



CACAO SCHOOL

**CACAO**  
**CEREMONY**  
FACILITATOR TRAINING  
ONLINE  
PROGRAMME



[www.cacaoschool.com](http://www.cacaoschool.com)



CACAO SCHOOL

# WELCOME TO THE CACAO CEREMONY FACILITATOR TRAINING

We are so happy to have you here! You're about to embark on a journey into one of the most profound and enriching practices for the heart and soul. This training is designed to guide you through the world of cacao ceremonies, a sacred tradition that fosters connection, healing, and self-discovery.

Throughout this program, you'll not only learn about the history and benefits of cacao but also how to facilitate deeply meaningful ceremonies. You'll explore its cultural and spiritual roots, understanding how different civilizations have used cacao for healing, connection, and celebration. Together, we'll dive into ancestral practices and rituals, adapting them to today's world to create transformative experiences.

We will teach you how to prepare ceremonial cacao in an authentic way, respecting traditions and honoring its sacred essence. You will learn to create and maintain a sacred space, guide meditations, and facilitate an environment where participants can open their hearts and connect with their inner selves and with others.

This training is not just about learning techniques. It's also an invitation to embark on your own journey of self-exploration and personal growth. As you practice and integrate what you learn, you'll discover how cacao can be a powerful catalyst for transformation, both individually and within a community.

We're excited to walk this path with you and see you grow as a cacao ceremony facilitator!

## GET READY FOR A JOURNEY OF TRANSFORMATION AND CONNECTION

where each step will lead you to a deeper understanding of yourself and the world around you.

We are excited to share this path with you and witness your growth as a cacao ceremony facilitator!





# THE CACAO CEREMONY: A SACRED TRADITION

Cacao ceremonies have been practiced for centuries, tracing back to ancient Mesoamerican cultures where cacao was revered as a sacred gift from the gods. The Mayans and Aztecs used cacao in rituals and celebrations, recognizing its ability to open the heart and connect people with the spiritual realm.



USED IN RITUALS AND CELEBRATIONS, CACAO WAS KNOWN FOR ITS SPIRITUAL AND MEDICINAL PROPERTIES. IT WAS BELIEVED TO HAVE THE POWER TO OPEN THE HEART AND AWAKEN A DEEP SPIRITUAL CONNECTION. IN RITUALS, THE CACAO DRINK WAS USED TO FACILITATE COMMUNICATION WITH THE SPIRITUAL WORLD, SEEK THE PROTECTION OF THE GODS, AND CELEBRATE SIGNIFICANT EVENTS SUCH AS BIRTHS, MARRIAGES, AND HARVESTS.

