



SACRED COUNSEL

USAGE GUIDE

CEREMONIAL MUSHROOM & CACAO MIX

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Per packet: 5g dried mushroom fruiting body, 25g ceremonial cacao, cinnamon, cardamom.

ABOUT

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Single source, ceremonial grade cacao with high theobromine and natural MAOIs, finished with cinnamon and cardamom. A bold journey for one, a grounded meditation for two.

HOW TO PREPARE

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Mix in 6–8 ounces water (or to desired thickness) in a saucepan and stir slowly until the mixture is fully dissolved. Do not boil! Keep the mixture on the heat for at least five minutes to release some of the natural oils in the cacao. Cacao is naturally bitter — sweeten to taste. Eat light on the day of ceremony (if at all) and avoid food for at least 4 hours before consumption.

SET & SETTING

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A quiet, unhurried space with a trusted companion or in solo reflection. Create your sacred space with intention, and allow at least 5 hours free of obligation to journey and integrate.

This is a companion to the steady work of integration.

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