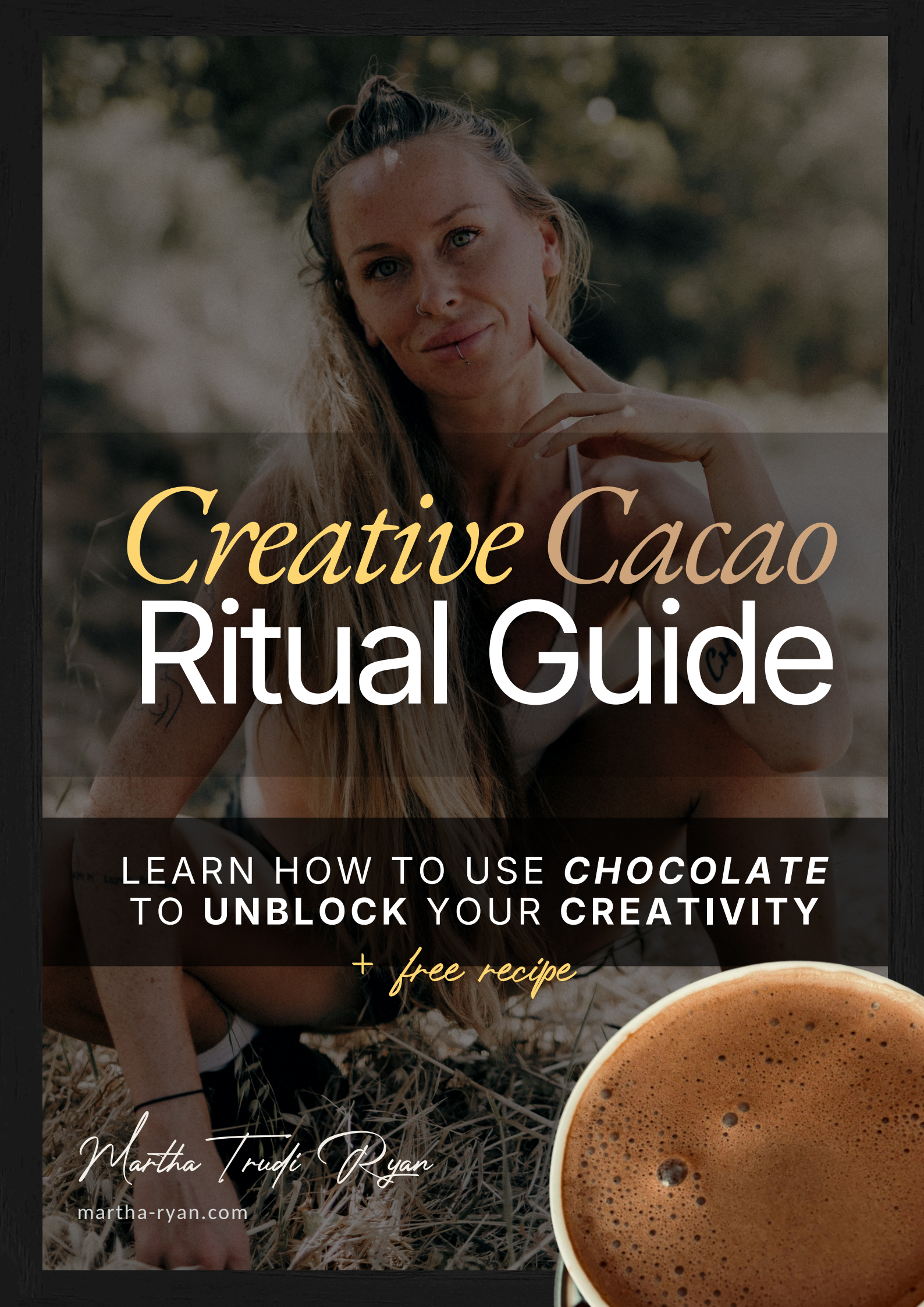




Creative Cacao Ritual Guide

LEARN HOW TO USE **CHOCOLATE**
TO **UNBLOCK** YOUR **CREATIVITY**

+ *free recipe*

Martha Trudi Ryan

martha-ryan.com



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Creative Cacao Ritual Introduction

My name is Martha Trudi Ryan. I'm a Creative in many forms; Artist, Photographer, Creativity Coach, Writer, DJ, the list goes on.

