



## Video Transcript

### Learn A Cacao Recipe For An Open Heart

Hello, Gaia goddesses. My name is Gabrielle Martyrana, and I am honored to share a beautiful open heart recipe with Mama Cacao with you today. So we're going to start with our already prepared base recipe. If you haven't already, you can check out this video first and then come back and join us. So starting with our base recipe, we're going to be working on something that will help you open up your heart space. And why is this important? So cacao itself is a heart opener. And we're going to be working with rose petals, which are also a heart opener. This is a really powerful blend to work with when you are maybe just going through a breakup or you experience loss in some way or you feel that in general. isolated. These are all signs that maybe your heart chakra is a little bit closed. So when we're moving through this space of having a closed heart or feeling a little bit shut down, we want to be so nurturing and so gentle with ourselves. There is so much space for self-love here, which is why when you pair the cacao and rose petals, you are basically taking the time to really nurture yourself during this time. You're taking the space to sit with yourself and feel through any maybe unprocessed feelings so that way you can open up your heart space. A lot of times having a closed heart space is paired with grief or sadness or rejection or the I'm not enough statements. So when we sit with Mama Cacao, she's a container for us. She holds us through the pain. She holds us through these scary moments when maybe we don't feel like we could fully hold ourselves. And that's the beauty of working with Mama Cacao. She has this divine mother energy that is always available to us so we can tap into whenever we need her. So knowing this, I just wanted to give you some backgrounds of what you're working with here because it's so powerful. So when you're going to go ahead and add in your rose petals into your base cacao,

you can do it here in the pot or you can sprinkle them onto the top of your cacao when you've already put it into your cacao monk. You can also really activate this heart opening energy with your intention and taking some extra time to sit with her, really feeling her warm, your heart space.

Also, when we go into the recipe side of the cacao, if you're looking for something a bit creamier, a bit cozier, especially when you're in this very nurturing energy, you can add in some plant-based milks. So you can use things like oat milk, almond milk, coconut milk. Sometimes when I like my cacao to be like really cozy and really thick. I actually don't use water as a base. I use coconut cream.

And it's almost more like a pudding. And it is so delicious. I actually even like to use that recipe when it's really cold outside. Anytime I want to be snugly and really love you with myself. So I invite you as as you develop your relationship with mama cacao and as you work with different herbs and spices to feel into which ones evoke different emotions in your body because just because this one evokes coziness and snuggliness to me, it might be a little bit differently to you. And that's the beauty of working with this plant medicine is you get to create your own relationship with mama cacao. A question that I get asked a lot is how much, how much rose petals, how many cinnamon sticks. And the truth is, is there is no right or wrong answer. You are invited here to follow your inner knowing, to tap into your intuition and to develop relationships with the herbs. You can ask the flowers. You can ask the herbs, ask the spices, feel into a handful and say, is this enough for me? Is this too much? You might get an inner knowing to put a little bit back and then add the rest into your cacao. This is a space for exploration, a space for play. This is a space for you to connect with your heart wisdom. That is the essence of cacao is following your heart wisdom. So when it comes to the rose petals, there is no exact science. It's how much do you feel you would like to sit with? How much is calling to you? When it comes to other elements like sea salt, which is magical when added to your cacao. Absolutely delicious. Maybe you want a small pinch today. Maybe you want a large pinch today. This is the magic. This is the magic that you're working with here. Thank you for joining me for our heart opening cacao recipe with rose petals and sacred cacao. As you know, secret cacao is a heart opener and the rose petals just enhance these properties. Again, Again, thank you for joining me, and I look forward to exploring Mama Kaka with you.