



one night, the goddess of cocoa whispered me, “munay sonqo!”

i knew from the qero priests, that munay in quetshua means to love and the lexical unit sonqo, heart

most of us, when we listen the word heart, we imagine a physical heart, but there is also an energetic etheric heart - a heart center. this center is the source of light, known as the light of the inner sun, responsible for our wellbeing, life and physical function

let us imagine for one moment, that all emotions that we experience daily, are saved in our light bodies, especially in the emotional and mental ones. when we experience unpleasant events and deep pain, these subtle bodies and our energy center fill with density

the muscles of the physical heart harden from sadness or anxiety, and we start to have breathing problems and high blood pressure that lead to a number of chronic diseases and of course to depression -, a disorder which is the leading cause of disability worldwide!

the tryptophan amino acid and the serotonin that contain the raw cacao beans, not only stimulate the neurons of the physical heart, they also assist to the right tuning of the cosmic energy to the etheric heart, which transfers light codes of information and save it to the brain, as databases of memory

being rich in nutrients and protein necessary for the elasticity of any muscle of the body, the cacao beans with their flavonoids are an elixir of life. in one hand they help the cardiovascular health by reducing cholesterol levels, insulin resistance and blood pressure; and in the other, they affect the diffuse network of the serotonergic system within the central nervous system, that plays a significant role in the regulation of mood and cognition

i was sure, the cocoa goddess was right!

there is no better plant and no better medicine, directly from the heart of the rain forest and the peruvian andes, that is not hallucinogenic and even though nurtures the human heart in all its being. it nourishes completely with the unconditional love of nature, because if you open yourself to nature, nature will open your sacred space to you

there is nothing that cannot be healed or nourished by the mother, as all derives from her!

so, if you are willing to go for self-love and live life to the fullness, then open your hEART to listen within. i will be very glad to guide you to re-connect with your munay sonqo=loving heart in a unique journey with cocoa in ceremony_