



# Cacao Ceremony

*Healing as a  
Collective*

CACAO is the medicine that opens the  
HEART

TIERRA ENCANTADA  
NOSARA, CR



# Cacao as Medicine



*According to Mayan cosmology, Cacao is the blood of the Earth, a Medicine with a Feminine Spirit that opens the path to the Heart.*

*Ceremonial Cacao is an ancient spiritual medicine prepared from the cacao bean, the seed found in the fruit of the Cacao tree.*

*This tradition was born in Meso-america where Mayan grandparents share the legends and prophecies described in the POPOL VUH: Also known as the "Book of Council", a book that treasures much of the wisdom and many of the traditions of the MAYAN culture. The spirit of this plant is feminine where IXCACAO, Goddess of CACAO, is honored. Its properties and composition provide minerals that are very beneficial and important for the Heart, the nervous system and the brain.*

*That is why it is said that Cacao:*

*"OPENS THE HEART, BRINGS JOY, HAPPINESS, AND LOVE"*



✦ Wisdom from the Earth ✦

ceremonial use of CACAO has the  
power to Heal the HEART.



*One can feel the medicine of Cacao even without drinking it, because it is all about ourselves and our willingness to go inward. Cacao is an ally that invites us to pause, to be present, with love and kindness, instead of drama, trauma, pain, etc..*

*It helps us embrace our suffering, so that we can develop more understanding and compassion, towards ourselves and towards others.*

*Allowing Love and Light energies to work within us so we can grow and expand our Consciousness is one of the gifts of Ceremonial Cacao:*

*"Go find the negativity inside you and give it your sweet hug... Hope there's a gift in there, otherwise you wouldn't have put that negativity there in the first place..." Keith Wilson.*

*The indigenous Maya Q'iche' tribes have used Cacao for centuries. In 2012 they began to share it as Medicine with the world, after 500 years since the Spanish invaded their lands. The ceremonial use of Cacao is still very private and sacred for them and there is not much information about it.*





## – OUR CEREMONIAL CACAO –

*The Ceremonial Cacao that we serve is ARHUACO, originally from the Sierra Nevada de Santa Marta in Colombia, this variety is Native and the caffeine it has is equal to that of a decaffeinated coffee.*

*All beans used in our Ceremonial Cacao arrive ready and prepared using long-standing techniques from the tribes of Colombia and their farming families. This Cacao is grown along with other sacred plants and is cultivated with pure spiritual intentions, along with the ancestral memory impregnated in these territories.*

*The Arhuaco tribe believes that the teachings of their ancestors are shared through their crops and the memory of their territory, which is the heart of Mother Earth, is printed on each Cocoa bean.*

*When you drink this cacao in meditation you can connect with the spirits of the ancient indigenous people, their land and all their knowledge. Our cacao beans are grown and harvested in an ecological and sustainable way according to ancestral traditions and practices.*



*They carry in them all Cosmology and Heritage  
of Mother Earth.*



## – SOME RECOMMENDATIONS –

◆ *Theobromine*, the active component of Cacao, is diuretic, and headaches are a typical physiological sign of dehydration, so it is very important that you are **well hydrated before, during and after the ceremony**.

◆ It is recommended not to drink alcoholic beverages, coffee or other medicinal plants that may stimulate the body or consciousness before the ceremony.

◆ There is no need to fast before the ceremony. It is very important to eat and feel well nourished before coming.

(\*It is **HIGHLY** recommended to adopt a plant-based diet during the days before and after the ceremony, or at least, avoid the consumption of red meat. This can help reduce the feeling of nausea when drinking Cacao.)



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Cacao is a very subtle, loving and powerful medicinal plant, which will meet each person where they are at this moment in their life, inviting them to see everything that arises from Unconditional Love. Everything that comes to our consciousness in the present moment is shown to us to be loved, embraced, and ultimately transformed for our greatest well-being and for the greatest well-being of all.

