

RYAN SPRAGUE



# The Conscious Cannabis

## WORKBOOK

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# Welcome!

In my 12 years of working with the Cannabis plant, something I have come to recognize is that Cannabis truly is, in my opinion, the world's most misunderstood plant medicine.

Although authors such as Chris Bennett have supplied research that shows Cannabis and human beings

have been intermingling for at least 10,000 years, the last 80–100 years have done an excellent job of erasing that history, leaving most people in the Western world either believing or having to move past the belief that Cannabis is nothing more than a drug that will rot your brain.

As I imagine everyone reading this knows, this could not be further from the truth and in the present day, new science is coming out seemingly each week that is giving credence to the many powers Cannabis holds within it to assist us in our experience of life.

This being said, what about the more qualitative, spiritual components of the plant?

When looking into the history of Cannabis being used as a spiritual aid and ally, we can find evidence all across the world that the powers of this plant go far beyond the incredible benefits Cannabis can provide for the physical body.

Having worked in the professional Cannabis industry for five years, in which I worked intimately with over 5,000 medical patients, I can say firsthand that this missing part of the equation of how Cannabis works in the totality of the human experience has left a lot of people struggling to understand Cannabis, how it works, and how to maintain a healthy, conscious relationship with the plant.

A good analogy I have found to bring this concept home is that it's almost as if we, as a society, are missing the user manual for how this plant operates.



As a result, we at Highly Optimized created the “Conscious Cannabis Collective”, our 6-month mastermind experience, to be the long-lost user manual for how to create a conscious, healthy relationship with this plant to ensure that those looking to connect with it can do so in a healthy manner & not end up doing more harm than good, as many Cannabis users unfortunately do.



The “Conscious Cannabis Workbook”, therefore, is our answer to providing the foundation for anyone looking to have a taste of what a conscious relationship with this plant can do for them in their individual experience of life & within this workbook we will be exploring the following concepts:

- **The definition of “Conscious Cannabis”**
- **What becomes possible as a result of creating this type of relationship with the plant**
- **Our 4-step process, called “The Highly Optimized Way”, for creating a conscious, healthy relationship with Cannabis**
- **The 3 ways to understand the language in which Cannabis speaks.**



## What Is Conscious Cannabis?

Before we dive into all of the other teachings within this workbook, I first wanted to take a moment to define for each of you what conscious Cannabis is to ensure we are all on the same page when framing this concept within our lives.

Consciously connecting with Cannabis is the notion of being aware of what you are doing with the plant, why you are doing it, and what you are looking to receive from the plant & to ensure you have a plan set up to help support you in integrating the “high-deas” the plant provides to you.

Someone who is conscious in their relationship with Cannabis is able to balance the plant into their lives & be radically self-honest with themselves with regards to where their patterns with the plant best serve them & where their patterns with the plant do not serve them.

When an individual is able to bring more conscious awareness into their relationship with Cannabis, they can create a healthy relationship with the plant & reap the rewards of what the plant is truly meant to do for each of us who utilize it in our lives.

Let’s now look into what some of these potential rewards are so that each of you is aware of what you are working towards & why.

## What Becomes Possible In A Conscious, Healthy Relationship With Cannabis?

As you have each heard me speak to in this workbook, Cannabis, along with being the most popular & widely utilized plant medicine, is also the most misunderstood.

As such, I wanted to lay out for each of you exactly what becomes possible when we bring more conscious awareness into our relationship with the plant so that you can each understand exactly what is possible for you when you apply the teachings in this workbook into your relationship with Cannabis.





## Cannabis & Self Awareness

The most foundational aspect of how Cannabis can support us in our lives when utilized in a conscious, healthy manner is self-awareness.

Self-awareness is the ability to be aware of yourself in space & time &, more specifically, your truest self.

Throughout our lives, especially when we are young, we are extremely impressionable & as such, we are soaking in the environment around us & are learning from those closest to us how to navigate our experience of life in this 3d reality.

The challenge within this is primarily that, at these young ages, we are unaware of the potential distortions existing in those we are witnessing & learning from, such as our parents, friends, members of society, such as our teachers & our environment as a whole.

Now, by distortions, what I am speaking to are the “stories” that get in the way of recognizing who & what we truly are as divine beings existing within this illusion of separation we call the human experience & the feelings associated with them in our bodies.

Some of these stories can include things such as:

- Stories of why we aren't enough
- Stories of how we are not deserving
- Stories of why we will be abandoned

When these distortions/stories are uploaded into us by our parents, friends, members of society, our environment, etc, they create feelings which get trapped in our bodies & ultimately create what we commonly refer to as “trauma”.

These traumas ultimately impede our ability to access our unique magic in this lifetime & bring that magic to the world to create a more beautiful world for generations to come.

Our ancestors were well aware, potentially even more so than we are today, of these distortions & their ability to wreak havoc upon our lives, however, in our modern-day society, most of us have never been taught these things & only discover them as we enter our spiritual journeys later in life.

