

Inspiration from Food Alchemy with Vanessa Jean

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Hi <<First Name>>

Hey honeys, how are you all feeling right now?

Have you taken a moment to simply immerse in all that you feel grateful for, to play with family and your loved ones... and of course to snuggle up with all that brings you joy and feelings of peace?

I have two offerings plus recipes in this newsletter to bring more of these feelings, more fun... and something to unwrap as you *return to love*. And... a note on medicinal 'shrooms and herbs, a lot of you have been asking me about what I use and why, and in this email, you will find some answers.

It can be difficult in the face of so much propaganda and fear to stay in alignment with what is true for us. For me, I am always circling back to, what brings me joy and what am I grateful for... the more I give thanks for the sweet blessings in my life, the more joy I feel. The more you connect with gratitude and choose this state, the more the reasons you will have to feel grateful. That is, the Universe will pick up on that frequency, and send you more blessings. Sweet hey!? This principle is actually true for all that you are putting out there; choosing joy gives you more reasons to feel joy, more love breeds more love and so on.

Right now, as I sit on our land, looking out on the vast green scape of peace, I feel my body rhythms and how they have changed. I notice how much more connected I feel, how juicy and creative I am. This is bringing me so much joy right now, and by the Goddess do I feel infinitely blessed right now. This time of *retreat* is filling my heart. I have realised many things, namely, I do not have to travel the globe quite so much in order to connect with our amazing tribe and to support out international business. I am *feeling* even more in alignment with *the way of the soulpreneur* and living this more right now. I am saying no to more, yes to less. I am taking my time with things. Not racing to fit in others' schedules. I am immersing oh so deeply and sweetly in the arms of the Great Mother. This has been a time of solace, of tranquility, of joy and of deep wonder for me.

Every day I go for a walk, exploring different parts of our land and surrounds. I bathe in the Forrest of trees that grace us here, and immerse in the medicine of raw, yummy ocean. Each night, I gaze up at the night sky. Allowing myself to 'get lost' in it all. It is an adventure every night. There is no light pollution here,

in fact there is not a drop of any pollution here. The sounds that normally assail me in the city, do not exist here. Here, I am gifted with the daily operatics of bird song, melodies of cicadas as they harmonise in the grass and the basso frequencies of motorbike and other species, of frog friends. These are my favourite things to 'do'. My starlit, moon beam nightly bathing ritual is what ultimately soothes me to sleep... I meditate, eyes open, under the stars every night. I sleep so much more deeply... and sweetly when I do this. Here I connect with my Star family, and the StarSeeds of the planet, often with the scent of Blue Lotus wafting below my nose (whether I have her with me or not!).

Blue Lotus essential oil (if you did not get yourself the ***Precious Florals*** gift set, please do so. Filled with the sacred florals of Blue Lotus - which you cannot buy anywhere unadulterated and pure, plus Rose, Jasmine, Neroli and Magnolia all in divine 4ml touch bottles. They are designed as pulse point creations, to anoint yourself and smell and feel utterly divine). Ok, back to Blue Lotus is a perfect ally for those wanting to connect more deeply with their family in the Stars and indeed their StarSeed. Stay tuned for an online event I have coming up about this sacred topic.

What I would love to share with you right now, is another sacred ceremony that I thoroughly enjoy partaking in... you guessed it, cacao. I am loving playing with my cacao elixirs, adding different superfoods, medicinal healing herbs and tonics, essential oils and giggles... and a whole lotta love.

Here is a recipe that I shared with the participants who have joined us for our 8-week adventure into the magic of the Plant Kingdom. Each week I have been created 20-30 page eBooks, and with the creative flair of my right hand lady Tracy Stoves, they look stunning! Thank you Tracy for bringing in all the gorgeous aesthetics!

I invite you to wrap your hands around a mug of this, you can make small or larger quantities... do what feels good for you. If you do not have the essential oils for this elixir, I encourage you to invite them into your home. They serve a very specific purpose in this melodious drink... they are supporting your entire sacred temple, your body, mind and spirit, during this time. Love yourself for this moment in time and recalibrate in stillness and this sacred love ritual with cacao.



