



Video Transcript

Heart-Opening Cacao Meditation

Hello, Gaia goddesses. My name is Gabrielle Martyrana, and I will be guiding you through a cacao ritual where we focus on dropping barriers from the heart.

If you haven't already, I invite you to cleanse your space to prepare your ceremonial cacao. We can move forward with this ritual. If you don't know how to prepare your cacao, we have some beautiful videos for you available, a base recipe, and as well as some other beautiful recipes that you can reference. If you don't know how to prepare your sacred prayer to open up your circle, we have a video on that for you as well. So when you have those, please come back can join us, prepare your space, say your prayer or your vocation to open up your circle, whisper your intentions into mama cacao. You can call upon the four directions. And as we move through this ritual and guided meditation, feel free to drink your cacao. Feel free to pause the recording, to reflect, to sit with Mama Cacao in space and in silence. Allow yourself to really follow your intuition, to drop in, where you feel the need to drop in, to go deeper, where you feel the need to go deeper, to create space for yourself, this is your time, this is your gift to yourself. And we can honor that. We can honor that by allowing ourselves to flow, to follow our own inner guidance.

Today, we'll be exploring the theme of releasing emotional barriers and blockages from your heart.

Kikau is a really, really powerful plant medicine for this specific practice because she works a lot on the heart space. As you may know already, cacao is a heart opener. On a scientific level, cacao opens up the capillaries and blood vessels in your heart space and throughout your body. And so she helps move this energy and move any stagnant blood. And she helps really get things circulating

again, again, helps unsettled blockages shift in.

So if you're working with bringing down walls around your heart, cacao is a perfect plant medicine. On a spiritual level, cacao helps open up your heart chakra.

She helps you connect with your hard wisdom. And she helps you feel your feelings.

One thing that I had struggled with was feeling numb, not really being able to feel anything at all. And when you work with Kakao, she really helps unlock any blockages or closed doors that you may have created as a safety mechanism, as a way to protect yourself. I know I had, and when I work with Kakao, I feel that I am able to move out of my head, out of my thinking mind, and into my body, into my womb space, into my stomach, into my heart space, where I can feel, I can really feel.

And when I do this, I feel I gain so much wisdom and so much insights on what it is that I'm going through, what it is that I need, and how it is I can meet these needs for myself. It's a very personal practice. It's a very powerful practice.

And it's one that over the last four or five years as I've deepened my connection with my body and never ceases to amaze me, how much my body can tell me.

And so I invite you to take some time sitting with your cacao and explore the idea of dropping the barriers around your heart. Explore the idea of removing any walls from receiving.

A lot of times it can feel a lot more comfortable to give than it can to receive if

you have your journal with you maybe you can allow these questions to guide you in exploration do you allow yourself to receive gifts you allow yourself to receive compliments do you allow yourself to receive people's attention, undivided attention?

Do you allow yourself to receive people's time, people's help?

In Western society, women have stepped into these roles where they feel they have to do everything on their own. And for a while that was praised, Being a super mom who could do everything by herself.

And I think us as a culture and as a community have come to realize that that is not balanced. That is not sustainable.

And it doesn't feel good. It feels good to call upon your community to ask for help.

So allow yourself to sit with mama cacao and feel into, do I ask for help?

Do I ask for help carrying the groceries from the car to the house? Do I ask for help lifting heavy things? Do I ask for help watching the kids?

Do I ask for help when I come up on a problem at work and I can't find a solution. Do I ask for help when I need directions or I'm lost?

Do I ask for help when I'm feeling sad and lonely and would really love a friend to come over and hang out with me?

Feel into this space?

What would it feel like to let the walls around your heart drop?

If you have more cacao, you may want to pause this recording and allow yourself to

sit with your journal, sit with mama cacao, and allow yourself to move through this energy. When you're ready, return back to this recording and I will take you on a guided meditation around letting the walls down around your inner.

Now that you're ready for the meditation, find a position on the floor where you feel comfortable where you feel safe make sure you're in a space where you won't be disturbed so you can allow yourself to fully drop in to fully immerse into this experience to give yourself this gift of connecting with your heart wisdom on a much deeper level

Let's begin by taking a nice deep breath in.
And as you exhale, let your eyes close down.
Begin the process letting go. Letting go of your day,
of any tension. letting
go with any worries or to -do list, running through your mind.
Continue breathing, slow, deep, exhales in,
and long exhales out.
Fill your body with space
within and
with time
as you exhale let go
let your exhale be a little bit longer than the inhale
Just continue to breathe and focus on your breath.
And through your nose.
Long exhale through your mouth.
Take your time, deepening your breathing.
Allow yourself to space to turn off the world.
Turn off the to do's and go within.
Continue to follow the flow of your breath. Breathing in,
Breathing out,
letting all the muscles in your body relieve,
like elastic bend, finally easing and softening.
Start to bring your focus and awareness to the top of your head.
Your skulls, your forehead.
Think about all the tiny muscles in your skull and
your forehead. Think about them releasing and letting go.
Feel your forehead smooth from within.
Feel that sensation of ease and a relaxation of low down.
You feel like glow like warm honey. Down your eyebrows.
Down your eyelids, this deep sense of relaxation and softness.
Let your eyelids become so heavy,
so heavy.
You notice how your body is responding to your thoughts of relaxation at the way
your body is relaxing and deepening
allow this feeling to continue to flow into your jaw into your neck into your

