



Hello friend

As we celebrate Samhain this day, I find myself naturally turning inward, being very still and quiet. Breathing deeply. Moving my body in slow, undulating rhythms.

I feel Her. Great Mother I feel you; I hear you and I dance to your ever-changing music.

As the great Wheel turns, I welcome this day. I bow my head, ceremonial cacao in hand and honour the dead. Though their souls live on, their physical form has left this plane and I smile at the sweet memories that stir within me. The blessings my grandparents and dear friend and fellow sister Jodie brought to my life. I remember you all. I honour you. I set a place for you at my table, I light a candle for you, I sing the memory of you.

My soul light connects with yours and I smile. We are ever connected. Ever one.

Deepest blessings to you this Samhain. The energy of All Hallows, now known as Halloween, is now for the Southern Hemisphere. Not October as it is for our Northern Hemisphere family.

For our Northern Hemisphere tribe ~ you welcome Beltane. The energy of the Spring Goddess blesses you. Open your heart and arms to her scent, her blessings, and the mantle of colour that adorns your Earth in this time.

Here I will share with you some succulence for this time.



I have made a cup of ceremonial cacao. My favourite at this time is created with love by [The Sacred Elixir](#). It is sourced ethically from Guatemala. Made with love. Created with Intention. I have infused my morning cup with doTERRA essential oils; 2 drops Cinnamon Bark, 1 drop Wild Orange. This cacao is made with simplicity in mind. It is a pod - ceremonial cacao, medicinal 'shrooms, maca and other goodness.

You can see how simple it is to make here: [making a cacao elixir](#).

I caught up with James and Chloe of The Sacred Elixir recently and we made this video of demonstrating making a [sacred ceremony cacao elixir](#).

I asked Mumma Gaia and the energy of this day to guide me towards a blend and here she is. I have aromatically dressed with her and diffusing her as I type. I also have a beautiful, locally made, beeswax candle in a deep orange lotus flower warming me, inspiring me to stay present. I have a lot of grief surfacing at this time - a present life situation that has shattered our hearts. And so, this blend, this cacao, this candle is wrapped in Prayers and intentions to guide myself, and my family through this time.

In a carrier oil of choice add the following. I have chosen Argan oil this day (use what you have). I choose Argan because for me, it is what I feel I need. A safe haven energetically. It is known as 'liquid gold' for the skin... and quite frankly the golden light of the divine is what I am summoning to me right now. I source mine from [Diffusional](#).

Firstly, I begin with ½ ml of carrot seed oil (also sourced from [Diffusional](#)). The reason is I want to journey deep into my Soul Star Chakra and Earth Wisdom. Into the underworld and the Ancient Ones. Carrots are innately connected to this realm and this time of the Wheel.

Then I added:

Patchouli - for revealing her mysteries and the mysteries of Mother Earth and opening me to deeper intuitive guidance.

Spikenard - for his absolute sacredness and capacity to deepen our connection with the Earth Mother and the Holy Family ~ and the StarSeeds of Sirius.

Black Spruce - for the awe, wonder and revelation he reveals even as he connects me with Cosmic wisdom and the teachings of the Galactic Federation.

Balsam Fir (if you do not have this use another fir of your liking) - connecting me deeply with my lineage and those past.

Fennel Seed- reminding me to dream my dreams into being, summoning forth the magic and pure potentiality from within and all around me.

Myrrh - Mother Myrrh, the Crone Mother, Wise Sage, she who knows. I listen to

her words and take them into my womb and heart of hearts and summon the courage needed forth in this time.

May your connections and meditations be all you need them to be. Go deep.

Find peace in the chaos.

Sending you my love. My blessings. My silence.

***In joy and love,
Vanessa Jean xx***

Lift the Veil

I created this material for an event I did for Chakra Angel last year and the timing is perfect to share this with you all now.

I've created a simple blend to help lift the veil and bring you back to the truth and release what no longer serves you. There are two meditations for you too.

Lift the Veil

Pumpkin Soup

Here is a pumpkin recipe well suited to these times. May it fill your belly with goodness and as you gather around your table, you may want to set a place for those who have passed into the Other World.



Ingredients

- 1 brown onion, diced
- 2 tbsp extra virgin olive oil
- 1 tsp curry powder
- 1 tsp ground cumin powder
- 500 g butternut pumpkin, diced
- 2 large carrots, diced
- Salt, to taste
- ½ L vegetable stock (homemade) or spring water
- 1/2 tin coconut milk
- 2 drops Black Pepper essential oil – or freshly ground pepper, to serve

Method

Chop onion in Thermomix – speed 5, 5 seconds, alternatively chop in a food processor.

Add 2 tbsp extra virgin olive oil and cook 100C, 2 minutes, speed 2 or cook on the stove top until translucent.

Add curry powder and cumin powder and cook 100C, 4 minutes, speed 2. Alternatively, add spices to onion mix and gently cook for 4 minutes on the stove top to release the fragrance of the spices.

Add carrots, pumpkin and stock (stock should come to just cover the vegetables).

