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## Supernatural Girlz

Guest: Stephen Gray

1  
00:00:30,730 --> 00:00:28,750  
archangels ghosts and Bigfoot oh my it's

2  
00:00:34,119 --> 00:00:30,740  
just another night for Supernatural

3  
00:00:36,280 --> 00:00:34,129  
girls real stories real answers to

4  
00:00:38,650 --> 00:00:36,290  
life's biggest supernatural mysteries

5  
00:00:41,530 --> 00:00:38,660  
and now for another exciting interview

6  
00:00:44,290 --> 00:00:41,540  
with Errol experts in this world and

7  
00:00:47,319 --> 00:00:44,300  
others here's your host paranormal

8  
00:00:47,650 --> 00:00:47,329  
researcher Patricia Baker on the one the

9  
00:01:06,100 --> 00:00:47,660  
only

10  
00:01:08,510 --> 00:01:06,110  
[Music]

11  
00:01:12,980 --> 00:01:08,520  
welcome everyone to another exciting

12  
00:01:15,410 --> 00:01:12,990  
episode in 2018 can you believe it we

13  
00:01:17,870 --> 00:01:15,420

are here with the first show of the year

14

00:01:20,660 --> 00:01:17,880

it's a very exciting show I'm your host

15

00:01:23,810 --> 00:01:20,670

Patricia Baker I am here with my co-host

16

00:01:26,540 --> 00:01:23,820

the beautiful Patricia Kirkman pique all

17

00:01:29,330 --> 00:01:26,550

the way from sunny to sunny what the

18

00:01:31,660 --> 00:01:29,340

temperature is there I may just die no

19

00:01:36,969 --> 00:01:31,670

it's okay it's a little cool right now

20

00:01:40,490 --> 00:01:36,979

yeah it was in it's like 71 72 oh my god

21

00:01:43,480 --> 00:01:40,500

no sunshine that much sunshine that's

22

00:01:46,609 --> 00:01:43,490

the same makes a difference my heart

23

00:01:51,290 --> 00:01:46,619

we've been freezing to death here we

24

00:01:53,120 --> 00:01:51,300

really have yes yes I know it's gonna

25

00:01:55,639 --> 00:01:53,130

end though I think after this weekend if

26

00:01:56,809 --> 00:01:55,649

we all survive this weekend we will go

27

00:02:00,020 --> 00:01:56,819

on to warmer temperatures

28

00:02:01,880 --> 00:02:00,030

I hope so watching the ice the fireman

29

00:02:04,339 --> 00:02:01,890

trying to put out a fire in it's nothing

30

00:02:08,210 --> 00:02:04,349

but ice yeah air hoses and they're

31

00:02:08,779 --> 00:02:08,220

dripping okay it feels pretty good here

32

00:02:10,339 --> 00:02:08,789

today

33

00:02:13,490 --> 00:02:10,349

it sure does they're in the right place

34

00:02:15,740 --> 00:02:13,500

that's where you are so we've got a

35

00:02:18,110 --> 00:02:15,750

great show tonight because we're talking

36

00:02:19,670 --> 00:02:18,120

about cannabis and spirituality with

37

00:02:21,619 --> 00:02:19,680

Steven gray we're gonna bring him on a

38

00:02:24,320 --> 00:02:21,629

little while and we're also gonna be

39

00:02:26,449 --> 00:02:24,330

talking to Ezra Parsi buck who is a

40

00:02:28,940 --> 00:02:26,459

marijuana consultant to cannabis

41

00:02:30,650 --> 00:02:28,950

consultants here in Massachusetts and

42

00:02:33,740 --> 00:02:30,660

he's gonna help us get some clarity on

43

00:02:35,960 --> 00:02:33,750

what's going on with these crazy laws so

44

00:02:37,580 --> 00:02:35,970

we'll bring asthma on in a minute but

45

00:02:39,020 --> 00:02:37,590

first we gotta check in with you it's a

46

00:02:41,960 --> 00:02:39,030

new year what's going on for us

47

00:02:44,780 --> 00:02:41,970

numerological yeah the new year is all

48

00:02:46,910 --> 00:02:44,790

about partnerships teamwork being

49

00:02:49,670 --> 00:02:46,920

cognizant of everybody else's feelings

50

00:02:52,520 --> 00:02:49,680

all of us are going to walk around with

51  
00:02:54,559 --> 00:02:52,530  
this oh woe is me kind of a feeling

52  
00:02:57,860 --> 00:02:54,569  
because that sensitivity buttons pushed

53  
00:02:59,690 --> 00:02:57,870  
on everybody but the personal year or

54  
00:03:02,059 --> 00:02:59,700  
the excuse me the universal month this

55  
00:03:04,640 --> 00:03:02,069  
year is a three so it's all about good

56  
00:03:06,619 --> 00:03:04,650  
communications and creativity and being

57  
00:03:09,349 --> 00:03:06,629  
able to go forward and look at all these

58  
00:03:11,500 --> 00:03:09,359  
neat things so if we take and tie that

59  
00:03:14,429 --> 00:03:11,510  
up with a partnership and by

60  
00:03:17,530 --> 00:03:14,439  
partnership is a key throughout the year

61  
00:03:18,850 --> 00:03:17,540  
partners coming and partners going so

62  
00:03:21,970 --> 00:03:18,860  
you're gonna read about a lot of

63  
00:03:24,690 --> 00:03:21,980

marriages coming up in engagements in

64

00:03:27,369 --> 00:03:24,700

fact Hilton Paris Hilton got engaged

65

00:03:32,170 --> 00:03:27,379

today oh my god

66

00:03:34,449 --> 00:03:32,180

and a yes at a 20 carat ring okay of

67

00:03:37,569 --> 00:03:34,459

course so the proper hand up but if you

68

00:03:39,729 --> 00:03:37,579

hate marriages and divorces are going to

69

00:03:41,619 --> 00:03:39,739

be think because partnerships as I said

70

00:03:43,110 --> 00:03:41,629

they're coming into going so people will

71

00:03:45,789 --> 00:03:43,120

be tend to be a little overly sensitive

72

00:03:48,940 --> 00:03:45,799

which could also make them insensitive

73

00:03:50,259 --> 00:03:48,950

so if we kind of play really pretty with

74

00:03:52,000 --> 00:03:50,269

each other and try to make sure

75

00:03:55,629 --> 00:03:52,010

everybody gets their piece of the pie

76

00:03:59,319 --> 00:03:55,639

help serve them make life better it'll

77

00:04:00,910 --> 00:03:59,329

be better for all of us okay so now we

78

00:04:03,250 --> 00:04:00,920

know what the theme is which is

79

00:04:05,470 --> 00:04:03,260

communication now we've got a lot of

80

00:04:07,599 --> 00:04:05,480

really good paranormal stories on our

81

00:04:09,670 --> 00:04:07,609

Facebook page so be sure to visit us

82

00:04:12,129 --> 00:04:09,680

there at Supernatural girls with a Z

83

00:04:14,020 --> 00:04:12,139

give us a like follow us you'll be sure

84

00:04:16,750 --> 00:04:14,030

to be in touch with all the things that

85

00:04:20,740 --> 00:04:16,760

we've got coming up as you know DK I got

86

00:04:23,620 --> 00:04:20,750

an an inside call today from one of my

87

00:04:25,330 --> 00:04:23,630

peers about the UFO stuff now we're not

88

00:04:27,760 --> 00:04:25,340

going to talk about it right now but we

89

00:04:31,000 --> 00:04:27,770

are going to talk about it next week so

90

00:04:34,120 --> 00:04:31,010

be sure to again keep tuning in to our

91

00:04:36,460 --> 00:04:34,130

Facebook page go to our website

92

00:04:38,589 --> 00:04:36,470

supernatural girls comm to sign up for

93

00:04:39,700 --> 00:04:38,599

our newsletter the fringe files we're

94

00:04:42,670 --> 00:04:39,710

going to have lots of new information

95

00:04:45,159 --> 00:04:42,680

coming out also about how to form your

96

00:04:47,170 --> 00:04:45,169

own spirit team we have got the best

97

00:04:49,360 --> 00:04:47,180

stuff coming I'm always the best guests

98

00:04:52,510 --> 00:04:49,370

on our show and of course the best

99

00:04:55,689 --> 00:04:52,520

audience so we're going to jump right in

100

00:04:57,790 --> 00:04:55,699

tonight we are just jumping in and we're

101  
00:04:59,920 --> 00:04:57,800  
gonna introduce you to as R upon Z buck

102  
00:05:02,110 --> 00:04:59,930  
again he is a cannabis consultant here

103  
00:05:04,930 --> 00:05:02,120  
in Massachusetts esra welcome to the

104  
00:05:09,240 --> 00:05:04,940  
show hi Patricia Ann Patricia thanks for

105  
00:05:11,980 --> 00:05:09,250  
having me great to have you here great

106  
00:05:13,990 --> 00:05:11,990  
lucky to have you this evening do you

107  
00:05:16,180 --> 00:05:14,000  
spell some of this confusion so many of

108  
00:05:19,000 --> 00:05:16,190  
us are going through it's a mess no I

109  
00:05:21,940 --> 00:05:19,010  
know we were talking off the air PK and

110  
00:05:24,790 --> 00:05:21,950  
I and all of you about the fact that it

111  
00:05:27,249 --> 00:05:24,800  
has become legal for recreational use in

112  
00:05:38,100 --> 00:05:27,259  
it's been legal for medical use now for

113  
00:05:43,240 --> 00:05:41,140

for the third year after legalization it

114

00:05:46,140 --> 00:05:43,250

was a very very slow rollout and still

115

00:05:49,210 --> 00:05:46,150

is in fact there's there should be 35

116

00:05:51,730 --> 00:05:49,220

full open dispensaries one for each

117

00:05:55,420 --> 00:05:51,740

county and I believe there's only 12

118

00:05:58,029 --> 00:05:55,430

that have gotten open so it's just been

119

00:05:59,950 --> 00:05:58,039

a very slow process it seems that way

120

00:06:04,089 --> 00:05:59,960

and it seems like the regulations are

121

00:06:06,520 --> 00:06:04,099

very very strict and also that people

122

00:06:08,260 --> 00:06:06,530

don't know what really is going on with

123

00:06:10,629 --> 00:06:08,270

the recreational aspect that became

124

00:06:13,180 --> 00:06:10,639

legal this year so we were hoping that

125

00:06:14,619 --> 00:06:13,190

enlighten our audience because we've had

126

00:06:15,909 --> 00:06:14,629

a lot of questions from people and then

127

00:06:18,249 --> 00:06:15,919

wanting to know when we're going to have

128

00:06:20,830 --> 00:06:18,259

you back to talk about this very subject

129

00:06:23,070 --> 00:06:20,840

so if you can enlighten us as best you

130

00:06:29,350 --> 00:06:26,439

I'll see what I can do so yes the the

131

00:06:33,100 --> 00:06:29,360

medical loss of medical marijuana passed

132

00:06:34,629 --> 00:06:33,110

in 2012 a lot more strict you had to be

133

00:06:38,170 --> 00:06:34,639

a patient you had to get registered by a

134

00:06:40,360 --> 00:06:38,180

doctor and it was partly why the

135

00:06:43,029 --> 00:06:40,370

recreational law passed is because the

136

00:06:44,439 --> 00:06:43,039

rollout was so slow and it was the it

137

00:06:46,959 --> 00:06:44,449

was rolled out by the Department of

138

00:06:49,149 --> 00:06:46,969

Public Health which for decades has been

139

00:06:50,980 --> 00:06:49,159

anti marijuana so they they didn't

140

00:06:53,459 --> 00:06:50,990

really have much incentive to just make

141

00:06:58,420 --> 00:06:53,469

it roll out as fast as they could and

142

00:07:02,409 --> 00:06:58,430

