



BOGO November 2019

eBook

YOUR GUIDE TO USING THE NOVEMBER BOGO OILS

VANESSA JEAN BOSCARIELLO OVENS WITH ADAM BARRALET

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Welcome

I love dōTERRA essential oils!

And aren't we so lucky with the generosity of dōTERRA to offer us bonus periods such as BOGO week!

To help you make the most of these most beautiful oils, I have put together blends, recipes and insights on the BOGO specials to help you make the most of your essential oil purchases.

May you expand in gratitude and joy as you play with these gifts of the earth.

With special thanks to Adam Barralet for his crystal knowledge and our work together on Gifts of the Essential Oils book.

*In joy & love
Vanessa Jean*

Turmeric

Turmeric is a perennial flowering plant of the ginger family, found in the Indian subcontinent and Southeast Asia. Although it has a beautiful yellow flower, it is the golden rhizome root that gets the most attention, being used in cooking, dying and traditional Ayurvedic health practices. The root's essential oil has a delightful smokey aroma and is a valuable addition to your essential oil family.

Turmeric clears the fog in life and induces a heightened awareness, alleviating inflamed emotional, physical, mental, or spiritual states. He works with an over-inflated ego to bring you back down to earth. He resonates with the solar plexus chakra, the energy centre that governs personal power. Turmeric allows you to engage with other people on an equal level, calming and soothing friction, tension, and hostilities. As a root oil, he brings you back to seeing who people are at their roots or core, seeing beyond genders, beliefs, races, and other differences, and finding the similarities we all share.

Turmeric promotes inclusion, acceptance, and a love of diversity, dispelling segregation and division.

MY GIFT TO YOU IS Deeper Relationships

Use Turmeric to bring joyous energy to any social event or interaction. He can also be used for healing pain and suffering caused by interactions with others. Turmeric is a master healer for those who have been subjected to any form of discrimination, such as sexism, homophobia or racism.

Just as Turmeric can be used to rid judgment of others, he can also be used to soothe self-judgment. When being hard on yourself, allow him to bring you back to a state of witnessing your own beauty. Whenever you start thinking you are not good enough or feel no one would want to hear from you, Turmeric prevents you going back to old self-sabotaging habits. Turmeric eliminates the habit of comparing yourself to others. He reminds you that doing so is based in lopsided perceptions that compare your behind-the-scenes to everyone else's highlight reel. Remember there is no comparison between the Sun and the Moon; they are each given their time to shine.

The yellow colour of Turmeric connects it to the golden ray of abundance. Turmeric opens you to receive all levels of abundance in health, wealth and relationships. He is ideal if you have been living with old patterning and conditioning such as the belief that a spiritual or enlightened person should be poor, should give up everything, should go without, or should only give and never receive. Turmeric invites you to stand in a new way of being, to open yourself to receive the abundance that the Divine bestows upon you each day. This is why Turmeric is a powerful companion oil for releasing outdated modes of being and thinking, limiting beliefs, addictions and stories that prevent you from shining.

*From "Gifts of the Essential Oils" book by Adam Barralet
& Vanessa Jean Boscarello Ovens*

Pyrite

Promotes order and structure in life
and relationships as well as creating
abundance.



Turmeric Sourcing



doTERRA Co-Impact Sourcing | Turmeric Essential Oil

<https://youtu.be/bXnB0ApBLdA>



Sourced from various parts of India and Nepal, turmeric farming is done by both men and women. Women typically task themselves with sorting the harvested turmeric roots into various grades, similar to how women in Somalia sort the resin tears for Frankincense oil.

These farmers sometimes use turmeric roots as an “intercrop”, meaning they grow it alongside crops such as corn and sugarcane. This provides numerous benefits to the farmers like the possibility of higher income per unit of soil, and further insurance against having a crop fail. It also helps keep the soil fertile, and reduces weeds and soil runoff.



Sweet Chilli Relish

This has a beautiful combination of heat and the soft, subtle sweetness of pear and the vegetables dancing through this relish. You can lessen the heat by using mild or less chilli. I have used a small bird's eye chilli from our garden... three of them - my husband loves chilli!

This relish makes a beautiful gift, and the colour is beautiful. Makes approx. 1.5L of relish.

INGREDIENTS

2 beets
3 carrots (medium size)
2 cm ginger root or 3 drops Ginger essential oil
2 cm turmeric root or 2 drops Turmeric essential oil
2 celery sticks, with leaves
4 pears
1 red onion
3 medium - hot chillies, or to taste
1 tsp Celtic/Himalayan salt
½ cup water kefir product

METHOD

Beginning first with the beets, blend all ingredients into your food processor (do this in stages if you need, depending on the blade it may not cope with too much at once).

Check for taste, and then pour into well sealed glass jars.

Leave to ferment for 4 days (may need longer if it is very cold). Once it starts to bubble and fizz you will see it has become active, and the fermentation process has kicked in. Once this happens, you can store in the fridge.



Turmeric Blends

Warm
Spicy
Earthy
Woody

BLENDS FOR AROMATIC DRESSING AND PUREFUMES.
ADD TO 10ML CARRIER OIL.

I SUPPORT MY BODY

2 drops Turmeric
3 drops Frankincense
2 drops Copaiba
1 drop Rosemary
2 drops Lemongrass
1 drop Black Pepper

"My body releases all contraction. My body is flexible and welcome's Mother Earth's nurturing touch."

I AM FREE

1 drop Turmeric
1 drop Blue Tansy
2 drops Ylang Ylang
3 drops Tangerine

"I choose freedom, living a passionate, peaceful and joyous life."

I AM A POWERFUL MANIFESTOR

1 drop Turmeric
2 drops Black Pepper
1 drop Yarrow|Pom
3 drops Green Mandarin
Layer with Rose

"I create my own reality and gratefully and joyfully immerse myself in the vision of who I choose to be and the life I choose to live every single day."

I LOVE MYSELF

1 drop Turmeric
2 drops Ylang Ylang
1 drop Patchouli
1 drop Frankincense
2 drops Lemon
Layer with Rose Touch
over the heart

"I see my whole self in the eyes of a loving parent. I choose to love me."

I AM EMPOWERED

2 drops Turmeric
3 drops Grapefruit
1 drop Hawaiian Sandalwood
1 drop Myrrh
2 drops Wild Orange

"I choose my life and outcomes. I stand in my power and stay true to me."

I AM ABUNDANT

1 drop Turmeric
2 drops Wild Orange
2 drops Ginger
3 drops Bergamot
1 drop Hawaiian Sandalwood
Layer with Neroli Touch

"Abundance in all forms is my birthright and potent energy that I consciously embrace and call into my life."



PastTense

RELAXATION BLEND

Release contraction and invite deep peace into your body, mind and spirit with this stunning blend.

When can I use this blend?

- After sitting on the computer too long? Roll over your shoulders, neck and smear on your wrists. Gently massage to release and relax.
- Feeling tired, foggy and wrung out? Put a little on your palm, rub hands together and inhale (or inhale straight from the bottle). Roll a little behind your neck and crown of head and gently massage.
- After being too still for too long or after sport, gardening and other physical activity, roll onto and rub into affected areas.
- Can't switch off the mental chatter? Inhale this melody and roll on the back of your neck, massage gently, taking deep breaths and return to stillness and peace.

CONTAINS:

- Wintergreen
- Lavender
- Peppermint
- Frankincense
- Cilantro
- Marjoram
- Roman Chamomile
- Basil
- Rosemary

This is a powerful melody to use on its own or following Aromatic Dressing as a layering. Layering is a beautiful way to amplify the effects of whatever you are calling in. For example, deep peace.

Let's break down PastTense for deep peace.

Wintergreen invites us to surrender, release emotions that no longer serve and gives us a reminder to remain connected to the divine and grounded day by day. Lavender wraps us up in comfort, whispering a sweet lullaby of tenderness and tranquillity, working with Wintergreen and Frankincense to enter into stillness. The herbs in this melody are like an energetic massage, releasing pent up emotions, mindless mental chatter and physical holding. Roman Chamomile is like the ultimate bedtime story, gently coaxing you into a deep slumber... she whispers stillness into an over-excited mind whilst with her feather like touch, coaxes your body to let go. PastTense is a spectacular blend to return to the state of deep, restful peace.



