

Honoring Ix Cacao

The Priestess Art of Serving Ceremonial Cacao

Divinated by Priestess Graell

Written by Herbalist & Priestess Jillian Bowman

With Special Thanks to ...

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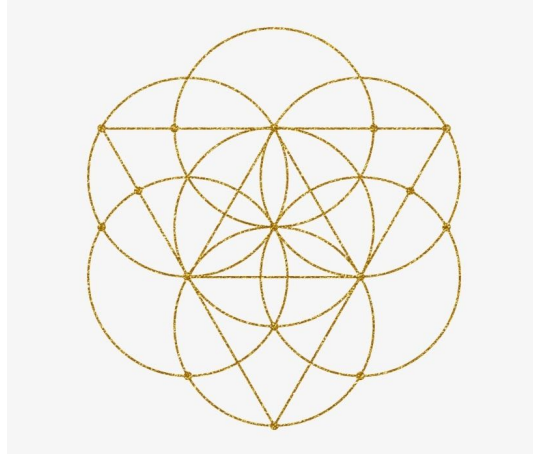
Mark Elmy

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&

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for the radiant painting of Ix Chel on the Cover



The Path of Sacred Living is a lineage well steeped in heart-opening medicina. We deeply believe in the positive effects of sacred plant medicine in microdose portions to activate the Faery Sight that is ever-present.

The deep volcanic Lake Atitlan of Guatemala is the magickal amniotic fluid that invoked Graell to birth into a Cacao Priestess.

Trained by Pavan Ji and Thomas Love Power on the Yoga of Sound and Chocolate retreat with guest Cacao Shaman Keith, the legendary ecstatic kirtan and sound healing was the perfect fusion to create deeper communal bonds, increase heart connection, and aid in clear intention setting to support positive and transformational life shifts.

We highly recommend improvisational dance, devotional yoga, and crafting as highlighted activities to engage in while receiving cacao.

The lifestyle on the lake, of the tiny village San Marcos, and the extreme availability of fair trade, locally farmed, and daily customary consumption infused the modern-day Priestess culture to include this sacred bean into our rituals to stimulate creativity and pure heart connection.

We pray the following information assists in your expanded education of this sacred plant.

Chocolate is a divine, celestial drink, the sweat of the stars, the vital seed, divine nectar, the drink of the gods, panacea, and universal medicine. – Geronimo Piperni

Remembering Ancestral Roots & Medicine People

The Spirit of Cacao is one of the most powerful deities in Mayan Cosmology. This Sacred Medicine, cultivated more than 2,500 years ago, holds incredible spiritual and physical healing properties. Cacao, or *Ku-ku* in the Mayan language, means *Above Sacred*. They spoke of it also as *KaKaw* or *Drink of the Gods*. The botanical name *Theobroma Cacao* reaffirms this, "theo" meaning "gods" and "broma" meaning food, translating to "*Cacao, the Food of the Gods*". In Mayan and Aztec Mythology, Cacao was a ritualistic plant. Mayan Creation myths tell of the origin of humanity being deeply interwoven with Cacao, stating that "God created man with maize and cacao, among other plants brought from the Mountain of Sustenance" In Mayan Cosmology, the God of Maize was birthed from Cacao and Mayan Gods bled into Cacao pods as an offering, weaving together blood and cacao. In reverence of Cacao, the Mayan people held yearly festivals to honor the Cacao God *Ek Chuah*.

Cacao has been used by Medicine People to aid the soul in opening the heart. This bitter medicine helps one to soften and surrender in the here and now. Opening the door to the heart center and tearing down any walls put up by the mind. Cacao is a *Guide to travel inward*, to see the *Beauty, Wisdom, and Love* all around us and to help us *embody this truth*.

I X C H E L

"Ix Chel" Painting by Hrana Janto

Ix Chel is a Mayan Goddess of the Moon, Water, Fertility, Childbirth, Lovemaking, Medicine, and Weaving. She is said to have ruled over the Cycles of Life and Death, constantly transforming as the moon waxes and wanes between the Maiden, the Mother, and Wise Crone, who shares her wisdom of the ages. Ix Chel is also known as Lady Rainbow because of her name (**Ix** meaning *Goddess* and **Chel** meaning *Rainbow*).

