

Preparing Your Ceremonial Brew

To prepare a shamanic dose you will need 1 1/2 oz of cacao to 8 1/2 oz water (42.5grams to 250ml) or approximately 3 heaping tablespoons to 1 1/8th cups water. The key is to never boil your brew and to take your time creating a smooth blend. You paid for the highest quality plant medicine so don't lower its magical vibration! Bring the liquid to a near-boil, add your cacao and begin to whisk/stir immediately. You will notice it becomes slightly white & frothy on top as the air shifts out and the particles blend, keep stirring on medium heat as you send your loving intentions and icaros into the brew until all of the air is released and you get a beautiful shimmery liquid. This can take you 8-10 minutes so don't rush the process! For my ceremonies, I add cayenne to enhance the entry into the bloodstream and maple syrup & cinnamon to taste.

Preparing Your Daily Brew

For your daily brew, I recommend starting with 2 tablespoons cacao and adjusting on the back of taste & impact. You may use a combination of water and non-dairy milk if you prefer a creamier version and you can personalize your brew with your favorite spices, sweeteners & oils. Get creative with any combination of cinnamon, cloves, cardamom, nutmeg, maple syrup, agave or honey, rose oil & mint infusions. Personally, I prepare enough for 4-5 days and store my cacao in a saucepan in the fridge to be re-heated daily. Do not use the microwave, but you can use a blender if you like! The key here it simply take a moment before you enjoy your creation, connect with nature and energy set a meditation, inviting the goddess of cacao into your heart to guide you in mediation, dance, movement, art, music or any celebration of life. Enjoy....