the the code was very stringent now as

143

00:07:05,320 --> 00:07:02,419

far as recreational they are they've put

144

00:07:07,839 --> 00:07:05,330

in a time line so that this doesn't

145

00:07:10,209 --> 00:07:07,849

happen so they are actually moving

146

00:07:12,969 --> 00:07:10,219

forward a little faster even though we

147

00:07:15,670 --> 00:07:12,979

passed it you know last year and and so

148

00:07:19,209 --> 00:07:15,680

when when is it going to happen it's not

149

00:07:20,709 --> 00:07:19,219

like you January first hit you know two

150

00:07:25,689 --> 00:07:20,719

days ago and we think okay great we'll

151  
00:07:29,529 --> 00:07:25,699  
just go to a shop and buy but the way it

152  
00:07:33,730 --> 00:07:29,539  
works is that the regulations will be

153  
00:07:35,800 --> 00:07:33,740  
presented by March 1st so that everyone

154  
00:07:38,050 --> 00:07:35,810  
knows all the hoops they have to jump

155  
00:07:41,500 --> 00:07:38,060  
through in order to open a shop

156  
00:07:44,950 --> 00:07:41,510  
open a cafe start their own cultivation

157  
00:07:47,620 --> 00:07:44,960  
site start a delivery service there's

158  
00:07:50,470 --> 00:07:47,630  
all kinds of possible you know

159  
00:07:52,530 --> 00:07:50,480  
businesses that can be created then on

160  
00:07:55,780 --> 00:07:52,540  
April 1st they'll be accepting

161  
00:07:58,540 --> 00:07:55,790  
applications for these businesses and I

162  
00:08:03,100 --> 00:07:58,550  
believe there's five classes of business

163  
00:08:08,230 --> 00:08:03,110

so there's the cafe the cultivation the

164

00:08:10,390 --> 00:08:08,240

retail the so those are the three main

165

00:08:12,190 --> 00:08:10,400

ones and then there's sort of different

166

00:08:14,379 --> 00:08:12,200

subcategories like are you a micro

167

00:08:17,440 --> 00:08:14,389

business are you gonna be a big business

168

00:08:19,360 --> 00:08:17,450

are you more ancillary so there's a lot

169

00:08:20,650 --> 00:08:19,370

of opportunities more investors and

170

00:08:22,300 --> 00:08:20,660

business people here which is

171

00:08:24,100 --> 00:08:22,310

interesting but what about just the

172

00:08:26,170 --> 00:08:24,110

average person I mean they don't know

173

00:08:29,080 --> 00:08:26,180

what's legal what isn't and as we

174

00:08:31,450 --> 00:08:29,090

discussed before some people at least in

175

00:08:33,399 --> 00:08:31,460

Connecticut are being arrested even

176

00:08:34,930 --> 00:08:33,409

though they shouldn't be getting

177

00:08:37,240 --> 00:08:34,940

arrested that's right it's a very

178

00:08:40,180 --> 00:08:37,250

bizarre legal area that's actually gonna

179

00:08:42,430 --> 00:08:40,190

go forward for possible possible years

180

00:08:44,620 --> 00:08:42,440

so right now if you're over 21 in the

181

00:08:48,610 --> 00:08:44,630

state of Massachusetts you can possess

182

00:08:50,770 --> 00:08:48,620

cannabis up to one ounce actually it

183

00:08:52,480 --> 00:08:50,780

might be two ounces now if you're a

184

00:08:55,210 --> 00:08:52,490

medical patient you can possess ten

185

00:08:57,100 --> 00:08:55,220

ounces you can grow it in your home you

186

00:08:59,740 --> 00:08:57,110

can grow up to 12 plants per household

187

00:09:02,260 --> 00:08:59,750

you can give it away to friends and

188

00:09:03,940 --> 00:09:02,270

actually you can procure it so the idea

189

00:09:06,070 --> 00:09:03,950

is that you can still purchase it if

190

00:09:10,420 --> 00:09:06,080

you're an adult but it's illegal to sell

191

00:09:12,760 --> 00:09:10,430

it so that's a weird gray area but now

192

00:09:15,340 --> 00:09:12,770

you have yes so you have people who you

193

00:09:19,090 --> 00:09:15,350

could be a person whose grows your own

194

00:09:20,740 --> 00:09:19,100

marijuana maybe you make some brownies

195

00:09:21,970 --> 00:09:20,750

you know you process it you make some

196

00:09:24,100 --> 00:09:21,980

brownies you're traveling to your

197

00:09:25,990 --> 00:09:24,110

friend's house for a party and

198

00:09:28,930 --> 00:09:26,000

everything is completely legal you get

199

00:09:31,810 --> 00:09:28,940

pulled over by the police if he smells

200

00:09:34,780 --> 00:09:31,820

that the Pahlavi smells pot brownies and

201  
00:09:37,660 --> 00:09:34,790  
he sees that you have 25 brownies he

202  
00:09:40,360 --> 00:09:37,670  
could say well that that's those are

203  
00:09:42,790 --> 00:09:40,370  
packaged for individual sale or that you

204  
00:09:46,390 --> 00:09:42,800  
could sell those and so I'm gonna arrest

205  
00:09:49,030 --> 00:09:46,400  
you for intent to sell oh my god that's

206  
00:09:51,240 --> 00:09:49,040  
just so counterproductive to what all of

207  
00:09:52,560 --> 00:09:51,250  
this is about yeah so I've been

208  
00:09:54,330 --> 00:09:52,570  
with lawyers one of the things I do is

209  
00:09:57,420 --> 00:09:54,340  
consult with lawyers and and and

210  
00:09:59,460 --> 00:09:57,430  
defendants in these cases and it's it is

211  
00:10:02,130 --> 00:09:59,470  
very crazy because some of them are just

212  
00:10:04,080 --> 00:10:02,140  
truly legitimate patients they have a

213  
00:10:06,270 --> 00:10:04,090

legal amount in their possession

214

00:10:08,220 --> 00:10:06,280

but either the police and I don't want

215

00:10:09,090 --> 00:10:08,230

to disparage anybody I think everybody's

216

00:10:10,440 --> 00:10:09,100

sort of doing the best they can

217

00:10:12,930 --> 00:10:10,450

occasionally you have police are just

218

00:10:14,640 --> 00:10:12,940

they're old school they see marijuana

219

00:10:16,320 --> 00:10:14,650

and they just think it's bad and so they

220

00:10:18,420 --> 00:10:16,330

try and throw the book at the people

221

00:10:20,610 --> 00:10:18,430

I've had cases - or a guy caught with

222

00:10:28,050 --> 00:10:20,620

one joint and they go back to his house

223

00:10:32,610 --> 00:10:28,060

and search his whole house so education

224

00:10:38,550 --> 00:10:32,620

needs to happen and also even so when

225

00:10:41,670 --> 00:10:38,560

they the idea is this year July 1st the

226

00:10:43,950 --> 00:10:41,680

first shops will open for people over 21

227

00:10:46,500 --> 00:10:43,960

but even then you could buy cannabis

228

00:10:47,970 --> 00:10:46,510

from a shop and then be driving down the

229

00:10:50,580 --> 00:10:47,980

road and if you get pulled over and if

230

00:10:52,710 --> 00:10:50,590

the cop thinks you intend to sell that

231

00:10:55,410 --> 00:10:52,720

if you try to make your own money

232

00:10:57,000 --> 00:10:55,420

selling it you could get arrested and go

233

00:11:01,230 --> 00:10:57,010

to jail for it because we still have

234

00:11:02,820 --> 00:11:01,240

laws on the books against selling if you

235

00:11:06,350 --> 00:11:02,830

don't have a license to sell marijuana

236

00:11:09,120 --> 00:11:06,360

so it's a it's a very confusing law

237

00:11:11,370 --> 00:11:09,130

basically the state is trying to create

238

00:11:14,310 --> 00:11:11,380

a situation where there's so many hoops

239

00:11:16,170 --> 00:11:14,320

to jump through so that it deters people

240

00:11:18,810 --> 00:11:16,180

from trying to do an underground

241

00:11:20,400 --> 00:11:18,820

business and also incentivizes them on

242

00:11:22,260 --> 00:11:20,410

some level to say all right well we're

243

00:11:23,460 --> 00:11:22,270

presenting you with the hoops so just

244

00:11:35,640 --> 00:11:23,470

jump through them and then we won't

245

00:11:38,490 --> 00:11:35,650

arrest you in there to their credit they

246

00:11:40,560 --> 00:11:38,500

are also trying to do a few things that

247

00:11:42,510 --> 00:11:40,570

that many people in the industry are

248

00:11:44,400 --> 00:11:42,520

worried about one at one is this idea of

249

00:11:46,770 --> 00:11:44,410

big marijuana so it's these huge

250

00:11:48,660 --> 00:11:46,780

corporations that have tons of funding

251  
00:11:50,490 --> 00:11:48,670  
and they can go in and they send their

252  
00:11:51,720 --> 00:11:50,500  
team of lawyers in and they don't have

253  
00:11:54,480 --> 00:11:51,730  
any problem jumping through all these

254  
00:11:57,540 --> 00:11:54,490  
hoops you know double security systems

255  
00:11:59,940 --> 00:11:57,550  
and a camera has to be at every single

256  
00:12:02,790 --> 00:11:59,950  
angle in your establishment and you have

257  
00:12:05,400 --> 00:12:02,800  
to track your marijuana via video from

258  
00:12:07,109 --> 00:12:05,410  
the point it's planted as

259  
00:12:10,979 --> 00:12:07,119  
all the way till it arrives with the

260  
00:12:13,139 --> 00:12:10,989  
customer so in order to prevent the big

261  
00:12:16,139 --> 00:12:13,149  
guys from getting all the money they are

262  
00:12:19,069 --> 00:12:16,149  
creating crafts marijuana co-op

263  
00:12:20,999 --> 00:12:19,079

cooperative and micro business

264

00:12:24,179 --> 00:12:21,009

categories so that you can have a

265

00:12:27,179 --> 00:12:24,189

smaller business but still you have to

266

00:12:34,019 --> 00:12:27,189

have dual security teams and you have to

267

00:12:35,999 --> 00:12:34,029

have you could be in big trouble well I

268

00:12:38,069 --> 00:12:36,009

wanted to just as well please give

269

00:12:41,669 --> 00:12:38,079

people your website so they can find you

270

00:12:43,799 --> 00:12:41,679

if they have questions they can contact

271

00:12:46,949 --> 00:12:43,809

you directly what is your website it is

272

00:12:49,469 --> 00:12:46,959

now esra helps calm so you can just

273

00:12:51,659 --> 00:12:49,479

email me as red as your helps calm you

274

00:12:53,789 --> 00:12:51,669

can find me online I have a tons I have

275

00:12:56,729 --> 00:12:53,799

tons of information for patients if

276

00:12:58,379 --> 00:12:56,739

people are in that blog post so as or

277

00:13:00,210 --> 00:12:58,389

helps calm it's the easiest way to find

278

00:13:03,479 --> 00:13:00,220

me okay we're gonna have you back on

279

00:13:05,129 --> 00:13:03,489

when your book is out esra so thank you

280

00:13:13,879 --> 00:13:05,139

so much for joining us to help clarify

281

00:13:23,249 --> 00:13:19,769

definitely stay warm though let's now

282

00:13:25,379 --> 00:13:23,259

move to spirituality in cannabis because