Ix Chel is often depicted with a large earthen vessel and a serpent wrapped on her head. Her vessel is often shown upside down, which some have speculated to be a symbol of her water affinity and her gift of abundance. She was known to have great power over the waters, causing floods and great storms. This could also be her connection to lovemaking, fertility, and childbirth as she could affect the holy waters (sacred fluids) within. She was frequently invoked during and after childbirth for her midwife role as a powerful presence to birthing women. She carried a special spindle which was considered the center of the Universe and Her; the cosmic weaver of Creation.



Ix Chel's devotion is deeply rooted in Cozumel and Isla Mujeres, where Mayan women would travel to leave idols, offerings and to connect to her energy.

My deep prayers of gratitude to the Goddess Ix Chel~

***Jaguar, Honeybee Priestess, Thunder, Lady of the Lake, Medicine Woman, and Midwife of the Veils.
May your lineage, Medicinas, and mountains be well cared for.***

May we honor, respect, and embody your healing attributes.

Mal Tiox

Muchas Gracias Hermana

THE MEDICINE OF SACRED CACAO

Cacao contains Theobromine, Anandamide, Tryptophan, Phenylethylamine, Magnesium, Iron, and Polyphenols. It is also rich in antioxidants and mood-balancing magick! Cacao can help with hormonal balance, mood, nourishing the menstruating and postpartum bodies, replenishing nutrients lost or deficient, and activating the heart energy.

She connects us to our sensual nature and our primal pleasure

Her Bitterness opens our hearts to deeper realms of feeling

She guides us with a gentle hand into meditative states which are often enhanced by her properties, allowing us to connect with our higher self and guides.

She boosts our creativity, mental clarity and brings us into a state of peace

Her Heart opening medicine shows up where our blockages are so that we may focus our awareness to process and release that which no longer serves us

The bitter medicine of the sacred drink is a power within itself, breaking down barriers to reveal our true natures.

Intention & Connection

“Ix Chel” Painting by Susan Seddon Boule



When working with Plant allies in a ritual or for healing, it is vital to create a connection with the plant beings you are calling in. Setting intentions for why you are working with these plants can amplify the medicine and put it to work with purpose. Plants such as Cacao vibrate at the same frequency as our cells and energetic bodies, revealing to us the divine message that it is our birthright to commune with plants in sacred space. Earth Medicine works in subtle ways to assist us in opening ourselves to different frequencies, moving through blockages, and peeling off layers that are no longer serving our path in this lifetime. They are the original Wise Folk, silently witnessing us with love and acceptance. When you step into the forest, you are always being seen by nature.

Coming into harmony with ourselves means coming into harmony with the earth too. We can foster and nurture this harmonious relationship by offering gratitude, prayer & reverence for our plant allies when we call them into a circle. When working with the Medicine of Cacao the container will ALWAYS be held by the ancestral spirits of the plant and the people who fostered the original connection with Mama Cacao. When working with herbs and plants it is important to offer their medicine back to them & their ancestors.

Below are some ways you can offer your Gratitude to the spirits:

- Create a Cacao Altar with things like rose petals, rose quartz, photos of the ancient Mayans and Aztec, a small dish of raw cacao, cacao nibs & dark chocolate
- Pour a cup of prepared cacao for the Spirits and Ancestors, holding it at your heart before placing it on the altar with your thanks
- Sing love songs for Mama Cacao. sing of her wisdom, her medicine, her grace, and power. Sing to her and allow your vibrancy and appreciation to seep into each word. Sing from the heart where she lives and radiates from.
- Offer prayers & blessings, verbal or written and placed on the Altar
- Speak of the herstory of Cacao, the origins, remembering the roots of this potent Medicine
- Give Cacao back to the Earth in devotion. Mama Gaia loves Cacao too and is always grateful to receive her children back into her arms.

Earth Tending & Sacred Activism

As a collective, we are hearing the call back to the Earth, the plants, and the wild ways of living. This call has lit a fire in our hearts. We have a responsibility to reclaim our medicine and share it with the world. That being said, within the spiritual community there are still toxic patterns, spiritual bypassing, and cultural appropriation. Self-reflection on your own practices and how they are manifesting into the world. We as conscious leaders are charged with protecting the Sacred & Honoring all origins. We must tread carefully and with a pure heart when creating a Ceremony. When sharing something from lineages other than our own, it is respectful to seek the wisdom and blessing from an Elder within that Lineage. We must acknowledge that much pain and loss has settled in the hearts of Indigenous people around these Ceremonies. That before anything we must lift up their voices and support them in reclaiming this wisdom for themselves first. We must remember that blood, sweat, and tears have been, and are still shed over the colonization of this land. That deep grief continues to unfold within these communities as they find themselves still fighting for their Lineage and Homes. These opportunities to dive deeper are sacred. Always hold space for their voices to be heard.



