

SACRED CACAO CEREMONIAL ELIXIR

FROM 2014, LORNA BEGAN HER JOURNEY OF DEEPENING HER KNOWLEDGE WITH THE HEART OPENING PLANT MEDICINE OF CACAO. SINCE THEN, SHE HAS DEVELOPED HER OWN PERSONAL PRACTICE, BECOMING A CEREMONIAL CACAO LEADER. WORKING WITH CACAO FROM VARIOUS SUPPLIERS AROUND THE WORLD. HOWEVER HER FAVOURITE CACAO BY FAR IS FROM CUSCO IN PERU AND CAN BE EASILY ACCESSED RIGHT HERE IN GLASGOW THROUGH HER MOST RECENT TEACHER ERIKA HUARCAYA, AN ANCESTRAL CACAO GUARDIAN WHO'S GRANDMOTHER WAS A TRADITIONAL ANDEAN MIDWIFE OF THE QUECHA SPEAKING CHANKA LINEAGE .

WITH STRONG CONNECTIONS TO THE MUNAY KI AND PERU, IT'S NO SURPRISE THAT LORNA HAS DEVOTED HERSELF TO THIS DEEP PRACTICE WITH THE FOOD OF THE GODS.

WITH LORNA MCLEAN



INTRODUCTION

WHAT IS CACAO



Historically and traditionally, Cacao has been shared in Ceremony as Ritualistic Medicine by the Ancestors of Central America, The Mayans & The Aztecs for thousands of years. CACAO is known to the Ancient Mayan culture as the 'Food of the Gods'. The active constituent in Cacao is called theobromine, and it also literally translates to the same 'Food of the Gods' in Ancient Latin. Cacao is not a psychoactive plant medicine. Used in Ceremony and Ritual as a way of Connecting to the Sacred Plant Spirit of the Cacao, a higher source that can give us a greater perspective on life and help us to see our way creatively through challenges and change. During Sacred Chocolate Ceremonies work with Cacao as in integrative practice and to invite in more Joy and Celebration to our lives.

BENEFITS

Rich in wonderful health enhancing properties, packed full of vitamins and minerals such as magnesium, calcium, chromium, potassium, phosphorus, iron, zinc & copper. It helps the body to heal, detoxify, and to give your immune system a good boost. It's also a natural source of caffeine. On average, a cup of ceremonial-grade cacao contains about 1/2 to 3/4 the amount of caffeine found in a cup of black coffee.

LORNA'S LOVING CACAO RECIPE

Simple Cacao for 2

- 1 x 40 grams Cacao chopped finely
- 20ml spring water to cover bottom of pan until steaming (do not boil)
- Add Peruvian Cacao (chopped, grated or in small chunks)
- More spring water until silky smooth and a consistency that you wish

Sensuous Cacao for 2

- 1 x 40 grams Cacao chopped finely
- 20ml spring water to cover bottom of pan until steaming (do not boil)
- Add Peruvian Cacao (chopped, grated or in small chunks)
- Add pinch pink Himalayan salt or Andean salt or French Seasalt
- 1 nip chilli pepper (or cayenne or paprika)
- 1/3rd teaspoon Cinnamon or one Cinnamon stick
- 2 Star Anise
- 1 spoon organic Honey
- 1 spoon Vanilla Paste or essence
- More spring water until silky smooth



Optional Additional Ingredients

CINNAMON GINGER STAR ANISE CLOVES CARDAMOM MINT COCONUT SUGAR ORGANIC HONEY CHAI /SESAME SEEDS VANILLA POD PASTE REISHI MUSHROOM LIONS MANE MUSHROOM HIMALAYAN OR FRENCH SEASALT CHILLI/PAPRIKA POWDER SEAWEED ROSE PETALS AND/OR POWDERBLUE LOTUS FLOWERVERIOLA OR LAVENDER FLOWER DATES/SULTANAS/GOLDEN BERRIES COCONUT OIL COCONUT/OAT/PLANT BASED MILK

PLANNING YOUR SACRED SPACE

Equipment Required: Chopping Board, Kettle/Hot Water, Wooden Spoon
Knife/Grater, Cacao, Scales, Blender/Whisk (optional)
Cup/Glass, Sage/Palo Santo/Candle/Crystals



With pure and clear heart presence...
You may set an altar with your crystals, candle, utensils, ingredients and any other objects you wish. Light your candle, setting a clear Intention that we invite in only the highest of the high energies.



