



## CACAO CEREMONIAL SESSIONS



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In the fall and winter months, I offer Ceremonial grade doages of Cacao. Cacao led Session are for those who are open to the benefits of using Cacao to integrate the mind, body, and spirit.

Cacao Ceremony can aid you in coming out of your head and dropping into your heart space. It aids your mind, body, and spirit to become more open to healing work: more receptive and open to all forms of meditation, contemplation, introspection, intimate connection and creativity!

Becoming intentional when working with cacao can also support accessing emotional body. Intention setting is key prior to coming to a session and provides more benefits for those are open to doing the intentional work towards healing their mind, body, and spirit.

One of the most beautiful expression Cacao provides is it partners well with somatic work: dancing, singing, writing, journaling, time in nature, while connecting with your own emotions.

Doing the work intentionally is as simple as setting your intention and dropping into your heart space before attending a Cacao Ceremony.



### PLEASE NOTE:

Ceremonial doses of Cacao are not recommended for somebody who is taking antidepressants (Cacao contains MAO inhibitors), has a serious heart condition, has very high blood pressure or suffers epilepsy.

Website

[www.attm247.com](http://www.attm247.com)

Email

[attm247@gmail.com](mailto:attm247@gmail.com)

Exchange: \$150

Non-refundable/non-transferrable deposit of \$50 required. Remaining deposit required in cash day of session.

## Benefits of Cacao

### Primary effects include:

- Improved mood
- Enhanced creativity
- Enhanced cognitive function
- Prolonged focus
- More energy (without the jitters or the crash)
- Relief from the effects of stress
- Relaxation (a calming of the nervous system)
- Easier access to emotions and feelings
- Deepened meditations and inner-work
- Euphoric connection to self, others, and nature
- An open and receptive heart
- Increased confidence in communication
- Feelings of bliss and connection
- Increased blood circulation and digestion

### What is "ceremonial grade cacao?"

- 1) The WHOLE bean is used - nothing removed, nothing added.
- 2) Stone ground only, with no heavy machinery, tempering or conching.
- 2) Native & heirloom varieties as opposed to commodity/hybridized strains that supply over 95% of the commercial chocolate industry.

I am affiliated with the not for profit Mission of KAKAO who has close, direct-trade relationships to the farmers, communities and indigenous families involved with cultivating this beautiful plant medicine in Peru, Guatemala and Colombia.

3) Made with intention and operated as a not-for-profit with service-based core values.

### Setting Intentions:

Setting intentions for a ceremony can be a powerful way to guide the energy and focus of the ritual. Whether your intentions are specific or broad, taking the time to reflect on what you hope to achieve or experience can make the experience more meaningful and impactful. So, prior to ceremony, I do ask individuals to take some time to consider what intentions you want to set.

### What to bring?

First and foremost, individuals are asked to come to ceremony with an open heart. Individuals are asked to bring a yoga mat, comfy blanket/pillow/clothing, a journal/pen. Prior to the ceremony, I do ask individuals to set their intention(s) for the session.

I also recommend that you do not consume caffeine, alcohol, or any heavy, fatty foods for a few hours before sessions.

### Be mindful:

It is possible to experience adverse side-effects such as nausea, sweating, headache and nervousness with overconsumption of cacao.

