

How to prepare for a Cacao and Truffle Micro dose Ceremony

Intuitive tips and guidance

Welcome, beautiful soul!

What an honour to know that you have answered Mama Cacao's and the Truffle's call to sit together in ceremony. Celebrating you!

Below I've gathered some tips and guidance that can be helpful as you prepare yourself to sit in ceremony and experience the power of organic ceremonial Cacao and psilocybin.

See you soon, in ceremony!

Much love,

Kim

Before the ceremony

- Make sure to **hydrate** well the morning and hours of the cacao ceremony
- The cacao and truffles absorb best into our being when we have eaten **little or no food**. Allow yourself to fast or enjoy only a light meal before the ceremony
- I urge you to consume **no alcohol, other plant medicines, caffeine or milk products** before the ceremony, it affects the absorption of the cacao and psilocybin
- Please let me know beforehand if you are taking any mood altering medications such as antidepressants, are pregnant/breastfeeding or have a heart or any other medical condition
- I invite you to come with an open mind and to leave any expectations at home. Every ceremony is unique and whatever needs to come through for you will come through
- Find time to meditate and/or go into nature to tune into your intentions

How to prepare your ceremony space

- Prepare a yoga mat and/or cosy blanket, a pillow and an eye-mask/scarf (optional) so you can cover your eyes and truly make yourself cosy and go inwards
- Grab a journal or paper and a pen to write down or draw any new insights, reminders and ideas
- Bring a bottle of water
- Wear comfortable clothes as we may move around and change positions

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How to prepare your ceremony space

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- Feel free to decorate your space with candles, smudging tools (palo santo, sage, etc.), crystals, a sound bowl, instruments, representations of your favourite deities, oracle cards and whatever else you feel drawn to that would make this ceremony more sacred and more special for you
- I will create an altar for us with sacred items

During the ceremony

- I will energetically clear the ceremony space and I invite you to leave any worries, stress, anxiety etc. behind, once you step through the door
- Everything I suggest (meditation, sharing, dancing, etc.) during the ceremony is optional, if anything feels uncomfortable, share that with me before or during the ceremony. I invite you to always honour yourself and what feels right for you
- If you find yourself distracted, you can always find your way back to the breath
- Feel free to write/draw throughout the ceremony
- All that you share is treated with 100% confidentiality and respect. Feel free to share :)
- Allow yourself to feel the emotions that come up, tears, joy, anger, all of you, everything is welcome
- Trust that the medicine brings you exactly what you need in this moment and that it will unfold exactly the way it is supposed to

Some medicinal benefits of ceremonial Cacao & Psilocybin

Cacao is one of the highest antioxidant foods in the world. Its slight bitterness indicates its detoxifying properties and release of emotions. Cacao can also replenish many vital minerals. Cacao contains norepinephrine (the joy molecule), serotonin, dopamine, anandamide (the bliss molecule), theobromine (cardiac stimulator that relaxes blood vessels and produces a 30-40% higher blood circulation) and more. This deeply heart opening plant medicine that gently enables you to release feelings like guilt, shame, fear and anything else that doesn't serve you anymore.

Psilocybin is the psychedelic element in certain truffles and mushrooms and micro-dosing has proven to lower levels of anxiety, depression, distractibility and stress. It can help you get closer to yourself, find more balance, move into the heart, feel better in your own skin and sleep more peacefully. And much more :).

Sacred ceremonies also empower you to reconnect to your deepest purpose and pave a way to increased self-love, trust, gratitude and the beauty of life.

For further questions or comments, email me at wisdom@kimruwa.com