It is important to never take these sacred traditions for our own. As a Priestess & Leader in your community, it is vital to center and share the Ancestral Lineage of these teachings as they are a privilege to receive. When forming a relationship with the Cacao Plant & Ancestors we take responsibility for how we transmute this plant medicine into the world. The following are a few ways we can walk this medicine path with grace:

- **Connecting with the Plant Spirit of Cacao through Meditation and Asking permission to work with it in medicine form. Honoring the response of the plant & spirits, if they say “ No “, you MUST respect their wishes. We have no right to take without permission as Plants are living, sentient beings.**
- **Be mindful when creating a container for sharing Cacao. Ask yourself the following questions: Is my offering inclusive to ALL people? Have I made connections with Elders in the community and received a blessing to share this medicine? Am I properly honoring the Lineages and Energy of the Ancestors? How can I better show up for the community and share the voices of Indigenous people and Elders?**
- **Use Inclusive and Appropriate Language**

- Remember that there is still violence around these Ceremonies and that Indigenous Medicine people are still being persecuted in some countries for practicing their own sacred rituals. It is a PRIVILEGE to receive these teachings and to be able to share them freely here without fear.
- Do the work to decolonize & demolish oppression of BIPOC Communities (Black Indigenous People of Color) Many resources for beginning this work can be found online.
- Support & Pay BIPOC for their time and work, never expect to receive for free. Everything is an energetic exchange, show your appreciation and devotion to learning.
- Know your source for Cacao; Purchase from Indigenous, fair trade certified companies that directly support the communities this wisdom is rooted in.
- Acknowledge with grace when you make a mistake. Listen deeply with an open heart and mind and do better next time.
- Dismantle toxic ideals and prejudices within your own mind. Healing & change starts within, begin here first.

***Sacred Activism transmission inspired by Laura Carmody of Priestessing the Paradigm Shift*

While making Cacao it is vital to offer prayer and gratitude to the plant, it's keepers, and the elemental beings of this earthly realm.

Songs from the Ancients

When preparing Cacao for the self or for sharing, the Priestess should always offer back to the medicine. Song and prayer are beautiful offerings to the plant spirit and infuses the Cacao with our loving vibrations. Singing is a verbal prayer offered around the world and connects us with the ancestors and the old ways. Songs can be deeply healing, music breathes life into us, into each cell of our body, vibrating and activating it. Offering this oracular transmission to the Cacao as you are preparing it awakens the energy within your heart center and sets the intention with sacred vibrations. Here are a few songs caught around the fire:

BELOVED CACAO

Written by Jillian Bowman

<i>Beloved Cacao</i>	<i>Beloved Cacao</i>
Great spirit teacher	Awaken in me
<i>Beloved Cacao</i>	<i>Beloved Cacao</i>
Wise Wisdom Keeper	All that I can't see
<i>Beloved Cacao</i>	<i>Beloved Cacao</i>
Ancient Heart Medicine	I dance with thee
<i>Beloved Cacao</i>	<i>Beloved Cacao</i>
Whole Body Tending	Journey in me

MAMA CACAO

Mama Cacao

Ix Cacao

Gracias por su medicina.

Mama Cacao

Ix Cacao

Mama Cacao

Goddess Cacao

Thank you for your Medicine

Mama Cacao

Goddess Cacao

TI AMO ATILAN

Ti Amo Lago Atitlan

Ti Amo Ix Cacao

Sangre Del Corazón

Ti Amo Ix Cacao

Ti Amo Lago Atitlan

Ti Amo Ix Cacao

Sangha Sangha

Sangha

Ti Amo Ix Cacao

I love you Lake Atitlan

I love you Goddess Cacao

Blood of the Heart

I love you Goddess Cacao

I love you Lake Atitlan

I love you Goddess Cacao

Community Community Community

I love you Goddess Cacao

: PRAYERS FOR CACAO :

MAY THE HEART OF MY HEART

(Hold Cacao at Heart Center)

MEET THE HEART OF THE SKY

(Raise Cacao to the Sky)

