



Video Transcript

Learn About The Sacred Plant Medicine Of Cacao

Hello, Gaia goddesses. My name is Gabrielle Martyrana, and I am here with Gaia goddess to teach you about the plant medicine of cacao with this cacao here from cacao wisdom. I'm going to be teaching you about the history of cacao, the legends of cacao, the difference between cacao and chocolate, how to work with cacao in ritual and so much more. So let's dive into Mama Cacao's story, the history of cacao. So if we go back in time to around the 1500s, when Europeans were first coming to Central America, this is when cacao really first swept the world. They brought cacao from Central America to Europe, and that began the world's love affair with modern day chocolate. However, her story starts even before this. For thousands of years, the people in Central America and South America have been working with cacao in ritual. They would use cacao as offerings. The leaders of the communities would actually sit and drink cacao before making decisions for their people to make sure they were making decisions from a heart-centered place. She's been used as an aphrodisiac. She's been used as an energizer. She's even been used as currency. So cacao has a very, very long history and relationship with the people in Central and South America. The Mayan people are the wisdom keepers of this plant medicine. They have been working with this cacao for thousands of years and passing on the tradition and the knowledge orally that entire time as well. So I would like to take a moment to honor the Mayan people and honor their dedication to witnessing the power of this plant medicine and continuing to pass it on generation to generation. And this is particularly important to me because I actually studied with a Mayan shaman in Guatemala. And so I feel very connected to connected to that lineage, into that culture, into those traditions. And so I feel very honored to be sharing this information with you today. Like I said

before, when Cortez and the Europeans came to Central America, they came in contact with the Mayans and the Aztecs and the Toltecs and many other groups of people who were living in Central America at that time. And they were introduced to cacao, to mama cacao. And so, of course, they fell madly in love with her like we all do. And they took the cacao and brought it back to Europe. And that was actually the first wave of cacao to sweep the world. It was when everybody had this love affair with cacao and what is now modern day chocolate. And there actually is a legend, a Mayan legend, that each cacao, the goddess of cacao will walk out of the jungle and reintroduce herself to humanity when we are at the most disconnected with ourselves, each other, and Mother Earth. And so it's by no coincidence that this second wave of cacao is now sweeping the earth again. And we can see cacao emerging all across the planet. And so it really feels like full circle with this Mayan legend to be here today teaching you about this because as we know as a humanity, we are quite disconnected from ourselves, each other, and mother. Thank you so much for joining me. Once again, my name is Gabriel Martyrana, and I am so honored to be teaching you on Gaia goddess. Thank you for taking the time to learn more about this sacred plant medicine. As you know, there is so much richness and so much beauty in the in culture and the tradition around this plant medicine, and I look forward to exploring this more with you.