



Namaste

As I have been journeying with the Goddesses in the Voice of the Goddess program, we have been playing with rituals and sacred altars. I haven't really addressed altars before in a newsletter, and thought it was high time I did since they are a big part of my life!

The altar is a place of homecoming. Of beauty. Of inspiration.

I am a fan of different altars around my home. Some are tiny and some more substantial. All are equally sacred and heart opening.

Here are some of my altars - I have many scattered around my home, my temple, which I love to beautify with items of love, gratitude, and meaning.



My sacred altar paying homage to Easter with the Sacred Hare, the Goddess Eostre, shells and crystals including the golden egg of abundance in the colours of spring (I am holding space for my Goddesses in the Northern Hemisphere).



My autumn sacred altar, with red roses I have dried, lavender in a bundle given to me by my daughter, I burn beeswax candles, crystals in autumn colours, gifts from friends and loved ones, items of meaning and devotion.



Another altar in homage to the Autumn Equinox, with mookaite, an Australian crystal.



I'm about to prepare a sacred altar here for my family.

Sacred altars are places to turn to when you wish to reset, pray, and honour the divine.

Place upon your altar items that bring you joy, that invite you to enter into coherence, and that are special to you. You may choose gifts from loved ones, from nature, from the animal kingdom (often birds will drop their feathers to bless humanity), crystals, resins, essential oils, candles, flowers, cones, seeds, beautiful photos, art and images with meaning, oracle cards, felted creations, homemade smudge sticks and other handmade treasures.

You may want to colour code them, theme them, or be guided by the seasons... whatever your inspiration, let your altar be a place of solace and magic that you turn to often and much.

Your altar can take on any size or shape. Let yourself relax as you immerse in a

meditative state to become clear on your intention for your sacred altar space/s.

As you sit with your altar, tune into your intentions. You may want to;

'Hand over' what you are choosing to release.

Attune to the season and/or cycle of the moon.

Attune your frequency to calling in blessings.

Showering the world and yourself in gratitude (always be grateful when sitting with your altar and the offerings upon it).

You may like to write your intentions and place them upon the altar or use them to connect with how you wish to create your altar - giving it space to emerge.

Have you created a sacred altar in your home? Try it, you will love the specialness of this sacred space.

Namaste,

Vanessa Jean xx

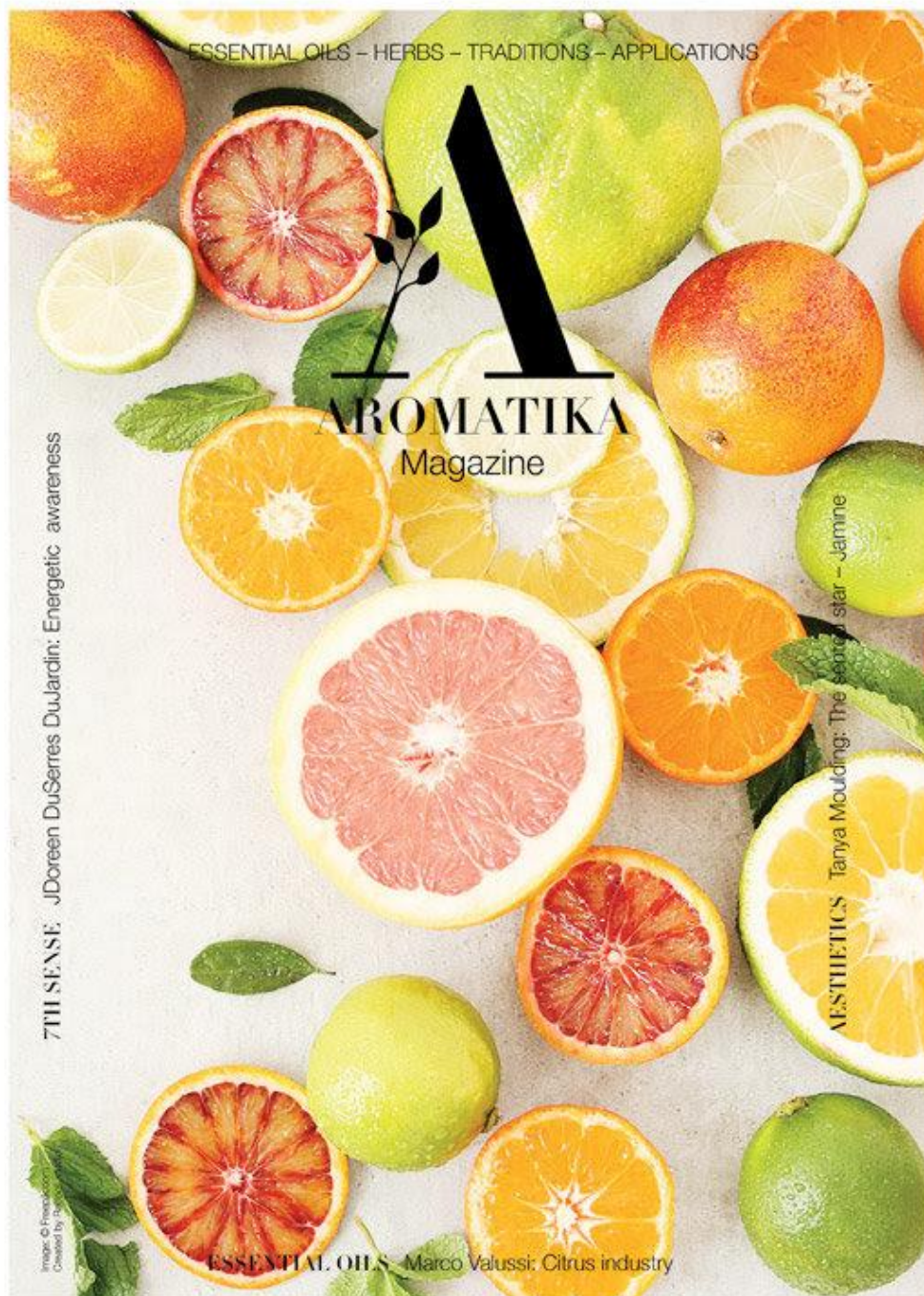
What's New?

