

# Morning Cacao Ritual Guide

Supporting you in ritualizing your Sacred morning Cacao to raise your Consciousness, awaken your heart & change your reality

Name .....

## My Intention

I will start my Sacred Cacao ritual at ..... time every morning for at least ..... minutes.

I will include the following things (check from list below):

### Things to do during my Sacred Cacao Ritual

- set intention
- pray or meditate
- yoga
- journaling
- chant/sing along to a song
- reading
- visualization
- .....

The key to growth is the introduction of higher dimensions of consciousness into our awareness.

Lao Tzu

Goddess Temple Ceremonial Cacao

## My Sacred Space

Create a Sacred Space in your home to bring Honoring & Sacredness to this ritual and to your Self.

Below is a list of ideas to bring into your Sacred Space, to create a Divinely Bliss environment.

- Candle(s)
- Sage
- Altar
- Flowers
- .....
- .....
- Crystals
- Soft music
- Instrument(s)
- Cushions, blanket, cozy
- .....
- .....

# Goddess Temple Cacao Recipe

## What you need:

- 125 ml water (1/2 cup to start)
- If using only Cacao powder: 1-4 tsp
- If using only Cacao paste: 5-25 g
- If using both powder & paste: mix 5 g paste & 1 tsp powder
- Your favourite espresso or tea cup
- Optional: bless, sing or chant to your Cacao while brewing. It's nice to bring in the vibration of sound into your Sacred drink



To order visit [goddestemplecacao.com](http://goddestemplecacao.com)

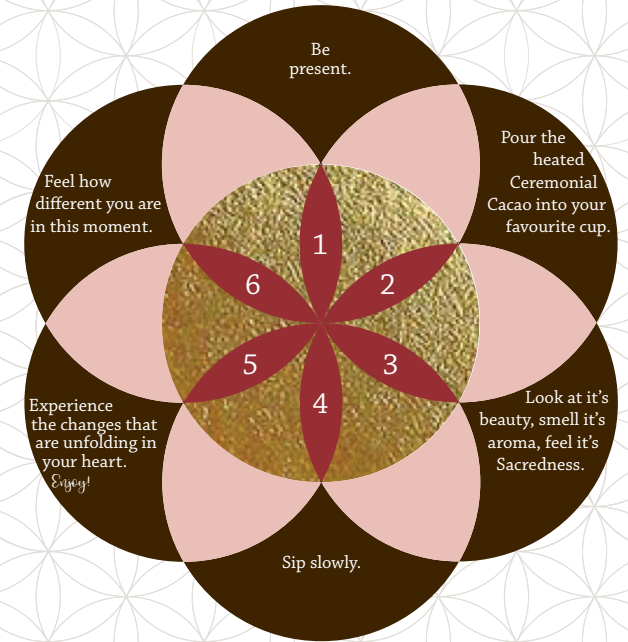
## What to do:

- Heat water in a small pot on low. Heat slowly for 10-15 minutes, stirring frequently.
- Consider making a batch once a week and placing it inside your fridge. Keep in mind, heating the Cacao is part of the Sacred Ceremony with your presence, intention and connection beginning at that stage.
- If you wish to experience an even deeper connection with the Cacao Consciousness, measure the heat until it reaches 80 degrees without surpassing this temperature.
- Then take a minute to connect to the Cacao Consciousness before you continue mixing it between 75-80 degrees, for another 15-30 minutes.
- Many people believe that Cacao needs to be cooked at a certain temperature in order to help you with your evolution. Cacao, being a Master Plant Medicine, is far more advanced than we thought it was. For those who are ready, Cacao is able to take you to higher levels of Consciousness when cooked at specific higher temperatures. These instructions have been shared by the Cacao Consciousness for those who are feeling the Calling to invite this medicine into their journey of evolution.

What a gift to have this wonderful heart opening Cacao medicine to journey every day to meet the Cacao Spirit. The higher Cacao Consciousness will support us by bringing our subconscious stories and conditioned beliefs and programs into light, to be acknowledged, loved and alchemized into expanded Truths.

## 6 Steps to Your Goddess Temple Sacred Cacao

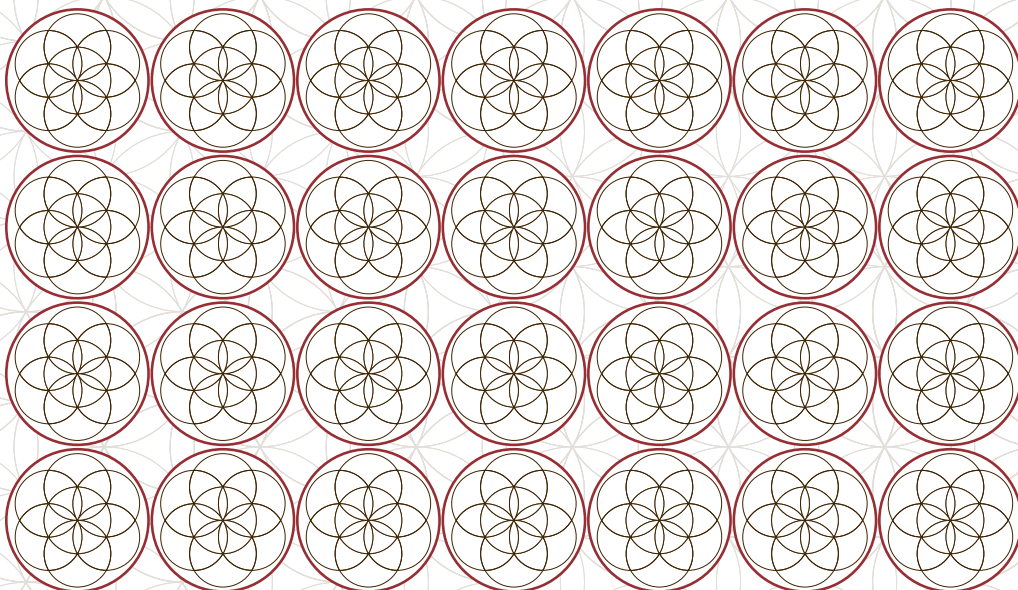
### Ritual



## 28 Day Sacred Cacao Calendar

Enjoy experiencing daily mindful coloring during your morning Cacao ritual.

Month..... Year .....



## What's Next

### Goddess Temple Cacao Consciousness Deep Dive

If you're on an accelerated spiritual journey and connecting deeply to the Cacao, you may wish to now go on an even deeper journey in evolution with the Consciousness.

Contact Judy at [judy@justjudy.ca](mailto:judy@justjudy.ca) to learn more about the Cacao Consciousness Deep Dive, a guided 16 day profound journey into the Consciousness through specific ceremonies, nutrition, specific heat levels and specialized support for releasing your emotional footprints during the Deep Dive.



Judy Machado  
Creator of Goddess Temple Cacao



Goddess Temple Cacao