I've learned that creativity can't fit a title you wear, or a box you fit into. Likewise, creativity isn't something you force. It's not about a product; but something you become a *conduit* in relationship to.

Every photo in this guide has been taken by me, with a cup of cacao in hand. Every word has been written from the heart.

This guide will walk you through setting up your space, creating your intention, and drinking your first cup of cacao with presence; not pressure or perfection.

Always remember; you are your own **Guru**. This is simply some company on your way home to yourself.

With love,

Martha Trudi Ryan

Thank you for answering the call to work with cacao and your creativity.

This beautiful heart medicine has supported me for years; through many creative blocks, challenging times, burnout, big life events that stopped me in my tracks, and every ordinary Tuesday morning in between it all; made better by this magical cup of chocolate.

It is my utmost privilege to share her magic with you. I hope you can feel the essence, intention and energy behind every sentence in this guide.

The Sacred Synergy

WHERE THE MAGIC HAPPENS

When you start drinking cacao while exploring your creativity, you'll learn that **you're not as separate from The Universe, Creation, or whatever you want to call it, as you once believed you were.**

The magic happens in the overlap; where *your* natural creativity meets cacao's *grounding*, heart-opening presence – so that you show up as you *actually are*, not as you *perform*.

That overlap is the whole practice. Everything else in this guide teaches you how to get there.



02 Why Cacao *for creativity?*

Cacao is a **plant medicine**; yes, like the others, but cacao isn't psychedelic. You don't *'trip'* so it's perfectly safe to drink daily. Instead, **cacao connects you to a higher consciousness by opening your heart-centre**, in a grounded way, and infusing you with happy hormones, positive feelings and an enhanced soulful connection.

Ceremonial cacao has benefits on a physical, mental, spiritual, menstrual and emotional level. It is the perfect ally for creativity.

However, **not all cacao is made equally** and to experience these therapeutic properties, I recommend Keith's Cacao: [here's a discount so you can buy your own!](#)

Ceremonial cacao's magic is backed by heaps of science and thanks to its organic chemical compounds of theobromine (the expander), magnesium (the relaxant), phenylethylamine (the body's natural ecstasy) and anandamide (the bliss chemical), it has amazing benefits for our creativity. Oh, and it's **CHOCOLATE!**

When we drink it during artistic practices, these incredible compounds awaken us to increased feelings of inspiration, enhanced focus and welcome us to *'the flow'*. Cacao and creativity are the ultimate companions, no matter the exploration or curiosity that unfolds.

Recipe

INSTRUCTIONS

1. **Measure** out your desired amount of cacao:
 - Ceremonial dose: 42.5g
 - Movement/creative dose: 28g
 - Daily dose: 20g
 - Dream dose: 8–10g
2. **Chop cacao into tiny pieces** to minimize lumps.
3. **Melt the cacao** - with a tiny bit of hot water (*JUST enough to cover the cacao*) in a small saucepan over low heat. Alternatively, add hot water directly to the mug you'll be drinking from.
Tip: Stove is better for a smooth, creamy paste. Mug is handy, but requires more whisking!
4. **Blend into a smooth paste:** Whisk with a fork and keep blending until the texture becomes thick, creamy and lump-free.
5. **Add water or plant-based milk** gradually until you reach your desired consistency. (*Dairy interacts with cacao, so stick to dairy-free options.*)
6. **Enhance your cacao:** Add what tastes YUMMY!
 - **Spices:** Cinnamon, turmeric, ginger, cardamom, cayenne pepper.
 - **Sweeteners:** Honey, agave syrup, whatever you love.
7. **Serve in a mug** or flask, set your intention and enjoy the magic!



***RE-VISIT THIS
PAGE AFTER
READING THE
GUIDE***

Don't forget: Enjoy a discounted ceremonial cacao block by [using this link to checkout.](#)

PS: This discount link has unlimited use, so save it and enjoy!

**YUMMY
CEREMONIAL
CACAO**



04 Connecting to a *higher power*

WITHOUT BIAS OR RELIGION

Whether you consider yourself spiritual or not, having a faith in a 'higher power' releases the burden we carry in our everyday lives. **A part of opening to creativity is opening to 'The Creative Force'**; this unknown cyclical essence that mysteriously inspires, guides and seemingly orchestrates our miraculous - *and even mundane* - encounters through life. For a few moments during your creative ritual, forget about any dogma you associate with a higher power and simply allow the mysterious force of creativity, nature and *Life* to find you and support you.

