

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

Flying into Nepal and circling for 30 minutes in the sky before landing was a great gift. In that time, it felt as though we were flying through the lands of the Gods and Goddesses. The Annapurna's lay powerful and majestic, completely unmoving in the sky. Even the clouds lay at their regal feet.

At first this mountain range looked like clouds. White snow part of their natural daily adornment. They stand calm and more powerful than any king or queen, unknowingly impacting everyone on that plane.

Tears rolled down my eyes as I connected with them. They felt Holy. Walk them-ney. This range is one to fly above and feel from on high. They feel too holy and powerful for the feet of mere mortals to tread. They look like the spine of the great mother. In this way, I feel a calling to name them Amapurna Ama – meaning mother.

They could also be seen as a dragon's back - or many dragons. They are magical to behold, reminding me of some ancient power of long, long ago.

I meditated after beholding them and felt the beginnings of an inner communication with them. Chanting Gyatri mantra, I felt the Earth, the Gods and Goddesses all. The mystical deities. I saw visions of a seated Tara and of Buddha. My heart felt full and calm in a way I have been longing for these past months. I had visions of the Dalai Lama and other Ascended Masters flash by. This mountain range, the Himalayas that humans so desperately wish to "conquer".

My first morning aromatic dressing:



I layered Digestive Blend on my belly, Frankincense and Hawaiian Sandalwood on my pulse points and Protective Blend and Oregano on my feet. I added Arborvitae in my belly button and on my feet. I supplemented daily with PB Assist and TerraZymes, Deep Blue Polyphenols and DDR Prime. I also took turmeric and Lisa's tummy mix.

We have all been nourishing ourselves with massage for the two days leading into our expedition. The blend we have chosen for our bodywork is:

Birch
 Wintergreen (sourced in Nepal)
 White Fir
 Frankincense

This is placed in a base of warmed sesame carrier oil. It seeps into our skin feeding the largest organ in goodness and love. Our muscles are given permission to relax and as we exhale we sink deeper into the heated massage beds.

Surrounded by the Himalayas and soaring condors, great birds of prey, riding the thermals with ease and grace, with a wing span to rival the Gods. Majesty, serenity and deep peace cocoon us.

Everyone is at ease and laughing joyously and life feels rather wonderful.

Each of us has a heart full of gratitude and tranquility as we lay in this valley of the Gods.



I feel so blessed to be in this beautiful country. Though there is much pollution here in Kathmandu, I can still feel the blessings of these beautiful mountains and the lands.

The Kiss of Mount Everest

Frankincense

Blend for Women

Cardamom

Use as aromatic dressing, purefume, or diffuse and connect with the wonders of the world.

Purefume for Goddesses - Embrace your Inner Goddess

2 drops Rose

1 drop Roman Chamomile

2 drops Ylang Ylang

3 drops Lemon

"I lovingly embrace all that I am, all that I live, and all that I am becoming. I dance with life exuding my inner light, courage, and strength".

Use with carrier oil as an aromatic dressing or purefume.

Manfume for the Gods - Embrace your Inner God

3 drops Jasmine

1 drop Spikenard

2 drops Frankincense

3 drops Hawaiian Sandalwood

Use with carrier oil to create your own manfume or aromatic dressing.

"I walk for in confidence and strength. My heart is open and mind willing to all new experiences and connections."

Purefume for Tranquillity and Bliss

Petitgrain
Ylang Ylang
Clary Sage
Bergamot
Jasmine

Purefume: The Flowering Heart

Rose
Petitgrain
Ylang Ylang
Hawaiian Sandalwood

Purefume: Trust

White Fir
Frankincense
Whisper

Purefume: Fortitude

Spikenard
Rose
Douglas Fir
Lemon

In a bowl of water with Himalayan salt crystals, add:

Foot Blessing (1)

Spikenard
Rose

Foot Blessing (2)

Spikenard
Spearment
Douglas Fir

Soak your feet (fresh flower petals - Rose optional).