shoulders into the muscles in between your shoulder blades all the way down through your back
you just let go you just surrender and you feel your body move into a state of ease and softness
Let this warm feeling flow down your chest and your stomach.
All the way down your hips and your waist and your lower abdomen area.
Down through your pelvic floor and the muscles and your leg, they all relax.
All you do is think about this warm energy flowing down and your muscles respond. They relax.
You notice your deep, slow, rhythmic breathing.
With every breath you exhale somehow your body becomes even more relaxed in your mind's eye you find yourself standing in a grassy meadow in this meadow you are surrounded by a wall of stone
You are comfortable here. There's enough space for you to move.
The wall is just high enough to keep you safe.
Now as you look at the wall, you can see that it's very old. It was built a long time ago.
You start to look down at your feet within this wall.
You notice the ground and the earth and the dirt.
You noticed that there's actually no grass here. There's no new growth.
There's no flowers. There's no trees.
There's no expansion or growth happening within these walls.
But it feels safe and you know you could survive here.
Now you let your gaze travel up from your feet in the dirt up the old wall and over the in you. You peek over the wall and you see what's beyond.
And as you do this, you see that beyond these walls around you, there's abundant life. There's abundant growth.
You notice that beyond this wall is pure beauty of trees and flowers the grass is so green and so vibrant the trees are beautiful full of life radiating this incredible energy that you can see you can feel
And as you look back down around you within your walls, in the area you are currently standing in, you can see how these walls are preventing the earth near you and around you from growing and becoming plentable.
And it is in this moment right now that you decide to let the walls come down.
All the old walls around you slow and they start crumbling back into the earth.
They start dissolving and you are filled with a sense of safety. As these old walls all to the ground.
You feel a renewed sense of wonder for this abundant world.
You feel
a sense of rooted, grounded safety within yourself you never noticed before.
And you find that you are open to a new understanding of life and love that you haven't yet experienced and

in this state of expansion and excitement you promise yourself right now that you will allow yourself to be loved by others you will allow yourself to move through life without these walls and as a wall disappears deeper into the ground around your feet the grass becomes more vibrant and green connecting to the abundant earth and life all around you

in this moment you feel a deep loving feeling flowing in your heart space you feel a gentle tingle up and down your spine and feel you're open to receiving love.

In this moment, you choose to allow yourself to feel and experience love.

You allow yourself to be open and to receive.

You allow yourself to give love freely and receive love openly you embrace all of your feelings knowing that each feeling is a reminder that you are alive you are a miracle you are a beautiful divine creation that was meant to feel love because you are so love

As you sit in this feeling, allowing yourself to be surrounded by all the beauty, all the life. You just breathe in. You breathe in this beauty.

You breathe in this life.

You breathe in this wonderful sensation of being open to receiving, of allowing, of surrendering, of feeling safe, to receive love.

And you allow this feeling to be ingrained into the deepest parts of you, in the deepest parts of your mind and your heart,

This feeling of openness will always be with you and a part of you.

And you are so happy and so grateful that you have let these walls down. You allow yourself to bask in this heart, open, loving energy for a few more moments.

You allow yourself to feel into this feeling what it feels like to be in love to receive love to have an open expansive heart space it feels so freeing feel so good

And as you feel the sensation, you also know that this is a part of who you are.

That you have the ability to send and receive love. That you have the ability to send and receive love to drop down these walls, to move through your life without fear and allow yourself to enjoy the sensations along the way

so you look around this beautiful land this abundance this growth and you feel excited for the opportunities now available to you without these walls without these limitations

And with this energy of expansion and receiving, you slowly start to come back to your body, still cultivating this energy in your heart space. You bring your awareness back to this room.

You hold this sense of expansion with you as you gently start to wiggle your toe to move your head side to side.

Maybe you feel calm to take a deep long stretch and whenever you're ready to gently bring yourself up into a sitting position and place your hand over your heart

it is here within your heart space that you can still feel that sensation of love of receiving love of abundance of opportunity of expansion and you know with every

cell in your body that this is who you are that you're safe that you're protected and you are allowed to feel and experience life in this free and beautiful way and I invite you if you had any downloads or realizations during that meditation to pause this recording and sit with yourself and this energy you've cultivated and take some notes and enjoy maybe this tingling sensation you feel in your body And when you're ready, we can begin to close your circle so you can say your prayer of closure. You can blow out a candle if you let one. You can release any energies that you call them to support you today and you can move through the rest of your day with this beautiful open expansive heart thank you so much for joining me today again my name is gabriel marterana and it is such an honor to be with you on your journey as you Drop the barriers around your heart as you explore your relationship with Mama Cacao and as you connect deeper and deeper to your heart wisdom.