Tanzanite

This crystal brings awareness to where you can find more peace and space in your life for what makes you happy.

Lemon Myrtle

Found in the rainforests of Queensland, Australia, lemon myrtle has long been used by the local Indigenous people as both a food source and a healing plant. In summer, the butterflies dance around her blooming, cream-white flowers, but it is the lemon-scented leaves that have become so popular and offer us a beautiful essential oil.

Pre-dating the ancient civilisation of Atlantis in the Northern Hemisphere was Lemuria, which spanned from Madagascar to South America, with Australia part of its central land mass. The Lemurian people were different from the Atlanteans, who had hierarchies of priests and priestesses. Lemurians saw the value of every individual and the gifts they brought to the community. This value system still seems to exist in these lands of the Southern Hemisphere, where family ties and tribal communities remain strong, compared to the governmental ruling and pursuit of individual success you may see in the north. Even in Australia, where white settlers came to make the country their home, there was a relative adoption of such ways. This is shown in a dislike of authority, the value of mateship and the 'tall poppy syndrome'.

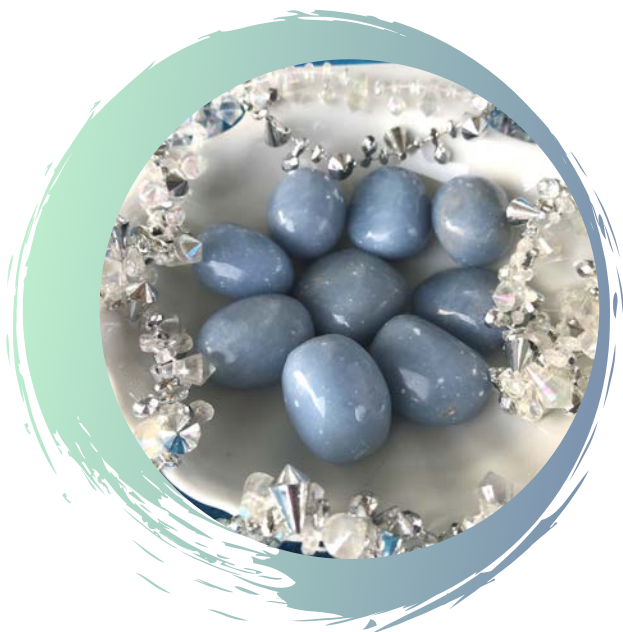
MY GIFT TO YOU IS Mateship

Lemon Myrtle contains the wisdom of Lemuria and brings this civilisation's energy into your life. She forms a state of equality, eliminating destructive pride or arrogance as well as any sense of inferiority. Lemon Myrtle bonds friends tightly together and helps resolve conflicts. She helps everyone feel good about themselves by encouraging a willingness to contribute to group efforts. Thus, use Lemon Myrtle to help you feel comfortable and enjoy being around people. If you are called to step into a position of authority, align with Lemon Myrtle to ensure you maintain your compassion and consideration.

Lemon Myrtle is purifying for the body, mind and spirit. Call on Lemon Myrtle when you feel like your body needs to detox. She will also detox the mind, helping you feel calm and in control during the day and allowing you to fall peacefully asleep at night. Walk with Lemon Myrtle to overcome feelings of weakness, being used or lacking direction. She brings clarity to those who have lost their way, reminding them of their gifts and how to share them with the world.

Allow Lemon Myrtle to restore clear thought to a confused mind, to restore belief in oneself when you feel lacking as a leader or light bearer, to restore awe and wonder into a despondent heart. She will open you, if you allow, to hear the melody of your heart that knows much can be achieved when you walk alone in the world, but as a community, cocreation happens, and miracles abound.

*From "Gifts of the Essential Oils" book by Adam Barralet
& Vanessa Jean Boscarello Ovens*



Angelite

This gentle blue crystal encourages you to listen to what the people in your life, and the Universe, are trying to communicate.

Lemon Myrtle Blends

For Aromatic Dressing & Diffusing

To Aromatically Dress, add blend to 10ml carrier oil. For any blends with citrus oils, avoid sunlight or UV rays for up to 12 hours after applying blend or wear under clothing.

BE TRUE, BE CLEAR

2 drops Lemon Myrtle
1 drop Rosemary
2 drops Black Pepper

RECEIVE

2 drops Lemon Myrtle
1 drop Jasmine (or Jasmine Touch)
2 drops Siberian Fir

You can layer Jasmine Touch over your heart chakra

HEART MELODY

2 drops Lemon Myrtle
1 drop Rose (or Rose Touch)
1 drop Ylang Ylang
1 drop Roman Chamomile

You can layer Rose Touch over your heart chakra

OPEN

2 drops Lemon Myrtle
3 drops Lemon
3 drops Douglas Fir

INTENTION

2 drops Lemon Myrtle
2 drops Eucalyptus
2 drops Wild Orange

RELEASE

1 drop Lemon Myrtle
2 drops Bergamot
1 drop Geranium

WONDER

2 drops Lemon Myrtle
1 drop Basil
2 drops Tangerine

AWE

2 drops Lemon Myrtle
1 drop Blue Tansy
3 drops Siberian Fir

Use Lemon Myrtle in food with fellow foodie oils, or as above in aromatic dressings, purefumes (diluted in FCO), and diffuser blends.

Sauteed Greens

1 leak

2 tbsp extra virgin olive oil

2 drops Lemon Myrtle essential oil

Sauté.

Then add:

12 heads of Brussel sprouts, thinly sliced

8 Swiss brown mushrooms, thinly sliced

2 bunches asparagus, ends broken off, finely dice stems, leave heads intact

4 pods fresh fave beans, take beans out of pods, peel skin if desired

Add a dollop of butter or coconut oil with another 2 drops Lemon Myrtle essential oil

Sauté until cooked.

Serves 4-6 depending on serving size.



Tangerine

This citrus gains its name from Tangier, Morocco, where it was first named. However, it is a well-travelled fruit that has long been a valued commodity around the world. Particularly, Tangerine has a long history of use in Chinese culture and herbal health practices. The rind of this fruit when cold-pressed produces a sweet-smelling essential oil, which centres and uplifts.

As you age, you may become stagnant or predictable, stuck in routine, taking the same route to work each day, doing the same activities each weekend, being with the same people. Tangerine awakens the curious heart and shakes life up, encouraging you to adventure to unfamiliar places and make new discoveries. Whether planning a trip to a new and exciting place, committing to learning something new that interests you, or simply trying a different restaurant, shop or walking route, Tangerine offers direction. He will ensure you enjoy moving through the world in a spontaneous and creative way! There is an entire world of wonders to be discovered and Tangerine prompts you to start exploring today.

MY GIFT TO YOU IS Joyous Discovery

It is easy to find security in routine. As such, you can often hide behind stories such as blaming others for failing to thrive, restrictive finances or being overburdened with commitments you made reluctantly. Ongoing alignment with Tangerine will continue to tease out the adventurer within. Like Pandora's Box, he will tug at your curious spirit. At first it may be a small risk, but over time, your courage will grow. Soon, you will be bravely and boldly following your soul's calling. Tangerine reminds you that there is no greater suffering than regret, and although leaving your comfort zone may be scary, the result is well worth the leap!

You may feel trepidatious about changing a routine or venturing into the unknown. Fear not. Tangerine has a protective element to his vibration. When you are out in the world, Tangerine guards and guides you, keeping you alert and awake, so that danger never crosses your path. Perhaps you are anxious because in the past you have felt disorientated, confused or scared by experiences where you were in different environments or surrounded by strangers. Tangerine is here to show you that getting lost is where the juiciness of life lies. Allow your curiosity to emerge and embrace new and exciting opportunities.

*From "Gifts of the Essential Oils" book by Adam Barralet
& Vanessa Jean Boscarello Ovens*



Fire Opal

Allow this opal to awaken the fires of curiosity within you and protect you wherever your adventures take you.

Tangerine Aromatic Dressing & Diffusing Blends

To Aromatically Dress, add blend to 10ml carrier oil. For all blends with citrus oils, avoid sunlight or UV rays for up to 12 hours after applying blend or wear under clothing.

