

The Goddess Temple Daily Cacao Consciousness Ritual

Cacao is a potent plant medicine and wonderful partner in supporting us to open our hearts and remove our emotional footprints, peeling away the layers of stories and beliefs holding us back from our Divinity and feeding our insatiable appetite for Spiritual growth.

RECIPE: Espresso Size (125ml) Morning Cacao Recipe:

Enjoy this drink in your favourite espresso cup. Consider making a batch for the week on Sundays and keep it in the fridge, each day heating just the small amount you need for your morning ritual.

Start by placing 125 ml (1/2 cup) of spring water into a small pot on the stove at low/medium heat, mixing often.

Add 1 teaspoon of The Goddess Temple Ceremonial Cacao Powder for each 125ml size drink. Weigh/add 5g of the The Goddess Temple Ceremonial Cacao Paste to the pot as well.

Add any spices you Love (a pinch of cardamom, cinnamon, nutmeg, ginger, and/or other favourite spices or essential oils).

Heat slowly for 10-15 minutes, always stirring.

With a thermometer, measure until the heat reaches 80 degrees. This is the specific temperature to reach, communicated by the Cacao to us, to connect to an even higher Consciousness now that we are experiencing accelerated Spiritual awakening.

Once you reach 80 degrees, lower the temperature and sit on a chair nearby for about a minute. Connect to the Cacao Consciousness, acknowledging this Sacred ritual and ability to expand your awareness through this delicious and powerful Master Plant Medicine.

Then return to the Cacao, mixing it between 75-80 degrees, for another 15-30 minutes.

Drink and enjoy your ritual followed by a silent meditation.

Take a photo of you with your Ceremonial Cacao drink and tag us at:



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