Driving in Nepal is interesting – code word for hair raising! We are jostled and shaken like marionettes on a string! There is no order that we westerners can perceive through the maelstrom of chaos – people in fact walk alongside vehicles trying to converge on bumpy, dusty roads. When the rains come, the dust settles, yet the mud rises and makes for precariously, slippery roads. A 6km ride to the airport can take up to 2 hours in a thick traffic jam. Roads seem to fall apart at the slightest provocation – we saw this as we sat in a bus with a reckless driver taking us from the peaceful village of Rasanalu in Ramechhap. We drove there and witnessed fallen parts of the road and came back almost joining a landslide! When rain or hail strikes, as they did whilst we were in Kathmandu and Rasanalu, the muddy roads cause the wheels on vehicles to spin mindlessly without any movement forward or back! Nepalese step out with their mobile phones, into the wreckage of cars, rain and mud. It is a land of contrasts, a land of deities and stupas and prayer wheels, incense and prayer flags. A land where, unlike their cousins in Tibet, they are still allowed to observe their Holy day on Saturday and pray to their many Gods and

Goddesses. As we chanted to beloved Ganesha – the Elephant God – the locals joyously joined us. He clears obstacles and lifts our voices in song!



Aum mani padme hum was another favourite on this trip. I chant it regularly at home and here I felt the depth of the chant reverberate into my marrow and out into the land. I felt it touch unseen hearts and felt the kindling of the fire within me, that blissful reminder of impermanence. As I chant, I am reminded that *“this too shall pass”, the trials, the ecstasy, the sleeplessness...I am the jewel in the lotus out of travail and muddy waters we grow stronger and beauty emerges into being”*.

Purfume - Impermanence

Rose

Ylang Ylang

Lavender

Bergamot

This, like India, is a land where Buddhism was born and to this day thrives in the hearts of many as they observe this ancient practice delivered to them long, long ago. Statues of Buddha, Guru Rinpoche and Tara adorn shelves and walls, monks walk the streets in saffron robes, calm eyes, bald heads and smiles that reach their eyes.

This is a land of plenty – they are some of the kindest souls on earth I believe. And though I have never touched Tibetan soil, I believe there too I would find kind souls. So much adversity has touched these people and yet they still choose the path of peace and joy, of a simple life filled with many riches. They sing from their hearts and dance the dance of their ancestor's culture and history emanate from structures, stupas and market stalls.

Their language is lyrical, and places one under its hypnotic influence. One cannot help but smile of the head “wobble” of India is part of everyday communication here in Nepal. A slight tilt of the head says much – it could mean yes, no, maybe or come this way.

Every nuance has its own meaning, twinkling eyes and smiles often accompany this universal language so common in these parts.



I asked my husband Paul today if he could go anywhere in the world right now for his pleasure, where would his heart take him. "Hawaii to the surf, to reconnect with his beloved ocean. One month of oceanic bliss." For me – it is the home my soul has always yearned to return to in this life – Mother India.

After this journey in Nepal, I long to visit and remember the depth of who I am. To enter into meditation and movement once more. To chant. To serve. To be. The ashram calls me once more. It is time for Retreat.

For now, I shall turn inward to my inner sanctum and Ashram of my heart. Here, I shall chant the mantras that bring me deep peace, healing and connection.

Thus, I have been called to bring such a retreat to each of you. Many have been asking when I shall hold my next retreat. My heart hears you. I plan to hold 2 retreats – on the west coast and east coast of Australia. Stay tuned as we work out dates and venues.

This will be true retreat. Put simply, A Return to Love. If your soul is calling you inward, join me and an intimate group as we walk the inner spiral to stillness within.

- Mindfulness
- Meditation
- Chanting
- Dancing and dynamic mediation
- Cacao Ceremony
- Organic, plant based foods
- DNA Regeneration
- Akashic Record Readings and messages from the Masters and more...