We always respect each person's rhythm and process, that's why we usually share a smaller dose with the most sensitive ones (around 15g). A ceremonial dose of Cacao (around 30-45g) naturally increases heart rate by 20% to 30%. Cacao naturally dilates blood vessels, helping circulation; It also acts as a bronchodilator, increasing our ability to breathe by 20% to 30%.

Our recommendation is that you slow down your daily life, stop, breathe and allow yourself to sit in meditation with Cacao during and after the Ceremony, giving the plant enough time and space to do its work on you. Also, it is important to avoid any cardiovascular activity in the hours after the ceremony, as well as saunas, hot baths or showers, as they increase heart rate and can create palpitations.



– How does Cacao work on you? –



*If you don't want to listen to what your subconscious mind has to tell you, because society teaches us all to ignore or repress these messages, you may not like Cacao and would prefer to keep your distance from this plant.*

*Cacao meets you where you are...*

*"A facilitator like Cacao will present to you everything that you have avoided for a long time, and will invite you to work on it in a more elegant way... Many need personal help (I certainly needed it) to understand the process... since it is outside of what society shows us as reality, and it's easy to judge as something you don't want to go through... no matter how wonderful it may be in the long run..."*

*- Keith Wilson. -*

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There are those for whom the stimulation of Cacao is not something they want in their daily lives. For others, just a taste of Cacao will lead to a spontaneous emotional release. There are those for whom what comes out in emotional detox is not something they want in their life... because the conditioning to repress such issues is enormous...

There are many ways to address the inner density of oneself...and always, trauma, drama, pain and struggle are popular; Cacao, however, will invite you to go beyond them..."

- Keith Wilson.

\*It is important to clarify that ceremonial grade Cacao is NOT a psycho-active plant; However, according to the sensitivity and approach that each person has towards other power plants, the emotional detoxification and the energy released in each case, it could potentially suggest psychedelic states.



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– What do you need to know before the Ceremony? –



◆ *If you are taking high doses of antidepressants or antipsychotics, Cacao could give you a migraine. You can still participate and receive the energy of the Ceremony by drinking a smaller amount.*

◆ *If you have high blood pressure or serious heart problems, it is better to drink less Cacao.*

◆ *If you are pregnant or breastfeeding, let us know, you should drink less as well.*

◆ *If during the ceremony you encounter a repetitive thought or image about yourself or another, receive it as your own, attend with kindness to whatever your Higher Self is showing you. Assume that it is about you, even if it is presented to you (so that you can receive it) as something that has to do with someone else.*



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*Cacao will draw your attention to the density of your own "dark shadow" (fear, body pain, blockages, problems, conditioning, belief systems, resistances, emotional toxicity) anything that needs to be released will be shown to you, or even its location in the body. Any message you need will arrive... just like in Life!*

**\*IMPORTANT:**

*There should be no problem with driving after drinking Cacao; But if you prefer to have ease and plan your return home without needing to drive, even better!*



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## – Headaches and Náusea? –

*Theobromine in Cacao is diuretic and a headache is a typical physiological sign of dehydration... that's why we recommend being well hydrated.*

*Also, many headaches diminish or stop after opening the heart or integrating the head-heart/left brain-right brain connection. They also tend to ease once the corresponding emotional release is allowed...*

*Nausea at lower doses can be a metaphor for something one needs to expel, or the other way around, for something that is entering our system and it's being hard to digest; for whatever life problems Cacao is helping us to solve will come to the surface.*

*The level of nausea decreases as one releases or processes the relevant problem. Those who have resisted such messages from themselves for some time may receive a stronger warning though, "If you listen to the whispers, you don't have to listen to the shouts." (Lazaris)*





## – Ceremonial Clothes –

Traditionally, in these ceremonies the indigenous people use their ceremonial clothes because they consider the encounter with these medicines as a sacred moment: in which we honor our ancestors, the four elements and our entire connection to the Universe.