283

00:13:28,109 --> 00:13:25,389

that is really the topic for tonight's

284

00:13:29,999 --> 00:13:28,119

show and this is something that has not

285

00:13:32,609 --> 00:13:30,009

really been addressed except by our

286

00:13:34,189 --> 00:13:32,619

amazing guest tonight Steven gray who

287

00:13:36,989 --> 00:13:34,199

wrote this book cannabis and

288

00:13:44,759 --> 00:13:36,999

spirituality it is a very rich book and

289

00:13:47,099 --> 00:13:44,769

is well done his many Silicon tributed

290

00:13:49,409 --> 00:13:47,109

to it so let's let me just tell you a

291

00:13:53,340 --> 00:13:49,419

little bit about Steven because he is a

292

00:13:56,369 --> 00:13:53,350

teacher and writer on spiritual subjects

293

00:13:59,129 --> 00:13:56,379

and sacramental medicines he has worked

294

00:14:01,769 --> 00:13:59,139

extensively with Tibetan Buddhism the

295

00:14:05,129 --> 00:14:01,779

Native American church and with Ethio

296

00:14:07,979 --> 00:14:05,139

genic entheogenic medicines he's also

297

00:14:11,579 --> 00:14:07,989

the author of another book returning to

298

00:14:14,189 --> 00:14:11,589

sacred world a spiritual toolkit for the

299

00:14:15,840 --> 00:14:14,199

emerging reality he's also a conference

300

00:14:18,389 --> 00:14:15,850

and workshop organiser leader and

301

00:14:19,240 --> 00:14:18,399

speaker as well as a part-time

302

00:14:21,760 --> 00:14:19,250

photographer what

303

00:14:23,710 --> 00:14:21,770

this guy not too okay well let's get him

304

00:14:26,560 --> 00:14:23,720

on the show Stephanie welcome to

305

00:14:36,940 --> 00:14:26,570

Supernatural girls ah thank you can you

306

00:14:41,110 --> 00:14:36,950

hear me okay we can i unmuted my mic all

307

00:14:43,360 --> 00:14:41,120

by myself yeah so tell us a little bit

308

00:14:45,550 --> 00:14:43,370

about how you got into the spiritual

309

00:14:49,960 --> 00:14:45,560

side of working with cannabis what

310

00:14:52,090 --> 00:14:49,970

attracted you to this topic okay well I

311

00:14:55,540 --> 00:14:52,100

guess they have to go right back to the

312

00:14:57,730 --> 00:14:55,550

late 1960s for that because I'll try to

313

00:15:03,520 --> 00:14:57,740

keep this short it's not my nature to do

314

00:15:06,520 --> 00:15:03,530

that but the the shortest version I can

315

00:15:08,610 --> 00:15:06,530

I can make it is that there was an

316

00:15:11,980 --> 00:15:08,620

explosion of interest in both

317

00:15:15,400 --> 00:15:11,990

spirituality and psychedelics in the

318

00:15:18,250 --> 00:15:15,410

late 1960s in the in North America and

319

00:15:21,520 --> 00:15:18,260

other places and cannabis was sort of

320

00:15:23,010 --> 00:15:21,530

dragged along into that in a way a you

321

00:15:28,090 --> 00:15:23,020

know a whole new generation of people

322

00:15:30,070 --> 00:15:28,100

this baby boom generation demographic is

323

00:15:33,130 --> 00:15:30,080

suddenly out of nowhere more or less

324

00:15:35,260 --> 00:15:33,140

started to smoke cannabis as well and so

325

00:15:36,910 --> 00:15:35,270

I was interested in all of that I was

326

00:15:38,620 --> 00:15:36,920

interested in the spiritual side of it

327

00:15:41,500 --> 00:15:38,630

much of the spirituality was focused

328

00:15:45,750 --> 00:15:41,510

toward Asia such as Buddhism and

329

00:15:49,000 --> 00:15:45,760

Hinduism for example and the the use of

330

00:15:51,329 --> 00:15:49,010

psychedelics LSD being the main one at

331

00:15:54,040 --> 00:15:51,339

that time but certainly not the only one

332

00:15:55,780 --> 00:15:54,050

was associated with that spirituality

333

00:15:58,329 --> 00:15:55,790

for a lot of people certainly not for

334

00:16:00,940 --> 00:15:58,339

everybody but I became very interested

335

00:16:03,160 --> 00:16:00,950

in that and refugees you know began to

336

00:16:05,940 --> 00:16:03,170

see that there was the whole other

337

00:16:08,380 --> 00:16:05,950

dimension to life that far exceeded what

338

00:16:10,930 --> 00:16:08,390

most people had experienced or even

339

00:16:12,160 --> 00:16:10,940

heard about that could be opened up

340

00:16:15,670 --> 00:16:12,170

potentially through the use of

341

00:16:17,500 --> 00:16:15,680

psychedelics and then what happened was

342

00:16:19,570 --> 00:16:17,510

there was a I guess you'd call it a meme

343

00:16:22,720 --> 00:16:19,580

going around in what we called the

344

00:16:24,690 --> 00:16:22,730

counterculture at the time this group of

345

00:16:28,510 --> 00:16:24,700

people now often referred to as hippies

346

00:16:30,860 --> 00:16:28,520

which was okay you from you've had an

347

00:16:32,390 --> 00:16:30,870

opening of some kind or another

348

00:16:35,060 --> 00:16:32,400

now what are you going to do with it you

349

00:16:37,280 --> 00:16:35,070

can't just take LSD for the rest of your

350

00:16:41,170 --> 00:16:37,290

life everyday unless your name is

351  
00:16:47,990 --> 00:16:44,269  
it didn't necessarily help in that

352  
00:16:49,850 --> 00:16:48,000  
regard anyway more seriously the the the

353  
00:16:52,910 --> 00:16:49,860  
idea or the meme that came along at that

354  
00:16:54,620 --> 00:16:52,920  
time was you need a daily path of some

355  
00:16:56,630 --> 00:16:54,630  
kind or not her so I got involved with

356  
00:16:59,050 --> 00:16:56,640  
that for me that became Tibetan Buddhism

357  
00:17:01,370 --> 00:16:59,060  
that went on for quite a while until

358  
00:17:03,560 --> 00:17:01,380  
Terence Mckenna do you guys know who

359  
00:17:05,780 --> 00:17:03,570  
Terence Mckenna is so tell us who

360  
00:17:07,670 --> 00:17:05,790  
Terence McCullough is okay well he could

361  
00:17:10,429 --> 00:17:07,680  
have a whole into in a whole you know

362  
00:17:14,840 --> 00:17:10,439  
hour just to talk about him but he he

363  
00:17:16,880 --> 00:17:14,850

was he was the number one philosopher

364

00:17:20,329 --> 00:17:16,890

philosopher spokesperson for

365

00:17:22,340 --> 00:17:20,339

psychedelics starting in about the 1980s

366

00:17:27,860 --> 00:17:22,350

and influenced a lot of people he passed

367

00:17:30,920 --> 00:17:27,870

away I think in 2000 but he still you

368

00:17:35,810 --> 00:17:30,930

can find his YouTube videos all over the

369

00:17:38,090 --> 00:17:35,820

place very interesting guy and he had

370

00:17:40,640 --> 00:17:38,100

gone to South America and discovered

371

00:17:42,830 --> 00:17:40,650

that people had been using substances

372

00:17:45,740 --> 00:17:42,840

like ayahuasca for thousands of years

373

00:17:47,480 --> 00:17:45,750

but always never recreationally or you

374

00:17:49,460 --> 00:17:47,490

know maybe there was the odd rogue you

375

00:17:52,970 --> 00:17:49,470

know but basically they always used them

376

00:17:54,950 --> 00:17:52,980

either ceremonially or for healing

377

00:17:58,910 --> 00:17:54,960

purposes that's what a shaman is a

378

00:18:00,380 --> 00:17:58,920

healer and so he kind of put those two

379

00:18:02,360 --> 00:18:00,390

together for me because the tibetan

380

00:18:04,400 --> 00:18:02,370

buddhist community that I was involved

381

00:18:06,580 --> 00:18:04,410

with didn't have anything to do with

382

00:18:09,440 --> 00:18:06,590

psychedelics and didn't encourage them

383

00:18:11,150 --> 00:18:09,450

so but I was remembered there was this

384

00:18:13,820 --> 00:18:11,160

spiritual potential with those

385

00:18:17,690 --> 00:18:13,830

substances so that's how I got back into

386

00:18:20,210 --> 00:18:17,700

it again and then that led to me

387

00:18:21,650 --> 00:18:20,220

eventually becoming connected to a

388

00:18:23,810 --> 00:18:21,660

conference up here that I've been

389

00:18:27,020 --> 00:18:23,820

co-organized for seven years called the

390

00:18:29,090 --> 00:18:27,030

spirit plant medicine conference and I'm

391

00:18:36,500 --> 00:18:29,100

giving like I said I'm trying to keep it

392

00:18:39,080 --> 00:18:36,510

short but yeah I'm leading up to the

393

00:18:42,980 --> 00:18:39,090

sort of the key moment so to speak the

394

00:18:48,680 --> 00:18:46,399

yes one of the people that we had at the

395

00:18:50,149 --> 00:18:48,690

conference is Kathleen Harrison who's

396

00:18:53,060 --> 00:18:50,159

remarkable person she was actually

397

00:18:54,980 --> 00:18:53,070

married to this Terence Mckenna for 15

398

00:18:58,340 --> 00:18:54,990

years but she's a she's a world-class

399

00:19:00,710 --> 00:18:58,350

ethno botanist teacher and a great elder

400

00:19:02,240 --> 00:19:00,720

spokesperson for the psychedelics and

401  
00:19:05,419 --> 00:19:02,250  
she and I were having a conversation

402  
00:19:07,070 --> 00:19:05,429  
because I'm the one still am the one who

403  
00:19:09,950 --> 00:19:07,080  
often finds the speakers for the

404  
00:19:12,680 --> 00:19:09,960  
conference so she would I were talking I

405  
00:19:14,779 --> 00:19:12,690  
told her that I thought cannabis while

406  
00:19:17,480 --> 00:19:14,789  
it was becoming more and more popular

407  
00:19:19,730 --> 00:19:17,490  
and spreading across the cultures there

408  
00:19:21,560 --> 00:19:19,740  
was this one side of it that I had found

409  
00:19:23,840 --> 00:19:21,570  
out about through reading and so on

410  
00:19:25,789 --> 00:19:23,850  
which was that it had an ancient history

411  
00:19:27,680 --> 00:19:25,799  
as a spiritual medicine really ancient

412  
00:19:31,250 --> 00:19:27,690  
you know ten thousand years at least

413  
00:19:33,529 --> 00:19:31,260

that's just what we know but that it

414

00:19:36,919 --> 00:19:33,539  
wasn't getting that attention as it

415

00:19:40,340 --> 00:19:36,929  
virgin din you know recreational and

416

00:19:42,649 --> 00:19:40,350  
medical uses etc etc I said that I

417

00:19:46,399 --> 00:19:42,659  
didn't think I had a whole book in it in

418

00:19:48,289 --> 00:19:46,409  
myself to write and she said to me well

419

00:19:50,810 --> 00:19:48,299  
you know if you put that together as a

420

00:19:53,779 --> 00:19:50,820  
project I would promise to contribute a

421

00:19:55,639 --> 00:19:53,789  
chapter to it and she's a very wise

422

00:19:56,990 --> 00:19:55,649  
person and a beautiful writer and that

423

00:19:59,990 --> 00:19:57,000  
