



# Munay Cacao Ceremony

Open your heart and feel Love, Clarity and Appreciation

## Munay Cacao Ceremony

### About this Ceremony

*Healing our bodies of past trauma, injury and unhelpful beliefs, coming to love, gratitude and appreciation. Freedom!*

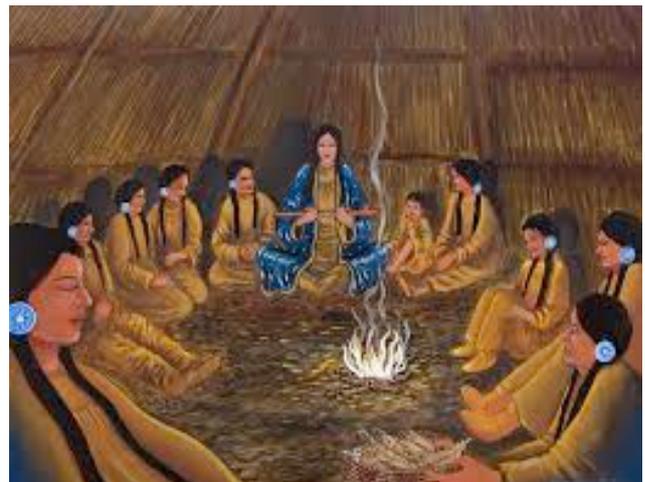
*Ancient Wisdom Academy is inviting you to join the Shaman Angel Herrera from Cusco in this sacred cacao ceremony. We will be working with delicious Peruvian ceremonial grade cacao and a specially designed energetic potion from a master healer.*

*We are using this medicines from Nature to release the unhelpful negative chatter in our mind and find our clarity so we co-create the life we wish.*

***“Remembering to approving yourself is healing of your true self”***

*Angel is coming directly from leading ceremonies in Peru and is bringing this sacred energy for the first time to Switzerland to offer an evening of heart based healing including:*

- *Organic, sustainable, delicious, ceremonial grade Peruvian Cacao*
- *Healing Potion, specially designed for this ceremony's intention*
- *Energy clearing*
- *Intention setting*
- *Guided Munay meditation*
- *Sharing circle at the end*
- *Fruit and more to break our fast*



### What is Cacao

*Cacao has been used as a food and ceremonial aid for millennia. Its earliest recordings are 2000BC around the Gulf of Mexico. Working with 100% ceremonial grade Cacao, which is imported from an ethically and environmentally sourced organic cooperative farm in Peru, has the potential for profound healing and inner work to take place.*

*Cacao is vegan, gluten and sugar free and contains a world of wonderful goodness: anandamide (the 'bliss' chemical), serotonin, dopamine, histamine, arginine (natural aphrodisiac), phenylethylamine (PEA - the 'love' chemical), theobromine, magnesium and antioxidants (15 times more than blueberries).*

*It is perfectly safe to have Cacao during pregnancy or breast-feeding. However, please let me know in advance if you are on antidepressants, strong medication including herbal or Chinese tonics, or you have any dietary allergies.*



### *Prepare yourself before*

Please arrive with an empty stomach - no food for 3-4 hours prior to the event, but drink a lot of water during the day. A light breakfast of fruit, toast, porridge, green juices, etc, is recommended. Please avoid caffeine and dairy and cow products on that day - they do not mix well with Cacao. It is highly recommended to avoid alcohol the day before, or better a few days if possible. The cleaner your diet is for a few days prior to the ceremony the more you are able to take from the experience, as your physical and energetic body is less cluttered. By a clean diet I mean whole foods (ideally vegan but not mandatory), cooked without deep frying, using little salt or sugar.

In the evening / night after the ceremony please avoid planning anything too stimulating. The medicine will still be in your system and the best way to maximize the effect is to nurture yourself and have a nutritious, healthy and filling meal.

I recommend keeping a dream journal for the next few nights as the plant can carry on working with your subconscious in your dream state. Although, if it is be Saturday evening and if you have plans you should be fine. Just try to stay away from the alcohol.

### *Inklusive*

Cacao Ceremony held by the shaman Angel Herrera, Travel & Healing, Cusco  
All ceremonial materials and ingredients needed for the Ceremony

**Duration** ca. 4 hours

**Exchange** CHF 120.- / EUR 120.-

**Extra costs** Translation English - German CHF 80.- / EUR 80.- (divided through participants)

**Booking** **Ancient Wisdom Academy, Piliaka Corina Peter**

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We are happy to celebrate with and for you the Munay Cacao Ceremony and to conduct you on your personal path for a short period of time.

Sincerely welcome

Piliaka & Angel

