

Hello <<First Name>>

There is a lot going on in the celestial realm this month, let's dive in to see how we can dance in the magic.

Moon phases for June

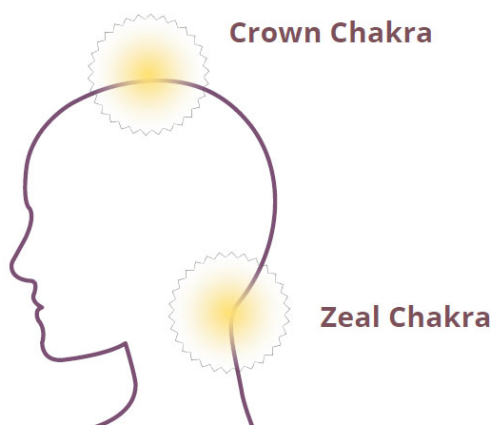
10th June - New Moon in Gemini

Ask yourself:

- If I shine a light within me, where do I find these hidden treasures?
- What are my gifts?

Peppermint - anointing for New Moon to open to your light and focus.

Create a roller bottle with Peppermint essential oil and carrier oil, or use Peppermint Touch for anointing.



- Apply to your crown chakra and zeal chakra
- Using your fingers apply comfortable pressure to these chakra points
- Take 10-12 deep breaths
- Connect with an affirmation, chant or question during this ritual by repeating it to yourself during breath work

Try Peppermint Tea to immerse with, to wake up, see clearly, focus and digest life.

You can also steep fresh peppermint or mint leaves from your garden in hot water for a delicious tea.



25th June - Full Moon in Capricorn

Ask yourself:

- What will I be remembered for?
- What do I want to contribute to the world?
- How can I up-level?
- What is my legacy - my soul work?
- What am I choosing to enhance/magnify?
- What is the imprint I want to leave behind?

Full Moon Ritual

Clary Sage
Rosemary
Siberian Fir

Inhale essential oils individually - feel where they go.
Create a roller bottle with one or all of these oils, using carrier oil, and use for anointing.

Clary Sage - Who am I right now?

What am I here to do?

- Anoint third eye chakra
- Using fingers hold chakra space for 10-12 breaths

What arises during this time?

Third Eye Chakra



Crown Chakra



Rosemary - Summon light to your legacy in the here and now.

- Anoint crown chakra
- Breathe
- Visualise a lotus coming from your crown
- Bring Rosemary to the nose
- Breathe her in
- Sit in silence

What are you summoning?

Siberian Fir - Your gifts from past, present and future.

- Inhale
- Where do you want support? Grounding? Resilience?
- Notice where your inhalation travels in your body
- How do you feel? Anoint this place.
- Affirmation - *"In the music of silence I find my way."*

Journal what comes up for you.

Summer Solstice (Litha) - 21st June - mid Summer

The apex of light - explore authentic presence in this moment. Longest day, shortest night of the year.

See the light of your divinity. From this point on the sun begins to wane.

Ask yourself:

- What is it you need to harvest and tend to in your inner world, so light can shine more brightly in a way that isn't exhausting?
- What can WE (family, friends) do more of together that brings us joy?
What can we infuse? How can we celebrate that?

Yule (Winter Solstice, Midwinter)

Southern Hemisphere 21-23 June

Northern Hemisphere 21-23 December

This marks the longest night and shortest day of the year, celebrating the light and hope that kindled in the hearts of all for the return of the sun and thus light!

It is a beautiful time to walk the inner spiral to the quiet sanctuary of your heart. To meander your inner labyrinth and feel what wishes to be born from that still, magical place.

A sacred tradition that individuals and families can partake in, is to create their own 'spiral' upon the earth. Lit only by candle light. Make your own paper lanterns, lit by the light of a tea light or votive (beeswax or soy wax). Then walk alone or together with your young ones, from the outside in. Pause once you reach the centre, take your time there to contemplate what this moment in time means to you and for you. Give thanks for the return of the light and the restoration of Hope for the community. Then when you are ready, slowly follow the spiral outwards. It is a simple, yet beautiful ritual kept alive in our school community and the children and adults love it! Share a bowl or cup of freshly made, warm soup and new baked sourdough bread for nourishment.

Ask yourself:

- What do I need to release, to make room for growth?
-



Make lanterns and a nature spiral with your loved ones.

- Create a spiral outside (or inside) and then light the way with candles
- Prepare yourself with an affirmation, chant, music or silence
- Anoint yourself with oils
- Slowly walk clockwise into the spiral
- Chant or remain in silence
- Take your time walking to the centre
- Upon reaching the centre, spend as much time as you need, then walk the spiral back out

Make your own Winter Solstice Lantern



9/6/21 A New Moon and Solar Eclipse



DATE: 09/06/21

TIME: 6pm AWST | 8pm AEST | 12 noon CEST (Europe)

INVESTMENT: Free, you must register through Eventbrite

Humans right now are yearning for depth in connection. To cater to this deep longing, we have created a sacred space for community to gather for free with like-hearted spirits.

