

Inspiration from Food Alchemy with Vanessa Jean

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Hi <<First Name>>

I hope you are well, and feeling supported and safe, and have an opportunity to lean into this most precious retreat time we have been gifted.

It's been a busy month, transitioning to life on our farm for the foreseeable future, and this newsletter finds its way into your inbox a little later than expected.

Online events are now the norm, which has been a blessing in many ways. While I love the in-person interaction, I am now able to reach many more around of you around the world.

Our first ever online doTERRA business training was held on 5 April, with participants from as far as Italy joining us (even when the time difference made it quite tricky). Graced by the presence of master wordsmith and genuinely incredible leader and human - Tara Bliss - and the wisdom of Deanne Howard - this training was special. It's not too late to join us for our second [online business training on 2 May](#). Bringing what we know works to build a heart-based, soul-fulfilling doTERRA business - we are proud to offer this online. (And, Tara, Dee will join us for the May online, as well as Em Falcolnbridge).

E x c i t e d!

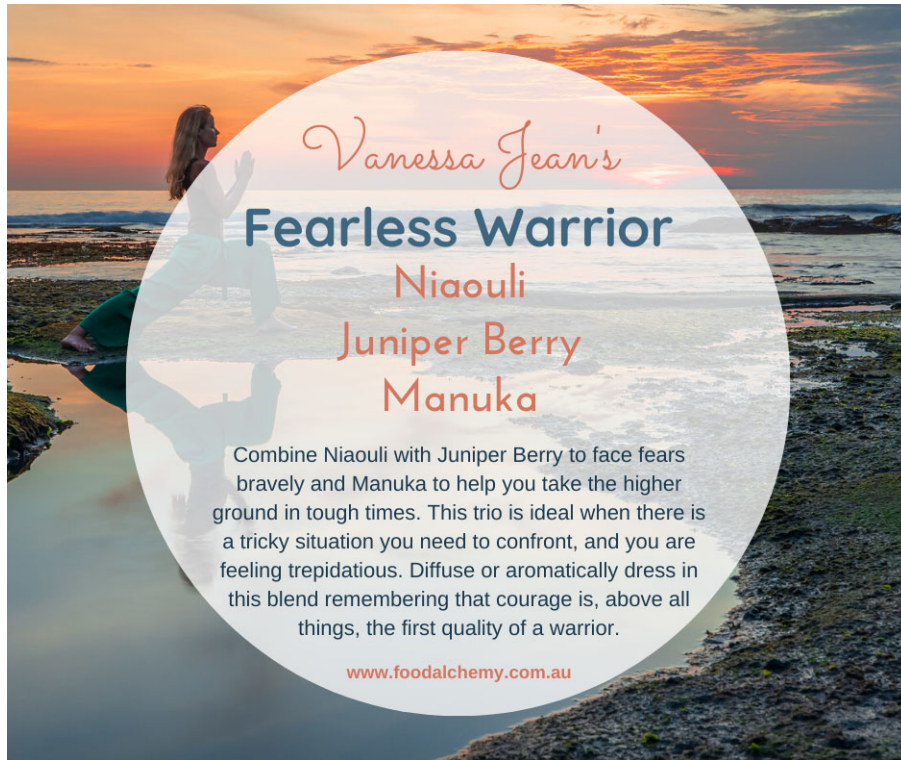
I'm super excited for the upcoming [8-week Gifts of the Essential Oils course](#) with Adam Barralet. If you are looking for a deeper dive into the mystical and magical world of the plant kingdom, you're in for a treat. Details below.

Niaouli was the Product of the Month in AU and NZ - I hope you managed to secure your free oil when you purchased the Mother's Day Precious Florals Collection and other products. I did a live into our team product support page which has been added to YouTube for you all to see. Since the filming of that video I've now received my precious oils - check out my Blue Lotus musings below. Blue Lotus is a truly outstanding and rare absolute and a great gift made available by doTERRA at the most perfect of times when her gifts are most needed.

It's more important than ever to subscribe to the [Paul and Vanessa Jean Eventbrite](#) channel since that's the first place new events get set up. I hope to "see you" soon via Zoom.

Until next time, enjoy the rest of the newsletter. You may need to "expand" the newsletter to see all the content.

In Joy & Love, Vanessa Jean



What's New?

[Gifts of the Essential Oils 8-week Online Class](#) - starts 20/4/20
[doTERRA Business Training](#) 2/5/20



Blue Lotus

*The Empress
The Queen
The High Priestess
The Warriorress
She knows. She sees. She opens to you.*

I am here for the StarSeeds and all of humanity ready to awaken.