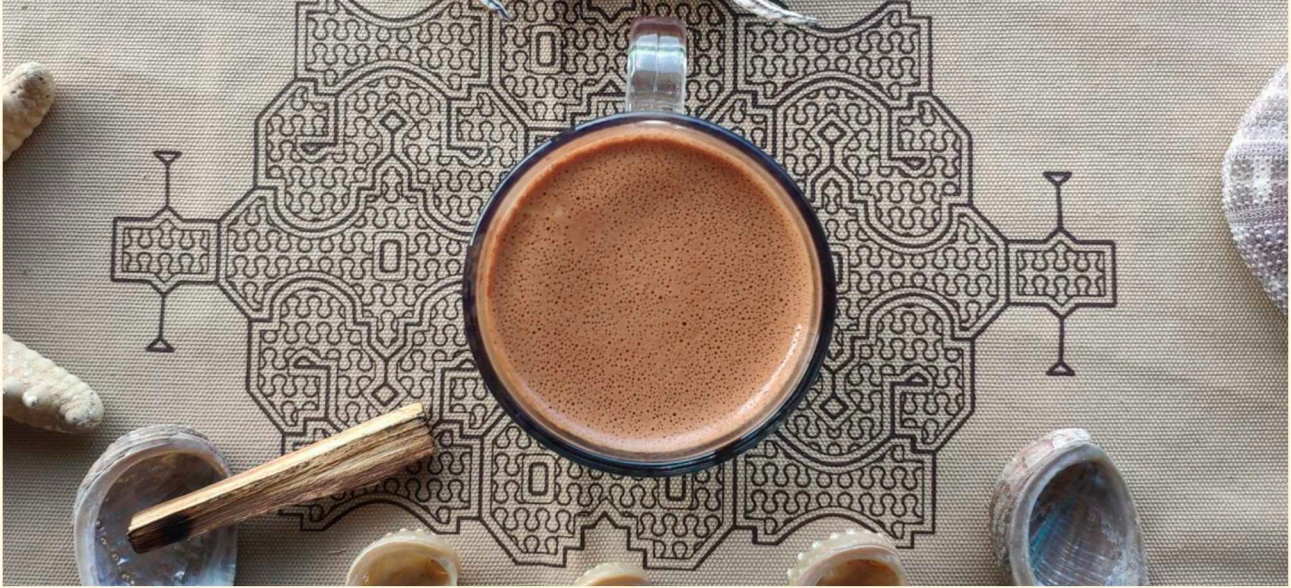


Beyond its spiritual significance, cacao was also valued for its medicinal properties. It was known to uplift mood, boost energy, and enhance overall well-being.

Today, cacao ceremonies have made a powerful resurgence worldwide. In a fast-paced world, many people seek these gatherings as a way to slow down, release stress, and reconnect with their inner essence. Modern ceremonies often incorporate guided meditations, music, chanting, and movement to enhance the cacao's healing and transformative effects.

Attending or facilitating a cacao ceremony is an opportunity to step into a time-honored tradition that fosters deep healing, connection, and introspection. It bridges ancient wisdom with modern practice, offering a space to open the heart and embrace a greater sense of love and unity.





# WHAT YOU'LL GAIN FROM THIS TRAINING

By the end of this course, you'll be equipped with the knowledge and skills to confidently lead cacao ceremonies, creating safe and profound experiences for others. Here's what you'll learn:

## CREATION OF SACRED SPACES

### Healing Environment

You will learn how to prepare and maintain a ceremonial setting that supports healing and introspection. This includes the physical arrangement of the space, the use of ritual elements, and the creation of an atmosphere of respect and reverence.

### Rituals and Preparations

You will explore the necessary pre-ceremony rituals to purify and bless the space, ensuring it is energetically prepared to welcome participants.

## FACILITATING TRANSFORMATIVE EXPERIENCES

### Leading a Ceremony

Gain confidence in guiding participants through each phase of the ceremony, from opening to closing, using meditation, music, and visualization techniques.

### Emotional Connection

You will develop skills to emotionally engage with participants, helping them open their hearts and release emotional blockages.

## USING CACAO AS A TOOL FOR HEALING AND CONNECTION

### Cacao Properties

You will learn about the medicinal and spiritual properties of cacao and how to harness them to enhance physical and emotional well-being.

### Intention and Energy

You will understand how to infuse cacao with intention and positive energy to amplify its healing effects.

## INTEGRATION INTO PROFESSIONAL PRACTICES

### Therapy

If you are a therapist, you can incorporate cacao ceremonies into your sessions to provide your clients with a powerful tool for healing and self-exploration.

### Education

As an educator, using cacao can be an innovative way to connect with your students and encourage an open and collaborative learning environment.

### Wellness

In the wellness field, cacao ceremonies can complement yoga, meditation, and other training programs, adding an extra layer of relaxation and connection.

## DEVELOPING KEY SKILLS

### Leadership and Confidence

This training will equip you with the confidence needed to lead groups in a ceremonial setting, manage group dynamics, and ensure a meaningful experience for everyone.

### Effective Communication

You will enhance your communication skills, learning to convey information clearly and facilitate deep discussions.

### Empathy and Sensitivity

You will cultivate greater empathy and awareness of participants' emotional and spiritual needs, creating a safe and welcoming space.

