

Fountain Of Youth

The 7 Secret Formula
To Reverse Age

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Founder of Awakened Woman Academy

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My Story

In my mid-30s I looked in the mirror and didn't recognize the woman looking back. On the outside, everything looked successful and every box was checked. I was a VP of Finance on Wall Street, a devoted wife, and a mom of two.

But inside, I was running on empty. I was gaining weight, losing my libido, and developing an autoimmune condition doctors had no real answers for.

Then something cracked open. I had a spiritual awakening I couldn't explain but couldn't ignore. It took me on a decade-long journey of healing and rediscovering myself, studying ancient traditions alongside modern neuroscience, finding keys in spiritual science that conventional medicine doesn't know, embodying what I've learned and now sharing this wisdom with other women.



The Original Goal

Reversing my age by 20 years was not my original goal. The goal was to feel good about myself, to become healthy again and to find my true life purpose. It was not an easy path, but when I stopped abandoning myself, choosing myself and speaking my truth, my body went on that journey with me and it rejuvenated in the process.

This guide is what I wish someone had handed me. After a decade-long journey of healing, I synthesized everything I learned into something I could actually live. Seven pillars that work together to rejuvenate the body, the mind, and the soul.

The 7 Secret Formula

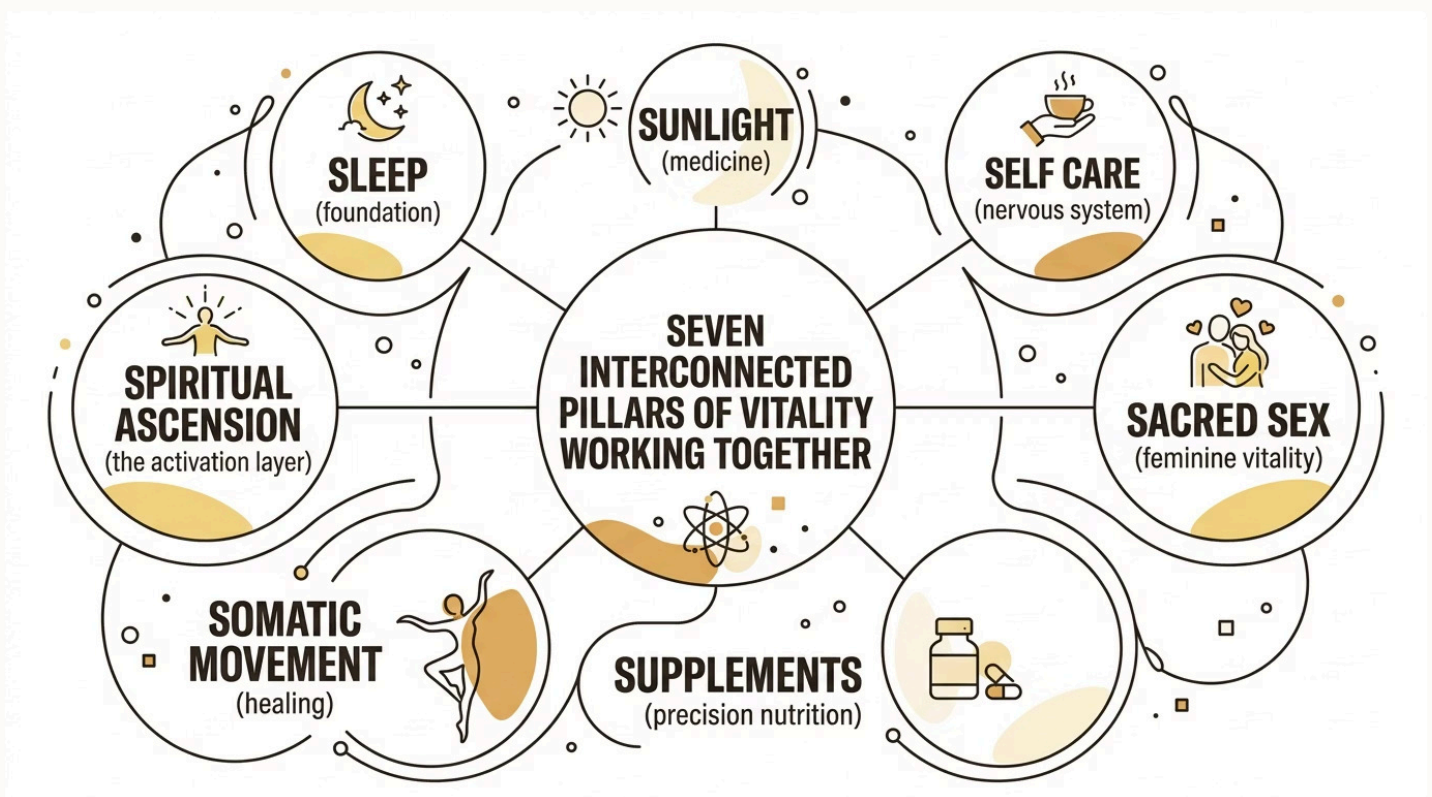
Most anti-aging advice treats the body like a machine – isolated supplements, stricter routines, quick fixes. They create temporary results because they miss the root entirely.

