



Video Transcript

Self Love & Cacao Meditation

Hello, Gaia goddesses. Welcome to Introduction to Self Love and Cacao. Today I will be guiding you through a small ritual with Mama Cacao to connect yourselves with your heart wisdom. So to start with, you will need your prepared cacao. This is some beautiful cacao, wisdom cacao that we prepared. In some other videos, we have a base recipe and we also have some other beautiful recipes that you can explore.

You'll also need a journal and a pen, and a beautiful safe space for you to work with. Mama cakeno. So to start with, I recommend that you take either Palo Santo or Sage and cleanse your space. Whenever you're working with plant medicine, it's always important to clear your space to make sure that you feel very safe and comfortable, so that way you can explore these emotions or wisdoms within you.

So as I light this Palo Santo, I'm going to say a small prayer. Asking my guardian angels or spirit guides or higher self to cleanse this space, to fill it with love and light to allow me to feel safe, grounded, connected.

You can put some sacred smoke into your cacao,

and when you're ready, you can take your cacao, bring it in front of your heart space. Feel the warmth of prayer against your heart.

Connects with your cacao

and you want to open up a container around yourself when you're working with cacao. So how I do this is holding my cacao, I will say a prayer to open up my space. We have another video where we teach you how to create your own prayer. But I will use mine to open up this space for you. So if you'd like to hold your cacao, or you can bring your hands in front of your heart space, you can gently close your eyes.

Dear Mama, cacao ish, cacao, spirit guides, and guardians of this land. I called upon the ancestors of me, the ancestors of the beautiful souls, watching this video to create a safe space around us so we may feel connected with ourselves, with each other, and Mother Earth for the highest good. Thank you, thank you.

Thank you to the powerful lands of Lake Atan, Guatemala, of Bali, and Indonesia of ish cacao and this cacao tree for bringing us together. We ask you to open up our heart space to allow us to feel safe, to explore the depths of our heart wisdom, and connect us with our intuition.

So we have opened up our sacred space, and before we take our first sip of our cacao, I would like to invite you to whisper your intentions into her. And when you whisper your intentions into Mama caca, you know that with every sip that you are taking, you are pouring these intentions into your body. So go ahead and whisper your intentions.

And you can follow me. We can call in the sacred directions to the north, to the south, to the east, to the west, and you can drink your caca.

Now throughout the rest of our ritual, you can go ahead and drink your cacao at your own pace. I'd like to remind you to listen to your body if you feel like you need more. Follow that guidance. If you feel like you need less. Follow that guidance as well as you're drinking your cacao. I'd like to guide you through connecting with self-love.

So what is self-love? Self-love is a term that we hear a lot on social media. Bouncing around, and I think he can feel like it loses its value because it's so overused. But self-love is actually a very, very, very powerful concept. Self-love is how we treat ourselves. It's what we think about ourselves, and therefore it is responsible for what we experience in this life we do or don't go for that promotion because of self love.

We do or don't take that trip because of self love, we do or don't stand up for ourselves because of self love. So it's really a very deep rooted, interwoven piece of our life. And so I'd like to invite you as you're sipping your cacao, to start contemplating your relationship with yourself, to start contemplating how self-love has emerged into your life and what self-love means to you.

If you'd like to take a few moments, you can sit with your journal and you can start writing out a little definition of what self-love means for you in this moment. There are many different types of self-love. There is loving kindness when you treat yourself with nourishment and care and, um. Holding yourself in softness.

There is self-love where it's defending yourself and holding your boundaries. There is self-love when you don't allow for self-harm from external circumstances like toxic relationships or food to internal circumstances like negative self-talk or self harm. There are many, many, many layers to this, so I'll give you a few moments to sit with your cacao.

And feel into this space.

Now that you've spent a few moments journaling about what self-love means to you and defining it in your journal. I invite you to continue drinking your cacao while I talk to you a little bit more about how powerful it is to work with self-love while you're also working with this plant medicine. So cacao is a plant medicine that opens up your heart space.

It opens up your connection to your heart wisdom, and pairing this with self-love is very powerful because she is also a container to help you feel safe. So while you're exploring these layers of self love that may have to do with this present moment, but they also may be tethered to inner child's work or past traumas or layers of you and your being and your soul.

Mama cacao is there holding you and embracing you, so you feel so safe to dive into these shadows that maybe you haven't felt safe to dive into before, to have these emotional releases that maybe you haven't been available for, to allow yourself to cry, to allow yourself to feel anger or anything in between.

