



Video Transcript

Cacao Meditation Radiate The Energy Of Love

Hello, Gaia goddesses. My name is Gabrielle Martyrana and I will be guiding you through a beautiful cacao ritual around radiating, loving energy.

If you have it already, I invite you to have prepared your ceremonial cacao, to cleanse your space and to open up your circle with a loving prayer so that way you feel safe and grounded and connected. You can call upon and evoke any sacred lens, any deities, anything to support you on this journey.

And once you're ready, we will go ahead and begin this beautiful cacao ritual.

Go ahead and whisper your intentions into mama cacao. Honor the sacred direction.

And when you're ready, take a sip of your cacao.

And throughout this ritual, feel free to drink your cacao at your own pinks.

And I will dive into radiating, loving energy.

So there is a beautiful Mayan legend that says, each cacao will step out of the jungle and reintroduce herself to humanity when we are the most disconnected from ourselves, each other, and Mother Earth.

So it is no coincidence that she is re-emerging now since her last debut across the Earth in the late 1500s. Because as you know, us as a humanity are disconnected from ourselves, each other, and this planet.

So the power of you sitting here with Mama Kakao with this plant medicine is that she aids us in reconnecting with our heart wisdom, with our self-love, and therefore with spreading this energy of love on this planet. So each time you sit with yourself and Mama Kakao and you shift yourself energetically, maybe move out of any low energies, feel through any emotions, and recalibrate yourself back to your authentic, loving energy. I'm not talking about emotionally bypassing here. We honor all our emotions, deeply, deeply honor all of our emotions. But every time we give ourselves space to move through these emotions,

which are temporary, and move back into this beautiful loving kindness, we are radiating out that energy and therefore we are lifting the vibration of this planet. So if this feels encouraging to you, just know that all the healing work that you are doing, all the self-exploration that you are doing, you're not only helping yourself, but you're helping your family, you're helping your community and you're helping this planet because there is a ripple effect when you shift your energy like that. You may have noticed already, already being on this healing journey, that maybe your mom treats you a little bit differently. Maybe your sister is talking a little bit differently. And there's these very subtle shifts that you'll start to notice. And they're not doing anything different. And you'll start to realize that you are having this really profound ripple effect.

So it's with this knowledge, this knowledge of how powerful your energetic shifts can be on affecting people around you, how radiating this loving energy can shift things in a big, beautiful way, both in your life and in other people's lives. You can sit with this thought, with this feeling as you continue to sip your cacao. And if you have any realizations or aha moments during this ritual, I also invite you to jot them down in your journal because a lot of times we're in this container and we have this profound wisdom come up from our intuitive space, from our heart space, and then we forget later, a few hours later, a few days later, when we're not sitting with cacao anymore when we're not sitting in ritual so it's a very beautiful practice to take notes during this process and maybe a day or two later as part of your integration to look back and reflect on what came up for you what were the knowings that emerged because the integration process of working with this plant medicine is just as important as a process of sitting with her in ritual. The ripple effects of sitting with cacao just in your own life will be more than just in this 30 minutes, hour, hour and a half of sitting with her. It'll bleed out in a beautiful way into all the layers of your life.

So with this energy, I would like to take you through a guided meditation where we cultivate this radiating, loving energy. So if you can find a seated position or lay down and get comfortable, make sure you're in a space where you feel like you can fully drop in, or you feel safe, where you feel grounded, Maybe find a nice little blanket to put over you. I always feel a little bit more held when I have the weight of a blanket on top of me. It helps me relax a little bit deeper.

You can pause this video as you get ready. And when you're ready, you can come back.

Before we move into this meditation, I want to offer you some time and some space to sit with Mama Cacao, to sit with the concept of radiating love, and allow your time to drink your plant medicine before we move into this guided meditation.

When you're ready and you've found your comfortable laying position, close down your eyes, allow yourself to get comfortable.

Take a deep breath in through your nose

and out to your valve.
Take another breath in through your nose.
Hold it, feel and expand through your lungs and your ribcage.
And in three, two,
one, release.
Now let yourself breathe comfortably,
allow yourself to drift within,
imagine the energy of relaxation, cascading down your body like warm water as you
relax into the floor,
to the earth.
Imagine that with every breath you take,
you breathe in relaxation and positive energy.
And imagine with every breath you release,
You release tension, you release fear.
Continue to breathe in and out. Breathing in,
relaxation and
releasing tension.
Imagine there's a beautiful healing light surrounding your body.
And with every breath you take in, you fill your lungs up with this healing energy.
With every exhale, you let go.
Imagine With every inhale, you fill your body with light and every cell of your
body with this beautiful healing light.
And with every exhale, you release.
Imagine the healing shower,
flowing down this crystal clear water. It's this perfect warm temperature.
Imagine as it flows over the top of your head, soothing and relaxing your mind,
washing away fear,
doubt, anxiety washing away anger sadness guilt
washing away these emotions to reveal the light that you truly are
as this healing shower of water moves over your head you feel it released you feel
yourself released allowing more and more of that light that eternal beautiful light
of yours to be revealed
allow this water to flow over your head over your forehead feel it relaxing the
muscles in your face blowing down over the backs of your head your neck and your
shoulders washing away tension leaving your shoulders calm and comfortable relax
Feel as the water washes all the stagnant energy from your body as you move deeper
and deeper into this blissful state of relaxation.
In this calm, comfortable state of mind and body imagine yourself in a beautiful
peaceful place this can be a place that you know or a place completely of your own
imagination
imagine a place where you feel really good some place where you see beautiful things
around you, you see the evidence of abundance.
The true beauty of this planet of Mother Earth,

allow yourself to fully land in this sacred place,
and as you're in this sacred place, Gently bring your awareness within into your heart space.

