

Sacred Cacao & Ceremony by Natalie McGuire

self awareness tools to heal, restore and
invite love & joy into your heart



Ceremony

Creating ceremony allows time
to reflect, align & transform

Vibrational tools

Energy tools that release,
realign and reprogram your
mind, body and soul



Sacred Cacao

Sacred plant medicine
"food of the gods" opening
your heart & soul

www.thevibrationalhealer.com.au

what is ceremony and why is it important?

Ceremony is taking time out to create space and intention for healing and spiritual growth. Ceremony aligns us to a deeper connection with self, Spirit, Creator, the Universe and whomever we deem to be our spiritual entity. We create Ceremony to connect with the elements of nature, mother earth, grandmother moon, father sun and our ancestors that came before us. In doing so we deepen our own sense of self and purpose.

We can release and heal our wounds and open our hearts to receive joy and love. Ceremony can be as simple as sitting in silence with a lit candle, focusing on your breath and giving thanks and asking for guidance or clarity. Powerful change can occur when we sit in circle with others - co-creating ceremony connects us to group consciousness and leads us into a deeper journey.



Mindfulness or UN mindfulness

Mindfulness is the art of being present with self and calming the monkey mind. It involves being watchful of our thoughts and offering the mind a single tangible element to focus on. Repeating a powerful mantra has the ability to centre and ground us and clear anxiety & the looping mind. A simple mantra in those moments can be "I am safe", "I am present", "I am happy".

Stop now and focus on where your tongue is sitting in your mouth- is it relaxed behind your bottom teeth or pressed against your palate? let it go. Feel that stress leave the body?

Our breath is the most powerful tool we can use to create "unmindfulness". Simply being aware of your breath patterns and taking deliberate action to control the breath calms the nervous system and stops that monkey mind - try it now. Breathe in through the nose for a count of four, hold the breath for a count of four, breath out for a count of four and then hold the breath for a count of four. Repeat. Feel better?



Vibrational tools

Our human bodies are made up of energy. We are a complex network of energetic pathways and these pathways are affected negatively and positively by our thoughts and beliefs, surroundings, environment, the food we eat, the people we spend time with and our subconscious programming. When we get an overload of negative influences, both internal and external our energy centres (chakras) get blocked and this can lead to illness, dis-ease and anxiety. We can use sound and light therapy to positively affect those energetic systems that may be out of balance. and create harmony in our mind, body and soul.

Drumming, chanting, singing, playing crystal bowls and speaking in light language are all tools used in Ceremony to journey to the places in the body, where trauma is stored, release it and then clear the space for new fresh, positive energy to fill the body . Vibrational healing can improve health and wellbeing as it increases the frequency of your body's systems and the higher our body's frequency, the more likely we are to resist illness, stress and emotional anxiety. I offer face to face and online vibrational healing sessions. and teach a variety of tools in my Sacred Cacao Ceremony Facilitator Training.



Sacred Cacao - The Food of Gods

Sacred Cacao has been used throughout the ages in ritual and ceremony to connect to one's higher self, inner self and the wisdom of our ancestors. I use Ceremonial Grade Cacao in my healing and Ceremony work and take my clients on deep healing journeys back to self & soul. Ceremonial Grade Cacao is hand processed and the entire bean is used, keeping all that yummy goodness inside. Cacao quite simply heals. it is high in antioxidants and flavenoids, iron, calcium all the feel good hormones and acts as a tool to open the heart and bring joy to the body. & mind.

I source mine from Morning Ritual Cacao you can order yours on this link- <http://morningritualcacao.com?aff=10>

I facilitate Sacred Cacao ceremony, one on one, group & couple cacao ceremonies that are a gentle journey to relax and restore your energy and soul. My Ceremony's are a deep immersion in vibrational healing, shamanic breath work and sound and light healing.

I also offer an IICT approved Sacred Cacao Ceremony Facilitators training.

If this calls to you please visit my website or connect me directly email goddessonline@bigpond.com





Natalie McIvor
the vibrational healer

"I am the light of my soul"

RITUAL for self awareness

Create a quiet & sacred space (use candles, crystals, flowers etc)

Brew a delicious cup of Ceremonial Grade Cacao. (add francincense or lavender oil for higher awareness)

Sit in silence and hold your cup of cacao to your heart.

