

WELCOME TO THE WORLD OF SACRED CHOCOLATE

CACAO is known to the Ancient Mayan culture as the 'Food of the Gods'. The active constituent in Cacao is called theobromine, and it also literally translates to the same 'Food of the Gods' in Ancient Latin.

It has been used for thousands of years in Ceremony and Ritual as a way of Connecting to the Sacred Plant Spirit of the Cacao, a higher source that can give us a greater perspective on life and help us to see our way creatively through challenges and change. During Sacred Chocolate Ceremonies work with Cacao as in integrative practice and to invite in more Joy and Celebration to our lives.

Cacao is much more than just chocolate as we know it. It's one of the highest natural sources of calcium and magnesium in perfect ratios that are fully absorbable by the body. It also has a type of amino acid called PEA that is a pre-cursor to the happy brain chemical - serotonin.

With focused intention and awareness in Ceremony, working with the Spirit of Maestra Cacao as our ally, we can consciously explore our inner world, so that we are able to reach and access deep healing, revelation, integration and lasting transformation. At the same time remembering who we really are by returning to our purest essence. Tapping into that abounding and limitless source of joy and bliss that is our true nature and resides within us all!
We are merging Ancient Wisdom with our Modern Age.

Creating your own daily ritual to connect with and receive the amazing benefits of the beautiful medicine of Cacao is a potent way to consciously create your own reality through the power of your prayer and connection to your inner wisdom.

It's fun, delicious, life changing and easy!



SACRED CHOCOLATE

RECIPE & RITUAL GUIDE

- * Choose a special cup that you will use just for your 'Ceremony'. Keep that cup aside as your 'Medicine cup'.
- * Cleanse and bless the cup using some smoke of some kind (sage, Palo Santo, incense)
- * You'll need some excellent quality Ceremonial Cacao Paste (see my website or email awaken@anchoringthelight.com to order the Cacao that I use myself in Ceremony)
- * Shave off 1-2 tablespoons of the Cacao paste and add to a cup of water in a saucepan on the stove top. Mindfully stir in a clock wise direction feeling your intentions going in while its warming – be careful not to boil. Using a whisk to stir is best.
- * When the Cacao has melted, add a pinch of Cayenne pepper and your intention to 'activate' the Spirit of the Cacao'
- * Add sweetener of your choice to taste and stir – I love Coconut nectar, good organic agave, maple syrup or raw honey
- * For frothier Cacao you can add a little mylk of your choice (or swap the water for Mylk) and whizz in your blender – although this is less traditional, it's delicious and you will still connect to your Medicine.
- * Pour into your medicine cup
- * Take a moment to feel the energy of the Cacao – its warmth, its sweetness, and call in your intention and prayer for your day. What do you want to experience? What do you need assistance with? How do you want to feel?
- * Now offer your prayer and your gratitude into your cup with your breath, visualize your prayer infusing the Medicine.
- * Take a sip and feel the Cacao spirit and your prayer filling your being. Know that what you have asked for is done. Trust you will receive what you have asked for. All you need to do is watch for the signs and give thanks as they appear.
- * Give gratitude to the Spirit of the Cacao and now mindfully enjoy the rest of your deeelicious Medicine!!!
- * Have an amazing day and stay mindful of your morning prayer as you move throughout your day.

In Joy!
Love and Blessings,

Jem X

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Sacred Chocolate Orders - cacaoorders@gmail.com