



Video Transcript

Learn The Difference Between Cacao & Chocolate

Hi, Gaia goddesses. My name is Gabrielle Martyrana, and I am going to walk through the difference between cacao and chocolate. The biggest difference between cacao and chocolate is something called theobromine, and theobromine translates to food of the gods. And this is a property found naturally in cacao. It is more prevalent in two different varieties of cacao versus one that is used for modern -day chocolate. There is a variety called criollo and trinitario, which are the more ancient versions of the trees, the older DNA. And these trees are found in Central and South America, as well as other small pockets around the world. There is another type of this tree called Forastero. And when cacao was sweeping the world and everyone was falling in love with chocolate back in the 15 and 1600s, these trees from Central America were brought over to Africa and to other parts of the world to produce more of these beans to satisfy this craving that people had for this plant medicine. However, when those trees were brought over to Africa, they were changed because Mama Cacao likes to grow in a very specific area around the globe. And so in order for these trees to survive and thrive in this new area, there were some modifications made to the DNA of the trees. And during this process, there is less theobromine in the trees called Forastero than the other trees that I mentioned earlier. Theobromine is the part of cacao that is responsible for the mystical and spiritual experiences with this plant medicine. So, theobromine opens up your heart chakra, connects you with your intuition. Theobromine is also responsible for any experiences you may have like downloads or channeling or sudden ahas or awarenesses or Basically just connecting the dots to things that you didn't realize before, it helps you connect with your heart wisdom. On a scientific level, theobromine is also what literally opens up your heart, your capillaries, it moves the blood throughout your body, and

so having more of this theobromine in cacao versus less of this theobromine, if any at all, in modern -day chocolate. Another big difference between cacao and chocolate is the way in which it is processed. The cacao trees in Central and South America and in Bali as well are deeply, deeply respected and they are grown with such intimacy and offerings. For example, in the trees in Bali, in the farm that I worked with there, they put offerings at the base of the trees every single day. and in Guatemala with my teacher we went to the cacao trees and we actually adorned her the tree in flowers. We took these pieces of grass and tied flowers all over the branches. We put offerings at the base of the tree of honey and maize, which is corn, and the trees are cultivated in this energy that you can feel when you drink the cacao. On the other hand, chocolate is a high -production commodity. These trees are grown in huge fields. They're harvested sometimes by unethical labor. They are then put into these giant metal vats where they're roasted into oblivion and a lot of the natural nutritional properties of the bean are also lost. It's just a completely different experience and you can feel that when you drink the cacao. And the last big difference between cacao and chocolate is the process in which it is consumed. So cacao is known to be a planned medicine and so it is consumed in ritual and with intention and therefore you're able to tap into those mystical properties of the cacao where chocolate, we are very disconnected. It's been commoditized. It's also been filled with milks and sugars and preservatives. And so that tiny bit of chocolate like actual cacao bean that's in there is now masked by all these other things. And it is, it's just a very disconnected experience. So those are the main differences between cacao and chocolate. If you would like to learn more about cacao, I have another video where I dive deep into the history of cacao and how cacao is connected with the Mayans. You can find that in the Learning with Gaia section of the library. And thank you so much for joining me today. I feel so honored to be a part of your journey with Mama Cacao.