

MAGIC *Caroline de Sugama* CACAO

BENEFITS - RITUALS -
LEGENDS - RECIPES

INTRODUCTION

If I wrote this book and if I communicate so much around cacao it is because it was a “game changer” for me.

I am Caroline de Surany, life coach, olfactotherapist and author. After a career as a journalist, influencer and fashion photographer, I burned out and took care of myself thanks to hypnosis, watsu, reiki, aromatherapy and coaching. I learned all those techniques to help sensitive people like me.

When I discovered cacao in Vietnam in 2019, I was already doing much better but I lacked the energy, the enthusiasm, after my burnout, my two miscarriages and with my two young children, I was exhausted. Cacao gave me back not only physical energy, but also enthusiasm, and joy of living. I was finally able to understand the concept of self-love, acceptance, everything that seemed very abstract to me took shape.

I hope this book will allow you to discover the benefits of this magical plant and give you energy to follow your dreams.

MAGIC CACAO

01

BENEFITS

How excellent quality pure cacao can transform your body, increase your motivation and develop your intuition.

02

RITUALS

From Mesoamerican cosmology to today's cacao ceremonies.

03

RECIPES

How to prepare your cacao ?
What to mix it with?
How to preserve its qualities?

01

BENEFITS



LA MAGIE DU CACAO - CAROLINE DE SURANY

The incredible benefits of cacao, a medicinal plant considered the drink of the gods by the Mayans, are physical, emotional, energetic and spiritual.

WHAT ARE THE CACAO BENEFITS

REJUVENATING

Pure cacao contains a very large quantity of antioxidants including many flavonoids, it has an anti-aging action, it improves brain circulation, facilitates learning and improves memory.

JOYFUL

Full of norepinephrine, the molecule of joy, serotonin for greater resistance to stress, dopamine which provides a feeling of motivation, anandamine, the molecule of happiness which reduces pain and has a euphoric effect.

STIMULATING

Theobromine increases blood flow for excellent oxygenation of the body. It allows better absorption of the many minerals such as zinc and magnesium contained in cacao.

WHAT'S THE DIFFERENCE WITH CHOCOLATE ?



For cacao ceremonies, why not use simple chocolate? For more direct access to the mind and benefits of the plant.

The less the cacao is processed, the simpler it is and therefore accessible to everyone to feel its effect.

Ceremonial cacao paste is made by fermenting and then roasting the beans at low temperatures. The husks are then peeled manually and then the beans are ground to create the paste, nothing is added, nothing is removed.

WHAT ABOUT POWDER ?

Cacao powder is extensively processed: the cacao mass, obtained after grinding the beans, is pressed by machine to separate the fat, cacao butter, from the solid part. The solid part is then pulverized, which constitutes the powder.

Since fat allows optimal absorption of nutrients, we lose a large part of the benefits by only consuming the powder.

Cacao powder can be prepared with quality beans and taste very good, but it will not provide all the benefits of ceremonial cacao paste.

HOW CACAO CAN HELP YOU



ANXIETY, STRESS

Cacao helps release blocking emotions such as anger, fear or sadness which are at the origin of anxiety and stress.

FATIGUE

Cacao thanks to dopamine and other neurotransmitters gives a lot of energy. It's a real resource and not a boost like caffeine or tea. In addition, cacao will restore your enthusiasm which will allow you to develop great energy without any effort.

IMPOSTOR SYNDROME

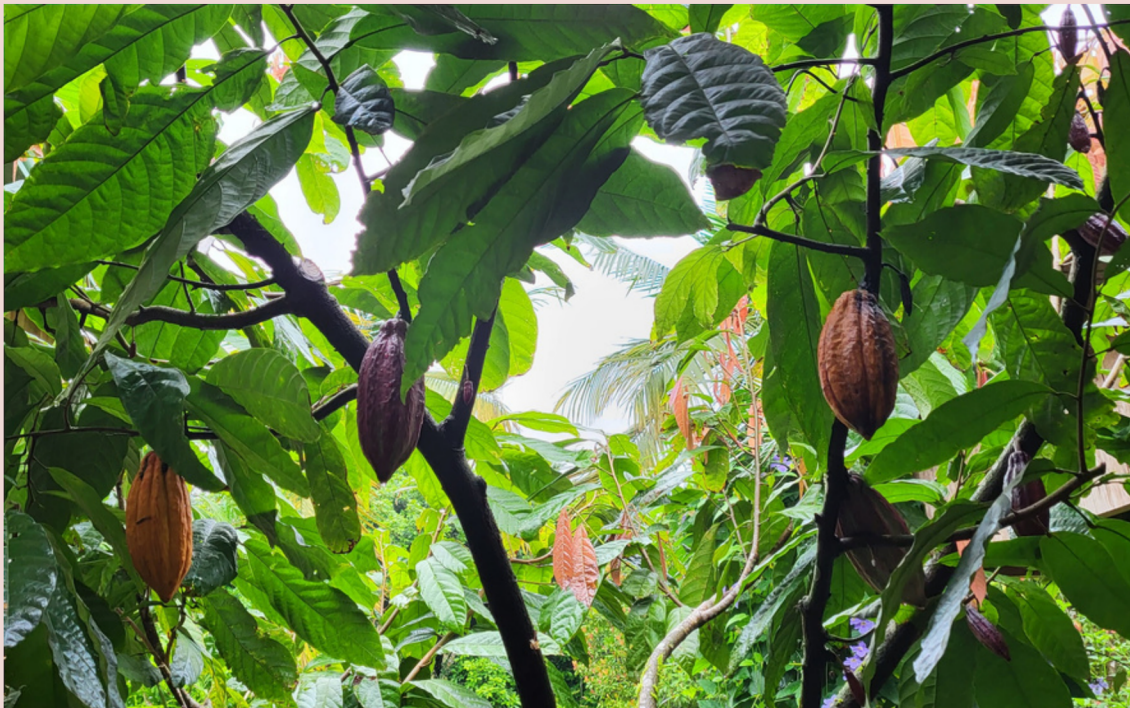
We gain self-confidence thanks to the theobromine and anadamine present in cacao. We can finally feel legitimate, it is not an impression or a crutch, we definitively lift the veil which prevents us from seeing our qualities and our talents.

