

Inspiration from Food Alchemy with Vanessa Jean

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Hi <<First Name>>

Have you purchased your ticket for the upcoming **Whisperings of the Goddess 5-week course** yet? *Tickets close 2/10/20 at 11.30pm as the course starts Saturday 3 October 2020.*

I'm so excited to be bringing this material to you *for the very first time*. The Whisperings community is building beautifully, and I am happy to announce some **bonus special guests!**

Elsa Field, Priestess of Avalon, Sound Healer, Soul Singer, and Voice Coach, will be joining us to help all the women in the Whisperings program to find their soul voice in an empowered and joyous way. You can find Elsa on Instagram at [@avalonsongstress](#).

We also have specially curated music to listen to by **Jerome Zoran**, [J Rokka Music](#). Jerome channels sacred sounds for meditation, ceremony, ritual, yoga, therapies and temple spaces.

And my new friend and very talented clinical aromatherapist **Elizabeth Ashley**, [The Secret Healer](#), will also join us in sacred temple work and diving deeper into the energy of Rose.

Don't miss this opportunity to be part of something very special. Full course details below.

[Purchase Ticket](#)

New Oils from doTERRA - learn more...



doTERRA released some limited edition new essential oils at the online Global Convention recently (currently only available for purchase with the Global Convention Kit).

If you would like to learn more about the properties of these new oils, check out my Instagram videos below.

Tulsi on Instagram

Davana on Instagram

Tahini Dressing

Summer is fast approaching for those of us in the southern hemisphere. And, that means salads. Or buddha bowls. Or drizzled over your favourite roasted vegetables. Or as a dipping sauce... or... so many ways to use this dressing!

This Tahini Dressing is full of zing with the inclusion of delicious citrus pure essential oils.

Tahini Dressing

- 2 tbsp olive oil
- 1/4 cup fresh flat leaf parsley
- 2 cloves garlic
- 1/4 cup hulled tahini
- 1/2 cup pure water
- 10 drops Bergamot essential oil
- 3 drops Lime essential oil
- 6 drops Lemon essential oil
- 6 drops Grapefruit essential oil
- 8 drops Wild Orange essential oil
- 2-3 Medjool dates, pitted (to taste)
- Optional: spring onion if you prefer over garlic, or in addition to garlic
- Himalayan salt to taste

Add ingredients to your food processor/Thermomix, combine on medium-high speed until smooth.
Taste for salt and essential oils.

This can be refrigerated or used immediately.
Serves 10 salad servings, also great on vegetables.

www.paulandvanessajeane.com

A top-down view of a white bowl filled with a Buddha bowl salad. The salad includes cooked brown rice, roasted orange sweet potato cubes, a small wooden bowl of creamy tahini dressing topped with black sesame seeds, and a mix of green and purple leafy vegetables. A piece of roasted tofu is also visible.

Warm Mylk Elixir

For my friends in the northern hemisphere, where snuggling up under a cosy throw is what life is about when the temperatures cool, try my Warm Mylk Elixir.

I recommend you choose your mylk with care, making sure it is free of nasties, or, alternatively, make your own nut mylk.

Perfect for the full moon and releasing at full moon time, or the new moon and calling in abundance with the golden rays of ginger and turmeric, this is a very grounding and earthing elixir.

The cayenne pepper is optional - it is a powerful superfood and tonic for immune support and brings warmth to the body and can assist to unlock the benefits of turmeric and the other ingredients of this sacred elixir.

Warm Mylk Elixir

You can either make your own seed/nut milk (mylk as it is commonly known in vegan circles) or use a sugar free store bought. Check ingredients. Make sure you know what you are buying, I recommend, as always, organic.

INGREDIENTS

- 500ml mylk
- 1 drop Ginger essential oil
- 1 drop Turmeric essential oil
- 1 drop Black Pepper essential oil
- 1/2 tsp ground turmeric
- 1/4 tsp ground cardamom
- 1/4 tsp cinnamon
- 1 tsp vanilla extract

Whole sweetener if desired - maple, raw honey, vegan honey, or coconut nectar for example. If you prefer granulated whole sugars, coconut or rapadura would work here.

Pinch cayenne pepper (optional)

METHOD

Gently warm until combined. Add to a favourite drinking vessel.

Let this be a ritual unto itself... sing your prayers and intentions for your deeper connections with Spirit into your creation.

www.paulandvanessajeane.com



Whisperings of the Goddess
Deep Transformation with Alchemical Creations

A journey into the unknown brings us to a state of irrevocable bliss. It is this spaceless, timeless arena that we can truly begin to hear the whisperings of the Goddess once more. To hear the truth and wisdom that we once held in our hearts and mind and bring it to consciousness once more.

