



Video Transcript

Cacao, Monolina, & Breathwork Experience

Hello, Gaia goddesses. Today, Maria and I will be taking you on a breathwork and monolina experience joined with the beautiful sacred cacao. So in order to open up our space, I invite you to take your palo santo and to cleanse the energy to make sure that you are in a quiet space where you feel comfortable, where you can connect with your cacao, you can connect with this beautiful instrument we're going to introduce you to and to your breathwork.

So you can take your palisanto,

You can cleanse yourself,

fill yourself on loving vibration,

cleanse your cacao,

your altar,

any other parts, pieces of your space. Would you like to? Oh,

I'd love it.

Beautiful.

And now you have your already prepared cacao with you. If you're not sure how to prepare your cacao, we have several other videos. We have a base recipe for you. We have some other beautiful recipes for you, all with your sacred cacaoism cacao. So if you'd like to bring that in front of your heart space, feel the warmth of mama cacao against your breastbone.

Allow yourself to ground into this present moment.

And with your cacao in your hands, or you can set her down and bring your hands together in front of your heart space, we're going to open up this sacred circle.

Dear Mama Cacao, Ishkakau, spirit guides and guardians of this land, please create a sacred circle around me and Maria and the beautiful souls watching

this video, allow us to feel safe, allow us to feel grounded, allow us to connect deeply with our heart space. Dear Mama Cacao, please connect us with our heart wisdom, with our intuition, allow us to feel into any emotions or any energetic blockages, allow us to feel so held and nurtured by you. Thank you, thank you, thank you for bringing us together. Graziez, Matios, Marquesque, and now

that we have opened up our circle I invite you to honor the four directions to the north the south east and the west you can bring your cacao up to your lips and whisper your intentions into mama cacao know that we whisper into her, you are pouring that energy into your body. You can ask her for anything that you need. So go ahead and whisper your intentions into your cacao.

And when you're ready, go ahead and drink your cacao.

this process so Maria can explain to us how this beautiful instrument works. Thank you, Gabby.

So this is the F monolina. Most of the notes on this are the F, which happens to be the note of the heart chakra. So in the same way you can combine cacao with lavender and other plants, vibrations, herbs, as Gabby has demonstrated in previous videos, you can also combine the heart -opening medicine of Mama Cacao with sound vibration. And at the end, we're going to use some breath as well to bring in more oxygen into our body, to expand our lungs, and to open our hearts even more. So while you're drinking and enjoying your cacao, I'm just going to silently play this instrument. Allow it to wash over you, the waves of vibration, the note F, allow it to bathe you and bathe your heart in the frequency of love. We'll be playing this for a few minutes, and at the end, We will stop playing the instrument and we will go into some breathwork.

I

invite you while you listen to the notes to just remind yourself of the intention that you've set the beginning of this practice. You may want to use an affirmation like I am choosing to forgive or I am loving myself, I am choosing love, anything that is a resonance with the heart, with the energies that you are working on.

Another lovely addition to this practice is to visualize the color green at your heart center. Green is the color of the heart chakra, chakra being an energy wheel in Sanskrit. And when you think of Mother Nature, you think of green trees, green plants. It's really the color of love. So why don't you at this moment imagine a theatrical strobe light shining green down unto your heart and say some words of self -love or affirmations.

I am love.

Our

words are so powerful. Our imaginations are so powerful.

You can use more than one healing modality at a time.

You are your own guru. So Gabby and I have come together today to offer you a

multitude of ways of working with energies. You can get really creative and playful in your own self-healing. It doesn't have to be all hard work.

And I've really enjoyed working with sound and color and lights in Reiki and now Kakao. So I'm going to play a little bit longer, and I invite you to finish, maybe finish your medicine. And imagine this liquid prayer of Kakao.

As Gabby said, your intention, each sip you take is a liquid prayer, going down through your throat, to your heart.

