

A Honor and Respect the plant, its spirit and yourself

- Value for spiritual exploration and creativity

⊗ B Authors establish impt. role of C in the Entheogenic Reformation - Religions current movement.

x - One of our planets most magical gifts

- A way to opt out of the Materialistic Rat Race

x Quote for cautious behavior paper - cautious?

x i - Six contributors have been imprisoned - political prisoners in C.W. - Cognitive liberty + religious freedom are worth fighting for.

1 The Ecstasy of Bhang turns illusion into light ^{Free of weight of the material}
"Free ourselves from the weary round of matter blinded self"

3 Liberation of C tied in with consciousness shift (Einstein)
Seeing through conditioning that has not served us on the earth well. - Yes

4 Change in consciousness - from head to heart. - Dissolve head sourced beliefs - relax into intuitive heart perception and intelligence. - Can awaken us from the illusion of separateness.

Rasta. It develops a sense of fusion with all living beings

7 C invoke appreciation for life, the heart, creativity, center into an inner stillness.

21 If we were smart we would listen to plant teachers/spirits / Some will take care of us AND show us something AND ASK that we take Entree/ECME care of them AND the big picture.

23 Absurd century of prohibition of the gifts of nature.

25 "I am in her embrace"

26 - Release us from unconscious patterns that bind us too tightly

27 - Fiber, Food, Meds, and "world softening ease"

Allows us to step off to the side - see differently

30 Extract into olive oil just by warming?

31 Stop when you feel "just right" - what is "just right" → expand
balanced, intelligent, bemused, deeply connected to the in visible current of being alive.

29/30 "The feeling is a big sigh, a lifting off of something from my physical frame. A large, gentle, lighter than air arm embraces - The window in my mind opens - I can count on her. She knows me. We enjoy getting together again. So grateful, helps me know what to take seriously, what not. I feel so alive. she is a gift from the mystery itself. From nature

- 32 - Addiction or Not - SOME may use to escape / Antimotivational
- 33 - These Are debilitatingly habitual cannabis users - me & no
- 40 Ancient Chinese medicine / Shamanic Ritual - C played major role
- 54 - Topicals ? Ancient Assyrians said - use topicals 600 BC
- 57 Plant Based Shamanism among ancient jews.

Cannabis

AND plant based shamanism among ancient jews.

Plant Based Religion and Spirituality

"An element the fundamentalists have struggled to squash since the Dark Ages (still going on)"

"WARNING: Reading this book will forever change your opinion of cannabis and your relationship with it. Like too many of us, I had underrated cannabis's spiritual effectiveness. No more! This wonderful, often lyrical, immensely practical book introduces you to its diverse spiritual uses, contemporary practices, and the possible results when you honor and respect the plant, the plant's spirit, and yourself."

Scan pg 57 + 58 JAMES FADIMAN, PH.D., MICRODOSE RESEARCHER AND AUTHOR OF *THE PSYCHEDELIC EXPLORER'S GUIDE*

Priesthood is threatened if people perceive an access to the
 "Humans have fashioned a relationship with cannabis for many thousands of years, whether medical, recreational, or addictive. This volume offers a succinct yet broad survey of a fascinating aspect of that relationship: Divine people's eternal quest for transcendence."

Threat to the established priesthood/ideology
 GABOR MATÉ, M.D., AUTHOR OF *IN THE REALM OF HUNGRY GHOSTS*
 - could be Great Renovation of Religious Thought - with C

"Marijuana has undergone a mass resurgence in the past decade, as legal restrictions are relaxed and the plant's medical benefits are demonstrated. This book provides a deeper context, examining cannabis's value for spiritual exploration and creativity. I hope it inspires a new consciousness in how we approach and make use of it."

