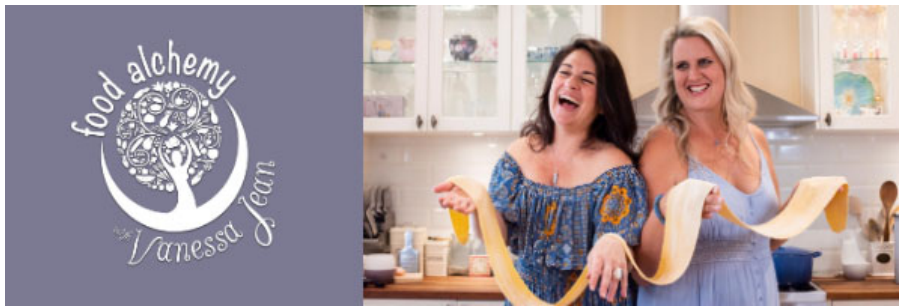


Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Blessings to you dear soul family, there is a lot of magic brewing for September... we have the changing of the seasons and the transformation of Mumma Gaia. Spring Equinox 2020 in the Southern Hemisphere will be at 9:30pm (AWST) on Tuesday, 22 September. In the Northern Hemisphere you will experience the Autumn (Fall) Equinox (also known as Mabon) and here in the Southern Hemisphere, you will experience the Spring equinox (also known as Ostara).

May the coming equinox fill you with deep peace and may the light of the divine bless you deeply.

So, what does this mean in terms of our radiant cosmos? What is happening in that inky black, velvet sky? The time of the equinox, gives us two moments in the year when the Sun is exactly above the Equator and day and night are of equal length; also, either of the two points in the sky where the ecliptic (the Sun's annual pathway) and the celestial equator intersect (Wikipedia).

In magical terms what does this mean? For the awakened soul curious to learn more, to engage in deeper and more meaningful ritual... what can you do? Ostara is a time of light, of colour, of vibrancy and renewal. This is a sacred time to breathe life into new projects and fresh starts. In this time, you can celebrate balance, harmony, and deep peace. As Mother Earth sprinkles the land in a riot of colour here in the Southern Hemisphere, with flowers and rainbows and new baby chicks and life bursting forth, in the Northern Hemisphere, She dons her Autumnal mantle, sending hues of deep russets, red, browns and golds. The Equinoxes represent a time of turning inward for stillness, slowing down, joy or new life. Depending where you are in the world, tune into the frequency of the land.

Blends for the Equinoxes



This blend is beautiful for restoration, celebration, and a deepening in and with your gratitude for life and her gifts. (See our book *Gifts of the Essential Oils* for more detail)



A stunning blend for turning inward, to invite simplicity back into your life and to declutter. Just as nature is stripped back to the bare essentials, you can do this in your life where desired. (See our book *Gifts of the Essential Oils* for more detail)

A Melody for Joy and Laughter
Litsea + Wild Orange + Ylang Ylang

A Blend for Deep Rest and Sweet Moments Blessed by Grace

Lavender + Roman Chamomile + Tangerine

Any of these four blends can be used during this lunar cycle. Deepen your daily devotions and bless your home or sacred space with these essential oils. They will clear out old, unwanted energies and make way for new, bright beginnings.

Whisperings of the Goddess

For those of you that would love to deepen your connection with the sacred, to uncover your inner divine spark and to dance freely with your inner Goddess - I have something extra special for you.

Imagine an online, sacred sister circle. Complete with cacao elixirs, essential oils, and sacred rituals to expand you and awaken that part of you that is begging to be unlocked. Here are the details.

I follow the song of my heart and guide others to do the same. With love and joy as a guiding force, your life will become magical and miraculous.

Together we will journey home to your truth and your power as a sovereign and mighty being. Using aromatic anchors and meditation- with a whole lotta' laughter- you will leave renewed and transformed.

A space to honour our sacred temples through rituals, cacao, elixirs, and essential oils in the company of beautiful women who our souls recognize as sisters.

We've been doing this work for millennia! It's time to get together and make some MAGIC!

Dates: October 3rd, 10th, 17th, 24th and 31st

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 Now

Note, I have lots of goodness in this newsletter so keep reading and I will link you again to this beautiful 5-week online journey that everyone from all around the globe can partake in. It is time to begin a 'new and to create, dance and immerse in the sacred feminine. (If this is tantalising you, keep reading I have a beautiful offering for an **Integrated Feminine Symposium** I am part of).



WHEN: Thursday September 10 - Monday September 14

TIME: 24 hours/day

WHERE: Zoom

INVESTMENT: Right now, you can purchase the early bird ticket for \$75 USD. This will only apply for the first 100 tickets, and then the ticket will go to \$99. This includes full access to the LIVE event and LIFETIME access to the online course that will be created from all of the session recordings.

