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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 my Emotional Liberation kundalini-like practices, a powerful healing synergy is activated. So I invite you to pair these “conscious cannabis” approaches with [sample practices that I have especially produced for releasing difficult emotions](#)

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 the vaporizer to access 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. And that could be tomorrow or even later today!

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 the nutrient stripped stuff made of highly refined white flour. Whole cannabis flower, unlike concentrates and oils, has the full complement of 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, my Cannabis Elevation meditation students 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 gatherings, we often go with a 2-to-1, which has twice as much CBD as THC or a 1-to-1, equal amounts of CBD and THC. I do not do ceremonies where THC is higher. People who are prone to anxiety - can get anxious with dominant THC.
- If you're extremely sensitive, an even wider ratio such as 5-to-1 or 20-to-1 CBD-to-THC may be a good place to start in your own practice. Again, product choices with this wide variety are only available to those who have access to dispensaries. For me in Denver it's easy-peasy as Colorado has both legalized medical and adult use (recreational) so I can simply go to a dispensary and with the help of a budtender, choose what I want. (Having said that, I'll be moving to Florida soon where only medical is currently legal so I won't have the accessibility that I've come to know and love - but I will have the warm tropical weather I crave :)
- 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.

Whether you're in the first group or the second my next point applies.

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.

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 also 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.



These days for my Elevation gatherings, 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. For my ceremonial gatherings, I have an electric [Vapir](#) table-top (flower) vaporizer that has a long hose (we call it a "whip"). Each participant gets their own sanitary packaged cover to slip over the mouth piece when it's their turn to take the plant medicine.

Of course, there are also portable vaporizers that are smaller and run on a battery. I have a student who swears by the [VaporGenie](#). Although more expensive, I like the [Mighty portable vaporizer](#).

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 recent upsetting news](#) about problematic vaping does not pertain to cannabis flower. It's about cheap (mostly from China), contaminated oils.

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

It happens. This is particularly salient for those of you 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 experience" 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 the brand I work with](#) - it's highly bioavailable and organically sourced).

Also, research shows that few or no adverse effects of CBD have been discovered and where CBD has been found to have an effect it is usually in a "positive" health supporting direction.

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. 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](#).

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 to that you can work with the emotion that is bothering you
- Strengthens your intuition

Further Resources:

[Five Reasons Cannabis Works as a Spirit Ally](#) (This is one of my vintage Youtube videos but has great information that I want to share with you.)

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.

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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