

Inspiration from Food Alchemy with Vanessa Jean

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## The Magic of Hawaiian Sandalwood



Hello <<First Name>>

My musings (finally) on our time with the Hawaiian Sandalwood. I needed to create space to truly share what has been sitting on my heart.

For the Great Mother... and for this next generation and each of you I dedicate this planting.



The majestic Sandalwood trees expand and grow over approximately 30-40 years. In this time, they mature and fill their heartwood with succulent essential oils.

When they begin to die off or are dead, their precious oils are at their most potent.





They are natural parasites in nature. They need a host tree/s to survive and thrive.

Energetically they are a powerful force of protection and ward against 'parasitic' beings or circumstances in the world.

Whilst on the big island Paul and I with our dōTERRA family took off in small groups to the home of our Hawaiian Sandalwood. Here we learned so much about one of our most fave essential oils (Paul's all-time favourite).

I am sharing some visual glimpses into the magic and majesty of this day. Here, we are planting the host trees to help the Sandalwood thrive and to fulfil its destiny.

It is such a precious tree and oil. Its price is reflective of the fact that one tree will produce one litre of Hawaiian Sandalwood essential oil. To put this in perspective, we need 30-40 years to produce just 200 of the 5ml bottles we love so much!

When one tree is removed another 25+ grow in its place!! Can you fathom that!? Wow right!??

So, angels buy up! This tree needs your investment to continue blessing the world. This island needs your investment to continue blessing the world. Mumma earth needs your investment... you know why?? Because dōTERRA are committed to a HUGE reforestation mission!! Eventually the biggest in the world! Yes, you heard correctly. (More on that a little later in this heart share.) They are so committed, they have a powerful vision and this is a sweet gift for our Great Mother.

Over the last five years Paul and I have witnessed greatness. We have been brought to our knees with the humility and kindness dōTERRA brings to the world, led at the helm by its seven owners. We, as one, are continually diving deep into their global mission of being true custodians of the earth. Stewards of heart and deepest respect.

The early part of our adventures in Kona was with the company's top leaders and owners of dōTERRA.

We visited 'Kealakekua Mountain Reserve'. This sacred name means 'Pathway to the Gods' isn't that glorious!! I love the vibration behind this name.

dōTERRA is now changing things up. They are stretching themselves further, expanding their mission and vision. They have purchased 10,000 acres of neglected land. They are dedicated long term, to the conservation and reforestation of sacred Hawaiian Sandalwood and to the largest ever reforestation effort in the state of Hawaii and by 2020 in the USA, and in the not too distant future, the world. The world you guys! This makes my heart sing and ping and cry with joy!! To be part of something this monumental ... ahhhhh. Thank you, universe. Thank you dōTERRA. It's part of why we are here. It is a delicious chord in my heart song to give back to mumma earth. To show my infinite gratitude.

As I planted this host tree seedling, I poured my prayers into the tree and the earth. I felt my light extend into the land and all the trees and life force therein. I gave and gave and gave of my love. And I received deep peace. Gentle knowing that all will be well. That this is good.

For our Tree of Love, we plant this with you in our hearts. With our other leaders there shining their light, together we all weave the song of our tree into this land.

We were all given tags with numbers and wrote our names upon them so that we can watch the progress of these magical beings over the coming decades, until harvest time.

My heart and memories will forever carry the aromatic anchor of Hawaiian Sandalwood and this journey as one. Petah-Jane and Ura, Mikalena, Adam and Jonathan journeying this with you was divine. We cannot wait to have more of our tree here with us on these adventures and life changing moments.

With a grateful heart I bow deeply to the Great Mother and these precious gifts she surrenders to us. I also bow to and honour each of you. You are etched in our hearts. Every time you purchase any of the essential oils and products or share them you create waves of change. More far seeing than you or we can imagine. These changes are lasting, and their ripples will be felt long after we are gone. Their echo a melody unto the earth.

