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Tap Into the **MIRACLES** of **MEDITATION** with **CANNABIS PLANT MEDICINE**

Becca's Quick Start Guide to "Conscious Cannabis" that will
make you look forward to Meditating. (Really!)

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Here are my top seven “Best Practices” for an optimal meditative experience using cannabis plant medicine.

NOTE: You can use these cannabis best practices and apply to any meditation technique you would like. However, when they are combined with practices for emotional release, a powerful healing synergy is activated. You can try out the pairing of these “conscious cannabis” approaches by [joining me for my free monthly Advanced Techniques sessions.](#)

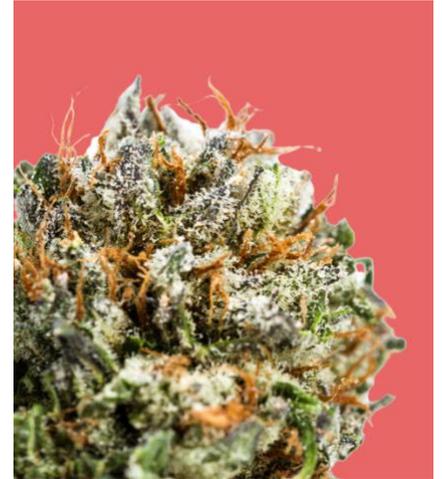
1) RESPECT YOUR “GROWTH” EDGE

The beauty of working with cannabis plant medicine as an ally in Inner Exploration is that there’s no one-size-fits-all. And as a clinician I love this “biochemical individuality” because it requires each of us to be very aware and present with what’s going on inside of us – something that most of us struggle to be in touch with. So while that woman over there takes multiple puffs from her vaporizer to open her “meditation portal,” the guy across from her has a very sensitive constitution and only desires one light puff to launch.

Where are you? What’s your sweet spot? In the elegant experiment of meditating with cannabis, your assignment is to find that place where you’re “pushing up against your growth edge”. Too much psychoactivity can throw you into a numbed-out state where you’re too high and disoriented to ride your growth edge and reap the benefits. But no worries, I’ve been there (countless times actually). One of the reasons I adore cannabis plant medicine is that she is so fluid and forgiving. If you realize you overdid it, just do less next time.

2) USE WHOLE, ORGANIC CANNABIS FLOWER WHENEVER YOU CAN

Ok, sure you can call me a flower child... but it's my training as a clinical nutritionist guiding us again. I always prefer the whole flower – just as I'd opt for the whole apple instead of sugary apple juice or whole grain bread instead of junk food made of highly refined white flour and sugar. Whole cannabis flower, unlike concentrates and oils, has the full complement of naturally occurring chemical compounds that act together for an optimal peak experience during our active meditations.



I also recommend organic flower whenever you can get your hands on it. I know in the climate of our uneven accessibility to product choice and dispensaries, accessing organic flower can be “pie in the sky” for a lot of us. Nonetheless, do the best you can and don't hand-wring over what you can't get. Just go with the whole flower and you'll be doing well.

3) LOOK FOR CBD-RICH CANNABIS STRAINS

Since 2016, participants in my cannabis-assisted meditation events have been trying out different CBD-to-THC ratios. Bottom line: it's very individualistic! VERY! Drawing from this body of experience, here is what we find to be Best Practices:

- A cannabis strain that contains high amounts of CBD may be a best bet for sensitive individuals. In my master courses, we often go with a 2-to-1 ratio, which has twice as much CBD as THC or, if you're seasoned, a 1-to-1 that is equal amounts of CBD and THC. People who are prone to anxiety can get anxious with dominant THC.
- If you're extremely sensitive, an even wider ratio such as a 5-to-1 or a 20-to-1 CBD-to-THC ratio may be a good place to start in your own practice. Again, a wide variety of product choices is only available to those who have access to dispensaries. For those in legal states it's easy-peasy as you can simply go to a dispensary and, with the help of a budtender, choose what you want.

- Of course, if you don't have access to choices in cannabis flower, what you get is what you get. And it's probably a strain that is very high in THC – with a negligible amount of CBD. If this is the case for you, you can always purchase hemp CBD flower over the internet ([here's one I like](#)) and blend it with the THC you're able to procure. Just use a grinder to grind equal parts (or desired ratio) and blend together for a mix that is optimal for you.

My next point applies to you regardless of your access to varieties of cannabis.

4) START LOW. GO SLOW. STAY LOW UNTIL YOU KNOW BETTER

In experimenting with “Conscious” Cannabis, as I've discussed above, there are essentially two groups of cannabis meditation explorers: those who have the opportunity to shop dispensaries and choose their cannabis – and those who don't. Regardless of what group you're in, take good care of yourself by following the advice to “start low and go slow.” Depending on your experience, try only 1 or 2 puffs at first in your meditation practice. Others may be fine with more. Start with the lowest possible dose and increase until you achieve the desired effects.

Having said that, take your 1 or 2 puffs and wait 10-minutes, if you don't experience any effect, you can try a higher dose in your next meditation session. Use this method to find the lowest possible dosage that gives you the desired affects. Getting stoned or baked to do this Inner Exploration could make you very uncomfortable and you can miss the opportunity to get the most out of the meditation. Remember: using cannabis within a "conscious" context is completely different than getting stoned to escape your problems – so it's important to respect the "start low" guideline.

