

Cacao preparation Suggestions.

Take a moment to become grounded, centred and present. Roughly chop 42.5 grams, [3 tablespoons], ceremonial dose,

for deeper heart opening experiences

or 28grams [2 tablespoons] creative dose for focus, clarity creative flow. Heat water and nutmilk [if desired] , do not use dairy. Do not boil water, bring to point of steaming.

Cover the cacao in just enough water to

make a paste. Now it is time to add your favourite ingredients , here are some suggestion ; Chilli powder/ cayenne pepper/ cinnamon /nutmeg/ sweetners such as honey / maple syrup/ vanilla essence.

Milks ; Almond, Hazelnut[my fav] or Oat Milk .

Mix the paste well and then add more of the warmed liquid, then either using a hand whisk or a blender blend into a delicious creamy drink . [Blender makes it extra creamy]

Settle yourself in a quiet spot and meet with the beautiful gentle spirit of your cup of cacao, drink with intention and attention.

Meditate, journal, move your body or just sit quietly.

Note; you can just make it with plain with warm water if desired.

On days when I do ceremony for myself I allow an hour at least being fully present with Cacao , when I do daily dose I tend to spend about 20 mins. Remember to release the spirit afterwards , say, “thank you, I release you”.

