Ceremonial Cacao Offer
During recent years, the number of different types of Ceremonial Cacao on offer in Guatemala has increased rapidly: there are now over 20 producers who all work in their own way and all offer a unique product. We at One Spirit did some extensive market research (yummy!) and it was a wonderful journey. This brochure is the result of it.

We visited a number of producers in order to connect with them personally, and to get to know the way they work. As the market keeps growing, we keep doing the research and get to connect ever more deeply with the magical plant that is Cacao.

As ever, we are still selling Keith’s Cacao, from the first producer of Ceremonial Cacao as we know it. Keith has done amazing work over the past fifteen years of working with the plant and making it available to many more people in many more places. We’re proud to be a part of the Keith’s Cacao Practitioner Program, a group of committed people working with Cacao as a plant teacher and offering Cacao ceremonies and workshops all over the world.

Buy Keith’s Cacao through onespiritworld.com to get a 5% discount on your purchase. This discount remains available to you on any future purchase made through onespiritworld.com
Because the offer of local, ceremonial grade Cacao has grown so much in Guatemala we decided to start selling a small selection of other types of Cacao. This brochure is meant to offer people who work with Cacao, offering ceremonies or workshops, or just enjoy using it, people using it to work or for enhanced focus and creativity the possibility to play with different types of Cacao.

Through this, One Spirit can again dive deeper with the plant and the people who work with it. Like this we can share with you the stories, traditions and the lives of the people who work with the plant. The One Spirit team is currently also working on a Cacao movie, documenting the people, the plants, the production methods and the history of Cacao.

Because we witness first-hand the benefits many of the people working with Cacao receive, and because we want to support and empower local initiatives, we decided to offer a larger selection of Cacao for sale in Europe.

All the Cacao on offer in this brochure is of excellent quality and each type has a unique touch according to the people working with it, their intention and their energy.

In this brochure we’ll tell you a little more about the different types of Cacao we offer. Find our price list on the last page.

Do you have questions? Want to buy Cacao?
Send us your order by e-mail to
info@onespiritworld.com
Keith Wilson (a.k.a. the Cacao Shaman of Lake Atitlan) has been hosting Cacao ceremonies for over 15 years. He’s on a mission to return ceremonial Cacao to the world.
Keith’s high-grade ceremonial Cacao, which he’s been producing for over 15 years, is carefully selected by him for its medicinal capacity. Keith allows the Cacao spirit to guide him to the producers which have the Cacao with the right capacities for ceremonial use. The constant exceptional quality and taste are what makes this Cacao so loved and well-known. It also has a higher theobromine content than any other commercially available Cacao. This is not regular chocolate, and those who have journeyed with it can tell you. Want to know more about Keith Wilson and his story with Cacao?

Get to know more about Keith and his story in this interview

This exceptional quality Cacao is bought directly at the farms and then brought by truck to the Keith’s Cacao workshop. It is then lightly roasted by local Mayan women who receive a good pay. Then, all the beans are hand-peeled and checked for moldy ones before being ground and packed as blocks of Cacao paste. The hand-peeling and checking are important to ensure the quality of the Cacao is optimal. A lot of the beans are fed to the chickens, as Cacao tends to have quite a high percentage (10-15%) of moldy beans. It is a fermented product, after all. The remaining beans are said to be probiotic and good for digestion.

This is 100% pure ceremonial Cacao which has all the healthy fats and minerals, unlike most commercially available Cacao’s.
Byron’s Cacao

This Cacao is sourced on the Pacific coastal plains of Guatemala, where it’s grown locally on several small farms and then worked by Byron and his family.
Byron lives in Patulul, a small town situated between the Atitlan Lake (with its eternal springtime) and the scorching coastal plains of Guatemala. Patulul is a typical Guatemalan small town: roaring engines of customized old school buses, fresh produce all over sold by Mayans in traditional dress, marimba music blearing out of worn speakers. Byron lives in a small and humble house on the outskirts of Patulul with his wife and their four children. I got to know Byron at the Atitlan Lake; he travels four days a week for three hours each way from Patulul to the lake to deliver fresh cheese. Since about two years he decided to start producing Cacao, as there is so much of it where he comes from and the demand kept rising.

Almost all the families in Byron’s neighborhood have a couple of Cacao trees growing here or there. Byron buys the Cacao from the people in his neighborhood, at a better price than what the exporters give them. Then his wife and daughters roast the beans and peel them together with some of the neighbors. It’s a long and slow process: peeling one pound of beans takes about an hour for one person. When the beans are peeled, they are brought to the corn mill; the same mill they all use to grind corn for tortillas, but with different milling discs. The Cacao is then liquid, and Byron and his sons do the weighing into 1 pound molds, after which the Cacao is left to solidify overnight. The next morning they pack the blocks and put labels on them. Byron takes the blocks of Cacao to the lake where many chocolate lovers are around to buy his product.