## Cannabis & Self Awareness (Continued)

As such, Cannabis is one of many plant allies whose purpose is to first create a deeper degree of awareness over these distortions &, as I mentioned before, our lives as a whole.

This is one of the main reasons some people fear Cannabis, as, in their words, the plant “makes” them anxious, paranoid, etc, when, in reality, & as you will see later in this workbook, the plant acts as a mirror & as such, only reflects back to us what is already inside of us.

The challenge lies in the fact that, as I have also mentioned before in this workbook, none of us ever got a “user manual” for the plant & as such, have no context for this idea within working with the plant or what the plant is looking to do by bringing feelings like these up for us.

By learning how to connect with Cannabis in a conscious, healthy manner, you can tap into this long-forgotten power of the plant & become an active participant in not only creating this self-awareness but also in moving into the second aspect of what conscious Cannabis can do for us, which is to initiate healing from this awareness.



## Cannabis & Healing Trauma

As I mentioned earlier in this workbook, “trauma” is a term that is commonly used when referring to the distortions aforementioned & their effect on our experience of life.

These traumas are stored within our subconscious mind &, as the name suggests, this aspect of our mind is beneath our conscious awareness.

As such, our subconscious is truly what is running the show & leading to how we show up in our lives, both in our perceived positive & perceived negative aspects of self.

This being said, in order to work with the subconscious mind, we must “sink”, if you will, from our typical, conscious awareness, into the operating system behind the show.

The best part of working with Cannabis for the purpose of first healing trauma is that Cannabis moves us out of our typical beta brain wave state, full of all of its distortions/stories, & moves us into alpha & theta brain waves.

Now, for those of you who are aware of flow states, I imagine you are well aware of alpha brain waves, however, I want to draw specific attention to the ability of this plant to shift us into theta brain waves.

Theta brain waves are commonly referred to as the “doorway to the subconscious” & are actually what Hypnosis practitioners utilize when placing clients under hypnosis.

In addition, for those of you who have read books on trauma such as “The Body Keeps The Score”, by Bessel Van Der Kolk, you will recognize that he, as well as many other leading trauma researchers, speak to trauma being “held in the body.”

Therefore, I have always tied the subconscious mind TO the body & when we look into the history of the god “Shiva”, who is commonly associated with the Cannabis plant & is famous for being tied to the “ecstasy of the body”, we can begin to see how modern-day science & ancient wisdom begin to meld.

## Cannabis & Healing Trauma (Continued)

For most of us, it can be extremely difficult to access these theta brain waves, or, said differently, it can be difficult for many of us to get into our bodies, where true healing can occur, as when our mind is in its typical beta brain wave state, our “protection” mechanisms, such as our ego & default mode network, are hard at work to “protect” us from seeing that which is distorted within us, however, seeing these distortions & feeling through them is the only way to truly heal them & transcend them.

When we are able to utilize this plant to assist us in this process AND we have the awareness of the notion that the plant can open up this ability within us, we have the ability to heal these distortions & ultimately, reclaim our wholeness & light up the world around us with the magic that becomes possible for us to tune into once again when we aren’t running from our lives, but are running TO our lives.

Some of the signs associated with moving through these distortions/traumas within a Cannabis experience include:

- Shaking, aka “tremoring”
- Emotional releases, such as crying, shouting, laughing, etc.
- Kundalini energy moving throughout the spine, tingling energy, etc.

As you will hear me speak to throughout any content I create, the goal is to always learn from the plant AND practice getting into states such as the theta brain wave state/the body without any aid from the plant, which is why in the CCC, we focus heavily on helping our students build the necessary structure around their life & have the support required to master these abilities even in sober states so that the plant can continue opening us up to deeper & deeper points of awareness & healing.

Now that we’ve explored what becomes possible as a result of creating a more conscious, healthy relationship with Cannabis, it's time to dive into “The Highly Optimized Way”, which is the 4 step process any of you can utilize in your work with the plant to be able to bring forth the awareness & healing aforementioned.





# The Highly Optimized Way

While there are endless ways in which to become conscious in your relationship with Cannabis, we have found these 4 steps, which we call “The Highly Optimized Way”, to be easy, effective & able to allow anyone, regardless of how long they have been connecting with the plant, to be able to achieve a heightened sense of consciousness into their relationship with Cannabis.

## STEP 1

# The Weekly Dieta

The concept of a dieta stated simply, is the idea that by refraining from pleasures such as poor quality food, alcohol, excessive Cannabis use, sex, etc., we can deepen the ability for the medicine to work as a spiritual aid & ally in our lives.

This concept is most notably associated with medicines such as Ayahuasca, however, I firmly believe that by applying this idea to Cannabis, we can allow our relationship with the plant to deepen & as a result, allow us to open up new levels of consciousness within our work with the plant.