INCREDIBLE VALUE!

TICKETS: Click on the button below to purchase your ticket, and make sure you use my discount code - **VANESSA10** - this is your coupon code for 10% off.

[Book Now](#)

Speaking of new beginnings and joy, I am so excited to update you in terms of our up and coming Wholefoods Cookbook. Chef, Sophie Budd, and I have paired up to create a simple, yet beautiful, recipe book! The recipes will be plant based, focusing on fresh, organic produce, and creating succulent, tasty meals from scratch! I hope you enjoy the photos we are sharing in this newsletter - they capture some of the artful imagery captured by Michelle Ranson (from Ranson Media). We invited my surrogate Nonna from next door to join us - she makes beautiful fresh pasta, homemade with love and a mouthgasmic Rolanda. Italian meals make our heart sing and we wanted to share some of the authentic recipes from Italy with you all. My beloved Nonna, now 98 years young, lives in Melbourne (I am in Perth) and unfortunately I was not able to do a photo shoot with her, I have precious photos to share with the world of her in the kitchen and will do so over the coming months.



Photos by Michelle Ranson from Ranson Media

Here is a yummy recipe for you to try for the coming of Spring:

Spring Potato Hotpot



INGREDIENTS

3 spring onions
 1 red onion
 Coconut oil to cook with (1-2 tbsp)
 1 kg potatoes
 Salt to taste, or Herbamare (optional)
 2 tbsp tomato concentrate
 1/2 litre spring water or veggie stock
 3 drops Basil essential oil
 10 kale leaves - take off stalk and use leaf only
 4 drops Black Pepper essential oil
 1 tbsp dry parsley
 1 tin organic chick peas, drained and rinsed
 2 tbsp extra virgin olive oil
 Optional - when fave beans are in season I put them raw on too and
 mixed in many of my dishes - delicious!

METHOD

Thinly slice or dice onions, add to a heavy based pot with coconut oil (warm the oil first) and dried parsley, sauté until golden.

Add diced potatoes as you cut them, sprinkling with salt or Herbamare. Stir well to combine.

Add water/stock, tomato paste and Basil essential oil. Let it boil for 10 – 15 minutes then simmer.

Cut kale finely and add to pot. Add Black Pepper essential oil and allow to simmer.

Add 2 tbsp extra virgin olive oil, 1 tin organic chick peas, drained and rinsed.

Cook in total around one hour.

www.foodalchemy.com.au

And for Autumn:

Roasted Pumpkin with Essential Oils & Spices

INGREDIENTS

1/4 large Jap pumpkin, cut into chunks
 Extra virgin olive oil with 6 drops On Guard, 2 drops Cinnamon Bark and 2 drops Cardamom essential oils
 1/2 tbsp turmeric powder
 1/2 tbsp rendang curry mix (or your favourite curry mix)
 Salt to taste
 Extra virgin olive oil to sprinkle over before putting into the oven

METHOD

Set oven to 200C.
 Mix extra virgin olive oil with the essential oils.
 Combine pumpkin, essential oil infused olive oil, salt, turmeric powder and rendang curry mix (or your favourite curry mix) and massage the pumpkin gently to coat.
 Line a baking tray with parchment/baking paper and place pumpkin mix in a single layer.
 Add a drizzle of extra virgin olive oil.
 Place in oven and roast for 40 minutes or until golden.



September Specials



I am so excited for this coming super special for September in dōTERRA land!!

For anyone in the month of September placing a 200PV order, or beginning their dōTERRA journey with us with 200PV (for example the beautiful starter kit called the Home Essentials kit) you will receive Copaiba, Copaiba Softgels AND a 5ml Yellow Mandarin - you cannot buy Yellow Mandarin folks, this is a limited time offer for this month yippee!! The Yellow Mandarin essential oil

comes from the semi ripe fruit and connects you with self-discovery. This is the perfect ally for those seeking to find themselves and to live as they truly, joyously are. This oil combines beautifully with most every essential oil in your collection - bringing light, wonder and adventure to your day! Diffuse, aromatically dress, or anoint yourself with this gorgeous little bottle of bliss. *Try this: **Yellow Mandarin, Cardamom and Myrrh***. Yellow Mandarin is a beautiful essential oil to connect you with the part of you wanting to discover and uncover who he or she truly is. Also stunning for any work in the sacred, integrated feminine – combine with **Rose, Magnolia and Myrrh** for some truly beautiful workings.