Cook 100C for 30 minutes or until vegetables are tender. Alternatively, place

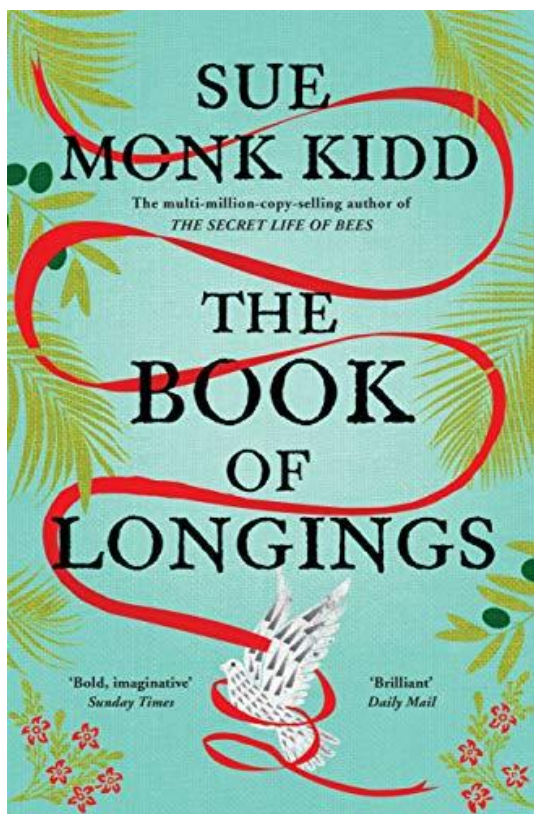
ingredients into the pot on the stove and cook until tender.

Add coconut milk, cook 100C for 2 minutes, speed 2. Alternatively add coconut milk to stove top and gently heat to combine for 2 minutes.

Allow to cool slightly. Turn Thermomix speed up SLOWLY and process until desired smoothness has been reached. Alternatively mash or use a stick blender and carefully blend the soup to your desired consistency. Be very careful to not have any soup mix splash you.

Add the Black Pepper essential oil and stir through.

Serve hot, in a deep bowl. You can top with kale crisps, hemp or pepita seeds or freshly ground black pepper.



Highly Recommended!

This is an extraordinary tale reflecting the life of magical women discovering themselves during the time of Jesus. The journey of Anna. Wife of Jesus. I highly recommend it, I'm listening on Audible.

Team Alchemy Practical Magic

I'd like to remind Team Alchemy members of our Wednesday educational fun series called **Practical Magic**.

We go live into the Team Alchemy Essential Living Facebook group on Wednesdays at 7pm (AWST) Perth time).

Here's the line up for the next few weeks:

5th May - Emotions (Anja Lewis)

12th May - Men's Purefumes (John Croft)

19th May - Vibration/Plant Medicine (Vanessa Jean)

26th May - Supplements (Paul Ovens)

2nd June - DIY (Rachael Ogle)

9th June - Hormone Support (Karen Miller)

16th June - Creating daily oil habits (Toni Gali Wood)



A Sacred Ritual with the three 25% off oils

- Frankincense Touch
- Rose Touch
- Salubelle (Immortelle)

A sacred ritual, anointing your sacredness, magnifying your divine light.

Celebrating, honouring and bowing to your own magnificence.

Awaken to your inner radiance and beauty with this melody.

Deepen your meditation practices anointing your hand chakras and higher heart chakra with Salubelle. Inhale deeply of this aromatic melody creating a bridge between Heaven and Earth.

Enhance your connection with the divine within and all around you by anointing Frankincense Touch over your third eye, crown and soul star chakras.

Magnify your light into the world as you anoint your heart with Rose Touch.

Surrender into the folds of love, your heart opening like the Rose herself opens to the morning sun.

A Prayer of Gratitude Magical essences of these precious plants, you dance and weave your way into my sacred temple, my heart of hearts, my soul.

You teleport me beyond time and space. Into the infinite realm of possibilities. Home to deep, abiding love.

You are the wisdom weavers. You who cut the thread of time. You who sing the song of love into our hearts, connecting us with our deepest longings and our reason for incarnation at this time. In gratitude I anoint myself with you. In gratitude I open myself to your gifts. In gratitude, I surrender into the arms of love.

May you find peace.

May you remember Love.

May you Be whole (holy) once more.

Cacao Addict Bulk Book Sale - USA ONLY

This is my favourite cacao book on the planet! It makes for the most beautiful gifts within our team. All our Diamond Clubbers received one to use for themselves or as hostess gifts. We offer them as BOGO group gifts, ranking gifts etc.

This book is full of magical cacao infusions with dōTERRA pure essential oils folks!! You need this in your life ♥

Ps it is great for LRP as they all want to make the recipes within.



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CARTONS OF 18
\$10 US - EACH BOOK
reduced from \$540 RRP
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50 healthy chocolate
recipes all including
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john.croft@shantistar.com

From John: "I am selling off carton lots of my book "Cacao Addict" which are in Utah at a bargain of \$180 US dollars for 18 books. Only 60 cartons left!

If you haven't heard of my book as yet, its a hardcover, stylish, healthy, easy to follow chocolate recipe book, with 50 recipes, ALL WITH dōTERRA OILS, superfood additions and wholesome ingredients...and its all Chocolate!

Think of diamond club incentives, foodie classes, team rewards, presents, team building exercises.

The storage option I currently have them in is clearing them and they need to go ASAP.

Postage not included.

Collection from Utah is preferred but postage is an option too.

Interested? Contact John on john.croft@shantistar.com



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



Vanessa Jean
with
ALIGN ME
CHAKRA VISUALISATION

When chakras are out of balance, we may experience feeling unwell in certain areas of our body, feel blocked or emotionally unstable. Join Vanessa Jean as she takes you on a journey to navigate your own personal energy centres to bring balance and harmony.

Discover your Priority Chakra that needs additional support and healing plus experience essential oil blends as remedies.

15th of May 2021 - 2pm
\$15 per ticket - Chakra essential oil blend included
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

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[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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Food Alchemy Pty Ltd
East Fremantle WA 6158
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