

Inspiration from Food Alchemy with Vanessa Jean

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***“Earth’s crammed with Heaven,
And every common bush afire with god;
But only he who sees, takes off his shoes,
The rest sit round it and pluck blackberries...”***

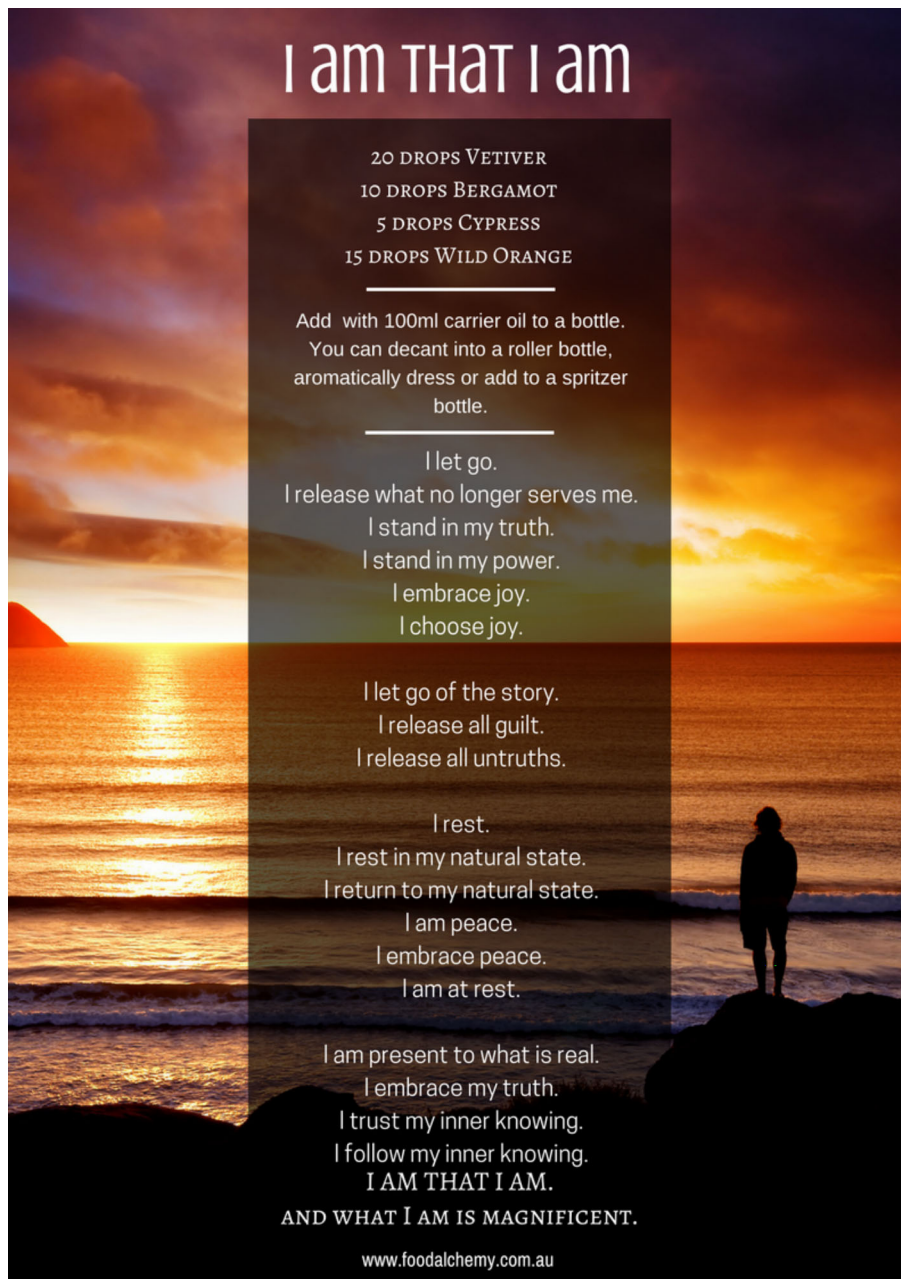
Elizabeth Barrett Browning

Hello

So many people ask me how they can ‘balance’ the spiritual life and the physical. How they can have time to turn inward and still achieve what needs to be achieved.