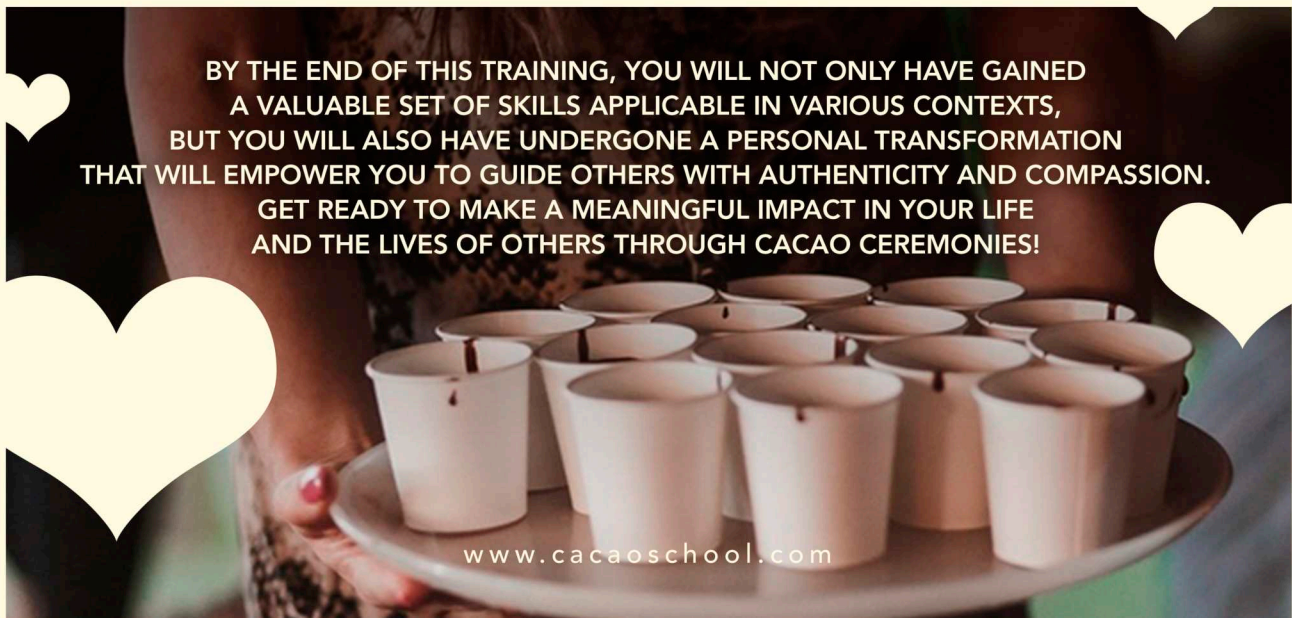
## POTENTIAL FOR PERSONAL AND GROUP TRANSFORMATION

### Self-Exploration

Through this training, you will embark on a journey of self-discovery and personal growth, uncovering new aspects of yourself and deepening your spiritual connection.

### Impact on Others

You will be equipped to share the benefits of cacao with more people, creating opportunities for collective healing and social connection.



BY THE END OF THIS TRAINING, YOU WILL NOT ONLY HAVE GAINED A VALUABLE SET OF SKILLS APPLICABLE IN VARIOUS CONTEXTS, BUT YOU WILL ALSO HAVE UNDERGONE A PERSONAL TRANSFORMATION THAT WILL EMPOWER YOU TO GUIDE OTHERS WITH AUTHENTICITY AND COMPASSION. GET READY TO MAKE A MEANINGFUL IMPACT IN YOUR LIFE AND THE LIVES OF OTHERS THROUGH CACAO CEREMONIES!



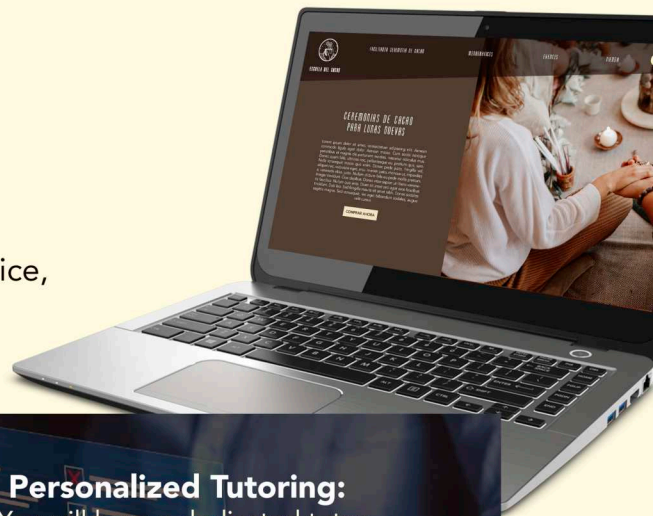
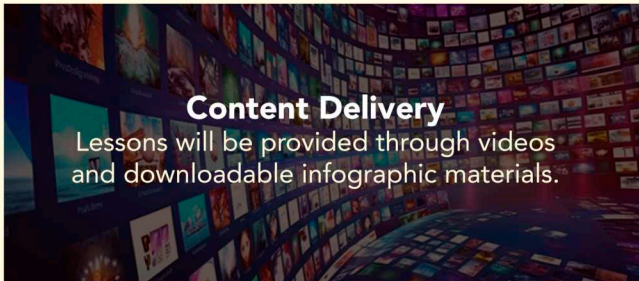
# ¿WHO CAN JOIN THIS TRAINING?

This course is open to anyone interested in spirituality and well-being—whether you’re a therapist, facilitator, educator, or simply someone drawn to the wisdom of cacao.

