



Video Transcript

Learn How To Customize Your Cacao Prayer

Hi, Gaia goddesses. My name is Gabrielle Martyrana, and I will be guiding you through an elemental prayer and evocation. So I'm going to guide you through the process of how to create your personalized prayer and how you can call upon these sacred elements to call in their wisdom and their power.

I encourage you to sit with your beautiful cacao wisdom, cacao, you go through this process because it helps you connect with your inner wisdom and your intuition. And this is a very personal experience. So the more that you can be present with yourself and in your body, not so much in your mind, and feel into this practice, I think the more powerful the experience will be for you.

So creating your personalized prayer. This is such a beautiful, beautiful part of creating ritual and sitting with plant medicines like Mama Cacao and taking time for ceremony and adding spirituality and magic into your daily life. The power of the prayer is this is how you open up your space. This is how you create a safe container for yourself. This is how you call in and invoke any of these deities or archetypes or energies that you would like to ask for support from or like to embody while you are doing your ritual or ceremony. So I encourage you to take out a pen and journal. And as I'm talking to you, allow whatever surfaces to come up and take note of it. I'll be guiding you through some thought -provoking concepts. And whatever you feel resonance with in your body, definitely take note of that. If while I'm talking about sacred lands, if you feel a tingling in your stomach, take note of that. If while I'm talking about calling in archetypal energy or deities like Persephone or Lakshmi and you feel a fluttering in your chest or you feel your body even like lunge forward a little bit. Take note of that. Your body is sending you clues as to what you're in deep resonance and deep connection when and this is

taking the little puzzle pieces and linking them together to create your beautiful, unique invocation and prayer. So I invite you to take out your journal and start to think about where are some places on this planet where when you travel to them, you felt something different. You felt maybe this deep connection with the land. You felt this powerful sensation in your body. Maybe you felt very relaxed and at peace. Another good way to figure out which parts of this earth are in deep resonance with you is if you've ever been in a guided meditation and they prompt you to say to be in a beautiful place and this beautiful place that you go to, where is that? Is it in the jungle? Is it in the forest? Is it on the beach? Is it on a mountain top? If you can think about where would it be the most ideal place for you to spend your time? These are all layers of you, of your soul, of what's in residence with you. So just take some notes if you, if you feel a deep connection, like for me, I feel a very deep connection to Bali, to Indonesia. And when I spent time there, I've done some of the deepest, most transformative work of my life. Every time I'm there, it's like, my body is like, okay, time to heal. And all these things on earth for me, and I move through things. And it just feels like the island of Bali. She's this mother that is strict in the sense where she's like bringing this stuff up. And she's like, you're not going to live like this anymore. But she's nurturing in the sense where she holds me through it. And so I just have this very deep connection with the land there, with the people there. So if there's any place like this, maybe it could be Sedona, Arizona. A lot of people have very deep residence with that area. Maybe it can be your grandma's farm. Maybe it can be the beach you used to go to when you were little. Maybe it's even the land that you're on right now. Maybe it's your backyard or that hike you go on, anywhere where you feel this deep connection with the land. Another aspect that you can call into your prayer are archetypal energies or deities. So if you have ever had an experience in a meditation where someone came to you and you recognized them, maybe someone like Persephone, we've seen Persephone depicted in a lot of cartoons or a lot of movies and so you might have an image in your mind of what she looks like and you saw this face in your meditation and you're like, that was random. It wasn't random. And any instances like this or maybe you always felt drawn to a Greek goddess or a Hindu goddess or an African goddess or even maybe even the Mayan Cosmovision, anywhere where you just felt more curiosity, more draw. These are energies that want to work with you. And I invite you to call them into your circles because there's a reason why you feel this connection. It could be something from this lifetime. It can be something from past lifetimes. It could be because one of your ancestors is of that lineage. It could be something with a spirit guide. This is all very open and fluid and you can allow yourself to feel into this space. This is all about feeling. It's not about intellect. It's not about mental. This is very much into the feeling and into the body. Another aspect that you can bring in is any ancestors or people of your lineage that you know of. Maybe your grandmother has come to you in your dreams.

For me, when I was in my early 20s, I was laying in Shavasana and I was in a meditation and out of nowhere this white owl came to me in my meditation and I felt like I knew her. I knew it was a her and I felt like I knew her and I told my mom I was like I think that was my grandma. I've never met this grandma and so I go to my mom and I tell her this story of this beautiful white owl and she turns around and she goes your grandma used to love white owls and she points to a figurine a statue of a white owl that my grandma had given her. And I got full head to toe goosebumps. And I knew without any doubt in my mind that that was my grandma who came to me in that meditation. And so in my prayer, I also like to call in my ancestors. And I actually have this figurine here of a white owl representing my my lineages, my ancestors, and especially the women who have come before me because part of my personal journey is healing a lot of womb trauma, a lot of womb wisdom. So I like to evoke and call upon this energy when I sit in circle.

I also have very deep resonance with the Mayan people. As you know, I have trained with a Mayan shaman, and I feel very connected to I love,

I love the Mayan Cosmo vision. So in my prayers as well, you can call in spirit animals or archetypal energies. I will call in the energy of Kuri Bri, the beautiful hummingbird. And this is a reminder to me, the Kuri Bri represents sipping the nectar of life, allowing yourself to enjoy pleasure, allowing herself to feel, feel this beautiful love and enjoyments and be in the present moments and smell the roses, smell the flowers. The curie brie is surrounded by beauty and she allows herself to indulge in this beauty. And so this is a reminder for me in an energy I like to call in. I also have this jaguar energy. And this Jaguar energy for me is all about allowing myself to be fierce without fearing this ferocity.

