

My Daily Cacao Ritual & Ceremony Checklist



✓ **Essential oils**

Add a tiny drop in your Cacao and/or rub the oils on your hands + neck before the Ceremony



✓ **Your favourite cup**

Pour the Sacred Cacao drink in your cup and take small, intentional sips



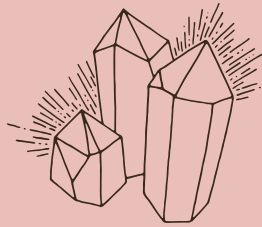
✓ **Musical instruments**

Add the medicine of sound and music to your ceremony.



✓ **Crystals**

Crystals help to promote the flow of energy



✓ **Mini pot & mini wooden spoon**

It's a good idea to have a dedicated pot and wooden spoon just for the Ceremonial Cacao



✓ **Candles**

Burn candles during your Cacao Ceremony to ignite further transformation



✓ **Cushions & a blanket**

Be comfortable and cozy



✓ **Sage**

Include the ritual of burning sage before your Cacao Ceremony, to cleanse your space of any negative energy

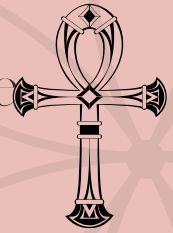


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✓ Spiritual Symbols

Whatever figures or symbols you resonate with, consider having them around you as you sit in Sacred Space



✓ Ceremonial Cacao

Have some Sacred Ceremonial Cacao with you from goddess temple cacao



✓ Liquid thermometer

If you're following the recipe that the Cacao Consciousness has shared with Judy, to reach an even higher level of Consciousness, then you will need a liquid thermometer to check the temperature of the cacao drink



✓ Music/ Spotify Playlist

Play some soothing music during the Ceremony to include music as medicine



✓ Tea Ball or French Press

If you are having a Ceremony with Goddess Temple Cacao Tea, then have with you either a tea ball or a French Press to steep the tea