Over the course of 5 weeks, we will swim in the waters of our subconscious, bringing forth ancient teachings ready to emerge. We will come together in a sacred space where the sisterhood has an opportunity to come together and create a work of art. This art is a symbol of LIFE and of the life that you will create with the power of thought, emotion, and inspired action. It is here, in the eternal now, that you say yes to embodying all that you desire for life here on Earth.

Over the span of one lunar cycle, you shall bathe in the light of the waxing moon and uncover what lies in the shadow of the waning moon. In so doing, you shall learn to embrace and acknowledge the many faces and aspects of you. Coming into a deeper understanding of what can be fuelled with the fire of your passions and the phenomenal space that is created when you relinquish what no longer serves or holds sway over you.

Using powerful tools from the Earth Mother, you will be guided along magical and mystical pathways. These will lead you to deep and abiding transformation and revelation.

Week by glorious week, you will align with sacred practices and plant medicine - including cacao, medicinal herbs, and essential oils. You will learn simple infusions to shift the vibration of your creations. You will create your signature pure-fume, the scent that will become an ally in profound remembrance. You will be introduced to simple, daily rituals to awaken your truth, majesty, power, and light.

The Earth needs us all to wake up and to raise our vibration, to remember the breadth and depth of our mission, in this incarnation, on this planet.

Whisperings of the Goddess will remind you how to summon Grace to your side, to live in your heart and the heart of all that is, and thus witness the miracles that knock at your door ready to bless you.

This will be a playful, magical, and joyous invocation to the Goddess within and all around you.

You will travel via the wings of the five elements as you magnetise new ways of being and souls to journey with, to you.

*See you there sisters,
Cacao in hand,
Fire crackling in the hearth,
And a smile dancing upon your lips.*

With love, Vanessa Jean

An outline and love note from me... whilst this is my outline and what I feel a stirring of for this beautiful 5-week journey, it is by no means set in stone. I will allow all to remain open, as I work in the space of the Akashic Records and the

needs of the unique sisterhood gathering in this sacred circle.

My intention is to wholeheartedly serve and stand in the presence of what IS not what I would like it to be. Thus, if you are open to this being a vortex of magic and light beams, this is the space for you.

I will not guarantee a rigid course outline, I will guarantee full presence and heart.

Week 1 Earth

Earth Mother Demeter, Gaia

The birth of the seasons and your new life

Week 2 Air

The Muse, the Tower, the Changing of the Guard

... and a little play with Artemis

Week 3 Fire

Sacred Crone, Hecate

An interlude with Hades and Persephone

Week 4 Water

Venus, Aphrodite, and the journey home to Love

Week 5 Akasha

Spirit Realm, the element of Magic

Wounding and Remembrance

Living the light of your truth

What you will need

- A journal dedicated to this five-week journey
- Colours with which to write, doodle and draw

My offerings over the five weeks

- Daily devotions and rituals
- Aromatic Anchors and blends with essential oils
- Recipes for ceremonial cacao and cacao elixirs and infusions
- Herbal infusions
- Nasal inhalant recipes
- Pure-fume creation - the process and means to create your signature scent using your intuition, sacred words and mantra and following the song of your heart

This will be five weeks with me, I have dedicated a Facebook group to you, personalised for this group. You will find resources and offerings in Units, as well as each weekly Zoom.

Weekly Zooms will be live at 5pm-6.30pm (AWST); 7pm (AEST); 10am Europe (CEST); 11am UK (BST).

They will run for 90 minutes each and will be recorded, so that those outside of this time zone can watch the recording.

I will hold additional shorter lives into the group to cover different time zones (particularly for our USA & Canadian members).

See you there my loves, deepen your connection with the Goddess. She is you. You are Her. Remember.

In joy and love, Vanessa Jean

Bonus: 50+ page eBook.

Dates

3rd October

10th October

17th October

24th October

31st October

Time: 10am BST / 11am CEST / 5pm AWST

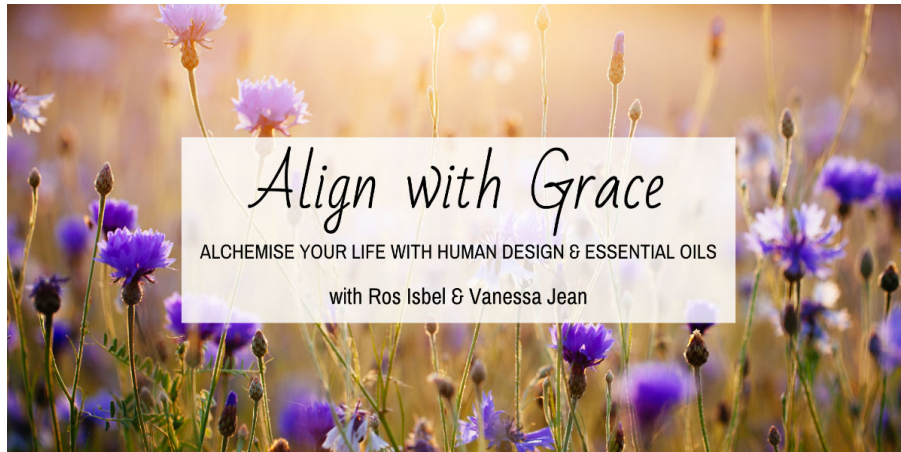
Where: Online via Zoom (see your ticket for your Zoom link)