Copaiba and Copaiba Softgels are two products I use daily to stave off aches and stiffness and to take me to a deeply tranquil, stress free zone. I love to combine **Copaiba, Ginger, Helichrysum and Frankincense** in carrier oil (for example, 2 drops of each in 10ml of dōTERRA Fractionated Coconut Oil = FCO) and massage it all over my body.

For extra oomph and power, or for growing pains that my daughter is currently experiencing, I make a massage oil up for her with **Copaiba essential oil (3 drops) and AromaTouch (2 drops), in 10ml FCO**. I massage her legs and feet, her back, neck and shoulders to relieve the aches from her growing pains. This is beautiful just before sleep at night as part of our bedtime ritual.

For me personally, I love the Copaiba Softgels and take two of these each night with 2 Serenity Softgels (from our USA dōTERRA warehouse). With these two wonders I experience deep and lasting sleep. The Copaiba helps to clear stiffness from the day, whether I have been on my feet cooking all day or sitting for too long at my iPad (usually lost in writing and listening to my muse as she takes me on all sorts of fun adventures!!), the Copaiba essential oil and Softgels are a saving grace for me.

Another blend you may like to try at bedtime (other than the two I have mentioned above) is **Copaiba, AromaTouch, Roman Chamomile and Yarrow Pom**. This is stunning to help fend off the aches, tension, and tightness and to deal with stiffness and pain.



Pour all ingredients into a glass and gently mix.

Run your bath.

Pour the mix into the bath water and agitate with your hands.

For those who prefer a milky bath, add the essential oils to 1 tsp of your preferred nut/seed or whole milk. Or, toss in a handful of oats - a combo of oats and water will make a milky bath.

InTune is 10% off this month. This is a heady aroma, in a roller bottle, synergistically blended for focus, concentration, deep mental calm and gentle upliftment. It is the perfect addition to your home kit and to children's school bags to help them stay on track and complete tasks, studies and projects with enthusiasm and focus. A wonderful blend for any of you homeschooling right now. It suits both the parent and the student and is great for adult students too. It is a blend that appeals to both males and females, making a lovely purefume. Apply to pulse points or anywhere you like to refresh and smell delicious.



To learn more about creating your own signature blends and pure-fumes (zero-tox perfume replacements) join us at a fabulous event we have coming up with dōTERRA. Here are the details...

Join me with dear friends Karen Miller and John Croft as we join hands with dōTERRA AU/NZ for this very special Wellness Workshop. This is The Art of Blending... come and learn how to create your signature blend, how to create succulent melodies for you and those you love. "Purefume" creations to make your heart sing. Toxic free!

Only \$5 per person with 100% going to Healing Hands. Invite your friends, customers, and upcoming lovers of essential oils. They have a 50/50 enrolment offer. New people who say yes to dōTERRA and having their own customer account will receive 50PV Free as well as the enroller. Invite your loved ones and join us for a fabulous foray into utterly stunning blends for men and women and children. There will be 2 workshop sessions to choose from on Wednesday 9 September and on Wednesday 23 September. Places are limited so be fast secure your ticket now!

To find out more visit: <https://bit.ly/3g2oswT>

Purchase Ticket

Are you ready to tell your story by creating your unique essential oil blend? ✨

Integrated Feminine Symposium

The sacred feminine, deeper connections with the divine, and heeding that inner calling to be all that you are meant to be. For those of you on a journey of be-coming who you truly are, of discovering this more deeply and connecting with your divine feminine, come and join me at this online, global symposium where more than 60 women will share their wisdom and teachings with you.

The early bird runs out today - 1st September so get in fast and apply my code at checkout **VANESSA10**. You will be able to watch live and have access to the recordings. I am so looking forward to sharing my topic **"The return to love"** with you all.

Purchase Ticket

Remember I also have a stunning offering for you at a more intimate level, with ***"Whisperings of the Goddess"***. The early bird tickets are still open, invite your besties and those you love, and come sit in circle with women and profound moments of story-telling, meditation, ritual, and divine connection.

[Purchase Ticket](#)



RISE OF THE PHOENIX

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.

[Book Now](#)

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!**



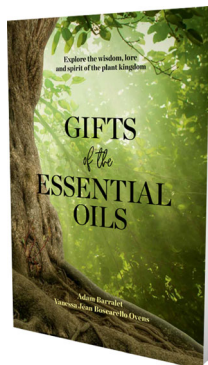
[Follow us on Paul and Vanessa Jean Eventbrite Channel.](#)

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 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.

AU and NZ

NZ

USA

Canada

Europe

September Promotions

Learn more about this month's promotions here:

AU NZ Promotions

US Promotions

Europe 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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