59 Bello - DANIEL PINCHBECK, AUTHOR OF *BREAKING OPEN THE HEAD*


"Inspirational, informational, and insightful, Cannabis and Spirituality more than accomplishes its mission of helping cannabis take its rightful place as one of our wisest and most honored plant spirit allies." light

Antidote to extreme swings. Brings us to the light
 ROBIN GRIGGS LAWRENCE, AUTHOR OF *THE CANNABIS KITCHEN COOKBOOK*

"Gray offers a cogent case for cannabis as a spirit medicine and provides food for thought, perhaps best considered over a bhang lassi or a pipe of good hashish." Both Stimulative & Depressive
 It integrates the "opposing modes of being" relaxation AND stimulation

CHRIS KILHAM, MEDICINE HUNTER AND AUTHOR OF *THE AYAHUASCA TEST PILOTS HANDBOOK* AND *THE FIVE TIBETANS*

- 61 - C generates psys. ological correlates of BOTH relaxation and stimulation
- 62 - Scan - great list of good effects.

63- The Experience of the Now is intensified with C
64- Necessity has moved the ... enlightened ... The alienat-
- to forget outways to awaken a sense of
meaning to existence" 



"With a stellar cast of expert contributors, *Cannabis and Spirituality* is a page-turning anthology of beautifully written essays, overflowing with fascinating historical facts, rare botanical knowledge, and sacred shamanic wisdom about everyone's favorite herbal ally."

65) SCAN Natural Healing for the
mystical state of extreme wellness
DAVID JAY BROWN, AUTHOR OF *DREAMING WIDE AWAKE*
"This book provides readers with an empowering approach to healing themselves and their relationship with the greater web of life by describing ethnobotanical, spiritual, and medical uses of this important plant."

69) Promote a
softening of the armor and
a freeing of the heart in compassion.
ERICA L. WOHLDMANN, PH.D., PROFESSOR OF PSYCHOLOGY AT CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

"By describing cannabis's entheogenic uses in *Cannabis and Spirituality*, Gray and his coauthors establish cannabis's important role in the Entheogen Reformation—religion's current movement from being based on sacred words and texts to being based on personal spiritual experience."

69) When the body feels good the
feeling of well being increases
"Feeling better" - can help you feel better
THOMAS B. ROBERTS, PH.D., AUTHOR OF *THE PSYCHEDELIC FUTURE OF THE MIND*

At its bottom line, this book embodies a highly passionate cognitive liberty/
religious freedom perspective that will be persuasive, even to nonusers of
cannabis—or nonbelievers. This is an informative, compelling, timely
volume."  

"Gradually lessening the "me" hold.
NEAL M. GOLDSMITH, PH.D., AUTHOR OF *PSYCHEDELIC HEALING*
71) Cannabis is capable of dissolving ego into deep presence.
"Cannabis has a long history as a sacrament used to mediate our relationship with the sacred. This book reminds us of this great power plant and how best to take advantage of it!"

74 Bad side effects of taking too much - paranoia etc.
JASON SILVA, EMMY-NOMINATED HOST OF NATIONAL GEOGRAPHIC'S HIT TV SERIES *BRAIN GAMES*

74 Antidotes? - Breathing deep & slow -
"The ideas explored in this book are an important step forward in our societies' evolving understanding of currently illegal drugs."

You can't think your way out of trouble
MARK HADEN, ADJUNCT PROFESSOR AT THE UNIVERSITY OF BRITISH COLUMBIA SCHOOL OF POPULATION AND PUBLIC HEALTH AND CHAIR OF THE BOARD OF THE MULTIDISCIPLINARY ASSOCIATION FOR PSYCHEDELIC STUDIES CANADA

76- Heavy use may limit - (daily use) C power for deeper
spiritual awakening work.
surrender to egoless inner stillness - Reality is in the heart
& the dissolution of the separate self

78 Lets understand that the possibilities are vaster than we have
perceived.
79 Not as simple as Indica / Sativa . 400 Chemicals
endless combinations

Myrcene - turpene relates to "couchlock"
 91 Sit up very straight ② Dedicate smoking to Lord Shiva
 Sit with a straight back and a soft front
 97 Stillness is the source - The wellspring of inspiration Tap in to it
 99 - Yoga is more a religion - meaning is "To join a universe"
 Ganesha Baba - (6 rules for smoking) posture 2) deep respiration
 3) Right eating, drinking 4) Rest 5) Right Concepts 6) Supremacy of Nature
 100 Sadhus, India

