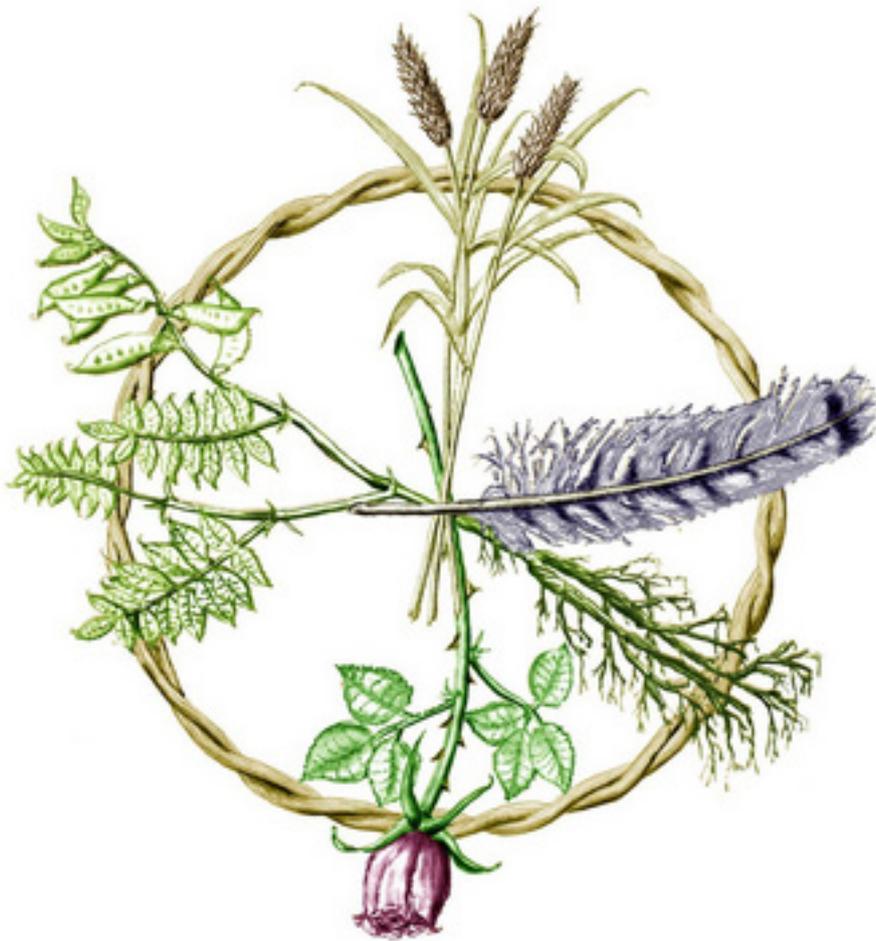




Nourishing Destiny



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Nourishing Destiny is a “living school” where we teach the art, science and energetics of nourishment and embodiment. This is an educational experience which fosters connection to self, the collective, the natural world, and spirit. Cultivating the true identity of the new paradigm of healing, we must understand that ancient knowledge and modern vibrational-energetics are not alternative, esoteric, or otherwise “woo-woo”. They are instead the healing template for dis-ease in the energetic age. With every health challenge we must address the organic nature of imbalance, genetics and environmental toxins. However, we can no longer approach illness from a place of purely chemical and physical dysfunction. The understanding of the archetypical-energetic patterns that disease engenders, and how it uniquely manifests for each individual, is paramount in addressing health and healing.

We offer each participant a taste of the joy and peacefulness that comes when you feed your being, by spending time in the natural world and living in tune with its rhythm; living the balance we seek. Through exploration of the ancient traditions of the East and West we study the health of each culture and employ its nourishing wisdom and healing practices. Through movement, nourishment, and sacred ritual we dance from our inner river of emotions to the pulse of the earth, toning our structure with grace and fluidity. Together we embrace the path of healer, teacher, and guide to provide transformation for ourselves, family, friends, and community. We are apprentices to the Alchemy of Nourishment, students of life, seeking to learn the art and science of living in the 21st century; who embody the radiance of truth.

