



# 5 Women Within You

# 5 women within you

the Mage • the Healer • the Visionary • the Mesmerizer • the Queen

## There are 5 women living within you.

Every single one of them is linked to a specific internal organ and gland in your body. She is also connected to certain emotions, virtues, and inner strengths. When all 5 women are awakened and nourished, you become 'the golden woman' – you glow in all your potentials and live your truest self.

**The more you nourish and nurture all 5 Women within you, the more abundance you have in all aspects of your life.**

Both the knowledge of Chinese medicine and all of creation is based on the theory of the five elements - **five internal organs**.

**Since you carry the entirety of the Universe within you, you too are the union of five elements.**

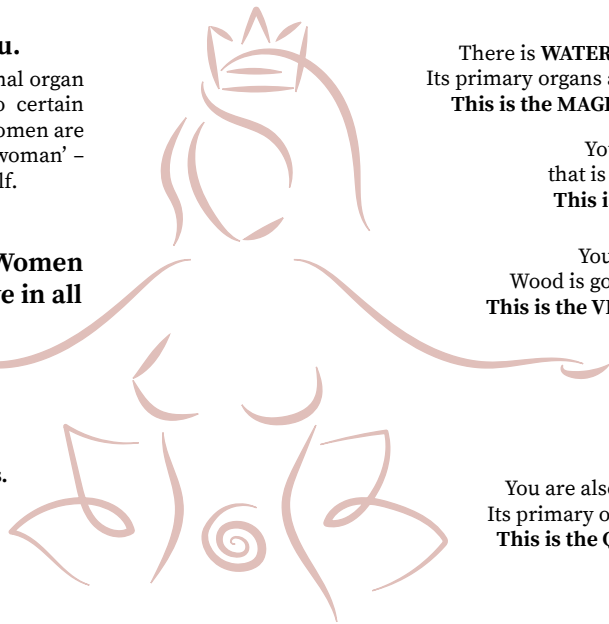
There is **WATER** within you.  
Its primary organs are the kidneys.  
**This is the MAGE within you.**

You consist of the **EARTH**  
that is materialised in the spleen.  
**This is the HEALER within you.**

You are **WOOD**.  
Wood is governed by the liver.  
**This is the VISIONARY within you.**

You are **FIRE** and fire is  
guided by your heart.  
**This is the MESMERIZER within you.**

You are also made of **METAL**.  
Its primary organ are your lungs.  
**This is the QUEEN within you.**



All five elements, all five women, need to be equally ignited and equally active. This ensures the health of your body, your emotions, and your virtues. If one of the five elements is lacking, there is imbalance in your life. If one of the five elements is overpowering the others, the remaining elements are depleted.



When all the five elements in you are activated, you embody all your super powers.

# the healer

association: Louise L. Hay

The prerequisites for an IGNITED and FULLY-FUNCTIONAL HEALER:

**a nourished spleen and a stress-free pancreas.**

This ensures that you have no blood sugar spikes, have the right muscle-to-fat ratio as well as the right ratio of acidic and alkaline substances in your body, maintain fit facial muscles, hydrated cells, have freely circulating lymph, allow others to take care of you when you need it, and take rests when you are tired.

**SHE IS RESPONSIBLE FOR:  
YOUR HEALTH**

**Switches for activation in the body:**

the spleen, the pancreas, the upper eyelid, the lower part of your cheekbones, the upper lip, the stomach, the muscles.

**She offers:**

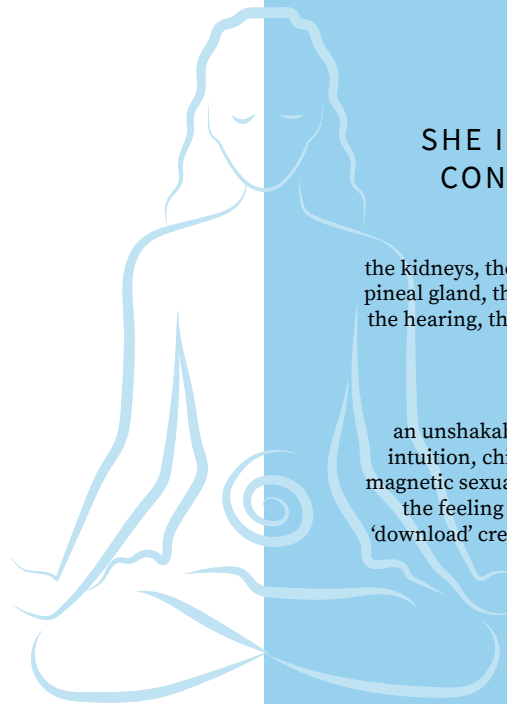
friendship with your body, an ideal bodyweight, the ability to successfully and energetically juggle all your responsibilities and roles without losing yourself.

