



the realign ranch

7 day
Community
Liquid Feast
and Vision
Quest

PRE FEAST EDUCATIONAL COMPONENT PROGRAM

Welcome Home

**The journey of a thousand miles begins with one step.
[Lao Tzu]**



Dearest Feast and Quest Enthusiast:

Thank you for investing in your Own Revolution. It is by gifting ourselves the opportunity to dive within that we can begin to align our lives with our dreams, with our visions, with the inner space of our highest potential and begin to manifest that as our outer expression in this world.

I am so excited you have joined us as we take the time to carve sacred space within the boundaries of our skin and choose to create a deeper more current foundation for where we are at in our lives at this moment in time. I am so honoured and inspired by you. I want to personally welcome you to our time together. As you scroll down you will find loads of information to support you and inspire you along your journey.

Please gift yourself the time to watch the video tutorials of the Pre Feast Educational Component, to read the words of inspiration that will come daily to your inbox, to dive into the resources. They are all here to support your journey and guide you into a deeper inner space of Truth within yourself.

Please download my Ebook_The Power of Radiant Health through Liquid Nutrition, browse through it, even better, read through it! It will support you along the next week and if you let it.... for the weeks and years to come!

As for what to expect?.... Expect the unexpected. Every Feast that I have done has been different and simply perfect for where I was at that particular time in my life.

Please download your Pre Feast Educational Component Manual where you will find guidance on:

How to use this program & what to expect

Recalibrating our Heart Compass

A day in the life of a Feaster

a guided chart for the 7 Day Liquid Feast

a chart to be filled by you for your OWN 7 Day Liquid Feast

Transitioning in & out of the Liquid Feast & Vision Quest

4 day transition meal plan

recipes

And last, this is our Sacred Space. Over here on a daily basis, we will dive deeper together and support one another through video tutorials, video conversations, Resources (PDF Files), Guided Meditations and oh so much more! So make sure you bookmark it! Though not to worry your daily email reminder will greet you in your inbox to make your way to our Sacred Space.

And last last, know this is a process,

Mark your calendar!

The Liquid Feast & Vision Quest takes place the week of Sunday Nov. 13th - Sunday Nov. 20th.

In loving kindship,
Naty Howard



DAY 1 PRE FEAST EDUCATIONAL COMPONENT: A DAY IN THE LIFE OF A FEASTER

Welcome to our Pre Feast Educational Component!

This week is all about getting you ready to Feast, ready to recalibrate your Heart Compass and ready to ground your body knee deep onto the new foundation you will be building for your self over the next two weeks. I am so grateful and inspired by your choice to take action and feel the power that stems from your heart forth.

Today I offer you words of inspiration, and a sneak peak into the Life of a Feaster, enjoy the video and please download the resources bellow:

Video Day 1- PreFeast: <http://youtu.be/yoPIFSkfLNI>

Please refer to your Pre Feast Educational Component Manual pg. 8 -14 for words of inspiration on the Art of A Day in the Life of a Feaster, as well as, a suggested Feaster Chart, and a Chart for you to create your Own 7 Day Liquid Feast Plan to support your journey.

Please take the time to fill up your own chart for success with choices that support you. It will serve you as a map during our voyage together. There are loads of recipes both on my site and on the ebook: The Power of Radiant Health through Liquid Nutrition. Spend some time planning your nourishment. A few minutes of planning will make sure you are well supported on a daily basis during our time together.

Two palms together,
Naty



DAY 2 PRE FEAST EDUCATIONAL COMPONENT: TRANSITIONING IN & OUT OF THE FEAST

Transitions are always best when we are able to support ourselves through it. Yes, the support of those around us would be wonderful... but they are busy leading the lives and we are taking the time to 'pause'// dive within// create a stronger foundation// and then reintegrate back into the world with a renewed sense of both purpose and direction. So it is extremely important that WE MAKE the time to transition with awareness.

Please gift yourself the time to watch this video and read pages 15-18 from your Pre Feast Educational Component Program Manual, where you will find words of inspiration and guidance for Transitioning in and out of the Liquid Feast & Vision Quest, a suggested 4 Day Transition Meal Plan with recipes, and guidance for your Post Feast Reintegration. As well, please use your 4 Day Transition Food Shopping List for support your week.

