



Can you hear her? She calls. The Goddess within. The Goddess who sings, who rages, who creates, who destroys, who loves, who laughs, who plays, who mourns.

She is you, and you are she.

She reveals the beauty, majesty and grace of Earth, sky, sea, stars, moon, sun, and galaxies beyond.

The magic weaver.

The spell caster.

Creatrix and Destroyer.

The Goddess that lives within all these things and who lives in you.



Hello my loves, it's beautiful to connect with you. I have a magnificent offering coming to you for the 5 weeks of October.

Imagine a sacred space to retreat to every week, a sister circle of magical hearts and spirits.

This is for those who would love to dance through life joyously once more.

This is for those ready to call on the Goddess within and be blessed by Grace. Have a read below... if your heart flutters, if you feel yourself smiling with a yes, then this is your time to join us for an interlude with the Divine.

For a journey into the unknown.

With love
Vanessa Jean

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.*

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

Early Bird - \$66 per person (until midnight 22/9/20)

Full - \$88 per person

Tickets close 2/10/20

[Book Ticket](#)

Goddess Blends



Vanessa Jean's
Honour the Feminine

Cassia
Grapefruit
Clary Sage

Diffuse. Alternatively, aromatically dress or create your own purefume with a maximum 5 drops to 10ml carrier oil.

www.foodalchemistry.com.au



Vanessa Jean's

Sacred Feminine Blend

Myrrh Essential Oil
Rose Essential Oil

www.foodalchemistry.com.au



Vanessa Jean's

Inner Goddess Blend

Patchouli

Cinnamon Bark

Hawaiian Sandalwood

Lavender

Add 5 drops to 10ml carrier oil and aromatically dress or create your own purefume.

Alternatively, diffuse.

"I am woman, I am goddess, I create with the moon and stars and sweet mumma earth."

www.foodalchemy.com.au

Cacao Elixir for One



INGREDIENTS

20g ceremonial grade cacao, melted
250ml warm water, seed or nut milk (see method for using herbal tea instead of water)
Whole sweetener to taste (e.g. dash of maple syrup or raw unprocessed honey)
1 drop Fennel essential oil
1-2 drops Green Mandarin essential oil

METHOD

Gently melt the ceremonial cacao in a thermal appliance (e.g. Thermomix) until liquid or use a double boiler method or heavy-based saucepan.

Add all other ingredients and gently combine in your thermal appliance for 10 minutes, 60C, speed 2.
Check for taste.

HERBAL TEA

Instead of water, you could replace this with herbal tea. Boil the kettle. Into a cup (300ml capacity), add in your choice of e.g. dried damiana leaves, rose petals or rose buds and pour over the boiled water. Allow to steep for 5 minutes. Remove the plant matter and use the liquid herbal water to make your cacao elixir.

www.paulandvanessajeans.com



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what we're up to!**

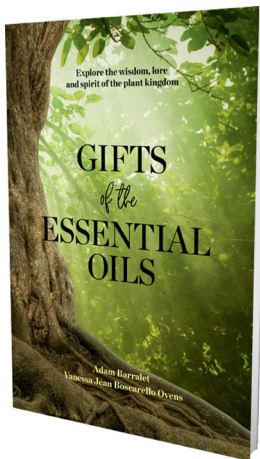
[Follow us on Paul and Vanessa Jean Eventbrite Channel.](#)

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 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.

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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.

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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