

# Welcome to the Cacao Ceremony with Sound Bath



"Cacao isn't a thing; it is multidimensional spirit energy whose physical manifestation is through the cacao plant. Spirit works with anyone, anywhere and cannot be told what it can or can't do."

- Keith, the Chocolate Shaman

# What to avoid before the cacao ceremony (Pre Ceremony self-care)

- >No Caffeine intake for 6 hours before, as it may be overstimulating and affect the connection to the cacao.
- >Mind-altering substances on the day of the ceremony; alcohol, Marijuana, and psychedelics as they can be overstimulating or affect the connection to cacao (each plant has its own spirit and consciousness)
- >Dairy products on the day of the ceremony, as they slow down absorption and counteract the antioxidant properties in cacao.
- >Fasting 2-3 hours prior to the ceremony allows for the greatest connection and optimal experience with this plant medicine. For blood sugar issues, please eat a small snack before the ceremony or bring a snack to enjoy during the ceremony.

***If you are on Antidepressants or Heart medications, please message me prior to the ceremony. [info@srimanju.com](mailto:info@srimanju.com)***



# What to avoid after the cacao ceremony (Post Ceremony self-care)

*Listen to your body!*

- >Break your fast with grounding foods (vegetables, soup, stew, whole grains, nuts, seeds, and fresh or dried foods)
- >If you experience some nausea please eat some crackers and hydrate with electrolytes (coconut water is great).
- >Cacao is a natural diuretic, please drink plenty of water
- >Take a long warm bath with Epsom salt as part of gentle care, it will support the detoxification process.
- >Avoid alcohol, drugs, and dairy after the ceremony and into the next day.
- >Reflect on your experience.



# *A sound bath is healing to the mind, body and spirit.*

## *(Pre Ceremony self-care)*

A sound bath is healing to the mind, body and spirit.

Some people use a sound bath as a meditation. A sound bath will take you on a journey into deep relaxation, and help to induce a wonderful feeling of peace and calm.

### **How does it work?**

Every cell in your body vibrates at a particular frequency. As the the sound travels through your body, which is made up of over 70% water, the healing frequencies and vibrations are absorbed by every cell, tissue and organ, helping to release tension and stress, and return the body to a state of homeostatis.

### **What happens during the sound bath?**

You lie on the floor on a yoga mat, or similar, with cushion and blankets for warmth and comfort. When the sound begins, you close your eyes, relax and listen, as you enter a world of vibration, sensation and experience.



**NB. CAUTIONS.** Please do not attend sound baths if you are in the first three months of pregnancy, have a pacemaker fitted, have any metal implants fitted in the last six months, or have had major surgery in the last three months. This is for your own safety, and shows the power sound and its vibrations have, to travel through your body.

# Post Ceremony self-care for Sound Bath

*Listen to your body!*

## What happens afterwards?

Most people have a deep feeling of relaxation. Although some do find it stimulating and energising. The days following a sound bath can see old emotions released, with feelings of stress and tension reduced and a continued feeling of calm.

*Drink water, and journal your emotions. Embrace the healing journey.*

Any questions regarding the Sound bath, please check in with  
**Denise: 086 162 4647**





## What is a Cacao Ceremony

Cacao Ceremonies are a celebratory ritual that opens the heart through the use of cacao (ceremonial-grade cacao). It is rooted in helping re-balance our energies, open our hearts, and restore good health. Consuming Cacao with an intention helps in switching off the external noise in this chaotic and stressful world and taking an inward journey to access stuck emotions and heal the soul. It helps with the flow state of mind and soul. Consider journaling or holding space for creative expressions.

Cacao is a powerful superfood that offers a boost of energy without the crash of modern stimulating beverages. Cacao is the world's most nutritionally dense and complex food: a SUPERFOOD

Number one source of:

- Antioxidants
- Magnesium
- Chromium
- Manganese
- Theobromine

Also extremely high in:

Iron, Anandamide, PEA, neurotransmitter inhibitors.



### Want to Purchase Ceremonial Cacao?

Either purchase directly from me or Please use this [Affiliate link](#) or code **ExperienceHealing** at check out on Keith's Cacao Site

Theobroma cacao, translated from the Greek to mean "food of the gods," is one plant that will never let you down.

- Margot Berwin

# About us

## About Denise Hill

Denise is a member of AOSTI ( Assoc. of Sound Therapists Ireland), having trained with The Celtic School of Sound Healing. She is a qualified sound therapist using tuning forks, Himalayan singing bowls, crystal bowls, drums, gongs, and voice, for healing, with private one-to-one sessions offered or group sound baths. And also practices and teaches Reiki and Tameana therapies

[www.soundhealingtherapy.ie](http://www.soundhealingtherapy.ie)



## About Srimanju Katragadda

Srimanju is a cacao Practitioner, Intuitive healer, author and Akashic Records Reader who specializes in interpreting the Soul's journey and why we are here on Earth. She helps people worldwide awaken their intuition through Reiki, Psychic Reading, Meditations, online/In-Person, group courses, and private training.

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