*"No one Goddess or Being of Light can be attributed to this magnificent flower
in nature, or the essential oil.*

*She has her own unique signature and will invite you to connect with the stars
to find your own.*

She is a powerful essential oil for all the StarSeeds in the world.

*She reminds you of your mission to plant seeds of wisdom into the Earth to
assist the evolution of the Planet and the beings residing upon her. Humanity is
now ready for Blue Lotus and her message."*

Extract from a new work in progress by Vanessa Jean.

With Blue Lotus, you can choose day by day. Choose yes to free your spirit.
That you may live as liberated powerful beings.

She is heady and cloying in the best possible way because she will lift the veil
of the over-culture, relentlessly drawing you to stand strong, head held high and
true.

She will inexorably guide you away from false story. She will command you to
be still and listen and choose.

No more sleepiness.

No more living what the over-culture dictates - the stories passed on
generationally that no longer ring true for you.

She is powerful. She'll bring you home. You just need to be willing to enter the
mud, the messiness, the chaos. To be comfortable in the unknown, dark
regions that you often live in unconsciously. As you come into stillness here and
cease panicking, you rise.

You literally rise. As you panic, you sink deeper into the dark, clutching at the
unknown. It becomes a nightmare to live because the fear becomes all
consuming. When you enter stillness, you eventually feel the panic subside and
the peace arrive. Eventually you will enter Bliss. From here, a State of Grace.

In this place, Grace, you hear deeply. You are inspired. You create.

Take Blue Lotus with you on this journey. She knows what it takes to emerge
from the darkness and excel magnificently and beautifully in the light.

Blue Lotus can be used in any beauty regime. Especially in the regime that
focuses on radiating beauty, magnificence from within. Here you connect with

your regal-ness. As man or woman, King or Queen.

Be not deceived. Blue Lotus is not only for the woman on a Quest to her Divine Feminine, Blue Lotus is the perfect companion for the man or woman seeker. Seers committed to Being what they choose and to recreate their story in power, prowess, sensuality or absolute Freedom to truly live.

The four flowers that will dance magnificently with Blue Lotus are Rose, Jasmine, Neroli and Magnolia. With all these, you find completion in the quest for 'more'.

You will realise 'more' is nothing... the true quest brings you to the choice you make of what our truth is.

If you don't have all these flowers, simple! Close your eyes and call them in. Connect with them and ask for their gifts, blessings, grace to the message they will give you.

Ask for their message to you. They are sacred. They are Holy. They know how to BE their truth.

Blend. Anoint. Dance!



Team Facebook Live on the April specials

Originally shared for the holiday season, I'm sharing here as it is a great summary of how plant magic in the form of doTERRA essential oils can offer emotional support during turbulent times.

Essential Oils for *Emotional Support*

Rose - place on heart chakra, wrists, inside arms

Neroli - heart chakra, back of neck, up spine

Magnolia - heart chakra, back of neck, up spine, inside arms,
around eyes and under nose

Jasmine - heart chakra, throat, solar plexus

Manuka - throat, chest, feet

Reassuring Blend - everywhere! Life saver!

Comforting Blend - heart chakra

Renewing Blend - heart chakra, up spine, wrists

Uplifting Blend - behind neck, chest, wrists

Encouraging Blend- solar plexus, behind ears and neck

Protective Blend - diffuse or add to soles of the feet to
repel bugs and negative energies and conflicts

Inspiring Blend - heart chakra, belly, behind ears, inner thighs, inner arms

Tea Tree - put a drop in your hands and rub all over your energy field
outside of your body, clothing and head area.

Add **Lemon** to smell even nicer and to detox negative energies.

Frankincense - anywhere and EVERYWHERE! Another life saver!

Grounding Blend (by the truck load!), layer this onto soles of the feet
with **Frankincense** (on wrists and behind ears) daily

Outdoor Blend - to repel insects and bugs, repel negative energy,
soothe emotional density, family and friend challenges, place all over you
and diffuse; a great protective blend (like a shield)

www.foodalchemy.com.au

Almond Banana Bread



Ingredients - Bread

3 ripe bananas
3 eggs
3 drops Cinnamon Bark essential oil
½ tsp vanilla powder
½ tsp vanilla paste
½ cup coconut sugar
1/3 cup maple syrup
½ tsp Himalayan salt
¼ cup extra virgin apricot kernel oil (any mild oil will do, e.g. almond, avocado)
½ tsp ground nutmeg
1 tbsp apple cider vinegar
1 tsp baking powder
2 cups almond flour (not meal)
1 cup paleo flour (if you don't want to use this, do 3 cups almond flour)