1 litre coconut milk  
 1 litre coconut water  
 1 – 2 tbsp cacao powder  
 Cayenne – pinch  
 2 cinnamon quills  
 1 tsp ground cinnamon  
 6 cardamom pods  
 2 star anise  
 4 medjool dates or 2 dried figs

**Essential oils you could infuse:**

Cinnamon Bark  
 Cassia  
 Cardamom  
 On Guard Protective Blend  
 Black Pepper/Pink Pepper  
 Ginger  
 Wild Orange  
 Green Mandarin  
 Tangerine  
 Spearmint  
 Peppermint

Optional sweeteners: raw honey, coconut syrup, maple syrup, coconut sugar or rapadura sugar (add these after heating). I don't add sweetener as I find the dates and coconut milk are sweet enough.

Let this stand for 2 - 4 hours then gently heat. Take out the quills, pods and star anise then gently blend in a food processor so the dates are combined. Note: I love to grind the cardamom seeds in a mortar and pestle and include in the elixir. Makes 2 litres.

To further excite you, I have a free online class coming up on **cacao!!**

My dear friend John Croft, author of the amazing Cacao Addict, and I are doing a **FREE** online cooking class for Oil Life (details below). Register and join us live, or watch the recording if you can't make it, as we dance in the kitchen singing to the tune called "Food as Medicine" - such a fabulous tune! I've been singing the praises of John's book since it was first launched for very good reason - his recipes are just divine and so easy to make. John has also been conducting online foodie classes recently - check them out [here](#) and [here](#). Follow John at [Shantistar - John and Noel](#).

I've having a blast doing the Gifts of the Essential Oils 8-week online series with Adam Barralet. So much so that we've decided to do it again with a **10-week Essential Oils for Harmonious Living online series**. More details below. For this series we are going to get very practical and dive deep into how to create harmony in the many areas of your life. It's going to be so much fun - I hope you can join us!

Until next time,

*In Joy & Love, Vanessa Jean*

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## What's New?

[Food as Medicine online class](#) with John Croft and Vanessa Jean - 21/5/20  
7am Perth AWST (register to receive the recording)

[10-week Essential Oils for Harmonious Living Masterclass series](#) with  
Adam Barralet and Vanessa Jean. *Starts 20 June 2020.*

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Black Spruce was newly released to the AU and NZ markets during the Thrive Convention. It will be available from 2nd June in these markets.

Also released were Celery Seed, Citronella, Lemon Eucalyptus and Lemon Myrtle. Stay tuned to more blends coming your way on these exciting new oils.

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## Apricot Bliss





If you don't have the Superfeast Mason's Mushrooms mix, just make these bliss balls without.

Here is the **Superfeast website link** - *have a peruse of their products, I feel so much more vibrant and so healthy with these medicinal additions. You only need small amounts, they can be added to cacao elixirs, smoothies, raw chocolate and other raw delights and even your winter healing broths (they have a great shiitake mushroom jar of goodness for this). Have fun with getting out your cauldron and feeling all witchy poo as you create some magic for you and your loved ones. They are such amazing support for our immunity!! They are a local Aussie company, located on the east coast of Australia in Mullumbimby. They think of everything, from the unique formulations to the Miron jars their tonics are placed in which protect the herbs and 'shrooms from light and oxygen. I love the Mason's gut and immune tonic, the I Am Gaia - amazing synergy of herbs for women and of course the single note medicinal 'shrooms - chaga, shiitake, reishi etc.*

Once you have read this newsletter go check them out and follow them on their handle is simply: *Superfeast*

## doTERRA's Gourmet Cooking Wellness Box

I love how doTERRA have created wellness boxes to address food, sleep and fitness.

Some time ago (when we could meet in person!) I created a class to demonstrate how to use the beautiful oils curated for this cooking wellness box.

I'm excited to share this eBook with you now. It's especially timely as many people have returned to their kitchens in this time of retreat.



