

Alize Timmerman



Menopause

female and male transformation in the light of healing

Menopause – Your Transformation in the Light of Healing

Menopause is a time of change—physically, emotionally, and in our relationships. You may feel that old patterns no longer work, your body is changing, or you no longer fully understand yourself. But instead of seeing this phase as a crisis, you can welcome it as an opportunity: an invitation to rediscover yourself, understand your needs, and shape your life in a powerful way.

Our course "Menopause – Female and Male Transformation in the Light of Healing" shows you how to harness this time of change for yourself. You'll learn how to unleash your life energy, support your body, and let go of emotional baggage – for a life of balance and harmony.

Your body in transition – From struggle to acceptance

Menopause is a time when your body undergoes fundamental changes. Many women experience this phase as a loss: of fertility, of youthful energy, of control over their own bodies. But what's really happening inside you?

Alize explains that this process isn't a "mistake," but rather a natural transition: from the youth hormones that shaped you in the first half of your life to the so-called wisdom hormones. These changes aren't just biological—they're also spiritual and emotional. But when the body is manipulated through external interventions like Botox or cosmetic surgery, this natural process can be disrupted.

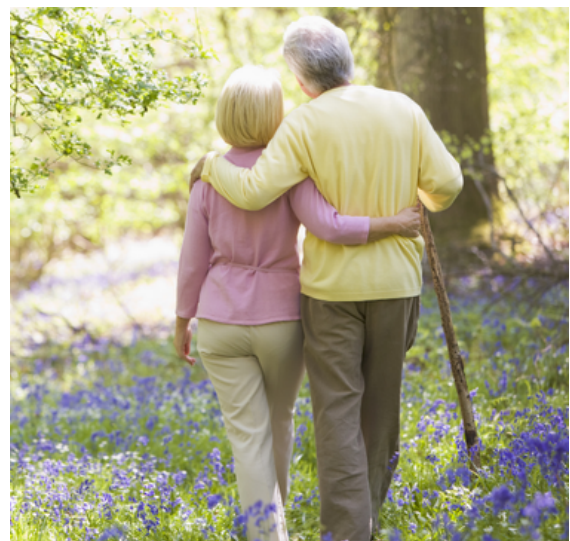


She also says that many women lose their sense of self as a result of these procedures. Botox, she explains, not only removes wrinkles, but also expression and vitality. Emotional depth and growth are blocked when we try to "cover up" the natural aging process. This insight makes it clear: Menopause is not a period of loss, but a time in which you can learn to embrace yourself in your newfound strength.

Relationships in Transition – Creating New Connections

Menopause doesn't just affect you—it also impacts your relationships. Alize talks about how men and women experience this phase differently. While women often feel like they need to redefine themselves, men stay in their familiar roles longer. These differences often lead to tension.

In the conversation, Mathias brings up an example that many are familiar with: He describes how men can distance themselves from women who try to appear younger through external changes. Alize explains that the reason for this isn't superficiality—but that these changes often also affect a woman's emotional depth and naturalness.



In this course, you'll learn how to recognize and address these challenges in relationships. It's not about assigning blame, but about developing a new understanding of each other. You'll learn how to express your own needs more clearly while simultaneously creating a deeper connection with your partner.

Free yourself from social constraints

A key point Alize addresses in the course is the pressure society puts on women. For decades, the beauty industry has convinced us that we have to be young and flawless to be valuable. Botox, cosmetic surgery, and anti-aging products are ubiquitous—but what do they really do?

Alize explains that these procedures not only have an external effect, but also affect us deeply within. She says that Botox causes cells to "die" and can numb women emotionally. The natural aging process is interrupted, and instead of growing into the wisdom and maturity of this phase of life, many women remain stuck in an artificial stagnation.

In this course, you'll learn how to free yourself from this pressure and rediscover your own natural beauty. It's not about being perfect—it's about being authentic and accepting yourself from a new perspective.

An invitation to healing and transformation

Menopause is more than just a physical change—it's a phase where you have the opportunity to rediscover yourself. Alize emphasizes that this time is an invitation to let go of old patterns, release emotional blockages, and create a deeper connection with yourself and others.



 **MATHIAS
BERNER**
ACADEMY | Online-Kurs
mit Alize Timmerman

Die Wechseljahre

weibliche und männliche
Transformation im Licht der Heilung

In our course "Menopause – Female and Male Transformation in the Light of Healing," we will accompany you on this journey. You will learn to understand your body, heal relationships, and free yourself from external constraints.

Start your journey to greater clarity, balance, and inner freedom now. Sign up and discover how powerful this phase of life can be!

[Book directly HERE](#)

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