One thing I want to mention here is that the method you are going to see us recommend here is NOT the “only” way, nor is it the “right” or “wrong” way & instead, this is simply my personal method that I have found has worked wonders for not only myself but also the students I have going through the “Connect With Cannabis” program.

In my personal experience, the weekly dieta is pivotal in order to create a healthy, balanced relationship with the plant & one which is able to open up the psychedelic powers of Cannabis & as a result, allow us to experience the full spectrum of what Cannabis has to offer us as a spiritual aid & ally in our lives.



### THE GUIDELINES FOR THE WEEKLY DIETA INCLUDE:

1. A minimum of 3 days of abstinence from Cannabis in a row each week (I personally do a total of 5 days each week of abstinence from Monday-Friday.)
2. During this abstinence period, focusing on a healthy diet, adequate hydration of spring water, daily movement of your body & prioritizing high quality sleep.
3. Once your abstinence period is over, connect with Cannabis ceremonially with the following steps of “The Highly Optimized Way” that will be laid out in the following information.



One thing you may notice when you do this is not only will your experiences with Cannabis deepen & open up to completely new possibilities, but you will also be able to tap deeper into the subtleties of what you love about Cannabis & how it helps you.

This is because, like anything, it is actually in the absence of something that we discover what we truly love about it & there are SO many aspects of life we can access when we tune deeper into subtleties.

For example, if you live with your romantic partner & have been living together & going through the same routines each day for some time, you may unconsciously take some of the things he/she does for you for granted, yet if they leave for a week to go on vacation, you will quickly begin to realize all of the little things you may have overlooked & in having this experience, you will realize that the little things are truly the big things.

**Cannabis, like anything else in our lives, works in this same way & as such, make sure you are sticking to this weekly dieta if being in a conscious, co-creative relationship with the plant is important to you.**



## STEP 2

# Setting An Intention



**T**he concept of intention is simply the idea of understanding what your goal is for a specific experience with Cannabis & being able to vocalize that intention to the plant before consuming it.

If you choose to believe, like I do, that Cannabis is a conscious being with a spirit, then being able to communicate with the plant allows the plant to understand why you are coming to it in the first place.

One of the most important things to remember here is that while you will know what your intention is, the mystery will be in allowing the plant to create the manifestation of your intention in its own unique way.

For instance, let's say you set an intention to experience happiness after you consume Cannabis as you've been feeling anxious recently.

What could happen is the plant may bring you deeper into the anxiety you've been feeling in order to feel it to heal it.

Oftentimes our undesirable feelings are prolonged as a result of us not understanding that to remediate these feelings, we must slow down enough to give ourselves time to process them.

This is why the concept of set & setting, which we will explore in more depth later in this workbook, is so important when we are choosing to connect with Cannabis in this way as we want to ensure that we have the available space to allow the plant to help us achieve our intention & ultimately help us increase our quality of life.



## The Basic Layout Of An Intention

Once again, there are no right or wrong answers when it comes to how to set an intention, however, I have found this format below to work well when looking to set an intention.

***"I (insert name here) am consciously setting the intention to (insert your intention here) because (insert why this intention matters to you or your "why" for setting it.)"***

Let's take a look at a couple of examples of intentions for each of you to understand the range of possibilities when creating intentions.



## EXAMPLE INTENTIONS

- *"I, Ryan Sprague, am consciously setting the intention to connect deeper with myself because I have been feeling disconnected from myself recently."*
- *"I, Ryan Sprague, am consciously setting the intention to receive assistance in understanding why I have been so frustrated lately because I am ready to begin feeling lighter."*
- *"I, Ryan Sprague, am consciously setting the intention to communicate with my soul because I am feeling out of alignment currently in my life."*
- *"I, Ryan Sprague, am consciously setting the intention to connect deeper to my romantic partner because the love I have for her is my favorite feeling in the world."*
- *"I, Ryan Sprague, am consciously setting the intention to experience well-being & happiness because I am prioritizing my own joy in life."*
- *"I, Ryan Sprague, am consciously setting the intention for the Cannabis plant to illuminate what is most useful for me to learn in my life currently because I am focused on being the best version of myself."*

## STEP 3

# Creating A Ceremony



Once we've set an intention, it is time to create a container from which our intention can play out within.

This is what I am referring to when I speak to the idea of ceremony, as I believe a ceremony, which is a word you will hear defined differently from different sources, to simply be the idea of creating a container that is practical & relevant for the experience you are looking to have & the intention you have set.

As such, this includes your set, aka your mindset, which is the mental state you bring to the experience, including thoughts, mood & expectations, your setting, which is the place in which you conduct your ceremony & lastly, the idea of creating a sacred space from which to experience Cannabis within.

## Creating Your Set & Setting

**For the “set” component of this, I recommend the following exercise to allow your mind to be balanced before you connect with the plant.**

### BOX BREATHING

Box breathing is a style of breathwork that is designed to down-regulate your nervous system & enter you into a parasympathetic nervous system state.