Journey with me as I open myself to your souls calling to simple be in this space, prayers are heard, miracles happen and transformation is a gift as we dissolve that which no longer serves us.

Namaste



Paul talking about our work in Nepal.





Images doTERRA photographer Colin

The Arts of Healing



I am excited to share the The Arts of Healing series that Cynthia Harrison is hosting, and one of the speakers for this month is, you guessed it, me! The tools to be shared are not only easy to do, able to be done at home, but are also very effective in assisting our vitality, health and wellbeing.

Can't wait to share this container of knowledge with you and I am so pleased to introduce this series of conversations with experts in their diverse fields around what inspires them and how their work assists the physical aspects and the spiritual connections. This series is about understanding the HOW of gaining vitality and Igniting Your Soul Fire!

We are unlocking and bridging the arts/tools from ancient wisdom to modern science, from touch to technology that help our state of regulation and alignment of our minds, body's and our soul. A whole body approach to wellness and conscious evolution!

You have the opportunity to tap into this amazing group of speakers knowledge and experience and receive bonus free tools and techniques you can use instantly.

So what are you waiting for? Say yes, and join us now. Just click the link right [here](#).

Oops!

Sorry for the missing date in our last newsletter regarding "Love: The Bottom Line"!

We will be going into this subject in more depth in our upcoming [One Tree](#)

[Perth event 4 June 2017](#). I hope you can make it. We have a fabulous range of speakers on a wide range of topics. Paul and I will be speaking on:

- Divine Law of Compensation
- Water yourself - nourish yourself
- Law of the Harvest
- Practical tips on how to grow your tree - with love as your bottom line

Caramelised Nuts



In a recent Cacao Creations class with Jacko from Journey to Great, I made these beautiful caramelised nuts.

Ingredients

2.5 cups raw almonds
1 tsp Celtic sea salt
2 tbsp coconut oil, liquified
1 drop Cassia
2 drops Juniper Berry
2 tbsp maple syrup with 3 drops Wild Orange
1 tsp Celtic sea salt (to sprinkle)
½ tsp vanilla extract

Method

Heat fan forced oven to 200C.

Line baking tray with parchment or baking paper.

In a little bowl, mix the liquid coconut oil with the Cassia and Juniper Berry essential oils, and the vanilla extract.

Place almonds on a tray with 1 tsp salt and the mixed coconut oil and massage over the almonds.

Combine the Wild Orange essential oil with the maple syrup, then pour and massage onto almonds. Sprinkle the extra tsp salt over the almonds.

Place into hot oven.

Set timer for 5-7 minutes for roasting.

Do not over roast or burn all the good fats in the almonds.

Take out of the oven and allow to cool, then mix with hands. When all well combined, add 2 tbsp cacao nibs, combine again. Place in a covered bowl and snack on as desired.

Note: you can add a cup of this mix and create a raw fudge slice.

Upcoming Events

Please visit the [Events](#) page for all current events.

European Prosper Summit 18 May 2017



Join top ranked doTERRA leaders for a full-day of valuable training at the European Prosper Summit, held May 18th in Amsterdam, the day prior to doTERRA's 2017 convention. Learn how to find rapid success and become a powerful leader at doTERRA, discover best placement practices, learn how to invite, present, and enroll effectively, learn how to find leaders, and discover why now is the time to share doTERRA in Europe!

Paul and I are honoured to be talking at this summit on ***Creating a Lasting Movement***.

To join us and many wonderful speakers, please go to: [European Prosper Summit](#).

Perth One Tree Training 4 June 2017

Business with Heart & Personal Development Training - Share Success

Australia

***** OPEN TO ALL TEAMS AND ALL RANKS *****

This is the premier event for training, personal and professional development for Wellness Advocates in Australia. It comes to life just twice each year on the day following dōTERRA convention and dōTERRA leadership retreat.

