



SOUL FIRE SOCIAL

KUNDALINI • GONG • CACAO • COMMUNITY • EXPERIENCE

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venmo



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How to Prepare Your 100% Pure Ceremonial Cacao!

I recommend you immediately open the block, use a large serrated knife to shave/sliver/slice the chocolate into small nibs, and store in a glass/metal airtight container in a cool/dry space. Cacao does not need to be refrigerated or frozen.



Preparing Your Ceremonial Brew

To prepare a shamanic dose you will need 1 1/2 oz of cacao to 8 1/2 oz water (42.5grams to 250ml) or approximately 3 heaping tablespoons to 1 1/8th cups water. The key is to never boil your brew and to take your time creating a smooth blend. You paid for the highest quality plant medicine so don't lower its magical vibration! Bring the liquid to a near-boil, add your cacao and begin to whisk/stir immediately. You will notice it becomes slightly white & frothy on top as the air shifts out and the particles blend, just keep stirring on medium heat as you send your loving intentions and "icaros" into the brew until all of the air is released and you get a beautiful, shimmery liquid. This can take 8-10 minutes so don't rush the process! For my ceremonies, I add like to add a bit of cayenne to enhance the entry into the bloodstream, along with some maple syrup & cinnamon to taste.



Preparing Your Daily Brew

For your daily brew, I recommend starting with 2 tablespoons cacao and adjusting for taste & energetic impact. If you prefer a creamier version, you may use a combination of water and non-dairy milk. Personalize your brew with your favorite spices, sweeteners & oils. Get creative with any combination of cinnamon, cloves, cardamom, nutmeg, maple syrup, agave or honey, rose oil & mint infusions. Personally, I prepare enough for 4-5 days and store my cacao in a saucepan in the fridge to be reheated daily. Don't use the microwave, but you may use a blender if you like! The key here is to simply take a moment before you enjoy your creation, connect with nature, and invite the goddess of cacao into your heart to guide you in meditation, dance, movement, art, music or any celebration of life. Enjoy....

To purchase more of Keith's Cacao you can contact me directly, or use the link on my website: Soulfiresocial.com to earn a 5% discount on your first order.