Our parasympathetic nervous system is what, when activated, tells our body that we are free of danger & are able to relax & recuperate.



## TO DO THIS, FOLLOW THESE STEPS:

- *Breathe in for a count of 4*
- *Hold for a count of 4*
- *Exhale for a count of 4*
- *Hold the bottom of your breath for a count of 4*
- *Repeat 10 times*

Once you have completed your 10 rounds, you will notice that you will feel much calmer &, as shamanic medicine speaks of, you will have “emptied” yourself.

The reason that emptying yourself is so important is that if you are looking for the guidance of a plant medicine such as Cannabis, the plant will only be able to communicate with you if there is room to do so & as such if you have racing thoughts upon entering your experience with Cannabis, you are more likely to miss the messages Cannabis provides you.

In addition, you will also be more likely to experience negative results with the plant overall, as when our mind is racing & we include a plant medicine such as Cannabis into the picture, it can be an overload of energy & lead to an increased amount of negative thoughts as a result.



Once again, there are endless modalities from which to accomplish a well-balanced set, however, this exercise I find simple & effective to accomplish this.

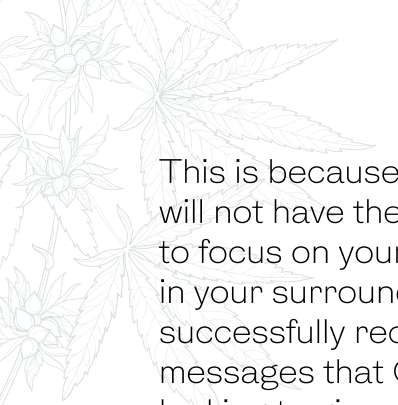
**For the “setting” component of this, I recommend the following concepts to ensure your setting is well-balanced before you connect with the plant.**

### **1. ENSURE YOU ARE SOMEWHERE YOU FEEL SAFE**

One of the main reasons people receive undesirable results with Cannabis is due to a lack of understanding of how their environment plays into their overall experience with Cannabis.

If you are in an environment that feels upregulated, new to you & is loud, for instance, it can further exacerbate the chances that you will face challenges within your experience with the plant.





This is because, once again, you will not have the necessary space to focus on your breath, feel safe in your surroundings & be able to successfully receive the messages that Cannabis is looking to give you.

My recommendation for creating a well-balanced setting is to ensure you are somewhere that feels comfortable & safe, able to give your ceremony with Cannabis the attention it deserves.

This does not mean you can never connect with Cannabis in a scenario such as a concert, for instance, however, there is a big learning curve with regards to discovering how to do this safely.

What I have found is that if I am looking to connect with Cannabis in a situation that is more upregulated & foreign to me, I am going to practice harm reduction techniques by employing the concept of minimum effective dosing, ensuring that I am accounting for the stimulation I am going to be feeling in a new environment playing into my overall experience.

This being said, for the idea of creating a ceremony with Cannabis, I recommend only connecting with the plant in relaxed, safe spaces, such as your home, for instance, as I have found it extremely hard to focus on my experience with the plant in other types of settings.

## 2. MAKE SURE YOUR SPACE IS CLEAN

In my experience, there is no easier way to experience anxiety within your experiences with Cannabis than when connecting with the plant in a messy environment.



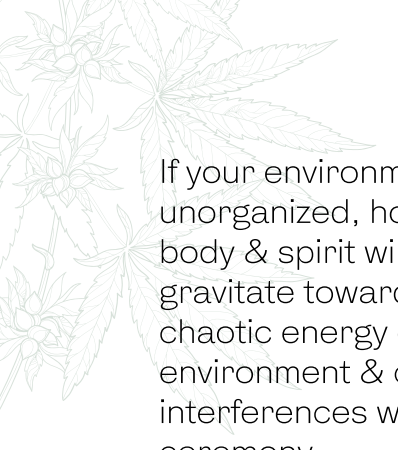
When exploring the idea of feng shui, we can understand the mechanisms behind what a clean, organized environment can do for our ability to relax into our experiences with Cannabis, versus a messy & unorganized environment.

The simplest way to explain this is with the law of correspondence, which is one of the seven hermetic principles.

This law states “as above, so below, as within, so without.”

The reason this law is the perfect way to encapsulate the importance of a clean space from which to conduct your ceremony is that if your space is clean & organized, your mind, body & spirit will be better equipped to match that energy.





If your environment is messy & unorganized, however, your mind, body & spirit will naturally gravitate towards the same chaotic energy of your environment & can lead to interferences within your ceremony.

### **3. MAKE SURE YOU HAVE YOUR MATERIALS PREPARED BEFOREHAND**

Along with the aforementioned ways from which to have a challenging experience, another great way to include interference in your ceremony is not having your materials prepared before connecting with Cannabis.