Video Day 2 - PreFeast: <http://youtu.be/eVV6DG0ENVc>

Two palms together,

Naty Howard



DAY 3 PRE FEAST EDUCATIONAL COMPONENT: THE ART OF JUICING

Juicing is the art of adding fresh pressed juices to ones diet (yes they are still 'living' and they are also unpasteurized). For a more healing experience and greater alkalizer, vegetable green fresh pressed juices are recommended. Juices are the essence of food in liquid form, all the fibre is removed from the vegetables/ fruits, leaving only structured water full of high nutrient, minerals, oxygen and life force. Because it is a fibre-less liquid our bodies do not need to digest them—it is as if the foods we juice are “pre-digested”— thus freeing a lot of our energy for our own detoxification/ cleansing/ repairing/ rebuilding processes.

Juicing helps liberate key nutrients and enzymes from the tough plant cell walls, allowing our bodies to receive most of the nutrition. They are the number one alkalizer! Keep in mind that because juices contain the essence of the foods juiced, when we use high sugary vegetables and fruits to make the juices, the sugar content of the juices is high.

Through juicing we are able to take in the essence of food into our bodies which will begin to spark our hearts forward into the life we were born to live, into our Dharma (sacred purpose) and through the liberation that will naturally happen we begin to anchor more deeply into being in 'sacred' relationship with ourselves, with others and the world around us.

In these two videos you will find loads of inspiration, recipes, and power to juice it up!

Video Day 3.1 PreFeast: <http://youtu.be/6ClpK1N1U3E>

Video Day 3.2 PreFeast: <https://youtu.be/efC-VE65vPY>

For more inspirational Juicing Recipes please refer to my Ebook: The Power of Radiant Health through Liquid Nutrition. Chapter 18. Pg. 60.

As we gift our bodies the opportunity to tap into our innate wisdom, we find that we are the ones we have always been waiting for.

The life that calls us forward is here now. And as we surrender to the opportunities that come, may you anchor deeply into your light and may your shine.

The Light in me honours the Light in you,
Naty



DAY 4 PRE FEAST EDUCATIONAL COMPONENT: THE ART OF PREPARING SMOOTHIES

Are you ready to rock your kitchen up and revolutionize your favourite drink?
Well, it might just happen you know...

Smoothies and in particular green smoothies have won the hearts of many as they contain fibre that will act like a broom in our insides sweeping away all toxicity, particularly in the large intestine. They are a great alkalizer as well, but in comparison to juices, are digested by the body due to the high fibre nature. Smoothies or blended foods are great for us, as a big part of the digestive process has been pre-done for us by our blender, so our bodies have an easier time digesting them, without spending lots of energy!

So un dust that blender, plug it in and infuse the boundaries of your skin with goodness.

Video Day 4.1 PreFeast: <http://youtu.be/HKVmwWDSB6U>

Video Day 4.2 PreFeast: <http://youtu.be/Jm1xacP5utA>

For more inspirational Smoothie making recipes please refer to my Ebook: The Power of Radiant Health through Liquid Nutrition. Chapter 19. Page 65.

Both juices and smoothies are the quickest vehicle to restore our vitality, to repair our nutrient deficiencies and to remineralize our bodies. They are key protocols and tools for optimal health and longevity. They are the answer to many of the health challenges we are faced with today. And just as importantly, you and I can do them. We have access to not only this information, but also the power to act upon it and detox, rebuild, rejuvenate and regenerate ourselves alive.

May you & I awaken to our own innate healing powers,

Naty



DAY 5 PRE FEAST EDUCATIONAL COMPONENT: THE ART OF PREPARING ELIXIRS

Elixirs are medicinal infusions of love. They are often based on tea infusions from medicinal herbs, wild edibles, and herbs steeped for our wellbeing. They can be synergistically combined with a variety of superfood to enhance the healthy gene expression of our core, but they have the power to do that on their own. They are fascinating in that by consuming them, by getting to know them, we begin to get in touch with our own plant ancient wisdom, with the process of emergence of the heart and the emergence of universal consciousness through us.