**MAY THE HEART OF THE SKY, MEET THE HEART
OF THE EARTH**

(Lower Cacao chalice to Earth)

**MAY THE HEART OF THE EARTH, MEET THE
HEART OF MY HEART**

(Bring back to Heart Center)

SPIRIT OF CACAO

I AM BOTH GRATEFUL & HUMBLED TO RECEIVE
YOUR MEDICINE

I ASK YOU TO AWAKEN IN ME THE WISDOM I NEED
MOST

I ASK YOU TO SOFTEN IN ME THE CALCIFIED
PLACES I HAVE NEGLECTED

I ASK YOU TO REVEAL TO ME MY BLOCKAGES

I PRAY THAT YOU MAY OPEN MY HEART AND
ALLOW LOVE TO FLOW IN

GREAT TEACHER

I SEE YOU
I HONOR YOU
I LOVE YOU

Practicing Gratitude

WE ARE SO GRATEFUL FOR THE MAYA, WHO TEND TO THE EARTH AND HER CREATURES WITH SUCH DEVOTION AND REVERENCE.

WE GIVE THANKS FOR THE ELEMENTS THAT COME TOGETHER IN HARMONY TO CREATE THIS PLANT.

WE ARE FOREVER GRATEFUL FOR THE FARMERS WHO HARVEST THIS SACRED MEDICINE, WHO WORK HARD TO SHARE IT WITH THE WORLD, AND WHOM WITHOUT WE WOULD NEVER KNOW THE EMBRACE OF CACAO.

AS A CHILD OF THE EARTH, I VOW...

TO HOLD CEREMONY FROM THE HEART
for cacao is the heart blood

TO CARRY MYSELF WITH INTEGRITY AND GRACE
for I am a steward of the earth

TO OPEN MYSELF UP TO GIVING AND RECEIVING
for through service, I find nourishment

TO WALK THIS PATH IN LIFE WITH AN OPEN MIND AND OPEN ARMS
for we are all one

Communing with Cacao... in A Devotional Ceremony of Love

The Priestess always moves with the highest integrity. She guides and travels between the realms with strength, grace, discernment, and love. She is a NAVIGATOR and knows the importance of honoring the lineage of all things that birth through her. The Priestess is the Gateway, the Channel, she who ALCHEMIZES for the collective. She walks the path of Sacred Living with a fierce grace, soft-bellied with the earth beneath her feet. She moves through the realms with clear eyes and holds every container she births with intention and respect.

When birthing a container in which you are serving Cacao, we must not imitate or pretend that we are Mayan. We have been blessed with the transmissions of Cacao serving to continue it's potent legacy

onward, but we do not own this wisdom. It is wisdom for the collective, for communal healing and celebration.

Before serving Cacao in a Ceremonial space, it is vital to create a connection with the plant itself. Plant beings are sentient creatures with wild intelligence and ancient wisdom to share. By cultivating a relationship with plants before imbibing them, we show them our pure intention and respect for the teachings. I invite you to meditate on your intention for calling Cacao into your life & your desire to hold a ceremony based around Cacao. Often we are called to a plant ally because on a deeper level we are in need of its healing medicine. Sometimes that reason is not always obvious at first.

Relationships with plant beings are a two-way street, one of *giving and receiving*. The way you approach a plant teacher is important when beginning a relationship.

Opening the Doors of Communication

Plants and humans have coexisted for thousands of years but the relationship between them has not always been one of respect and love. In past lifetimes we may have been healers, medicine makers, witches, midwives, or shamans and have lived deeply in harmony with the Earth and her children. Humans have greatly wounded the earth. We have destroyed forests, sacred waterways, and holy lands, desecrating her glorious landscape. It is our duty as Priestesses and Conscious humans to mend this relationship and bring back to humanity a powerful reverence of Gaia. We have the opportunity to forge a deep bond with nature and remember the medicine of the land.

Some ways you can connect with Cacao are:

- **Connect to the Spirit of Cacao:** Introduce yourself, share your intention, ask for support & ***ask the plant how you can serve it***
- **Create a Cacao Altar:** Place an offering bowl at the center with Cacao in it. Offer roses and other herbs, light a candle, and write down your intention for connection. This altar can be simple or rich with elements.
- **Consciously Preparing the Cacao drink:** Sing songs, pray, and speak to the spirits while making the sacred medicine. Listen to any messages you receive from it.
- **Sip Cacao in Nature:** Bring it back to the land. Offer some Cacao back to the Mother and give thanks to the soil and elements for helping grow the Cacao.
- **Imbibe with Presence:** Make it a practice to sit in silence while sipping Cacao. Connect with the Plant and listen. Notice the taste, the warmth, and the way it moves in the body. Pay attention to how Cacao shows up for you.