Nourishing Destiny provides a foundation in the physical realm to allow the body to find homeostasis as it manifests in the body, mind and spirit. Building upon these concepts creates congruence between the physical body, energetic presence, and the interconnectedness of the matrix of experience.

Each progressive part of this program is designed to build upon each other through weekly webinar meetings. The immersive 5-day experiences, held on the land in Lyons, are designed to provide you with the richness and depth of environmental, experiential learning. The intention of these immersions is to impart you with skills and tools to integrate into your personal life and professional career.

Together let's walk the talk!



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The Soil

Nourishing Destiny & The New Paradigm of Health & Healing

We begin this journey with a history into the evolution of the healing arts, allopathic medicine and our relationship to food and nourishment. Through nutritional anthropology, we study the ways of our ancestors and learn how the body has adapted to the physiological, biological, and ecological changes in our environment. This sets the stage to understanding health and illness as it affects our culture today.

The new paradigm of health and healing is a vibrational exploration of the human body and the effective use of energy and food as medicine.

Throughout time we accumulate a body of experience woven with pain, joy, love, rejection, and loss. These emotions, imprinted upon our cells and the cells of our ancestors, govern our personal stories. What patterns have been generated that have locked you into habitual behaviours and narratives? What do you validate in your own patterned story? What do you feel entitled to? Where do you keep making the same choices and mistakes?

The ancient systems are explained through the lens of Western Psychology. We use the inherent structures of the chakra system, archetypes, personal history, and the biology of belief as charts to understand the nature of development. As a map for a journey through one's inner dimensions, these tools provide a conscious model of change to address habits, issues, and health dilemmas.

When we deeply open our senses we are startled out of our habitual ways of hearing, seeing, feeling and knowing our world. This change awakens us to a new vibrating matrix of life that Energetic medicine addresses. Unless we understand how energy works, we are left in the dark as to how the interconnectedness of life, and all its constituents, are influenced by one another. In delving into the wealth of information





that lies in the mystery of the personal and ancestral story, the energetics of health and healing, and unlocking the different ways of seeing; we are able to discern the innate wisdom of our being and facilitate deep healing.

As we tap into the release of stagnation that is tied into the old paradigm of healing, we manifest the possibility for true intercession. By taking full agency of our choices and perceptions is how we can truly let go and step into empowered health.

Curriculum

Anatomy of the Spirit & Subtle Body

- The Internet: The reality of holographic interconnectedness
- Health and healing in the Energetic age
- Health and how people heal
- Chakras and energy flows in the physical body
- Archetypes & Mythology (magical child/wounded child) Victim, Prostitute, Sabitour
- Biology of Belief
- Sound & Vibrational Healing (Energetic Medicine)
- Sacred Geometry & Numerology
- Fluids, Meridians & Marma Points, Chi, & Breath

History of Medicine

- Hippocrates
- Shamanic, Wise Woman and Earth Centered Traditions
- Ayurvedic Medicine
- Chinese Medicine
- Allopathy (Western Medicine)

Personal History

- Birth Story
- Ancestry
- Life Traumas
- Persona: Stories & Core Patterns



Energetics

- Vibrational resonance
- 5 Senses subtle and physical
- Intuition: Muscle Testing, Pendulum, Imaginal Resonance
- Accessing Intuition: The Enteric Nervous System
- Temperatures, Textures, & Qualities

Ways of Seeing

- Perspective
- Stages of Awareness
- Feelings, Emotions, & Instinct
- Rate & Rhythm: The pineal gland and our inner clock

Integration of Spring Cleanse

Curriculum Duration:

January 28th - March 17th, 2020

Total Class Hours: 24

Class Dates:

January 28 | February 4, 11, 18, 25 | March 3, 10, 17

Q & A Dates:

February 5, 26 | March 4

ON-SITE INTENSIVE:

