



Personal Cacao Ceremony # 4

For each ceremony, plan on consuming the ceremonial dose of cacao (2 ounces) and having 3-5 hours blocked off with no other commitments. Keep a journal with you to take notes as you go. You may adjust dose as you go based on personal experience.

The general structure I suggest for all ceremonies is as follows:

- Make & consume the drink in a quiet space. Offer thanks to the cacao as you take it into you.
- Spend the first 30-45 minutes in a meditative/reflective space, as the cacao begins to take effect. You might consider sitting in a space with a personal altar, or something that helps you drop in more deeply from daily life
- Do whatever the assignment suggests (i.e. a walk in nature, etc.). Don't worry if this requires travel, like to a dance event. Ride the energy as you travel.
- End back in your personal space. Journal and write about the experiences
- Eat dense foods to help ground the energy and consume plenty of water

You can modify this if you'd like, but I suggest starting with this structure to explore cacao.

#4 – Ceremony At A Festival Or Public Event

This assignment is more open-ended. Pair cacao with an event, festival or gathering that has a focus on inner work. Make sure the event you are going to has space for flowing with the cacao and your needs, so not a bar or rock concert. Pay attention to the flow from private space to public space and what changes inside. See how it feels to connect with others with the cacao. Alternately, if nothing fits your schedule locally, you can use this ceremony to work with another modality you are drawn to, like energy work, breathwork, etc.