Investment

\$88 per person

Tickets close 2/10/20

[Purchase Ticket](#)



Align with Grace

Alchemise your life with Human Design & essential oils

Join Ros Isbel and Vanessa Jean on a 6-week journey as they come together to share with you Human Design and the incredible power of essential oils.

Human Design is a remarkable system that shows that each and every one of us here on planet Earth are one of 5 different energy types. When we know our Human Design type, we understand how our energy works, what we are here for, how we are designed to make decisions, our strengths, our wisdoms, our potential vulnerabilities, and so much more.

We are all designed to work perfectly in alignment with our type but too often we have lost sight of that perfection - it's been conditioned out of us! Understanding your Human Design helps bring back that alignment and flow. Human Design gives you permission to be you; bringing you into alignment with the real you.

Essential oils are powerful tools that assist in aligning us with our potential and work beautifully in concert with Human Design to support you.

In this magical, alchemical exploration you will learn how these two potent tools are able to help and support you in living your life the way you are designed to.

When you are in alignment with the truth of who you are, the abundance of life flows.

Here's What You Will Get

- 6 x 90-minute Zooms
- 3 x 45-minute Facebook Live Q&A sessions to support those especially in the UK and Europe
- Invited to a private Facebook group where all the Lives and Zoom replays will be placed and available for you to review as often as you like

Zoom Dates

2 November
9 November
16 November
23 November
30 November
7 December

Zoom Time

It will always be based around Monday 8am AWST (Perth)

Australia: 8am AWST / 11am AEDT
USA: 5pm PST / 6pm MST / 7pm CST / 8pm EST

Facebook Live Dates

9 November
23 November
7 December

Facebook Live Time

Facebook lives will always be based around Monday 5.30pm AWST (Perth)

Monday 5.30pm AWST (Perth)
Australia: 5.30pm AWST / 8.30pm AEDT
UK: London 9.30am GMT

Investment

Early bird \$69 (expires 11.30pm 15/10/20)
Full \$79

[Purchase Ticket](#)



**RISE
OF THE
PHOENIX**

**SACRED
CIRCLE**

**WITH VANESSA JEAN
AND ADAM BARRALET**

**2021 Monthly Online Course
+ 2021 Calendar**

And last but not least... for the seeker, the journey maker and the curious soul with a yearning to welcome sacred practices into daily life, Adam Barralet (who co-authored Gifts of the Essential Oils with me) and I have created a year long journey for you! Click on the link to find out more... this is for those ready to say yes to life and to understand more deeply what is happening in the stars and among the planets. We will share the energy of each lunar cycle with a focus on the full moon and retrogrades. We will share blends, crystal magic and how to understand more deeply what might take others into chaos, and gift you wisdom.

[Purchase Ticket](#)

See you soon my loves... get ready for an alchemical September.

In Joy & Love, Vanessa Jean



**Never miss out knowing
what we're up to!**

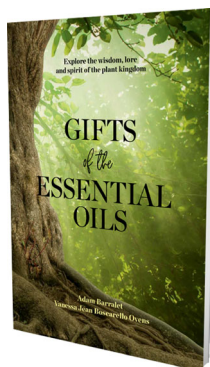
[Follow us on Paul and Vanessa Jean Eventbrite Channel.](#)

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**.

Gifts of the Essential Oils - available around the world!



This 248 page book takes you on a journey to connect with the voice of each essential oil, through their stories and their secrets. Join us along the path of discovery and healing physically, emotionally, mentally and spiritually as we unlock the power of the plant kingdom. Dive deeper into the magic of over 100 essential oils, including the rare and relatively unexplored, in this full-colour book overflowing with original blends, inspiring affirmations and mythology spanning the ages.

AU and NZ

NZ

USA

Canada

Europe

New stock has arrived around the world this month! This would make a truly beautiful gift to your oil loving friend or family member if they haven't already got their own copy!