Focus on your breath. Slow even deep breaths.

Relax your shoulders, hips and jaw.

Be in connection with your body- just be present. Silently repeat the mantra - "I Am" and allow any awarenesses to drop in and just let them go. Repeat " I am" on each in breath and release on the out breath.

Feel the tension, stress and old stuff just leave your body and energy field. You may like to journal any messages or thoughts that have come through for you.



Natalie McIvor
the vibrational healer

Daily Ritual Sacred Cacao

20-30 gram sacred cacao
cup water or milk
dash of cinnamon
essential oil if desired
gently heat and whisk in saucepan
or (use a milk frother)

pour into a gorgeous cup and sit with
your gorgeous cup of love.

Order Cacao from my website use this
coupon code NATIO and receive discount

www.thevibrationalhealer.com.au

Need a little more Self love??

join my
"self love" video series
\$29 includes;

- self love ritual & mantras
- energy balance
- private facebook group
- sound & light language alignment

purchase via
www.thevibrationalhealer.com.au

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Couples Cacao Ceremony

Couples Cacao Ceremony (suitable to adapt for friendships/intimate relationships/parent & child/business colleagues)

Recipe

2tbspoons Morning ritual Cacao (I like to use a blend of peru and rukuxulew)

250 ml of water/milk of choice

You may add a dash of cinnamon spice to deepen love, chilli flakes to invoke passion, ginger to create harmony
You may like to use 1 drop of food grade essential oils in your brew eg rose oil for love, lavender for peace and connection, frankincense to connect to divine source

Pour into saucepan and whisk over low heat- do not allow to boil

You may like to set an intention for connection/integrity/love as you mix your brew

Pour into cups

Ceremony practice

Create sacred space and set your altar with flowers/herbs
candles/crystals/feathers etc.

Smudge yourself and the area with sage

Brew cacao as above

Sit in front of your altar, holding your cacao at your heart
space

Set the intention that this is a sacred space where love is
present and spirit and your ancestors are welcome

Ask each person present to write on a piece of paper their
intention for the ritual

if you feel to speak it out loud to each other that is awesome,
if not allow them to write it and burn it later

Turn and face each other- you may wish to hold hands if you
are intimate with this person

Close your eyes and focus on your breath- slow the breath
right down and feel the body move as the breath moves through
the body.

Drop your hips, drop your shoulders, let go of your belly, and
open your jaw just a little

Breathe in and out with a slow count of 4- breathe in for 4,
hold for 4, breathe out for 4, hold for 4, repeat

Ask that your angels and guides be present with you today,
connect with your God/Goddess/Universe etc and ask that your
altar be blessed and protected with love and light

if you wish to speak to each other of your commitment to
each other, or things you are grateful for or acknowledge in
each other, or a common goal you may have

Ceremony practice

When you are ready slowly drink your cacao and be present with the taste, the texture, the smell of this sacred medicine as it guides its way to your heart to open and clear any blockages to you feeling the divine being that you be.

You may feel emotions come up, just accept those emotions and allow yourself to feel them and breathe them away

·Welcome visions, messages, memories as they arise as the sacred cacao is healing them and opening your heart

You may want to journal your messages or thoughts, do so
You may wish to burn those messages, do so

When you are ready to return to your day, thank your guides/angels etc and draw your energy back from the universe into your physical body and with hands at your heart centre-

bow your head in honour of yourself, your beauty and the divine being that you be

Out loud say 3 things about the other person that you are grateful for

Stand barefoot on the earth to ground back into this time and space

Enjoy a beautiful day dear soul

Sacred Cacao & Ceremony

self awareness techniques to heal, restore
and invite love & joy into the heart



Ceremony

When we create ceremony we connect
to earth, elements, mother nature, our
soul, our ancestors, our guides, the
UNIVERSE. Ceremony allows us to release
our trauma and set in motion the desires
we wish to manifest.

Vibrational Tools

When we keep our energy clear,
clean, balanced and vibrating at a
high frequency we ensure great
health, vitality and abundance



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Powerful plant medicine that opens
the heart & connects us
to our soul

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