DOWNLOAD eBook



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

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

**Events**



## FOOD AS MEDICINE

JOIN JOHN CROFT AND VANESSA OVENS AS THEY TAKE YOU THROUGH 4 RECIPES FROM THE CACAO ADDICT BOOK!

THURSDAY, MAY 21ST AT 5:00PM MDT

LIVE ZOOM CLASS

**REGISTER NOW**

OILLIFE.COM

### **FREE Food as Medicine Online Workshop!**

Join John Croft and Vanessa Ovens as they take you through 4 recipes from The Cacao Addict book!

☆ P.S. Can't join us live? No problem! Everyone who registers will be sent a recording within 24 hours after the event occurs.

REGISTER HERE: <https://www.oillife.com/products/food-as-medicine-workshop>

PURCHASE the "Cacao Addict" here: <https://www.shantistar.com/store/cacao-addict/>

Date/Time:

Australia Thursday 21st May

7am AWST

9am AEST

USA Wednesday 20th May

7pm EDT

6pm CDT

5pm MDT

4pm PDT

1pm Hawaii

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## Essential Oils for a Harmonious Life 10 Week Masterclass Series

-with Adam Barralet & Vanessa Jean





Do you love your essential oils and are always looking to expand your understanding of their emotional and spiritual aspects?

Would you like to have easy and simple oil practices that you can start and end your day with?

Does your inner being crave more peace and empowerment?

Would you like to see more love, abundance and magical actually manifest in your life?

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

Then we have got you covered!

Join authors and teachers Adam Barralet and Vanessa Jean for a deep dive into the practices to awaken the magic within essential oils. You will be taken on a journey as they both share their personal favourite three essential oils for a range of aspects that appear along our every day and spiritual path. With a deeper understanding of each oil, you will also learn a simple practice to bring in each oil's gift.

#### **What is your commitment?**

1. To come with an open mind, ready to listen to the wisdom the essential oils have been waiting to whisper to you.
2. 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)
3. To go back and try the taught practices in a way that works in your lifestyle to expand your own wisdom and personal relationship with the oils.

#### **What are you going to learn?**

The training starts on Monday 22nd June, 2020 and will consist of 10 x Live Masterclass webinars

Week 1: Abundance & Manifestation

Week 2: Cleansing & Protection

Week 3: Peace

Week 4: Self-Esteem

Week 5: Love & Romance

Week 6: Happiness & Joy

Week 7: Empowerment, Resilience & Fear



Week 8: Intuition

Week 9: Moon Work

Week 10: The Heavens

Bonus: Access to a dedicated members Facebook group where extra information and resources plus and Live lessons will be uploaded each week with related to each weekly webinar including blend sheets, crystal guides, astrology, feng shui and 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 too!

Important: Webinars will be conducted on Zoom on **Mondays at 8am (Perth, Australia time)**. Private links will be posted in the Facebook group the prior. All webinars will be recorded and posted to the group. You will have ongoing to access to the group if you wish to refer back to any of the resources after the 10 weeks.

Are you ready to join us? Or do you have three friends to join too and get a discount (Me Plus Three)

Early Bird: \$55 (13 June 2020)

Me plus three Early Bird: \$200 (13 June 2020)

Price: \$79

Me plus three: \$280

Don't delay! **It all begins Monday 22nd June, 2020**

[Facebook](#)

[Eventbrite](#)

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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.

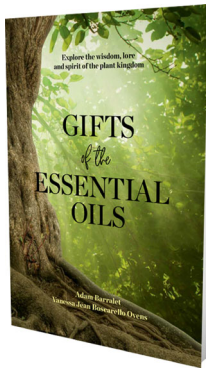
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**\* It is very important you only use pure essential oils**, and I use and recommend **dōTERRA essential oils**.

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## **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 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

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## May AU and NZ Specials

### 10% Off AU/NZ Lavender Peace Restful Blend



Full terms & conditions visit:

[https://www.doterra.com/AU/en\\_AU/promotions](https://www.doterra.com/AU/en_AU/promotions)

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## 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.