March 25-30, 2020

** Class Hours: Every Tuesday 3-6:30pm MST (30 min. dinner break)*

** Q & A: First & Last Wednesday each month 3-4pm MST*



The Root

Physical & Energetic Awareness in Our Magic Body

Unlock the codes of patterning in our physical bodies to understand the expression of imbalance. Through science and energetics we explore the mysteries of the nervous system and structural norms in relation to how it protects, or inhibits, balanced states of health and mental well being. The science of neurotransmitters, and the effect they have on brain chemistry, behaviour, and mood is profoundly linked to our diet and emotional states. The brain and its relationship to our identity, self-observation, recognition of self, consciousness and unconsciousness all provide fascinating background to the study of psycho-physiological health and healing. Our emotional constitution informs our physical manifestation.

Built upon the ancient wisdom of Traditional Five-Element Theory, the 12-organ energy system blends character with personality analysis. It combines Eastern theory with Western physiology and psychology to form a unique study of emotional and energetic characteristics of the individual. The elemental nature of our personalities is understood through the imbalance and distortion within these systems and their emotional, psychological and physical manifestation within the body.

We will tie together the educational systems of the chakras, organ energies, and the quantum field of “past life”/future projections and how they are held in our patterns and direct our daily choices. By uncovering our true human nature, and to be witnessed in that vulnerable truth, we see with crystalline clarity our beingness.

Curriculum

The Nervous System

- Sympathetic
- Parasympathetic
- Autonomic
- The 3 Brains



The 12 Organ Energy Systems & The 6 Elements

- Consciousness
- The 6 Elements
- Archetypes
- Functions

Endocrine System

Immune System

Neurotransmitters & Hormones

The 8 Chakras

Integration of Summer Cleanse

Curriculum Duration:

April 7th - July 28th, 2020

Total Class Hours: 45

Class Dates:

April 7, 14, 21, 28 | May 5, 12, 19, 26 | June 2, 30 | July 7, 14, 28

Q & A Dates:

April 8, 29 | May 6, 27 | June 3 | July 1, 29

ON- SITE INTENSIVE:

August 5-10, 2020

** Class Hours: Every Tuesday 3-6:30pm MST (30 min. dinner break)*

** Q & A: First & Last Wednesday each month 3-4pm MST*



The Trunk

The Alchemy of Nourishment

Everything we take in, have taken in, or will take in is the cumulative experience of nourishment. What we ingest on the physical, emotional, and mental planes is food for the body, mind, and soul. We delve into the macronutrients (carbohydrates, proteins, fat, and water) and micronutrients (vitamins, minerals, amino acids, antioxidants, and phytonutrients) as the building blocks for energy and growth, and their foundational role in the functional and deficient states of our bodies; examine our biology of belief to comprehend how our DNA and early environments create patterns of perception and fear about ourselves and our world; and embrace the existence of our shadow so we may come to recognize those hidden desires that undermine our ability to be in the truth.

We begin by identifying our petty tyrants; those personalities and archetypes that show up time and again to challenge our visions and sense of self. As we come to know our saboteur, we begin to explore the nature of duality so we can accept all aspects of ourselves and peel-back the veil of what is keeping us held in our patterns of nourishment (or lack thereof). We cannot live our truth until we embrace both sides of our nature. The impact of our unconscious belief structures and experiences can help us to uncover the most authentic pieces of ourselves which have been shrouded by the shadows of belief, experience, and relationship.

We explore modern American diet trends, agricultural practices and the impact of chemicalization, fertilization, genetic modification on our ability to be fully functioning humans. This exploration of the qualities of today's diet has led to our modern disease epidemics. By understanding the pathophysiology of disease, through the varied channels of the body, we seek to address the nutritional and lifestyle interventions that may prevent or treat them. Thus, the importance of cleansing, detoxification and rest. Periodically our bodies require time to rest, cleanse, and rebuild. Our culture infuses our experience with an unprecedented amount of emotional, mental, and psychic stress unknown before the industrial age. Spring and fall are seasons that naturally support our own bodies inner wisdom





for renewal, cleansing, and fortification. Cleansing and fortification methods for both seasons impart an in-depth understanding of the body's needs and how to support it in harmony with the seasons and principles of nourishment.