She is there holding you. So you can think of mama cacao as this divine mother energy that is there to support you during this experience. So this is why it's so powerful to work with self-love and cacao because it takes you to these depths that maybe you haven't explored before. So I invite you to take some more time.

Sit with the cacao and journal, see what surfaces for you. After this, I'll go ahead and guide you through a meditation where we then take this into your body. But I'd like to give you some space to sit with the cacao to finish your cacao beforehand. If you need a little bit of time, go ahead and pause this video, and when you're ready, we will move into the meditation.

When you're ready, go ahead and find a comfortable position. It can be seated, it can be laying down Gently close your eyes

and take a deep breath in through your nose and out through your mouth. Ah.

Go ahead and do that two more times in through your nose

and out through your mouth,

in through your nose,

out their mouth.

As you're connecting with the earth, feel the weight of your body on the ground.

Feel the weight of your legs, of your arms, and if there's any tension with every exhale, allow that to release.

Slowly start to imagine your body rooting back into the earth. Rooting back a Gaia. Where you are supported. Where you are held.

Allow this feeling of safety and peacefulness to wash over you.

Slowly start to bring your attention to the center of your being. Start to bring your awareness into your heart space.

Feel into your chest. Feel the pumping of your heart.

Feel the gratitude for your body.

Now in this heart space, you start to see a warm ball of light.

You start to feel this warmth building in your chest.

And this soft glow,

and as you feel into this heart space and into this warm ball of light, you feel this deep sense of self love.

Allow yourself to hold that word or that definition of self love that you wrote down. Hold that in your chest. Hold that energy in your heart space.

Feel that version of self-love that you have discovered, and use this definition of self-love as a tether.

Follow that tether to the feeling. The feeling of that definition. Allow it to bring up, bring up that feeling into your body, into your heart space. And as you bring this feeling up. Imagine that warm ball of light starts to grow, starts to expand, starts to move through your heart space, expand to cover your neck and your head expand to cover your torso and your arms expands to cover your legs.

And soon you'll find yourself completely engulfed in this beautiful, warm light.

As he rests in this light, you realize you are surrounded by this beautiful sensation of self love, of this feeling that you've discovered.

Allow yourself to be fully enveloped into that feeling, into the warmth of that light.

Allow yourself to feel it in every cell of your body. What does it feel like? Where does it feel strongest in your body? Allow the energy to flow through you and around you. What color is the energy? Allow yourself to play and move with this energy. If you get distracted, come back to your definition of self love and what it means for you in this moment.

Just gently allow yourself to reconnect.

Reconnect with what it feels like to give that to yourself. What does it feel like to give that to yourself?

Is there a part of your body that relaxes when you know that you have this? If there is, just gently watch which part of you. And in humble awareness, send love to that part of your body.

Allow yourself to bask in this energy for a few more moments.

Now gently allow that warm ball of light to start to shrink. Now as it gets smaller, it gravitates back towards the center of your chest.

You feel the warmth and your hearts being. And you know that this light, this feeling, this sensation of deep self love is forever within you. And you can call upon it whenever you need it. It is, you

gently allow this light fully submerge back into your heart space.

Feel that warmth in your chest. Feel that deep inner knowing that you have this within you.

When you're ready, you can start to bring your awareness back to the room around you.

Gently start to bring your awareness back into your hands and your feet. Recognize your sit bones on this earth.

Gently feel into your fingers and your toes. Maybe you can start to wiggle that.

Allow yourself space as you return to your body in this present moment,

you can gently blink, open your eyes, allow yourself to stretch, open your mouth.

And as you return, allow your body to fully absorb the energy you just cultivated in your being. Gently move back into a seated position.

Welcome back. I invite you to take a few moments to sit with your journal. And write down any downloads or insights, any ahas you may have felt during that meditation, and give yourself some space to really absorb this energy and this feeling you just cultivated. Allow yourself as much time as you need.

You can continue to sit with any cacao that you may have left. To journal to feel into this space.

And when you're ready, I'll go ahead and guide you through closing your circle. You'd like to bring your hands in front of your chest, close down your eyes. Dear mama, cacao ish, cacao, spirit guides and guardians of this land. Ancestors. Thank you, thank you. Thank you for bringing us together here today.

Thank you for allowing us to connect with this plant medicine to open up our hearts, to connect with our inner knowings and our self love. Thank you for helping us to feel so safe. As we dive deep into our heart space, we now ask to close the circle. Thank you. Thank you, thank you.

Thank you for joining me for the intro to Self-Love and Cacao Ritual. I am so honored to be a part of your journey with Mama Cacao.