Every time we go to a new country with dōTERRA and experience the expansion they are generators of, our hearts become more buoyant.

You have journeyed to all these countries with us via this medium and now I invite you! Expand into the land of your dreams and join us in places like Italy, Nepal, Africa, Guatemala, Bulgaria... dance this with us.

Breathe in love. Exhale gratitude. You have arrived. Here is an open door. An invitation to further change your life.

You are part way there. You have aligned with a powerful entity with a mystical

light all its own. It carries with it the signature of the Great Mother. Of God force. Of pure Grace.

Know that we cherish every single one of you. Our customers and our business partners. For the stand you take to ally with souls that care about the earth and creating miracles. For the stand you take every time you purchase with dōTERRA saying YES to consciously walking upon the earth. To giving back. To giving thanks in the way that you do.

To our Soultrepreneurs... keep dreaming big ... then dream bigger. Do this for now and for this next generation and for the love you have of all the plants that bring essential oils to us.

Inhale love, exhale gratitude. Together we create.

Loving you,

*Paul and Vanessa Jean*







Emily Wright plants a Hawaiian Sandalwood tree as part of a huge reforestation project by dōTERRA.



Never miss out knowing what we're up to!

[Follow us on Paul and Vanessa Jean Eventbrite Channel.](#)



## *For the Love of Cacao Part 2*

### **For the Love of Cacao Part 2 10/02/19**

**In Part 2 of this very successful class held in December 2018, you will get to experience completely new recipes. You don't have to have attended Part 1 to delight your senses in this brand new class. If you missed out attending Part 1, now is the perfect opportunity to join in the cacao dance!**

Join the king and queen of cacao for a sumptuous class of tantalising raw treats made with cacao and other superfoods... infused with loads of giggles and essential oils.

Author of 'Cacao Addict' John Croft will dance in cacao land with Vanessa Jean, inspiring and delighting you with creations the gods would come to earth to taste!

Bookings through Eventbrite are essential, and places are limited.

**Date:** Sunday 10 February 2019

**Time:** 1pm – 3.30pm

**Address:** East Fremantle, address supplied upon registration with Eventbrite

**Investment:** \$40pp or \$30pp when you bring a friend.

[Eventbrite](#)

[Facebook](#)

#### **John Croft**

When John Croft tasted 'real deal' cacao years ago, his eyes popped open and his song sang. John met his life partner and wellness collaborator, Noel, in 1994 and they embarked on a global discovery of mindfulness, sound therapy, essential oils and raw chocolate-in all its delicious disguises. 'Cacao Addict' is John Croft's first published offering to conscious cacao-lovers across the world.

#### **Vanessa Jean Boscarello Ovens**

Vanessa Jean has spent the past 20 years expanding and honing her knowledge base and skills in aromatherapy, as a public speaker, retreat facilitator, sound healer, meditation leader and raw/wholefood cooking teacher

with a personal dream as a guiding force. Her dream of bringing people together, healing emotional and physical pain through sound, nutrition and aromatherapy, and giving people the gift of returning to a life of love, health of spirit, mind and body and returning to our natural state of joy has found living expression through ***Food Alchemy with Vanessa Jean***.

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## Monthly Perth event: Embracing Love with doTERRA 13/2/19



We invite you to come along and listen to Vanessa Jean and Jemma Doak as they embrace love through the powerful application of pure essential oils and daily practice rituals to deepen your connection to yourself and to your beloved.

**Date:** Wednesday 13 February 2019

**Time:** 7.00pm – 8.30pm

**Address:** East Fremantle Cricket Club, Preston Point Reserve, Cnr Preston Point Road and Jerrat Drive  
East Fremantle

**Investment:** Free, booking with Eventbrite is essential to secure your place.

[Eventbrite](#)

[Facebook](#)

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## Food as Medicine - Perth 19/2/19





Would you like to learn more about foods and quality water that can heal your body? This class will undoubtedly inspire you to open your heart and mind to exploring the world of food as medicine in a new way.