The body is a living energetic system. Sleep affects hormones. Light affects metabolism. Emotional suppression shapes the body as powerfully as food or exercise. Everything is connected.

The 7 pillars work as an ecosystem. Each one strengthens the others. When the whole system is supported, the shift is not incremental – it is architectural.

When all seven pillars work together, the body stops aging faster and starts coming alive. It softens where it has been braced. It brightens where it has been depleted.

The deeper promise is not simply to look younger. It is to become more coherent, more radiant, more turned on by life and more fully expressed in every layer of your life.



S1 — Sleep

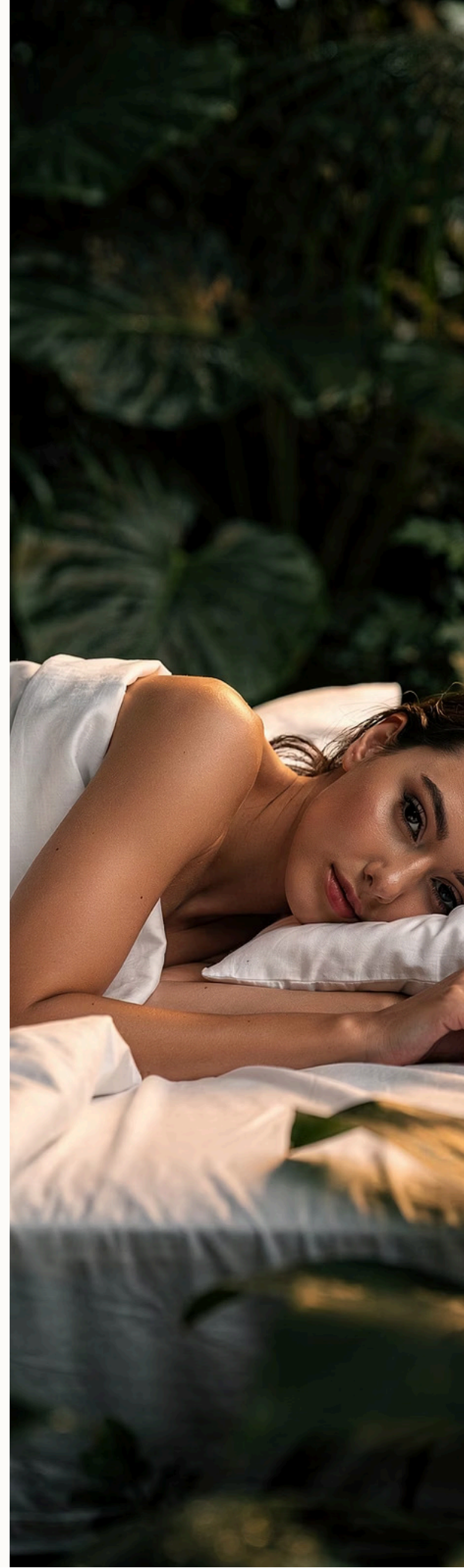
The foundation everything else rests on

I used to treat sleep as the thing I did when I ran out of hours – the first thing I sacrificed, the last thing I protected. That was the first thing that had to change. Sleep is when your body repairs, when your hormones reset, when your skin regenerates. For women especially – particularly in perimenopause – sleep disruption accelerates aging faster than almost any other factor. Cortisol rises, estrogen drops, collagen production slows, inflammation increases.

- A consistent sleep few hours before midnight and rising with sunrise is my number one secret. Mine sleep schedule is 9pm-4am.
- No screen time 60 minutes before bed – blue light disrupts melatonin
- Magnesium glycinate before bed for deep sleep
- A cool, completely dark room and an evening ritual that signals the day is over

☐ Sleep is the most underrated beauty and vitality protocol in existence. This is the time for your body to rejuvenate and for your soul to travel to astral worlds to bring back upgrades and downloads through dreams.

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S2 — Sunlight

Your body's most underused medicine

We have been conditioned to fear the sun — to cover, block, and avoid it. In doing so, we cut ourselves off from one of the most powerful regenerative forces available to us. Morning sunlight, within 30 to 60 minutes of waking, is not about vitamin D alone. It sets your circadian rhythm, regulates cortisol, boosts serotonin, and creates the hormonal cascade that governs your sleep, mood, and metabolism for the entire day.

- 10 to 20 minutes of direct morning sunlight, eyes open (ambient light is enough)
- No sunglasses in the first hour — your retinas need the light signal
- Midday sun for vitamin D synthesis — the angle matters. Vitamin D is actually a hormone.