was the trigger for me that was five

424

00:20:02,840 --> 00:20:00,000  
years ago so then I ended up gathering a

425

00:20:05,810 --> 00:20:02,850  
total counting me of 18 contributors to

426  
00:20:08,210 --> 00:20:05,820  
the book and to answer a question that

427  
00:20:11,240 --> 00:20:08,220  
you haven't specifically asked yet the

428  
00:20:13,730 --> 00:20:11,250  
mission the mission of the book is to

429  
00:20:15,669 --> 00:20:13,740  
redress that issue that cannabis when

430  
00:20:18,139 --> 00:20:15,679  
used carefully when used wisely

431  
00:20:20,090 --> 00:20:18,149  
respectfully responsible responsibly

432  
00:20:22,220 --> 00:20:20,100  
with knowledge about how to use it

433  
00:20:25,760 --> 00:20:22,230  
because we consider it an advanced

434  
00:20:27,769 --> 00:20:25,770  
spiritual medicine not you know it's not

435  
00:20:30,950 --> 00:20:27,779  
like you just take a pill and you know

436  
00:20:33,260 --> 00:20:30,960  
the world opens up necessarily there are

437  
00:20:36,049 --> 00:20:33,270  
ways to use it and and so that's what

438  
00:20:39,620 --> 00:20:36,059

the purpose of the book is well we need

439

00:20:42,830 --> 00:20:39,630

this it's so necessary I think with

440

00:20:44,389 --> 00:20:42,840

everybody having this to deal with from

441

00:20:46,159 --> 00:20:44,399

the legal side the medical side the

442

00:20:48,049 --> 00:20:46,169

recreational side this has been the

443

00:20:50,090 --> 00:20:48,059

missing piece now here's an interesting

444

00:20:52,940 --> 00:20:50,100

question from our chat room for you

445

00:20:55,919 --> 00:20:52,950

Graham this gentleman says why did

446

00:20:58,200 --> 00:20:55,929

indigenous tribes even consider

447

00:21:01,379 --> 00:20:58,210

to use these drugs as part of their

448

00:21:04,200 --> 00:21:01,389

ceremonies how did they know to use it

449

00:21:06,869 --> 00:21:04,210

oh well gee that's a tough question

450

00:21:08,840 --> 00:21:06,879

I think ethno botanist would be able to

451  
00:21:12,269 --> 00:21:08,850  
answer that one pretty well oftentimes

452  
00:21:14,129 --> 00:21:12,279  
my understanding and I think is you know

453  
00:21:18,619 --> 00:21:14,139  
close enough to the truth to be useful

454  
00:21:21,119 --> 00:21:18,629  
is that before we had grocery stores

455  
00:21:24,810 --> 00:21:21,129  
which was for most of our history until

456  
00:21:27,869 --> 00:21:24,820  
extremely recently you needed to know

457  
00:21:30,419 --> 00:21:27,879  
the uses of every plant in your

458  
00:21:33,659 --> 00:21:30,429  
neighborhood you needed to know if it

459  
00:21:35,810 --> 00:21:33,669  
could be used for a building material if

460  
00:21:39,960 --> 00:21:35,820  
it could be used for clothing for

461  
00:21:42,779 --> 00:21:39,970  
medicine you to eat it and they weren't

462  
00:21:47,039 --> 00:21:42,789  
necessarily looking for plants that

463  
00:21:49,499 --> 00:21:47,049

would have a spiritual opening potential

464

00:21:52,489 --> 00:21:49,509

but if they ate those plants such as

465

00:21:55,289 --> 00:21:52,499

mushrooms or different things like that

466

00:21:57,299 --> 00:21:55,299

they would certainly find out and

467

00:21:59,279 --> 00:21:57,309

cannabis certainly sits into that

468

00:22:01,769 --> 00:21:59,289

category because it's been around for

469

00:22:03,629 --> 00:22:01,779

well the family from which it comes has

470

00:22:05,129 --> 00:22:03,639

been around for at least thirty million

471

00:22:08,340 --> 00:22:05,139

years on the planet

472

00:22:10,409 --> 00:22:08,350

Wow and so you know if you're in China

473

00:22:12,989 --> 00:22:10,419

where they think it may have originated

474

00:22:14,580 --> 00:22:12,999

from northeastern China perhaps and you

475

00:22:16,680 --> 00:22:14,590

see this plant around you're gonna find

476

00:22:18,509 --> 00:22:16,690

out that what you can do with it and if

477

00:22:20,820 --> 00:22:18,519

you you know if you were to make it into

478

00:22:22,950 --> 00:22:20,830

a tea or you know something like that

479

00:22:24,899 --> 00:22:22,960

you certainly find out what it can do

480

00:22:28,440 --> 00:22:24,909

right so that's one part of the answer

481

00:22:30,600 --> 00:22:28,450

the other sort of grossly oversimplified

482

00:22:32,519 --> 00:22:30,610

version of the answer to your question

483

00:22:34,889 --> 00:22:32,529

about you know in or that person's

484

00:22:36,930 --> 00:22:34,899

question about you know why would

485

00:22:39,749 --> 00:22:36,940

indigenous people you know use these

486

00:22:41,970 --> 00:22:39,759

plants as is it's really difficult to

487

00:22:45,180 --> 00:22:41,980

answer and you know I don't think anyone

488

00:22:46,350 --> 00:22:45,190

now would know for sure but it seems to

489

00:22:48,799 --> 00:22:46,360

me I've read a fair amount of

490

00:22:55,049 --> 00:22:48,809

anthropological literature and so on

491

00:22:56,850 --> 00:22:55,059

that most peoples were had an there was

492

00:23:02,070 --> 00:22:56,860

a I don't know how to put this exactly

493

00:23:04,619 --> 00:23:02,080

really simply the the wall so to speak

494

00:23:08,700 --> 00:23:04,629

between the spirit world and the

495

00:23:09,000 --> 00:23:08,710

material world was pretty thin for a lot

496

00:23:16,440 --> 00:23:09,010

of

497

00:23:19,590 --> 00:23:16,450

you know medicinal plants or whatever

498

00:23:21,330 --> 00:23:19,600

people were often in contact with

499

00:23:22,560 --> 00:23:21,340

spirits you know of one kind or another

500

00:23:25,740 --> 00:23:22,570

you know whether you want to call that

501  
00:23:28,800 --> 00:23:25,750  
God or guardian angels or in some cases

502  
00:23:31,620 --> 00:23:28,810  
even demonic demonic energies even you

503  
00:23:33,690 --> 00:23:31,630  
know so when people found out that they

504  
00:23:34,800 --> 00:23:33,700  
could open those doors wide or with you

505  
00:23:39,630 --> 00:23:34,810  
know with the use of certain specific

506  
00:23:42,390 --> 00:23:39,640  
plants they would do that here's one

507  
00:23:44,460 --> 00:23:42,400  
perhaps a summing up of that answer I

508  
00:23:47,430 --> 00:23:44,470  
think I actually quoted this fellow in

509  
00:23:49,170 --> 00:23:47,440  
my first book who was a shaman from Peru

510  
00:23:51,510 --> 00:23:49,180  
and he was at a conference and he said

511  
00:23:54,300 --> 00:23:51,520  
you know we don't have a problem with

512  
00:23:56,610 --> 00:23:54,310  
Western science in us in one sense like

513  
00:23:58,920 --> 00:23:56,620

we appreciate the things that Western

514

00:24:03,270 --> 00:23:58,930

science has learned about medical issues

515

00:24:06,390 --> 00:24:03,280

but it's only half of the answer the

516

00:24:08,790 --> 00:24:06,400

other half is spirit that when you use a

517

00:24:11,820 --> 00:24:08,800

plant for medicinal purposes or any

518

00:24:13,230 --> 00:24:11,830

purposes healing purposes you ideally

519

00:24:15,210 --> 00:24:13,240

and this is what I think indigenous

520

00:24:18,270 --> 00:24:15,220

people would say all over the world you

521

00:24:21,090 --> 00:24:18,280

connect with the spirit of that plant so

522

00:24:23,130 --> 00:24:21,100

that you bring that in and ayahuasca you

523

00:24:25,890 --> 00:24:23,140

know you mentioned ayahuasca before we

524

00:24:28,740 --> 00:24:25,900

started the conversation on air here

525

00:24:30,360 --> 00:24:28,750

the well-trained ayahuasca arrows the

526

00:24:33,090 --> 00:24:30,370

shamans or whatever you want to call

527

00:24:36,570 --> 00:24:33,100

them they know that they're going to be

528

00:24:38,280 --> 00:24:36,580

calling on the spirit or spirits to help

529

00:24:40,050 --> 00:24:38,290

with the work that they're doing that's

530

00:24:43,170 --> 00:24:40,060

what those eco tools are about for

531

00:24:45,540 --> 00:24:43,180

example there i've been told by a shaman

532

00:24:49,080 --> 00:24:45,550

in south america an ayahuasca shaman

533

00:24:52,260 --> 00:24:49,090

that the songs are actual beings in a

534

00:24:54,480 --> 00:24:52,270

sense that you you learn those songs by

535

00:24:56,310 --> 00:24:54,490

contacting spirit and they teach them to

536

00:24:59,100 --> 00:24:56,320

you and then when you're doing your work

537

00:25:01,470 --> 00:24:59,110

in the ceremony a song will come in and

538

00:25:04,500 --> 00:25:01,480

in a sense say i'm the song for this

539

00:25:07,470 --> 00:25:04,510

situation now right and they have

540

00:25:10,650 --> 00:25:07,480

immense power of that way so I'm getting

541

00:25:12,960 --> 00:25:10,660

perhaps a little off the cannabis topic

542

00:25:14,250 --> 00:25:12,970

here but okay because I think what

543

00:25:16,950 --> 00:25:14,260

you're addressing is where our audience

544

00:25:19,020 --> 00:25:16,960

wants to hear which is how do you

545

00:25:21,450 --> 00:25:19,030

connect with the plant spirit how do you

546

00:25:25,200 --> 00:25:21,460

connect you know with this

547

00:25:27,180 --> 00:25:25,210

medicine for the Soul basically and then

548

00:25:28,980 --> 00:25:27,190

and then this you know where does it

549

00:25:31,230 --> 00:25:28,990

take you next I mean this is a very

550

00:25:32,279 --> 00:25:31,240

fascinating topic for everybody in our

551  
00:25:35,039 --> 00:25:32,289  
audience tonight

552  
00:25:36,899 --> 00:25:35,049  
now here's another question this is from

553  
00:25:38,610 --> 00:25:36,909  
Bluebird who wants to know I'd like to

554  
00:25:40,620 --> 00:25:38,620  
know if any of these plants are

555  
00:25:43,680 --> 00:25:40,630  
protected by local governments in

556  
00:25:45,000 --> 00:25:43,690  
certain parts of the world well we're

557  
00:25:48,600 --> 00:25:45,010  
definitely getting beyond just the

558  
00:25:52,980 --> 00:25:48,610  
cannabis issue here so maybe maybe I'll

559  
00:25:55,769 --> 00:25:52,990  
just briefly say that I think that

560  
00:25:57,930 --> 00:25:55,779  
within maybe twenty years or so

561  
00:26:00,000 --> 00:25:57,940  
cannabis is going to be legal in a great

562  
00:26:03,510 --> 00:26:00,010  
number of jurisdictions right now

563  
00:26:08,120 --> 00:26:03,520

Uruguay has made it legal for their own

564

00:26:11,120 --> 00:26:08,130

