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28 DAYS WITH IXCACAO

Immerse yourself in a 28-day journey into the caverns of your Heart Space with a cuppa Cacao a day. Each blend is infused with raw Cacao powder and supporting herbs to assist you with grounding into Mother Earth, sitting with your emotions, deepening your self-love practice, and opening your heart. Try to make every cup with intention as you prepare the drink. Get yourself a journal and take time daily to jot down your emotional state, what comes up for you, issues you are struggling with, and at least five things that you are grateful for. If you are feeling creative do something expressive, as this helps you release stuck emotions and connect with your inner child. Eat clean - no meat, salt, sugar, or dairy. Take in only that which nourishes your body - lots of water, fruit, and vegetables.



On the last day I recommend reading over your immersive journey and taking stock of the lessons you've learnt, what you have identified and managed to integrate, and which practices have been most effective for you during this 28-day adventure. It's all about committing to yourself and sometimes even 10 minutes a day is enough to facilitate a big internal shift over time. The work doesn't always have to be serious and heavy. Play with various practices, modalities, and activities as this Cacao medicine flows through you each day. Not only is she a super food and great for physical health, but she is also a master plant teacher who will walk with you as you continue unfolding through your Sacred Heart.

Warm Cacao Hug

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IF YOU HAVE ANY QUESTIONS ABOUT THE MEDICINE OR YOUR
INTEGRATIVE PROCESS, PLEASE REACH OUT TO ME.