ABUNDANCE

3 drops Tangerine
1 drop Wild Orange
3 drops Siberian Fir
1 drop Lime

CELEBRATE LIFE

2 drops Tangerine
2 drops Spearmint

SWEET BLISS

2 drops Tangerine
2 drops Spearmint
2 drops Sandalwood

TRANQUIL NIGHTS

2 drops Tangerine
1 drop Petitgrain
2 drops Juniper Berry
1 drop Cedarwood

SLEEP DEEPLY SWEETHEART

2 drops Tangerine
1 drop Basil
2 drops Patchouli
1 drop Petitgrain

HEART SPACE

2 drops Tangerine
1 drop Geranium
2 drops Myrrh
Rose Touch over the heart chakra

RELAXATION

2 drops Tangerine
2 drops Sandalwood
1 drop Arborvitae

I AM SENSUAL

2 drops Tangerine
2 drops Ylang Ylang
1 drop Arborvitae
Jasmine Touch - layer on pulse points and/or over sacral, solar plexus and heart

DREAM BIG!

2 drops Tangerine
2 drops Lime
1 drop Roman Chamomile
2 drops Hawaiian Sandalwood

MIND AT REST

3 drops Tangerine
2 drops Vetiver
1 drop Petitgrain
2 drops Frankincense
Layer with Neroli Touch over pulse points, neck, occipital, chest, swipe under nose

Use Tangerine in food with fellow foodie oils, or as above in aromatic dressings, purefumes (diluted in FCO), and diffuser blends. Be aware of photosensitivity with all citrus essential oils, including Tangerine.

Vegan Nutella

I loved Nutella as a kid! We had the real stuff, from Italy, and it made my tummy rumble, mouth salivate, and pupils dilate just looking at it! So, here is a yummy wholefood version. Use any nut milk you like, and we've suggested some doTERRA essential oils for fun food flavouring ideas.

INGREDIENTS

2 cups hazelnuts, roasted and then rub off the skin - you can wrap them in a tea towel to rub off the skins more quickly and efficiently

½ cup cacao powder

1 tbsp coconut oil (or cacao butter, for a firmer finish), liquified

½ cup nut milk

½ cup maple syrup

A pinch or two of good quality salt (I like Himalayan or Celtic, finely ground)

1 tsp vanilla bean powder or scrap a vanilla pod

METHOD

Grind nuts in a Thermomix or food processor into a fine meal. Add remaining ingredients. Test for taste, add more liquid if you would like it smoother, more sweetener if it needs more sweetness. Pour into a beautiful clean jar. Store in the fridge. Eat with joy and child-like abandon!

FLAVOURINGS – THE TWIST

Essential oil suggestions (1-2 drops of your chosen doTERRA essential oil):

- Tangerine
- Green Mandarin
- Kumquat
- Wild Orange
- Red Mandarin or Yellow Mandarin
- Cardamom
- Cinnamon Bark
- Cassia
- Star Anise
- On Guard

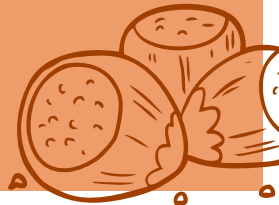


Fig & Seed Power Balls

INGREDIENTS

1 cup pepitas
½ cup sunflower seeds
¼ cup raw cacao powder
1 tbsp chia seeds
1 ½ tbsp coconut oil, softened
10 dried Turkish figs
1 tsp vanilla bean powder or ½ tsp vanilla extract
Desiccated coconut for rolling balls into
(or use chia or sesame seeds)
6 drops Wild Orange essential oil
4 drops Tangerine essential oil
2 drops Cardamom essential oil

METHOD

Add essential oils to coconut oil.

Add with all other ingredients (except desiccated coconut) to a Thermomix or food processor and combine to desired texture.

Roll into balls then roll into the desiccated coconut.

Keep in a sealed container in the fridge.

Alternatively, roll balls into chia or sesame seeds - the multi-coloured chia/sesame seeds look very pretty.



DigestZen

DIGESTIVE BLEND

"I digest life and knowledge with ease."

Dissolve trials, challenges, despair that lodge's in the body sending butterflies into flight in the belly.

The power of this DigestZen lies in the potent synergistic magic that occurs as these powerhouse oils come together. Assisting us to physically, mentally and spiritually digest life, knowledge, new learnings, challenges and transformation with support and greater ease.

The seeds of Anise, Coriander and Fennel guide us to tap into our pure potentiality. They invite us to plant the seeds of our visions and to explore the greater mysteries that we may be more deeply delighted by life and our dreaming once more. This blend reminds us that the choice lies within us.

Ginger leads us to breathe into our power centre, our solar plexus. To step into life more empowered, calling in abundance and the light of the sun into our lives. With Peppermint, these two oils help ally fears manifesting as a tumultuous solar plexus/belly space. While Ginger is warming, Pepper is cooling and soothing, bringing clarity, focus and inspired action.

Tarragon harnesses that clarity to enhance awareness and instigate lasting transformation.

CONTAINS

- Anise Seed
- Peppermint
- Ginger
- Caraway
- Coriander
- Tarragon
- Fennel



Citrine

Promoting optimism and joy, Citrine allows you to see the lighter side in any challenge.

Lemongrass

Until Asian cuisines expanded our epicurean horizons, lemongrass was virtually unknown in the West. In Asia, it has long been appreciated, not just in cooking, but also as medicine. Now this lemon-scented grass found in India, Sri Lanka, Myanmar and Thailand gifts the world a valuable essential oil, steam-distilled from his leaves.

Consider the shape of the lemongrass leaf like the blade of a well-honed sword; he will cut through what no longer serves you. He assists with detoxifying the body powerfully, including any emotional, mental and spiritual density and baggage. Lemongrass prevents hoarding, slices through shame and fear, lessens the ongoing impact of childhood traumas, purges other people's energies and removes grudges against those who have discredited or dishonoured you. Used as a cleaning agent to remove bad smells, Lemongrass will energetically deodorise the stench that comes with the thoughts, words or deeds of others that simply do not align with you and your truth.

MY GIFT TO YOU IS Purification

Not only is Lemongrass amazing at cutting away what no longer serves a purpose, he is excellent at creating 'space'. With spaciousness, you can place fresh energy into new areas of your life. Lemongrass brings vitality with his purification prowess. He helps you to get to the core of your intentional manifestations. Simply put, Lemongrass cuts to the chase. He is an oil of conscious action and aligning intention with activity. Lemongrass enables you to engage the cosmic forces with your own to move forward productively. He reminds you that you have choices. It's time to charge confidently into the future without the baggage of the past. With his cheerful, light-hearted vibration, Lemongrass brings in a new perspective and a reminder not to take anything too seriously.

Whereas many essential oils work specifically with one chakra, Lemongrass can be beneficial with several. He is great for the solar plexus chakra, the empowerment centre, where he removes the influence of the ego and allows you to meet others as your equal. Lemongrass can also be valuable for the third eye chakra, centre of understanding. He slices away distraction, promotes mental clarity and allows inspiration to come through loud and clear. Use Lemongrass to enhance your divinatory and psychic work. Lastly, Lemongrass enhances the incarnator chakra, located 40 centimetres below your feet. Through awareness of this chakra and the use of Lemongrass, earthworkers and those who feel a strong bond to the Earth can remember their past connection to their clans, tribes or ancestral roots.

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& Vanessa Jean Boscarello Ovens*



Yellow Calcite

When combined with Lemongrass, both work together to clear what is no longer serving you from your life.

Lemongrass



doTERRA Lemongrass Essential Oil

<https://youtu.be/9aMDLdYoXaM>

Harvesting lemongrass is a labor-intensive process, but for families in Southern India, it has been a way of life for generations. dōTERRA chose Southern India as a sourcing location because of the high levels of rain fall in the area. A greater amount of rain fall creates a higher citral content in the lemongrass, which makes it superior for essential oil use. During harvest time, farmers hike five miles up a steep mountain and work for roughly seven days to harvest a 100-acre plantation. Lemongrass is harvested by hand, using a sickle—which is part of what makes the harvesting process so physically demanding. Once the lemongrass is harvested and gathered, the farmers walk the five miles back down the mountain, each carrying a lemongrass bundle on top of their head. After the lemongrass is harvested, it goes through the process of steam distillation. Once distilled, the crude oil is passed on to a manufacturer who produces the Lemongrass oil. While the oil is with the manufacturer, it goes through stages of refining, filtration, and blending. The oil then undergoes a series of tests before it qualifies for export—the oil must be of the highest quality to be acceptable to distribute. Though the process of harvesting and producing Lemongrass oil requires hard labor and attention to detail, this process matches the high standards that dōTERRA has for producing quality essential oils.