citizens Portugal has decriminalized all

565

00:26:14,250 --> 00:26:11,130

psychedelics all drugs essentially

566

00:26:17,010 --> 00:26:14,260

Europe is in various stages of moving

567

00:26:19,649 --> 00:26:17,020

toward this Canada is about to have

568

00:26:21,899 --> 00:26:19,659

across-the-board federal federally

569

00:26:25,049 --> 00:26:21,909

approved legalization for all uses of

570

00:26:27,419 --> 00:26:25,059

marijuana for adults the United States

571

00:26:30,560 --> 00:26:27,429

as I'm sure you know most of your

572

00:26:34,620 --> 00:26:30,570

listeners know has at least six states

573

00:26:37,230 --> 00:26:34,630

with with recreational legal marijuana

574

00:26:40,409 --> 00:26:37,240

and thirty I believe it is with medical

575

00:26:43,769 --> 00:26:40,419

marijuana legalized so it's changing

576

00:26:46,230 --> 00:26:43,779

rapidly and and so that's that I think

577

00:26:47,370 --> 00:26:46,240

we can be optimistic about because it's

578

00:26:49,500 --> 00:26:47,380

going to what people are going to find

579

00:26:51,810 --> 00:26:49,510

out is it's not there nearly the big

580

00:26:54,299 --> 00:26:51,820

deal that everyone was you know in in

581

00:26:56,100 --> 00:26:54,309

positions of conservative Authority so

582

00:26:58,919 --> 00:26:56,110

to speak were concerned about

583

00:27:01,080 --> 00:26:58,929

it'll just be kind of you know a normal

584

00:27:04,620 --> 00:27:01,090

thing after a while you know Holland for

585

00:27:07,620 --> 00:27:04,630

example has had de facto legalization of

586

00:27:09,299 --> 00:27:07,630

cannabis not actual legalization because

587

00:27:12,630 --> 00:27:09,309

they're part of the EU and it's not

588

00:27:14,760 --> 00:27:12,640

allowed the European Union but they've

589

00:27:17,130 --> 00:27:14,770

they they have these you know

590

00:27:20,730 --> 00:27:17,140

quote-unquote coffee shops and they've

591

00:27:23,669 --> 00:27:20,740

had them for 40 or more years and so

592

00:27:26,039 --> 00:27:23,679

it's it's not stigmatized they're

593

00:27:27,930 --> 00:27:26,049

essentially and it's easily accessible

594

00:27:31,230 --> 00:27:27,940

and the percentage of the population

595

00:27:32,940 --> 00:27:31,240

that uses cannabis is significantly

596

00:27:34,799 --> 00:27:32,950

lower than it has been all of these

597

00:27:35,460 --> 00:27:34,809

years in Canada in the United States

598

00:27:38,909 --> 00:27:35,470

where it's

599

00:27:41,070 --> 00:27:38,919

illegal right so right my Mike my take

600

00:27:43,289 --> 00:27:41,080

on that is that once this once the

601  
00:27:45,480 --> 00:27:43,299  
novelty is passed once the stigma is out

602  
00:27:47,610 --> 00:27:45,490  
of the way and it's been around for a

603  
00:27:48,570 --> 00:27:47,620  
while it'll kind of settle things will

604  
00:27:51,419 --> 00:27:48,580  
settle down

605  
00:27:53,250 --> 00:27:51,429  
you know laws will relax a little more

606  
00:27:54,570 --> 00:27:53,260  
people will be able to decide for

607  
00:27:57,270 --> 00:27:54,580  
themselves and a lot of people will just

608  
00:27:59,070 --> 00:27:57,280  
go well okay I it's not actually my it's

609  
00:28:01,680 --> 00:27:59,080  
not the plant for me I don't I don't I'm

610  
00:28:08,460 --> 00:28:01,690  
not interested you know so that's that's

611  
00:28:10,440 --> 00:28:08,470  
cannabis psilocybin mushrooms I except

612  
00:28:11,940 --> 00:28:10,450  
for a you know again places like

613  
00:28:16,260 --> 00:28:11,950

Portugal where they've be criminalized

614

00:28:19,340 --> 00:28:16,270

all drugs I don't believe I know of any

615

00:28:22,370 --> 00:28:19,350

jurisdictions where that is legal now

616

00:28:26,460 --> 00:28:22,380

ayahuasca is a really interesting one

617

00:28:28,799 --> 00:28:26,470

because there are churches that stem

618

00:28:31,680 --> 00:28:28,809

from Brazil there are at least three of

619

00:28:34,830 --> 00:28:31,690

them the best-known is called the Santo

620

00:28:36,510 --> 00:28:34,840

Daime II religion and they have many

621

00:28:38,760 --> 00:28:36,520

many adherents and they've been

622

00:28:41,220 --> 00:28:38,770

spreading around the world and they've

623

00:28:44,279 --> 00:28:41,230

been gaining levels of legal recognition

624

00:28:45,960 --> 00:28:44,289

there they won a Supreme Court decision

625

00:28:49,169 --> 00:28:45,970

in Oregon for example where a very

626

00:28:51,120 --> 00:28:49,179

particular Church has been given

627

00:28:53,820 --> 00:28:51,130

permission to legally have their

628

00:28:55,470 --> 00:28:53,830

ceremonies with ayahuasca they call it

629

00:28:55,950 --> 00:28:55,480

the die me they call the medicine the

630

00:28:59,789 --> 00:28:55,960

die me

631

00:29:01,950 --> 00:28:59,799

and there's move toward that in Canada

632

00:29:04,440 --> 00:29:01,960

Canada there I don't specifically know

633

00:29:06,510 --> 00:29:04,450

but there are jurisdictions in Europe I

634

00:29:08,070 --> 00:29:06,520

think that are kind of close to that at

635

00:29:11,880 --> 00:29:08,080

this point

636

00:29:13,919 --> 00:29:11,890

then there's the peyote yes that's

637

00:29:16,470 --> 00:29:13,929

another one well we're gonna get get to

638

00:29:18,570 --> 00:29:16,480

all of the spiritual side of this and

639

00:29:21,720 --> 00:29:18,580

how people can do this how they can if

640

00:29:23,580 --> 00:29:21,730

this is something for them then and

641

00:29:26,159 --> 00:29:23,590

again like you said for some people this

642

00:29:28,260 --> 00:29:26,169

is not a good thing but there are people

643

00:29:31,620 --> 00:29:28,270

who this will really work for and

644

00:29:32,460 --> 00:29:31,630

connect to a spiritual soul path like

645

00:29:34,289 --> 00:29:32,470

none other

646

00:29:35,490 --> 00:29:34,299

so we're going to get to all of that

647

00:29:39,029 --> 00:29:35,500

we're going to take a very short

648

00:29:41,159 --> 00:29:39,039

commercial break and we will be right

649

00:29:42,690 --> 00:29:41,169

back so listen everybody this is a great

650

00:29:44,669 --> 00:29:42,700

show you're gonna learn a lot from

651  
00:29:47,580 --> 00:29:44,679  
Steven gray he's the author of the book

652  
00:29:48,620 --> 00:29:47,590  
cannabis and spirituality he's actually

653  
00:29:50,420 --> 00:29:48,630  
the editor

654  
00:29:54,050 --> 00:29:50,430  
but he also has his own Shafter in here

655  
00:29:56,420 --> 00:29:54,060  
that he wrote so so we're gonna come

656  
00:29:58,730 --> 00:29:56,430  
back and and just unwrap all of this

657  
00:30:01,040 --> 00:29:58,740  
beautiful information you are listening

658  
00:30:03,320 --> 00:30:01,050  
to Supernatural girls radio and we will

659  
00:30:05,690 --> 00:30:03,330  
be right back natural girls radio I'm

660  
00:30:09,050 --> 00:30:05,700  
your host for Tricia Baker I'm here with

661  
00:30:11,810 --> 00:30:09,060  
my lovely co-host from Tucson pk

662  
00:30:14,240 --> 00:30:11,820  
you can visit PK online at patricia

663  
00:30:16,880 --> 00:30:14,250

Kirkman comm if you want to see what's

664

00:30:19,580 --> 00:30:16,890

coming up for you in 2018 she is the

665

00:30:23,900 --> 00:30:19,590

woman to speak with so go to Patricia

666

00:30:27,740 --> 00:30:23,910

Kirkman dot-com so tonight we are having

667

00:30:30,710 --> 00:30:27,750

a very interesting discussion a lot of

668

00:30:32,360 --> 00:30:30,720

information and it's about cannabis and

669

00:30:35,240 --> 00:30:32,370

spirituality and now we're going to go

670

00:30:37,130 --> 00:30:35,250

more into spiritual awakening the

671

00:30:39,440 --> 00:30:37,140

spiritual awakening how does that happen

672

00:30:44,360 --> 00:30:39,450

with cannabis Stephen can you talk to us

673

00:30:47,090 --> 00:30:44,370

about that sure so I think the first

674

00:30:50,570 --> 00:30:47,100

thing that want to lay the ground but

675

00:30:53,540 --> 00:30:50,580

that is you know I'm like never reached

676

00:30:56,800 --> 00:30:53,550

the end of the line with me but I have

677

00:30:59,690 --> 00:30:56,810

been working with spirit many years and

678

00:31:02,960 --> 00:30:59,700

meditation and so on as well as various

679

00:31:06,370 --> 00:31:02,970

dialects or entheogen says prefer call

680

00:31:09,620 --> 00:31:06,380

them and I certainly add a lot as well

681

00:31:14,330 --> 00:31:09,630

my sense of what spiritual awakening is

682

00:31:18,020 --> 00:31:14,340

is that there is a uncontained really

683

00:31:20,720 --> 00:31:18,030

there's nothing to do with believe about

684

00:31:28,670 --> 00:31:20,730

what is brew or not true or real or not

685

00:31:32,660 --> 00:31:28,680

Buhler good or bad you know we're having

686

00:31:33,830 --> 00:31:32,670

a little problem technically I don't

687

00:31:36,320 --> 00:31:33,840

know if your internet connection is

688

00:31:38,060 --> 00:31:36,330

overloaded but let's see if we can maybe

689

00:31:39,860 --> 00:31:38,070

start over because that you broke up

690

00:31:43,310 --> 00:31:39,870

through that our explanation of

691

00:31:45,650 --> 00:31:43,320

spiritual awakening so let's try this

692

00:31:49,310 --> 00:31:45,660

again and see if we can hear what you

693

00:31:51,380 --> 00:31:49,320

have to say sure yeah okay so I felt

694

00:31:53,300 --> 00:31:51,390

like that I should start with my

695

00:31:56,120 --> 00:31:53,310

understanding of what spiritual

696

00:31:59,900 --> 00:31:56,130

awakening is and that comes from a lot

697

00:32:01,790 --> 00:31:59,910

of study and practice and my sense is my

698

00:32:02,390 --> 00:32:01,800

understanding is that there is something

699

00:32:04,460 --> 00:32:02,400

that you

700

00:32:06,710 --> 00:32:04,470

call unconditioned or unconditional

701

00:32:10,000 --> 00:32:06,720

reality that every human being is

702

00:32:12,770 --> 00:32:10,010

capable of in a sense falling into or

703

00:32:14,930 --> 00:32:12,780

relaxing into it's not something that

704

00:32:18,260 --> 00:32:14,940

you create in a sense it's something

705

00:32:20,240 --> 00:32:18,270

that you remove obstacles to and that's

706

00:32:22,970 --> 00:32:20,250

what that's what the word Buddha

707

00:32:25,580 --> 00:32:22,980

actually means and Buddha means awake

708