5) CANNABIS INHALATION (SMOKING OR VAPING) IS EFFICIENT AND EFFECTIVE

The way you will consume your cannabis is important to your overall experience. For the purpose of welcoming the energy of this plant medicine into your meditation space, it's precious to have your cannabis with you during

your sacred meditation time. Vaping or smoking dried cannabis flower has a rapid on-set so you can immediately gauge the cause and effect of the plant medicine.

Smoking the cannabis, as indigenous communities have done for ages in their sacred gatherings, is wonderfully ceremonial. Lighting a pipe or a joint while acknowledging the spirit of cannabis plant medicine is a potent way to begin your meditation. However, for those who may have lung sensitivities or respiratory issues this combustion approach needs to be avoided. Inhaling burned plant materials can be irritating and

contraindicated.

I favor vaporizers that use cannabis flower. Why? Vaporizers use a much lower temperature that liberates the volatile chemicals in the cannabis as a gas that is inhaled. Hence, you're not inhaling plant material into the lungs.

There is an endless selection of vaporizers from low-to-high end. I always appreciate vaporizers that have a digital display to set the temperature and an on-and-off touch panel. Although more

expensive, I like the [Mighty](#) portable vaporizer. And on the lower but quality end, I have a student who swears by the [VaporGenie](#).

NOTES:

- I have no financial interest in discussing these products. But am mentioning them as I often get asked for recommendations for effective and (fairly) reasonably priced devices.
- [The upsetting news in late 2019](#) about problematic vaping *does not* pertain to cannabis flower. It's about cheap (mostly from China), contaminated oils. Avoid them like the plague!



Becca holds [monthly events](#) where you can explore the combination of active meditation and the judicious use of cannabis.

6) OOPS, I TOOK TOO MUCH CANNABIS, NOW WHAT?

It happens. This is particularly salient for those who don't have the benefit of knowing the kind and potency of THC that you're working with. Yet, regardless of your cannabis source, it's vital for everyone to "start low, go slow and stay low until you know better". If it happens that you've taken too much THC resulting in elevated heart rate, respiration and blood pressure (symptoms of anxiety, paranoia and panic attacks) [research underscores that CBD oil is a natural antidote to remedy the negative side effects of too much THC.](#)

If you find yourself struggling with having ingested too much THC (often referred to as a "difficult trip" among cannabis and psychedelics' circles) a low dose of a high-quality CBD tincture may reduce the intense experience. How much? It certainly depends on the quality of your CBD oil, but in surveying various lab sources, it's generally reported that anywhere from 15 mg to 30 mg should significantly reduce the symptoms. Hence, a high-quality CBD oil is an excellent product to have on hand. As a clinical nutritionist, I like to offer options that I've vetted and [this is a brand I work with](#) – it's highly bioavailable and organically sourced (I offer 15% off orders over \$100; U.S. orders only – just [contact me](#)).

7) WHY USE CANNABIS TO AMPLIFY YOUR MEDITATION?

The answers to this question can contribute to an understanding that will fuel your will and desire to create a regular meditation practice and to continue experimenting to find your sweet spot. This question can be answered from both a Western Science perspective and an Eastern Psychology and Yogic perspective.

In Western research, cannabis or individual cannabinoids have been shown to:

- Relax the fight or flight response (anxiety), which greatly enhances the ability to focus and be present during our active meditation. [THC appears to decrease anxiety at lower doses](#) (this is why I lean toward microdosing THC). Research using CBD in studies involving animal models and healthy volunteers clearly suggest an anti-anxiety effect. In addition, [CBD was shown to reduce anxiety in patients with social anxiety disorder.](#)

- Enhance the process of neuroplasticity, the ability of the brain to form and reorganize synaptic connections, [developing new patterns of thought and behavior](#).
- Work as a [muscle relaxer and pain reliever](#). When people feel more physically comfortable, they have more opportunity to cultivate awareness.

In the Eastern Yogic perspective:

- We know from the explorations of archeologists and ethnobotanists that the cannabis plant has had an [intimate and on-going relationship with humans from the very start](#).
- Cannabis is a gentle boundary-dissolving plant medicine
- Amplifies intentional focus so that you can work with the emotion that is bothering you
- Strengthens your intuition

Further Resources:

- [Finally! Spiritual Cannabis Gets Scientific Recognition](#)
- Do you have questions or would like to have more specifics about one particular aspect in choosing the right cannabis for you? [Click here](#) to get in touch with me and let me know what's on your mind.
- If you're interested in my programs that teach you how to master your emotions, I invite you to [check out this page](#).
- Or if you'd like to find out what it would be like to work with me in 1-to-1 sessions, [click here](#).

MEDICAL DISCLAIMER:

This Quick Start Guide to “Conscious Cannabis” is provided as an information resource only and is not to be used or relied on for any diagnostic or treatment purposes. This information should not be construed as medical advice or used as a substitute for professional diagnosis and treatment.



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