Lemongrass Diffuser Blends

CLEANSE, UPLIFT, PURIFY

2 drops Lemongrass
4 drops Lime
3 drops Patchouli

CONCENTRATION

3 drops Lemongrass
2 drops Lime
2 drops Ginger
2 drops Black Pepper
4 drops Lemon

ENERGY & VITALITY

3 drops Lemongrass
2 drops Cypress
2 drops Siberian Fir

DISPEL ANXIOUS FEELINGS, QUELL FAIR, CLEAR SPACE

3 drops Lemongrass
2 drops Lime
1 drop Clove Bud
3 drops Cinnamon Bark

SPACE

TRANSFORMATION

2 drops Lemongrass
1 drop Clove Bud
6 drops Wild Orange
4 drops Ginger

MORNING UP & GO

4 drops Lemongrass
3 drops Cypress
4 drops Wild Orange
2 drops Peppermint

GOODBYE SMELLS!

3 drops Lemongrass
6 drops Wild Orange
2 drops Peppermint

RELEASING ANGER

3 drops Lemongrass
1 drop Clove Bud
4 drops Eucalyptus
4 drops Wild Orange
2 drops Invigorating Blend
1 drop Calming Blend

Walnut & Shitake Paté

I eat a plant-based diet, so animal derived patés are not palatable to me. I decided to make an omega enriched hearty dip/pate that will fill you with earthy grounding and so much goodness.

INGREDIENTS

2 cups walnuts, soaked overnight
1 cup shitake mushroom stock*
1 shallot (or spring onion)
1 sprig dry rosemary leaves (about 1 tsp)
1 tsp salt – Himalayan or Celtic salt to taste
1 cup sprouted mung beans
6 figs, soaking in good quality water
¼ cup fig soaking water**
2 tbsp good quality water
1 drop Lemongrass essential oil
3 drops Wild Orange essential oil (or use the Tangerine essential oil instead)

METHOD

Drain the walnuts and rinse, add them to food processor with the stock and shallot. Blitz until well combined and fine.

Add 2 soaked figs (once combined with all ingredients, check for taste, adding more figs if needed). Add remaining ingredients, adjusting for taste. The flavours will mellow over the coming days. Keep refrigerated.

MUSHROOM STOCK*

To create the stock – take 3 dried shitake mushrooms and put them in a bowl. Boil the kettle and cover well in boiling water.

FIG SOAKING WATER**

Fig soaking water is the water the figs are soaking in.



Rosemary

Rosemary is a hardy evergreen shrub with beautiful blue to purple flowers. Her name derives from the Latin for 'dew' (ros) and 'sea' (marinus), or 'dew of the sea', as it is often found naturally growing near the coastlines of the Mediterranean. The plant has been used in a myriad of ways over the last 2,500 years and the essential oil, steam-distilled from the flowers and leaves, is invaluable for her therapeutic effects, particularly for many diseases that result from our modern way of living. The oil has a stern energy, enhancing memory and remembering what is important amidst the ups and downs of life.

Rosemary is an activator, helping to engage you, to bring focus, to bring clarity, to enhance memory and your mental aptitude. She improves your ability to access and awaken otherwise dormant areas of your brain. A popular term is "Rosemary for remembrance." As such, this plant is often incorporated into funeral ceremonies or rituals. She will keep the memory of the departed alive or remind you of the timeless, loving bond that keeps you connected.

MY GIFT TO YOU IS Remembrance

On a deeper level, Rosemary reminds you of why you chose to incarnate in this life. She is a crown chakra essential oil, best applied when the centre is overactive, when you may be trying to escape from physical realities by chasing spiritual pursuits. Rosemary reminds you that you have chosen to come to this physical realm to have a physical experience and to remember your purpose and the joys of the generous and succulent present. Behaviours such as avoidance or escapism can be changed by working on a deep level with Rosemary to remember the soul's contract in this lifetime and return to alignment with your life path. As an enhancer of memories, use Rosemary to access wisdom in the Akashic records or past lives and future lives.

Although Rosemary draws a focus to life in this physical reality, she still possesses aspects which enhance spiritual pursuits. Rosemary is regularly linked to the god Zeus, who encourages expansion, dispels inhibitions and pushes you to take grandiose action. Incorporate Rosemary into your life when you are preparing to take a risk in love or life. She reminds you to keep those wings of the heart unfurled and expanded, ready to receive.

Rosemary is fantastic for cleansing and clearing a space. Rosemary offers protection, warding off negativity of people, thoughts, words, and deeds. A sweet saying that is common to many of us is that every good witch has Rosemary by her front door, right near her letterbox, by her front entrance, because this plant's magic acts as such a powerful ward against anything destructive or untoward – anything that would bring pain, contraction or loss to your life.



*From "Gifts of the Essential Oils" book by Adam Barralet
& Vanessa Jean Boscarello Ovens*

Flourite

Both these gifts of nature are associated with getting your head straight and creating order and structure in your life.

Rosemary Blends

Diffuse or
Aromatically Dress

To Aromatically Dress, add blend to 10ml carrier oil. For all blends with citrus oils, avoid sunlight or UV rays for up to 12 hours after applying blend or wear under clothing.

FOCUS

- 2 drops Rosemary
- 2 drops Lemon
- 1 drop Lime

IT'S A NEW DAY

- 2 drops Rosemary
- 1 drop Peppermint
- 1 drop Invigorating Blend
- 2 drops Sandalwood

ENLIVEN

- 2 drops Rosemary
- 2 drops Lime
- 1 drop Lemongrass
- 2 drops Wild Orange

HAPPY HAIR

- 4 drops Rosemary
- 3 drops Cedarwood
- 2 drops Lavender
- 1 drop Thyme

Add to 20ml carrier oil (a combo of FCO + jojoba is lovely). Pour into dark glass bottle and store in cool dark place. Massage into scalp and ends of hair.

I AM MOTIVATED

- 2 drops Rosemary
- 2 drops Encouraging Blend
- 1 drop Uplifting Blend

AFTER SCHOOL

- 2 drops Rosemary
- 1 drop Basil
- 2 drops Eucalyptus

PRESENT & ALERT

- 2 drops Rosemary
- 2 drops Grounding Blend
- 1 drop Lime

TIRED ACHY MUSCLES

- 2 drops Rosemary
- 1 drop Basil
- 2 drops Marjoram
- 1 drop Lemongrass
- 1 drop Pink Pepper

Add 2 drops each to 10ml carrier oil and aromatically dress, or add to a rollerball for targeted support. Use the same number of drops or increase to diffuse a larger area.

Roasted Sweet Potato & Fennel with Nut Crust

INGREDIENTS

- 180-200g cashew nuts, or nuts/seeds of your choice
- 1 large sweet potato (or 2 small sweet potatoes), cut into 1.5 – 2 inch pieces
- 1 red onion, sliced thinly
- 1 clove garlic, crushed
- 2 heads green fennel tops (approximately 1 cup), cut into half and then thinly sliced
- 1 tin organic cannellini beans, drained and rinsed
- 1 tsp Himalayan salt

- 3 drops Rosemary essential oil
- 2 drops Juniper Berry essential oil
- 1 drop Black Pepper essential oil
- 2 drops Cardamom essential oil
- Mixed into ½ cup extra virgin olive oil



METHOD

Heat oven to 200C fan forced.

Process cashew nuts in the Thermomix for 8 seconds, speed 5 (or food processor) to medium crumbs. You can also roughly chop them.

Place all vegetables in a bowl and massage with extra virgin olive oil and essential oil mix.

Add ¾ of the cashew crumbs to the vegetable mix and gently combine.