◆ That's why we ask you to choose a special outfit.  
(Remember to bring something warm for the night.)

This is a very special way in which you can prepare for the Ceremony and through your way of dressing, express gratitude for your own story and for your Life.

◆ Usually in these ceremonies, women wear a long skirt or dress and men wear a shirt with long pants.

◆ Above all, it is very important to feel comfortable in order to receive this moment with presence and devotion.





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## – What to bring? –



- ◆ A warm shawl or blanket.
- ◆ Bottle or thermos with water.
- ◆ Some amulet or object that is special to you and you want to put on the altar.
- ◆ If you feel the call to bring some flowers to decorate the space, you are welcome to!
- ◆ If you have any questions do not hesitate to contact us.

We deeply appreciate your trust  
to allow us to facilitate these sacred spaces!



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*This Space is Facilitated by:*

*Analaya*



**Mónica Andrade**

Monica has been delving deeper and deeper into her path of personal self-exploration and spiritual growth for more than a decade. She began as a student of Yoga and Zen Meditation; then she expanded into Shamanism as a path to self-healing through re-connecting with the Great Spirit or Universal Force. She currently shares this Ancestral Wisdom as a personal and group therapist.

**to learn more visit:**

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

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**contact us:**

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



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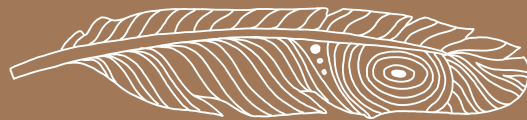
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MONEY EXCHANGE:  
Ancestral Cacao Ceremony



\$140 USD for participant  
(A minimum of 5 Participants is required.)



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# RSVP

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To reserve your spot  
please make your payment here:



[www.paypal.com/paypalme/monicaandradepardo/140](http://www.paypal.com/paypalme/monicaandradepardo/140)



please send us your receipt  
including your signed agreement form to:

[amalaya@happytreewisdom.com](mailto:amalaya@happytreewisdom.com)

Whatsapp (57) 3108611599



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# Participant Agreement Form:

**Below is a typical agreement for an Ancestral Medicine Ceremony to be held between HappyTree / Mónica Andrade (as the "Organizer") and the "Participant":**

1. The Organizer will make every effort to ensure the safety and comfort of the Participant within the scope of the ceremony. The Participant, agrees to exercise caution and consideration for him or herself and others during this event and indemnifies the Organizer against claims for injury or loss.
2. The participant acknowledges that he or she is in an appropriate physical and mental condition for the activities described in this event, and agrees to participate at his or her own risk. The responsibility for taking accurate and timely health precautions, along with professional medical advice, rests with the participant.
3. If any participant decides to leave the ceremony prematurely, for any reason, the organizer is not responsible for any refund of money or complaints from the participant.
4. The organizer does not condone nor will supervise any activity that she considers dangerous. Which includes climbing trees, exploring the mountains alone, swimming in the river, or the alike.
5. The participant understands that the Organizer is not responsible for any injury/damage/loss to any participant that may occur during or after the ceremony. The participant expresses his / her full understanding and responsibility for the risks she / he may face during this event. The participant absolves the Organizer, its collaborators and employees of said responsibility.
6. **Voluntary Agreement:** I am aware that this event involves the use of CACAO and other ancient medicines, which are traditionally used for shamanic healing and vision quests. I understand that taking this plant may involve emotional, physical, and psychological reactions, and I agree to participate and comply with the terms and conditions of this document and/or other instructions given orally or in writing. I have made the confidential disclosures that I wish the Organizer to know regarding my needs and health condition, and these are honest and accurate. I reiterate my understanding that by signing this form I accept full responsibility for participating in the ancestral medicine ceremonies conducted by HappyTree/Mónica Andrade.

**\*Disclaimer:** These ceremonies are not intended to diagnose, treat or cure any medical condition.

**Name:**

**Signature:**

**Date:**