**No prior experience is needed**  
just an open heart and a willingness to learn and grow.

## LEARNING APPROACH

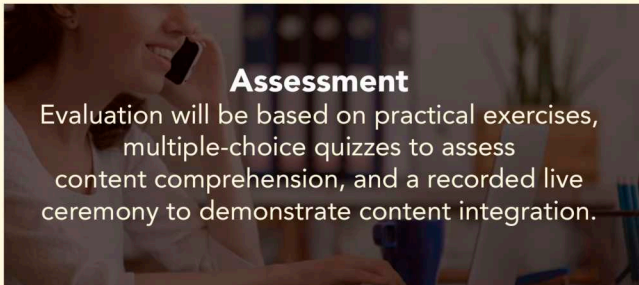
Our teaching approach blends theory with practice, ensuring a comprehensive and applicable understanding of the content.

**Content Delivery**  
Lessons will be provided through videos and downloadable infographic materials.



**Personalized Tutoring:**  
You will have a dedicated tutor who will guide you every step of the way, answering your questions and making your learning process smoother and more effective.



**Assessment**  
Evaluation will be based on practical exercises, multiple-choice quizzes to assess content comprehension, and a recorded live ceremony to demonstrate content integration.



**Study Timeline**  
This course is designed so that within a month, you can start facilitating cacao ceremonies. However, you will have access to the platform for 12 months to complete the course at your own pace.

## CERTIFICATION

Upon successfully completing the course and meeting all evaluation requirements, you will be awarded the **CACAO CEREMONY FACILITATOR CERTIFICATE**, officially recognized by our school.

This certification symbolizes your deep connection to the sacred traditions of cacao and your readiness to guide others on this transformative journey.



# TRAINING CONTENT

## DISCOVERING CACAO

- The Cacao Tree (Cacaotero)
- Cultivation Areas and Cacao Varieties
  - Criollo Cacao
  - Forastero Cacao
  - Trinitario Cacao
- Other Cacao Types and Regional Varieties
- Differences in Cacao for Ceremonies
- Cacao Processing
- Cacao Presentations
- The Name of Cacao
- The Legend of Cacao
- Dive into the Benefits of Cacao
  - Physiological Benefits of Cacao
  - Benefits of Cacao Ceremony for the Psyche
  - Cacao's Role in Social Connection and Well-being
- The Origins of the Cacao Ceremony
- The Revival of Cacao



## FUSION OF ANCESTRAL WISDOM AND MODERN PRACTICE

- Guiding Every Personality Toward Fulfillment
- The Three Centers According to the Enneagram
  - Instinctive Center
  - Emotional Center
  - Mental Center
- Incorporating Holistic Therapies into the Ceremony
- Adapting Ancestral and Modern Practices

## PREPARATION BEFORE A CACAO CEREMONY

- When to Hold a Ceremony and Its Purpose
- Ceremony Duration Based on Occasion
  - Closing Ceremony for Yoga, Tai Chi, and Other Workshops
  - Opening or Closing Ceremony for Emotional Therapeutic Work
  - Standalone Cacao Ceremony
- Rehearsal and Preparation
- The Impact of the Space on the Ceremony
  - Space Considerations
  - Temperature
  - Floor or Chair Seating
  - Basic Needs
  - Comfort Considerations
  - Cleansing and Harmonization of the Ceremony Space
  - Maintaining a Sacred Environment



- **Preparing the Cacao Ceremony Facilitator**
  - *Physical Preparation*
  - *Spiritual and Energetic Preparation of the Facilitator*
- **Ceremonial Cacao Recipe**
  - *Initial Considerations*
  - *Base Liquids*
  - *Preparation of the Cacao Beverage*
  - *Sweeteners*
  - *Utensils for Cacao Preparation*
- **Activating the Senses in Rituals**
- **Sacred Music for Cacao Ceremonies**
  - *Origins of Medicine Music*
  - *The Healing Vibrations of Music*
  - *The Transformative Power of Chanting and Spoken Word*
  - *Lullabies and Cacao Ceremonies: A Healing Cadence*
  - *The Power of Humming*
  - *Key Voices and Songs in the Cacao Ritual*
  - *How to Find Medicine Music*
  - *Types of Rituals and Celebrations That Include Healing Songs*
  - *Singing in Ceremonies Without Being a Professional*
  - *Musical Instruments You Can Use in a Ceremony*
- **Creating a Tlamanalli: The Sacred Altar in the Cacao Ceremony**
  - *Origin and Meaning of Tlamanalli*
  - *Symbolism of an Altar or Tlamanalli*
  - *Creating a Tlamanalli*
  - *Materials for Assembling a Tlamanalli*
  - *Organization of Objects in the Tlamanalli*

