

Cacao journal



*Cacao is the key to open your
heart*

Love & light

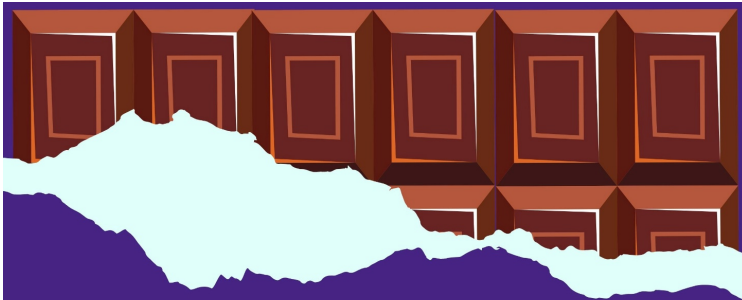
Thank you for buying this journal...

Are you ready for your Cacao ceremony? Is it your first time?

If it is the first time don't be nervous at all, it will be a magical journey. Make sure when you are preparing your cacao to set the right intentions, speak your intentions into the cacao and into existence. Give thanks and honor the Cacao God's and Goddesses. Make sure to release any anger or negative energy, just have a positive mindset.

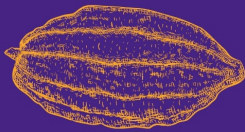
This journal is to journal towards and after your ceremony. It is good to keep track of all the changes during your process. Write all your emotions, your intentions, expectations, and your desires down. In this order you can always read back and see your growth.

Cacao is a fruit of the God's, a true medicine that is a blessing to come into your life.



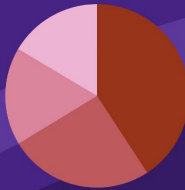
FIVE Chocolaty FACTS

4.8 MILLION TONS
COCOA
PRODUCED WORLDWIDE
IN 2018-2019



THE AVERAGE SERVING OF **MILK CHOCOLATE**  HAS SAME AMOUNT **CAFFEINE** AS A CUP OF **DECAF COFFEE** 

**TOP 4
CHOCOLATE
EXPORTER**



-  \$4.96 billion
-  \$3.1 billion
-  \$2.1 billion
-  \$2 billion

**7-10
acres**

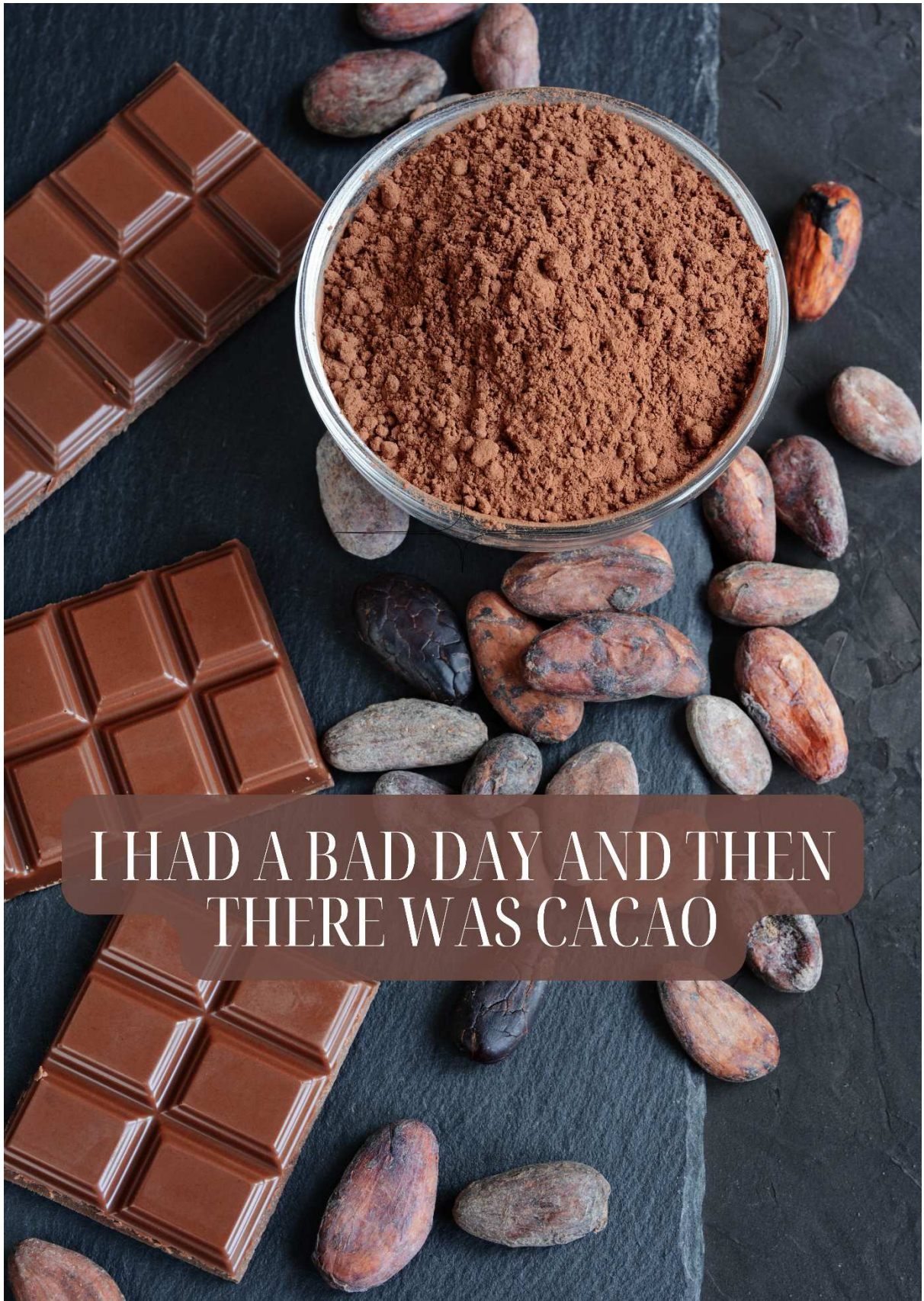


THE AVERAGE SIZE OF
**WEST AFRICAN
CACAO FARM**

**SOME
CACAO TREES
ARE MORE THAN
200
YEARS OLD**



**BUT MOST GIVE
MARKETABLE
CACAO BEANS
FOR ONLY THE FIRST
25 YEARS**



I HAD A BAD DAY AND THEN
THERE WAS CACAO

SEVEN DAYS



Towards my cacao ceremony



DAY 2

Describe daily 3 things you are grateful and do affirmations.



DAY 4

Prepare your ingredients for the big day. This gives you time to purchase what you need on time.

DAY 6

Meditate, take a hot bath or shower it is time to relax

DAY 1

Take a 15-minute walk every day. Be in nature and take it all in. Also start writing in your journal

DAY 3

Spend time with loved ones. Do fun things with them and make new memories

DAY 5

Take a day of social media and clear your brain up. Do the same thing with your home. Throw out all that clutter.

DAY 7

Prepare the space you will have your ceremony in. Make it ready for your save cacao circle.