Allow myself to hold my boundaries, step into my strength, allow myself to feel emotions like anger or aggression and move through them and know that that just means that these are all phases of me, I celebrate all aspects of the spectrum of emotions, the shadow, the light, honoring all sides and knowing they're equally as beautiful. I don't subscribe to the culture of only bliss and happiness is life. Like I know that sadness and anger and all these other emotions are equally part of the human experience. And for me, when I call in the Jaguar, it is my strength to move through all of these levels of emotion. So as you start to create this very unique prayer for yourself, you can choose any energies that you would like to call in that you feel a connection with or even that you would like to help support you. So maybe you know that like me, you might have had trouble with people pleasing or not holding boundaries. And so to evoke the energy of the Jaguar was me asking for support in this area in my life. Or I also would be very deep into workaholicism energy where I'd be so focused on goal -oriented tasks. And every time I would hit the milestone, I'd already move my measuring stick. And I was already pushing myself to hit that next mile sound. And so Kudibri reminds me to see.

to sit and feel into, what do you want to call in? What do you want to invite

into your space, into your ritual, and add these beautiful elements into your prayer? Another aspect you may want to call upon and include in your prayer is elemental wisdom. Elemental wisdom is something that our ancestors as humanity have been working with for thousands of years. You can travel to all different parts of the world and you will see over and over again people working with the energy of water, fire, of earth and air. And it's because we've recognized as humanity for a very long time how powerful these elements are. So if you would like to call upon the element of water, for example, you can look to the teachings of water in nature. You can look to the teachings of all these elements in nature to deepen your relationship with them, to learn from them. Some things we learn from water, for example, is that water is very fluid. And if water comes up against a rock or a blockage, it is very playful and will move around. It will adapt. It won't allow this blockage to stop it in its path. Water is very fluid and moving and all about transitioning water changes from water to steam to snow to ice. So there's a lot of wisdom here in the ability to transform, the ability to adapt, the ability to move and flow and circumstances. It's not rigid. It's not stiff. Water has the ability to still pursue its path, but in a way of flexibility and movement. We can look at the element of fire, for example, and we can see that fire is all about transmutation, that when we take something like wood, put it into the fire, it's transmuted and turned into ash. And this ash placed back into the soil creates fertile ground for new life. So fire also teaches us about the cycles of life and death and honoring death. In a Western society, we've become very scared of death. And a lot of indigenous cultures, death is celebrated because death is rebirth. And death is sacred and beautiful. So things like mushrooms and vultures and other aspects of nature that are the keepers of death, the ones that help transition the death into rebirth are also very sacred. So if you'd like to invoke any of these energies in your prayer, you can invoke the energy of fire. If you'd like to evoke the energy of earth, earth is about being grounded, being supported, being rooted, also about giving and receiving. We receive so much nourishment, so much support from Earth. Earth is very stable and holds us. So these are all energies that you can call upon in your prayer as well. And then we have air. And air is really beautiful. It can be very playful. It can be about your voice. It can be about the beautiful interweaving of our external reality and our internal reality because we take this external air and we breathe it into our lungs. We take it and bring it inside of us. And it's a way that we are all connected on this planet. With the tiny particles in the air, everything I breathe in, you breathe in, the trees breathe in, the animals breathe in. There is this substance around us that's very connective. So you can call upon these ancient elements in your prayer as well. It's particularly powerful to call upon the elements in your prayer when working with cacao because cacao also has four elements inside of her. She has the earth from the seeds that are grown from the trees and ground up. She has the fire element from being roasted over the fire as well as when she's prepared on your stovetop. She has the element

of water that you add in to create her. And then she has the elements of air through your breath, through setting intentions. So you're calling upon all four energies when you sit with cacao. So to add this into your prayer is also a beautiful practice. So I invite you to take some time with your cacao and with everything that I've shared with you and start to write out your personalized prayer. You can start by calling upon a specific deity like I do. I call upon Ishkakal, the goddess of kakal. You can start by calling upon the energies of sacred lands, calling upon your spirit guides, your ancestors, your grandmother, calling upon the energies of the elements, however you feel, I find it helpful to write out the prayer and then to practice the prayer whenever I'm sitting in ritual so that way you can start to become a part of me. And naturally, you'll find your own rhythm. You'll find what works, what doesn't, what feels good. Maybe on a specific day, you want to call in more of something else. Maybe you're feeling a certain way and you need a little bit more support. So you want to call in these energies. In this area, I invite you to play. I invite you to experiment. I invite you to relax and feel into this process because there is no right or wrong way to do it. It's just your intimate relationship with these energies and with yourself and creating this sacred space, creating this ceremony and this beauty in your life. So you'll use this sacred prayer to open up your ritual space, to call upon the energies, to create this sensation of safety, of being held, of being supported. And then when you're done with your ritual, you will then close the space. So you will have a similar prayer, if not the same prayer, and ask these energies to close. And the reason why you do this is because all the energies that you called in, all the support you called in, you want to honor them and release them when they're done. And you don't want anything to linger. So you want everything to come in a full circle. Full circle is a lot about this ancient wisdom is the full circle of reciprocity, the full circle of life, the full circle of opening a container and closing it. I like to light a candle and then blow out the candle at the end of my circle as well as a symbol of closing. Thank you for joining me and learning how to customize your own sacred prayer. I am so honored to be a part of your journey with Mama Cacao. I hope you have a beautiful day.