## DEVELOPING THE CACAO CEREMONY

- **Energy Cleansing for Participants**
- **Presentation of the Space**
- **Introduction of the Facilitator**
- **Participant Introductions**
  - *Pair Introductions*
  - *Circle of Words Introduction*
- **Grounding Visualization**
- **Purpose of the Ceremony**
  - *Purpose Integration*
- **Blessing and Activation of the Tlamanalli**
  - *Opening the Four Directions*
- **Unifying Participants' Energy**
  - *Guided Visualization for Harmonization and Cacao Connection*
- **Incorporating Cacao into the Ceremony**
- **Serving Cacao**
- **Ritual of Cacao Ingestion**
  - *The Power of the Senses in Mindfulness Practice*
  - *Integrating the Senses in Mindfulness Practice*
  - *Mindfulness Meditation with a Cup of Cacao*
- **Closing the Cacao Ceremony**
  - *Invitation to Choose an Oracle Card*
  - *Space for Sharing Ceremony Experiences*
- **Closing the Tlamanalli**
- **Farewell to Participants**
- **Wrapping Up the Event**

This structured content ensures a deep, immersive learning experience, balancing traditional wisdom with modern techniques to create transformative cacao ceremonies.



# THE INSTRUCTORS

Our teaching team is led by **Mercedes Cadarso** and **María del Socastro González**, two experts in ceremonial cacao with extensive experience as therapists and facilitators. Both bring a wealth of knowledge and a deep passion for sharing this sacred tradition.



## **Mercedes Cadarso**

With years dedicated to the practice of ceremonial cacao, Mercedes is known for her joyful, relaxed approach and her ability to create deeply transformative spaces. She integrates a variety of energetic healing techniques, including Holographic Repatterning, Metamorphic Technique, Chakra and Aura work, Feng Shui, Color Therapy, Psycho-Energetic Resonance with Crystals, Tuning Fork Therapy, Aromatherapy, and Bach Flower Remedies.

In the field of psychological techniques, she blends Neuro-Linguistic Programming (NLP), Gestalt Therapy, and Energy Psychology, specializing in EFT (Emotional Freedom Technique), EMI (Eye Movement Integration), TIC (Brain Integration Technique), and PET (Pain Erasing Technique).

Mercedes also applies Clinical Hypnotherapy, Past Life Regressions, Transgenerational Tree Work, and Family Constellations, alongside Astrology, Kabbalah, and Numerology. She is a certified Spanish-speaking instructor at the Diana Cooper School and the editor of Los Ángeles de Luz oracle cards. Her extensive experience as a therapist enables her to guide participants through emotional healing and deep spiritual connection.



## **María del Socastro González**

María blends her vast experience in ceremonial facilitation with a profound understanding of cacao's spiritual properties. Her enthusiasm and creativity inspire participants to open their hearts and explore new dimensions of themselves.

She specializes in Sound Therapy using voice, crystal bowls, Tibetan bowls, and tuning forks. She holds a Master's degree in Energy Therapies, with a specialization in the chakra system, meridians, and auras, using chromotherapy, aromatherapy, and sound healing to restore balance. María is also an expert in Internal Styles Tai Chi, Metamorphic Technique, and is a facilitator of Unitary Reiki.

In the field of psychological techniques, she applies Energy Psychology, TIC (Brain Integration Technique), and Ontological Coaching and is a trainer of Enneagram teachers. Her multidimensional approach ensures holistic well-being, addressing emotional, energetic, and spiritual needs.

Mercedes and María are here to support you every step of the way, sharing their knowledge and guiding you with wisdom and warmth.

Under their mentorship, you will learn to facilitate cacao ceremonies in an authentic and meaningful way, creating heart-centered experiences that uplift the spirit and promote transformation.

# ENROLLMENT & FEES

Enrollment is open all year round

Course fees include all study materials, access to online ceremonies, and personal guidance.

For details on pricing and payment plans,  
visit our website at [www.escueladelcacao.com](http://www.escueladelcacao.com) or contact us directly at +34 691 20 20 22

# RECOMMENDATION

We encourage you to embrace this journey fully. Cacao is more than just a drink, it's a heart-opening experience that fosters deep healing and connection.

Open your heart, trust the process,  
and let this training take you to new levels of awareness and understanding.

We look forward to seeing you blossom on this path!



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