Add the cannellini beans and continue to gently mix through. Add to a baking pan.

Sprinkle over the remaining cashew mix and bake until cooked through. This is a lovely side dish, serves 2-4 people, depending on serving size.

Green Mandarin

The mandarin originated thousands of years ago in China where she was cultivated purely for the enjoyment of the king. Later, she became a gift of honour to high-ranking statesmen. Today, mandarins are enjoyed not just in China, but by people all over the world. There are three essential oils gifted to you by Mandarin, depending on the fruit's ripeness. The unripe fruit offers Green Mandarin, Yellow Mandarin is the semi-ripe fruit and Red Mandarin comes from the fully ripened fruit. The three oils are akin to the stages of a woman's life, with green, a young girl; yellow, a woman finding herself; and red, a woman who has reached her full potential. This analogy is a terrific way to understand the magic of these three oils, which all possess a joyous, light-hearted energy, encouraging a buoyant journey through life.

Before the spirit can soar, the heart must be freed, uninhibited by pain or suffering. Green Mandarin offers solace when the past has not always been kind, left you overly sensitive or no longer able to let your hair down. Green Mandarin is a healer of the heart, supporting you to release the sadness, anger and resentment of the past. She weaves magic when exploring inner child work. Have you become too serious or wary of the world? The universe delights in showering you with love and fun. Green Mandarin helps you feel safe again, bringing you a new sense of serenity and calm.

MY GIFT TO YOU IS a Playful Heart

Green Mandarin is beautiful to bring in the type of unconditional love you see with children. Kids are not born racist or sexist or discriminating in any form. They pick it up at an early age from their environment. Green Mandarin takes you back to that open heart. She illuminates your innate joy as you greet everyone with equal compassion and care.

When you lead with a loving heart, the rest of your body, mind and spirit follows. Green Mandarin will help you breathe in all the gifts of life and digest the troubles that come your way. She helps calm the stressed mind and eases any addiction to busyness. From a calmer place, Green Mandarin asks you if it is mindless busyness or mindful, inspired action and energy moving through you to create the life of your dreams. If it is directionless, let Green Mandarin centre you again in your heart and redirect your sails towards your true heart song.

When working with Green Mandarin, remember the words, "Ask and you shall receive." Because when you ask the universe for what you need, it answers. You will notice changes. There will be differentiation points in your life. People will start walking toward you, whoever you desire to call in. Green Mandarin will sing them to you and sing you to them. When you need to bring change in your life, align with Green Mandarin. Create empowered statements and visualisations that reflect the life you choose. Dream your life in detail and breathe that into your grateful heart, letting it magnetise your dream to you.

*From "Gifts of the Essential Oils" book by Adam Barralet
& Vanessa Jean Boscarello Ovens*

Chrysoprase

Feel the playful energy of this
crystal ignite and delight your
inner child.



Almond Dip

350g almonds, soaked in water and apple cider vinegar overnight and rinsed thoroughly
1 tbsp apple cider vinegar
1 orange, juiced (adding of chopped up rind optional)

Process speed 10, 7 seconds in a Thermomix or food processor.

Then add:

¼ cup hemp milk (or nut milk or filtered water etc.)
¼ tsp Celtic sea salt
½ cup date soaking water
3 medjool dates, pitted and soaked, set date soaking water aside
4 drops Green Mandarin essential oil
8 drops Tangerine essential oil
1 drop Ginger essential oil
1 drop Pink Pepper essential oil

(Other oils to try include: Wild Orange, Kumquat, Lemon)

Blitz on speed 6 for 2 minutes in a Thermomix. Optional: add a raw whole red chili (insides removed) to make a red juicy sauce.

Scrape down the sides then add:

¼ cup hemp milk (or nut milk chosen or filtered water)
1 tbsp heaped hulled tahini

Blitz and check, increasing to speed 9 for a Thermomix or high speed in a food processor for the last 10 seconds.

Add another 1/8 cup date water if needed. Keep it textured, not super smooth. Use as a dressing or a dip.



Pink Pepper

Pink pepper is a totally unrelated plant to the better known black pepper. This quick-growing native, at home in regions of South America, reaches about 15 metres tall, and the upper branches are unique because they tend to droop. Small white flowers gather at the ends of the branches and grow fruit with woody seeds. Pink Pepper essential oil is steam-distilled from these fruits. She still has a spicy aroma like Black Pepper, but also possesses floral and fruity notes.

As a pink fruit oil, she resonates with the heart and higher heart chakras, healing and balancing all issues governed by these energy centres. Pink Pepper removes cumbersome debris in your life, especially in the arena of love. When feeling overwhelmed by heartbreak, Pink Pepper helps soothe, creating space for the hurt to clear. Pink Pepper encourages you to surround yourself with people with whom you can honestly express your feelings. Let Pink Pepper open your heart fully so you can embrace all opportunities and relationships that appear.

MY GIFT TO YOU IS True Love

If a current situation is unclear, Pink Pepper leads you in the right direction. When you are called to work with her, the message is that the answers you seek do not lie in your head, but in your heart. Pink Pepper encourages contemplation of the true feelings of your heart. Is there a relationship you are questioning? Pink Pepper offers clarity on whether to pursue a relationship or leave it. Are you betraying yourself, sacrificing your own wellbeing, in the name of compromise or keeping the peace with another? It is time to make aligned decisions that feel right for you. Pink Pepper looks for harmonious solutions and then encourages you to communicate your decisions in a warm, loving, yet up-front manner. As you listen to your heart and lead with love more, the clouds around you will vanish and you will start to feel more alert, energised, and even euphoric.

As you deepen your relationship with Pink Pepper, you will become 100% clear on what you want. If you don't know what your heart desires, the universe cannot deliver. Be clear on what you want to receive as well as what you are willing to give back in return. As you do so, you will find the relationships in your life will start to unfold in alignment with your sharp vision.

Whereas Black Pepper cuts away what is inauthentic, Pink Pepper will remove inauthentic behaviour in love. She gives you strength to speak your truth in love. Pink Pepper allows you to drop conditions you place on people. Parents struggling to understand their children's sexuality or partner choice benefit from Pink Pepper. She brings you back to love with your romantic partner. You may recognise this scenario... When you first meet someone, you fall in love with who they are. Then as the relationship continues, you start trying to change them, then become despondent that they are no longer the person you first met and fell in love with. Pink Pepper allows you to dissolve the expectations you place on another and lovingly support them as they evolve along the path they choose for themselves. This is the path to true unconditional love.

*From "Gifts of the Essential Oils" book by Adam Barralet
& Vanessa Jean Boscarello Ovens*



Bustanite

Feel all obstacles and limiting beliefs around love dissolve as your heart song becomes clearly heard.

Pink Pepper Sourcing



Pink Pepper Essential Oil- Sourcing Pink Pepper in Kenya

<https://youtu.be/AOQr8WA0x18>

doTERRA Pink Pepper oil is wild-harvested from two different countries: Kenya and Peru. The molle or pink peppercorn tree is indigenous to Peru, but British colonialists also brought the trees with them to Kenya. For both countries, the farmers and harvesters are excited about the new increased economic opportunity that Pink Pepper oil represents.

The harvesting process can be highly labor-intensive because once they are picked, the berries must be distilled the same day to preserve their oil content. When the berries turn from green to pink, the picking process begins. Pink peppercorn trees can be very large; harvesters often have to climb the branches to pick off the berries, or shake them so that they fall to the ground to be collected. From there, berries are cleaned and crushed before going through steam distillation.



Pink Pepper

.....
Blends for Aromatic Dressing and Purefumes.
Add to 10ml carrier oil.
.....

*"I give from my heart.
I receive love.
I live a fulfilled life."*

1 drop Pink Pepper
2 drops Green Mandarin
2 drops Ylang Ylang
1 drop Ginger

*"My heart is open to life
and the unexpected gifts
that come my way."*

2 drops Pink Pepper
3 drops Green Mandarin
1 drop Spikenard
1 drop Neroli

*"My heart is a magnet
for miracles."*

2 drops Pink Pepper
1 drop Frankincense
1 drop Melissa
3 drops Lemon

"Love is all there is."