Curriculum

Psychology of Eating

Macro & Micro Nutrients

Metabolism & Digestion

- Cellular Function
- Energy Efficiency
- The Microbiome

Diet & Disease

- What is diet & disease?
- Exploration of modern diet paradigms
- Allergies, Intolerances & the Unwell Body
- Toxins & Cleansing

Food as Medicine

- Stages of Diet
- Seasonal Eating
- Raw & Wild Foods
- Ferments



Experience & Environment as Nourishment

- Beliefs
- The Psychology of Eating
- Experiences
- Relationships

Integration of Fall Cleanse

Curriculum Duration:

September 8th - October 20th, 2020

Total Class Hours: 21

Class Dates:

September 8, 15, 22, 29 | October 6, 13, 20

Q & A Dates:

September 30 | October 7

ON-SITE INTENSIVE:

October 28 - November 2, 2020

** Class Hours: Every Tuesday 3-6:30pm MST (30 min. dinner break)*

** Q & A: First & Last Wednesday each month 3-4pm MST*



The Branches

Health & Healing in Our Vibrant Body

Here we address the heart and soul of energetics and how our inner world connects directly to the outerworld. We no longer have the privilege to dwell on our stories. Our inner being is intimately connected to our outer experience and that of the whole world. It's here that we intervene with ourselves to become the magician, learning tangible ways to engage in mindful practices to strengthen our energetic body, in the ancestral blueprints of our families, communities, and world.

We make conscious the process of change from awareness, through resolution, to action. Such interventions include the structure of our beliefs and the historical circumstances of our experience which comprise the biology of our beliefs and psychology of our symptoms. We build a strong immunity by establishing our sense of worth and strengthening our self-esteem. Through self trust we become the intuitive interventionist of our belief structures and ways of being.

The art of healthy attachment, on the waves of the inhale and exhale, come to us on the sands of discernment. Do not attach to anything with a ferocity that excludes the colorful palate of possibility.

The Leaves

Transformational Body Usage

Transformational body usage is about connecting to the inner experience of our emotional body held within our physical structure. To experience how we feel ourselves moving through space and how emotions move through our body is a gift of awareness which holds the key to unlocking our patterns. It is the awareness of our body and the ability to see and sense the structural patterns of our vibrational essence that we are able to recognize how those vibrations concretize in our physical structure. Transformational body usage and somatic body-knowing allows us to track sensations and emotions in real time; to distinguish between thoughts and emotions, and to recognize our bodies response to environmental cues.



Structural examination allows us to explore how past experiences and traumas are held in our physical structure. Through the recognition of patterns and emotional holdings, as part of our health history, we learn valuable tools to help release, process, and heal the stories held in our bones. In developing this awareness we are able to sink into practices we can apply for ourselves and those whom we work with.

Through embodiment practices we unlock the maps which guide us to our unique knowing. We can carve out our own journeys, create new pathways and embrace the mapmaker within each of us. This, in turn, transforms us into more physically adaptive beings by clearing the congestion of the emotional body.

Curriculum

The 5 Rhythms

Authentic Movement

Structural Emotional Holding Patterns

Somatic Body-Knowing

Curriculum Duration (The Leaves & The Branches):

November 10th - December 15th, 2020

Total Class Hours: 18

Class Dates:

November 10, 17, 24 | December 1, 8, 15

Q & A Dates:

November 4 | December 2

** Class Hours: Every Tuesday 3-6:30pm MST (30 min dinner break)*

** Q & A: First & Last Wednesday each month 3-4pm MST*



The Flowers

Ritual in Creating Containers for Sacred Transition

The integration of ritual and ceremony into everyday practice is essential as both healer and space holder. Ritual invites us to explore the individual unconscious as it relates to the collective and tap into the cycles of being. Rites of passage have lost their power to connect us to one another as we grow through the stages of the life cycle. We honor the transitions of life from birth to death, learning to be guides and facilitate the connections that these rites necessitate. Weaving in the traditions of native peoples of the world, we will connect with the uniqueness of what we are authentically called to. Such tools of passage include plant spirit medicine, dreamwork, and ritual theatre as we explore ceremony and the stages of life.