Gaia's Gifts "Sacred Cacao and Raw Chocolate for Life"

Thursday, 1 April 2021, 7pm AWST

Chakra Angel Psychic Fair 15 & 16 May 2021

- Uncovering your Intuition, Saturday, 15 May 2021 11:00 AM - 11:45 AM
 - The Spirit of the Plant Kingdom, Sunday, 16 May 2021 11:00 AM - 11:45 AM
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Aromatika Magazine

I'm excited (and honoured) to have written another article for Aromatika Magazine. This is my third article now, and in the Spring edition I write *"Where food and essential oils combine to create alchemical creations"*.

My friend Gergely Hollodi, Hungarian Aromatherapist, is the creator of this amazing magazine, chock full of great articles on all things aromatherapy from experts around the world. And it's very well priced too for a 130-page e-magazine!

Note: for payment, you can choose either PayPal or the 'offline' payment method. If you choose the second option please read the info when checking out with the bank details. Once the amount arrives on the account you will receive an email with the download link. Please check your spam folder for notifications.

You can purchase your copy here:

Purchase 130-page Magazine



Gaia's Gifts - Sacred Cacao & Raw Chocolate for Life 1/4/21

Drop into the sacred medicine of cacao and her blessings.

In this online gathering I will demonstrate a sacred cacao elixir to amplify your day and heart intentions. I'll also demonstrate a simple slice and raw chocolate recipe that will leave your taste buds dancing!

Registered attendees will receive the class recording.

Date: Thursday, 1 April 2021

Time: 7pm AWST (Perth, Australia)

Investment: free

Book through Eventbrite



UNCOVERING YOUR INTUITION

with

Vanessa Jean

Join Vanessa Jean for an intimate gathering as she opens her heart in connection with the Akashic Masters as they commune with YOU in this live talk. Lift the veils that prevent you from truly seeing and connect with the messages from the Masters. From the space of the Akashic Records she will share a transmission and meditation of deep peace and the journey home to Love.

15th of May 2021

11am - \$15 per ticket - Essential oil blend for all

Psychic & Wellness Fair, Crown, Perth

@foodalchemy

Book Now



Join Author, Spiritual Mentor and Essential Oil Master Blender, Vanessa Jean as she takes you on a journey through scent to magnify your inner senses as you reclaim your ability to connect with and commune with the Plant Kingdom and the devas that tend them. In this gathering Vanessa Jean will share succulent aromatic creations to help you harness your inner light and share your gifts with the world.

16th of May 2021 - 11am

\$15 per ticket - Channelled essential oil blend available during Q&A

Psychic & Wellness Fair, Crown, Perth

@foodalchemy

[Book Now](#)

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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