My recommendation for this step is to have the following items in place before initiating your ceremony:

- Cannabis materials (flower/edibles, papers, vaporizer, etc.)
- Water
- Journal to keep track of messages that come through
- Bluetooth speaker & corresponding playlist if you wish to listen to music within your ceremony
- Sage/Palo Santo

## **Creating A Sacred Space For Your Ceremony**

The concept of sacred space is based around ensuring the space in which you conduct your ceremony is conducive for allowing you to express your practice of spiritual nourishment.

The idea of sacred space is a foundational aspect of any container in which medicines will be connected with & within shamanism, there are many different ways from which to cultivate a sacred space.

My intention for this section is to give you each some basics for how to accomplish this within your ceremony.

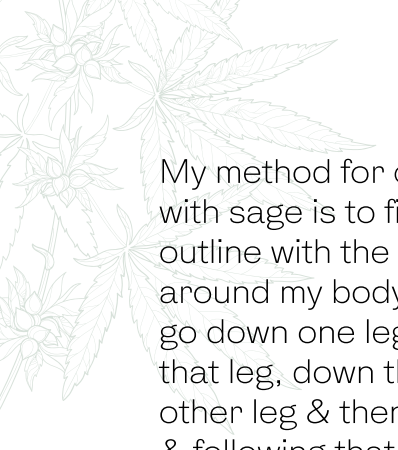


### **1. CLEANSING & RE-ENERGIZING YOUR SPACE**

The first step to creating a sacred space is to ensure your space is cleansed & re-energized.

My favorite way to do this is to use sage & palo santo.

I use sage first to cleanse myself & my environment as sage is known to cleanse any negative energies out of your space & neutralize the space overall.



My method for cleansing myself with sage is to first draw an outline with the sage bundle around my body, making sure to go down one leg, up the inside of that leg, down the inside of the other leg & then up the other leg & following that line up & around your body until you reach the top of your head.

From there, I walk around my space with the sage & ensure I have covered the majority of my space with it.

Once your space is cleansed, you will want to bring in new, positive energy & this is where palo santo comes in.

Palo Santo is known to re-energize a space once it has been cleansed & to do this, I follow the same steps we went through with the saging process in which we trace the outline of our being with our Palo Santo & then walk around our environment with it to ensure the essence of it has filled our environment.

## **2. CREATING A SACRED SPACE**

Once your space has been cleansed & re-energized, you will then want to create a sacred space from which to connect with Cannabis in.

There are many methods for doing this, however, my personal favorite is to move through a 7 directional prayer.



The concept of this is to give thanks to each of the 7 directions, including north, east, south, west, up, down & to your center (aka your heart.)

My recommendation for what to say for each direction is to think about what each direction represents to you & to improvise based on what feels right for you in the moment.

For example, maybe the North to you represents the challenges you face in life that help you grow, as the North typically has harsher cold climates & for your North prayer, you decide to speak to your gratitude for recent challenges in your life that have helped you grow.

On the other hand, if you'd like to have the same 7 directional prayer each time & would rather not improvise, you can look up a script online for each direction & use that method instead.

## STEP 4

# Integration

Many people tend to think integration is an optional step, however, if you are someone who wishes to interact with Cannabis as a medicine & teacher, rather than a substance, it is imperative that you integrate your discoveries with the plant after your experiences conclude.



This plant yearns to be in a co-communicative relationship with us, however, in order to be able to actually learn the lessons Cannabis has to teach us & successfully become conscious in our relationship with the plant, we must recognize that the real work within the plant medicine space happens within the concept of integration.

Let's look at an example to bring this concept home.

As such, you decide to connect with Cannabis with the intention of discovering the missing link between you & accessing the creativity you seek to bring back into your life.

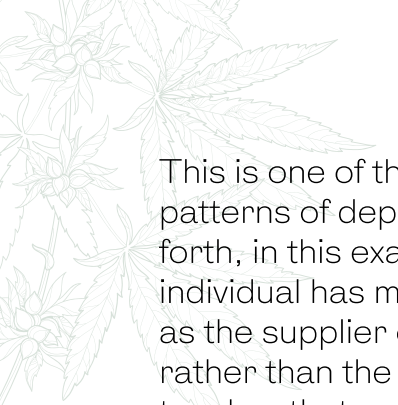
You then move through your ceremony with the plant & as the ceremony deepens, you begin to experience memories from your past in which painting was a big part of your life.

Once you realize this, you begin getting excited at the thought of getting back into painting & you then create the hypothesis that the breadcrumb trail you are going to follow to access more of your creativity is by getting back into painting.

Now, let's say that while in your ceremony, you feel all the motivation & inspiration necessary to sign up for art classes & begin following this breadcrumb trail, however, when your ceremony has concluded, you fail to take the initiative to integrate your experience by not signing up for an art class & fulfilling your end of the work within your relationship with Cannabis.