Cacao Ceremony

Photography by Jule Bambule

Suggestions for Creating a Cacao Ceremony

The ideas shared here are a culmination of many traditional and non-traditional Cacao Ceremonies. There are so many versions to this simple ceremony, and with total honor of your own heart being expressed...this is what is most important:

Cacao is heart medicine.

Speak from your heart, sing from your heart, act from your heart, and all will flow with grace.



Making Sacred Cacao Elixir

One pound (one block of Keith's Cacao) plus 16 cups of water serves 16 ceremonial doses of Cacao. My preference is one cup per person poured into bowls or chalices.

- Choose a song or chant to recite the whole time while creating.
- Chop cacao block with a large sharp knife into very small pieces on a cutting board or use a strong grater and collect in a large bowl.
- Bring measured water in a large stainless steel pot to a boil. Turn off and wait a moment.

Alternative option for water base is an Herbal Infusion for added medicinal benefits (See Herbal Alchemy section below)

- Slowly add Cacao chunks and powder in and whisk or add all to a glass blender and mix.
- After smooth, add any extra desired ingredients.

Alternative option when no stove is available: add water and cacao to a crockpot and place on medium-low stirring frequently. When all cacao is dissolved in measured water, then add extra ingredients.

Examples of Vessels to Serve Cacao in :

- Gourds
- Beautiful Mugs
- Teacups
- Sipping Bowls
- Chalices

An example of a Cacao Ceremony given by Priestess Graell:

- *Open the Circle: Call all to gather in Circle. Left palm up, Right palm down. Holding hands creates a circuitry of energy being passed from the hand into the heart into hands. Eyes closed, dropping into the Present moment. Breathe long, slow, deep breaths together.*
- *Speak a gratitude prayer for the Cacao, the sacred Farmers, and Elements that supported Her growth. Bow to the ancestors that brought us the opportunity to pray with this sacred plant medicina.*
- *Pour the Cacao and pass to your right (Moonwise), allow Cacao to pass through the hands of all in circle as it lands to each person.*
- *Sing a song, ask for a song, create a song together.*
- *Everyone raises their bowls/chalices to their heart and speaks: **May the Heart of my Heart, Meet the Heart of the Sky** (Raise Cacao to the Sky). **May the Heart of the Sky, Meet the Heart of the Earth** (Lower Chalice to the Earth). **May the Heart of the Earth, Meet the Heart of my Heart** (Bring back to Heart Center).*
- *1st Round: Each speaks what they are ready to shed/let go/banish, and after each prayer, everyone receives a sip in honor and celebration of the prayer spoken.*
- *2nd Round: Each speaks what they are ready to claim/reclaim/call in, and after each prayer, everyone receives a sip in honor and celebration of the prayer spoken.*
- *3rd Round: Each speaks what they are grateful for, and after each prayer, everyone receives a sip in honor and celebration of the prayer spoken.*

Group or Individual following Choices:

- *lay down and receive a Sound Healing Bath
- *join in Kirtan (call and response singing)
- *do a Crafting Project
- *join in Ecstatic Dance
- *do a Visualization Journey
- *read and repeat Positive Affirmations

*plant, garden, create Outdoor Altars for the Faery Realm

*go on a hike and offer to the land a cup of the Cacao

CLOSE THE CEREMONY

*** IMPORTANT REMINDERS***

Never “throw away” Cacao. It is sacred Medicina. Always consciously bring it as an offering to the land. If you have animals, be sure to bury it. It can be very damaging to dogs, cats, horses, and more. The chemical compound Theobromine (food of the Gods) can be very harmful because of the high caffeine levels.

Also, anyone on heart medication, challenged by caffeine, or on antidepressant medications are welcome to have a very small amount, but definitely not a full ceremonial dose of one cup. Always ask how many people are new to Cacao Ceremony and give your loving warnings from the start.