And imagine the sound of the F note coming right to your heart waves a vibration that are helping your heart to open and move trapped emotions or blockages. Imagine the green color strobe light. That vibration of green also helping your heart to open and attune. I'm going to play this instrument for a little bit longer before we go into some breath work. So again, have fun.

Play with your senses and play with your imagination.

So

we've played this instrument for about six minutes. It's just a great amount of time on and off. And now we're going to demonstrate the three-part breath.

And Gabby has willingly chosen to be my student for today.

So I'm going to show Gabby the three-part breath in case you haven't watched any of the videos in the library yet on this. So, Gabby, you're going to inhale through your mouth into your diaphragm first, and then into your heart, and then exhale through your mouth.

So it looks something like this.

Any questions? Sounds good. Okay, well, I invite you to relax, lay down in front of me, and when you're comfortable, let me know.

You can place your hand on your belly and one on the heart, or you can do this without having your hands there. So we're going to start with a breath at first a little slowly and building up. When you're ready, Gavi, you may begin.

This first part of the meditation goes a long way in melting the mind.

If you hadn't already dropped into the present moment with the practice of cacao and the monolina and your prayer, This will get you the rest of the way there.

While you're letting these thoughts go,

any concerns you have,

also hold the intention to drop fully into this moment, relax into your body,

and soften into your heart space.

Practicing breath without cacao can definitely bring energy and oxygen to blockages that you may be holding anywhere in your body. Any of your chakras,

your throat, your sacral, your root. But combined with cacao,

you're really having the intention to further assist a softening,

a flow, an opening, and releasing anything that you could be holding in the heart,

such as grief,

sadness,

loneliness,

non-forgiveness, just to name a few.

And the thing about the breath is the more subtle the breaths work, the more subtle, usually the body's response. The quicker you breathe, the more oxygen you take in, the more oxygen in your body, the more significant the releases can be.

How are you doing, Gabby?

Feeling tingly. Okay, so she's feeling energy in her body.

The more oxygen you bring in, you're going to start to feel energy.

Sometimes you can feel a tightness in your hands, which is often a result of something.

breath work session, that's what it can be. You can also go deeper with the medicine and have the intention to get to some grief that you've been wanting to let go of and haven't been willing to feel.

Today we're going to do a light session.

Probably have about three more minutes. So Gabby, if you can breathe when you're done, about 5 % more.

Very good.

A lot of times during prolonged breath work, emotions will come up, and even ideas, creative ideas, inspiration will come up.

I often get some of my best ideas during the breath. So, just like journaling with cacao, you might want to have a journal handy for after you do your breathwork, because inspiration and downloads are like dreams. They kind of slip away fast.

So having a journal handy can be helpful.

So often a yawn is releasing from the throat chakra.

Also a hiccup or having belting can be a release from the throat chakra.

How are you feeling, Gabby?

A little tired.

So you can do your own pace. Gabby's just demonstrating, if you want to breathe harder, faster, you're welcome to it. If you've decided you've had enough, you're welcome to stop at any time. Usually when we do slow down with the breathwork, we'll relax into our body and we'll start breathing into the nose.

into a state of grounded and rootedness.

But I think Gabby might have had enough for today.

How are you feeling? Would you like a couple more minutes, or do you want to relax through the nostril breath?

Was that a yes? Relax. Yeah.

So we're going to slow the breath down.

You're welcome to start breathing in and out of your notes. And if you feel like you want to go deeper, pause this meditation and go as long as you like. You have the cacao in your system. The F's note has played in your field.

You've used some affirmation. You've had some intention. So you've had a beautiful

medley of heart vibrations.

And maybe the best thing after this would be just to shut your eyes and drift away for a couple of moments of sleep.

So Gabby and I thank you for joining Gaia goddess today for cacao combined with F. Monolina and breathwork. It's been a pleasure working with Gabby demonstrating today, and we both look forward to seeing you deepen your connection with Mama Kaka.