I believe that there is no separation between a spiritual and a physical life. They go hand-in-hand. There is, as Rudolf Steiner would say, *a time to breathe in and a time to breathe out*. A time to plant seeds, and a time to dance with the harvest. The time in between is about shining your light upon the seeds so they are warmed and nurtured and nourished, that they may have the best chance for growth. For growing into the fullness of their potential.

As we see the fullness of life and experience her in her entirety, we feel the presence of the Divine. We come to see that heaven really is on Earth and that, as we take time to breathe in and breathe out, we manifest the glory of the divine in all that we do as it radiates from all that we are.



This blend can be made in bulk with this high number of drops so that you can decanter it into pretty roller bottles, spritzer bottles and create your own purefume with it. In this form it is easy to aromatically dress with and to create powerful aromatic anchors with, and to share with others who could do with the gift of re-membling. If you choose to use this as an aromatic anchor, you say the affirmations that resonate with you as you breathe in the blend, so that each time you inhale this blend it takes you directly to your affirming statement(s) and your life transforms as your beliefs align with your truth.

When I feel myself feeling and seeing that 'Earth's crammed with heaven' I feel myself deepen into gratitude and wonder for life. I feel myself relax. The notion of 'let go and let god' becomes easier to undertake and to live... because any stress I may be experiencing dissolves. I feel more intimately connected to the flow of life and to others. I notice that I accomplish more and I do it unconditionally, from my heart and with deep passion and love. I feel more present to them moment, our children and my wonderful husband Paul. I feel more open to receive.

I invite you dear reader, to witness heaven on earth, by way of restoring 'balance' and returning to your natural state. In this way, you allow yourself to

be open to miracles and to the changes that bring you closer to living your passions and your dreams every day.

We are about to embark upon our next tour on the East Coast of Australia, where we will touch lives with essential oils, nourishing foods and transformational tools for their growth and prosperity. Our 'business training days' of which there will be four in Qld and NSW, are actually days to explore the pathways of the Soulpreneur. To create a thriving enterprise in collaboration with beautiful souls and like hearts and minds. I share this with you as I believe this training is one that we can all use... one that expands us and opens our minds and hearts to the fruits born from our passions and the actions that materialise them.

May you eat a'plenty from the heavenly garden.

May your heart sing with joy as you live your deepest passions and watch your dreams become realised!

May the berries you pluck from the fruits of your labours be ever sweet.

Live your dreams. Sing your passions into being. Know that you can be all that you dream.

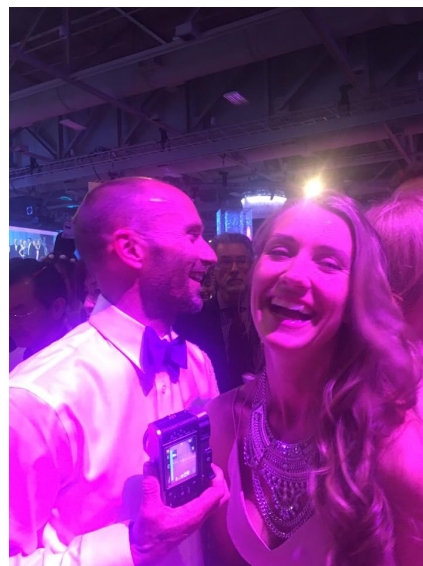
In joy and love

Vanessa Jean & family

PS - to follow in this newsletter are some recipes and goodies to help you fill your cup and details of upcoming events. We would love to see you on our travels!

September Highlights

September was an exciting month travelling to Utah, USA for convention. Such a joy! Here are a few images of the fun we had sharing our passions with our team.





Some memorable moments from our recent trip to Utah, USA. We are so blessed to see such shining souls.

Vanessa Jean's
I am Awakened!
 Lemongrass
 Lime
 Peppermint
 Joyful Blend

Diffuse, aromatically dress (in 10ml carrier oil), or
 create as an empowerment purefume blend.

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Food

Chickpea Dressing

- 2 tins organic chickpeas,
drained of liquid and rinsed
- 1 cup pistachio nuts
- 1 clove garlic – grated finely
with a microplane
- 1 tbsp apple cider vinegar
- ½ cup extra virgin olive oil
- Salt / Herbamare to taste
- 21 drops Lime essential oil
- 2 drops Black Pepper essential
oil
- 3 drops Juniper Berry essential
oil

Blitz until smooth.




www.foodalchemy.com.au

OK, so this recipe looks complicated, but it isn't. You can pick which part you want to make, or make it all. I have to say, it was divinely alive and delicious!

