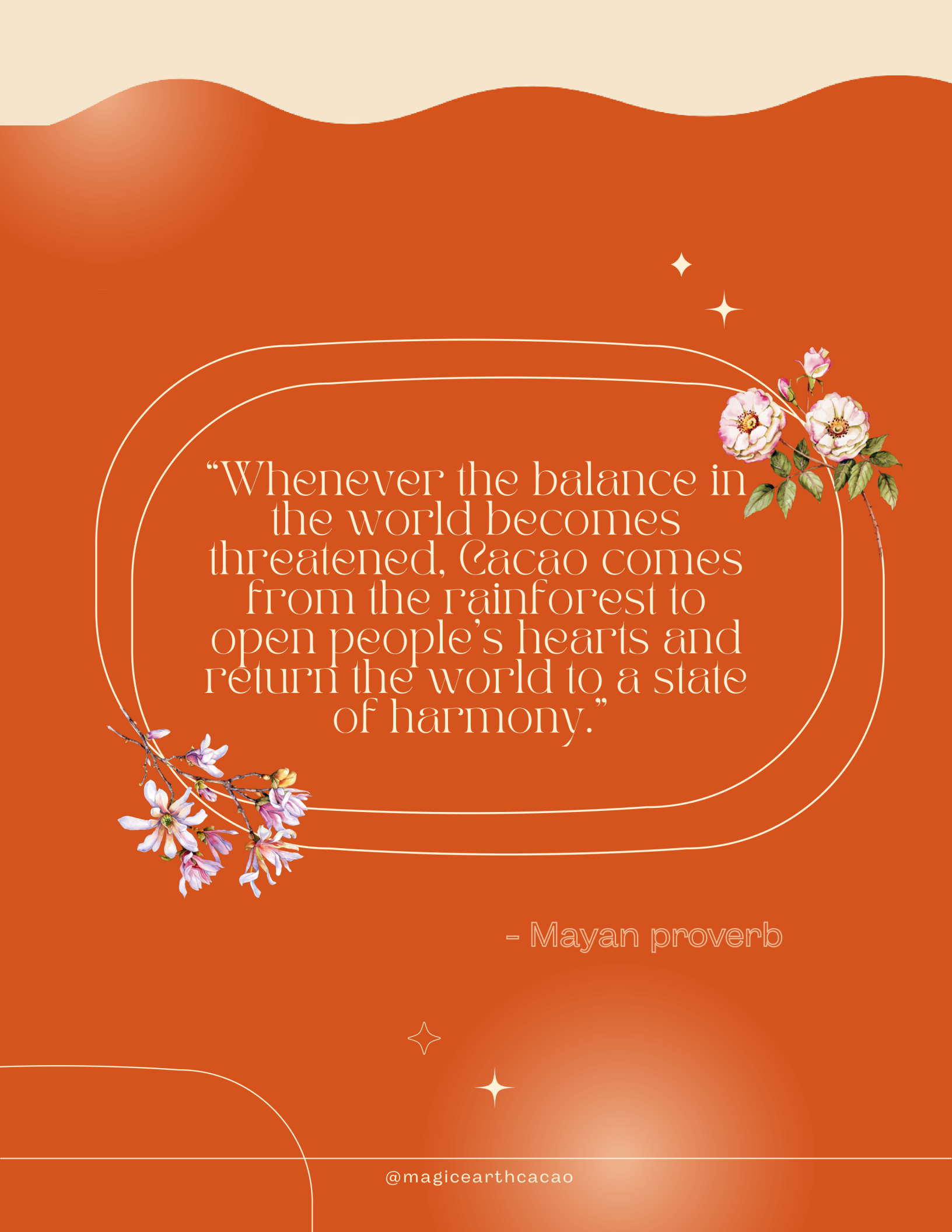


QUICK GUIDE TO CACAO & CEREMONY



BY MANDALEI MEDICINE &
MAGIC EARTH CACAO



“Whenever the balance in
the world becomes
threatened, Cacao comes
from the rainforest to
open people’s hearts and
return the world to a state
of harmony.”

- Mayan proverb

ANCIENT HISTORY & SACRED ORIGINS

Cacao originated in Meso-America thousands of years ago. The first recorded use of Cacao dates back to 1,500 BC and evidence exists to show Cacao was used for sacred and ceremonial purposes even before that date.

Cacao was used by various ancient civilizations of Meso-America (now known geographically as Latin America) as a healer and speaker of truth, a way to connect with an honour Mother Earth

In the 17th century Cacao was discovered by Europeans who took her beans from Meso-American lands to their colonized lands in the Caribbean, Africa and Asia where they began to grow Cacao for the commercial chocolate market as we know it today.

With the European invention of chocolate, the sacred nature and ancient origins of Ceremonial Cacao were forgotten for centuries until now.

Magic Earth Cacao is committed to keeping the sacred ritual of Ceremonial Cacao alive so the World can continue to heal through Mama Cacao's magic.

Make sure whatever Cacao you are using comes from Her origin land and is handled by people with a connection to Her gift as a spiritual heart-opening healer.



