



Namaste beautiful souls

How are you all feeling as the seas of change carry us to uncharted Isles and the fires of the earth remind us that with every great burn comes an invitation to care, serve and assist our community. To all of you affected by the fires of Western Australia, I send my love. I am so sorry for the huge losses both to you personally and to those you love. I pray for the animal kingdom swept up in all this and the precious plants.

Fire also opens a door for us all. To transform, and to undergo full transmutation if we choose. Like the alchemist weaving magic, we can change from coal into the brilliant, clear cut diamonds of our divinity.

This month has ushered in the beginnings of the turn of the seasons. With Lughnasadh (Lammas) in the Southern Hemisphere and Imbolc in the Northern Hemisphere. At this time we celebrate the light, the harvest and our gratitude to the Great Mother. These festivals are at the midpoint between the last Solstice in December and the coming Equinox in March. More about this in the special gift I have for you in this newsletter.

February heralds a new moon birthing in Aquarius and a full moon in Virgo. There is a lot of magic being woven as I type and to make it all simple for you, I have created an eBook for you all. It is a guide and hopefully a joy. Highlighting some yummy rituals and practices you may want to introduce into your month. There are essential oil melodies and a yummy tea for you to rest with for this

Dark Moon and New Moon time. Enjoy! PS I also have some magnificent [free online gatherings](#) at different times to suit the many time zones. See the end of this newsletter for details of the new Gaia's Gifts series.

An Invitation

For the women of this sacred tribe who are feeling called to something 'more', to enter more deeply into the holy mysteries that sing to your marrow, I have something very special for you. She is called, [Voice of the Goddess](#) and She is my sumptuous offering to you.

A six-month journey where you awaken to your inner senses, you connect with your inner wisdom and you traverse the worlds between this and the Void. I will guide you to connect with your Akashic Masters, to [read your own Akashic Records](#) and bring with you in this life what you need to thrive.

I will share [beautiful meditations](#) so that even those of you who feel you 'can't or don't meditate' you will find the one or two that are for you.

I have [exquisite music](#) being composed for the equinoxes, the bookends of this sacred offering. You will feel the music of your inner self be born again, and [dance](#) once more for the joy of it with professional dancer and Qoya teacher Erin Fowler.

You will dive into [DNA regeneration](#) and sound healing to rewrite the codes imprinted on your DNA from generations past, present and future.

I have [special guests](#) to guide you to new horizons and [sacred gifts](#) created just for you to delight you and fill you with pleasure and the will to create once more.

Voice of the Goddess

If you would like a one on one session with me, to discuss this further, if you are on Insta, direct message me, alternatively, reach out to my admin at connect@paulandvanessajeane.com and we will send you a zoom link.

I also have a live Insta on 9 February where I will share a beautiful goddess meditation and offer time for live Q&A. See below for details. Follow me on Insta for all the magick.

Follow on Instagram



May you have a blessed February. May you be loved. May the light of the Divine bless you. May Miracles bless you.

Enjoy my gift of Moon Magick eBook... and until next time, go gently, live with joy and always and forever, return to love.

