



Video Transcript

Learn To Set Affirmations During Cacao Ceremony

Hello Gaia Goddesses, my name is Gabrielle Martirana and I will be leading you through a process where you learn how to create your affirmation. So first, what is an affirmation? Why are they important? Where do they come from? So an affirmation is something that is used across the world actually in lots of different lineages. You can find them in the form of a mantra. In Hindu, Buddhist, and yogic traditions, you can find them in the form of a prayer. In Christian and Catholic traditions, in the sense of asking for what you want or affirming what you want, you can find them as positive reinforcement in the medical fields. And so what all of these have in common...

is that they are impactful. They're impactful on your psyche, they're impactful on your thoughts, they're impactful on your energy, and therefore they impact your reality and your life. They have been used for thousands and thousands of years, and this is because they really do make a difference. So I would like to guide you through the process of how do you create your own unique affirmation that is powerful for you.

There is a quite large, strong affirmation and mantra culture in the United States. I think we see a lot on social media, repeating to yourself affirmations is powerful and that's a generally accepted concept. But the thing is, is that most people don't know that the affirmation is only as powerful as the resonance of that affirmation in your body.

So as they guide you through this process of how to create a customized affirmation for yourself, the biggest thing that you're going to want to look for is a physical resonance. You're going to want to look for when you say this, you want to feel a reaction in your body. When you say this, you want to feel...

your heart clench or your stomach tingle or maybe even a spasm. Sometimes it happens where you just have like a spasm in your shoulder or your finger twitches or you will actually have a physical reaction when this is your mantra, when this is your affirmation. Another thing to keep

in mind is that you always want to make sure that your affirmation is in the present tense as if it's already happened. You want to call in the energy.

that this is already a reality so you don't want to confuse spirit you don't want to confuse the energy by saying it in the future tense because then it will always be in the future which is not what you want you want this to be in the present moment you want to be experiencing this in real time in your real life here and in the now so it's very powerful to also sit with cacao when you're working through this process of finding your mantra, finding your affirmation.

Because whenever you sit with cacao, you're coming from a more heart-centered space. You're coming from a space where you're very tapped into your intuition, where you're open, energetically open to receiving guidance from your spirit guides, downloads, insights.

You may feel that you are more creative. And so I invite you, if you're going to take some time to sit and discover what your unique mantra is, to first maybe sit with cacao and ritual and use this as a ritualistic experience. Maybe outside, in Mother Nature, maybe under some sunlight, where you can connect with this energy.

Some examples of some mantras that you could work with are, I am enough. I speak my truth. My words are important and respected. I am safe. I feel relaxed and at ease in my environment. I am supported. Everyone I meet supports me and my dreams in some way. I have plenty of time.

I can move through my day with ease and intention. These are some that I'm working with right now and I feel a deep resonance too. If you feel a resonance with them, that's beautiful. If not, another beautiful way of discovering what your mantra is, is to actually work through your chakra system and use those as a guide. So you can start and feel into your root chakra, feel into I am safe.

I have an abundance of money, anything related to your root chakra, anything related to survival. And if you don't feel a strong pull, you can move up to your sacral chakra and feel into anything related to I am creative. I am a goddess. I am sensual. I enjoy pleasure. I receive pleasure. I receive abundance.

Anything that calls you from this chakra, the sacral chakra. If not, you can move up to your solar plexus and you can find some mantras here, some affirmations here of I am enough, I am powerful, I am connected to my authentic self. Anything related to your identity, your power, feeling expansive.

You can move up to your heart chakra and explore any sensations around self-love. You can say things like, I am taken care of. I have a beautiful relationship with others. I give and receive love freely. You can move into your throat chakra. Some affirmations around that could be, I speak my truth.

My words are important and respected. I honor my know. Oh, that one's huge for me. You can move up to your third eye chakra. I follow my intuition. I always receive intuitive guidance. I always know exactly what to do and when to do it. I am never alone. I am always supported.

You can move into your crown chakra of I am love. We are all one into unity consciousness. So you can use your chakra system as guidance, as inspiration to connect with all these different aspects of yourself and see which parts of you are calling for your attention, calling for nourishment, calling for expansion.

Like I said, if you sit with this and you sit with Mama Cacao, I think you will feel that a lot comes up for you. A lot emerges, might shed light on some things for you. It'll be a really beautiful experience. Thank you so much for joining me here today.

learning how to create your affirmation, your mantra, and learning how to use cacao to deepen that experience. Once again, my name is Gabrielle Marturana, and I am so honored to be on your journey of self-exploration, connecting deeper with yourself, with each other, and Mother Earth through Mama Cacao. I hope you have a wonderful rest of your day.