As you journey here, you feel a loving feeling in your heart,
a warm, glowing sensation in your heart space, a tingling in your chest.
You notice that it's a very good feeling to loving feeling in your heart.
And with each breath you take, that feeling begins to grow.
As you breathe, you allow this warm, loving feeling in your heart space to grow and expand.

This loving energy, it expands to fill your torso,
flowing down through your legs,
down into the earth.

This warm, beautiful energy fills your arms, all the way to your fingertips.
It's a beautiful, expansive feeling,
feeling that love, that loving feeling as it radiates throughout your body,
It moves through you and around you. And with each breath,
it continues to expand inside of you.

Imagine this sensation, this heartwarming, loving sensation from your heart space.
Flow up through your neck, into your head, filling every cell in your body with
this wonderful, loving feeling.

It is so expansive. It is so beautiful.
It feels so good.

Eventually, it feels so big that you don't want to hold it inside of you anymore.
So allow this glowing warm light to engulf your whole being to spread outside
yourself to surround you in this pulsing light of pure loves
feel yourselves dancing feel every fiber of your being singing feel as this energy
expands out from you, surrounds you, moves through you,
this loving light radiating out and filling the space that you're in.

You feel into this playful loving energy. And you can see this healing,
this glow of light.

You could feel that it's moving out over everything. It's expanding out of you and
bathing the world and this loving life.

You're sending this love outward to feel the need for this love.

You feel the need for this love on our planet and you are so happy to help to
help this love expand.

And as you let this love radiating out of your heart space expand and expand,
you still feel so rooted, so grounded, so safe, so centered.

You feel like you're in this space where you can allow it to expand, allow it to
reach others.

You might imagine other people around the world. It could be people you know or
those you don't. And you're allowing this loving light to wash over them.

As you give this loving energy, the tides gently wash it back for you as well.

And you see that the more you emanate this energy, the more that the energy circles

back to you, It is truly limitless. It is truly abundance.
The more love that you have inside of you, the more it expands and you have even more to radiate to shine out on all of these people.
And now you gently stand up in your beautiful sacred place.
You stand up with this warm light, emitting out of your body.
You take in the beauty of Gaia. You take in the beauty of this earth, of your life, of this planet.
You appreciate the beauty, and you love sharing your love, sharing your light.
Can you allow yourself in this sacred, sacred space to begin to float up above the earth, up above the land? So you can look down and see your loving light radiating out of you and over the people around you. You see it expand throughout this area. You see your love expand throughout the city that you're in, throughout the state and the country, allowing yourself to float up and see. See the loving light radiating out from you more and more until it's illuminating the entire planet.
And naturally as you shine that light, more and more light fills within you. You're floating in this abundance of loving light, and you see it washing over the world and waves of loving energy.
You take in this side of salute beauty you allow yourself to enjoy sharing that love sharing that light without judgment or resentment you feel how expansive you feel radiating out this energy operating from this place how strong and safe you feel How natural it feels to share this loving energy.
You recognize your power. You recognize the power of loving energy.
And cherish it deep within your heart.
Allow yourself a few more moments to bask in this glowing, loving energy.
And when you are ready, imagine yourself floating back down to your beautiful, sacred place. Gently landing, placing your feet upon the earth.
Imagine the powerful glowing light that you have been emitting, radiating across the planet, start to recede back into your heart space.
All the while, knowing you can activate this at any time that you wish, all the while knowing this is your natural state, this is your divine gift, this loving energy. Knowing you are the beautiful ripple effect of spreading love on this planet. You feel your feet touch back upon the earth. You feel the weight of your body back onto Gaya and look around one last time feeling grateful for the beauty and abundance of this planet and the beauty and peacefulness of your sacred place when you're ready and slowly start to bring your this back into this room, back into your body.
And gently start to wiggle your fingers and your toe.
Gently start to feel the weight of your sit bones on the air
maybe roll your head from side to side
stretch your arms above your head
and when you feel grounded and ready you can bring yourself back up to a seated

position gently open your eyes
taking in the beauty of the earth that surrounds you and
remembering that this loving energy is always within you
I invite you to jot down any notes, any uh -haws,
any realizations that might have surfaced for you in that meditation in your journal.
And if you'd like more space and time to sit with your cacao and sit with this
energy of radiating love and light. Please honor that and give yourself the space.
And when you're ready, you can go ahead and say your closing prayer, close down
your circle, blow out your candle, and release any energies or Deities,
spirit guides that you may have pulled in to support you on this journey.
Thank you so much for joining me for this beautiful cacao ritual of radiating loving
energy. Once again, my name is Gabrielle Martyrana and I am so honored to be a
part of your journey with the sacred plant medicine of Mama Cacao. I hope you have
a wonderful rest of your day.