

# PREPARING CACAO

## FOR CEREMONY OR PERSONAL USE

### PREPARE YOUR SPACE

1. Set up a quiet comfortable space
2. Include crystals, rocks, tools for cleansing, a candle, water (Anything that supports you in your spiritual practice)
3. Bring a journal and pen to make notes and for reflection. (cacao activates the wisdom within and therefore you may wish to make notes throughout the ceremony)



### PREPARE CACAO

1. Heat approx. 225ml of water in a pot
2. Place half of the cacao mini pack in water OR 4-6 of the larger discs (less is more)
3. Whisk cacao using a Molinillo or whisk
4. When whisking, provide cacao with gratitude, prayers, love, intentions and/or song
5. Pour cacao into a designated cacao vessel or your favourite mug
6. Always save a portion of prepared cacao to give as an offering to Mother Earth (pour into a pot plant or garden)

BRING CACAO TO YOUR SCHEDULED CEREMONY  
OR DRINK IN YOUR PERSONAL PRACTICE

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# About Cuatro Manos y Cinco Volcanes Ceremonial Cacao

## CEREMONIAL CACAO AS A SPIRITUAL TOOL

Cacao is a powerful plant medicine for manifestation and spiritual healing. Sitting in ceremony with cacao is about honouring things deeply and allowing all parts of yourself to show up, be seen and to be held. Cacao supports you to connect on a deeper level, bring clarity and expand the wisdom in your heart whilst offering safety, protection and strength.

## WHY CACAO?

Cacao has been used for thousands of years by the Aztecs, Mayans and Olmecs, as a food for the gods in rituals, royal feasts and so valuable and rare that it was also used as currency and worth more than gold.

## DRINKING RARE HAWAIIAN CACAO

Hawaiian Cacao (Cuatro Manos y Cinco Volcanes) is the rarest and costliest cacao in the world. Grown on the foothills of Mauna Kea (the most sacred mountain in Hawaii) on the Hamakua Coast, known as the breath of god. Cuatro Manos y Cinco Volcanes cacao is rich in volcanic energy, the lifeblood of mother earth, creating powerful energy for manifestation, new beginnings and setting new intentions.

This cacao is also rare and unique as she been touched by slavery or child labor (a huge problem across the world in cacao plantations) all workers are paid US living wages, all sustainably made, single origin, fewer plantings, hand harvested, hand winnowed - Tree to disc. Paste form, not powder - she 's not separated from any of her parts.

## THE FLOW OF ENERGY

When you purchase this cacao you are not only supporting yourself, you are supporting the land, elders, indigenous businesses, sacred teachings and the flow of energy in a good, sustainable and ethical way.

Please note: 10% of proceeds from all ceremonies with Cuatro Manos ceremonial cacao is donated back to the cuatro manos y cinco volcanes farm to support ethical and sustainable cacao farming and indigenous teachings.