00:32:28,190 --> 00:32:25,590

and the Buddhist teachings say that

709

00:32:29,990 --> 00:32:28,200

everybody has food in nature okay so

710

00:32:33,500 --> 00:32:30,000

that's that's the the kind of the ground

711

00:32:35,660 --> 00:32:33,510

and the reason that people are not what

712

00:32:38,480 --> 00:32:35,670

you might call awake or enlightened is

713

00:32:41,180 --> 00:32:38,490

because we create a whole bunch of

714

00:32:42,950 --> 00:32:41,190

obstacles for ourselves through our the

715

00:32:45,620 --> 00:32:42,960

stories that we tell ourselves the

716

00:32:47,660 --> 00:32:45,630

beliefs and concepts that we ship on

717

00:32:49,430 --> 00:32:47,670

from you know the people around us as

718

00:32:53,240 --> 00:32:49,440

we're growing up and develop into our

719

00:32:55,100 --> 00:32:53,250

own narrative about who we are what's

720

00:33:00,350 --> 00:32:55,110

real what's not real and so on right

721

00:33:02,360 --> 00:33:00,360

what's true untrue right yeah but that's

722

00:33:04,100 --> 00:33:02,370

what you might call a fictional that's

723

00:33:06,590 --> 00:33:04,110

you know the Buddhist teachings call it

724

00:33:08,950 --> 00:33:06,600

and you lose an illusion of this of the

725

00:33:11,420 --> 00:33:08,960

separate self that's disconnected from

726

00:33:12,650 --> 00:33:11,430

you know from everything oh you know

727

00:33:14,930 --> 00:33:12,660

that's what they mean when they talk

728

00:33:16,280 --> 00:33:14,940

about oneness that when you are able to

729

00:33:19,490 --> 00:33:16,290

let go

730

00:33:23,480 --> 00:33:19,500

surrender release these you know

731

00:33:25,790 --> 00:33:23,490

boundaries and walls and bonds that we

732

00:33:27,560 --> 00:33:25,800

kind of place around ourselves then you

733

00:33:31,280 --> 00:33:27,570

start to discover that you actually are

734

00:33:33,440 --> 00:33:31,290

more gradually usually discover that

735

00:33:36,830 --> 00:33:33,450

you're connected to everything in that

736

00:33:39,860 --> 00:33:36,840

sense and that at the root of that is an

737

00:33:41,990 --> 00:33:39,870

unconditioned unambiguous sense of peace

738

00:33:44,180 --> 00:33:42,000

that's what the word peace actually

739

00:33:46,880 --> 00:33:44,190

means is that you can you can just

740

00:33:50,690 --> 00:33:46,890

settle down into this place that's real

741

00:33:52,730 --> 00:33:50,700

and it Buddhist teachings also say that

742

00:33:55,880 --> 00:33:52,740

enlightenment synonym for that is

743

00:33:57,610 --> 00:33:55,890

awakened heart so your heart wakes up

744

00:33:59,660 --> 00:33:57,620

with that - and you develop

745

00:34:03,050 --> 00:33:59,670

unconditional compassion or

746

00:34:05,780 --> 00:34:03,060

unconditioned compassion so without as a

747

00:34:09,200 --> 00:34:05,790

kind of a ground the question is then

748

00:34:12,860 --> 00:34:09,210

how can cannabis help with that right so

749

00:34:15,290 --> 00:34:12,870

yeah the starting point is to describe

750

00:34:17,410 --> 00:34:15,300

it as an amplifier

751

00:34:20,720 --> 00:34:17,420

what you might call a nonspecific

752

00:34:26,510 --> 00:34:20,730

amplifier so you might say it's a gift

753

00:34:29,690 --> 00:34:26,520

of amplified a sharper vaster energy in

754

00:34:31,130 --> 00:34:29,700

a sense that if you do it well and we

755

00:34:33,020 --> 00:34:31,140

can talk about that I think we should

756

00:34:36,020 --> 00:34:33,030

talk about that as we go forward here

757

00:34:38,090 --> 00:34:36,030

yes absolutely yeah if you use it

758

00:34:42,830 --> 00:34:38,100

properly if you understand the principle

759

00:34:45,830 --> 00:34:42,840

of what you're doing that can deepen and

760

00:34:47,600 --> 00:34:45,840

expand whatever your intention is so

761

00:34:49,340 --> 00:34:47,610

that's another issue that we could

762

00:34:50,750 --> 00:34:49,350

probably should probably talk about as

763

00:34:53,169 --> 00:34:50,760

we go along too is that if your

764

00:34:56,330 --> 00:34:53,179

intention is either unconscious or

765

00:34:58,550 --> 00:34:56,340

consciously just to escape cannabis can

766

00:35:02,210 --> 00:34:58,560

amplify that kind of intention as well

767

00:35:05,660 --> 00:35:02,220

however if your intention is to wake up

768

00:35:09,050 --> 00:35:05,670

to heal then it can open you up in that

769

00:35:11,720 --> 00:35:09,060

way it can deepen your experience so I

770

00:35:13,850 --> 00:35:11,730

think an important thing to do to point

771

00:35:15,710 --> 00:35:13,860

out well for those who are interested at

772

00:35:18,460 --> 00:35:15,720

least is you know how that works

773

00:35:21,500 --> 00:35:18,470

biochemically it's referred to as the

774

00:35:24,290 --> 00:35:21,510

pharmacokinetics pharmacokinetics means

775

00:35:27,710 --> 00:35:24,300

the the action of a drug or substance as

776

00:35:30,670 --> 00:35:27,720

it enters the body how it's processed in

777

00:35:32,990 --> 00:35:30,680

the body and how it leaves the body so

778

00:35:34,820 --> 00:35:33,000

one of the chapters in the book is by

779

00:35:37,580 --> 00:35:34,830

Joan Bello who has a very interesting

780

00:35:40,130 --> 00:35:37,590

description of how that works and she

781

00:35:46,340 --> 00:35:40,140

says that when you first smoke it or

782

00:35:47,840 --> 00:35:46,350

vaporize it edible oral ingestion being

783

00:35:50,690 --> 00:35:47,850

a different case altogether because it

784

00:35:52,850 --> 00:35:50,700

can take up to two hours to reach full

785

00:35:55,280 --> 00:35:52,860

effects when you take it orally but if

786

00:35:57,100 --> 00:35:55,290

you smoke or vaporize cannabis the

787

00:35:59,540 --> 00:35:57,110

effects are to all intents and purposes

788

00:36:01,880 --> 00:35:59,550

immediate you know within seconds or a

789

00:36:03,410 --> 00:36:01,890

minute or two or whatever and so when

790

00:36:06,650 --> 00:36:03,420

you do that

791

00:36:08,360 --> 00:36:06,660

your heart speeds up somewhat there's an

792

00:36:12,310 --> 00:36:08,370

increase in heart rate that's well known

793

00:36:16,390 --> 00:36:12,320

and well recorded and a subsequent

794

00:36:20,570 --> 00:36:16,400

pumping of fresh rich freshly oxygenated

795

00:36:24,740 --> 00:36:20,580

blood throughout the organism and a

796

00:36:27,020 --> 00:36:24,750

concomitant relaxing of the skeletal or

797

00:36:28,620 --> 00:36:27,030

oppositional muscles that's Joan bellows

798

00:36:31,140 --> 00:36:28,630

phrase for it scale

799

00:36:33,720 --> 00:36:31,150

oppositional muscles so the whole

800

00:36:36,210 --> 00:36:33,730

organism is becomes more highly charged

801  
00:36:38,130 --> 00:36:36,220  
if you're paying attention to it as

802  
00:36:40,170 --> 00:36:38,140  
everybody who has ever been around

803  
00:36:41,820 --> 00:36:40,180  
cannabis either for themselves or other

804  
00:36:44,610 --> 00:36:41,830  
people knows you can distract yourself

805  
00:36:46,620 --> 00:36:44,620  
and you can just busy your mind you can

806  
00:36:48,660 --> 00:36:46,630  
do have things going on all the time but

807  
00:36:50,460 --> 00:36:48,670  
if you more or less kind of sit down

808  
00:36:51,930 --> 00:36:50,470  
shut up and pay attention which is a

809  
00:36:56,610 --> 00:36:51,940  
phrase from Terence Mckenna who I

810  
00:36:59,370 --> 00:36:56,620  
mentioned earlier and you you can see

811  
00:37:01,010 --> 00:36:59,380  
that it can potentially it has a lot to

812  
00:37:03,870 --> 00:37:01,020  
do with getting out of your head right

813  
00:37:07,140 --> 00:37:03,880

so if you can and this is a basic

814

00:37:08,700 --> 00:37:07,150

spiritual principle anyway in Buddhism

815

00:37:11,370 --> 00:37:08,710

and other traditions talk about getting

816

00:37:13,020 --> 00:37:11,380

out of your own way letting go of this

817

00:37:15,120 --> 00:37:13,030

narrative that I mentioned a few moments

818

00:37:16,770 --> 00:37:15,130

ago of thoughts constantly coming

819

00:37:19,710 --> 00:37:16,780

through in fact Buddhist teachings say

820

00:37:23,120 --> 00:37:19,720

that our thoughts are the primary kind

821

00:37:26,250 --> 00:37:23,130

of strategy or tactic that we use to

822

00:37:28,380 --> 00:37:26,260

create and preserve this fortress this

823

00:37:30,690 --> 00:37:28,390

wall that we create around ourselves so

824

00:37:33,450 --> 00:37:30,700

that we can maintain this seemingly

825

00:37:39,210 --> 00:37:33,460

comforting illusion of the separate self

826

00:37:41,430 --> 00:37:39,220

so cannabis can help dissolve that yeah

827

00:37:44,460 --> 00:37:41,440

they can the walls the hardness the

828

00:37:47,460 --> 00:37:44,470

bonds etc etc but again needs to be

829

00:37:49,110 --> 00:37:47,470

channeled that way so if you understand

830

00:37:52,140 --> 00:37:49,120

or accept this principle of the

831

00:37:55,050 --> 00:37:52,150

nonspecific amplifier then the next

832

00:37:57,930 --> 00:37:55,060

question for me is how do you apply that

833

00:38:00,660 --> 00:37:57,940

you know so I mentioned the sit down

834

00:38:03,060 --> 00:38:00,670

shut up and pay attention idea that's

835

00:38:05,880 --> 00:38:03,070

essentially another that's a synonym for

836

00:38:07,860 --> 00:38:05,890

meditating really and when I say

837

00:38:09,750 --> 00:38:07,870

meditating I don't mean contemplating I

838

00:38:11,750 --> 00:38:09,760

mean what Buddhist teachings and others

839

00:38:15,300 --> 00:38:11,760

wouldn't refer to as meditation which is

840

00:38:17,010 --> 00:38:15,310

the simplest version is you just sit you

841

00:38:19,140 --> 00:38:17,020

try to sit up straight so that your

842

00:38:20,520 --> 00:38:19,150

energy moves easily you know what some

843

00:38:23,010 --> 00:38:20,530

people might call the Kundalini energy

844

00:38:24,810 --> 00:38:23,020

or whatever and you're not gonna you're

845

00:38:26,580 --> 00:38:24,820

not gonna tire as fast as you would if

846

00:38:30,630 --> 00:38:26,590

you're slouching over or whatever and

847

00:38:34,020 --> 00:38:30,640

you just pay attention so in the way

848

00:38:36,930 --> 00:38:34,030

meditation was taught to me you use the

849

00:38:38,700 --> 00:38:36,940

breath as the as the the anchor back

850