What will most likely happen in this scenario I spoke about here is that your life will go on as normal and, over time, you will feel more & more frustrated as to how to unlock the creativity you yearn to bring into your life & will end up thinking that in order to feel that inspiration & motivation once again, you must connect with Cannabis again to enter that state.





This is one of the areas in which patterns of dependency can come forth, in this example, this individual has mistaken Cannabis as the supplier of creativity, rather than the medicine & teacher that can show them the way to unlock creativity in their own life.

Let's say that instead of missing the mark, you come out of your ceremony with Cannabis & immediately take the initiative to integrate what you've learned by signing up for an art class to follow the breadcrumb trail that Cannabis illuminated for you.

In this example, this individual is now in the perfect scenario to continue finding synchronicities, and serendipities while also successfully being on the path to unlocking creativity within their day-to-day life.

A great way to encapsulate this concept is that by choosing to enter a conscious, intentional relationship with Cannabis, you recognize that while Cannabis can show you the "what", aka the realization that painting is a form of creativity that is calling you, as in the example above, it is up to you to discover the "how", aka signing up for an art class, buying a paint kit, etc., as in the example above.

In addition to examples like the one above, there may be some ceremonies where you don't get such a clear message & instead, you experience recurring thoughts, feelings or sensations within your experience.

For things like these, I have some fantastic methods for integration that I use to continue getting curious as to what meaning to make out of these in my life.

Some of my favorite methods for integration include:

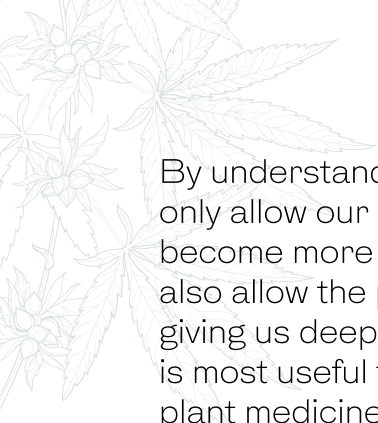
- Walking
- Journaling
- Meditating
- Breathwork
- Movement

A good rule of thumb for integration is that whatever methodology you choose to integrate with, it is most effective to be with yourself, by yourself, in order to make your own meanings out of your experiences, rather than be persuaded or convinced by others what your experience could mean.

When we integrate effectively, we can take our "PEAK" experiences, which are the experiences themselves & integrate them into "PEEK" experiences, where we are able to "peek" behind the veil of everyday life to remember the magic that is around us at all times, waiting for us to recognize it.







By understanding this, we can not only allow our entire lives to become more magic, but we can also allow the plant to continue giving us deeper layers as to what is most useful to gain from our plant medicine experiences within our lives as if we fail to integrate our experiences, the plant will either continue showing us the same realizations or “aha” moments or we could stop noticing the gems the plant wants to illuminate for us all together as if our unconscious energy is essentially saying “I want to tune out with Cannabis”, rather than “I want to tune IN with Cannabis” than we are not going to be focused on looking for synchronicities, chance encounters, etc., which is much of the way in which the plant works within being able to be a tool for self-awareness in our lives.

## The 3 Steps To Understand How Cannabis Works In The Human Experience

Along with “The Highly Optimized Way”, which helps us understand how to connect with Cannabis consciously, I have found it helps immensely in understanding the 3 most potent ways in which to view how Cannabis works within our experiences with the plant.

As such, this section will be dedicated to providing you with the 3 steps in which to

understand this in order to continue bringing your relationship with Cannabis into the conscious & allow you to reach new heights in your ability to have a co-communicative & co-creative relationship with the plant.

### STEP ONE: CANNABIS IS FEMININE MEDICINE

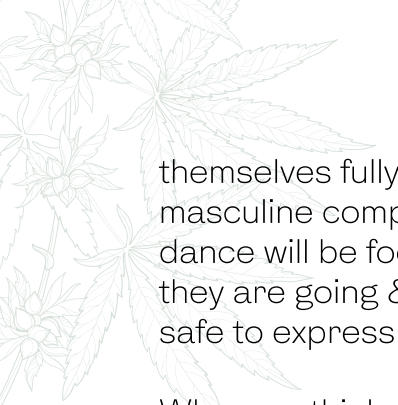
I imagine that many of you may have heard before that Cannabis has a feminine spirit to it.

While I will not be breaking down the scientific components behind this, as I feel it would be far too lengthy & is not necessary for this concept to be understood, I will be diving into an analogy of how to understand this & breaking down some common scenarios with Cannabis in which failing to understand this notion could lead to undesirable results with the plant.

First, let’s dive into an analogy to bring this concept home.

Imagine you are learning how to salsa dance & your instructor is breaking down the masculine & feminine roles for you & your partner.

They share with you that the masculine component of the salsa dance is to lead the dance & provide the direction from which the salsa dance can play out within, while the feminine component of the salsa dance is to follow that lead & express



themselves fully, knowing that the masculine component of the salsa dance will be focused on where they are going & allow them to feel safe to express themselves.

