



Video Transcript

Vulnerability Meditation With Cacao

Hello Gaia Goddesses, my name is Gabrielle Martirana and I will be guiding you through how to embrace vulnerability with Mama Cacao. If you haven't already, you'll want to set up your sacred space, make your cacao, and be in a place where you feel safe to drop in and explore this topic of vulnerability here today.

If you haven't made your cacao yet, feel free to pause this video. Head over to some of our other videos where I teach you how to create your base cacao recipe as well as some other beautiful cacao recipes to call upon and evoke different sensations, themes, focuses, or emotions. Now when you're ready and you've cleared your space and you have... used your sacred smoke, opened up your circle with a beautiful prayer, maybe lit your candle. I will now guide you through this cacao ritual where we will be exploring embracing vulnerability and the power of working with cacao to open up your heart chakra. In general, when you're sitting with Mama Cacao, she helps you move out of your head and into your body.

In this process, this helps you connect with your emotions on a deeper level and with the lower chakra systems on a deeper level. So not so focused on the intellect or heady as some people call it, kind of that buzzy sensation of floating around in the mind, but dropping back into the body. And as I guide you through this ritual, feel free to...

drink your cacao at your own pace, to sip on this plant medicine, and allow these words to help unearth anything inside of you that wants to be seen, wants to be heard, wants to be felt. So when we're coming back to the idea of embracing vulnerability, it's very common living in the Western world to be very disconnected with our emotions.

to be very in the head like I was speaking about earlier, to even be now. And so as we use Wamba Cacao to support us in re-establishing our relationship with ourselves and our bodies, and we move into the sensation of feeling, this in itself is a layer of vulnerability, allowing ourselves to feel our emotions, allowing ourselves to sit with

These emotions that others might say are bad or ugly or not pretty. This is embracing vulnerability because this is allowing all sides of ourselves to emerge. All sides of the shadow. All phases of the moon. You are a goddess. You have phases. You are a woman. You are connected to the moon for a reason. And so here, I would like to...

Honor that. I would like to ask you to embrace all of these sides of yourself because they are divine. They are needed and they are powerful. In every phase of the moon, we don't look at the moon and say, oh man, it's the new moon. She's ugly right now because it's the new moon. Absolutely not.

We look at the moon in all phases, when she's a tiny sliver to when she's that beautiful, full, glowing, full moon. And we know that she's beautiful. And the same is true for you. The same is true for me. Our emotions are absolutely beautiful and so necessary. They're the signs from our body. They're the warnings while we're doing things that aren't meeting our needs or when people are overstepping boundaries.

They alert us when there's a wound that needs to be healed, when there's a childhood trauma loop that's emerging. These are such, such beautiful, powerful gifts. They support us in reconnecting to our true essence, to that divine love that you are, that expansive energy of pure light that is you. And when you connect to this truth, we operate from a different place.

a place of love, of support, of abundance. It's palpable. It's authentic. It's deep. And it's how we connect with other people. And we show up in this level of embracing all sides of ourselves, loving all sides of ourselves, being willing to talk about these shadow sides or maybe things that Society has taught us for some reason or another are shameful or bad or gross. And the truth is they're not because they're a part of you and every part of you is beautiful. And when we're able to embrace this concept, embrace this way of being, we show up in a completely different way. We show up in a way that is so rooted in authenticity, so deeply vulnerable.

to look at these shadows, to look at this truth, to not judge it, to not hide it, to not engulf it in shame, but to honor all experiences that we've had. Cacao is a really beautiful container to step into when you are working with these energies because she will hold you through this process. She will help hold you in a way to where you can feel safe to be deeply vulnerable, where you can feel safe to explore the shadow. She will hold you through this. And so if you are feeling the calling to embrace vulnerability, if you want to shed some of these masks that maybe you've been walking around with, if you're tired.

If you're feeling frustrated of presenting yourself in a way that no longer feels in resonance for you, then sit with Mama Cacao now. Sip on her. Allow this medicine to move through you and to shift any of this energy that wants to move and wants to be released and that's no longer serving you so you can embrace your full vulnerability.

You can embrace all sides of yourself in this deep, loving energy. One of my favorite ways to sit with Mama Cacao when I would like to express my needs, my wants, and my desires is actually with my partner, Andres. We'll sit outside under the trees. We'll sit with Mama Cacao in ritual. And we will explore what's coming up through our heart wisdom, through our intuition.

And I'll express to him anything that has been bothering me or anything that I've been loving and want to share with him or any needs that I have that are unmet or any dreams or visions of the future that I want him to see and to feel and to move into with me. And we'll lay outside looking up at the treetops and move through this space, move through this energy together. And

whenever we sit with Mamba Cacao in this way, we just have the most beautiful, deep conversations, very connective conversations.

So if you feel any sensations in your body while I tell you this story, maybe it would be a beautiful practice for you to include a sibling or a parent or a best friend to sit with you the next time you sit with Mama Cacao and explore this concept of vulnerability. I invite you to continue sipping your cacao.

and to allow these thoughts to flow through you and move through your body, to take time to feel and to where you feel these emotions and sensations. One of the most important practices that I could offer to you is whenever you are learning something mentally, cerebrally, is to take time to pull it into your body and move through a process of embodiment as well.

to feel it in your body, to hold space for it in your body. So I invite you, having said that, to explore some of these journaling prompts that I'm going to share with you, to sit with Mama Cacao for however long you need, and see what comes up. The first journaling prompt I would like to offer you is, what does it mean to be vulnerable?

What does that mean for you? Another question I have is, what does it feel like when my heart is open? When I open up my heart, what sensations do you feel in your body? How do you move through this world when you have an open heart? And what would it look like if you lived your life with an open heart? If you lived your life from a place of vulnerability, what types of people and situations do you think you would attract?

What would that look like for you? And finally, how can you support yourself in living this way? How can you support yourself in feeling safe to be vulnerable, safe to be more authentic, safe to let go of any masks that no longer serve you? How can you support yourself in this way? I invite you to pause this recording here.

and give yourself space to ruminate on this, to explore what comes up for you, to maybe move your body and feel into how it feels, to hold this idea of deep vulnerability within you. I hope that experience was beautiful and powerful for you. I now invite you to say a prayer, to close your circle, to maybe blow out your candle.

to release the energies that you called in to support you today. Once again, my name is Gabrielle Marturana, and I am so honored to be a part of your journey of self-exploration with Mama Cacao, and I look forward to sitting with you again. Have a beautiful day.