



ADRIENNE KANE

*To Transform,
heal and inspire*



Cacao Ceremony

When we combine ceremonial Cacao with our spiritual practice we open the door to our highest state of consciousness, allowing the connection to our Divinity.

Theobroma translates to “Food of the Gods”, Theobroma Cacao is used for making chocolate.

From the time the Cacao has been harvested to it’s final production into the bar we use in ceremony it has had only the purest of intentions placed into it. When we take the time to connect with the guiding spirits of all involved in creating our Cacao we have an opportunity to learn so much more.

Ceremonial Cacao is known for it’s heart opening experience owing to it’s chemical compounds such as Valeric Acid which is known to block stress hormones, thus allowing the release of Dopamine and the endorphin Phenylethylamine, better known as “the love drug” resulting in many participants reporting positive and often eutrophic emotions during and after ceremony.

From a health perspective Cacao contains Theobromine, Antioxidants, Tryptophan, Magnesium, Potassium, Iron, Zinc and Phosphorus all of which assist in boosting energy, improving blood circulation and relaxing muscles, resulting in a younger, happier, healthier mind, body, spirit.

The bars we use in ceremony are created from a mindful and connected space by my dear friend Tyson Mortensen. He travels to Lake Atitlan in Guatemala to personally choose the organic Cacao before taking it back to Canada where he then adds Celastrus seeds which come from the Celastrus tree also known as ‘the intellect tree’, Canadian organic raw honey is then added to sweeten the bar which you will notice has been embedded with the symbol known as the Flower of Life (the seed of all creation) as a reminder of the connectedness and Oneness of all.

Once Adrienne has received the Cacao she then places her prayers and intentions into these bars, taking time to connect Shamanically to all Spirits involved in the entire process before passing them onto you. When we go into ceremony Adrienne will guide you to make your connection, allowing your heart to open whilst experiencing your “bliss”.

It is recommended to abstain from food and stimulants for at least two hours before the ceremony to maximise your experience.

Note: If you are on anti-depressants, mood stabilisers, it is not advisable to participate because the combination of raw cacao and such substances may be harmful

*for more information on Adrienne visit
www.adriennekane.com*