00:38:41,310 --> 00:38:38,710

into reality because it's part of the

851  
00:38:42,480 --> 00:38:41,320  
autonomic nervous system it it you don't

852  
00:38:45,540 --> 00:38:42,490  
think about your breath

853  
00:38:47,550 --> 00:38:45,550  
most of the time right and so so if you

854  
00:38:50,520 --> 00:38:47,560  
pay attention to it in a in a light way

855  
00:38:52,950 --> 00:38:50,530  
not over hyper focus but just it brings

856  
00:38:55,710 --> 00:38:52,960  
you back into the full presence of this

857  
00:38:58,020 --> 00:38:55,720  
moment and then inevitably thoughts come

858  
00:38:59,220 --> 00:38:58,030  
up you're off and never Neverland or

859  
00:39:02,190 --> 00:38:59,230  
whatever thinking about tomorrow

860  
00:39:03,960 --> 00:39:02,200  
yesterday or whatever and then when you

861  
00:39:08,180 --> 00:39:03,970  
recognize that you just kind of let it

862  
00:39:10,859 --> 00:39:08,190  
go and come back to being present well

863  
00:39:14,690 --> 00:39:10,869

because I know our audience is thinking

864

00:39:18,359 --> 00:39:14,700

about here and so you do your meditation

865

00:39:20,400 --> 00:39:18,369

on the heels of taking marijuana I mean

866

00:39:22,620 --> 00:39:20,410

I'm taking cannabis is that how you do

867

00:39:24,900 --> 00:39:22,630

this or do you use it after your

868

00:39:26,970 --> 00:39:24,910

meditation how what are the mechanics of

869

00:39:28,859 --> 00:39:26,980

it that's what they want to know well

870

00:39:31,260 --> 00:39:28,869

one answer to that question is that it's

871

00:39:33,420 --> 00:39:31,270

as is as I said a few times in the book

872

00:39:35,940 --> 00:39:33,430

it's the people's plant so it's very

873

00:39:37,320 --> 00:39:35,950

amenable and gracious to experimenting

874

00:39:40,620 --> 00:39:37,330

with so there are lots of different ways

875

00:39:42,330 --> 00:39:40,630

to work with the plant that way in I

876

00:39:45,300 --> 00:39:42,340

just wanted to say about meditation is

877

00:39:47,760 --> 00:39:45,310

that the idea is that as much as

878

00:39:50,609 --> 00:39:47,770

possible we open a gap in the ongoing

879

00:39:54,240 --> 00:39:50,619

thinking mind right and then we

880

00:39:56,460 --> 00:39:54,250

gradually hopefully surrender or relax

881

00:40:00,210 --> 00:39:56,470

into the unconditioned awakened state

882

00:40:03,060 --> 00:40:00,220

and in degrees and so what cannabis

883

00:40:06,380 --> 00:40:03,070

being a nonspecific amplifier can

884

00:40:10,710 --> 00:40:06,390

actually heighten and deepen that

885

00:40:12,960 --> 00:40:10,720

process okay so yes there's lots of

886

00:40:14,940 --> 00:40:12,970

different ways to do it for example you

887

00:40:17,190 --> 00:40:14,950

might meditate for a while first just to

888

00:40:19,230 --> 00:40:17,200

calm yourself down and it's not just

889

00:40:21,150 --> 00:40:19,240

meditation this is just kind of I like

890

00:40:22,859 --> 00:40:21,160

to think of this simple kind of fall of

891

00:40:26,460 --> 00:40:22,869

the breath kind of meditation as the

892

00:40:29,280 --> 00:40:26,470

sort of the purest way of working with

893

00:40:31,800 --> 00:40:29,290

it because everybody has so much of an

894

00:40:34,770 --> 00:40:31,810

issue with the thinking mind that if we

895

00:40:37,590 --> 00:40:34,780

can simplify our unique the container

896

00:40:39,510 --> 00:40:37,600

you might say that we're in and remove

897

00:40:40,530 --> 00:40:39,520

distractions and just sit down shut up

898

00:40:42,630 --> 00:40:40,540

and pay attention

899

00:40:44,520 --> 00:40:42,640

then we can really find out what this

900

00:40:47,670 --> 00:40:44,530

medicine can do when you get out of your

901  
00:40:49,230 --> 00:40:47,680  
own way so you might meditate for a

902  
00:40:51,960 --> 00:40:49,240  
while first you might do some other

903  
00:40:55,569 --> 00:40:51,970  
calming practices yoga tai chi whatever

904  
00:40:57,910 --> 00:40:55,579  
that's one way you could do it and and

905  
00:40:59,650 --> 00:40:57,920  
and you might as Kathleen Harrison in

906  
00:41:02,079 --> 00:40:59,660  
her chapter it makes a point of saying

907  
00:41:04,089 --> 00:41:02,089  
you might treat it with great respect

908  
00:41:06,009 --> 00:41:04,099  
and if you do that you're more likely to

909  
00:41:07,930 --> 00:41:06,019  
receive benefit from the plant if you

910  
00:41:10,089 --> 00:41:07,940  
treat it even even though you might not

911  
00:41:13,359 --> 00:41:10,099  
have had experience with it as a spirit

912  
00:41:15,759 --> 00:41:13,369  
or you know anything like that if you if

913  
00:41:17,469 --> 00:41:15,769

you think me I'm just kind of like fake

914

00:41:20,289 --> 00:41:17,479

it till you make it kind of approach

915

00:41:22,449 --> 00:41:20,299

it's like what if there is what if there

916

00:41:25,390 --> 00:41:22,459

is a spirit behind this plant because as

917

00:41:27,069 --> 00:41:25,400

Kathleen Harrison says indigenous people

918

00:41:29,799 --> 00:41:27,079

that she's known she's a world renowned

919

00:41:31,359 --> 00:41:29,809

in certain circles ethno botanist and

920

00:41:33,400 --> 00:41:31,369

has spent much time with indigenous

921

00:41:36,279 --> 00:41:33,410

people and who those people would say

922

00:41:39,309 --> 00:41:36,289

things like there's a mother of every

923

00:41:41,140 --> 00:41:39,319

plant species it's like the overseeing

924

00:41:43,180 --> 00:41:41,150

spirit in the sense of that plant

925

00:41:45,969 --> 00:41:43,190

species and it's possible to contact

926  
00:41:47,620 --> 00:41:45,979  
that spirit and I could if we had time I

927  
00:41:49,539 --> 00:41:47,630  
could tell you some stories about people

928  
00:41:52,539 --> 00:41:49,549  
who say they have contacted the spirit

929  
00:41:54,130 --> 00:41:52,549  
of cannabis in that regard and yeah can

930  
00:41:55,930 --> 00:41:54,140  
you give us one of those stories what is

931  
00:41:58,180 --> 00:41:55,940  
that like I mean when they have that

932  
00:42:00,279 --> 00:41:58,190  
experience of reaching out that way and

933  
00:42:03,069 --> 00:42:00,289  
they actually make contact okay I'll

934  
00:42:05,410 --> 00:42:03,079  
tell you my favorite one then there's

935  
00:42:07,569 --> 00:42:05,420  
there's a he was a leader of a spiritual

936  
00:42:09,699 --> 00:42:07,579  
community that worked with ayahuasca in

937  
00:42:12,789 --> 00:42:09,709  
Brazil and they were way out in the

938  
00:42:15,370 --> 00:42:12,799

jungle this is back in the 70s I believe

939

00:42:19,180 --> 00:42:15,380

and he did not he was not familiar with

940

00:42:21,430 --> 00:42:19,190

cannabis it wasn't around there but but

941

00:42:21,910 --> 00:42:21,440

this community was starting to get known

942

00:42:26,140 --> 00:42:21,920

and

943

00:42:29,439 --> 00:42:26,150

some young hippie guy arrived at his

944

00:42:31,660 --> 00:42:29,449

encampment and had some pot with him and

945

00:42:34,299 --> 00:42:31,670

felt kind of embarrassed about it so he

946

00:42:35,920 --> 00:42:34,309

went to the leader guy and said you know

947

00:42:37,269 --> 00:42:35,930

I've got this stuff with me I'm not sure

948

00:42:38,920 --> 00:42:37,279

what I should do with it I don't want to

949

00:42:40,630 --> 00:42:38,930

be disrespectful and the leader said oh

950

00:42:42,640 --> 00:42:40,640

give it to me and I'll find out for

951  
00:42:45,789 --> 00:42:42,650  
myself so he went and had a little

952  
00:42:52,719 --> 00:42:45,799  
private one you know solo ceremony with

953  
00:42:55,630 --> 00:42:52,729  
it and he said that he had a vision and

954  
00:42:57,849 --> 00:42:55,640  
the vision was that he found himself in

955  
00:43:00,609 --> 00:42:57,859  
a garden and there was a woman tending

956  
00:43:03,579 --> 00:43:00,619  
the garden and she saw him there and she

957  
00:43:07,989 --> 00:43:03,589  
turned to him and said this is unpair of

958  
00:43:08,990 --> 00:43:07,999  
course she said to him you're in my

959  
00:43:11,120 --> 00:43:09,000  
garden this is

960  
00:43:12,800 --> 00:43:11,130  
garden and that plant that you smoked

961  
00:43:15,620 --> 00:43:12,810  
that's my plant and it's here in my

962  
00:43:17,960 --> 00:43:15,630  
garden and if you choose to in your

963  
00:43:20,150 --> 00:43:17,970

position of responsibility what you

964

00:43:21,980 --> 00:43:20,160

could do is help people understand that

965

00:43:22,970 --> 00:43:21,990

this is actually a spiritual medicine

966

00:43:24,920 --> 00:43:22,980

and that a lot of people don't

967

00:43:26,540 --> 00:43:24,930

understand that and misuse it and it

968

00:43:29,030 --> 00:43:26,550

actually can be harmful in their lives

969

00:43:31,460 --> 00:43:29,040

if they misuse it so it needs to be

970

00:43:33,560 --> 00:43:31,470

returned to its its its proper role

971

00:43:36,590 --> 00:43:33,570

which is as a sacred medicine that

972

00:43:39,020 --> 00:43:36,600

belongs to the spirit in a sense and so

973

00:43:41,450 --> 00:43:39,030

because this community that he was

974

00:43:43,310 --> 00:43:41,460

involved in was in a syncretic religion

975

00:43:45,740 --> 00:43:43,320

that hadn't included indigenous

976  
00:43:49,310 --> 00:43:45,750  
components as well as Christian elements

977  
00:43:52,820 --> 00:43:49,320  
he dubbed her Santa Maria Saint Mary

978  
00:43:55,670 --> 00:43:52,830  
and so they they actually call cannabis

979  
00:43:59,410 --> 00:43:55,680  
Santa Maria now so they actually call it

980  
00:44:02,780 --> 00:43:59,420  
by the name of the same fascinating yes

981  
00:44:05,030 --> 00:44:02,790  
great story yeah yeah so there is that

982  
00:44:08,690 --> 00:44:05,040  
so then coming back to the practice

983  
00:44:11,180 --> 00:44:08,700  
element if I may the simplest way to

984  
00:44:13,940 --> 00:44:11,190  
meet cannabis and and in a sense the

985  
00:44:15,860 --> 00:44:13,950  
most difficult because it is an advanced

986  
00:44:18,800 --> 00:44:15,870  
spiritual medicine it is raising the

987  
00:44:20,900 --> 00:44:18,810  
stakes it's an amplifier you know and so

988  
00:44:23,360 --> 00:44:20,910

it's actually a challenge to do that

989

00:44:25,190 --> 00:44:23,370

it's it's like meditation plus or

990

00:44:26,810 --> 00:44:25,200

