



31



Reasons to drink Cacao



(one for every day in January)



ILLUMINANCE
HEALING

Keith's
CACAO



ILLUMINANCE

— H E A L I N G —



Hello, I'm Shona Mary - Magdalen Rose Priestess. I've always been drawn to the esoteric - Wicca, witchcraft, and the mystical - but in 2020, I fully stepped onto my path, guided by inner wisdom and the call of the shaman. Since then, I've explored shamanic reiki, Rahanni celestial healing, trauma healing, crystal therapy, astrology, tarot, and the Celtic wheel, building on my foundation as a transformational neuroscience coach. I am not a fixer. I am here to hold space for those who wish to heal.



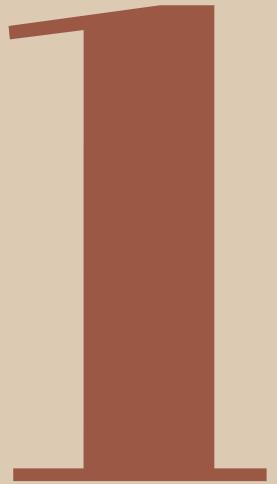
I've been a Keith's Cacao Practitioner for many years and I'm passionate about how the spirit of Mama Cacao can heal and support you in your journey. Here are 31 reasons to drink Cacao. If you would like to buy beautiful ceremonial grade cacao from me please send me an email at shona@illuminancehealing.com.
(I ship worldwide from the UK.)



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Heart Opener



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Cacao gently
opens the heart,
helping us feel
more love, compassion and
emotional connection.



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Sacred Plant Medicine



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Cacao has been used ceremonially for over 3,000 years as a bridge between the physical and spiritual worlds.



Grounded Spirituality



Unlike stimulants, cacao grounds you *into* your body while expanding awareness.



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Supports
Emotional
Release



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Cacao can
soften emotional
armour, allowing
tears, insights and healing
to flow.



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Theobromine Energy



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Cacao contains
theobromine,
offering gentle,
sustained energy without
the jitters of coffee.



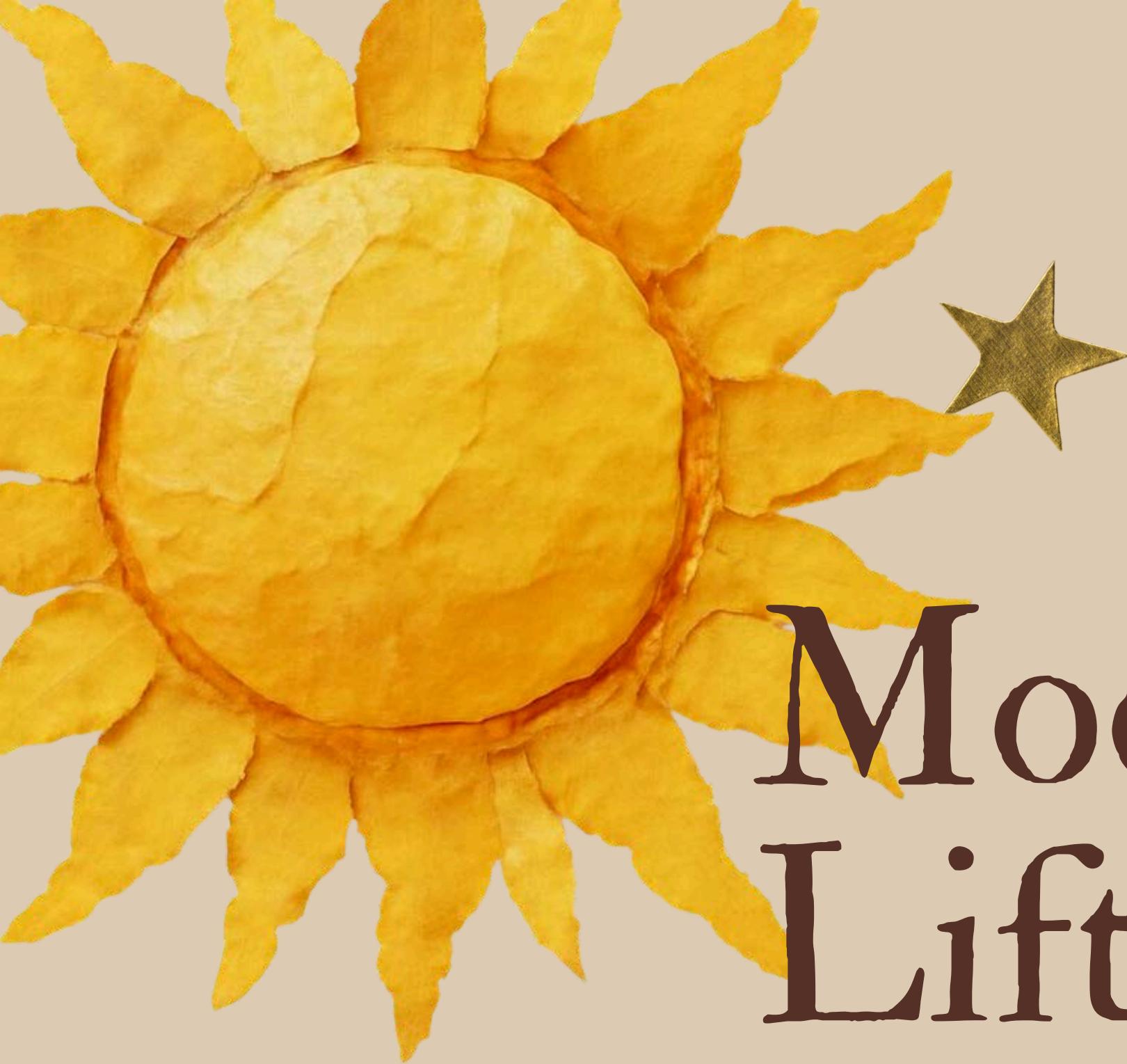
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Enhances
Meditation





