



# Chocolate Shaman Traditional Ceremonial Cacao Drink Preparation

**GLUTEN FREE. VEGAN.  
NO PRESERVATIVES**

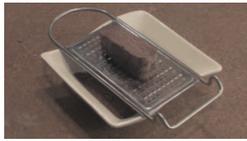
*TO ORDER YOUR CEREMONIAL CACAO  
BLOCKS OR BEANS CALL: 512-656-4822*

## To prepare your traditional ceremonial cacao drink you will need...

Solid Block or Beans



Grater & Bowl



Measuring Cup



Pan & Ladle



Natural Sweetener



You may also choose to add cayenne, chipotle or cinnamon to taste...

## Directions...

Using the grater, gently draw down your block rendering a fine whole bean cacao powder. Each ceremonial dose per person is 1 and ½ ounces dry weight, if you have a measuring cup each single dose between 1/2 and 3/4 of a cup.

Add 8.5 ounces of water into your pot for each person's ceremonial drink, warm the water to a steeping temperature, then add your ground cacao and gently stir. Do not boil as you will greatly diminish the nutritional qualities and effects of your cacao experience.

Allow the cacao to steep for 10 minutes gently stirring every few minutes. Drink and savor slowly, occasionally stirring your cup.

## Your Personal Cacao Ceremony...

For your Personal Cacao ceremony, create a clear quiet and sacred space for yourself. You may desire to include music, essential oils, even flowers perhaps. Ceremonial grade cacao is an amazing gift of nature, within 40 minute to an hour of drinking your cacao, blood flow to your heart, brain and extremities are increased by as much as 40%.

Because your Heart and brain are being fed so much more blood, nutrients and oxygen, your cacao ceremony is a perfect space to experience deep introspection or meditation, as well as focusing on stimulating your imaginative and creative nature. Be sure to keep a note pad or journal close by to capture your inspirations and new ideas.



Because of cacao increasing the blood flow to your heart, brain & body, you may very well experience a sharpening of your senses, especially your tactile, your sense of touch. For lovers, creating a sacred cacao ceremony can be a delicious prelude to physical intimacy.