Namaste,

Vanessa Jean xx



Moon Magick

with Vanessa Jean

February Moon Magick

Expansion

... he paints the sky with dreams - Vanessa Jean

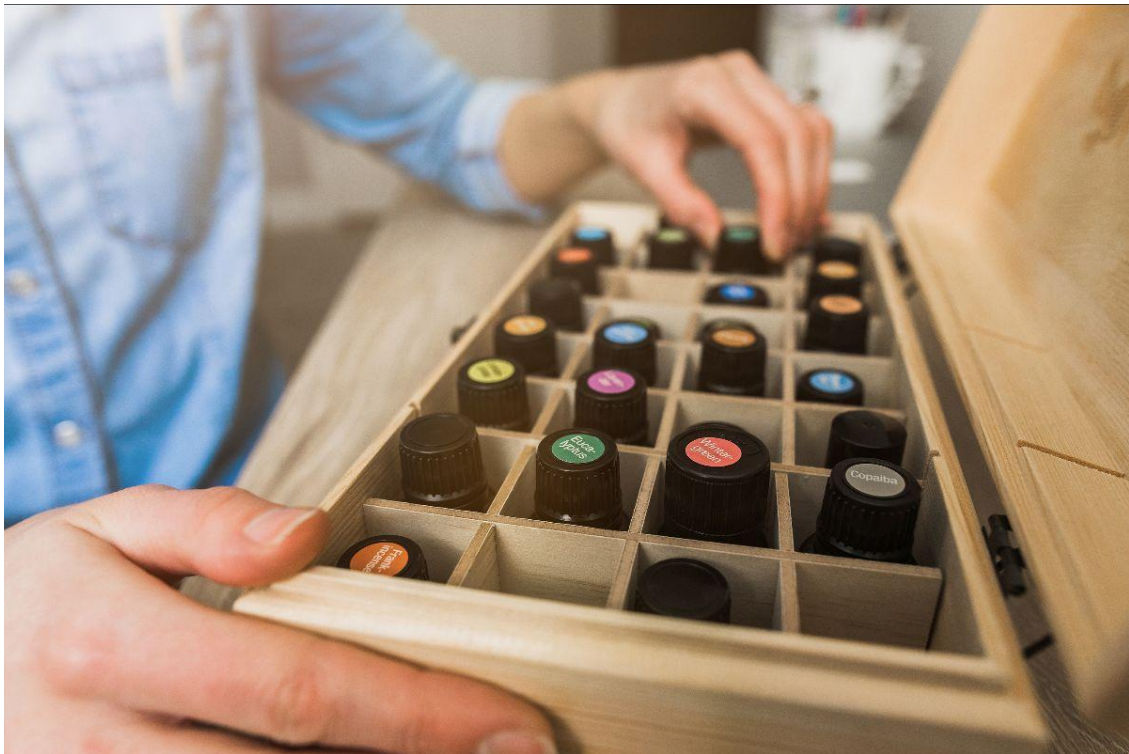
The beginning of this month saw us celebrating Lughnasadh (Lammas) in the Southern Hemisphere and Imbolc in the Northern Hemisphere. Celebrating the light, the harvest and our gratitude to the Great Mother. These festivals symbolise the midpoint or cross between the last Solstice and the coming Equinox.

@foodalchemy

[Download eBook](#)

Podcast on Arborvitae with Jessie Reimers

In January I was a guest speaker on the podcast "Deepen with the Plants" by Jessie Reimers. I talked about the majesty of Arborvitae essential oil. You can listen to the podcast episode here (and other episodes too!).



Using Intuition to Choose your Essential Oils

One of the questions I get asked often is *"How do I know which essential oils to use?"* or *"How many drops do I use?"*


INTUITION.

Listening to what your mind, body and spirit need.

Being still.

Open.

Allowing the answers to come through without an agenda.

I recorded this on Instagram. I also talk about how to use my co-authored book  GIFTS OF THE ESSENTIAL OILS as an oracle.

I hope this video supports you to feel comfortable to use your intuition and tap into your own innate divinity and powerful voice within.



Raw Cacao Rose Delights

Organic rose petals
2 drops Cinnamon Bark essential oil
2 drops Tropical blend essential oil
1/4 cup coconut oil, liquid
1/4 cup cacao powder
45 ml raw honey
1 tbsp Pana Peanut Butter Choc Spread
Pinch of salt

[Watch on Instagram](#)



Most people choose to focus on the Full Moon, some will focus on both New and Full Moon. The Dark Moon holds her own magick and restorative powers. Uncover her potency with me in this one-hour interlude with the Dark Mother.