On the next page, you'll learn a little more about my connection to a higher power; as I refer to Creative Intelligence.

A CYCLICAL WHISPER FROM WITHIN

When we think about a 'higher power', we often think of an almighty 'God' (whatever that means to you) that strikes us down with epiphanies or sudden '*aha moments*'. I promise, however, that the true magic of this 'power' is found in its subtle, everyday, *seemingly simple* whispers.

It's a conversation with your intuition, your heart, *your* creative intelligence.

Sometimes we want this "force" to speak only positive affirmations, but it can speak through pain, aches and blockages too. Once, during a difficult season, an acupuncturist told me my *qi* was both blocked and deficient. She was entirely correct. I didn't need a diagnosis to know I was exhausted; but I leaned into her words with an acceptance that I wasn't willing to admit prior. My body was keeping score, and I realized that *my* intelligence - *albeit inconvenient* - was speaking to me - showing up through difficulty, so that I would actually listen.

I've learned this force often speaks through nature's timing, too.

Life doesn't happen in a '*start, finish and end*' as the movies show. There's a continuity that lives among, between and through us; like threads of a patchwork quilt; patient, enduring, hopeful - but never quite finished. We have personal cycles (unique to us) but we also have planetary cycles, seasonal cycles and even Life cycles that bind us together as human beings.

Connecting to these cycles has profoundly changed - *if not saved* - my life.

Here's why this matters for you, holding your cup: your own life is speaking to you in exactly this way, all the time: **through timing, through your body, through the cycles you're already living inside of**, whether you've named them or not.

Cacao doesn't create this force. It just quiets you enough to hear it for *yourself*.



05 Setting Boundaries

YOUR TIME IS PRECIOUS

Not everything has to be planned *perfectly*, but creativity loves to be **prioritized in micro-moments** of each day. Likewise, cacao loves to be enjoyed during **intentional ritual**. As a plant medicine, cacao *listens* to your energy and *amplifies* whatever is going on for you at that particular time. Boundaried time = a more powerful experience.

Here are some ideas to help you create a boundary around this special time...

- **Plan your time in advance**, like you would a meeting with a friend or a priority in your business. Bookmark it, add it to your calendar and make yourself unavailable for anything else.
- **Turn your phone off** or placing it in aeroplane mode (in another room)
- **Tell your people you're unavailable** during this time by placing a sign on the door or warning them in advance if necessary.



Environment

SETTING UP YOUR CREATIVE CORNER

Your *creative corner* is where you can nurture your creative flow in an environment that feels sacred and supportive. Often, the reason we struggle to create is because our surroundings aren't conducive to inspiration. This is *your* space for freedom, expression, and self-connection. How do *you* want it to look and feel?

If your usual space feels uninspiring, experiment with setting the floor with cushions or by a window with natural light. For ultimate comfort, wear your softest clothing, adorn yourself in warm, fluffy socks and enjoy a hot water bottle.

WHAT YOU'LL NEED:

- Journal + Pen:
- Drawing Pad + Pencil
- Your hot cup of Cacao
- A bottle of water or herbal tea.
- Light Snacks: Nuts, fruit, or a small treat to sustain your energy (avoid eating right after drinking cacao).

CREATING THE VIBE:

- Dim the lights or use warm, ambient lighting.
- Light a candle, incense, or palo santo to infuse the space with a grounding scent.
- Add cushions, a blanket, or a cozy chair to create a relaxing nook.
- Use soft fabrics, like shawls or throws, to add warmth and texture.
- Prepare an eye mask or noise-canceling headphones for deeper relaxation.

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Decluttering

CLEAR SPACE | CLEAR MIND

A cluttered space can make it hard to create or express deep emotions, due to being distracted. A tidy environment *nurtures* clarity and inspiration.

Take a few minutes - *before you begin to drink cacao* - to set the tone by sprucing up your space; but remember; you don't need a *perfect* space to create, just a supportive one. **Beauty attracts beauty**, so it can position us better to create inspiring art.

