



## Video Transcript

### Learn To Soothe Your Heart With Lavender & Cacao

Hello, Gaia goddesses. Today I'm going to be guiding you through a recipe for soothing your heart with cacao. So to start with, normally I would direct you to go to your base recipe for cacao. But today we're going to do something just a little bit different. I want to teach you how to first infuse your water and then use that infused water in your base recipe. So if you haven't watched the base recipe yet, I recommend doing that after this video and then preparing your cacao that way. So how do you infuse water? So I'm going to pour about a cup's worth of water here into this

I'm going to turn the stove on,

and I'm going to bring this to a very light boil or maybe right before it starts boiling.

And when we're talking about soothing the heart, some really powerful herbs to work with are lavender, camomile, and there's some other ones that are very, very calming for your nervous system. Today I'm going to be working with lavender specifically. So if I take a few pinches of this beautiful lavender here and put it inside of this water, as it heats, it'll start opening up the flowers, opening up releasing the oils and the essence of the lavender and infusing it into the water. It's really beautiful to use infused water in your cacao recipe when you're working with herbs that you don't necessarily want to eat. So sometimes it's fun to have the rose petals and things on the top of your cacao, but other times you don't necessarily want your cacao to be chunky. So you can infuse the water first and have the benefits of that herb and then use that to make your cacao after. I'm going to go ahead and let this boil while I talk through a little bit more about calming the heart and the nervous system. So there are two states of the

nervous system. There's the parasympathetic nervous system and the sympathetic nervous system. And when we are in states of intense anxiety or fear or feeling unsafe, our body from a nervous system perspective is not able to rest, to digest, to heal. And so it's very important when we're feeling that we're in these peak states of fear and anxiety, these peak states of elevation, that we can then drop back down and bring ourselves back into the parasympathetic nervous system where we can rest and digest and heal on a cellular level. This can happen if you're in a very high -stress work environment, if you're feeling senses of overwhelm, if you are a busy mom, if you are living in Western society, we just have a lot of anxious energy running through us a lot of the time and a lot of people find it really hard to turn that off, to calm back down and to move back into these lower states where our nervous system can heal itself. So you can use mama cacao to help fuel this experience to help drop your nervous system back down to an estate where you can more connect with your body. Another symptom of knowing that you're not in your parasympathetic state is feeling numb. When you feel like you can't really connect with your body, when you feel like you can't really maybe even connect with yourself or your partner when you're trying to be intimate, when you feel like you can't ground and be present, when you are going out to dinner with your family or friends, but you feel like you're not even there. Your brain is somewhere else. These are all signs that you're in a very elevated state. So if you experience any of these and want to help yourself drop back down, this would be the perfect recipe for you.

After your lavender has come to a soft boil, you can go ahead and turn the flame off and then let the lavender seep for one to two minutes. This is perfect because it also allows the water to cool, which we want because we don't want to add in the cacao when the water is too hot and kill off unnecessarily kill off any of the natural benefits found in the cacao as well. So this has been sitting here for about two minutes. So you can use a tool like this in your kitchen, a small strainer, and you can even strain this directly into your sacred cacao mug, just to get all the little pieces of lavender out. And you'll notice that the water has changed color. It's now a light yellowish brown and it smells amazing you can really smell the lavender and from here you can then take your chopped cacao and add it directly into your mug and you can use a small whisk to whisk it or if you have one of those electronic frothers you can put that inside of your mug and froth it this way to help mix in the cacao because the water is the perfect temperature for it to fully melt. I also recommend with this recipe adding in a little bit of sweetener. I love adding in local organic honey or even 100 % maple syrup or a little bit of coconut sugar. But adding in just a little bit of sweetness into this specific recipe is really nice, just adds in a little bit more of that sense of nourishment, that sense of giving yourself this beautiful, warm hug. I've said a few times before that cacao really is like a hug and a mug, and that is so true, especially with this recipe with lavender or with chamomile, because you're taking the time out of your day to sit with yourself and allow

yourself to drop into that restful state to help relax your body, to help yourself move out of this like frantic thinking and into this grounded, more tranquil energy, you're really giving yourself a gift by taking the time to do this. And what a way to honor yourself by sitting with Mama Cacao. Thank you for joining me today to learn this soothing the heart cacao recipe. If you'd like to learn some more recipes, check out the other videos we have. We have some on heart opening, some on gratitude. I am so honored to be your guide and to teach you more about mama cacao and to walk with you as you deepen your relationship with this beautiful plant medicine.