



SIBERIAN FIR

Magick

with

VANESSA JEAN

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Invite

Invite Siberian Fir into your home and heart to help you forge a new path forward.

He will clear the pain body of contraction, allowing you to surrender to creation energy. The pain body encompasses all that no longer serves you in your physical, mental, emotional and spirit body.

Remember, everything that manifests in the physical has roots in the emotional, thus the spirit is touched and effected, vibrating differently and the mind ceases to operate at optimum.

For humans to live their highest potential, we need to return to source more. We need stillness, silence, nature, natural light, laughter, connection to “source”.

Call this God, Goddess, The Universe... I call it love.

The home base of the Divine

Siberian Fir is an essential oil that can and will support you in restoring your vibration and dissolving density that is no longer serving you.

Blending him with high vibe oils will enhance his gifts and take you deeper into the joy, peace, sovereignty and love the world craves.

Are you ready to play!? Let's go!



Joy & Connection

To invite joy and deepen connection with the Divine is to live a life unencumbered by limiting beliefs and outdated habits.

PUREFUME

2 drops Siberian Fir
2 drops Frankincense
1 drop Wild Orange

In 10ml FCO*.

DIFFUSER

4 drops Siberian Fir
3 drops Frankincense
6 drops Wild Orange

*FCO is Fractionated Coconut Oil
(carrier oil).

*“I choose joy as I connect with the Divine. In this sacred space of connection, I am in my element!
I am joy!”*



Transcend Beliefs

When choosing to transcend beliefs and ways of living that do not actually align with your truth right now, allow this melody to be your companion.

PUREFUME

2 drops Siberian Fir
1 drop Spearmint
3 drops Blend for
Women

In 10ml FCO.

DIFFUSER

3 drops Siberian Fir
3 drops Spearmint
2 drops Blend for
Women

“I am conscious of clearing out familiar habits, patterns and beliefs. Day-by-day, moment-by-moment, I draw my awareness to what is true for me now. I choose to love this.”



Awaken the Storyteller

When we allow the storyteller within to awaken, we share wisdom or lessons in empowered ways. We help not only ourselves; the next generation is given a key to unlock the door to teachable moments. Stories act as a way-finder. They restore hope, unleashing vision and power into those brave enough to listen.

PUREFUME

2 drops Siberian Fir

1 drop Helichrysum

1 drop Basil

1 drop Rose - or layer with Rose
Touch over heart, 3rd eye, solar
plexus and throat.

In 10ml FCO.

DIFFUSER

6 drops Siberian Fir

1 drop Helichrysum

2 drops Basil

1 drop Rose or Blend for
Women

“I embrace my inner storyteller. I listen to the ancient lore and learn from those willing to share. I stop and listen to the Great Mother and hear her teachings.”



Tree Wisdom

If you would like to connect in tree wisdom, some of the best storytellers on the plant, call in...

PUREFUME

2 drops Siberian Fir
1 drop Arborvitae
1 drop Cedarwood
2 drops Wintergreen
1 drop Myrrh
3 drops Green Mandarin

In 10ml FCO.

Place Grounding Blend and Frankincense on your feet.

Add to roller bottle and top with FCO, anoint yourself in the areas you feel called to - e.g. forearms, behind ears, heart, spine, crown...

Enter stillness. Ask for guidance. Lightly gaze out to the trees, give yourself time to 'feel' and 'see', one will seem to glow or call you to it. Gently walk toward the tree. Connect in a way that feels good for you.

I like to ask permission and then drop into gratitude. Then I ask:

*"What have you to share with me divine being?
In return, I give you my love and gratitude."*

Now, immerse, listen, connect, return to oneness.

Ideally, have your feet bare to the earth and the roots of the tree.

Place your palms upon the trunk. Lean in.

You may want your forehead or cheek to kiss and be kissed by the tree. Listen. Come into communication, oneness and stillness.

Return Home to Love



Upcoming Releases

1



Dive deep into the spiritual aspects of the plant kingdom!

Click book image to register your interest in the upcoming book "Gifts of the Essential Oils" by Adam Barralet and Vanessa Jean Boscarello Ovens

2



Recipe book with Chef Sophie Budd & Vanessa Jean Boscarello Ovens

Register your interest in the upcoming recipe book.



REGISTER HERE



For more blend ideas incorporating dōTERRA
pure essential oils, please visit:

www.foodalchemistry.com.au

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