2 drops Pink Pepper
3 drops Ylang Ylang
3 drops Green Mandarin
1 drop Jasmine
1 drop Rose

*"I embrace love.
I listen to her sweet song.
I choose love."*

2 drops Pink Pepper
3 drops Hawaiian Sandalwood
1 drop Geranium
1 drop Rose

*"My heart is full.
My heart is at peace."*

1 drop Pink Pepper
2 drops Marjoram
2 drops Bergamot
1 drop Cedarwood
1 drop Vetiver

"My heart is joyous."

2 drops Pink Pepper
3 drops Wild Orange
1 drop Roman Chamomile
2 drops Ylang Ylang
3 drops Tangerine

*"I choose peace.
I live in tranquility.
I willingly embrace a
peaceful heart."*

2 drops Pink Pepper
2 drops Petitgrain
3 drops Tangerine
1 drop Geranium
1 drop Basil





Vanessa Jean's
Aussie Christmas

Lemon Myrtle
Eucalyptus/Lemon Eucalyptus
Green Mandarin
Buddha Wood
Pink Pepper

Add to your diffuser to create a
joyous and uplifting ambience.

www.foodalchemy.com.au

Dry Vegetable Curry

INGREDIENTS

2 red onions, finely diced
2 tbsp coconut oil
1 tsp curry powder
2 tsp turmeric powder
1 tsp Celtic sea salt
6 potatoes, scrubbed, diced
1 head broccoli, cut into small florets
1 red capsicum, finely diced
400g snow peas, cut julienne
1 drop Cumin essential oil or 1 tsp cumin powder
2 drops Pink Pepper essential oil
1 drop Turmeric essential oil
(add essential oils to 1 tsp coconut oil)

METHOD

Add onions to coconut oil with spices, then add the potatoes and stir well, wrapping them in the spices.

Add 1-2 tbsp water so it doesn't burn and let simmer on medium heat for 15 minutes.

Add capsicum and broccoli and essential oils (in the teaspoon of coconut oil).

Stir and cook for a further 10 minutes, then add the snow peas and simmer for 5 minutes.

Serve as is or with fresh coriander and cashew nuts.
Serves 4. Consider serving with quinoa or rice if desired.

Wintergreen

Wintergreen essential oil is derived from the leaves of a creeping shrub with red berries found in the Northern Hemisphere. When the leaves are steam-distilled, they produce an essential oil primarily containing just one chemical component, methyl salicylate. Oils that contain methyl salicylate, such as Wintergreen and Birch are popular as natural additions in topical creams and massage blends because of their soothing properties.

Just as Wintergreen allows the body to release and relax, she has the same effect on the mind. If you are a control freak, Wintergreen eliminates the need to know everything and always have your way. She dissolves obsessions and fixations on how everything should be. Wintergreen offers relief from the mental constraints and restrictions you have placed on your life. She unbinds the destructive effects of time pressure or the need for others' approval. Wintergreen can open you to greater levels of abundance as you release expectations of how the universe delivers your desires. She encourages you to be clear on what you want and then relinquish control to the higher forces of the universe to manifest in the perfect way.

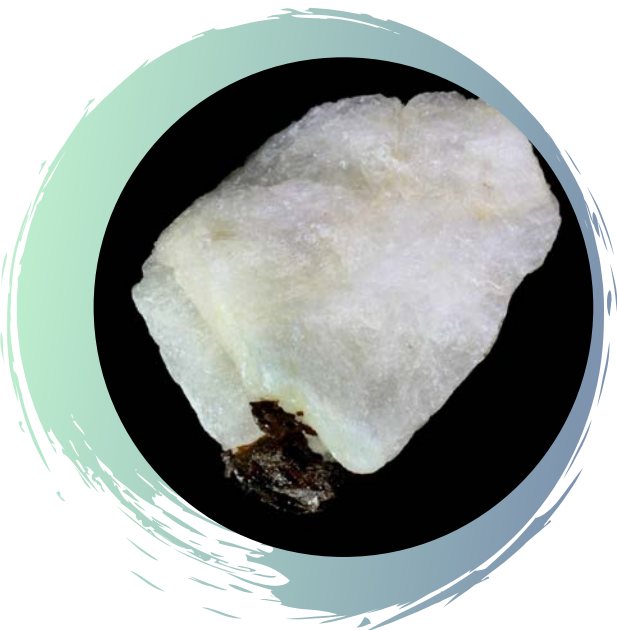
MY GIFT TO YOU IS Surrender

If you find yourself wanting to tell others how to be, invite Wintergreen into your life, so that you can trust and allow things to be as they need to be. Wintergreen brings in a firm reminder of a basic spiritual law that it is not up to us to interfere with anyone else's spiritual path or journey in this lifetime, only to direct our own sails as we travel on the oceans of life. When you feel the need to change other people, reach for Wintergreen, breathe her deep into your soul, and discover how you can change your perspective. You may just find that altering your own attitude or behaviour may yield a transformation in the way you experience the world.

Past situations beyond your control could have led to you being scathed or hurt. Wintergreen helps you to let go of the mental anguish of being emotionally battered or abused. When you are ready to heal the hurt and get on with your life, Wintergreen can ease the process. Call on Archangel Raphael who offers guidance on the steps needed to heal fully. Wintergreen will allow you to trust courageously again rather than try to assert control on life to prevent history repeating.

The oil of Nepalese Wintergreen (*Gaultheria fragrantissima*) is a soft pink colour. Thus, this essential oil is beautiful for working with the heart centres, especially the higher heart (thymus) chakra which increases compassionate love for all in your life. Nepalese Wintergreen gives a reminder that love is all there is and to surrender to unconditional love, especially when you start to feel resistance or restriction in your life. She releases any density around you and encourages you to stop beating yourself up. As you prepare to embrace greater levels of self-acceptance, use Wintergreen and call upon the presence of Saint Germain or Angel Zadkiel. They are guardians of the violet flame, a spiritual tool for manifesting great personal transformation.

*From "Gifts of the Essential Oils" book by Adam Barralet
& Vanessa Jean Boscarello Ovens*



Cryolite

This is a crystal of surrendering control of situations that you have no influence over and trusting the universe to provide.

Wintergreen Sourcing



Sourcing doTERRA Nepalese Wintergreen Essential Oil

<https://youtu.be/3f8hSCXlu5s>

These women go out every single morning as they collect the Wintergreen leaves and they fill these baskets full, and they carry them all the way down the mountain side. Often times having to stop along the way to take a break, and yet they do this every single day to be able to provide for their family. But yet, when you look at these mountain regions, they are so far removed from any city.

What other opportunity do they have to truly be able to provide for their family. They don't, and now we come in with an opportunity that provides them with the means they need to create that income.

They get up in the morning before the kids are awake and are able to provide for their family, whether that be through school supplies, whether it be food for the family, they're able to work as much as they want because of our demand for Wintergreen. The sky's the limit.

In our desire to find the highest quality essential oils in the world we turned to Nepal for their Wintergreen source. We worked with two specific Districts, the Dolakha District as well as the Lamjung District. And you can imagine how our hearts broke as we learned the news of the earthquakes; knowing that these two areas were the heart of the earthquake and received the most damage.

You imagine what it meant to these people who lost their homes, whose lives were completely devastated, to receive temporary shelter, to receive food, to receive those things, to be able to help sustain them through this most difficult time.

To actually be there and physically see that devastation. To see homes destroyed. To see family and children living under tents, just trying to stay dry. It really changed my perspective and as we were able to meet some of the people that we provided the temporary housing for; Tohowa is one that just amazed me. I think of myself in that situation and how I would've responded. I think I would have been devastated. Yet she was so resilient. She was so happy and so grateful. She just kept giving us thanks for the home that she had. Even though it was a small home, she was so grateful.

They're such a gracious people and they truly are resilient. They truly are strong and they will carry on, but they need help. And I'm so grateful that we are in a position to be able to provide some small means of help.

Emily Wright, doTERRA Founding Executive, Sales and Marketing

I had never seen an angel before. Because of what you have done for me, you are my angels.

Tohowa, Nepal





Vanessa Jean's

I am Magnificent!

1 drop Wintergreen

3 drops Blend for Women

Aromatically dress in 10ml carrier oil
and rub lovingly over your body.

