

Distance Psychedelic Cannabis Journey Sessions

Client Preparation Guide

Technological needs:

- You will need a reliable internet connection for the distance session, this will take place via Zoom. If you can plug in directly to the Ethernet this is a plus.
- Computer audio can work but it is not ideal- for better sound quality consider investing in some small speakers, or hooking your computer up to better quality speakers if you have them already. Headphones are preferred when speakers are not available and sound quality will vary depending on headphone quality.
- Please set up your device with video on, positioned so that you are in view while you journey and with enough light in the room that you remain visible- this allows your practitioner to see you and track for your safety/ comfort during your experience.
- If for any reason we are disconnected, and you do not return to the Zoom room, the facilitator or assistant may attempt to contact you via your Emergency Contact.

Preparing your space:

- Make sure you have a private, safe space for the entire scheduled duration of your journey to avoid distraction and interruption, where you can feel free to cry, scream, laugh, sing etc... **Let those you live with know what you will be doing so that they can respect your healing journey and privacy. Please have an emergency contact nearby that we can reach out to if we need to communicate with you and the signal has been interrupted.** Turn off your phone and any sound alerts on your computer, plan not to answer the door.
- For the journey itself, you will need a mat on the floor that you can lie comfortably on for 1-3hrs, depending on the agreed length of your journey, along with any blankets, pillows and/or bolsters to support your comfort. It is important to be low to the floor rather than on a raised bed or couch to allow your body freedom to move and shake as it needs to without fearing falling. Also, make sure there is ample room around your mat for your body to have freedom of movement without hitting corners or hard edges of furniture, walls, etc... Low lighting is recommended but have a lightsource handy.
- Clear clutter, clean up, empty trash, open windows to let in fresh air, vacuum, dust, smudge with sage, sweetgrass or something similar if you like, cover screens or other distractions with cloths or tapestries. Remember, you are

creating a sacred, intentional and metaphorical space so prepare it accordingly. What are you clearing out? What are you calling in?

- If you would like, set up an altar with sacred objects that help you feel safe, held and connected with something larger. Some options could be crystals, rocks, leaves, feathers, flowers, rattles, drums, candles, sacred pictures or statues of guides or deities, and important people such as ancestors, teachers etc... (Please note for safety to always make sure candles are in a container and out of the way of your journey space.)

Making the medicine blend:

- Whenever possible, use only *organic* pure Cannabis Sativa flower.
- You can journey with any strain of Cannabis you like, and can certainly experience many benefits and profound experiences during single strain journeys.
- If you choose, you can also prepare an “Alchemy Blend” to heighten the psychedelic potential during the journey. This blend includes equal parts Sativa, Hybrid, and Indica strains and can be 3-12 different strains depending on accessibility. For example, 1 Sativa strain, 1 Hybrid strain, and 1 Indica strain, weighed out in equal measure then ground together using a mortar and pestle or grinder is a great way to start. If you have questions regarding preparing your blend, please reach out to the facilitator ahead of time.
- If you have the time to prepare and access to the material, aging about ½ the indica portion in a large glass jar for 1-3 months will yield CBN (occurs when THC is oxidised) which is another contributing cannabinoid to a psychedelic experience. (This is not necessary but can add enhancement.)
- Keep in mind that strains high in THC with little to no CBD will likely yield a more potent psychedelic experience.
- Remember most importantly this is about your relationship with the plant medicine ally, Cannabis Sativa. Listen to your body when making the blend, smell the flower and notice how your body responds, choose strains you are drawn to, trust yourself. Thank the medicine, enjoy the process and have fun with it, you can't really go wrong.

Supplies to prepare beforehand and have on hand during the session:

- Pillows
- Blankets
- Ceremonial Items
- Eye Covering
- Padding

- Snacks for afterwards (Such as chocolate, trail mix, fruit, orange juice, pretzels, tea, etc...) Prepare these beforehand and have close by for the end of the session.
- Water
- Sage or incense
- Lighter
- Ashtray
- Essential oils
- Smoking device, or flower vape
- Cannabis Sativa Flower (*See above for notes on the "Alchemy Blend")
- Pure CBD flower or nano-encapsulated CBD spray for calming negative effects of THC, if needed.
- Comfortable layers of clothing
- Small trash can with liner in case you need to purge
- Tissues, towels
- Flashlight or other illumination device to navigate the supplies and the room during low light.
- Headache and allergy medicine if needed
- Small first aid kit available