Date: Thursday, 11 February 2021

Time: 10am AWST

Investment: free

Book with Eventbrite



Let's bring the joy and fun back into sex, deep loving, and sensual delights. In this session you will dance with the aphrodisiacs and the dark, velvety essential oils that help you to love on yourself a little more, penetrating what closes you

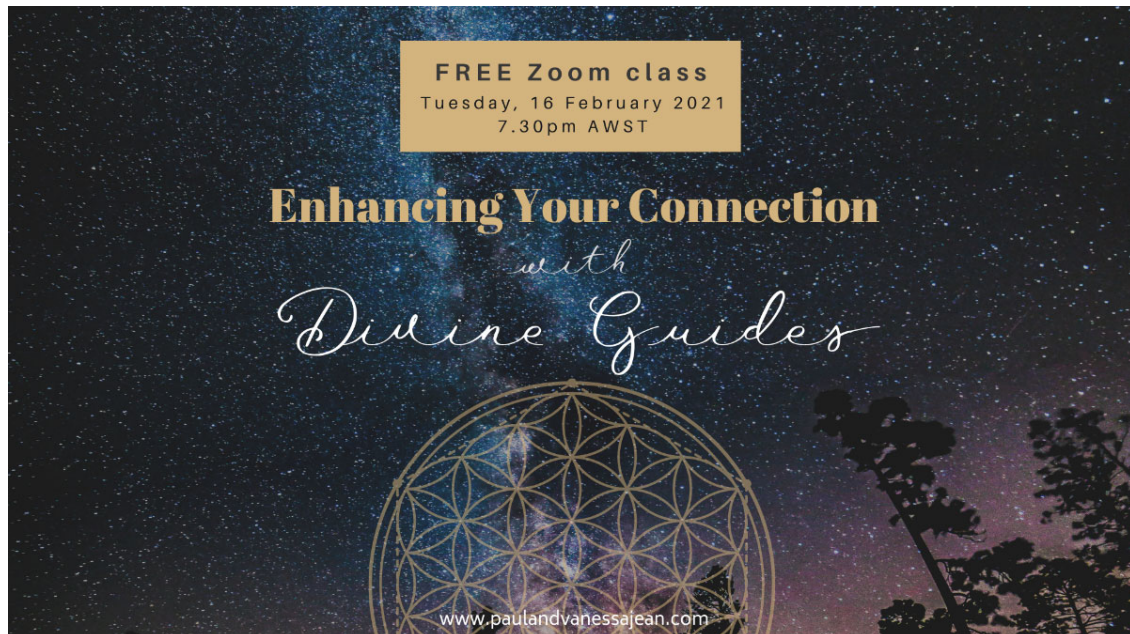
to loving. Leading you to deeper connections with your inner Aphrodite.

Date: Sunday, 14 February 2021

Time: 8pm AWST

Investment: free

Book with Eventbrite



In this session you will journey with me into the celestial realms and inner earth as you explore the divine guides you feel drawn to for assistance and support in this life. It will be a fun exploration, including connection with Angelic, StarBeings, and the Ancient Ones of the Earth.

Date: Tuesday 16 February 2021

Time: 7.30pm AWST

Investment: free

Book with Eventbrite



It is time to dance with the magic of weaving these two together in everyday life. They are not separate. One does not exclude the other. Join me and discover beautiful essential oil blends and practices to assist you to more deeply connect with the sacred feminine and masculine within and all around.

Date: Thursday, 18 February 2021

Time: 6pm AWST

Investment: free

Book with Eventbrite



This is blending essential oils and carrier oils and creating synergistic blends that will delight, nourish and support you. In this introduction, you will gain more

confidence in blending and healthy ratios of essential oils to carrier oils for your creations.

Date: Saturday, 20 February 2021

Time: 10am AWST

Investment: free

Book with Eventbrite



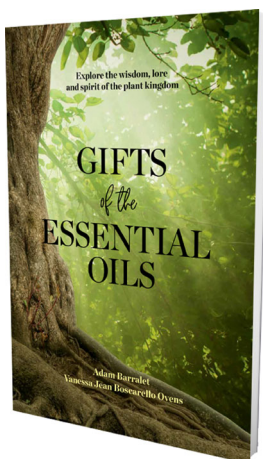
Join Team Alchemy by opening your own wholesale customer account and receive the Gifts of the Essential Oils* book as my thank you gift.

**conditions apply*

Connect with Me

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.

Purchase Book

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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