

## **Guided Cacao Meditation: “Fire Horse, Higher Heart”**

**Energy intention: direction + embodied courage + heart clarity**

**Anchor: one hand on the thymus area (Higher Heart)**

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### **Cacao Meditation Safety Code (Physical & Mental)**

1. Start gently.

If you don't know how your body responds to cacao, begin with a small serving. You can increase gradually next time.

2. Hydration is essential.

Drink water before and after. Cacao can feel warming and stimulating.

3. Eat lightly, or pause after a heavy meal.

Many people feel best on an empty stomach or after something light (for digestive comfort).

4. Create calm conditions.

Choose a quiet space, bring a blanket, sit comfortably. Nothing forced, your body needs to feel safe.

5. Breathe calmly and naturally.

Avoid intense breathwork techniques unless you're experienced. Gentle is powerful.

6. Always an invitation, never a challenge.

You can open your eyes, move, take a break, or stop at any time. You are in charge of your experience.

7. Respect your nervous system.

If you feel overstimulated: slow down, focus on your feet, return to soft breathing, drink water, get fresh air.

8. Be mindful if you take mood-related medication or have health concerns.

Cacao naturally contains stimulating compounds (including theobromine). If you're unsure, consult a qualified professional.

9. Don't mix with alcohol or random stimulants.

This supports clarity, comfort, and a cleaner experience.

10. Leave time for integration.

Take 5–10 minutes of quiet, write a few notes, go for a gentle walk. Don't jump straight into noise and tasks.

## **Energetic Safety (Protection, Boundaries, Closing)**

1. Ground before opening.

Start with feet, body, breath, and contact with the ground, then heart and imagination.

Visualise roots connecting you to Mother Earth (Gaia). Offer gratitude and respect. Ask for support and safety. Then return through the same roots back into your body and presence.

2. Field protection = simplicity.

Prepare a clean, supportive space. You may use smoke cleansing (e.g., palo santo or sage) or your own trusted methods.

After cleansing, always invite a quality you want to bring in (peace, warmth, presence, love, protection). Energy doesn't like empty space. You decide what fills it, remember that.

Then visualise yourself inside a clear sphere/bubble of light. This is your boundary. You decide what you invite.

3. Stay in your own field.

I do not take on other people's emotions, stories, or energy. I don't "fix," diagnose, or interpret.

If a rescuing impulse appears, I return to my breath, my body, and my boundaries.

4. Permission to pause is the main rule.

If discomfort, fear, or overwhelm arises: open your eyes, move your body, return to grounding, take a break. Always choose safety.

5. Closing is non-negotiable.

At the end, imagine yourself returning fully into your body, into the here and now. You may "wash" your energy with a golden, pink, or any supportive colour that feels safe.

Take a few calm breaths, place a hand on your heart, feel your feet, move your body, and drink a sip of water.

You can also add: "My energy returns fully to me. Anything that is not mine returns to its source with neutrality."

6. Safety intention before you begin (very important).

Before every journey, reinforce your intention with two sentences:

FOR MY HIGHEST GOOD, AND FOR THE HIGHEST GOOD OF MY ENVIRONMENT.

FOR MY HIGHEST SAFETY, AND FOR THE HIGHEST SAFETY OF MY ENVIRONMENT.

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### **Before you begin (Choice & Safety)**

This is a space of choice.

At any moment you can step back: drink water, move your body, open your eyes, return to your breath.

**You are guiding your own experience.**

Take a gentle inhale.

and a long exhale.

### **Grounding**

Feel your feet.

Feel the contact with the floor.

Feel the Earth holding you.

( Soft pause.)

### **Cacao + Intention**

Now take your cup of cacao.

Hold it as if it is warmth you are choosing for yourself.

You don't need to prove anything.

**It's enough that you are here.**

Before you drink, set your intention.

Then seal it with these words:

- **For my highest good, and then for the highest good of my family.**
- **For my highest safety, and then for the highest safety of my family.**

Take a slow sip.

Return to your breath.

### **Higher Heart (Thymus) Listening**

Place one hand on the upper chest, on the thymus area.

This is the space of the Higher Heart.

Feel warmth beneath your hand.

Feel the pulse of life.

Now listen to your Higher Heart.