Join us in sacred ceremony as we meditate, celebrate and rise in gratitude.

Bookending this journey with a sacred heart meditation with Vanessa Jean, connecting with the Spirit of Cacao and the Plant Kingdom and concluding with a healing journaling session this New Moon Solar Eclipse online gathering will delight you. The heart song in the middle will be an intuited Goddess Oracle segment with Paige and Leah, pulling cards from the Terra Qui Goddess Oracle deck and sharing channelling for the souls present live. Following with a sacred cacao ceremony with Chloe and Jamie of The Sacred Elixir.

There will be lush nurturing and pure magick sprinkled throughout this gathering. A sacred circle, a heavenly sharing of deep inner longings and creations from a group of sacred hearts.

We invite you to join us live, to fully feel, experience and immerse. Summon your besties and let's hang out by the fire of our soul.

Book Today



Join Vanessa Jean and Elsa Field for a beautiful solstice meditation with sacred sound and a journey with essential oils.

We will cover both the winter (Southern Hemisphere) and summer (Northern Hemisphere) solstices.

Registered attendees will receive the class recording.

Date: Monday, 21 June 2021

Time: 6 pm AWST | 8 pm AEST | 11 am BST | 12 noon CEST | 3 am PDT | 4 am MDT

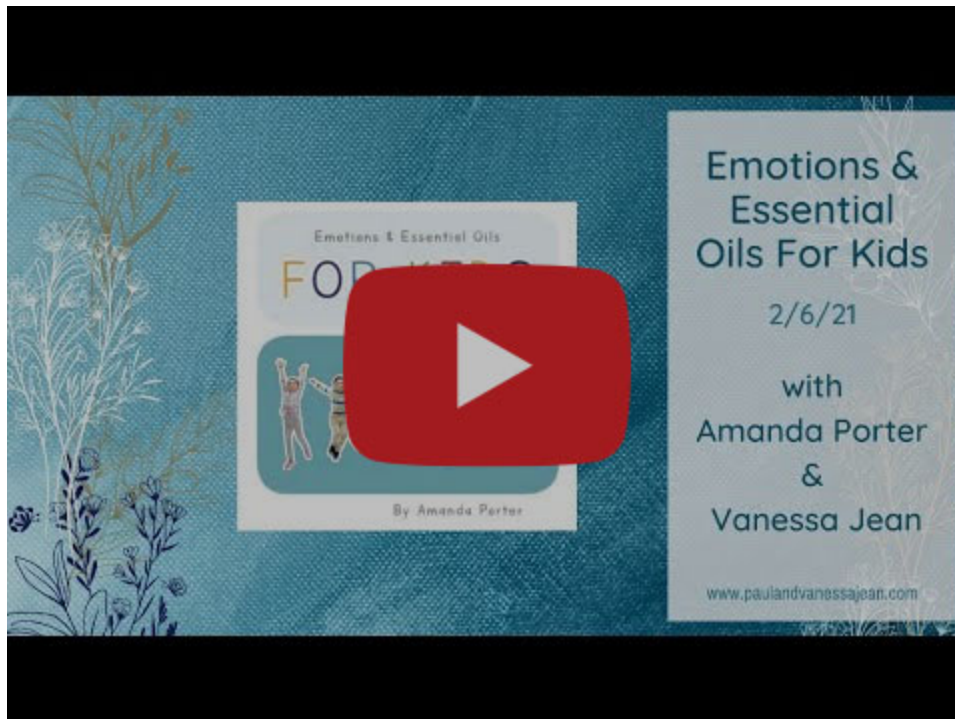
Investment: free through Eventbrite

Book through Eventbrite

We had a fantastic Gaia's Gifts class last week with my dear friend Amanda Porter on "**Emotions and Essential Oils for Kids**".

Amanda has just launched a new book based on the doTERRA Kids collection. This class was more than just for a class on emotions and essential oils for kids - it's broader reach is for us all - we all have emotions that can get the better of us. And remember too that while doTERRA created the Kids Collection for kids because all the blends are already diluted with Fractionated Coconut Oil, their use is not just for kids. Teens and adults love to use them too!

If you didn't get a chance to register for this great call, we have made the replay public. The emotional health of our kids is something I am very passionate about, and I love that we have a vehicle - the doTERRA Kids Collection and now Amanda's book - to empower them to have agency in their own emotional wellbeing with our support.



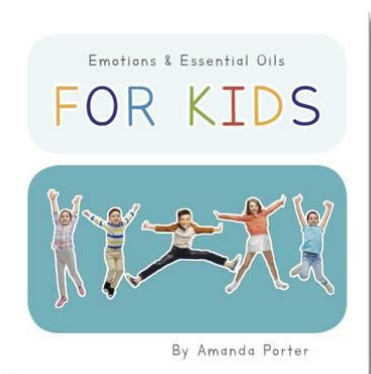
Amanda Porter and Vanessa Jean discussing Emotions and Essential Oils for Kids

Here are some links from the class:

[Follow Amanda on Facebook](#)

[Parenting Ourselves video "Communication"](#)

[How to make a nasal inhaler](#)



You can purchase the book here:

[Emotions & Essential Oils for Kids](#)

Winter Wellness - AU/NZ market specials

Winter can be a trying time for many with the cold temperatures, dry skin, isolation, lack of exercise, and heavier foods.

doTERRA have launched their **Winter Wellness specials** in an [eBook](#) with recipes for food, self care and blends. If you don't have Caraway, Dill, Star Anise, Red Mandarin, Kumquat, Cananga, Hinoki, Ravintsara or Rosalina (special and limited-availability oils) in your collection, now is an excellent time to purchase them. These specials are sure to sell out quickly.