*"I am unconditional love,
I am at peace."*

www.foodalchemy.com.au

A woman with long, wavy brown hair is wearing a blue denim jacket over a light-colored top. She is looking upwards and to the right. A large, semi-transparent white circle is overlaid on the image, containing text. The background is a blurred outdoor setting.

Vanessa Jean's

Soothe Me

Clary Sage

Frankincense

Wintergreen

Diffuse, or aromatically dress with maximum
5 drops to 10ml carrier oil and rub lovingly
over your womb space.

www.foodalchemy.com.au

Balance

GROUNDING BLEND

Balance – the big trees, suspended in Fractionated Coconut Oil (FCO) makes this blend the perfect companion to take with you everywhere you go.

Lean into this magnificent grounding blend when you feel you need support to become present once more. Or, when you feel you want to cultivate more resilience or a reconnection with your true self.

The big trees will help carry you through adversity while the flowers – Chamomile and Osmanthus – remind you to love thyself and nurture thyself.

Balance is like a walk in the forest. Calm. Soothing. Nurturing. Let Balance be your ally and best friend each day.

My favourite way to use Balance to help ease achy muscles. I massage Balance and Wintergreen with Frankincense over the affected areas.

As it is already in a carrier oil (FCO), I layer Balance on my pulse points as a pure-fume with a dab of Frankincense over the top. Then I do the same on the soles of my feet, for extra centering, and to bring a magical day of bringing my wisdom to the fore. I love it over my heart chakras and up my spine.

I take Balance and Frankincense everywhere I go for emergencies, to feel fabulous and/or to smell amazing! I hope you enjoy this as much as we do.

CONTAINS

- Fractionated Coconut Oil
- Spruce
- Ho Wood
- Frankincense
- Blue Tansy
- Blue Chamomile
- Osmanthus



Smoky Quartz

Allow the grounding and peaceful influences of this Quartz to return peace within and around you.

Yoga Collection Kit



Yoga means to yoke.
It means to return to oneness, to wholeness, to the whole you, to the real you. It is a combination of what feels good for you in the day, to create a sense of yoga.

Yoga means to yoke. It means to return to oneness, to wholeness, to the whole you, to the real you. It is a combination of what feels good for you in the day, to create a sense of yoga. So yoga isn't only the asanas, though they are physically a way to help bring us back into mindfulness, into alignment, to increase our flexibility. So I'm not going to focus on the physical yoga itself, I'm going to talk about the mental and emotional realm here.

We're going to look at this beautiful yoga collection, because this is taking that deep dive into self-care, self-nourishment. We are anchoring, we are aligning, and we are arising. So let's begin with the anchoring. Every single day, I love to begin my ritual with something that's just for me. So when I wake up, I go straight into meditation. I let myself just enter a beautiful, succulent space. At this stage, I'm just kind of still in that space of just coming into my body, and I love that space, because it's like the veil is super thin.

I just stay where I am. I don't move, and I just let myself slip, slip beyond the veil. I do this with my breath, bringing my awareness to my breath, and breathing up to my heart. Then I allow the vision to come to me of how I want to feel that day, and what I'd like to experience in my day. Certain people walking towards me in my day - beautiful, intimate connection time with my beloved, my husband Paul, or some beautiful, intimate time with our little gal when she gets home, or our big boy when he gets back from high school.

I also look at me in this visualization, and how I choose to be - my energetic and emotional posture, my mental state. It's really important for me to stay as calm and tranquil as possible. I'm not one of those people who loves lots of hustle and bustle and noise around me, and overactivity. So, I really want to align with what it is I'm consciously calling in. It's a little mini mindfulness creation process for me, where I drop into my heart and my belly, and I just feel what it is that I want to breathe into being. It's a really beautiful space to be in, actually, because it allows me to expand into opening my heart, and my opening myself into that infinite realm of possibilities. I can in this imaginary world create any day I choose. I'd love to invite that for all of you now.

Anchor Blend

GROUNDING BLEND



Let's look at the Anchor Blend. One thing you can do to begin your day, after your shower for instance, and you have aromatically dressed, I put Ascend in the diffuser. Last night I went to bed with Anchor and Affirm on my body, and this morning I put Affirm and Frankincense and aromatically dressed. Aromatic Dressing is the act of allowing yourself to adorn yourself, dress yourself, in these essential oils and the carrier oil.

Anchor, the Grounding Blend (not to be confused with Balance, also called the grounding blend), has Lavender, Cedarwood, Frankincense, Cinnamon, Sandalwood, Black Pepper, and Patchouli. Black Pepper and Patchouli allow us this space to go into to become with the shadow aspect, to what lies within the shadow. They also help us to dissolve the facades that we feel like we need to wear in the day. Patchouli is deeply penetrating; she'll help ground and earth you, and in this case, bring that vision that I'm calling in, in my morning practice, into being in the world, helping to be the embodiment of that.

Like the Cinnamon and the Sandalwood, the Patchouli is a very sensual oil. They're quite aphrodisiacal, so these oils open the heart space. When you open the heart space you create space around you, and you create spaciousness in your day to create in the melody of love. The cinnamon's going to warm you and spice thing up, same with that Black Pepper. Black Pepper's amazing for peripheral circulation, physical circulation, but it's great for circulating energy as well. For helping all that stuff that's in your belly to come up and out, and be expressed in the world, in a true way. We align it with Frankincense so that our truth comes out. Black Pepper helps us to feel comfortable with presenting to the world who we truly are.

Then we have Cedarwood. I love Cedarwood. I feel like he is undervalued for the breadth and depth of what he can bring. I'm a big tree fan. Those big gals and guys out there in the tree kingdom, I find I can just lean into them for that support. Cedarwood is also an aphrodisiac, and in this way, it's helping to bring us with this anchoring into connection with our community, our tribe. But also into connection with ourselves. This is really important because when you meditate, visualize, pray, journal, whatever it is that you do in your day, and I invite you to have some sort of ritual, allow that Cedarwood to come in and help anchor in.

All the yoga blends, Anchor, Ascend, and Affirm, are all suspended in Fractionated Coconut Oil (FCO). They all blend beautifully together as well in the diffuser, in your aromatic dressing, but also just to anoint yourself. It can be for your actual yoga practice, or it can be for your creating that oneness, coming back to that oneness in your day. To remind you, yoga means to yolk.

What is it that you're bringing in to create that solidity in your life? Anchor is beautiful anointed on the soles of your feet, on your wrists, behind your ears, and up and down your spine for that grounding. Take it down behind the backs of your legs in a straight line, down your Achilles, your heel, and under your foot, and the top of your foot.

Affirm Blend

CENTERING BLEND



Then we move to Affirm, so let's bring this vision in to alignment with who we are. Who am I? How is it that I choose to be in the world? Allow the blend of Affirm to affirm all of you to the vision. You're going to increase your vibration; you're going to amp it now. Adding Frankincense to any of these magnifies the blends because scientifically, he's a magnifier, so he'll increase the potency. So please, if you're aromatically dressing, consider blending some Frankincense with it as well, or in your diffuser, or perfume.

What am I choosing to Affirm with? Which people? Which activities? What, how am I going to consciously create? Affirming ourselves to a vision, a purpose, a cause.

This is the centering blend, and this is beautiful massaged down the sternum, and right into the belly, and into the belly button, up and down the spine as well. Apply to the top of your head, and then a dot on the soles of your feet as well to help connect you to the divine and to the core of the Earth.

We have Bergamot, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose, and Jasmine. A very interesting melody in here because we have so many heart opening, heart expansive, and aphrodisiacal type oils in here. We also have sedating oils, soothing and calming oils, and then a totally uplifting oil called Bergamot. Bergamot is one of the most beautiful essential oils to help elevate us out of a low mood state. Bergamot, Frankincense, and Lavender are the three that I love to recommend to people who have anxious feelings, butterflies in their tummy, fear of the known or the unknown. Bergamot works really beautifully with that.