SPIRITUAL & NUTRITIONAL BENEFITS



On a spiritual level, she helps us to open our hearts to our true state of being which is love. Through working with Mama Cacao, we begin to awaken to our soul's mission here on Earth.

In ceremony she helps us peel back the layers of trauma and pain to reveal our softness, our lightness, our compassion and thus our ability to create from nothing.

On a physical level she increases our blood flow up to 30%, expanding the heart and flooding our tissues and organs with healthy oxygen. She is known in the food world as "food of the gods" because her high amounts of Theobromine which is the active stimulant in Cacao and much gentler on the nervous system than coffee.

She has more than 700 known compounds good for our health. The main ones being magnesium for general well being and sleep, flavanols to fight free radicals and improve heart health and she induces the release of a load of happy hormones from our brains to improve our mood and emotional well being.

She can help reduce feelings of depression and anxiety and increase feelings of love, compassion, confidence and creativity. She brings us clarity and calm and connects us deeply with our intuition.



MAKING YOUR CEREMONIAL CACAO

- Chop 30-55 grams of Cacao (approx. 4-6 tablespoons)
- Gently warm your water or plant-based milk of choice in a pan (do not let it boil)
- Add the Cacao shavings and heat, stirring or whisking continuously until melted (only a couple minutes)
- As you whisk, add in any spices you like (cinnamon, cardamom, orange peel, ginger, chili, salt, maple syrup, etc.)
- Whisk to thicken it up. It's okay to use a little battery powered whisk but we do not suggest blenders as this is a sacred medicine and part of the ritual itself is blending your Cacao into a drink by hand
- Speak or sing your heart's intention into the pan of Ceremonial Cacao



HOW TO SET UP CEREMONIAL CACAO RITUAL AT HOME



- 1 Set aside at least 5 minutes for yourself
- 2 Create a sacred space - the same space to sit comfortably every time you drink ceremonial cacao
- 3 Find stillness in your body
- 4 Find silence in your mind
- 5 Set an intention for your ritual practise
- 6 Stay in silence, open to receiving Mama Cacao's messages or focusing on how your intention feels
- 7 Give gratitude to the (i) heart opening medicine of Ceremonial Cacao herself, (ii) the people who tend to her fields and bring her to us across oceans, (iii) the ancestors and (iv) Mother Earth



EXAMPLE INTENTIONS TO WORK WITH



I open my heart today to love and abundance.

I offer this cup to my inner child and honour her/his innocence.

With this cup I connect to my womb space/menstruation and honour my energy where I am today in my cycle.

Thank you Mama Cacao for allowing me to trust the Flow of my life today.

With this cup of Cacao medicine I allow myself to rest.

I am loved, I am safe, I am supported.

Thank you, I'm sorry, please forgive me.





GRATITUDE PRAYER

Dear Mama Cacao,

Thank you for your guidance and your wisdom,
the clarity you provide, the creativity you allow flow,
the connection you foster and the non-judgmental embrace
with which you always meet me.

And thank you to the people and families who have worked for
years to provide and preserve the ancient practise of
Ceremonial Cacao.

And finally to the ancestors and Mother Earth herself for all
the abundance she provides,
especially this gift of heart-opening medicine.



@magicearthcacao



WHERE MAGIC EARTH CACAO COMES FROM



PERU:

The Peruvian Cacao is provided by a beautiful Quechuan family - who our founder knows personally - out of Pisac, a funky little spiritual town in the Cusco Valley where Machu Pichu lies. The farm is owned and operated by Quechuan descendants and lies in the Amazon jungle where it meets the Andean Cusco Valley. This is the best energy Cacao you will find out of Peru. Magic Earth Cacao is also the only supplier from this farm in Europe.

GUATEMALA:

The Guatemalan Cacao is more special than any other you'll find out of Guatemala. It comes from a 100% Mayan owned family farm and is hand processed with love and prayers by the Ruku'x'Ulew women, an indigenous community of women and children working to spread the heart-opening properties of Cacao. Cecilia Mendoza is the founder and highly respected healer, who had a vision to empower women to provide for themselves and their families. The Mayans are said to be the first to discover Cacao's magical properties and if you visit Lake Atitlán in Guatemala you can see the women at work toasting, peeling and grinding away to make your Cacao paste.



PACKAGING POLICY



We use recycled and repurposed materials whenever possible. The remote communities where our Cacao comes from have limited access to the most eco-conscious products, thus the packaging they use may not always be fully bio-degradable or recyclable.

So in light of this, the way we do our part is by reusing the materials they use to package and transport the Cacao from the Americas to Europe.

We also purchase packaging products ensuring whenever possible they are compostable or at least recyclable because protecting Mother Earth is the whole purpose for the medicine of Cacao existing on this planet!



HOW TO ORDER YOUR CACAO



Got to our online shop at:
www.magicearthcacao.com



or email us to find a distributor near you.
mandalei@magicearthcacao.com

@magicearthcacao



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Thank you!