**On Sale
2 June**

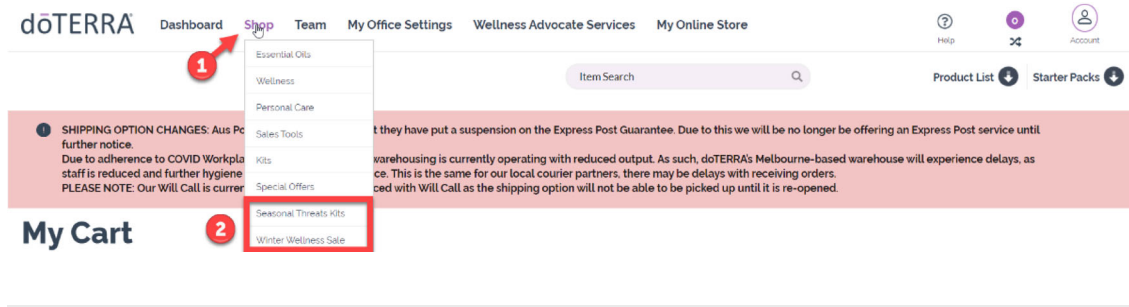
*25% off selected
oils & products*

Winter
WELLNESS

doTERRA
AUSTRALIA & NEW ZEALAND

Nourish & Self Care your mind, body & soul with Winter Wellness.

To order, log into your doTERRA account, click **Shop** then scroll down to the **Seasonal Threats Kits** and **Winter Wellness Sale**. If you are in the Loyalty Rewards program, make sure you place the **order as an LRP order** (not a Standard order) to gain maximum benefit and accrue your doTERRA points for free product.



Seasonal Threats Kits

For a limited time only, doTERRA have also created three Seasonal Threats Kits:

- Home Kit
- Kids Kit
- Personal Kit

[Terms and conditions.](#)

On Guard and Easy Air are always staples in an essential oil collection, especially to support seasonal threats and these kits, which have one or more of these products in them, offer great savings.

Seasonal Threats Kit
Personal • Home • Kids

Home Kit

o PROMO **Limited time only**

SKU 60217531 | 125 PV
BUY: \$192.00 AUD • \$210.00 NZD
SAVE: \$28.75 AUD • \$33.75 NZD

Wooden pegs, jar and brush not included in this promotion. Terms & conditions apply

Seasonal Threats Kit
Personal • Home • Kids

Kids Kit

o PROMO **Limited time only**

SKU 60217530 | 50 PV
BUY: \$73.00 AUD • \$80.00 NZD
SAVE: \$18.00 AUD • \$20.00 NZD

Terms & conditions apply



Seasonal Threats Kit
Personal • Home • Kids

Personal Kit

ō PROMO

Limited time only

SKU 60217518 | 100 PV

BUY: \$165.00 AUD • \$170.00 NZD

SAVE: \$48.75 AUD • \$47.00 NZD

Toothbrush and flower vase not included in this promotion. Terms & conditions apply

Have a blessed month.

*In joy and love,
Vanessa Jean xx*



Organic Lentil Soup

INGREDIENTS

- 1 zucchini
- 2 carrots
- 1 sweet potato
- 1 red onion
- 1 brown onion
- 100g green beans
- 2 cloves garlic
- 250g cooked brown lentils (To be sure they are fully cooked, take one between your index finger and thumb and squash. If still hard, continue to cook. It should give completely when cooked).
Alternatively, you could use organic tin lentils
- 1 tin tomatoes
- 1 tbsp tomato paste
- 1-2 cups spring water or vegetable stock (homemade)
- Salt to taste
- 1 drop Basil essential oil*
- 1 drop Oregano essential oil*
- Extra virgin olive oil

METHOD

Dice all vegetables.

Sauté onions and add garlic once they are beginning to cook.

Add all vegetables once onions are caramelised. Allow to simmer for 10 minutes adding another tbsp of extra virgin olive oil.

Add tin tomatoes and tomato paste. Stir well.

Place lid and allow to simmer for 20 minutes then add the cooked lentils. Allow to cook for another 1 hour.

Add essential oils at the end like a fresh herb and salt to taste.

Feel free to add pepper or chilli or cayenne to your taste.

**I only use pure essential oils*

www.foodalchemy.com.au

Team Alchemy Practical Magic for June

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).

9th June - Hormone Support (Karen Miller)

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

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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