Green Goddess Cashew Cheese

Ingredients

- 1 cup cashews, soaked then rinsed and drained
- 1 cup mixed greens

2 tsp hemp seed oil
Salt/Herbamare to taste
1 drop Basil essential oil
1 drop Lemon essential oil
A dash of lemon juice
1 Tbsp water kefir product* (optional – see note)

Method

Soak cashew nuts (minimum 2 hours, 4 hours is ideal).

Rinse well.

Add to Thermomix or food processor and begin to blend to create a smooth texture. Add leafy greens and remaining ingredients and blend until smooth.

Note

Lemon juice can help smooth it out, you can also use the juice of fermented vegetables, water kefir or kombucha product, which will give this lots of great flora and great for gut health.

Eat as a snack or tasting plate or add to raw pizza.

Quickie Raw Pizza Base or Crackers

Ingredients

1 cup pepitas
1 cup sunflower seeds
1 cup hemp seeds
2 tsp Herbamare or salt (to taste)
1 drop Basil essential oil

Method

Blitz until fine and comes together in a ball, then flatten onto teflon sheets and onto a dehydrator tray and set at 40c approximately and remove when dry (24 hours).

Alternative: add an egg or 1 Tbsp olive oil and bake in the oven.

Veggie Topping

Ingredients

4 kale leaves, taken off their stalks
1 red capsicum
1/4 cup fresh parsley, plus some for garnish
1 carrot, grated
½ fennel bulb, finely chopped
8 fresh fave beans
1 avocado
Hemp seeds

Method

Finely chop everything. Add to bowl.

Add dressing:

Hemp oil
Apple cider vinegar

Lemon juice or 1 drop Lemon essential oil
½ orange, juiced

Mix the dressing in a bowl and add to salad and gently massage in.

Salad

Finely dice all salad veggies except avocado.

Avocado: mash with olive oil and salt to taste and 1 drop Lemon essential oil and 1 drop Bergamot essential oil. Mix with a fork.

Then add 1 Tbsp to top of the salad and gently mix into salad.

Putting it together

1. Quickie Raw Pizza Base or Crackers
2. Green Goddess Cashew Cheese
3. Salad
4. Extra avocado, parsley & hemp seeds
5. Serve with fermented vegetables and enjoy

Great fun to make with the kids and they can make their own special salad.

Oh and add take fresh fave beans out of pod and leave as they are without chopping them, add to salads.

Upcoming Events

For all my events, please go to: <http://www.foodalchemy.com.au/events.html>

Here is a summary of our training. All bookings must be made through Eventbrite to secure your place.

Sydney Part 2 Business Training 22 October 2016

Eventbrite

<https://www.eventbrite.com.au/e/sydney-1-day-business-training-221016-tickets-27532063142>

Facebook

<https://www.facebook.com/events/1269494519737143/>

Bomaderry Part 2 Business Training 23 October 2016

<https://www.eventbrite.com.au/e/bomaderry-1-day-business-training-231016-tickets-27531825431>

Facebook

<https://www.facebook.com/events/1154661844595725/>

Berry Art of Blending 24 October 2016

Eventbrite:

<https://www.eventbrite.com.au/e/the-art-of-blending-workshop-24-october-2016-tickets-28594600219>

Facebook:
<https://www.facebook.com/events/1469641206395849/>

Post Convention Tour Dates 2016

Make sure you book your free ticket for this event.



POST CONVENTION TOUR

DATE	CITY	VENUE
MONDAY 31 OCTOBER	BRISBANE	BRISBANE CONVENTION CENTRE Cnr Merivale & Glenelg Streets, South Bank Brisbane.
TUESDAY 1 NOVEMBER	ADELAIDE	THE ADELAIDE PAVILLION Cnr South Terrace & Peacock Road, Adelaide.
WEDNESDAY 2 NOVEMBER	PERTH	PERTH CONVENTION & EXHIBITION CENTRE 21 Mounts Bay Road, Perth.
THURSDAY 3 NOVEMBER	SYDNEY	CANADA BAY CLUB 4 William Street, Five Dock NSW.
FRIDAY 4 NOVEMBER	AUCKLAND	ELLERSLIE EVENT CENTRE 80 Ascot Avenue, Remuera, New Zealand.
MONDAY 7 NOVEMBER	MELBOURNE	THE MANNINGHAM 1 Thompsons Road, Bulleen.

