



Hostíng Cacao Ceremoníes

Host a Cacao Ceremony



Organizing a cacao gathering is easier than it seems. It all starts with our individual bond with cacao. To share cacao with purpose, it's crucial that we first engage with it in the same manner. Embracing all that cacao stands for—love, unity, compassion, vulnerability, authenticity, and more—is essential. This isn't about achieving perfection; none of us are or will ever be flawless. It's about establishing a genuine connection with this powerful elixir so that we can guide others based on our direct experience.

Our ability to guide is only as profound as our personal journey. Naturally, if we aim to introduce others to the essence of heirloom drinking chocolate, we must have ventured there personally. Dedicate time to nurture and solidify your bond with cacao. Embrace its presence in your life and interact with it purposefully.

When you genuinely feel the call to introduce heirloom drinking chocolate to loved ones or the larger community, start by recounting your personal journey with cacao. Narrate how it has enriched your life, detail your rituals, and the transformative impact it has had on you. It's truly that straightforward.

Know your Community

The way you articulate your cacao gathering can significantly influence attendance. While your community might be intrigued by heirloom drinking chocolate and its potential benefits, an unsuitable presentation might discourage participation.

Consider this: the discourse around drinking chocolate might differ between Columbus, Ohio, and Los Angeles, California. Likewise, addressing young adults in their 20s and 30s might differ from engaging those in their 40s to 60s. Discussing the spiritual essence of cacao or shamanic rituals might not resonate with older generations. Context matters. Although this might seem obvious, it's a pitfall many fall into. It's crucial to understand that most people are unfamiliar with heirloom drinking chocolate. They depend on you to clarify and entice.

Thus, understanding your audience is key. Our advice is to keep it uncomplicated. Steering clear of overly intricate or heavily spiritual descriptions might be more effective.



Consider using these concise explanations when introducing heirloom drinking chocolate:

1. "Cacao encourages a more purposeful approach to life."
2. "With cacao, we transition from overthinking to heartfelt living."
3. "For most of its existence, cacao has been enjoyed as a drink."
4. "Engaging with heirloom cacao is a profound act of self-nurturing."
5. "Cacao provides a deep dive into our emotional sphere, a realm we often neglect."
6. "Cacao amplifies our capacity to genuinely connect with others."

Creating the Right Ambiance

The primary aim is to ensure that your participants feel a sense of security. When attendees are at ease, they are more likely to open up and share authentically. A crucial aspect of this comfort comes from the environment of the gathering.

Consider these guidelines when choosing your space:

1.Cleanliness:

- While it might seem obvious, it's worth emphasizing. A tidy area fosters trust, as participants feel cared for when they see a well-maintained space.

2.Ample Room:

- Space doesn't necessarily translate to vastness. It's about ensuring everyone has enough room to be comfortable. Overcrowding can inhibit relaxation.

3.Peaceful Surroundings:

- Distractions, especially noise, can be counterproductive. Moreover, heartfelt sharing tends to be subtle and quiet.

4.Comforting Environment:

- A soothing ambiance helps shift participants from a state of alertness (sympathetic nervous system) to one of relaxation (parasympathetic nervous system).

By paying attention to these details, you can create an environment that fosters genuine connection and sharing.

Getting Ready for the Gathering



Self-Care: Dedicate the day to nurturing yourself—engage in physical activity, embrace nature, and if possible, adopt a leisurely pace.

Communication: It's essential to keep your attendees informed. Dispatch emails in the run-up to the event, ensuring they know what's required of them.

Cacao Preparation: Aim to have the cacao ready *before* the event kicks off. We suggest using a 128 oz hot thermos (sufficient for approximately 18 servings).

Venue Arrangements: Arrive at the location a minimum of 30 minutes early (preferably an hour) to organize. Begin by purifying the space using sage, palo santo, or a rose/rue cleansing spray. Sound purification is also an option. Ensure cleanliness and arrange seating, whether chairs or bolsters. Initiate a warm ambiance with appropriate music—be it therapeutic tunes, meditative melodies, or spa-inspired harmonies.



Sample Pre-Event Email

Dear Participants,

We eagerly await to welcome you to our cacao circle event this coming Thursday, August 18th at 6PM.

Details:

Date & Time: Monday, August 29th, 6PM. We advise arriving by 5:30pm for parking and registration.

Location: Aguas Calientes – Camarillo, California

Note: Kindly allow enough time for potential traffic and parking challenges. We're committed to starting punctually.

What to Bring: An individual mug and a filled water bottle.

Policy Reminder: Due to logistical constraints and the advanced planning required, we cannot offer refunds for any tickets or reservations, as was highlighted during the RSVP process on our site. However, should unforeseen circumstances prevent you from attending, you're welcome to transfer your spot to someone else.

To streamline the process, please fill out this waiver in advance.

We recommend a light meal prior to the event and emphasize the importance of hydration.