When we think about a healthy, conscious relationship with Cannabis, this analogy can be used to describe the masculine & feminine roles within our experiences with the plant.

Now, while the plant is supplying the feminine component of this equation, we, whether we are male or female, must provide the masculine component of this equation, which is setting the intention & corresponding direction for the plant to work within, in order for Cannabis to be able to successfully work as a medicine & teacher in our lives & illuminate for us the breadcrumb trail to follow within our lives to achieve the intention we set & create a higher quality of life for us in our lives.

Let's say that someone who has not explored this concept in their relationship with Cannabis connects with the plant without providing the masculine component of setting an intention before they connect with the plant.

This person then feels the feminine essence of Cannabis envelop their being & either one of two things happens:

In the first example, they end up sitting on the couch all day & fail to tackle any of their responsibilities & end up blaming

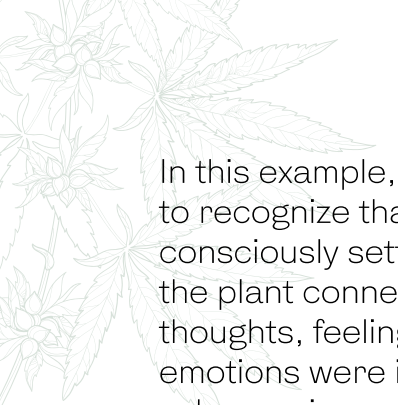


the plant as a result of “making” them lazy....cue the “lazy stoner stereotype.”

In this example, not only did they unconsciously expect Cannabis to “make” them productive, but they also externalized their power by placing the blame on the plant for being lazy, instead of taking ownership over the notion that they chose to connect with the plant without setting an intention, lost drive & did not take responsibility to remediate this issue themselves.

It is important to note that it is not Cannabis' job to know why we are connecting with the plant or “make” us into a certain version of ourselves &, in actuality, it is our job to know these things, as with great power comes great responsibility.

In a second example, let's say an individual does not set an intention & as such, ends up having whatever negativity is within their subconscious become their unconscious intention. Let's then say that instead of this individual taking responsibility for failing to bring awareness to their overall state of being before connecting with the plant, they instead end up blaming the plant for “making” them anxious.



In this example, this person failed to recognize that by not consciously setting an intention, the plant connected with whatever thoughts, feelings, sensations, or emotions were in the subconscious, as Cannabis connects us deeper to our subconscious by moving our brain waves from beta to alpha & theta, which act as the doorway to our subconscious.

As a result, this person failed to take ownership over their lack of conscious intention setting & ended up externalizing their power onto the plant in believing the plant “made” them feel anxious, paranoid, etc.

By understanding Cannabis is a feminine medicine, we can allow ourselves to understand why it is so crucial to set an intention within our ceremonies to be able to experience the healing benefits the plant has the opportunity to show us as a result of understanding this concept.

## **STEP TWO: CANNABIS ACTS AS A MIRROR**

As I touched upon in the step before, many people experience either great highs with Cannabis or great lows & instead of being able to take ownership over them, they instead place that ownership onto the plant.

Cannabis, as with most plant medicines, acts as a mirror by reflecting back to us what is already present within our physical, emotional, mental & spiritual bodies.

As a result, what we experience within our ceremonies with Cannabis is not a result of Cannabis “making” us happy, ecstatic, anxious, paranoid, etc., but rather is a result of Cannabis illuminating for us what was already residing within our subconscious.

By understanding this concept, we can set ourselves up for heightened success by ensuring we are able to take ownership over what Cannabis reflects to us & be better equipped to know what to focus on integrating after our ceremonies have concluded.

For example, maybe you have a ceremony with Cannabis in which you experience a great deal of anxiety.

In scenario number one, you externalize your power onto the plant by blaming the plant for “making” you anxious & as a result, become nervous to engage with the plant moving forward & also fail to recognize that by diving into the anxiety you experienced, you could potentially create a much higher quality of life for yourself as we must feel things in order to heal them.

In scenario number two, you take ownership over the anxiety you experienced & instead of ignoring this anxiety, you begin taking note in your daily life of when you feel a similar sensation within your body & begin getting curious as to what the correlations between each of the scenarios you experience similar sensations could be.

As I am sure you are beginning to see, by understanding this concept, you can enact a training ground not only for your relationship with Cannabis but also in your daily life by choosing to take ownership over your experiences with the plant & within your life as a whole.

### STEP THREE:: CANNABIS ACTS AS IMAGINATION MEDICINE



Although I am not affiliated with a particular religion, I know a good line when I hear it.

The Bible states that “in order to reach the kingdom of heaven, you must first enter the mind of a child.”

One day, when connecting with Cannabis in ceremony, this statement made its way into my awareness & although I had heard it many times before, it landed differently this time.

What I began to notice is that in a world full of praise for intellect, aka what we “know”, far too many of us have become stuck in

allowing our lives to be boxed into what we think we know is “correct” & “incorrect” about life as a whole.

