

FREE GUIDE

CREATE YOUR OWN CACAO CEREMONY



WITH CACAO MAGICK

PRESENTED BY CHRISTINE OLIVIA





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WE COVER?

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Cacao Magick

CACAO CEREMONY



Cacao Ceremony

A cacao ceremony is a sacred space that allows you to deeply connect with your inner self and your heart. It allows you to connect with your purpose, release old patterns and traumas, and opens you up to become more loving. Once you set your intentions, the cacao allows you to deepen your self-awareness and allow for more insights.

With these beautiful properties you will feel, on a physical level, more happy, relaxed, and open. If you drink cacao and then just go about your day, you may hardly notice the subtle differences in your body. If you drink it intentionally in ceremony by creating sacred space, you will feel the difference. With focused attention, you can feel more deeply and feel energetic healing.

Cacao offers you the chance to transmute and transcend negative emotions and assist you in healing through energetic release. If you feel emotional you may want to cry, if you feel silly you may laugh and want to giggle, or you may want to sweat, dance, or sing. Or you may want to meditate and journal. Whatever you feel is perfect.

Give yourself space to let whatever needs to come through to come. Simply let yourself feel deeply into whatever is



Ceremonial Cacao

- Ceremonial-grade cacao is made traditionally by fermenting and lightly toasting or sun-drying the beans, then peeling the husks and stone-grinding them down to create a paste which is set into a block —nothing added, nothing removed. The bean's fat remains intact, helping to balance its stimulating properties and facilitate absorption over a longer period of time.
- Cacao Magick is prepared with tradition, with intention, thoughtfulness, and love by our Mayan Women's collective
- The thoughtfulness and intention of the growing and processing of the beans, as well as the ceremony itself, distinguishes ceremonial cacao from cacao paste.

Ingredients:

- 1. 25-40 grams of Cacao Magick ceremonial grade cacao
- 2. A cup of hot water
- 3. Cayenne and cinnamon (both optional)
- (Cayenne is a synergist. It helps increase blood circulation throughout the body allowing cacao to course through your veins with more efficiency.)
- 4. Natural sweetener (optional)
- 5. For a frothier drink use warmed coconut milk (optional) and/or mesquite or tocos
- 6. Blender safe for hot liquids or whisk in a pot on stove



Sacred Space

- Use sage (or other blessing herbs that are local to your area, like cedar, or lavender, or sweet grass) to cleanse yourself and the space around you
- Listen to beautiful healing music or sing a sweet melody
- Give thanks to your spirit guides, spirit animals, the loving ancestors, Pachamama, and great spirit
- Take a few deep cleansing breathes and ground into Mama Gaia.



PREPARE

- Chop the cacao with a knife into smaller pieces so it softens easily in hot water
- Heat water to just before a boil. It should be just too hot to the touch but not boiling
- Add the cacao (25-40 grams/ 1 oz.- 1.5 oz/ 2-3.5 Tablespoons)
- Add natural sweetener (optional) and spices to taste
- Say Prayer before blending
- Blend in the blender until frothy or use a whisk to stir the brew until all the chunks are blended
- Serve hot, give thanks, set intentions, and enjoy mindfully.



ABOUT OUR FOUNDER



Christine Olivia Hernandez is an author, cacao ceremonialist, and guide who overcame early adversity to create a life of embodied service as a fully liberated woman. She is an influential leader and is widely recognized for empowering others, from minority communities and indigenous women's collectives to A-list celebrities. Her book *A Child of Magic* as well as the adapted screenplay *Lana Livia* and *The Ancestral Magic* are both based on her own journey of remembrance, serving as a reminder to reconnect with the innate magic within and around us.

After her father took his own life, Christine felt she lost a part of herself that she'd never be able to connect with again. Soon after, she discovered Mayan cacao from Guatemala. While there, she reunited with her heart, ancestry, and ancestral plant medicine. She felt a clear connection and a deep knowing that she was meant to work with cacao ceremonially, not only for her own healing but for the healing of the world. Ever since this discovery, she has been sharing cacao in ceremony through The Maltiyox (Gratitude) Method and her stories with communities worldwide.

Having established herself as a facilitator for healing and transformation within many communities, including Poosh Wellness, Alo Yoga, and countless masterminds, Christine has taken what she has learned to author her next book — a guide for readers to experience full self-liberation through harnessing the power of gratitude.

Cacao Magick

OUR PHILOSOPHY

We make pure ceremonial cacao accessible and easy to use. Our products and offerings are how we show sacred activism in response to a consumptive and exploitative chocolate industry. Working personally with indigenous farmers and women's collectives, we are restoring right relation to Mother Earth and her medicines. By interacting with this Magick, you are in direct and right connection to the simple yet profound blessings that come from reverence for all involved with this sacred process of pure ceremonial cacao cultivation and production.