To unlock our relationship to the rites and cycles of life we delve into the realm of the unconscious to inform our creative expression. Dreamwork and plant spirit medicine are powerful tools for working with the subconscious and tapping into our intuitive knowing. Dreamwork provides us with techniques for connecting to our internal wisdom; and plant spirits inform our intuitive capacity. The art of ritual lies in our ability to create containers for sacred transitions as they relate to the cycles of life, which are experienced by humanity as a whole.

Curriculum

Stages of Life

- Infancy, Menstruation, Menopause & Mentorship
- Menopause as the gateway to and initiation of feminine power
- Intentional & Unintentional Pregnancy Release

Council

Ancient Ceremonies & Rites of Passage

Ritual Theatre & Creative Expression



Shamanic Journey Work

- Plant Spirit Medicine
- Dreamwork

Nourishing practices

Practicum & Final Projects

Integration of Winter Restoration

Curriculum Duration:
January 5th - May 11th, 2021

Total Class Hours: 57

Class Dates:
January 5, 12, 19, 26 | February 2, 9, 16, 23
March 2, 9, 16, 23, 30 | April 6, 13, 20, 27 | May 4, 11

Q & A Dates
January 27 | February 3, 24 | March 3, 31 | April 7, 28 | May 5, 26

** Class Hours: Every Tuesday 3-6:30pm MST (30 min. dinner break)*

** Q & A: First & Last Wednesday each month 3-4pm MST*



Curriculum

Energetics of Food

Eating in the 4 directions

Qualities, Tastes & Temperatures

The Basics

Cultural Cuisine

Food as Medicine

Seasonal Outlooks

The Microbiome: Fermentation

Hands-on during Intensives: Menu planning, Cost & Shopping

Herbalism: Natural Apothecary- Tinctures, Decoctions, Salves

*** Includes the curriculum and class architecture of
“The Roots”, “The Trunk”, & “The Soil”**

Curriculum Duration:

January 30, 2020 - May 13, 2021

Total Class Hours: 81

Class Dates:

January 30 | February 6, 27 | March 5, 26 | April 2, 30 | May 7, 28
June 4 | July 2, 30 | August - September 24 | October 1, 22 | November 5 | December 3
January 7, 28 | February 4, 25 | March 4, 25 | April 1, 29 | May 6, 13



Arrive 2 days before each immersion:
March 23 & 24 | August 3 & 4 | October 26 & 27

** Class Hours: Every Tuesday 3-6:30pm MST (30 min dinner break)
First & last Thursdays of the month 12-5pm MST*

The Vision Quest: A Culmination

Our vision quest is a contemporary version of an ancient, dynamic wilderness rite for seeking greater clarity regarding life's purpose and meaning when undergoing a major transition. As a rite of initiation, this quest embodies the symbolic journey into one's depths to retrieve one's passions and connect your heart with the knowledge and wisdom gained in this program. Through this quest, you are empowered to bring your genuine gifts of service to the world.

June 3 - 10, 2021

Pricing & Program Options

Deposit: \$500 (50% refund before November 1st, 2019)

Program Cost: \$10,995

- 165 Class Hours
- x3 5-day intensives on The Land in Lyons, CO (includes food & lodging)
- x6 Private Sessions
- Materials



Early Bird: \$10,595

- Deposit made by November 1st, 2019

Upfront Payment: \$10,395

Ambassador Cost: \$9,995

Culminating Vision Quest June 3 - 10, 2021: \$800 (includes food)

Optional Natural Apothecary Class: \$500

- Dates: April 30 - July 30th, 2020

Optional Immersive Experience:

Nourishing Destiny Program & The Health Professional Chef Internship - \$12,395

Payment plans available.

All payments made online (whether Early Bird, Upfront, or Payment Plans) subject to 3% processing fee.