For queries or assistance, feel free to email us at support@crysta-luna.com or text at [your number].

By taking care of these elements, you not only ensure smooth proceedings but also create an atmosphere that encourages openness and camaraderie.

Pre-Gathering Communication Tips

Pre-Gathering Communication Tips

- 1. Contact Details:** Always provide your phone number for immediate queries or emergencies on the day of the gathering.
- 2. Parking Details:** If the parking situation isn't straightforward, offer guidance so attendees know what to anticipate and can plan accordingly.
- 3. Timeliness:**
 - Encourage participants to arrive 30 minutes early, especially if traffic congestion is common in your vicinity.
 - Emphasize that the event will begin promptly at the stated start time, urging them to account for potential delays.
- 4. Refund Policy:** Reiterate the non-refundable nature of the tickets, ensuring clarity and minimizing misunderstandings.
- 5. Waiver Details:**
 - If you require attendees to sign a waiver, communicate this in advance.
 - While we utilize Waiver Electronic, choose a platform that aligns with your needs. Alternatively, incorporate terms & conditions at the checkout phase.
- 6. Dietary Recommendations:** Advocate for a light meal before the gathering and underscore the importance of remaining hydrated throughout.

With these pointers, your pre-gathering communication will be clear, comprehensive, and designed to facilitate a seamless experience for your attendees.

Guide to Preparing Cacao for a Group Gathering



Step 1: Quantifying Ingredients

- Weighing:** Use a kitchen scale to determine 40 grams of Cacao Signature Blend for each attendee. As an illustration, for a group of 20, you'd require 20×40 or 800 grams in total.
- Alternate Measure:** If a scale isn't handy, use a tablespoon. Each tablespoon holds about 10 grams of Cacao.
- Water:** Arrange for 8 oz of hot water per participant. This water can be heated using an electric kettle or a conventional stovetop pot. If you're working with PURE Cacao, plan for 25-30 grams per individual.



Step 2: Mixing It Up

- Blending:** Pour both Cacao and hot water into a blender that can handle hot liquids. Depending on the blender's capacity, you might need to blend in batches, perhaps 5-8 servings simultaneously. Ensure the lid is secured during this process to prevent splatters.
- Manual Methods:** If a blender isn't available, combine the Cacao and water in a stovetop pot and whisk them together. Alternatively, an immersion blender paired with a pot works well too.



Step 3: Serving and Retaining Heat

- Thermal Retention:** After blending, it's a good practice to transfer the hot Cacao into a thermos. Not only does this retain the beverage's warmth, but it also facilitates pre-event preparation. Plus, the thermos allows for a more straightforward serving method. **Direct Serving:** In the absence of a thermos, use a ladle to serve directly from the pot. By following this guide, you ensure a warm and delectable Cacao experience for your group.

A Guide to hosting Cacao Gathering

Hosting a cacao gathering is an art more than a science, and while there isn't a singular "correct" approach, we've found some components that aid in its success. Below is a suggested format for a rewarding gathering:

Welcome & Introduction:

Begin by greeting your attendees. Share a bit about yourself, remind them of the gathering's purpose, and set their expectations for the event.

Introduce Cacao:

Enlighten your guests about cacao's essence and what sets Cacao apart. Highlight aspects like the use of heirloom strains, preservation of the whole bean, minimal processing, ethical sourcing, and the nonprofit objectives. Personalize the experience by sharing your own Cacao journey and its impact on your life. (look up the history of the cacao you are using)

Initiation with a Blessing:

Transition into a more contemplative space with a brief meditation or prayer. Extend gratitude towards the cacao spirit and guide your attendees in welcoming cacao's energy into their hearts. Encourage them to reflect upon their intentions.

Sharing Intentions:

Facilitate a session where participants voice their motivations for attending. Explore their expectations, desires, and the driving force behind their presence.

Deep-Dive Based on Sharing:

Amplify the sense of connection. If a guest expresses a desire to, for instance, truly experience their emotions, delve deeper. Encourage them to elaborate, providing them an opportunity to confront and process their feelings.

Concluding with Appreciation:

As the gathering reaches its close, the atmosphere should ideally be imbued with authenticity and shared vulnerability. Recognize the value of the experience, and express gratitude for the collective journey.

Employing this structure, you'll foster an environment that nurtures introspection, connectivity, and an enriched understanding of both cacao and personal intentions.

Creating Sacred Space

Harmony & Elegance

1.Establish Ground Rules: Prior to commencing the gathering, communicate some fundamental guidelines:

1. Highlight the significance of this being a sacred, non-judgmental space. Emphasize that participants are present to empathetically listen and connect with one another's stories, rather than offering unsolicited advice or trying to "fix" problems.
2. Reinforce that emotional expression, whether it's joy, sorrow, anger, or elation, is natural and encouraged. Assure attendees that they're in a safe environment where full emotional transparency is respected and embraced.