Cacao Magick

RECIPE



Ceremonial Rose Magic Elixir

Ingredients:

- 1 oz. Ceremonial Cacao
 - 6 oz. water
- 1 tbs. rose powder or rose tea
- 1 tbs. coconut butter (optional)
 - 2 tbs. coconut sugar
 - ¼ tsp. cinnamon
 - Pinch of cayenne

Prepare:

- Steep roses for five minutes in hot water (remove roses) and pour the hot to touch water (not boiling) over ingredients or use powder to stir in with cacao
- Whisk in saucepan or blend in blender for smooth texture

RECIPE



Cacao Joy Balls

Makes 50 balls :

- 16 oz (453g) pitted soaked dates
- 12 oz (340) finely ground cacao
- 1 cup of organic Cacao powder for taste (optional)
- 4 oz (113) coconut milk, almond milk, OR macadamia milk
- Shredded coconut or chopped nuts (for coating)

Preparation:

- Soak the dates in warm water for a few hours or overnight until soft
 - Drain dates from water
- Throw dates and cacao in a blender or food processor
 - Scoop out with spoon
- Spread shredded coconut on plate and roll balls in flakes or nuts to cover
- Keep in a sealed container in the fridge or freeze.

RECIPE



Champurrado

- This is a traditional drink the Mayas and Aztecs enjoy
 - 1/2 cup of corn flour or masa harina
 - 3 cups of water
 - 1 cup of coconut or almond or oat milk
 - 2 tablespoons of cacao powder
 - 2 tablespoons of cacao paste
 - 3 tablespoons of natural sweetener
 - 1 cinnamon stick (or 1/4 tsp of ground cinnamon)
 - pinch of Himalayan salt
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- In saucepan add masa over medium heat and immediately whisk in water slowly.
 - Whisk continuously to avoid clumps
 - Bring to simmer and whisk in milk, chocolate, sweetener, and generous pinch of salt and then add in cinnamon.
 - Add sweetener to taste
 - Return to simmer and whisk to frothiness or blend in blender and serve in your favorite mugs!

Cacao Magick

RECIPE



Chocolate Wild Orange Recipe

1/2 cup of coconut oil

1/2 cup of honey

1 Cup of ceremonial cacao powder (or paste)

couple pinches of salt

1 tsp of vanilla

4 drops of wild Orange essential oil (can swap out for other oils like peppermint, rose, lavender- use to taste so start with less drops like 2)

Special ingredients:

22 ounces of gratitude

2 cups of love

1 tsp of joy

couple pinches of kindness

2 tsp hope

4 Drops of self-love and acceptance

Heating up the coconut oil, adding honey and then adding ceremonial cacao powder or cacao paste or both. Pinch of salt. Taking off heat to add vanilla and essential oil.

Blessing the cacao as you stir! Finish with a drop of inner-child magic and laughter!

RECIPE



Holiday Ceremony Bliss Tonic

- 1 oz. Ceremonial Cacao
 - 6 oz. water
- 1 tsp. monk fruit or coconut sugar
 - Coconut milk
- 1 tbs. coconut butter (optional)
 - $\frac{1}{4}$ tsp. nutmeg
 - $\frac{1}{4}$ tsp. cloves
 - $\frac{1}{4}$ tsp. ginger
 - $\frac{1}{4}$ tsp. cinnamon

Prepare:

- Pour the hot to touch water (not boiling) over ingredients
 - Add coconut milk
- Whisk in saucepan or blend in blender for smooth texture

RECIPE



Tahini Twist

Ingredients:

- 1 ounce (25grams) Ceremonial Cacao
- 1 Tbs. Coconut butter
- 1 Tbs. Tahini
- 1 to 2 Tbs. Honey (or other natural sweetener)
- 1/4 tsp Cinnamon
- 1/4 Ginger
- pinch of Himalayan salt
- tiny sprinkle Cayenne

Blend with hot water (and a few tbs. of coconut or nut milk) or slow simmer in pot on stovetop, whisking for frothiness!

Sprinkle rose powder on top is optional.

If you'd like to have a beautiful healing experience, combine your ceremony and reading the book A Child of Magic.



SWEET DISCOUNT ALREADY APPLIED WHEN
YOU PURCHASE THE MAGIC BUNDLE NOW!



JUST FOR YOU

The book A Child of Magic and aa block of
cacao magick for your inner-child
connection and healing.
For remembering. For the inner-child.

The journey of Lana Livia rediscovering her
natural born magic is the perfect way to
connect with your inner-child.

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Tapping into the magic starts when we can
search with a heart wide open, and see with
eyes of wonder.
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STAY IN TOUCH

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