

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

May is often a time of reflection on love for me.

The 1st of May, traditionally May Day, ignites my heart with memories of dancing around the maypole, laughing and smiling, flirting as flowers crown the heads of young maidens and declarations of love.

In current times, we celebrate the love we have for our mothers on Mother's Day. For me, I love to reflect on all the women who have and continue to bless me in the capacity of "Mother", including Mother Earth.

Take a moment now to acknowledge and connect with all the women in your life that have held a "mothering" role for you.

It could be from when you were a small child, someone you turned to in your teens and as a young adult in your 20's... right through till now. Who are these brave souls who stand by you, who cheer you on, who offer great reflections, who challenge you to greatness, who help with your own children maybe, or who shine a light on a new perspective to a challenging situation or person?

Take a moment to feel all your gratitude. To connect from your heart to theirs.

There is a simple yet beautiful meditation I love that helps us to really feel the connection, enabling you to pour the love and gratitude in.

Imagine you and the person in a cocoon of golden light. As you inhale and exhale, see, feel, sense or imagine in the way that you do, light flowing from your heart to theirs. The light may be golden, or turquoise, or soft rose pink, or rainbow! Let it flow and be as it appears. As it flows from your heart to theirs, tell them, their soul, you love them and all the reasons you are grateful for them. (Note: this can be done with someone on the Earth plane or heavenly realm).

Pouring in the Love

Wild Orange
Blend for Women
Hawaiian Sandalwood

The mind doesn't know the difference between what is imagined and real. So, see it and feel it in detail and colour, and surrender to love.

When you feel complete, just take a breath and consciously “turn off the flow” and spend a moment eye gazing with the being before you. There is music in silence - relish it. Then, when ready, complete with a bow or nod and smile. Then imagine you both simply fading into light particles, back to Source.

We are divinity incarnate, so allow yourself to frequently connect with your own Godspark and connecting with this spark of pure unconditional love in others.



As I reflect on all that I am grateful for and the amazing women who have and continue to serve as mother to me, my blood mum, my Nonna and Nanna (now in the heavenly realms) Bernadette – so much like a magical and wise Goddess Mother, my aunts and many more.

I feel my heart blossom. It connects me with the sisterhood and the incredible women in my life.

It also brings to mind and heart my recent experience in Nepal.



My fondest memories are while we stayed in Rasanalu in Ramechhap for four nights. I was so deeply touched by how the women and young girls held each other, laughed together, stood by one another.

We shared many a smile and I felt the deep bonds of sisterhood connecting us all.







We shared two sessions with them with [dōTERRA Healing Hands](#) called “[Days for Girls](#)”; we built the student’s new school with them side-by-side. It was glorious, these memories will stay with me always.

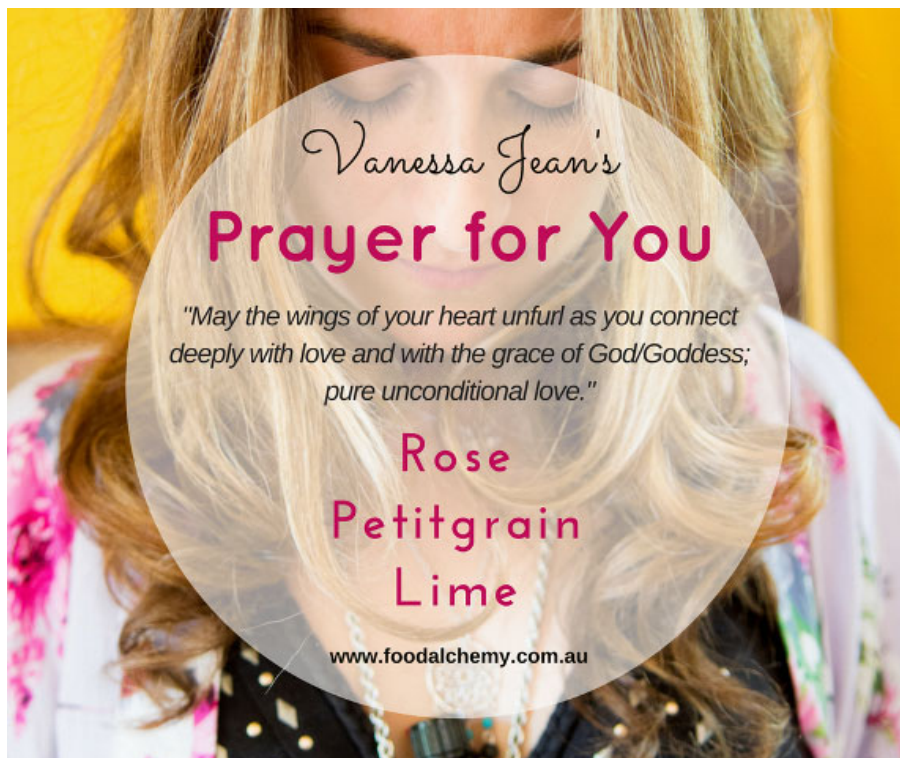
Here are my deeper reflections and a little sound journey and mediation you can watch and listen to.



Sound healing, and musings on Nepal

In closing, I would love to say please focus on your blessings in life. I know each of you has had your own journey with your mother or mother energy. I know some of you have experienced loss of this precious person in your life.