Join Vanessa Jean with special guest Marion Egger as they explore foods that heal, regenerate and enliven us.

This class is designed to help us return to our natural state using food as medicine.

We will look at:

- Elixir craft
- Cold herbal infusions
- Seasonal Poke bowl with delicious medical dressing/raw sauce
- Medicinal cacao creations including ice cream
- And much more...

This will be an all-plant based vegan menu incorporating organic, seasonal and nutrient dense wholefoods and superfoods combined with pure essential oils and energized, alkalised water, this is a class sure to inspire you on your journey to wellness.

**Date:** Tuesday 19 February 2019

**Time:** 11am – 2pm

**Address:** East Fremantle, address supplied upon registration with Eventbrite

**Investment:** \$40pp or \$30pp when you bring a friend.

[Eventbrite](#)

[Facebook](#)

## Transforming You and Placements Workshops 2/3/19

**Date:** Saturday 2 March 2019

**Time:** 10am – 12 noon – Transforming You workshop

**Time:** 1-3pm – Placements workshop

**Address:** Maylands Peninsula Golf Course, Swan Bank Road, Maylands

***Transforming You...Becoming Extraordinary! Workshop***

Learn how to go beyond your limiting beliefs and realise your dreams. Create a miracle mindset and the life you choose with proven techniques.

***Placements Workshop***

In this workshop, Paul and Vanessa Jean will guide you into a deeper understanding about effective placements in your dōTERRA business. Learn to place like a pro; tips to fast track your rank advancements and ensure sustainability.

Topics include learning how to place:

- Maximising the Wholesale Customer for PO3
- Active sharers, builders and leaders
- For longevity; for maintaining rank and serving the higher good
- For volume and structure
- Effectively in depth and breadth
- Growing your dōTERRA business in joy

**Investment:** \$10 per person (for both workshops), bookings essential through Eventbrite.

When you purchase your ticket, you will be asked if you are attending one or both of the workshops.

Note that the price is \$10 per person for both workshops, with no discount for attending just one of these great workshops.

[Eventbrite](#)

[Facebook](#)

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## **Travel with Ease with doTERRA 27/3/19**



**More details to come - save the date!**

**Date:** Wednesday 27 March 2019

**Time:** 7.00pm – 8.30pm

**Address:** East Fremantle Cricket Club, Preston Point Reserve, Cnr Preston Point Road and Jerrat Drive  
East Fremantle

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GROW events will be advertised [here](#).

The first GROW event for 2019 is on [3rd February 2019](#).

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

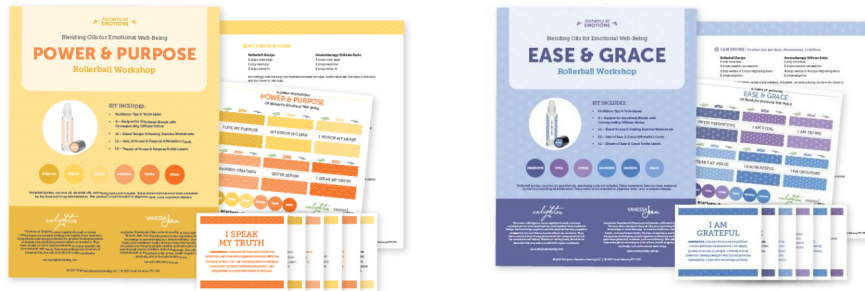
If you are new to essential oils and would like to find out more, please go to my [oils page](#). I explain why I love these oils so much, and show you ways to use them, including delectable food recipes and blends. I also explain how easy it is to open your wholesale account, saving you 25%. I would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

**\* It is very important you only use pure essential oils, and I use and recommend dōTERRA essential oils.**





My Rollerball kits (co-created with Amanda Porter), are available for purchase through the [Shantistar](#) (Australia) and [Essential Oil Supplies](#) (UK).



## 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 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