October Promotions

Learn more about this month's promotions here:

AU NZ Promotions

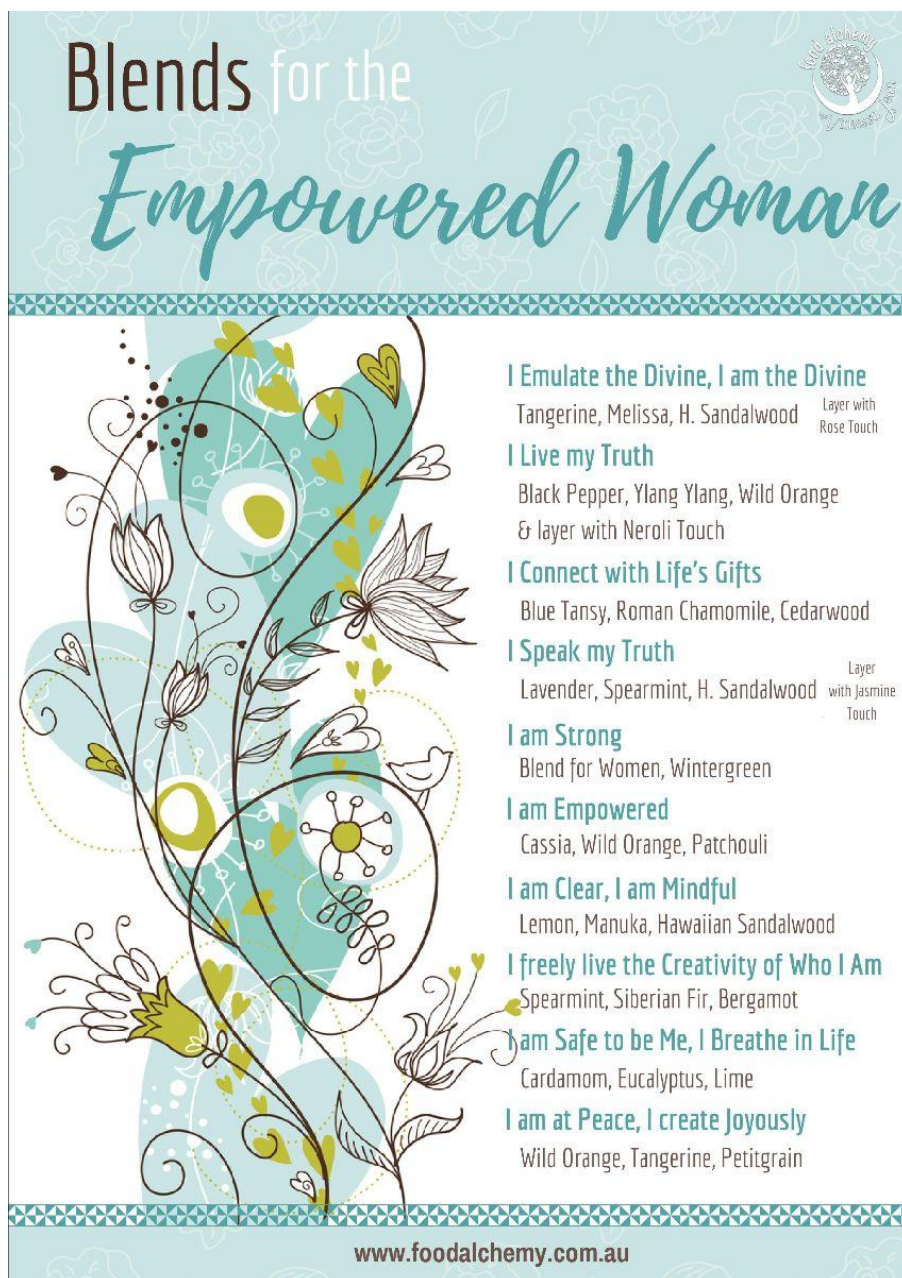
US Promotions

Europe Promotions

Fractionated Coconut Oil - your free Product of the Month (AU & NZ markets)

These blends are beautiful in the diffuser as well as blended with FCO to gently massage into the body for aromatic dressing, or added with FCO in roller bottles to create your own purefumes.

FCO is the free Product of the Month in the AU & NZ markets with your 125+PV loyalty rewards order.



Blends for the Empowered Woman

I Emulate the Divine, I am the Divine
Tangerine, Melissa, H. Sandalwood Layer with Rose Touch

I Live my Truth
Black Pepper, Ylang Ylang, Wild Orange
& layer with Neroli Touch

I Connect with Life's Gifts
Blue Tansy, Roman Chamomile, Cedarwood

I Speak my Truth
Lavender, Spearmint, H. Sandalwood Layer with Jasmine Touch

I am Strong
Blend for Women, Wintergreen

I am Empowered
Cassia, Wild Orange, Patchouli

I am Clear, I am Mindful
Lemon, Manuka, Hawaiian Sandalwood

I freely live the Creativity of Who I Am
Spearmint, Siberian Fir, Bergamot

I am Safe to be Me, I Breathe in Life
Cardamom, Eucalyptus, Lime

I am at Peace, I create Joyously
Wild Orange, Tangerine, Petitgrain

www.foodalchemy.com.au

About Vanessa Jean