- Grounding while in sunlight — bare feet on earth amplifies the effect

- ☐ The shift I noticed: my mood stabilized, my sleep deepened, my energy became consistent rather than spiking and crashing. Morning sunlight is my non-negotiable ritual of my day

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S3 — Self Care

The daily rituals that signal safety to your nervous system

Self care is not only bubble baths and face masks, though I do those consistently. Real self care is the daily practice of sending your nervous system the signal that you are safe, that you matter, that your body is a home worth living in. For most of my life, self care was what I did after taking care of everyone else — what was left over. That inversion was costing me everything. When you consistently abandon your own needs, your body registers it as a threat. Cortisol rises, inflammation increases, aging accelerates.



Morning Ritual

A practice that belongs entirely to you — before the phone, before the inbox, before the demands of the day.



Skin Care

Guasha using castor oil and organic oils from Doterra to penetrate deeper than synthetic creams and nourishing skin at the cellular level



Boundaries

Energy clearing twice a day using my Merkaba activation and protection practice and saying no without explanation

When I made myself the first priority of my morning, my entire relationship with my body shifted from management to reverence.



Lymphatic Care

Dry brushing, cold and hot alternating shower and lymphatic massage — the lymphatic system has no pump and needs movement to clear waste.



Breathwork & Meditation

Using breath, sound, and visualization each morning to set the energetic tone for the day — and thru the day to release stagnant energies that accumulate in the body and aura.



Journaling

Release writing to clear emotional residue, and gratitude journaling to rewire the nervous system toward safety and abundance.

S4 — Supplements

Precision nutrition based on your own biology

I spent years taking supplements based on what worked for other people. It was expensive, inconsistent, and largely ineffective. The shift came when I stopped guessing and started testing. Your body is not a generic template. Your hormones, nutrient levels, biological age, and inflammation markers are specific to you. Supplementing without testing is like driving blindfolded and hoping you arrive somewhere good. I, for example, don't eat meat for the last 11 years, so I needed to take B12 supplements. You may need completely different things.