Ingredients - Topping

½ cup walnuts, roughly chopped
3 tsp coconut sugar
1 drop Cinnamon Bark essential oil in 1 tsp maple syrup

Method

1. Preheat oven to 180°C, line 9 x 5 loaf pan with unbleached parchment paper. Set aside.
2. Prepare topping – combine ingredients in a small bowl and set aside.
3. In a large mixing bowl, add bananas and mash with a fork.
4. Add eggs, maple syrup, sugar, oil, vanilla, cinnamon bark essential oil, apple cider vinegar, baking powder and salt; whisk until combined.
5. Add flour and stir - mix gently with spatula to combine. Pour batter into prepared loaf pan, sprinkle the topping liberally over the mix and bake for 50 minutes or until skewer (inserted in the middle) comes out clean or the loaf bounces back to the touch.

Note: this mixture can also be made into muffins.



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

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

Events

Online Business Training

Saturday May 2nd 10am – 5pm AEST with 2 x 30-minute breaks
[Eventbrite link](#)

Gifts of the Essential Oils 8-Week Online Course

Starts 20 April 2020



Do you love your essential oils and are always looking to expand your understanding of them?

Are you interested in the emotional and spiritual aspects of the oils?

Want to gain a deeper appreciation of the lore and myths of the oils and the plants they come from?

Would you like to know how the oils are linked to chakras and astrology?

If essential oils help personal development, are you ready to evolve?

Then we've got you covered!

Join essential oil leaders Adam Barralet and Vanessa Jean for a deep dive into the magic of essential oils. The two of them will take you on a journey through understanding each oil in your collection based on the plant that gifted it to you and unveil new ways of approaching your own emotional healing and spiritual growth with your oils.

What is your commitment?

To come with an open mind ready to listen to the wisdom the essential oils have been waiting to whisper to you.

To commit to watching the weekly online webinar for eight weeks (you can either watch live to ask questions or recorded to watch at a time that suits you)

To go back and work with the oils you have in ways that will deepen your understanding of their magic

What are you going to learn?

The training starts on Monday 20th April, 2020 and will consist of 8 x Live Masterclass webinars

Week 1: The Wood Oils

Week 2: Bark & Root Oils

Week 3: Floral Oils and Plant Astrology

Week 4: Small Plant Leaf Oils

Week 5: Big Tree Leaf Oils

Week 6: Fruit Oils and Chakras

Week 7: Seed Oils

Week 8: Resin Oils

Bonus: Access to a dedicated members Facebook group where PDF e-books will be uploaded each week with extra resources related to each weekly webinar including blend sheets, crystal and animal guide correspondences plus more!

If any new oils are released by doTERRA during the e-course, be among the first people around the world to take a deep dive into these oils.

Important: Webinars will be conducted on Zoom (private links will be posted in the Facebook group the day prior). **All webinars will be recorded and posted to the Facebook group.** You will have ongoing access to the group if you wish to refer back to any of the resources after the 8 weeks.

Are you ready to join us?

Investment: \$59 Book here through [Eventbrite](#). You will be added into the private Facebook group after booking.

Don't delay! It all begins Monday 20th April, 2020

Note: you don't need to have purchased the book Gifts of the Essential Oils in order to participate in this series.

PS: while this book has sold out in Australia (you can pre-order the next printing [here](#)), you can purchase from Oil Life in the US [here](#).

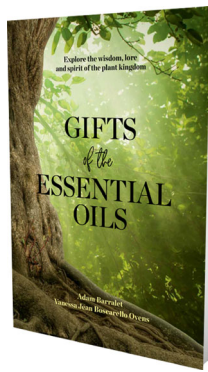
This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

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 book now available in the USA!

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



Food Alchemy April 2020 Floral Magic from doTERRA! 🌿
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.

Buy from Oil Life USA

April AU and NZ Specials



NIAOULI BENEFITS

- HEALTHY SKIN SOLUTION
- HOUSEHOLD CLEANING MUST
- RENOWNED CLEANSER
- SUPPORT CLEAR & CALM BREATHING
- A MUST HAVE FOR DIY OWIE BLENDS
- BLISSFUL BELLY GO TO
- WARMING IN COOLER MONTHS
- POWERFUL MASSAGE OIL
- TEA TREE ALTERNATIVE



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https://www.doterra.com/AU/en_AU/promotions

About Vanessa Jean



Vanessa Jean, founder of Food Alchemy, author, 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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