Silver and Above Retreat 15/3/17



Open to Silver
and above
on any team
\$39 pp

Silver & Above Advanced Training

Wednesday 15th March 2017

1 - 6pm
Gold Coast Convention and Exhibition Centre, 2684 - 2690 Gold Coast Hwy, Broadbeach QLD

It's time to clear your path to your next rank in dōTERRA!

Join us for a day dedicated to Silver and above leaders where you will be given rank specific strategies, skills and tools to break through personal and business barriers.

Top U.S. and Australian leaders will be your guides, teachers and mentors. The know-how they have acquired will be passed on to you from those that have been where you are going.

Let's turn your sticking point into your tipping point!

<https://www.eventbrite.com.au/e/silver-and-above-advanced-training-tickets-28067079390>

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*** STAY TUNED ***

This event sold out! We are currently negotiating a larger space.

Join us for a day dedicated to Silver and above leaders where you will be given rank specific strategies, skills and tools to break through personal and business barriers.

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Let's turn your sticking point into your tipping point!

Date

Wednesday 15th March 2017

Time

1 – 6pm

Address

Gold Coast Convention and Exhibition Centre
2684 -2690 Gold Coast Highway
Broadbeach, QLD 4218

Investment

\$39 per person

Eventbrite tickets on sale until 14 March 2017 unless sold out prior.

Eventbrite

<https://www.eventbrite.com.au/e/silver-and-above-advanced-training-tickets-28067079390>

Facebook

<https://www.facebook.com/events/582346348633465/>

**Let's meet some of our speakers at our events on 15th
March and 19th March 2017:**

2017 Australia / New Zealand Convention

Gold Coast

Thursday 16th March - Saturday 18th March 2017.

Add this to your planner! More details will be released shortly.

SAVE THE DATE!

dōTERRA Australian Convention

Thursday 16th March to Saturday 18th March 2017

Gold Coast Convention and Exhibition Centre
Gold Coast Hwy, Broadbeach QLD



OneTree 19/3/17



One Tree
Share Success Australia

Sunday 19th March 2017, 10am - 6pm
Gold Coast Convention and Exhibition Centre,
2684 -2690 Gold Coast Highway, Broadbeach, QLD

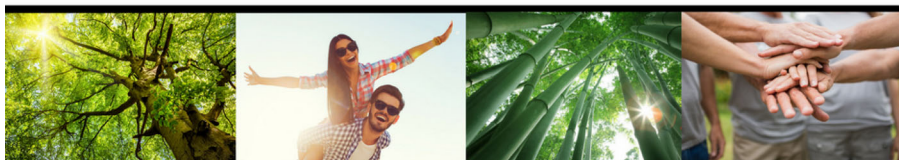
Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

Open to all ranks and all teams. Auslan interpreters provided.

With up to 3,000 people expected to attend Convention 2017, this event will sell out fast!

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

**\$49pp or
EARLY BIRD \$35pp
until 31st October
2016**



Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

Open to all ranks and all teams. Auslan interpreters provided.

More details coming soon.

With up to 3,000 people expected to attend Convention 2017, this event will sell out fast!

Date

Sunday 19th March 2017

Time

10am – 6.00pm

Address

Gold Coast Convention and Exhibition Centre
2684 -2690 Gold Coast Highway
Broadbeach, QLD 4218

Investment

\$49 per person or EARLY BIRD \$35 per person until 31st October 2016.

All bookings must be through Eventbrite and tickets will be on sale until 18th March 2017 unless sold out prior.

Eventbrite

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

Facebook

<https://www.facebook.com/events/1106320749445106/>

This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

If you are new to essential oils and would like to find out more, please go to my [oils page](#). I explain why I love these oils so much, and show you ways to use them, including delectable food recipes and blends. I also explain how easy it is to open your wholesale account, saving you 25%. I would love to help you on your essential oil journey.