It is a full day of learning, shared experience and heart brought to you by the very best Wellness Advocates across Australia and around the world. Together they impart their knowledge, share success strategies and tips, provide inspiration, and fuel your passion for creating an abundant life for yourself and the many you will touch.

This event is open to all ranks and all teams, after all we truly are interconnected and part of the greater whole of the dōTERRA family just as each root, branch, leaf and flower are all critical and connected parts of any healthy, strong, life giving and life supporting tree.

We come together on this day to honour those that have blazed the trail before us and to show the path forward for you through sharing the wisdom gained by those who have succeeded.

Come have your skills, vision and purpose re-imagined.

Date

Sunday 4 June 2017

Time

9.30am – 5.30pm

Address

Function Room - The Rise
28 Eighth Avenue, Maylands WA 6051

Investment

\$39 Early Bird until 30 April 2017.

Thereafter \$49 per person.

[Click here to purchase tickets.](#)

One Tree Gold Coast March 2017



Perth Business Training 5 & 6 June 2017

The Way of the Soultrepreneur - Connection Marketing Training

***** OPEN TO ALL TEAMS AND ALL RANKS *****

Wish there was a straightforward and simple path to succeed in this business?

What about a 'how to' manual that explains exactly how we do it?

Want to know what we've learned this past year that will see you get to Diamond and beyond more simply than you could dream?

To get all this and much, much more you cannot miss this opportunity!

Our training, our knowledge and methods of implementation continue to evolve and this constant search for improvement has yielded some truly exciting revelations. We are more excited than we've ever been to deliver our latest offering in training to help you truly grow and change your life.

Australia's 1st Presidential Diamonds share the very best of what they've learned in a powerful event over 2 separate days.

It's training choose your own adventure style! Come to either or both of these transformational days and learn the Way of the Soultrepreneur. Where business and heart come together. Where profit comes from putting people first. Where authentic connection is the surest path to changing the lives of many. Where love is the bottom line.

Attend day 1 and you will:

- Find your WHY
- Learn a replicable method to help others find their true WHY
- Understand how to help people to say Yes!
- Know how to invite, teach and enrol powerful people
- Be empowered to duplicate yourself out of the rat race
- Have the secret to getting your team on LRP
- Be taught a placement strategy that removes doubt and confusion
- Truly understand how to gain maximum benefit from this awesome compensation plan

Day 2 will give you:

- A deeper understanding of why we place and structure our team the way we do
- The ability to effectively mentor your team
- Tools to help you advance rank
- Methods for avoiding the train wrecks of a large team
- Monitoring tools so no opportunity for you or your team to advance is ever missed
- Strategy- the stuff experience gives you! Real plans for how to grow your team

Extensive handouts are included.

When**Part 1: The way of the Soultrepreneur-inspired strategies for sharing and**

building your dōTERRA business

Monday 5 June 2017 (9.30am – 5.30pm) (public holiday)

Part 2: Leadership and mentoring to create a lasting movement plus deeper knowledge of placements and tools to manage your growing team effectively

Tuesday 6 June 2017 (9.30am – 5.30pm)

Where

The Function Room - The Rise
28 Eighth Avenue, Maylands WA 6051

Investment

Leadership special is \$79 for Part 1 OR Part 2 (normally \$99 for Part 1 OR Part 2) OR

Leadership special of \$149 for both Part 1 AND Part 2 (normally \$198).

[Click here to purchase tickets.](#)

Dubbo 1 day doTERRA Business Training 9/7/17



The Way of the Soultrepreneur - Connection Marketing Training

***** OPEN TO ALL TEAMS AND ALL RANKS *****

Wish there was a straightforward and simple path to succeed in this business?

What about a 'how to' manual that explains exactly how we do it?

Want to know what we've learned this past year that will see you get to Diamond and beyond more simply than you could dream?