Other Invitations for Working with Cacao:

- **ART FROM THE HEART:** Creating HeARTwork with Cacao and infusing intention and prayer into the canvas is a magical way to tap into the medicine of Cacao. This piece can be placed at your Altar as a centerpiece!
- **BODY ADORNMENT:** Let your body temple become a beautiful canvas for this Cacao medium! Feel the soft tickle of the paintbrush, the rich, earthy aroma of the cacao adorning your skin as you become the Masterpiece! This is a juicy practice for couples and a beautiful bonding ritual for Sisterhood circles! A Celebration of self- love.
- **CACAO BODY CARE:** Cacao alone or mixed with bentonite clay makes a potent face mask for the skin! Simply mix Cacao with a bit of water to the consistency of a paste and apply it!
- **RITUAL BATH:** Bathe in the Bliss of Cacao & Roses in a Ritual Bath of Self-Love. Add ½ Cup of Cacao and Fresh or Dried Rose petals to your bath. Light Pink or Red Candles, set your intention, and offer a prayer or song. Enter the bath and feel your Heart open wide to the loving vibrations and Cacao Medicine.

Herbal Alchemy & Cacao

When preparing Cacao for sipping there are many complementary herbs that can create a blissful union in a cup! Making your Sipping Cacao base out of an herbal tea is an easy way to integrate the medicine of herbs and craft a potent cup of medicinal Cacao. In this method, we are aiming to make an herbal infusion. This is simply a very strongly steeped tea. Depending on the amount of Cacao you are looking to make you would adjust the ratios appropriately.

Herb to Water Ratio :

1 ounce of dried Herb per 1 Quart of boiled water

Add your dried herbs to your pre-boiled water, cover, and let steep for 15 Minutes to 1 Hour. The longer you steep it, the stronger the taste & medicinal properties. Once you have made this base you can add your Cacao.

Plant Allies for Cacao Pairing



Vervain

Verbena Hastata

Vervain is helpful for tightly wound folks. An ally for nervous system exhaustion & emotional balance. It is an energetic balancer that helps to cool inflammation of the spiritual and auric bodies. It is a powerful purifying herb and is protective against negative energies.

Temperature: Cooling & Drying

Taste: Bitter, Acrid, Drying & Cooling

Ruling Planet: Venus

Ruling Element: Water

Passionflower

Passiflora incarnata

Passionflower helps to remove excess energy from the upper body. It is calming and slightly sedative in nature. A helpful herb for empaths, intuitives & highly sensitive folks who are easily overwhelmed by places & environmental influences. Gentle & Tender, it helps to improve the flow of energy along the heart and liver. Passionflower is helpful in mending the ego & moving through mental constructs to step forward towards enlightenment.

Temperature: Cooling

Taste: Mild & Pleasant, slightly grassy & bitter

Ruling Planet: Venus

Ruling Element: Air





Tulsi (Holy Basil)

Ocimum sanctum

Tulsi opens the heart & mind, encouraging devotion & gratitude. It is calming & grounding in nature. Tulsi helps harmonize our emotional, spiritual, and sensual bodies, to help us create inner unity and view the world as a whole. It is a wonderful brain tonic and adaptogen.

Temperature: Warming & Cooling

Taste: Sweet & Pungent

Ruling Planet: Mercury

Ruling Element: Earth

Damiana

Turnera Diffusa

Damiana is a powerful herb with a magical herstory. Damiana is strongly associated with feminine energy and often used in love magick and tantric rituals. Loved by the Aztec and Mayans, Damiana is a powerful tonic for the kidneys, sexual organs, and nervous system. Damiana is a herb of joy and warmth. As an aphrodisiac, she awakens pleasure and helps to regulate the pituitary gland. Her other benefits include hormone & emotional balance, increasing blood flow to the pelvic area, and helping to soothe grumpy or angry moods.

Temperature: Warming

Taste: Bitter, Sweet

Ruling Planet: Venus

Ruling Element: Fire



Kitchen Witchery & Cacao

[*Cacao Dipped Strawberries*]

In a small pot melt together 1 cup of grated or powdered Raw Cacao, 1 TBS of Virgin Coconut Oil & a sweetener like Honey to taste (optional). Stir Moonwise 13 times and sing a song or blessing. While the mixture is melting, prepare your whole organic strawberries for dipping! Dip each strawberry into the Cacao goodness and say:

" I invoke the Medicine and Magick of Mama Cacao, open my heart and show me the way "

Place your Dipped Strawberries on a cookie sheet with Wax paper, or an earth-friendly alternative. You can adorn the strawberries with coconut shreds, cacao nibs, rose petals, or any dressing of your choice if you wish! Place in the fridge to harden and enjoy!