Drinking cacao
before
meditation
deepens focus, presence,
and inner listening.



7

Mood Lifter



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Cacao naturally boosts serotonin, dopamine, and anandamide (the ‘bliss molecule’).

8



Heart Health





Rich in
antioxidants and
magnesium,
cacao supports
cardiovascular health.



9

Feminine Wisdom



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Cacao connects
to the feminine,
intuitive, cyclical
nature of the body.



10

Ritual + Intention





Cacao invites
us to slow down
and drink with
intention rather than rush.



11

Magnesium Magic





One of the highest plant sources of magnesium, essential for relaxation and nervous system health.



12



Enhances
Creativity



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Artists, writers,
and visionaries
have long used
cacao to open creative flow.



13

Gentle Detoxifier



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Cacao supports circulation and oxygenation of the blood.

14



Self Love Practice



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Drinking cacao
is an act of
devotion to
yourself and your body.

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Spirit of the Cacao



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Cacao is often experienced as a loving, maternal spirit that teaches through feeling, not force.

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Improves
Focus



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Theobromine
increases blood
flow to the brain,
enhancing clarity and
concentration.



17

Deepens
Connection



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Perfect for
sharing in circles,
cacao
strengthens bonds and
community.



★ 18

Supports the
Nervous System



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Cacao
nourishes rather
than overstimulates,
making it ideal for sensitive
souls.



19

Ceremony at Home



You don't need
a group, a single
cup can be a powerful
solo ceremony.



20

Aligns Heart
+ Mind



Cacao helps
decisions come
from intuition
rather than fear.

21



Ancestral Medicine



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Cacao connects
us to ancient
wisdom traditions
and earth-based
spirituality.



22



Sensory Awakening



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The aroma,
texture, and
taste awaken the
senses and bring us into the
present moment.



23

Gentle Hormonal Support



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Cacao supports
mood and energy
during hormonal
transitions.



24

Conscious Consumption



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Ethically sourced cacao (like Keith's) honours the land, farmers, and spirit of the plant.



25



Antioxidant
Rich



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Flavonoids in
cacao improve
circulation and
vitality.



26

Enhances
Intuition



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Cacao quietens
mental noise so
inner knowing can
speak.

27



A Portal to Prayer



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Cacao can be a
sacred companion
for prayer, intention
setting, and manifestation.

28



Daily Devotion



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A cup of cacao
becomes a ritual
anchor in busy lives.

29



Soft Strength



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Cacao teaches
that power
doesn't need to
be harsh - softness is
strength.



30



Reconnection to Nature



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Cacao reminds
us we are part of
the earth, not
separate from it.



31



Living from the Heart



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Ultimately,
cacao supports a
heart-led life -
guided by love, truth, and
presence.

1 2 3 4 5
6 7 8 9 0