Our training, our knowledge and methods of implementation continue to evolve and this constant search for improvement has yielded some truly exciting revelations. We are more excited than we've ever been to deliver our latest

offering in training to help you truly grow and change your life.

Australia's 1st Presidential Diamonds share the very best of what they've learned in this Part 1 business training event.

Come to learn the Way of the Soultrepreneur. Where business and heart come together. Where profit comes from putting people first. Where authentic connection is the surest path to changing the lives of many. Where love is the bottom line.

Attend Part 1 Business Training and you will:

- Find your WHY
- Learn a replicable method to help others find their true WHY
- Understand how to help people to say Yes!
- Know how to invite, teach and enrol powerful people
- Be empowered to duplicate yourself out of the rat race
- Have the secret to getting your team on LRP
- Be taught a placement strategy that removes doubt and confusion
- Truly understand how to gain maximum benefit from this awesome compensation plan

Extensive manual is included.

When

Part 1: Learn how to share effectively and get people interested in the essential oils

Sunday 9 July 2017 (10.00am – 6.00pm)

Where

Milestone Hotel, 195 Macquarie St, Dubbo

Investment

Usually \$99 per person for this Part 1 business training.

Early Bird price is \$69 per person paid and registered by 15 May 2017 - bring your team along!

Special price for everyone coming to this Dubbo training is \$79 per person for tickets purchased after 15 May 2017.

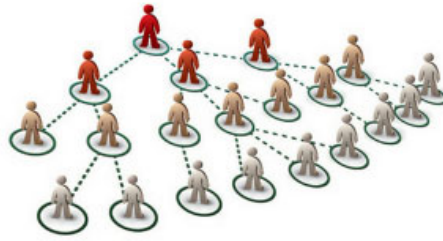
Bookings are essential to secure your place.

Booking Link

<https://www.eventbrite.com.au/e/dubbo-part-1-doterra-business-training-9-july-2017-tickets-33068143708>

[Facebook](#)

Sydney Going Deeper into Placements 11/7/17



Going Deeper into Placements

Tuesday 11th July 2017
6pm-9pm
Canada Bay Club, 4 William Street, Five Dock, NSW

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamonds, in this 3-hour in-depth workshop about going deeper into placements.

Learn to place like a pro; tips to fast track your rank advancements and ensure sustainability.

Bookings are essential through Eventbrite.

<https://www.eventbrite.com.au/e/doterra-sydney-going-deeper-into-placements-11717-tickets-32069308164>



www.foodalchemy.com.au

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamonds, in this 3-hour in-depth workshop about going deeper into placements. Learn to place like a pro; tips to fast track your rank advancements and ensure sustainability.

Topics – Learn how to place

- For longevity; for maintaining rank and serving the higher good
- Active sharers, builders and leaders
- For volume and structure
- Effectively in depth
- Multiple enrolments
- Online enrolments
- Effectively using the Wellness Consult to establish
- placements
- and more...

Bookings are essential through Eventbrite.

Date

Tuesday 11th July 2017

Time

6pm – 9pm

Where

Canada Bay Club
4 William Street, Five Dock, NSW 2046

Investment

\$39 per person.

Eventbrite

<https://www.eventbrite.com.au/e/doterra-sydney-going-deeper-into-placements-11717-tickets-32069308164>

Facebook

<https://www.facebook.com/events/2212768108948689/>

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.**

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.

Manuka Essential Oil



Musings on Manuka essential oil

Australia and New Zealand were able to participate in a special purchase of Manuka essential oil. For those who managed to order this precious oil, I explore how to play with it.



Manuka Oil PRODUCT OF NEW ZEALAND

🌿 Diffuse to cleanse the air and refreshen the home
 🌿 Aromatically dress - great to ground and center and for deep meditation
 🌿 Great for oral health

Cleaning & Diffusing

- Manuka Tea Tree Lavender

Aromatically dress or as a Purefume

- Manuka Frankincense Rose
- Manuka H. Sandalwood Jasmine
- Manuka Bergamot Douglas Fir

Mouth Wash

- Manuka Peppermint Tea Tree

Cleaning & Diffusing

- Manuka Eucalyptus Lemon

Manuka blends well with woods, lavender and lemon.