What actually works is a comprehensive functional bloodwork panel — not the basic one your doctor orders:

Hormone Levels	Estrogen, progesterone, testosterone, DHEA, cortisol
Thyroid Panel	TSH, free T3, free T4, reverse T3
Nutrient Levels	Vitamin D, B12, ferritin, magnesium, zinc
Inflammatory Markers	hsCRP, homocysteine
Biological Age	Biological age markers

- ❑ My current supplements are Magnesium, Vitamin D3, Omega-3s, NAD+, BPC 157 and adaptogenic herbs like Ashwaganda for adrenal and hormonal support. I also replaced regular coffee with mushroom coffee by Ryze. And of course I eat tons of fresh fruits, veggies and whole foods. No processed or any junk foods. The only vice I still have is occasionally having wine because I am mostly on Mediterranean "diet"





S6 – Somatic Movement

Movement that heals rather than depletes

For most of my life I exercised to burn, to shrink, to earn the right to eat, to punish. That relationship with movement was aging me. Chronic high-intensity exercise elevates cortisol – and elevated cortisol breaks down collagen, disrupts hormones, promotes inflammation, and accelerates aging. For women in their 30s, 40s, and 50s especially, the more-is-more approach works against the body, not with it.

Somatic movement is different. It moves the body to release stored stress, process emotion, restore regulation, and reconnect with felt sense. It is movement as healing, not punishment.

- Dance – unstructured, intuitive, for the joy of it
- Yoga Nidra and Yin yoga to restore the nervous system
- Walking in nature listening to birds or sound healing
- Strength training 2 to 3 times per week – muscle mass is the most powerful predictor of longevity

When I stopped using exercise as self-punishment and started moving in ways that felt genuinely good, the chronic inflammation reduced, the tension in my face softened, and I looked rested – not worked.

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S6 — Sacred Sexuality

The most suppressed source of feminine vitality

This secret is what make the most dramatic difference. Feminine energy, sexuality, vitality, radiance, magnetism is what makes a woman look and feel ageless. It is sourced in the the womb - pleasure and creative life force center.

When this energy is suppressed — through shame, trauma, energy cords to past lovers, or years of living in masculine overdrive — a woman dims. She looks older than her years not because of time but because of disconnection from her own life force. That's the real cause of perimenopause symptoms and premature aging.

Here are the practices that help:

Womb healing practices, reconnecting with the body's most powerful center

Self pleasure with nothing to do with a partner — by knowing your own body

Circulating orgasmic energy back to the body and aura, protecting it from siphoning

Sexual cord cutting from all ex partners up to 7 years

Releasing shame around pleasure as a source of vitality, not indulgence

Breast massage, heart-womb connection, and cycle awareness

This is the practice that made people start asking what I was doing differently. Not my skincare. Not my supplements. The aliveness of being reconnected to your feminine life force is visible — there is no product that replicates it.



