



Video Transcript

Learn To Infuse Your Cacao With Gratitude

Hello, Gaia goddesses. My name is Gabrielle Martyrana and I am here to guide you today through the gratitude infused cacao. We are using a base recipe of cacao that we have already prepared with this beautiful cacao wisdom cacao. If you would like to reference this, you can check out that video and then come back and join us for this gratitude infusion process. So what I would like to do first is take this cacao that I have already prepared here, and I'm going to be adding in cinnamon. So when you're working with cacao, you always want to hold the intention, hold the energy that you're looking to receive from mama cacao. And when we're working With gratitude, it's a really, really beautiful and powerful pairing because cacao is such a heart opener. And we know that the experience of feeling gratitude in our body comes from this space here. So if you'd like to take a few moments and feel into this sensation of gratitude, maybe list off a few things in your mind of what you're grateful for today, and really cultivate and build up this energy of this deep loving presence in your heart space.

When you're ready and you feel like you have the sensation of gratitude within your body, I will invite you to have some ground cinnamon and even some cinnamon sticks here to add into your...

help lift your spirits along with the bliss chemicals that are naturally in cacao, the serotonin and the triptophan. So you can go ahead and take a pinch of your cinnamon and you can add it in here to your cacao. I personally like a lot of cinnamon, so I would do two big pinches.

And you can whisk that together, holding the sensation of gratitude within your body. You can also use the cinnamon stick in a few different ways. You can boil water with your cinnamon stick and infuse that water with the cinnamon essential oils and

flavors and use that water actually in your base recipe, which is a really beautiful way of preparing or you can take the cinnamon stick and this cacao we just prepared here with the ground cinnamon and you can put that into your cacao mug to enhance the smell of the cinnamon and the visual aesthetic aspect of your cacao it's so beautiful to add in some cinnamon sticks and then when you're ready you can pour your ceremonial cacao into your sacred cacao mug and you can sit with your intention and then move into the rest of your ritual.