You might:

- Clear away any unnecessary clutter or distractions on surfaces.
- Make your bed nicely.
- Clean up any dirty dishes lying around.
- Tidy up unfinished projects until later.

By intentionally clearing up the space around you, you show yourself *respect and care*, prioritize your pleasure, set the stage for cacao to work it's magic and create space for inspiration to flow.

Steal my playlists

FINDING THE RIGHT MUSIC

Music allows us to access the creative, right-brained parts of ourselves. It really helps to facilitate your artistic and soulful journey, so please enjoy the following playlists that can support your journey with cacao and connection:

To fully melt into relaxation, headphones are encouraged to ensure you can truly withdraw into your own inner world.

Atmosphere

AS A DJ,
MUSIC
MATTERS.

MEDITATIVE MIX

JOURNALING MIX

MOONTIME MIX

ETHNIC MIX

SENSUAL MIX

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Getting into the *body*

AND OUT OF THE MIND

You cleared your schedule. You tidied your space. You've set up your creative corner. Now it's time to get *out* of the busy mind and into a relaxed body so that you can **become *present* and *absorbed*** in your creative cacao practice, *without* to-do lists or shoulds.

Before (*or after*) making your cacao, **you can:**

- **Do some gentle yoga**, breathing or light stretching
- **Go for a short walk** to help clear your mind
- **Take a warm bath** or long shower
- **Do some shaking** or dancing
- If there's another way you '*arrive*' into your body, please do so

Before You Continue...
Stop What You're Doing!

GO AND MAKE YOUR CACAO!



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all about *intentions*

TO CONNECT WITH CACAO

As Cacao is a plant medicine, '*She*' carries an intelligence that can guide, direct, and reveal wisdom within you and your heart when worked with intentionally. We don't have to *understand* 'how' plant medicines assist us; some things in life are better left mysterious.

When present with your body and breath, I invite you to bring your warm cup of cacao to your nose, breathing in it's beautiful aroma. Begin to consciously connect with the '*spirit of cacao*' by inviting her presence. You might say, "I now openly invite the spirit of cacao to join me in finding new creativity" or what feels most aligned to you. Intention setting tips are on the next page.

11

Finding Your Intention

To uncover your intention, ask yourself:

“What do I need more of?” or “What am I ready to let go of?”

Trust the very first answer that arises; it’s often your intuition guiding you.

Here are a few creative intentions to consider:

- I’m ready to release blocks around my creativity.
- I’m ready to express myself in a more heart-centered way.
- I’m ready to connect with my body’s natural instincts and talents.
- I’m ready to open myself to new insights, ideas, and inspiration.
- I’m ready to become gentler and more compassionate with myself.

Once your intention feels clear, speak it aloud or silently to the spirit of cacao.

Then, begin drinking your cacao slowly, in stillness or music. It’s best to remain seated and mindful, allowing her to travel through you gently.

Cacao has a way of teaching us *exactly* what we need to learn. If your intention is “to become gentler with myself,” she might bring up a challenging thought or frustration - *as an invitation for kindness and softness*. If it is “to express myself in with my heart,” she might reveal a hidden pain in your heart that longs for healing. **Trust the medicine and trust yourself throughout this process.**

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Meditation Practice

In your cozy corner, cacao in hand, intention held and music playing, I invite you to close your eyes (*after reading these instructions*) and feel the warmth of the cup in your hands.

Otherwise, [click here](#) to listen to a free, supportive audio meditation.

Take a moment to check in with your body. How does it feel? Without judgment, notice the sensations throughout. How subtle are they? Are you tired or energized? Gently invite your breath to any areas of tension, encouraging them to soften. Relax your shoulder blades down your back, release your jaw, and see if you can let go even a little more. Give yourself plenty of time here; there's no rush!

When you start feeling relaxed, turn your attention to your breath; slowly and mindfully. Notice the inhale traveling, *all the way*, through your nose and the soft exhale following. If you feel the need, take a deep *SIGH* out through your mouth to fully release.

Can you sense a slowness between your thoughts? An awareness of the present moment? Don't worry, this takes time and practice, there's no need for perfection. As you notice your breath, your nervous system relaxes a little more. Breathing in, breathing out...

