



Video Transcript

Cacao Meditation: Cultivate Self-Gratitude

Hello, Gaia goddesses. This is Gabrielle Martyrana, and I'll be leading you through a gratitude for the self and cacao meditation and experience today.

If you'd like to sit down in a comfortable space, begin by cleansing your space.

Having already prepared your cacao, you can sit down, have a journal handy in case you get any downloads or insights.

When you find this space and you feel comfortable, we're going to dive into gratitude for the self. And what gratitude is and how we can work with it on a deeper level. If you haven't prepared your cacao already, go ahead and pause this recording. And you can go to some of our other videos where I show you how to prepare your beautiful sacred cacao in the base recipe or some of the other beautiful recipes that we have recorded for you.

When you're ready,
we'll go ahead and make in.

So I'd like to invite you after you've set your intentions with your cacao to sip on your cacao throughout this entire experience and allow cacao to open up your heart space, to open up your connection with your intuition, and to use these teachings that I'm guiding you through as a tether to pull up any pieces that want to be looked at, they want to be held, any emotions that want to be released.

So we're talking about gratitude today. And gratitude is something that is talked about a lot on social media. And I'd like to dive in a little deeper on what it actually means. We talk about, you know, write down 10 things you're grateful for or operate in a state of gratitude and you'll feel better. But what is gratitude and how do you really cultivate it?

Gratitude is what keeps you in harmony with pure love.

Gratitude is the vibration. It's your natural state. This sensation of pure love and connection. This is your natural state. And by thinking about things you're grateful for, this helps you come back into realignment with your true self. Because when you experience heightened emotions. We're humans. We came here to experience these emotions. When you experience these heightened emotions, you may feel, am I always going to feel this sad? Am I always going to feel this lonely? Am I always going to feel this angry? And the truth is, no, you won't. Because that is not your true essence. It is temporary.

And a really powerful way for you to reconnect with your true essence is through gratitude. It's the harmonious vibration that connects you back to your love, back to your true self.

And when you practice cultivating these senses of gratitude, this vibration that's in your body will radiate out into the world. The law of the universe, the law of vibration, states that anything that is in harmony with the vibration, this energetic field, this energy that you're pulsating out into the universe, anything that's in harmony with it will then respond. So to operate in a state of gratitude or to continually rebalance yourself with gratitude will also help to rebalance your experience on this planet because every time you take a few moments to drop back into gratitude to drop back into the energy of love you are emulating this energy and therefore that energy will be brought back to you so this will come through experiences that are in loving harmony with this vibration. This will come in through experiences that promote the feeling of gratitude, that promote the feeling of love.

From a healing perspective, like I mentioned before. If you're moving through something very deep, maybe it feels heavy. Gratitude is a very safe space for you to reconnect, to temporarily move out of that emotion that you're working through and recalibrate yourself with your authentic energy, with this energy of love.

So anytime you're doing any really deep healing work it's always beautiful to remember you can sit with mama cacao you can open up your heart's face and you can reconnect with gratitude

Some examples of some ways that you can connect with your gratitude, even when you're feeling deep, deep senses of maybe loss or sadness, and gratitude just feels very far away, is to sit with yourself, look around your room, look around your space. Think about things that bring you joy. Think about the last time that you smiled. Think about the last time that you felt that thank you.

Oh,

And as you start to allow yourself to bring up these memories, you'll start to see that there's so many things that you can think about that will muster up gratitude.

Everything from a warm, cozy sweater to a beautiful new journal, to the loving arms of your partner,

to a little baby smiling at you in the grocery store,

to a beautiful hawk circling above you. All of these are experiences that I'm sure bring you immense happiness. And so you can draw upon these memories, even if

there's nothing that happened today or yesterday that you necessarily feel immense gratitude for. You have a lifetime of memories that you can access, a lifetime of experiences that you can draw upon to help cultivate this sense of gratitude.

If you'd like to take a few moments to continue sipping your cacao and drinking your plat medicine, I'd offer you some time and space.

You could go ahead and pause this recording and ruminates on anything that I have shared with you so far.

