

KA'KAU

CACAO: SACRED HEART MEDICINE



Crystal Soto | Wellness Medicina
crystalsoto.com

CACAO AT A GLANCE:

- Origins and history
- Health benefits and nutrients
- Heart medicine
- Working with Cacao as sacred medicine:
 - Cacao and Psilocybin: a synergistic combination
 - Dosages & recipe
 - Trusted stewards
- Offerings, stay in touch
- Note and disclaimer



ORIGINS & HISTORY

THE STORY OF CACAO BEGINS IN MESOAMERICA

Olmec: The original group to find Cacao

- Revered the plant for its mystical properties
- Began consuming it around 1500 B.C.

Mayans and Aztecs: The innovators

- Consumed Cacao for nutritional and medicinal purposes
- Believed Cacao was part of the creation of humans
- Revered as sacred

Traces of Cacao are found in ceramic vessels dating back to 1900 B.C.

The Maya

- Credited for the basic prep of Cacao paste, adopted by modern day processes
- Named it Ka'kau, meaning "heart blood"
- Viewed Cacao as both a resource and a social centerpiece
- Introduced Cacao to the Aztecs

The Aztecs

- Assigned great religious significance to Cacao, considering it a gift from the god Quetzalcoatl (the god of creation).
- The Cacao tree was thought to be of divine origin, revered as a conduit between Heaven & Earth that bestowed mortals with wisdom from Quetzalcoatl

HEALTH BENEFITS & NUTRIENTS

ANTI-INFLAMMATORY ANTIOXIDANTS, FLAVONOIDS & MINERALS

Epicatechin (flavanol) - large concentration

- Improves blood flow to brain; helps cognition and lowers risk of dementia
- Supports metabolic health; reduces the risk of diabetes

Theobromine (alkaloid) (CNS stimulant)

- Improves focus, concentration, and visual processing
- Causes feelings of calmness and well-being
- Decreases blood pressure, lowers LDL cholesterol

Caffeine (alkaloid) (CNS stimulant)

- Energizing effect: enhances alertness, decreases fatigue, and stimulates brain blood flow
- Increases serotonin levels, having a positive impact on memory, mood, self-esteem, sleep, emotions

Phenethylamine aka the “love chemical” (CNS stimulant)

- Triggers endorphins, dopamine, and noradrenalin

Anandamide aka the “bliss molecule” (cannabinoid)

- Influences pain perception and appetite
- Contributes to feelings of warmth, safety, and openness—mirroring the spiritual experience of heart expansion.

Tryptophan (amino acid)

- Converted into serotonin
- Precursor of melatonin: results in better sleep & stress reduction

Rich in Minerals: Copper, Magnesium, Zinc, Manganese, Potassium, Iron, Phosphorus



FOOD OF THE GODS

THEOBROMINE

“THEOS” = “GODS” / “BROMA” = “FOOD”

Theobromine

- The principal alkaloid found in Cacao seeds
- Name comes from the ancient Greek word “Theobroma”, meaning “food of the gods”

Effects

- Decreases blood pressure
- Increases heart rate
 - Dilated blood vessels increase blood flow through your body and brain



HEART-OPENING SACRED MEDICINE

In ancient Mesoamerica, Cacao was deeply woven into ritual life—used in offerings to gods, rites of passage, marriage ceremonies, and burial practices. The Maya and Aztecs believed that Cacao had divine properties and revered it a sacred plant.

In ceremonial use, Cacao is seen as a bridge, to anchor more deeply into the heart.

It supports:

- Prayer, meditation, and intention setting
- Feeling interconnected with others, the Earth, and the Divine
- Receiving intuitive insights through the heart space rather than the intellect



CACAO AND PSILOCYBIN

THE MUSHROOM OPENS THE MIND AND CACAO OPENS THE HEART

An ancient and synergistic combination: In Mesoamerican cultures, sacred mushrooms and Cacao share a long history and tradition. The qualities found in Cacao help to potentiate and guide the spirit of the mushroom experience:

- Heart-opening, supportive, gentle, loving, nurturing, and giving spirit
- Contains MAO-inhibitors that prevent the breakdown of Psilocybin and modulate neurotransmitters like serotonin. While gentle, Cacao may enhance and/or prolonging the psychoactive effects of the Psilocybin.
- Cacao can be useful to counter the blood pressure increase that psilocybin is known to provoke.

A Sacred Earth Medicine Combo:

- Ceremony: mixed beverage of sacred mushrooms and Cacao
- Post-Ceremony: mushrooms eaten alone, followed by drinking Cacao.
- Microdosing: added to your microdosing ritual. The Psilocybin microdosing “sweet spot” may be lower as a result of the combination with Cacao.
- **Safety reminder:** combining natural substances should be approached with care and informed guidance, particularly for newcomers.



RITUAL AND INTENTION

CACAO TO SUPPORT INTEGRATION

Integration is a way to carry forward insights, experiences, and outcomes into one's day-to-day life. Below are different doses that you can consume depending on your purpose and intention when working with this medicine.



10-25g | daily dose



25-35g | meditative dose



35-45g | ceremonial dose

CACAO BEVERAGE RECIPE

Ceremonial Dose

- 35-45gr Ceremonial Cacao, roughly chopped or shaved, you can also pulse it dry in a blender
- 4-6oz filtered hot water (but not boiling)
- A clear intention for your Cacao experience

Optional enhancements

- Natural sweetener
- Cinnamon, cayenne pepper, rose, and/or vanilla extract

Preparation

- In a small sauce pan, add Cacao and any other dry ingredients of your liking.
- Add approx. $\frac{1}{4}$ cup of hot water to Cacao
- Mix until the consistency is saucy, and there are no more chunks. Be sure all of the Cacao is melted.
- Slowly add more water and continue mixing until you reach your desired consistency.
- Add wet ingredients of your liking, such as a hint of maple syrup or drops of vanilla extract.

TRUSTED STEWARDS OF CEREMONIAL CACAO



Bliss Mystu



WELLNESS MEDICINA OFFERINGS



If you feel called to learn more about connecting with sacred medicines, feel free to join my email list to receive updates future offerings.

Click below to join my email list.



Other ways to stay in touch:

website: crystalsoto.com

instagram: [@crystal_wellnessmedicina](https://www.instagram.com/crystal_wellnessmedicina)

NOTE AND DISCLAIMER

A note—the term “ceremonial cacao” is used here to help people understand the sacredness of this plant, but it’s actually a modern phrase. In the Maya tradition, there’s no such thing as “ceremonial cacao” as we refer to it today. Cacao has always been held as sacred and deeply woven into their cosmology, but the language we use today does not come directly from the Maya people.

Today, “ceremonial cacao” is often used to distinguish pure, whole-bean cacao—prepared with intention and without additives—from more processed or diluted forms like cocoa powder or chocolate. While the language is modern, it is used here with respect to both the plant and the Indigenous traditions that have carried its wisdom for generations.

Disclaimer

The information shared in this presentation is intended for educational and informational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment. Nothing provided should be interpreted as a guarantee of outcomes, a promise to heal, or a substitute for care from your physician or other licensed healthcare provider.

You are encouraged to take full responsibility for your health and well-being. Always consult with a qualified healthcare professional before making changes to your medications, treatments, diet, exercise, or supplement routines. If you have a medical condition or suspect you may have one, please seek advice from a medical professional.



Maltiox!
Gracias!
Thank you!