Bring your awareness to the still point between your eyebrows. Gradually, let your attention flow through each part of your body as you breathe softly... relaxing deeper... and deeper...

Whenever you feel more centered and calm, open your eyes.

Journaling Practice

Finally, time to journal. Journaling is a gateway to new ideas, inspiration, and a way to clear the mental clutter that holds us back. Be kind to yourself during this process; journaling is a (*zero pressure*) creative act in its own right and the first step toward any meaningful practice. **When you write *authentically*, non-edited, you connect to the truth and callings of your soul; gaining clarity and peace.**

Journaling Guidelines

- **Let yourself free-write;** don't let the pen stop! Be messy, like an Artist!
- **F*ck perfectionism.** Don't edit, re-read, or judge what you write in the moment.
- **Write a few pages of free-hand journaling** without structure, letting your thoughts flow; even if it starts with "*I don't know why I'm journaling...*" Or, if you prefer, explore the following prompts for inspiration:

PROMPTS:

- I'm sitting down with myself today because...
- The last time I felt creative was....
- I hold back from creating because...
- My inner child would love if I...
- If I trusted my creativity **fully**, I would definitely...
- The last time I felt proud of something I created was...
- I feel alive when I...
- Creativity feels scary to me because...
- If I could express myself without judgment or failure, I would...
- My soul is asking me to explore...

As your pen begins to write, let each word flow with self compassion. I encourage you to keep writing, be messy and honest until your words come to a natural end.

//FORWARD
MOTION

How To Grow INTO YOUR CREATIVE POTENTIAL

Creativity is a practice of presence, *not* perfection.

I work with people ready to **reclaim their creativity as a living, cyclical, sustainable force**; not something to *hustle* into existence.

GO DEEPER:

The Artist's Way with Cacao; is a 13-week creative recovery journey, built on Julia Cameron's framework and everything I've learned facilitating it since. It includes a block of ceremonial cacao, tailored guidance, meditation and the power of a group energy.

"Anyone who is looking to get beyond their creative blocks, become comfortable with their own creativity, or take their creative expression to the next level should take The Artist's Way with Cacao. You will be challenged, you will be held, you will be transformed." — Robert, New York

Remember, creativity is a muscle; something you learn to *trust*.

It is still alive - within you,
waiting for you to come home.

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Workbook Space for Journaling

Find the below prompts and some short space for writing, if you'd prefer to use these worksheets than your journal. I invite you to then expand on your answers with more detail and flow in your own notebook.

“I’M SITTING DOWN WITH MYSELF BECAUSE...”

“THE LAST TIME I FELT CREATIVE WAS...”

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Workbook Space for Journaling

Find the below prompts and some short space for writing, if you'd prefer to use these worksheets than your journal. I invite you to then expand on your answers with more detail and flow in your own notebook.

"I HOLD MYSELF BACK FROM CREATING
BECAUSE..."

"MY INNER CHILD WOULD LOVE IF I..."

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Workbook Space for Journaling

Find the below prompts and some short space for writing, if you'd prefer to use these worksheets than your journal. I invite you to then expand on your answers with more detail and flow in your own notebook.

“IF I TRULY EXPRESS MYSELF, I’M AFRAID THAT....”

“IF THE SKY WAS THE LIMIT, I WOULD CREATE....”

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Workbook Space for Journaling

Find the below prompts and some short space for writing, if you'd prefer to use these worksheets than your journal. I invite you to then expand on your answers with more detail and flow in your own notebook.

“IF I TRUSTED MY CREATIVITY FULLY, I WOULD...”

“THE LAST TIME I FELT PROUD OF CREATIVITY WAS...”

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Workbook Space for Journaling

Find the below prompts and some short space for writing, if you'd prefer to use these worksheets than your journal. I invite you to then expand on your answers with more detail and flow in your own notebook.

“I FEEL ALIVE WHEN I...”

“CREATIVITY FEELS SCARY TO ME BECAUSE...”

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Workbook Space for Journaling

Find the below prompts and some short space for writing, if you'd prefer to use these worksheets than your journal. I invite you to then expand on your answers with more detail and flow in your own notebook.

“IF I COULD EXPRESS MYSELF WITHOUT JUDGEMENT OR FAILURE, I WOULD...”

“MY SOUL IS ASKING ME TO EXPLORE...”

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