As a result, these “knowings” become belief systems & it is our collection of what we believe to be true & untrue about life that creates our experience of life.

For example, let’s say that you grew up in a household where your parents always had the news on & were always speaking to the notion that the world is a scary place & to be careful when travelling alone.

As a result, you take on the belief that the world is scary & unsafe.

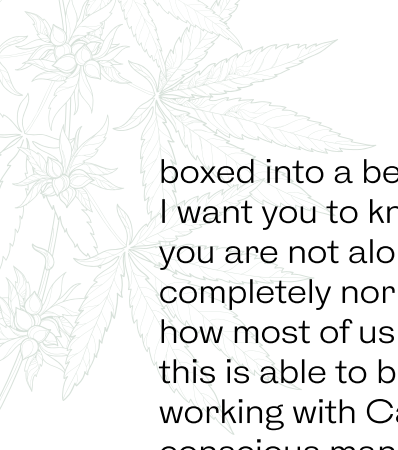
You then move through your life & as your friends speak about travelling to distant lands to have new experiences, you feel fear in saying yes to travel with them & as a result, choose to stay home where you feel safe.

In order to successfully change this individual's belief, they would first have to “imagine” a reality in which the world is a safe place, even though scary things happen from time to time.

Without being able to first “imagine” a reality in which this is true, this individual will be stuck in their belief that the world is a scary place & will feel this fear any time someone tries to push them outside of this belief system.

I imagine that anyone listening to this right now can begin thinking of where in your life you may be





boxed into a belief system & what I want you to know first is that you are not alone, this is completely normal considering how most of us were raised & this is able to be shifted by working with Cannabis in a conscious manner.

My best recommendation to explore Cannabis in this way is by setting the intention to have Cannabis show you where you are currently most stuck in a belief system that is not adding substance to your life.

Once you have set your intention, connect with the plant & once you attach onto a specific thought, feeling, sensation or emotion that you can relate to a belief system, begin exploring what it would be like to imagine a reality in which either the opposite is true or a different version of this belief is true.

After you have successfully imagined a reality in which this new belief system is true, you can then begin integrating this by visualizing this reality within your daily meditation ritual, breathwork ritual, walking ritual or any other integration rituals that resonate with you.

As you continue to visualize this as part of your integration, the next step would be to begin living “as if” this belief was true.

For example, let’s say that in the example above, you originally believed the world to be a scary & unsafe place & after visualizing this different reality in which the world is a safe place, you then



begin to live into this new reality by living “as if” the world was a safe place.

What you could then do is begin moving past your zone of comfort by saying yes to travel opportunities with friends & living into the version of you that believes the world is safe.

After a certain amount of time, this “as if” will become a “matter of fact”, in which you will no longer need to consciously try to believe the world is a safe place & instead, you will begin saying yes to things quickly & without a second thought that before choosing to work on this belief system, you would have never said yes to.

Many of my clients come to me because they are trying to essentially jump from chapter one, in which they currently believe something that is hindering their quality of life, to chapter ten, in which they believe the opposite, however, to shift beliefs effectively, it takes time, patience & imagination.

From imagination, we can look at our beliefs, and imagine new realities for ourselves in which we do not believe these disempowering beliefs & as a result, end up shifting our beliefs over time & revolutionizing our experience of life.

# Conclusion

As I am sure each of you who dove into our quiz & this subsequent workbook can tell by this point, it is easy to see why so many end up doing more harm than good with Cannabis considering most of us have never been exposed to this side of the plant.

The truth is, being able to navigate the self-awareness that Cannabis can open us up to & successfully allow that awareness to lead to healing can be extremely tricky when done alone, which is the main reason we created the “Conscious Cannabis Collective.”

In the CCC, we have created a supportive community and comprehensive program to support people in exploring their internal reality so they can create transformative relationships with Cannabis and ultimately invite new evolution into their lives.

While I would love to think that this workbook would be all you need & for some of you it may be, the truth of the matter is that many of you will run into challenges in this process as life happens around you.

For those of you who are inspired to work with this plant in the ways this workbook speaks to, the “Conscious Cannabis Collective” is a powerful pathway for continuing to deepen your relationship with the plant AND to meet other like-minded individuals just like you on the same journey.

The saying that “you are the collection of the people you spend the most time with” is extremely accurate & as such, along with all of the teachings & support within the CCC, the group is also an amazing way to bring yourself into a tribe of human beings all devoted to ushering in their next level of evolution together.

I wish you all the absolute best in your journey with the plant & beyond & for those of you who are curious about learning more about the CCC & how we can support you, book a discovery call where we can dive deeper together into your journey & see if you qualify for a spot in the group during our next enrollment period.

To find the qualifying call link, check your email as we sent you an email after downloading the guide that will have the link to register & save your spot for the CCC.



**Highlyoptimized.me**  
**@therealryansprague**