection and reempowerment.

**We look forward to welcome you to the course and to our community!**

**Sincerely,**

**Yours Mathias and Alize**

**Alize Timmerman – Mathias Berner**