[*Raw Cacao Chocolates*]

Mix together :

¼ Cup of Coconut Oil

3 Tablespoons of Liquid Sweetener (Honey, Agave, Maple Syrup..etc)

¼ Cup Raw Cacao powder of shredded/cut

½ TSP Real Vanilla Extract

A Pinch of Salt

Mix together until desired consistency and pour into silicone molds or a container of your choice & Freeze until Solid!

Optional Superfood Toppings:

- *Hemp Seeds*
- *Cacao Nibs*
- *Pistachios/ Walnuts / Almonds / Pumpkin seeds*
- *Crush Rose Petals (or whole)*
- *Edible Flower Petals*
- *Bee Pollen*
- *Goji Berries*
- *Coconut Flakes*

*****These Chocolates are best kept in the refrigerator until eaten***

[Raw Cacao Bliss Balls]

2 Cups of Medjool Dates (Pitted)

4 TBSP Raw Cacao powder

2 ½ TBS Nut Butter

2 TBS Coconut Oil

Blend together and form into balls. Lightly dust with Cacao or roll in superfood toppings like:

- Hemp Seeds
- Coconut
- Ground Flax Seed

(more mentioned above)

This recipe can easily be modified with other ingredients for added protein & nutrients.

***** Keep Refrigerated on a wax or silicone sheet**

The wisdom and Cacao Codes should be cherished always. Should you choose to take this guide into your community please hold the wisdom keepers in your hearts. Share with your community the ancient roots of Cacao, the importance of respect in ceremony & your own teachers who have activated you in this medicine. We are infinite students of the Universe. If you feel called to dive deeper into Facilitation, Priestessing, or Plant Wisdom, resources for further exploration are listed below. Remember to always walk with integrity & grace. Know that you are seen and held by the Great Mother.

A loving last word...

Beloved Soul, thank you for feeling the call to this Guidebook. May your path as Priestess, Guide, Healer & Conscious Being be one of great remembrance and medicine. We honor you and bow to you. Take this wisdom into the world with you and hold it in your heart. Remember to listen deeply, for you have all that you need within you.

May your journey back home be filled with laughter, love, tears, and triumph.

Blessings & Butterfly Kisses

Jillian & Graell

A portion of the funds from this book will go to the Water for Life Global Initiative

Resources to support :

Ruk'u'x Ulew

San Marcos La Laguna

100% Pure Artisanal Guatemalan Cacao, processed by an indigenous women's collective. Purchasing Cacao from this collective directly supports the lineage of wisdom keepers who shared these teachings with us.

<https://www.rukuxulew.com/>

<https://m.facebook.com/rukuxulewcacao/>

Water for Life Global

Providing access to clean drinking water through filtration systems. Their operation is currently on the ground in Guatemala serving the community during this global reset. They also focus on empowering women to take leadership roles in their communities.

<https://water4lifeglobal.org/>

Keith's Cacao

For further Cacao training and to purchase ceremonial grade cacao this is a great resource to explore.

[Www.keithscacao.com](http://www.keithscacao.com)

Exploring Further :

Priestess Graell

Goddess Temple of Ashland, OR

Priestess Graell, Life Coach of the Sacred, has held a Goddess Temple since 2001. She is a Midwife of the Veils serving Childbirth, First Blood, Sex, Marriage, Parenting, Divorce, Sovereignty, Death, and Rebirth. With over two decades teaching various trainings in the Priestess Arts, Dance, and Devotional Yoga, Graell is guided by the depth of her connection betwixt her heart and womb. Her profound and personal communion with nature fuels her passion for sharing practical skills on walking the Path of Sacred Living.

For details on her menu of global offerings:

www.PriestessGraell.com

www.GoddessTempleAshland.com

www.MidwifingTheVeils.com

Priestess & Herbalist Jillian Bowman

Jillian is a devoted student of the earth, Herbalist, Priestess & Reiki Master. She weaves together plant medicines for emotional, spiritual, and physical healing in her herbal shop. Jillian offers private consultations, classes, and online offerings in Earth Medicine, Priestessing, Holistic Feminine Health & Healing. She channels her womb wisdom through writing, plant spirit connection, and singing. She is in service to the Goddess and Collective healing journey.

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