



Video Transcript

Learn To Create Your Cacao Base

Hello, Gaia goddesses. This is Gabrielle Martyrana and I am here today to teach you a beautiful base recipe on how to prepare your sacred ceremonial cacao.

So to start with, I would like to invite you to first cleanse your space.

So I have Pelocento here with me and I'm going to use this to clear out any negative energies in the space as well as in my body. Because something to be very mindful of is the energy you are in when you're preparing your cacao. This is very important because the energy that you're in will be infused into your cacao. So if you're looking to sit with mama cacao for relaxation or to feel at peace, or to feel the heartwarming sensations of love, you want to hold that energetically in your body while you're preparing her. So to start with, I'm going to light my palisanto.

I'm going to say some evocations. You can call upon your spirit guides, your ancestors, any deities, anyone you feel any resonance with, your higher self, cleanse the space, call upon each cacao, the goddess of cacao.

And when you feel ready,

I then invite you to

have a small meditation to be very intentional about the energy that you're holding within your body. So whenever we're working with cacao, we're always working with self -love because cacao is a heart opener, a heart expander. And self -love is so, so powerful. So in this base recipe, you can close down your eyes, you can do a little shake, move your energy around And to slowly start cultivating that sensation of love, of self -love,

of really feeling that warm embrace. And just give yourself a few minutes to create

this energy within your body.

And when you feel you're holding that, I then invite you to come to your cacao.

And we're going to chop up a quarter cup of cacao that is a ceremonial dose. So

I'll be chopping up enough cacao to fill up this container here.

You can see the beautiful coloring in the cacao as well.

The darker pieces are more of the dense version of that cacao seed and the lighter

pieces are the cacao butter. So sometimes I'm asked, is my cacao bad if I can see

these kind of dots in it? And actually, no, that's just a little bit of separation,

which means there was a change in temperature, but there's nothing wrong. Cacao

actually has like a very long shelf life. So as you're holding this energy of self

-love within your body,

you can call upon any mantras that connect with you, you can call upon any medicine

songs, even humming. Your voice is so sacred. I invite you to follow your intuition,

follow your own internal guidance in this space. Now that I have about a quarter

cup of cacao chopped here, I am going to measure out a

cup of water.

And it's important when you are working with your cacao to

not use boiling water, especially this cacao from Bali. Put a little more in.

I didn't fill that up all the way.

You want to bring your water to a boil, but then you want to make sure that you

let it rest for one to two minutes. This is because the Bali cacao specifically is

raw, so you want to preserve as much as the nutritional benefits as possible. But

even with the Mala cacao that's fire roasted, you don't want to heat up the cacao

too much that you lose any of the nutritional benefits. And we want to work with

as close to the most natural form of this cacao as possible.

So while that's coming to a boil, I will go ahead. And you can notice here, you

don't have to chop up your cacao extremely fine. You can have small little chunks.

I don't recommend having very large chunks. It'll just be harder to melt, but you

don't need it to be extremely fine. Let's chop up some of the bigger ones. We're

going to here.

And during this process, this is a very ritualistic part of preparing your cacao.

It is a meditative -like process where you're focusing on cultivating that energy that

you're looking to receive from mama cacao, where you're grounding into the present

moment. A lot of people tell me that the process of making cacao is actually one

of their favorite parts because it's a chance for you to really drop into your

body, to move out of your thinking mind into your feeling, which mama cacao also

aids in. In fact, it's not uncommon for people to have emotional releases while

they're preparing the cacao because you start to blend your energy with this plant

medicine. You start connecting just when you're preparing her.

Now our water has come to a boil here and it's very important, like I said, to

then turn off the flame and let the water rest. And you can use a whisk or

another tool like this that the Mayans and other indigenous peoples use when they're

preparing your cacao. You can gently stir the water to help it cool a little bit.

And you don't need to use this element. You can use something that you have in your kitchen already. One of my big lessons that I learned from my teacher is that the most important part is the respect for the plant medicine and taking the time to sit with her. And you can do this in many different ways. Now, this water has been sitting here without a flame for about one to two minutes. So now I can go ahead and I'll just give it another width to release a little bit more heat and add in this quarter cup of chopped cacao.

And as I'm combining the cacao with the water. I love singing to mama cacao. And like I said earlier, you can follow your intuition. You can be repeating your mantras. You can be singing in inner prayer.

Kao, cow sita

As you whisked your cacao, medicine's tea, the cura, cura, cacao, you'll start to notice that the chunks of the cacao are melting.

You can take in this amazing aroma of mama cacao.

You can keep whisking until you see that all the pieces have melted.

People usually ask me how to make their cacao thicker. How you make your cacao more thick is by adding less water. So you can govern how thick or watery you prefer your cacao by deciding how much or little water to add. Here I use a cup of water with a quarter cup of cacao and you'll be able to see the thickness of it, but ultimately it's up to you. Next, you want to take your sacred cacao mug. I recommend choosing a mug that you will use for all of your cacao rituals. This helps to infuse that cup with your intention and to create a really beautiful connection between you and the mug and cacao.

pour it into my mug there

might be a few little chunks on the bottom that's okay and

before you sit with your cacao you always want to set an intention mama cacao is an energy. She is a being that you can connect with. And so you can ask her for anything that you need. So if you're looking to sit with Mama Cacao and you're looking for a sense of peace or to feel like somebody is holding you or a guardian angel type of energy, a divine mother type of energy, you can ask Mama Cacao for this. If you're looking to feel creative or expansive, or if you're looking to deeply connect with your best friend or your partner, go ahead and whisper your intentions into mama cacao and know that with every sip that you're taking, you're pouring that energy into your body. So if you want to go ahead and bring your cacao up to your mouth, you can whisper your intention.

I also like to bring mama cacao.

sell east and west and then you can drink your cacao so this is the base recipe that you can use and as you cultivate a deeper relationship with mama cacao you can add in other elements that are unique to you and unique to what you would like to cultivate for yourself for that day There are sweeteners that you can add to your cacao, like honey, or I love using 100 % maple syrup or agave nectar.

There are spices that you can add in, herbs. If you'd like to learn some more specific recipes, check out some of our other videos because we'll dive into how to

use herbs and spices like lavender and cardamom and cinnamon. And so you can join us there. Thank you so much for joining.