

how to prepare for CACAO CEREMONY

things to avoid before ceremony

- › **caffeine** and **mind-altering substances**, such as alcohol, marijuana, and psychedelics as their combination with cacao can be over-stimulating and impair the ability to connect with cacao
- › **dairy** as it can interfere with the absorption of cacao and counteract its antioxidant properties
- › **food** (for 2-3 hours before ceremony) as it is easiest to connect with cacao on an empty stomach

things to bring to ceremony

- › **intention** for why you feel called to show up in ceremony/sit with cacao
- › **water bottle** (please come well-hydrated as cacao is a mild diuretic)
- › **journal** and **pen**
- › **props** to help you sit comfortably for up to 1 hour (we will have cushions, but you may wish to bring a blanket, yoga mat, etc)

things to keep in mind during ceremony

- › cacao is a non-psychedelic plant medicine that may produce **heart-opening, blissful, energizing,** and/or **grounding** effects
- › this is a **safe space** - everyone is welcome just as they are
- › please **be present** - no cell phones or other distractions (photos are fine!)
- › please **respect one another** - do not disturb or interrupt another's experience or sharing; deep listening is a powerful way to hold space for someone and allow them to feel heard/supported
- › **silence is always welcome** - you are never required to share your experience if that is what feels most comfortable for you
- › try to **release expectations**, be **open-minded**, and **trust** that whatever experience you have is exactly what you need in that moment

things to keep in mind after ceremony

- › continue to **hydrate/replenish your system** as cacao is a detoxifier
- › break your fast with **whole, grounding foods** - please do not keep fasting to "prolong the experience" as this could induce headaches and/or nausea
- › **avoid alcohol, mind-altering substances,** and **dairy** after ceremony
- › practice **self-care** (eg, journal, spend time in nature, meditate) to reflect on and integrate your experience