

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

Have you ever really given much thought to the person you would love to be? What would that look like, feel like, smell like?

You may model yourself on someone who lives the life you dream of, who has the attributes you yearn to cultivate.

For instance, Mother Teresa, Lady Diana, Audrey Hepburn, Joan of Arc, The Dalai Lama, Nelson Mandela, Jesus, Mother Mary, Marianne Williamson, Dr Wayne Dyer... I could go on... What do you think of, or attribute to, these amazing souls?

Think on what you would like more of in your life – health, wealth, love, joy, peace, magic, more sleep...

As you activate your mind to enter into creation-mode, the frontal lobe comes into action! Here, we can imagine in as much detail as possible.

Ask yourself open-ended, exploratory questions such as:

Who in history do I admire and why? What traits or skills (etc.) would I like to emulate?

What would it be like to embody these characteristics and traits?

What would it feel like to live my life more like this?

This fun little process enables our mind to expand as we literally recreate ourselves and our life. As you neurologically re-wire your brain, you begin to respond differently in life when you can live as though you already “ARE”, you BE-COME that which you are truly meant to be!

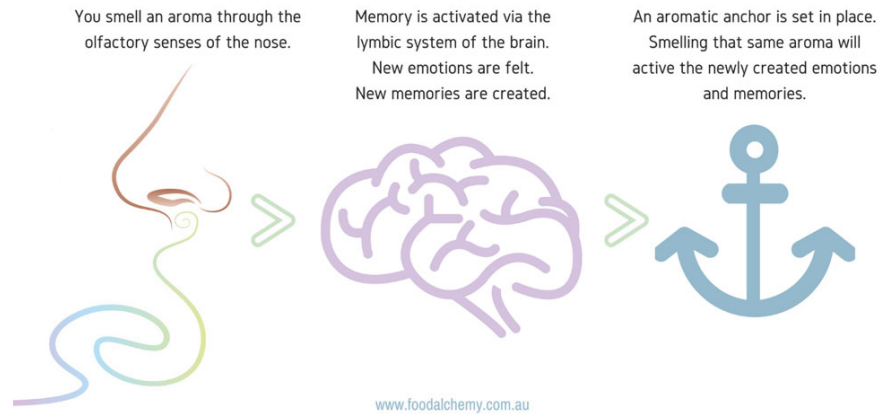
I love how Dr Joe Dispenza refers to “re-mind” our selves of who we truly are!

Activity

Make a list of all the characteristics, virtues, talents and traits you choose to embody. Go into all the details.

Aromatic anchor so that during the day, rather than buying into your old story of a stress-response, when you inhale the blend you have created, you tip back into the empowering new “you” you are creating thereby bypassing the old circuitry and creating new, strong neural pathways and thus a new way of being you.

Aromatic Anchoring



When you embody and fully embrace the act of creation, your old chemical signature dissolves. You step into the infinite realm of possibilities therefore thinking and feeling in an entirely new way. Where you were once merely “surviving” in sympathetic over-drive – fight/flight response - you are now being from the place of CREATION! What this leads to is greater energy, clear thinking, creativity, better rest and deeper sleep. The body is no longer being constantly signalled to keep producing stress hormones (leading to exhaustion and fatigue).

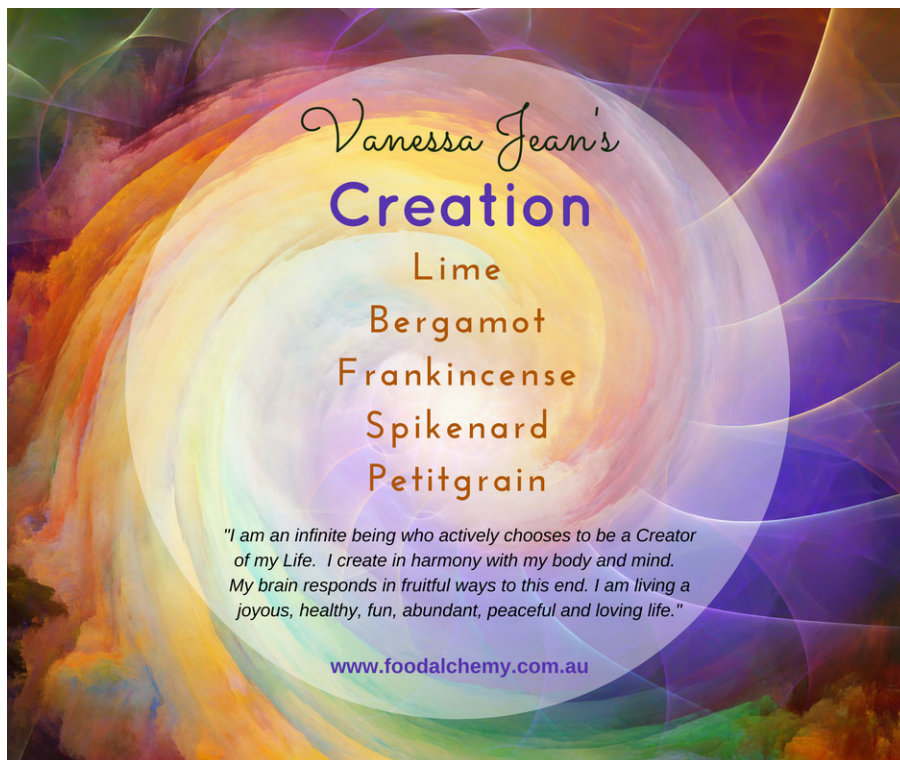
The key is to make that thought or thought stream that you are focusing on, to become an experience. The experience of focus. The frontal lobe registers this and kindly quiets the brain down so that only that thought is being attended to.

