



Evening

CACAO

Soothe the Soul
Evening Ritual



by *Melanie*
Serenity of Mind



Soothe the Soul Evening Ritual

Table of Contents

1. Introduction
2. Why Ceremonial Cacao?
3. Health Benefits of Cacao for Sleep & Relaxation
4. The Importance of Self-Care Rituals
5. Honouring Your Space
6. Cleanse your Aura and Your Space
7. The Evening Cacao Ritual (Step-by-Step)
8. Set Your Intention
9. Recommendations to Deepen Your Sleep.
10. Final Thoughts.

Soothe the Soul Evening Ritual

Introduction

In today's world, winding down at night can be difficult. This simple, sacred evening ritual uses the heart-opening properties of ceremonial cacao to help you rest deeply, relax your body, and reconnect with yourself. You don't need much - just a quiet space, your favorite mug, and intention.

Why Ceremonial Cacao?

Unlike processed chocolate, ceremonial-grade cacao is made from minimally processed cacao beans, retaining powerful nutrients and compounds that nourish the nervous system, heart, and brain. Used traditionally in indigenous ceremonies across Mesoamerica, cacao is a plant medicine known to open the heart and bring clarity. It's one of the richest plant-based sources of magnesium.



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Health Benefits for Sleep and Relaxation

Ceremonial cacao is:

- Rich in magnesium - calms the nervous system, regulates and induces the sleep hormones, relaxes muscles and relieves tension supporting the bodys natural production of sleep.
- Contains tryptophan: promotes serotonin and melatonin production. The brain needs serotonin to make melatonin.
- Benefits of Serotonin Production - Mood Stabiliser: Crucial for emotional wellbeing, and relaxation.
- Melatonin Production Induces Sleep: The main function of melatonin is to signal to the body that it is night-time, helping to initiate sleep and promote a good nights rest
- Stress Reduction: By increasing the flow of blood to the brain and promoting the release of “feel-good” hormones like endorphins and dopamine, cacao can alleviate stress and anxiety, which are common interruptions to restful sleep.
- Low in caffeine: theobromine offers a gentle, uplifting energy without overstimulation.
- Packed with antioxidants: reduces inflammation and oxidative stress.



Soothe the Soul Evening Ritual

At the close of the day, when the mind longs for stillness and the body seeks rest, ceremonial grade cacao offers a gentle embrace. This sacred plant medicine soothes the nervous system, softens the chatter of mind, and guides you into a state of peace.

The Importance of Self-Care Rituals

Rituals ground us. They help the nervous system feel safe, offering structure, rhythm, and a sense of belonging.

Rituals give meaning to the simple moment of life. They invite us to pause, step away from the rush of the day, and enter a space of intention. When we create a ritual - whether it's lighting a candle, preparing cacao, or sitting in silence - we transform an ordinary act into something sacred - an investment to our overall well-being.

Through repetition, rituals become an anchor. It signals to the mind and body: it is time to soften, to release, to return home to yourself.

Spiritually, rituals connect us with something greater than ourselves, whether that is the Earth, our inner wisdom, or the Divine.

Drinking cacao as part of your evening ritual is more than a comforting cup - it is an invitation to slow down, reconnect, and prepare the soul for deep, restorative sleep. The theobromine and magnesium within cacao relax the body while uplifting the spirit, creating balance between calm and clarity.

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Honouring Your Space

Before you begin any ritual it's important to honour the space you will be in. The energy of your environment directly influences the depth of your experience.

Your ritual space and creating a haven for your bedroom is just as important as the cacao itself. Take a few mindful steps to create an atmosphere that feels calming, safe and sacred. Remove any clutter or distractions. A tidy intentional space invites your mind to see it's safe to let go.

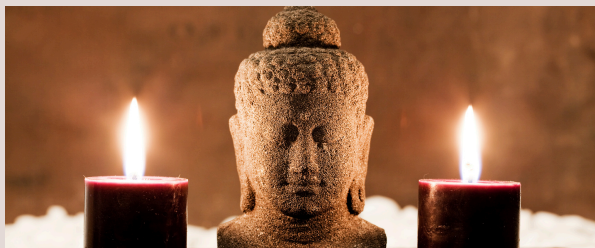
Here are some ways to prepare and honour your space:

Cleanse the room - Light incense, sage, or palo Santo. Alternatively, simply open a window to refresh the energy.

Create comfort - Arrange cushions, blankets, or a cosy chair so you can fully relax. Choose textures that feel grounding and nurturing.

Add grounding elements / sacred touches - Choose and place items that connect with you. Buddha statue, crystals, a bowl of water, candles, incense, essential oils, a house plant. Your ritual space connects you to the natural world.

Dim the lighting - Signals to your nervous system that it's time to wind down, switch off and relax,



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Cleanse your Aura and your Space

Just as you prepare your external environment, a clear aura creates sacred space within - and reflects a balanced emotional state.

Cleansing your aura before a ritual is important because it helps us create a clear, open, and energetically aligned space within yourself, so you can fully receive the benefits of the practice.