Cannabis

→ Combine chant and Cannabis

103 C can support potentiate, extend other entheogens.
 107 - Good Practice demands a non thought presence NOT a whole detailed bunch of stories
 110 Large Doses - can trigger difficult experiences - be very aware of Set and Setting
 - IF it happens - focus on breath maybe walk - Don't buy into an anxiety producing narratives.
 112 - inhale essential oils - like aromatherapy - lavender Rosemary
 - gong - or singing bowl

Spirituality

127 Dose for spiritual work - Less is more
 An Explorer's Guide to

? 129 - Blue morpho?
 Cannabis Shamanism - Hamilton Souther - Guy does live - stream spiritual cannabis ceremony.

140 You must love your plants
 141 Sexual Nature - consuming a bunch of yoni's
 144 - Violence - Rasta - We praise god in peace and comfort without force. love
 151 - Rasta Optics - holy herb → essential truth →
 → god is within.

Edited by Stephen Gray

154 - It's not the cannabis (or other) that makes you enlightened - it's connecting with the force ...
 155 - It magnifies preexisting tendencies. Sloth? Heroism?
 Sadhu's use C with the intention of self study

156 Ganja is Shiva but it opens up the feminine centers in the body. There's less directionality, more spacious, better blood flow, stretch
 157 - There IS the right handed and the left handed paths
 158 - Breathing in the gift of life, the goddess.

164 - Use only on weekends - for real spiritual use
 168 Ayahuasca takes you to the top Cannabis gives you wings
 181 - A wonderful way to Park Street Press To take off
 experience eye death and relax into what is. Rochester, Vermont • Toronto, Canada

Q is it feeding what you want to be feeding.
 193 - Pot - The dishabilitation of thought
 194 C - one of the few forces countering the current cancer of yang - masculine - testosterone

154 - The Church of the Jedi - ECME
to reconnect us all with each other, with all things,
274 Bibliography and with the force.

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258 - About the whole environmental
pg 9 - Cannabis can generate an energy that thing.
Therapy - Major have to surrender to.

197 Pot War - an unintended consequence of protecting industry from hemp.

195 Original sin - Unforgivable was use of plant to gain the "Knowledge of good and evil" - To use this "wisdom of mother nature"

208 Whatever you focus on grows - focus on the Positive - in 1968 the plant said "Pets best friends"

238 - For Artists - Creativity - "opens up the channels"

217 - Hager - The less you do the higher you get. Wants to form Pot Illuminati - Stewards of the Cannabis rebirth of Civilization. Has a set of rules.

220 mckenna - Gives me unexpected ideas

Buddhist
221 waking up from the illusion of the separate self is a beginning - Cosmos is alive - We are at the dance.

226 - Santo Daimon Rel. They use the term "the force"
228 Salas - Pot is for thinkers - Pot makes you think (Mex)

230 - C - opens you up to your creative love instinct instead of your predator/killer/survival instinct booze

231 - Pot freezes the brain - ... start typing stimulates creativity

237 SCAN - great summation - "it held out a world where I could be sensitive, and thoughtful, and good, fun imagination - soothed feelings." (★)

241 - Can make you lazy, stupid, allow very hard work for great length of time. Learn to manage it.

246 - The Honest self exam for daily users. Are you on top of your game?

247 - C can be a "truth serum" - Some don't like that.

249 - Tendency (tedious?) to be carried away with the wonder of things.

251 Adolescent Brain Conclusion

me Today's refermadness is every bit as fabricated but more sophisticated
Youth? - Developing Brain? inconclusive BUT - pharmaceuticals?

"Just Say No" - like holding meat before a hungry rylion.

255 - Addiction? Coffee withdrawal more intense

256 People with heart issues maybe should Abstain

257 Dozens of studies on Newborns - They are fine

258 - Conclu. - Toward a widespread transformation of Put w/ Dr meyers Adolescents

Humanity must reconnect to the relatedness of all consciousness

259 Realize! We have all the tools we need for the Transformation! (and one is Cannabis)