e.g. Seeing yourself as a vital, energised, healthy and radiant being. Smiling joyously, sharing quality time with loved ones. A being that is joyous, healthy and loving and who creates depth of connection and meaning in their life.

How does this sound?

How would you feel to have your body and brain working with you, in the spirit of creating?

How does that feel?



In Joy and Love

Vanessa Jean & Paul Ovens

Talking about creation, how about creating these sustaining plates of deliciousness now that our weather is cooler...



Red Split Lentil Dhal

I tend to make a larger batch of this so it lasts. It is great in leftovers that more than fill the void in the belly with unbelievable goodness!

Examples: with scrambled eggs, stuffed into puff pastry as pasties, rolled into

healthy balls, made into soup or as an addition to soup or a red sauce and put onto pasta, mix into rice both of which can be baked in the oven. Add to an omelette mix, make pikelets or fritters, as a breakfast with sour dough and an egg with some raw tomato and herbs on top...the list goes on! Enjoy creating magic!

Ingredients

1 cup red split lentils washed thoroughly, then drained of water

Method

Cover in water or stock and bring to the boil, then let simmer until cooked.

Once they soften (they go fluffy!) you can use your whisk and this mashes them into a soft, smooth and creamy dhal mix.

This is a simple dhal, add salt to taste and you are done....HOWEVER... I like dhal that bursts with flavour too, and it is the only way my husband will eat it so...here is a little addition.

Whilst the dahl is simmering away, finely slice/dice 2 red onions (finely sliced or diced depending on your preference). Put 1 tbsp of olive oil, butter, coconut oil or ghee into a fry pan when warm, then add the onions. Slice as many garlic cloves as you like and add these. Add cumin, coriander, turmeric (all dried) to the mix and stir. Allow the flavours to work their way through the onion and garlic, and when cooked put aside and add to the dhal once it is cooked or at serving time.

You can also add tomato to the cooking mix or add them raw.

Serve with raw coriander and enjoy!



Chickpea Masala

This is incredibly simple, scrumptious and totally nutritious. Oh, and leftovers are so yummy for breakfast too.

Ingredients

1 can organic chick peas (or 1 - 2 cups cooked chick peas)
2 brown onions, diced
4 cloves garlic, crushed with the back of your knife and roughly chopped
1 tbsp finely grated ginger (I use a microplane)
3 tomatoes, diced
1 tbsp ground coriander
½ tbsp cumin seeds
½ tsp turmeric
½ tsp garam masala
Chilli both fresh and dried to taste (roughly 2 fresh and 1 tsp powder)
¼ cup fresh coriander
Lemon wedges, coriander and chillies to garnish
Sea salt to taste
Coconut oil or ghee to cook in

Method

If you are making chickpeas from scratch, soak overnight and rinse and drain well before cooking. Cover very well with water in a large pot to cook, bring to the boil and cook until tender, roughly 2 - 3 hours. Skim the surface regularly of the foamy residue. When cooked, drain them retaining - the cooking liquid.

Heat the oil in a heavy base frying pan, sauté onion until golden; add the garlic, ginger and fresh chillies, sauté for a few minutes.

Add the tomatoes and remaining spices; stir well to combine for around 3 - 4 minutes.

Stir in the chickpeas and approximately 1 cup of reserve liquid (if you used a tin use spring water or stock). Continue to cook for roughly 20 – 30 minutes. When the liquid is almost evaporated add the fresh coriander, and stir through. Serve with the garnishes and enjoy!

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dōTERRA

Upcoming Events

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

Queensland Business Training 19 & 20 August 2017

[Click here for more details.](#)

When

Part 1: The way of the Soulpreneur-inspired strategies for sharing and building your dōTERRA business

Saturday 19 August 2017 (9.30am – 6pm)

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

Sunday 20 August 2017 (9.30am – 6pm)

Where: North Lakes Resort Golf Club, 1 Bridgeport Drive, North Lakes, QLD 4509

Investment: \$99 per person Part 1 or Part 2 or \$179 per person for both Part 1 and Part 2

[Tickets](#)

[Facebook](#)

Save the Dates March 2018 (Sydney)

7 March 2018: Silver and Above Training (for those ranked Silver and above on any team)

8 March 2018: doTERRA Corporate event - Diamond Day

9-10 March 2018: doTERRA Corporate event - Convention

11 March 2018: One Tree Training (**open to all ranks and all teams**)

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.

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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