Here are some key reasons why:

Releases stagnant energy - Daily interactions, stress, and emotions can cling to your energy field. Cleansing removes this “energetic clutter” so you aren’t carrying heaviness into your ritual.

Strengthens your intention - A clear aura enhances intuition ensuring your thoughts and desires are not clouded by outside influences or inner turbulence.

Raises your vibration - You align yourself with a higher, more harmonious frequency that supports deeper spiritual connection.

Ideas for Cleansing

Crystal Cleansing - Selenite, known for its powerful cleaning properties.

- Slowly sweep through your energy field moving from head to toe.
- Imagine it pulling away anything heavy from your aura.

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Smudging - Use sage or palo santo.

- Slowly sweep through your energy field moving from head to toe.
- Continue to burn and displace smoke around your space to clear stagnant energy from the room.

Sound Cleansing

- Use a bell, chime, singing bowl or even soft humming.
- Let the sound vibrate around your body, breaking up stagnant energy and resetting your aura.

Visualisation

- Picture yourself standing in a sphere of white or golden light.
- Imagine this light gently dissolving anything that does not serve your highest good.

Once complete - seal your aura

Whisper - *"I release what is not mine and return to my true light - I am cleansed. I am grounded. I am present"*

Symbol of Inner Light and Sacred Atmosphere

Light your candles. Spiritually, a candle flame represents illumination, clarity, and the spark of divine energy within.

Candlelight transforms an ordinary room into a sacred space. It signals to the body and mind that this is a time to shift into a slower restful state and spiritual connection.



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The Evening Cacao Ritual (Step-by-Step)

You Will Need:

- 20–25g ceremonial cacao
- 200ml water or plant milk (oat/almond)
- Cacao can be naturally bitter, if you need to sweeten it I would recommend adding some manuka honey to taste.

Make a ceremonial cup of raw cacao with intention. As it gently simmers, stir slowly, whispering words of gratitude to the goodness and benefits the plant medicine shares with you into self-healing.

Prepare the Cacao Mindfully

- Finely chop your Ritual Cacao.
- Pour the liquid into a saucepan and bring to the boil.
- Once the liquid is boiling, turn the heat down to a gentle simmer and add your chopped cacao.
- Stir gently with a wooden spoon until all the cacao has dissolved fully.

You will know when the cacao is ready when it starts to thicken and you see the beautiful cacao butter rise to the top and shimmer. The longer and slower you take to simmer the cacao, the creamier it will be.

Pour into your favourite Ritual mug.

If you feel drawn to, add gentle sleep-promoting allies like cinnamon, cardamon or a pinch of nutmeg.

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Hold the cup close and breathe in its earthy aroma, thank the cacao spirit for guiding you into a relaxing **Soothe the Soul Evening Ritual**.

Set Your Intention

Candlelight, intention, and the warmth of your mug of cacao become your companion, guiding you gently into the quiet magic of the night to ease into rest and sleep.

Hold the cup close to your heart and say aloud or silently:
"I invite in deep rest, peace, and healing."

Take 10 slow rhythmic breaths in through the nose and gently release the out breath for twice as long through the mouth.

Drink with presence, allowing the warmth to relax your body. With each sip, the heart opens, the breath deepens, and the weight of the day begins to dissolve.



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Whilst finishing your cacao, you may take this time to reflect on your day. You may want to journal, focusing on 3 things you are grateful for. Alternatively, you may wish to sit in stillness and spend some more time in a meditative state.

Close with Gratitude - Before you blow out your candle, whisper thanks to the Spirit, Cacao, for the day, your body, and the restorative sleep you're about to enter.

Recommendations to Deepen Sleep After Ritual

- No phones (keep on flight mode) or screens afterward - keep the sacred bedroom space relaxed by avoiding blue light and external interruptions.
- Lavender essential oil on wrists or temples.
- Place an amethyst crystal under your pillow - promotes peaceful sleep and reduces stress,
- Use background sound - play soft meditation music.
- In bed - Breath practice - continue again with slow breaths in, and out breaths for twice as long, any unwanted thoughts it's important to repeat "not now, this is my switch off time for sleep, my healing space, I will deal with you tomorrow"



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Dream Invitation and Sleep

Just before bed, say a closing intention or prayer such as:

“Thank you for this day, for this heart, and for the spirit of cacao. I now release the day, and I welcome peace, rest, and healing in my sleep and dreams”.

Final Thoughts

Consistency is Key - Doing this Ritual regularly trains your body to enter sleep more easily.

A sacred ritual transforms bedtime into a ceremony of rest. Instead of “just sleeping”, you create a bridge between the waking world and the dream world, guided by the heart-opening essence of cacao.

Returning to ritual doesn't have to be complicated. Even one night a week can rewire your nervous system and help you sleep better. Use this cacao practice as a gentle ceremony of remembrance — of peace, presence, and deep nourishment.

This is more than a drink —
it's a return to self, to stillness, and to the sacred.

If you'd like to explore how Ritual Cacao and/or mind-body connection mentoring can support you, get in touch with Melanie.