Of course, as we're affirming, we want to help clear the rubble of those fears. Of the limiting thoughts, behaviours, habits. Coriander, this is succulent, because like the Bergamot, she'll clear, but in a different way. Coriander and Cilantro are renowned for their detoxifying benefits - clearing heavy metals out of our system. But here we're going to use the Coriander to centre us. Interestingly, the Coriander doesn't take over this blend. When you first smell it, you'll smell the Coriander. But as you wear it, or diffuse it dissipates. It's in the fractionated coconut oil already, and because it's suspended, it can go straight on your skin; so just take it right down your sternum carry this down into my belly button. You just put a drop in your belly button for Affirm.

Marjoram, she's a seductress into the realm of rest and relaxation. She will help bring you back to that state of calm, tranquillity. She'll help massage, energetically, that tension out of the body, out of the head, out of the emotional sphere. I adore Marjoram as a sleep anchor, and she's also a powerful anchor for me when my body is holding too much. When I'm holding too much, I can't actually move forward. I'm too contracted. People call this state pain. I call it contraction or density. That density needs some support to come up and out, so the Marjoram just gently comes in, and she sings this beautiful little lullaby of soothing. She seduces us back to our natural state of expansion. She's beautiful.

Affirm Blend

CENTERING BLEND



One of the most beautiful herbs to work with for this, and align it with something like Basil, which is also in this blend, is super powerful. Because Basil, as the Marjoram is relaxing, soothing, tranquilizing everything, the Basil comes in and goes up into the brain, and helps to bring that alertness, that focus, that centredness. Which, when we're affirming, is so important, isn't it? Because what is it that I'm affirming to? Who am I affirming to? What events am I choosing to go to that are in alignment with me?

We also have Peppermint in this blend; I love the Peppermint because she lifts it. With the Basil, I love Peppermint, Basil, and Eucalyptus together, for instance. Eucalyptus is in this blend, but just to give you an example, those three together, it's like a clear out of the mind. It's like injecting sunshine into your day. Peppermint will give you some pep, but she will also remind you to move forward in the direction of your dreams. Okay, then Rose comes in. Rose opens the heart to receive, and to go in and dream big, and dream bigger.

The Geranium in this helps to dissolve any frustration over, *"Oh, damn, I should have done that. I should have had that done by now"*, and that self-judgment, the anger, the recrimination. Geranium helps to just melt that, helps to melt the wounded heart. It helps to melt the anger. So, this is a great one for anyone who feels like they're just angry a lot of the time. Kids, adults. This is a beautiful blend because the Rose and Jasmine come in and support as well. They open the heart. Look at the jasmine flower - the star reminds us of our light, the star within us, and when we anoint ourselves with Rose and Jasmine Touch, which I love to do when I use this blend it just really doubles up with that, and I anoint myself with it, it takes me out of that self-recrimination, and beating up on myself, and back into, here I am.

It's all okay. It's actually all okay. Who I am is how I am, and I'm going to show up every day to be the best version of me. Some days I'm going to be awesome at that, and other days I'm going to wish I just crawled under my covers and push the reset and started again. But the Geranium in this, in particular, is going remind me not to get angry at myself. That's the Affirming Blend.



Tibetan Quartz

This tranquil variety of Clear Quartz allows you to find balance throughout your life.

Ascend Blend

ENLIGHTENING BLEND



Then we have Ascend. When I first smelt this trio of the yoga blends, I was in love with the song that this brought into my heart. Ascend just took me to a whole new place. With the Ascend, you can anoint yourself anywhere with this. I love this as a perfume, but what's really nice is you can take it, and anoint and roll it up and down your forearms and then into your hands and take three deep breaths. Then I just rub over my heart between each breath. I just breathe it in, breathe it in, and I love using them in this way, just to support myself. I love Ascend over my shoulders, behind my neck, over my neck. I love to anoint some Ascend up the bridge of my nose and over the forehead. Then I take my Affirm, and I layer the Affirm over the top, and put some in my crown.

Arise has Lemon, Grapefruit, Siberian Fir, Osmanthus, and Melissa, all in a Fractionated Coconut Oil base. Lemon and Grapefruit; detoxifying, clarifying. When you're feeling dense, when things are feeling heavy, allow these to come into play in your diffuser blends, and your aromatic dressings, and your perfumes. Just pick them up and breathe them in. Any of the citruses are going to help get you out of the funk, when you feel like things are heavy in your belly, in your heart, on your shoulders, or when you're feeling like there's too much burden that you are carrying. Do those citrus oils, and pair them up with Siberian Fir.

Siberian Fir - it's like he just says, "Lean into me. Lean into me. Let me just hold you. I've got your back. I've got your back. All right, we're going to do this together." He's that beautiful reminder that we are all always connected, and that is the true song of yoga, right? To yoke. Yoking, that which comes from the heavenly realms, the divine, and the Earth, deep down in the Earth, and remembering that we ourselves are divine, and we can call in those aspects any time we want.

The Osmanthus in here, oh, she sings to that heart space. Notice how each of these yoga blends has beautiful heart oils in them? The Osmanthus is a sacred, beautiful, flowering essential oil. The flowering of our heart, the blossoming, the opening; that reminder that when there's muck and grime, like the lotus, we can be born of that. We can be born anew. So Ascend is an uplifting blend; it's reminding us that we can ascend anytime we choose. We can choose the moment. Apply up and down the arms. It's like, clear, clear your space. What is it that I'm calling in? What am I calling in? Help you to arise out of the muck, the challenges, the grime, so to speak.

Then we have Melissa. Melissa - The oil of light. The oil of revelation, of connection to the divine. She is that essential oil that will help you to remember, remember, remember. She's going to really support you when you close your eyes, and you ask the question, "Who am I? What am I here for? Why the heck do I keep waking up every day?" You know those moments where it just feels heavy and difficult? She's going to support you through that. She's going to remind you to rise beyond it. She'll help you dissolve it. Remember, the darkness can never penetrate the light, but the light can always penetrate the darkness. So, she'll help you to penetrate those dark times, and to see your way forward. I love doing a meditation with these three oils, just letting myself journey with it. You know, when I'm taking people on journeys in the retreats that I run, and the circles, these three are absolutely beautiful. I'm just trying to get you in to show you how they sit.

Whisper

BLEND FOR WOMEN

This must be one of the most exquisite and succulent blends ever! Anoint yourself and use as a daily purefume and clear out toxic perfumes from your cupboard forever!

For monthly support (during any time in your cycle), massage over affected areas such as womb space (massage clockwise over your belly), your heart to invite more love and dissolve anger, frustration and confusion, back of neck and shoulders to reduce tension, breasts to ease tenderness or... to enhance deeper loving connections with self or your beloved - place over the heart chakra and hands and inhale to invite the sensual and sexual energies to come out to play, anoint inner thighs, lower belly (above pubice) between breasts, pulse points etc.

The essential oils in this blend are sensual, delicious and just a tad erotic in nature. They invite you to embrace loving yourself more deeply and to welcome love's sweet embrace. This blend can be used to magnify your connection with the Divine and Divine Love.

Some of the most precious essential oils on the planet can be found in this blend. Use it liberally and often. We could all do with more love in our lives and sprinkled throughout the world.

CONTAINS

- Fractionated Coconut Oil
- Patchouli
- Bergamot
- Hawaiian Sandalwood
- Rose
- Vanilla Bean Absolute
- Jasmine
- Cinnamon Bark
- Vetiver
- Labdanum
- Cocoa
- Ylang Ylang



Rose Quartz

Invite beauty, pleasure and magnetism into your life with this crystal sacred to Aphrodite.

A close-up photograph of a woman's profile and shoulder. A hand is visible, adjusting a black strap on her back. The background is dark, and the lighting highlights the skin tones.

Vanessa Jean's

Get your Sexy on!

Anoint Blend for Women over your heart,
pulse points and inner thighs.

Then layer with a drop of
Hawaiian Sandalwood.


Breathe in the bliss...

Get ready for the magic!

Whisper sweet love songs to your beloved.



www.foodalchemy.com.au



Vanessa Jean's
Purefume - Trust
Siberian Fir
Blend for Women
Frankincense

Use with carrier oil (5 drops in 10ml) to
create your own purefume or for
aromatic dressing.

www.foodalchemy.com.au

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1



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Acknowledgements

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Information has been sourced from the vast experience of both Vanessa Jean and Adam Barralet and their book "*Gifts of the Essential Oils*".

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