Cleanse your environment before you start making your Cacao... both physically and energetically. Cleanse the area, all your utensils, ingredients and water for the Cacao with sage/palo santo/ incense.



Give Love and Gratitude for all your ingredients, the water, cacao, space and all who helped to bring these foods to the table... the farmers and workers, packers, drivers... include yourself, and give Love and Gratitude for the purpose of this offering. It is also wonderful to pray or sing to your Cacao as you stir the pot.

ABOUT THE CACAO

"WITH YOUR SUPPORT WE CONTINUE HELPING INDIGENOUS PEOPLE TO MAINTAIN THEIR LAND, PLANTING ORGANIC CACAO BEANS TO CARRY ON THEIR ANCESTRAL KNOWLEDGE, TRADITIONS, AND CONNECTION TO PACHAMAMA (MOTHER EARTH), AND IN EXCHANGE WE RECEIVE THIS MEDICINE IN OUR SOUL, RECONNECTING WITH OUR ANCESTORS AND THE BEAUTY OF LIFE, HEALING WOUNDS AND CREATING COMMUNITY EVERYWHERE WE GO." ~ INDIGENOUS FARMERS, QUILLAMBAMBA, PERU



FOR MORE INFORMATION ON LORNA'S MOST RECENT CACAO TEACHER OR IF YOU WISH TO PURCHASE HER VILLAGE STRAND OF CACAO DIRECT HERE IN GLASGOW, PLEASE GO TO ~ [HTTPS://WWW.ERIKAHUARCAYA.COM/STORE](https://www.erikahuarcaya.com/store)



MUCH LOVE AND
GRATITUDE TO MAMA
CACAO

[CONTACT LORNA](#)



1:1 Sessions, Circles & Events
<https://www.lornamclean.co.uk>

[IMPORTANT CACAO HEALTH INFORMATION](#)

HEALTH INFORMATION

100% pure cacao is bitter. As with any bitter, too much can make you nauseous. Most drink 20 ~ 40 grams of cacao a day. Over time, as your body attunes to the cacao, you may find that you need less to feel the full effect. Pay attention to what your body is telling you.

Antidepressants: Depending on dose, some higher dose SSRI antidepressants and anti-psychotics are not compatible with the MAOI's (Monoamine Oxidase Inhibitors) in cacao. Low to average doses should be ok, people on higher doses should drink less cacao. Check with your doctor.

Heart Rate: Cacao can raise your heart rate slightly. If an increase in your heart rate could cause a medical problem, drink less. Check with your doctor.

Blood Pressure: Some people with low blood pressure say it can stabilise their heart and helps them. Check with your doctor.

Other substances: Cacao can increase blood flow to the brain, so any other substances in your blood will be amplified.

Caffeine: This ceremonial-grade cacao is also a naturally occurring source of caffeine. Caffeine content fluctuates between the varietal of cacao being used and the region from which that varietal is sourced. On average, a cup of ceremonial-grade cacao contains about 1/2 to 3/4 the amount of caffeine found in a cup of black coffee.

Pregnant and nursing women: Most babies, in or out of the womb, do really well with mom consuming some cacao, and we know of many awesome 'cacao children'. About 1oz (28gm) in the first 2 trimesters, about 2/3oz (20gm) dose in the last trimester. There are a few in~womb and breast-fed babies that do not like cacao... it doesn't cause any problems, however, they will let you know so start easy and find what is right for you. A lower dose can be recommend, 20gm while breast feeding until it is clear how the infant reacts.

Children: Use less, according to the child's body weight. It depends on the child. They will let you know. Children who have had an appropriate amount of cacao are more focused.

Pets: Real cacao contains compounds that can kill dogs, cats, parrots, and horses. Don't let them eat it!

If you have any health concerns please discuss with your General Practitioner before ingesting Cacao or any of the optional ingredients. The information in this brochure is shared with love and in no way constitutes health advice.