

*how to prepare for*  
**CACAO CEREMONY**

### THINGS TO AVOID BEFORE CEREMONY

- › **caffeine** (for 6 hours before) and **mind-altering substances**, such as alcohol, marijuana, and psychedelics, (for the day of ceremony) as their combination with cacao can be over-stimulating and affect the connection to cacao
- › **dairy** (for the day of ceremony) as it can interfere with the absorption of cacao and counteract its antioxidant properties
- › **food** (for 2-3 hours before ceremony) as it is easiest to connect with cacao on an empty stomach

### THINGS TO BRING TO CEREMONY

- › **intention** for what you wish to receive and/or heal during this experience
- › **water bottle** - please come well-hydrated as cacao is a mild diuretic
- › **journal and pen**
- › **props to help you sit comfortably** for up to 1 hour (we will have cushions, but you may wish to bring a blanket, yoga mat, etc)

### THINGS TO KEEP IN MIND DURING CEREMONY

- › cacao is a non-psychedelic plant medicine that may produce **heart-opening, blissful, energizing, and/or grounding** effects
- › this is a **safe space** - everyone is welcome just as they are
- › please **be present** - no cell phones or other distractions
- › please **respect one another** - do not disturb or interrupt another's experience or sharing; **deep listening** is a powerful way to hold space for someone and allow them to feel heard/supported
- › you are never required to share your experience - **silence is always welcome** if that is what feels most comfortable for you
- › try to **release expectations, be open-minded, and trust** that whatever experience you have is exactly what you need in that moment

### THINGS TO KEEP IN MIND DURING CEREMONY

- › continue to **hydrate/replenish your system** as cacao is a detoxifier
- › break your fast with **whole, grounding foods** - please do not keep fasting to "prolong the experience" as this could induce headaches and/or nausea
- › avoid **alcohol, mind-altering substances, and dairy** after ceremony
- › practice **self-care** (eg, journal, spend time in nature, meditate) to reflect on and integrate your experience