And when you're ready, you can come back and I invite you to find a comfortable seated position or laying position and I'll go ahead and guide you through a gratitude meditation where I will help you take these teachings that maybe you're thinking about on an intellectual level and help drop them deeper into your body into a sense of embodiment.

Now that you've found a comfortable position, allow your legs and arms to rest on the ground. Gently close your eyes and take Three deep breaths,
in through the nose,

out to the mouth,

into the nose,

out to the mouth, out to the mouth,

then last one, in through the nose,

and out through the mouth allow

yourself to ground into this space into this present moment

feel the weight of your sit bones on the earth feel the happiness in your shoulder

Anywhere you feel tension in your body, take a breath into that space,

and then exhale, release the tension.

Allow your awareness to move through your body,

assessing where you're holding tension,

and allowing your breath to nurture that space and help release.

When you're ready, start to bring your awareness back into your body,

into the feeling in your heart space,

and allow the idea of gratitude to fill your thoughts

what are you grateful for

we think in pictures so as you contemplate this question what are you grateful for

allow the images to surface to your mind

Allow the images of all the things,

all the places,

all the people,

all the experiences that

you are so heartwarmingly grateful for

and as these images pass through your mind choose one that stands out to you

choose one to hold on the screen of your mind and

give yourself some time to focus in on the details.

Who or what is in this image?

Where are you?

Think about details like, what are you wearing?
What other sights Can you see,
what can you smell?
Think about the sounds that surround you.
Allow this memory or this image to fully engulf you to be in this moment,
to feel what it feels like to be in this moment and experiencing gratitude.
Maybe you feel joy, start to spread across your body.
Maybe you can feel your heart sing.
Maybe you feel yourself smile as you relive this experience or maybe live it for
the first time.
Allow yourself to be fully in your body.
Feeling the energy of gratitude roll over you. Feeling the sensations of bliss and
happiness and peace move through the cells of your body,
through the cells of your being,
feel this energy of gratitude moving through you, moving in you,
moving around you.
Maybe you can feel a swirling energy moving around your body.
Do you feel how expansive it feels? Do you feel how expansive your body feels?
How happy your cells are?
What sensations are you sensing?
Don't think too much. Feel.
If you get distracted, move your awareness out of your mind and into your body.
Feel this energy of gratitude. Play with this energy of gratitude.
Feel it dance. Feel it sway.
Feel it circle you. Feel it move through you.
Maybe you feel it more in your heart space.
Maybe you feel it more in your solar plexes. maybe you feel it just surrounding you
engulfing you
allow yourself to truly embody this experience and
if you get distracted don't worry just Bring your awareness back into your body.
Bring your focus back into your heart space.
And when you feel that you have played with this energy of gratitude, that you've
felt this energy of gratitude, slowly start to thank you.
Send your deep love to gratitude, to this energy.
And when you're ready, allow it to reabsorb back into yourselves,
back into your body, back into your heart's pain. Feel this energy moving into you,
filling you up with so much love, so much abundant.
And as you start to reabsorb this energy, you remember, this is always within you.
You always have access to this energy. This is a part of you. This is you.
And with this inner knowing, you may feel yourself start to smile.
You may feel that beautiful sensation of all peaceful energy wash over you,
this deep knowing that you are safe and you are taking care of,
and that you always have access to this amazing energy of gratitude.

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

You can bring your awareness back to your hands and your feet.

You can gently rock your head from side to side.

Maybe stretch your arms over your head with all your toes and fingers and come back to the space.

When you feel ready, you can find a seated position and open back up your eye.

Now that you are filled with this beautiful energy of gratitude, I invite you to take some notes of any observations or downloads you may have received during that meditation or to just sit with yourself in this energy with mama cacao, this beautiful plant medicine running through your veins, give yourself as much time here as you need.

Whenever you're ready, go ahead and close your circle that you opened with a prayer.

You can blow out maybe the candle that you lit and you can move into the next part of your day.

Thank you so much for joining me and experiencing gratitude for the self with cacao.

Once again, my name is Gabrielle Martyrana, and I am so honored to be part of your journey with sacred cacao. I hope you have a wonderful rest of your day.