

Cannabis Journey Preparation Guide

(Solo and Small Group)

- You will need a yoga mat or pad on the floor that you can lie comfortably on for 4-5 hrs, 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.
- The day of the journey I recommend that you take some time to clear clutter, clean up, empty trash, open windows to let in fresh air, vacuum, dust, smudge with sage, sweetgrass or palo santo if you like. Remember, you are creating a sacred, intentional and metaphorical space so prepare it accordingly. What are you clearing out? What are you calling in?
- Bring with you any 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, deities, and important people such as ancestors, teachers etc...

Making the cannabis medicine blend:

- Organic pure cannabis flower that is free of pesticides and chemicals, additives, etc. A vape works well for indoor spaces, and ease of use, and many have found it to be easier on the lungs if there are any concerns regarding smoking.
- You can journey with any strain of cannabis you like, and can certainly experience many benefits and profound experiences during single strain journeys.
- **When available, I recommend preparing 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 Jordan ahead of time.

- 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.

How much is smoked in a session?

There will be an imbibing ceremony with an opportunity to inhale 7 times or more if desired. Trust your body, you'll know what's right for you. For some, 2 puffs might be all you need.

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

- 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.
- Journal to write or draw in
- Water
- Lighter
- Ashtray
- Essential oils
- Smoking device, or flower vape
- Cannabis Sativa Flower (*See above for notes on the "Alchemy Blend")
- (optional) Pure CBD flower or nano-encapsulated CBD spray for calming negative effects of THC, if needed. Jordan will have CBD spray on site.
- Comfortable layers of clothing
- Tissues
- Headache and allergy medicine if needed

Feel free to call Jordan at 310-422-5852 or jordanwolancht@gmail.com with any questions about preparing your blend, etc. There will usually be a free orientation a few days before the journey day but if you can't attend please reach out to me to do a prep call in advance.

Safe travels!

Jordan