

# C A C A O

## Ceremony



### WHAT

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Ceremonial Cacao is high grade, high vibrational, 100% pure, organic whole bean of the heirloom criollo nativo cacao (cacao chuncho). It comes from Peru or the Amazon. The whole bean is ground into a paste, nothing added, nothing taken away. This rare and highly prized criollo bean is the same bean that the Ancients used in their ceremonies.

Many elements go into making high vibrational pure cacao, the variety of bean, the genetics of good trees, the energy of the land, the growing microclimate, the farming techniques, production methods and the energy, wisdom and intention of the farmers as well as the shared vision and conscious connection of all hands in the supply chain. It is a process of pure love process that flows from seed to product.

The energy of cacao is one of infinite compassion and love, hence why it is so widely used at present. It helps to restore compassion and wisdom of the heart as well as opening to higher dimensional planes of love.

Love is the most powerful energy of the cosmo and humans have been searching for it for millenia, mama cacao shows us that we have always had it within us, she pulls back the veils and awakens the resonance/sound of love within your heart once again.

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## WHY

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- Relaxing & Repairing - contains more magnesium than any other food source, it supports muscle recovery and energy production, calms the nervous system and improves brain function.
- Heart Opening - opening the heart both spiritually and physically, it helps increase oxygen levels, improves circulation and evokes a deeper feeling of connectedness to self, spirit and the planet.
- Theobromine is a gentler stimulant, providing a smoother, more sustainable energy boost without the jitters. Generating feelings of contentment and euphoria.
- Phenethylamine - "The Love Chemical" - release oxytocin and other pleasurable opium-like neuro chemicals that produce feelings similar to that of falling in love.
- Tryptophan - "The Feel Good Chemical" - responsible for relieving stress and increasing happiness.
- Tyrosine - "The Pleasure Chemical" - stimulates the release of dopamine in the brain, which triggers feelings of joy and happiness!
- Anandamide - "The Bliss Chemical" - produces mild states of euphoria and feelings of bliss.
- Serotonin - naturally assists the body in producing its own Serotonin, creating feelings of wellbeing and helps to relieve pain.
- Dopamine - is responsible for transmitting signals between nerve cells in the brain, cacao stimulates the release of Dopamine, which directly affects the reward and pleasure centres in the brain.
- Oxytocin - produces high levels of Oxytocin, a neurotransmitter associated with empathy, trust, sexual activity, generosity and relationship-building.
- Endorphins - stimulates the release of Endorphins, which help create feelings of euphoria and bliss.

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## HOW

ITEMS	PREPERATION
<ul style="list-style-type: none"><li>• 1-2 tablespoons of ceremonial cacao</li><li>• 1 cup of filtered water</li><li>• honey, syrup or molasses to sweeten or cayenne pepper to activate. (your choice)</li><li>• mini whisk</li><li>• saucepan/chai pot</li><li>• sacred cup/glass</li><li>• smudge stick</li><li>• journal and pen</li><li>• water bottle</li><li>• joyful music</li></ul>	<ul style="list-style-type: none"><li>• play your music</li><li>• smudge yourself to centre and ground</li><li>• call in your team (energetic helpers - higher self etc..) and mama cacao and create your energetic sacred space. Working with plant medicine is a co-creation of you, the plant and whoever you call into the space.</li><li>• what is your intention? write it down. e.g. a deeper connection to your heart, release wounds, to be kind and loving to self, to invite in loving relationships, to connect to the plant medicine of cacao - what do you desire?</li><li>• when you have your intention breathe into your heart space, allow your body to soften and relax</li><li>• smudge your utensils,</li><li>• place everything in front of you and begin the process</li></ul>



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### PROCESS

- reconnect to your intention by saying it out aloud
- let the energy of your intention flow throughout your body, breathe deeply
- take this process gently and slowly, savouring each moment with presence, allow your body to move, sway or dance as you create this beautiful medicine for yourself
- in a saucepan place 1 cup of water, keep the heat on low
- add 1-2 teaspoons of ceremonial cacao - invite in mama cacao
- use the whisk to mix the cacao into the water
- re-state your intention and invite mama cacao to help you open your heart and manifest your intention
- gently turn up the heat, do not boil the cacao drink, just gently heat it
- add honey, syrup or molasses to sweeten the cacao or add a sprinkle of cayenne pepper
- once the consistency is slightly thick and warm enough for you, turn off the heat and pour into your sacred cup
- sit in a space that is inviting and comfortable
- before drinking, close your eyes and take a moment to feel the warmth of the cup
- state your intention into the cup
- state 3 things that you are grateful for
- breathe deeply and gently drink your cacao medicine
- ENJOY!