It's not always roses and candy, but as humans, we have a choice. You can unpack your gifts anyway you want to. When we focus on our blessings, they multiply. Call in the love. Celebrate your blessings. Let your heart fill with love.



I have now come to a time in my life where I stand in my truth to me no matter what! My "religion" is LOVE. And I pray that all of you open yourselves to eternal love. I pray everyone remembers at the heart of all great teachings, there is love. When we align ourselves with love, miracles happen. Grace touches us. Peace dwells side-by-side in all that we share with the world.

Blessings upon you and all the mothers around the world.

In Joy and Love

Vanessa Jean

One Tree Perth 4 June 2017 - Foundations of Freedom

Don't miss out on this event. We are bringing you an exciting and diverse range of speakers and topics to inspire, delight and educate you on your dōTERRA journey. All topics are leadership focused to help you and your dōTERRA tree grow! Click [here](#) to book.



One Tree - Gold Coast - 19 March 2017



Fig and Almond Logs

I love figs - be they fresh or dried - they are my favourite!

This is a lovely Mediterranean sweet treat and something to sustain you during the day. Whilst not from Italy, you will find these little wonders across the Mediterranean and the Middle East. I wanted to add them here as they cost so much to buy but are so easy to make and very cost effective. You can easily replace the nuts with coconut if any allergies are present or for children in nut-free schools.

Makes approximately 16; 1½ inch logs.

Ingredients

1 cup soaked almonds, soaked overnight
5 dried figs
½ cup sultanas
1 tbsp coconut oil

Method

Finely blend the soaked almonds in your food processor to a chunky finish.

Add other ingredients and blend.

Roll into 1.5" logs, then roll in cinnamon or extra ground almonds, or leave as they are (I love them as they are, the colours and texture is amazing!). Store in the refrigerator.



Recipe - Corn and Cannellini Dip

Ingredients

1 tin organic cannellini beans, drained and rinsed
2 corn cobs, corn cut off the cob
1 head garlic, roasted
15g fresh dill
1 tbsp extra virgin olive oil
1 drop Black Pepper essential oil
2 drops Juniper Berry essential oil
Salt to taste (use Himalayan or Celtic sea salt or other good quality salt)

Method

To roast the garlic, drizzle extra virgin olive oil over it (just a couple of drops to moisten the garlic) then wrap in parchment or baking paper - like a wonton. This will protect the garlic from drying out.

Roast on 180°C until soft.

Take out of the oven to cool a little.

While it is still warm, squeeze the garlic out and into the Thermomix or food processor, combine with other ingredients and process until smooth.

Check the flavour, serve into a bowl with an extra swish of olive oil and dill garnish.

Enjoy with crackers, sour dough, fresh veggie sticks.

**Raw Salted Caramel Slice**

Here is a recipe to express gratitude and love for Mother's Day. Full of deep nourishing goodness.

Base Ingredients

2 cups macadamia nuts
1 ¼ cups activated buckwheat or plain buckinis
2 cups medjool dates, pitted
½ tsp sea salt
2 tsp ground vanilla beans
½ tbsp coconut oil, softened
2 drops of Cassia essential oil

Method

Blitz nuts and activated buckwheat until roughly chopped, then add all remaining base ingredients to a food processor and pulse until well combined and will stick together if pressed with your fingers.

Line the base of a 20cm cake/tart or slice tin with baking paper or coconut oil and press the mixture into the bottom of tin. Allow to chill in freezer while you prepare the next stage.

Salted Caramel Ingredients

4 cups cashews or macadamia nuts, soaked overnight
½ cup coconut oil, liquefied
1 tbsp maca powder or 1 - 2 tbsp tahini
8 soaked dates, date soaking water set aside
½ to 1 tbsp of maple syrup (to taste)
1 drop Cinnamon Bark essential oil
1 tsp ground vanilla beans or scrape one pod
2 tsp fine Celtic or Himalayan salt + extra to sprinkle over top

Method

Add all the ingredients into a food processor and blend on high until smooth.

Scrape down the sides as needed. The mixture needs to be creamy and smooth, keep blending until you reach this consistency! Adding date soaking water as needed to smooth it out (small amounts at a time).

Pour the salted caramel mixture over the base and smooth over the top with the back of a spoon. (Decorate with Cacao Nibs if you like).

Place the slice into the freezer to set for at least 3 hours, or overnight.

Optional: Raw Chocolate Topping**Ingredients**

½ cup raw cacao powder
½ cup coconut oil, liquefied
½ cup maple syrup

Method

Gently blend together or stir and pour over cold caramel slice – you can pour this over part or fully set caramel filling.



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! **My interview will be available between 11 and 13 May.**

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](#).

doTERRA Specials of the Month

10% Off Local is the [Petal Diffuser](#)

- Ultra-fine mist reaches up to 330 square feet (30 square metres)
- Simple, 3-piece diffuser is easy and convenient to use
- Stable and light for the many spaces in your life



- Before exercising, massage one to two drops (in carrier oil) onto your chest to maintain vitality throughout your workout
- Diffuse [Cedarwood](#) to relax the mind and body
- Apply with carrier oil to the feet for a peaceful feeling
- Naturally repels insects



Upcoming Events

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

Perth One Tree Training 4 June 2017 - Foundations of Freedom

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

\$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

\$39
per
person

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.

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.
- Re-enrollments 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 \$35 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 enrol 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.

doTERRA

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
- Raw Beetroot Dip

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.

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