S7 Spiritual Ascension

The layer that makes all the others work

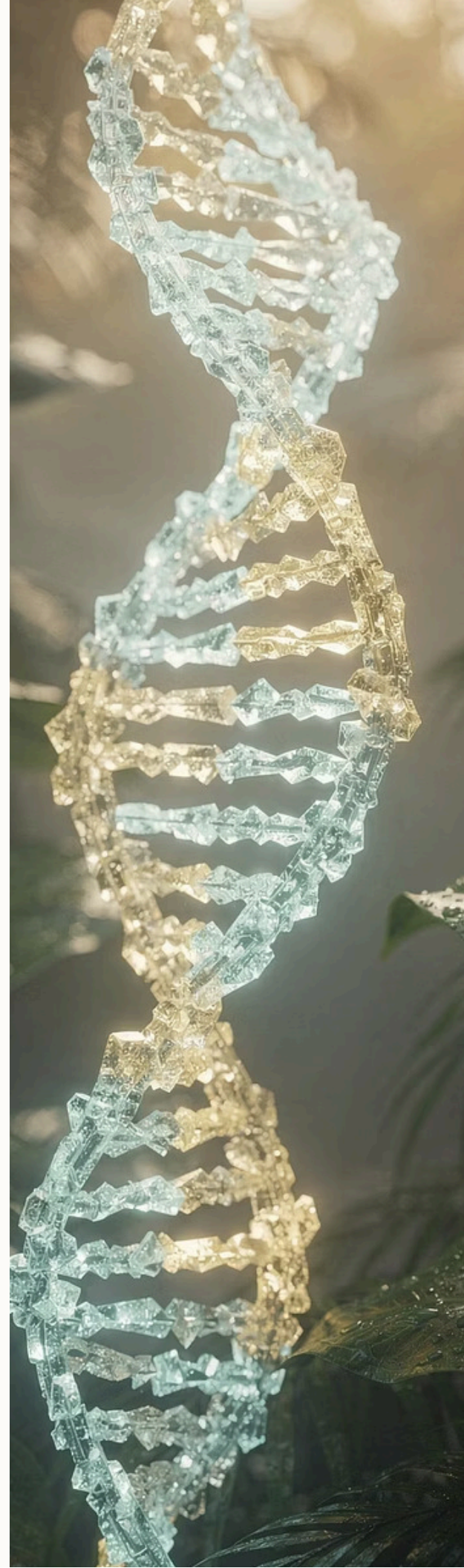
Most people focus on what they can see – the supplements, the injections, the skincare. But there is a layer of aging that happens at the cellular level, one that no product can reach. That layer is your DNA.

- ❏ **WHAT NOBODY TELLS YOU:** We have telomeres – the protective caps at the end of each DNA strand that shield our chromosomes from damage and aging. With time, telomeres shorten. But when you do spiritual ascension work and raise your vibration, they **LENGTHEN AND REVERSE CELLULAR AGING.**

Spiritual ascension is not a religious concept. It is the process of expanding your energetic identity – releasing the survival patterns, inherited beliefs, and the identity that got you here but cannot take you where you are going – and inhabiting a higher, truer version of yourself. When this layer shifts, everything else accelerates. The body responds to the energy; the cells respond to the consciousness.