*** It is very important you only use food grade essential oils**, and I use and recommend **dōTERRA essential oils**. If you would like to know more about these exquisite oils, please go to my [website](#).

Vanessa Jean on YouTube!

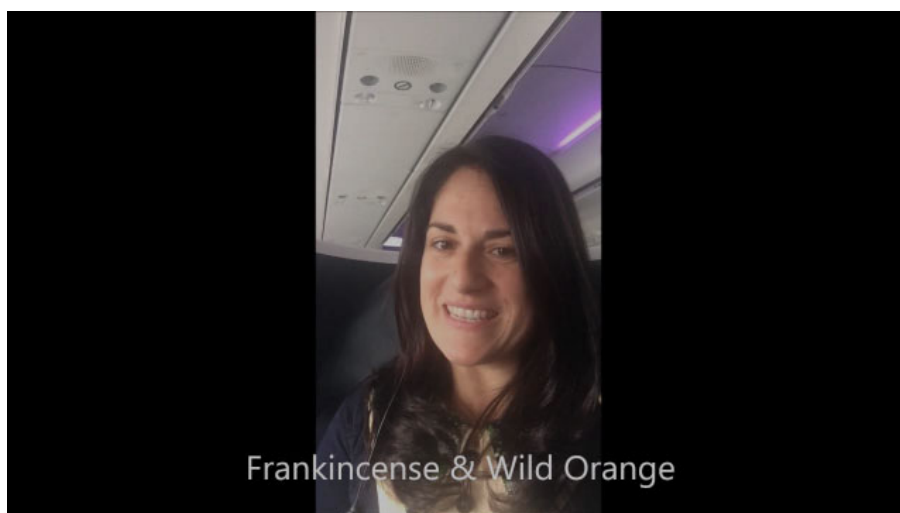


YouTube channel:
Food Alchemy with Vanessa Jean

Don't forget to subscribe to keep up-to-date with all the latest. We are regularly adding to our YouTube channel.



Here is a video I did this month on supporting women during their monthly cycle.



Since I have done so much travelling this month, it was a good opportunity to record this short video on the oils I use when travelling.



Paul Ovens and Vanessa Jean talk about their support of doTERRA's Healing Hands

Foundation, and in particular Days for Girls and Operation Railroad Underground.

You can donate directly to Operation Underground Railroad [here](#).



Paul Ovens talks about how to get the menfolk involved. This was filed at the One-day Powerhouse training with Kelly King Anderson and Vanessa Jean & Paul Ovens.



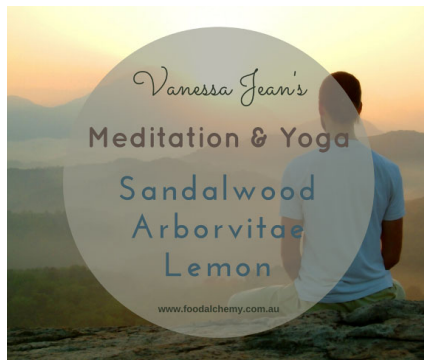
Vanessa Jean and Natalie Blackburne talk about samples and the importance of follow up.

doTERRA Specials of the Month

Product of the Month is Lemon

Place your loyalty rewards order of over 125PV before the 15th of the month to receive a **15ml Lemon**, the Product of the Month!

I love Lemon - this is such a versatile oil - great for uplifting the mood, focus and concentration, cleansing and cleaning and in food.



DVD "Raw Food Adventures"

If you would like to see me demonstrate how easy it is to make delicious raw food (sweet and savoury), my new DVD ["Raw Food Adventures"](#) will get you started!

Recipes demonstrated:

- Raw Choc Cheese Cake
- Tropical Bliss Cake
- Raw Chocolates
- Chocolate Caramel Cups
- Raw Chocolate Mousse
- Raw Pasta
- Raw Tomato Soup
- Raw Beetroot Dip

Until next time, in Joy and Love

Vanessa Jean

About Vanessa Jean

Vanessa Jean, founder of Food Alchemy, motivational speaker, dōTERRA Wellness Advocate and Queen of Cacao, is passionate about teaching people how to live a life inspired by joy and love.

Using food, aromatherapy, sound healing and her own joy for life, Vanessa Jean inspires people with her recipes, healthy lifestyle, joy and purpose.