BLANK PAGE, LACK OF INSPIRATION

Cacao is an excellent creativity booster, it allows great concentration and an openness that forces our inner censor to leave us alone.



RITUALS



The different ways to
connect with the one the
Mayans called “Mama
Cacao”.

WHAT IS A CACAO CEREMONY ?



A cacao ceremony is a time of sharing, meditation and liberation, in a circle around the spirit of cacao which the Mayans considered “medicine of the heart”.

Cacao allows a better understanding of yourself, helps to extract yourself from old patterns, traumas, to free yourself to find your true nature, authenticity.

We come together, we set an intention, we enjoy a delicious cacao then we practice a form of inner journey: guided meditation, sound bath, ecstatic dance, painting or intuitive writing depending on the choices of the person guiding the ceremony.

We conclude with a time of discussion where everyone shares what they want about the moment they have just experienced.

WHEN SHOULD I DO A CACAO CEREMONY ?



To celebrate

A union, a birth, a success, a stage of life, a birthday, a bachelorette party.

To feel accompanied

During bereavement, after an accident, a shock, a move, a reconversion, a separation.

To regain strength

After childbirth, illness, burnout.

WHAT IS A CACAO CEREMONY FOR ?



Connecting to cacao through ceremony is a great way to find a deep connection with yourself, others and the universe and it often results in feelings of joy, liberation, openness and freedom,

Many inner blockages can be dissolved. Cacao speaks to the emotional body but also to the inner child, its energy is often very soft and tender.

Cacao helps you to resolve creative blockages, ideal for daring to get started, with high quality raw cacao, ideas flow, barriers fall.

03

RECIPES

How to prepare an
excellent cacao



QUEL DOSAGE POUR QUEL USAGE ?

DAILY DOSE

15 gr.

Ideal for connecting daily to the plant, it is a light dosage but enough to reap its benefits.

RITUAL DOSE

25 gr.

Perfect for a daily ritual during a cacao diet. It is an intense dose that allows you to receive the benefits and messages of the plant.

CEREMONIAL DOSE

45 gr.

This is the dose traditionally used for ceremonies. This is a very significant quantity which will allow a direct and powerful connection to Mama Cacao.

CACAO RECIPES

01

PURE CACAO

It's about enjoying the purest cacao possible.

15/25/45g of cacao paste depending on use.

02 As much hot water as cacao.

Mix it until you obtain a homogeneous and airy drink.

Add water if you find it too thick.

Mix again.

Enjoy!

CACAO RECIPES

02

SOFT CACAO

It's about enjoying a very soft version of cacao.

15/25/45g of cacao paste depending on use.

As much hot or cold almond milk as cacao.

Mix it until you obtain a homogeneous drink with small bubbles.

04

Add almond milk if you find it too thick.

Add a spoonful of maple syrup to sweeten.

Mix again.

Enjoy!

CACAO RECIPES

03

SPICY CACAO

It's about enjoying energizing cacao.

15/3025/45g of raw cacao paste depending on use.

As much hot or cold water as cacao.

Mix it until you obtain a homogeneous drink and small bubbles on the surface.

Add water if you find it too thick.

Add a pinch of ginger or a small chili pepper.

Mix again.

Enjoy!

WANT TO GO FURTHER WITH CACAO ?



LA MAGIE DU CACAO- CAROLINE DE
SURANY

Receive a cacao treatment or a cure

Contact : WhatsApp +33661508384

Follow the Magic of Cacao transmission

Fill out the application form