Steam distilled from the flowers, leaves and stems of the Manuka tree.

www.foodalchemy.com.au

doTERRA Specials of the Month

10% Off Local is Easy Air Vapor Stick

SAVE 10% IN APRIL - AU/NZ

Easy Air™ Vapour Stick

clear blend vapour stick

dōTERRA'S EASY AIR™ VAPOUR STICK PROVIDES A CONVENIENT METHOD OF ENJOYING ALL THE BENEFITS OF dōTERRA EASY AIR™ ESSENTIAL OIL. IT GLIDES ON THE SKIN WITH EASE AND ENCOURAGES A COOLING AND SOOTHING EFFECT BOTH TOPICALLY AND AROMATICALLY. THE EASY AIR™ VAPOUR STICK IS PERFECT FOR TRAVEL TO PROVIDE POWERFUL RESPIRATORY SUPPORT FOR THE ENTIRE FAMILY.



USES

1. Apply topically to chest and breathe deeply to enjoy a cooling, invigorating vapour
2. Provides a cooling, soothing effect both topically and aromatically
3. Take with you whilst travelling for it's ease of use

34290004	WHOLESALE AUD \$15.00	5.50 PV
	AFTER DISCOUNT AUD \$13.50	4.95 PV

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In Bloom - April and May Promotion

APRIL 1ST – MAY 31ST 2017**HOW TO EARN**

- Enrol 4 new wellness advocates with a 100PV enrolment order and a 100PV LRP order the following month, receive One 10mL Roll On
- Enrol 6 new wellness advocates with a 100PV enrolment order and a 100PV LRP order the following month, receive Jasmine 5mL
- Enrol 8 new wellness advocates with a 100PV enrolment order and a 100PV LRP order the following month, receive Rose 5mL
- Enrol 16 new wellness advocates with a 100PV enrolment order and a 100PV LRP order the following month, receive all 3 oils (Rose 5mL, Jasmine 5mL, One 10mL Roll On)

# OF 100PV ENROLMENTS W/ SECOND MONTH 100PV LRP	ONE 10 ML ROLL ON	JASMINE 5ML	ROSE 5ML
4	✓	✗	✗
6	✗	✓	✗
8	✗	✗	✓
16	✓	✓	✓

RULES & TERMS

- Preferred Member upgrades to a Wellness Advocate will qualify if a 100 PV enrolment order is placed and includes the upgrade fee. An enrolment order is the first order placed on a Wellness Advocate's account.
- Retail Customers and Preferred Members will not count as qualifying enrolments.
- Reactivations DO NOT count towards this promotion. No exceptions will be made in this regard.
- Enrolment Order – an enrolment order is the first order placed by a new Wellness Advocate that includes the introductory packet. (AU \$55 enrolment fee).
- PV is NOT always equal to the cost of an order. Before completing the enrolment order, a Wellness Advocate must verify that the order is 100 PV or more.
- Enrolment orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Wellness Advocates must hold all qualifying enrolments through June 15, 2017 in order to qualify. Reporting is not run until the end of the promotion. The oils will be sent to those who qualify no later than July 1st, 2017.
- Enrolments outside of the qualifying time period (April 1 – May 31, 2017) do not count towards qualifying enrolments. The last day for new Wellness Advocates to enroll is May 31, 2017 at 11:59 pm EST.
- For any questions regarding this promotion please email australia@doterra.com. We have a limited supply of these very rare oils, so please be aware we cannot guarantee an exception can be made. Please be sure to review all the rules above to make sure all guidelines are met.

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For full terms and conditions, click [here](#).

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