# the mage

association: Mary Magdalene

The prerequisites for an IGNITED and FULLY-FUNCTIONAL MAGE:

a well-rested adrenal gland, full and healthy reproductive organs, an active connection between the left and right hemispheres, a cool sympathetic nervous system, low cortisol and adrenaline levels, a lively sacrum, awakened ovaries, nourished bones and joints, and lively, powerful, and rejuvenated circular muscles.



SHE IS RESPONSIBLE FOR: YOUR  
CONNECTION WITH YOURSELF

## **Switches in the body:**

the kidneys, the ovaries, the adrenal gland, the pituitary gland, the pineal gland, the uterus, the lower eyelid, the chin area, the bones, the hearing, the brain, the neurotransmitters, memory, the joints, and the endocrine system.

## **She offers:**

an unshakable faith in yourself, an abundance of life energy, intuition, childlike innocence and purity, spiritual awareness, magnetic sexual energy, great orgasms, sensuality, self-awareness, the feeling of safety and security, and the ability to directly 'download' creative ideas, information, and knowledge from your mind into reality.

# the mesmeriser

association: Aphrodite, Marlyn Monroe

The prerequisite for an IGNITED and FULLY-FUNCTIONAL MAGNETICIAN:

a free heart, an open thymus (the gland in charge of the immune system), an active connection with one's breasts and nipples, an abundance of the sex hormone oxytocin, an union between sexual energy and the energy of love, openness, the trust in love, and a sufficient amount of oxygen in the body.

## SHE IS RESPONSIBLE FOR: YOUR PARTERSHIP

### **Switches in the body:**

the heart, the thymus gland (the gland responsible for the immune system), the cardiovascular system, the breasts, the love and orgasm hormone oxytocin and the happiness hormone serotonin, a wholesome endocrine system, a glowing face, pheromones, and the radiance of your being.

### **She offers:**

an intimate partnership, joy, laughter, love, respect, and self-respect, attractiveness, the ability to give to others, good communication, the ability to enjoy the present moment, gratitude, sensuality, openness, chemistry, good public performance skills, good first impressions, likeableness, and lifted spirits.

# the queen

association: Cleopatra

The prerequisites for an IGNITED and FULLY-FUNCTIONAL QUEEN:

freely moving breath, clear lungs, unobstructed intestines, healthy emotions, an ideal intestinal flora, an optimally functioning thyroid, a fully-functional immune system, well-circulated skin, free flow of energy in connective tissues and meridians, and the ability to let go (both of people and the circumstances in your life).

SHE IS RESPONSIBLE FOR:  
YOUR ABUNDANCE

## **Switches in the body:**

the lungs, the thyroid, the nasal-labial part of the face, the cheeks, the skin, the intestines, and the immune system.

## **She offers:**

money/abundance, healthy boundaries, forgiveness, freedom, an unobstructed flow of emotion, freedom from past traumas, a successful vetting system for the people who are (not) allowed to step foot into your 'castle', order in your life, taking responsibility for your life, clarity, authenticity, and personal integrity.

# the visionary

association: Madonna

The prerequisites for an IGNITED and FULLY-FUNCTIONAL VISIONARY:

strong, clear liver, an activated hypothalamus, healthy use of one's anger, the right ratio between rest and activity, a regular and healthy sleeping schedule, flexible tendons, a mobile spine, embodiment of your soul, regular exercise, detoxed internal organs, enough chlorophyll in your diet, patience, and tolerance



SHE IS RESPONSIBLE FOR: YOUR CAREER

## Switches in the body:

the liver, the hypothalamus, the nervous system, the eyes/eyesight, the area between the eyebrows, the cheeks, the hormone dopamine and melatonin (the strongest antioxidant), the gall bladder.

## She offers:

focus, vision, inspiration, results, finishing what you start, the materialisation of ideas, innovativeness, productivity, eternal youth, youthful energy, flexibility of body and mind, regeneration, detoxification, playfulness, humour, imagination, liveliness, patience.