Video Day 5.1 PreFeast: <http://youtu.be/retxl589fUc>

Video Day 5.2 PreFeast: <http://youtu.be/zA2UfVjOOuo>

For more inspirational Elixir crafting recipes please refer to my Ebook: The Power of Radiant Health through Liquid Nutrition. Chapter 23. Page 77.

Liquid Power Nutrition is the process of integrating nutrient dense fresh pressed living juices, smoothies, and elixirs into our daily lives for healthy gene expression, for longevity, for radiant and vibrant health and for the emergence of our sacred hearts. Liquid Power Nutrition is a process, a tool to let your inner shine glow, a tool for creating living sanctuaries. It is a tool to reclaim our sacredness, our ecological selves, our radiance, our clarity of thought and action, our responsibility over our lives and the Earth, our ownership of our bodies, a tool for understanding the nature of our minds and the possibilities that exist for making the life of our dreams the life that we live.

So it's time let our inner shine glow!

Naty



DAY 6 PRE FEAST EDUCATIONAL COMPONENT: TOOLS FOR DETOXIFICATION

Oh yes! We have all heard the words and it's become quite trendy to be or do a Detox. But what are we really detoxifying? And why is it key to our health, to our longevity, to our well being more so now than before?

In these two videos I offer you a variety of tools you can use to magnify and support the Detoxification process that is natural aspect of Liquid Feasting.

Video Day 6.1 PreFeast: <http://youtu.be/F8AQovtuz3E>

Video Day 6.2 PreFeast: <http://youtu.be/jwmCMpMyl-k>

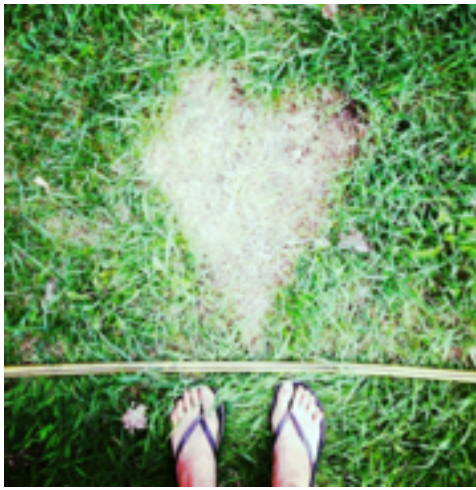
Detoxification is an Art and the best way to go about it is to start slow with one practice, then add another one. Though detoxifying the body complex (body, heart, mind & soul) we begin to more actively create sacred space around us.

The simplest practices can have profound impact on our nervous system, and on our ability to fully let go of our blockages in body, mind and spirit. Perhaps we begin by detoxifying our senses from Social Media this week. Perhaps we further our process by adding the Neti Pot, or Skin Brushing. Perhaps we detoxify by gifting ourselves the opportunity to greet our Hearts in Silence through meditation.

You know your self best, and though I will continue to guide you and offer you a variety of ways to detoxify and anchor into your Heart, know that it will always be your choice and that you have to do what is right for you at this time in your life.

May you continue to create sacred space within the boundaries of your skin,

Naty



**DAY 7 PRE FEAST EDUCATIONAL COMPONENT:
THE POWER OF RADIANT HEALTH & THE POWER OF A VISION QUEST**

I don't know about you but through life I have learned that $2+2=10!$
:)

Ok. Let me explain. The more we add tools and practices that build up our Radiant Health, the more they align with each other in greater synergy to support and excel our well being. Radiant Health goes above and beyond the appearance of 'health' of the physical body. It encompasses our radiance in our every step, action and the power our lives have in the world. When we combine our journey towards Radiant Health with powerful tools such as Liquid Feasting and Vision Questing we are awakening within ourselves a greater Life Force that will lead the way into anchoring deeply into our internal space of Truth and from where we can not only radiate Health back to the world but be a gift in our evolution towards Peace.

Now, again... what is $2+2=$?

It's up to you.

Video Day 7.1 PreFeast: <http://youtu.be/ii9v8e1OY2I>

Video Day 7.2 PreFeast: <http://youtu.be/jzVarE-dimc>

In Kinship,
Naty

The Liquid Feast & Vision Quest begins tomorrow night.

Gift yourself time tomorrow for inquiry, to settle both your body, your heart and your mind for the journey ahead,

Naty