This is 100% pure and locally sourced Cacao, fermented, dried, roasted, peeled and ground. It’s available in 1 pound blocks of Cacao paste. It’s a wonderful product of very good quality; perfect for ceremony, drinking just like that, making brownies, bliss balls, etc.
Ruk’u’x Ulew

Ruk’u’x Ulew (literally: ‘Heart of the Earth’ – esoterically: ‘essence of all matter’). This Cacao is prepared by Mayan women in the spirit of service.
Ruk’u’x Ulew’s Cacao is made in the highlands of Western Guatemala by a women’s collective; its name meaning ‘Heart of the Earth’. The Cacao comes from the department of Alta Verapaz, where it’s bought by the women of Ruk’u’x Ulew and brought to the workshop where they process it. They work with awareness and the Cacao has a very beautiful and loving vibration because of their conscious intention. It’s an excellent product which has a grounding and generous natural energy. The women do an amazing job creating a type of Cacao which feels gentle and soft, and is truly unique.
Dalileo provides excellent Cacao from its permaculture farm El Porvenir which lends itself very well for spiritual connection, meditation, and heightened creativity and focus.
Dalileo is a small local company founded by a Kaqchikel Maya woman from Guatemala and a Belgian Canadian who’s been living in Guatemala for the past 15 years. Beronica and Lorenzo have two children: Dalila and Leonardo, together forming the name for their high-quality chocolate brand: Dalileo. Beronica and Lorenzo own a permaculture farm in the department of Alta Verapaz called Finca El Porvenir.

This finca is hidden deep inside the forests of Alta Verapaz, and can only be reached by 4-wheel drive. The very healthy Cacao trees grow in the shade of larger tropical hardwood trees. Together with the many other plants and animals living on the property they make up this sparkling eco-system.

Because the area remains largely unexploited by the modern urge for development - which also takes its toll on Guatemala - the local people’s traditional culture has remained unspoiled. Because of this, Dalileo has been able to learn the locals’ ancestral processing techniques for Cacao. This makes their product unique. They offer a wide range of beautiful products, most of them with Cacao as its base.

The product that stands out for us is the ‘Cacao Ancestral’. This Cacao is so special because it’s been processed using an ancestral manual technique to contain less Cacao butter. This means that it’s easier to digest, and it also contains more theobromine (active ingredient) per ceremonial dose of 42 grams. It also has a smooth drinking texture and quite a solid effect.
Cacao Junajpu is lightly sweetened with unrefined cane juice and spiced using locally-grown vanilla and chili Coban. Each batch gets a stamp carrying its Mayan day energy.
Gigi is a Brazilian-American woman who grew up in Mexico. She’s been living in Guatemala for the past ten years, where she has cultivated a deep connection with Maya traditions. She’s connected with many Aj Q’ij’ab (Mayan medicine people) and engaged in a spiritual quest with the Mayan Cosmovision as her lens.

Gigi creates an energetically charged chocolate mixture in her workshop in Antigua (the old colonial capital of Guatemala) on specific days of the Maya ceremonial calendar. She has received a traditional recipe from the spirit ancestors during various ceremonies.

Every time she produces chocolate, Gigi performs a Mayan ceremony invoking all of the 20 ‘nawales’ or energy signs. During such a ceremony the nawales are honored and called upon 13 times each. This creates a time-space where we can reconnect with our spiritual origins and then rebirth.

The end product, an outstanding and energetically charged chocolate mixture, is addictively tasty. It’s a very special product that can help create a connection with the Maya culture. Cacao Junajpu is sweetened with raw cane juice and spiced with chili and other local ingredients. It’s available in one pound (454 gr.) bags which receive a seal with the Mayan nawal.
Our Own Production

One Spirit works together with Mayan spiritual teacher Don Francisco Puac, who hosts workshops and guides ceremonies during our group trips.

Francisco’s wife Cecilia owns a piece of land on the coastal plains of Guatemala with a small number of Cacao trees. We bought a part of their harvest, roasted and hand-peeled the beans, together with our neighbor and her daughters. We did not grind the Cacao, because we also wish to offer the Cacao unprocessed and in its pure form. The beans have a slightly different character compared to the blocks of Cacao paste. They are easy to take with you on the road and have a lovely crunchy texture. They also have a slightly robust taste because of the roasting. Cacao beans taste great in a fruit salad or you can easily grind them in the blender in order to drink.

Listen to our interview with spiritual teacher Francisco Puac here
## Prices

<table>
<thead>
<tr>
<th>CACAO TYPE</th>
<th>PER POUND (454GR.)</th>
<th>PER KG.</th>
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<tbody>
<tr>
<td>DALILEO ANCESTRAL</td>
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<td>KEITH’S CACAO</td>
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<td>CACAO JUNAJPU</td>
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<td>RUK’U’X ULEW</td>
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<td>BYRON</td>
<td>30,00 Euro</td>
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<td>OWN PRODUCTION (BEANS)</td>
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<td>/</td>
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Shipment is free for orders of 10 pounds/5kg. and up

For smaller orders we charge following shipment costs:

- Belgium: 7.00 €
- Netherlands: 9.00 €
- France & Germany: 16.00 €

Delivery time: about 1 week

*For other destinations or for wholesale prices, send us an e-mail.*

Send your order by e-mail to [info@onespiritworld.com](mailto:info@onespiritworld.com)