

CACAO PREPARATION

Make it part of your ritual to prepare your cacao intentionally!

Focus your attention inward and let an intention for your connection with Cacao immerse.

Ask the Spirit of Cacao to be present with you and give you what you most need for this moment.

Give thanks to yourself for your willingness to receive and accept whatever will show up.

1. Chop your Cacao

Finely shave 35-42g of cacao for one full ceremonial dose or use 20-28g for a milder effect

2. Heat up the liquid

Take your favorite mug and measure about 3/4 of water

(you can also add oatmilk, coconut cream, almondmilk, NO dairy or soymilk)

Depending on your preferences you can add more or less liquid for a thicker or more fluid drink.

Heat it but don't boil it!

You want the water to be hot but just enough that you can still dip in your little finger, perfect temperature is around 50°C

3. Mix it!

With a blender: Add cacao and liquid and blend it until smooth and foamy.

With a whisk or spoon: Put the ground cacao into a vessel and just add a little bit of hot water.

Whisk or stir to create a smooth paste then add sip after sip of water while stirring until the cacao is fully dissolved. Use a matcha whisk or milk frother for foamy bubbles!

CACAO PRAYER

To invite the cacao spirit for joining you on your inward journey you can speak to her, share your intention and ask for support.

Sit in silence and become aware of your surroundings until you feel fully present. Focus inward and let the words of your heart come to you from deep within. Trust that whatever needs to be expressed will come from a centered place inside you. You can imagine growing roots down to the earth that start to connect with the roots of the cacaotree and draw up energy, nourishment and messages into your body, up to your heart and out through your mouth.

You can hum, sing, speak or simply sit with her in silent presence until you are ready to take your first sip. Listen inward, feel the subtle changes in your body and energy that occur through taking in her loving medicine. Stay open and receiving while you enjoy every sip in your own time.

Drink only as much as your body needs and pay attention to any signs that will tell you to stop.

Drink plenty of water and eat grounding foods after your ceremony. Take less cacao if you are in your second or third trimester of pregnancy, struggle with heart problems or take MAOI based antidepressants.

Follow Laura for cacao inspiration and heart medicine

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