

THE CACAO-POWERED FACILITATOR



Module 10: Bringing Cacao into a Modern Context of Healing and Self-Development

Conclusions and Summary

- We want to be able to talk to people “beyond the choir” about cacao
- It’s not just a superfood or a plant medicine. It’s more than the sum of its parts.
- We’re at the forefront of an evolving cultural conversation about the role that ceremonial cacao can play in the modern world and how it can help EVERYONE it touches

Cacao’s Role in Holistic Health and Wellness... Knowing What We Know Now

- Chronic illness (physical + mental) could be due to piling up of little traumas
- Cacao can help de-armor and clear out trauma, plus give the strength and stamina to find a better way to live
- Plus all the benefits to the cardiovascular and nervous system
- Heart disease kills 650k Americans per year (1 in 4 deaths). Stroke kills 140k per year (1 in 20 deaths).
- With this holistic package, maybe terminal illnesses will go down as cacao spreads

Cacao in the Context of Other Plant Medicines and Psychedelics... Knowing What We Know Now

- Insights and embodied connection with “the universe” with very gentle integration
- Other psychedelics are in some cases getting decriminalized or legalized. But the stronger the effect, the more need for a tight container.
- In heavier psychedelic experiences the layers of mental constructs can be “blasted through”
- With cacao it’s a gentler experience, creating an opportunity for a subtler re-evaluating of how we’re framing things in our minds and expressing it with our words

- Our goal is a gentle amplification of what's unconscious so that we can work with it, consciously release what doesn't help and bring in more of what does
- Plus with cacao, it's traceable back to the source and fully legal EVERYWHERE

How to Deal with Claims of Cultural Appropriation

- There's a real history of hundreds of years of oppression and harm by nations and corporations
 - But most work with cacao is not cultural appropriation or colonialist
- It's if someone steals objects or ideas without payment or credit, or uses cultural artifacts or practices in an overtly disrespectful way
 - In the case of cacao that would be if someone physically stole cacao, if they claimed to invent using cacao for spiritual purposes, or if they replicated a Mayan fire ceremony without being part of that lineage
- If someone "calls you out," consider letting them know how important it is to you to be ethical and responsible in your work
 - Don't call them small-minded or unconscious
 - Use "I statements" and T-Group languaging (observations, feelings, stories)
 - Say that you only source cacao with a clear, ethical, sustainable chain from farm to consumer
 - Explain how it's a step beyond the non-native use of other plant medicines (like ayahuasca)
 - Talking points: GMO-free farm with no chemical pesticides or fertilizers, farmers paid higher than average, ending slave labor, cacao prepared in small batches, prioritizing collectives with higher pay for workers, getting their approval and consent on packaging and labeling, usually not more than 5 contacts in the whole chain (compared to 10+ with Big Chocolate), etc.
- The indigenous cacao workers get credit for their role, and they set their own prices
- No specific cultural or religious practices are used without approval or consent

Shadow Side of Cacao: Competition, Scarcity, etc.

- There has always been a shadow side to cacao
- At one time Aztecs enslaved Mayans to grow and transport cacao to the Aztec royalty
- Cacao is an amplifier of light (what we like about ourselves) and dark (what we repress or disown)
 - If we don't do the shadow work, then we might act against our own values but point the finger at other people
- Competition is natural and can be healthy if we own it and we're careful to stay within our values
 - It can spur us to be the best that we can be
 - If we don't compete at the expense of indigenous people, as sometimes happens in the ceremonial cacao community (Ex: ecstatic dance events at Lake Atitlan where leaders are not cautious about drugs and alcohol)
- Even some of the "call out culture" seem to be feeding egos and hunger for power more than making a legitimate attempt to help the world
- How can we move forward into a better future together?

Module 10 / Resources

- Scientific research article compilation

*Download this document from the Module 10 page.

Module 10 / Exercise 1: Go back and read over your exercise responses from throughout the course. Hopefully you saved them somewhere. If not, the forms have sent you email confirmations. Reflect on how you've changed since the course began, and write some concluding thoughts in the webform.

Module 10 / Exercise 2: Film a 5-minute video presentation, where you'll "role play" opening your own cacao journey (one you want to host on your own in the future).

Introduce yourself (your bio in first-person "I statements"), go over container logistics (talk about the space like we're in it and tell us how to navigate it), agreements (whichever ones are important to you), an overview of your event outline (just the basics), and introduce one practice or exercise as if you're going to lead it (briefly describing the steps it will involve, what you want us to get out of it. And if it would help us understand, do a little demo.).

Upload this as an unlisted YouTube video and send the link to Nick at nick@soulliftcacao.com. Also share the video in the **Trainee Lounge group on Facebook** (<https://www.facebook.com/groups/SLCmemberslounge>). Then click the checkbox below to confirm that you have submitted the video.

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