2.Respectful Interaction:

1. Remind participants about the importance of not interrupting and listening attentively. Introduce tools, like the "talking stick" method, to ensure only one person speaks at a time.
2. Determine and convey the sharing duration beforehand. For instance, let attendees know that each will have approximately 5 minutes for heartfelt sharing.

3.Heartfelt Sharing:

1. The essence of the gathering is to encourage sincere, heart-centered expression, where everyone feels seen, heard, and valued.

4.Centerpiece & Alter:

1. Designate a centerpiece or altar to serve as the focal point of your gathering circle. Crafting flower mandalas using fresh blooms can be particularly enchanting. Integrating elements of beauty not only amplifies the ambiance but also heightens participants' sensory experiences, further emphasizing the gathering's uniqueness.

Remember, your main goal is to create an environment that resonates with authenticity, connection, and reverence, allowing everyone to feel alive and present.



Surrender

At its core, facilitating a cacao gathering is about stepping back and enabling a higher energy to flow through. Once foundational elements are set, it's vital to relinquish control and allow the experience to organically unfold. Everyone present will have their own



individual connection with cacao. Embracing surrender means understanding that cacao is the true orchestrator, guiding the entire process, rather than us. This calls for humility and deep respect. We aren't there to perform or showcase our abilities; our role is to craft a nurturing and hallowed environment where cacao can manifest her transformative powers.

True surrender isn't about being inactive. It demands full immersion in the moment, being acutely attuned to the prevailing energies and the gathering's natural trajectory. Being mentally preoccupied, planning the next step, or rehearsing your words detracts from the essence of the gathering. So, when the moment arrives, let go, and devote your entire presence to the souls who've come together in your circle.

Closing the Gathering

- **Post-Gathering Care:**
 - Advise attendees to take it slow for the rest of the day or evening.
 - Propose grounding exercises, such as direct contact with the earth by walking barefoot.
 - Stress the importance of hydration. Since the effects of cacao can linger for 4-6 hours, they'll still be communing with the medicine well after the gathering concludes. Encourage them to stay mindful of this continued interaction with cacao.
- **Staying Connected with Cacao:**
 - If you have an affiliate link or code, now's a good time to introduce it. Guide participants on nurturing their bond with cacao independently and integrating it into their regular routines.
- **Building Community:**
 - With the power of collective energy evident, inspire attendees to forge deeper connections. Whether it's exchanging phone numbers, social media handles, or joining dedicated chat groups on platforms like WhatsApp or Telegram, emphasize the value of staying in touch.
- **Your Upcoming Initiatives:**
 - Inform participants about your future events or gatherings. If you manage a newsletter, extend an invitation to subscribe. Address any queries they might have, offering insights and clarifications.
- **Self-care:**
 - Hosting such events can be energetically consuming. Ensure you decompress and rejuvenate post-event. Indulge in self-care practices that resonate with you, allowing for a gentle reintegration into your daily rhythm.

Remember, the conclusion of the gathering isn't the end but a continuation of the journey with cacao and the community you've fostered.



“The key to manifesting what we want is in our frequency and how we engage with the energy around us” –Jassy Jackson

Are you ready to develop & hone your Gifts?

Developing your gifts and mediumistic abilities is possible for everyone through practice, training, and meditation. However, it requires consistent effort, just like building muscle. We believe in training and certifying healers to uplift and elevate their lives while using their Gifts to help others.

Come and activate your gifts with Jassy!



Sign up for an Activation Session

www.crysta-luna.com

ABOUT *Jassy Jackson*

Using her Masters in Organizational Psychology, executive leadership experience, and years as a reiki practitioner, Jassy Jackson guides individuals in rediscovering their true selves. Her holistic approach blends shamanic ceremonies with traditional psychology to provide personalized support for transformation, healing, and growth. As a modern-day medicine woman, Jassy has been recognized in Spirituality and Health Magazine, CBS, and hosts the Beyond Meditation Podcast. With Jassy's guidance, individuals can create new pathways in their human experience within a safe and nurturing environment.



"It definitely wasn't easy, but it certainly was the greatest thing to happen to me."

– DREA SARAGOZA
Artist, Businesswoman

Jassy is magic! Her energy is pure and in light. She is a loving soul who love what she does and that is reflected on her work. I have done many workshop with her and trust me when I say that it works. Again, she is magic!

– LIBERTAD
Founder, Reiki SP

I highly recommend her. Love her so!



Jessika Morris
1 review

★★★★★ 11 months ago

Highly Recommended! Jassy is a beautiful soul who is dedicated to helping others. Her Reiki Sessions, both in person and via Zoom, have left me refreshed and zoned-in to the intention set for each session. I received a Human Design reading, which continues to teach me about myself, as I have revisited it. Her Breathwork Sessions have allowed me to release unexpected emotions. Jassy uses all of her experience and various techniques; and truly tailors each one-on-one session to the individual.



Sign up for a Activation Session Today!

www.crysta-luna.com