- ❏ **WHAT RAISES VIBRATION AND LENGTHENS TELOMERES:**

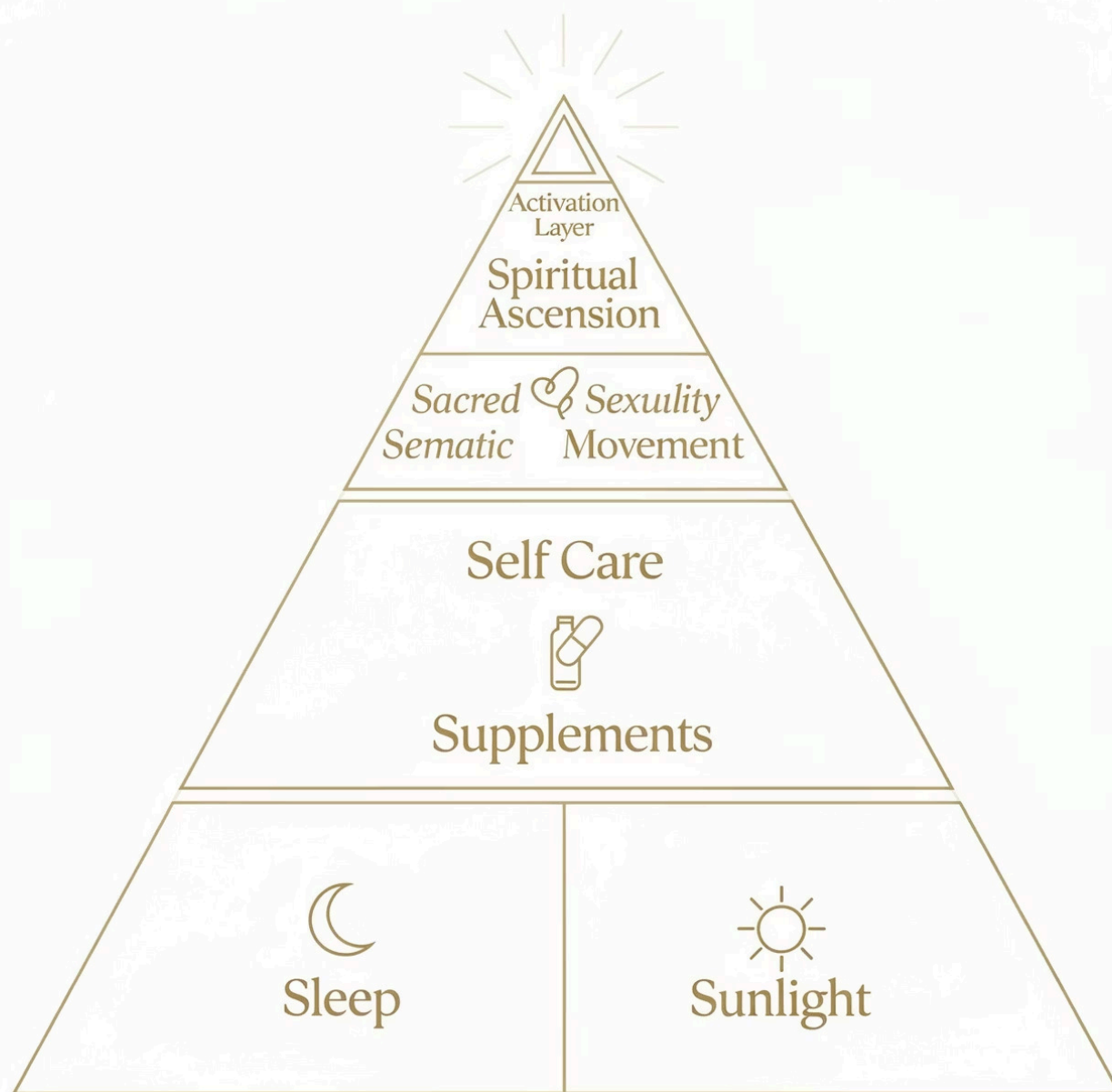
- Energy clearing
- Energy healing
- Emotional release
- Resolved trauma
- Generational work
- Reconnection to pleasure
- Living in alignment with your soul



The Transformation Is Multi-Layered

When you address all seven layers — physical, mental, emotional, and spiritual — together rather than in isolation, the change can happen. The seven pillars reinforce one another: sleep restores, sunlight regulates, self care signals safety, sacred sexuality reignites life force, supplements correct your biology, somatic movement heals, and spiritual ascension activates it all. You start with the basics: sleep, sunlight, self care and supplements to nutrition. And then you go further into your spiritual ascension through the keys hidden in your heart and your womb.

Women who do this work glow in a way that has no other explanation. The aliveness is visible. There is no product that replicates being fully reconnected to yourself.



Your Next Steps To Reverse Aging

STEP 1

Know Your Biology

Before you spend another dollar on supplements, find out what your body actually needs. Order your comprehensive bloodwork through my telehealth partner with full analysis of your biological age and exact supplement protocol included. You also get free consultation with their doctor

[Join Joi Wellness](#)

STEP 2

Energy First Masterclass

The Energy First Masterclass is where I walk you through the spiritual and energetic layer that makes all the other pillars work. You will also discover 3 energy leaks and how to stop the drains and get your life force back

[Join Free Masterclass](#)

STEP 3

Fountain of Youth Workshop

Join my Fountain of Youth Workshop – where I share all my daily spiritual and somatic practices to reverse age. This is the full system in action: the rituals, the energy work, the movement practices, and the inner shifts that make the transformation real and lasting.

[Join the Workshop](#)

Elena Visionary is a feminine energy coach, spiritual mentor, and founder of Awakened Woman Academy. She has guided hundreds of women through Awake Method™ and Energetic Identity™ framework— the invisible layer beneath every pattern, every ceiling, and every version of a woman that keeps her from living healthy beautiful lives.

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