Slowly, without rushing.

### **Hear what it wants to say.**

Notice how it feels.

How it looks.

What kind of presence it carries.

Greet it.

Offer gratitude for this meeting.

Offer love and respect.

It may have something to share.

It may have been waiting for you.

(Leave space.)

It may also offer you something, a blessing, a message, a symbol.

Receive it. Feel it.

Hold it in your hands.

Notice:

its texture.

its colour.

its temperature.

its shape.

Is it something you have been waiting for ?

## **The Guiding Flame**

Bring your hand back to the thymus, back to the Higher Heart.

Imagine a gentle flame is lit in this space.

### **A flame that guides you.**

Like a lighthouse.

It does not burn.

It shows the way.

## **Calling the Horse**

Now call in the energy of the Horse.

Call in its values: **movement, freedom, decision, inner truth.**

Imagine you are standing on a wide path.

In front of you: space, open air.

a clear horizon.

And from the distance, a Horse approaches.

Let the Horse arrive exactly as it needs to.

Light or dark.

Powerful or slender.

Most of all: **calm and certain.**

The Horse stops in front of you.

It looks at you with clarity.

Notice what you feel in your body:

peace, courage, excitement

or a quiet knowing: **this is your time.**

### **Fire Horse (Ignites, Doesn't Burn)**

Feel the flame in your Higher Heart.

and allow the Horse to respond to that flame.

This is a Fire Horse, a fire that ignites, but does not burn.

**The fire of direction.**

**The fire of truth.**

**The fire of life.**

Say to the Horse: **'Show me my next true step'**.

The Horse comes closer.

Maybe it touches you gently with its nose.

Maybe it bows its head in respect.

Maybe it turns sideways, inviting you to climb on.

Or it simply waits until you feel ready.

If you want, place your hand on its neck.

Feel strength, and calm.

**Power that does not need to shout.**

### **Riding (Embodied Motion)**

Now, in your own time, climb onto the Horse.

Sit steady.

**Feel that you are safe.**

The Horse begins to move.

At first, slowly.

In the rhythm of breath.

In the rhythm of the heart.

With each step, the flame in your Higher Heart becomes brighter.

Not bigger.

**Brighter.**

The Horse speeds up.

Not in panic in certainty.

And now, you are in motion.

Repeat silently, with the rhythm of the steps:

**'I am in direction.'**

**'I am in truth.'**

**'I am in the heart.'**

## **Your 2026 Landscape**

The Horse carries you to a place that becomes a symbol of your path in 2026.

An open plain, a forest, mountains, a desert.

or something completely different.

Look around.

What do these images mean for you ?

You come to a stop.

A message appears.

Not necessarily a sentence.

Maybe an image.

A sensation.

A single word.

Ask yourself, slowly, one by one:

- **What is my direction ?**
- **What quality of the Higher Heart is meant to guide me ?**
- **What is my next step within the next 48 hours ?**
- **What is my next step toward being closer to myself ?**

Let the answers arrive gently.

Don't force them.

In your perfect pace.

Sometimes they arrive like a whisper, and yet it is certain.

## **The Mark (Inner Source)**

Take a deep inhale.

And another one, into the Higher Heart, into the thymus.

Feel that the Horse leaves a mark within you.

A mark in your energy.

In your field.

In your inner structure.

In your DNA as a symbol of your inner source.

In your Higher Heart, like a guiding lighthouse-flame.

Notice:

What is this mark ?

How does it look ?

What value does it carry ?

Its colour, its temperature.

How does your body respond ?

Is it:

**calm courage**

**compassion that connects**

**clear truth**

**mature love with healthy boundaries**

## **Gratitude + Return**

Now thank the Horse.

Thank the cacao.

Thank yourself for your presence.

The Horse slowly walks away.

But its movement remains in you.

Its direction remains in you.

Bring your attention back to your hand on the chest.

Back to your breath.

Back to your feet on the Earth.

Speak to yourself simply, strongly, truthfully:

**'I choose direction.'**

**'I walk with heart and truth.'**

**'My fire is wisdom.'**

When you are ready, move your fingers.

Soften your jaw.

Take one more gentle sip of cacao.

Feel your whole body.

Feel your eyes and when you're ready, open them softly.

**And return.**