something in a sense you know it's the

991

00:44:29,090 --> 00:44:26,820

same principle it's the same trajectory

992

00:44:30,800 --> 00:44:29,100

it's the same practice but it can be

993

00:44:34,150 --> 00:44:30,810

more challenging because it actually

994

00:44:36,680 --> 00:44:34,160

wants to dissolve this you know illusory

995

00:44:39,110 --> 00:44:36,690

you know structure that you've built you

996

00:44:41,990 --> 00:44:39,120

know and soften you up that way but if

997

00:44:43,310 --> 00:44:42,000

you can do that then there's much reward

998

00:44:46,070 --> 00:44:43,320

that can come of it

999

00:44:47,480 --> 00:44:46,080

so so simply sitting down for part of

1000

00:44:49,370 --> 00:44:47,490

the time at least that you work with

1001  
00:44:51,080 --> 00:44:49,380  
cannabis and doing uh some kind of

1002  
00:44:55,190 --> 00:44:51,090  
simple meditation can be very very

1003  
00:44:58,310 --> 00:44:55,200  
useful I think but it can also help with

1004  
00:45:01,250 --> 00:44:58,320  
a variety of other what you might call

1005  
00:45:03,530 --> 00:45:01,260  
more form based practices like yoga tai

1006  
00:45:05,750 --> 00:45:03,540  
chi and some others I just hope that

1007  
00:45:07,460 --> 00:45:05,760  
people will let go of their dog like oh

1008  
00:45:09,470 --> 00:45:07,470  
no no it can't mix those you know

1009  
00:45:11,330 --> 00:45:09,480  
there's people like that you know like

1010  
00:45:13,610 --> 00:45:11,340  
oh no God my god you can't corrupt Tai

1011  
00:45:16,340 --> 00:45:13,620  
Chi by having cannabis or a drug

1012  
00:45:18,890 --> 00:45:16,350  
involved but if you just treat it as a

1013  
00:45:21,410 --> 00:45:18,900

spirit as a respectful sacred plant and

1014

00:45:22,520 --> 00:45:21,420

think of it as a neutral substance a

1015

00:45:25,700 --> 00:45:22,530

nonspecific

1016

00:45:26,900 --> 00:45:25,710

amplifier it can deepen your practice if

1017

00:45:29,450 --> 00:45:26,910

you can do it with some kind of

1018

00:45:31,340 --> 00:45:29,460

channeled focus intention and discipline

1019

00:45:34,250 --> 00:45:31,350

in that regard but let me ask you a

1020

00:45:35,750 --> 00:45:34,260

question Steven this is there are as you

1021

00:45:38,890 --> 00:45:35,760

know a lot of people now you've

1022

00:45:42,620 --> 00:45:38,900

mentioned 30 states that have it as

1023

00:45:44,540 --> 00:45:42,630

legal for medical use now what I'm

1024

00:45:46,790 --> 00:45:44,550

thinking is there's absolutely no reason

1025

00:45:49,970 --> 00:45:46,800

why people who are using it to alleviate

1026  
00:45:53,060 --> 00:45:49,980  
pain or seizures or whatever the issue

1027  
00:45:55,480 --> 00:45:53,070  
is that they're using this for they can

1028  
00:45:59,330 --> 00:45:55,490  
also incorporate the spiritual element

1029  
00:46:02,120 --> 00:45:59,340  
to their use so they can also if they so

1030  
00:46:05,270 --> 00:46:02,130  
choose take it beyond the medical use

1031  
00:46:07,580 --> 00:46:05,280  
into when they're administering it in

1032  
00:46:08,210 --> 00:46:07,590  
whatever form they can also set their

1033  
00:46:11,210 --> 00:46:08,220  
intent

1034  
00:46:14,690 --> 00:46:11,220  
they can also be open to this spiritual

1035  
00:46:16,190 --> 00:46:14,700  
awakening right of course yeah I think

1036  
00:46:18,700 --> 00:46:16,200  
an important point about that it's a

1037  
00:46:21,020 --> 00:46:18,710  
difficult one because if you're using

1038  
00:46:23,000 --> 00:46:21,030

cannabis for medicinal reasons you may

1039

00:46:27,230 --> 00:46:23,010

have to be using it not just daily but

1040

00:46:30,140 --> 00:46:27,240

several times a day so you know nobody

1041

00:46:34,840 --> 00:46:30,150

should be you know chastised or

1042

00:46:40,130 --> 00:46:37,220

what a number of the contributors to the

1043

00:46:42,950 --> 00:46:40,140

book all feel or believe from their

1044

00:46:46,010 --> 00:46:42,960

experience is that if you can use it

1045

00:46:47,900 --> 00:46:46,020

less frequently it's going to likely be

1046

00:46:50,210 --> 00:46:47,910

more effective as a spiritual medicine

1047

00:46:52,400 --> 00:46:50,220

in terms of being able to go deeper with

1048

00:46:54,500 --> 00:46:52,410

it because there's a tolerance effect

1049

00:46:58,040 --> 00:46:54,510

that most people experience when you use

1050

00:47:00,050 --> 00:46:58,050

it daily and I can and so the sharpness

1051  
00:47:02,540 --> 00:47:00,060  
and the depth of it can be missing in

1052  
00:47:04,940 --> 00:47:02,550  
that way it's a it's a bit tricky you

1053  
00:47:07,520 --> 00:47:04,950  
know in that regard because I know

1054  
00:47:09,530 --> 00:47:07,530  
people personally who who are not using

1055  
00:47:12,590 --> 00:47:09,540  
it for what you might narrowly define as

1056  
00:47:16,880 --> 00:47:12,600  
medicinal use but do do it every day and

1057  
00:47:19,310 --> 00:47:16,890  
I can't say that there's some you know

1058  
00:47:20,690 --> 00:47:19,320  
as I say personal friends that use it

1059  
00:47:22,310 --> 00:47:20,700  
that way and they're very effective in

1060  
00:47:24,500 --> 00:47:22,320  
their lives they're not slouches they're

1061  
00:47:26,150 --> 00:47:24,510  
not you know falling into the couch you

1062  
00:47:29,050 --> 00:47:26,160  
know eating pizza drinking beer and

1063  
00:47:32,560 --> 00:47:29,060

watching television they're there

1064

00:47:36,400 --> 00:47:35,150

compassionate compassionate intelligent

1065

00:47:38,110 --> 00:47:36,410

active human beings

1066

00:47:41,260 --> 00:47:38,120

you know so that's one thing that

1067

00:47:42,970 --> 00:47:41,270

cannabis can do for some people is okay

1068

00:47:46,840 --> 00:47:42,980

so one thing I didn't talk about with

1069

00:47:49,000 --> 00:47:46,850

the the pharmacokinetic function is that

1070

00:47:50,620 --> 00:47:49,010

it tends to balance on Bello talks a

1071

00:47:52,120 --> 00:47:50,630

little bit about this as well in the

1072

00:47:54,940 --> 00:47:52,130

book but also other people have talked

1073

00:47:58,140 --> 00:47:54,950

about it it tends to balance the blood

1074

00:48:00,760 --> 00:47:58,150

flow to both brain hemispheres and

1075

00:48:04,990 --> 00:48:00,770

generate a condition of homeostatic

1076

00:48:07,980 --> 00:48:05,000

balance dr. Robert Melamed calls it a

1077

00:48:11,350 --> 00:48:07,990

homeostatic regulator of cells and

1078

00:48:15,520 --> 00:48:11,360

society but that's another issue

1079

00:48:17,560 --> 00:48:15,530

and so it can just take the edge a

1080

00:48:18,790 --> 00:48:17,570

little off a little for some people if

1081

00:48:20,350 --> 00:48:18,800

they're using it right if they're using

1082

00:48:22,360 --> 00:48:20,360

it like you're not getting blasted right

1083

00:48:24,790 --> 00:48:22,370

we're talking about maybe having one or

1084

00:48:26,140 --> 00:48:24,800

two puffs early in the day and then they

1085

00:48:27,850 --> 00:48:26,150

go on about their day and then maybe

1086

00:48:32,500 --> 00:48:27,860

they have a top-up in the afternoon and

1087

00:48:33,970 --> 00:48:32,510

the evening I'm leery about I don't want

1088

00:48:36,070 --> 00:48:33,980

to encourage people to do that in

1089

00:48:37,270 --> 00:48:36,080

general because it's so easy to become

1090

00:48:39,790 --> 00:48:37,280

dependent what people would call

1091

00:48:41,650 --> 00:48:39,800

addicted to this plant because it's so

1092

00:48:43,510 --> 00:48:41,660

seductive and that's that's part of the

1093

00:48:46,120 --> 00:48:43,520

kind of like almost what do you call it

1094

00:48:47,770 --> 00:48:46,130

almost like a catch-22 that you know you

1095

00:48:48,340 --> 00:48:47,780

might have these beautiful experiences

1096

00:48:50,920 --> 00:48:48,350

with it

1097

00:48:53,170 --> 00:48:50,930

I have frequent beautiful experiences

1098

00:48:54,820 --> 00:48:53,180

with this plant and you know who

1099

00:48:57,130 --> 00:48:54,830

wouldn't want to go back to a beautiful

1100

00:49:00,400 --> 00:48:57,140

experience you know it enhances your

1101  
00:49:05,110 --> 00:49:00,410  
appreciation of many things music you

1102  
00:49:07,930 --> 00:49:05,120  
know the munchies food you know visual

1103  
00:49:09,250 --> 00:49:07,940  
acuity is enhanced you know you look at

1104  
00:49:11,410 --> 00:49:09,260  
a painting and you go wow I never saw

1105  
00:49:13,900 --> 00:49:11,420  
the things in that painting that that

1106  
00:49:16,420 --> 00:49:13,910  
I'm seeing right now you know it can

1107  
00:49:17,650 --> 00:49:16,430  
induce great levels of appreciation and

1108  
00:49:20,110 --> 00:49:17,660  
that's why I wanted to mention the

1109  
00:49:22,240 --> 00:49:20,120  
biochemical function because you could

1110  
00:49:24,610 --> 00:49:22,250  
say that the the chemical reason for

1111  
00:49:27,760 --> 00:49:24,620  
that is that it opens up these channels

1112  
00:49:31,120 --> 00:49:27,770  
it sends a fresh oxygen oxygenated blood

1113  
00:49:33,490 --> 00:49:31,130

throughout the system right so it is

1114

00:49:35,440 --> 00:49:33,500

very possible yeah so but it's very

1115

00:49:36,910 --> 00:49:35,450

possible to be seduced by that and want

1116

00:49:39,220 --> 00:49:36,920

to keep going back to it all the time

1117

00:49:41,140 --> 00:49:39,230

and that can have not only diminishing

1118

00:49:43,000 --> 00:49:41,150

returns but it can also lead to a

1119

00:49:45,520 --> 00:49:43,010

pattern of which you might call

1120

00:49:47,980 --> 00:49:45,530

addiction or dependence and that's not

1121

00:49:49,900 --> 00:49:47,990

necessarily healthy again I just want to

1122

00:49:52,420 --> 00:49:49,910

say though that some people

1123

00:49:54,910 --> 00:49:52,430

are able to manage that in a healthy way

1124

00:49:57,549 --> 00:49:54,920

daily on a daily basis and it just kind

1125

00:50:00,250 --> 00:49:57,559

of settles them down into a groove you

1126

00:50:01,870 --> 00:50:00,260

know and so that's up to individuals

1127

00:50:03,880 --> 00:50:01,880

it's the people's plant I just think

1128

00:50:06,579 --> 00:50:03,890

people should be aware that it's very

1129

00:50:09,849 --> 00:50:06,589

easy to get seduced especially it seems

1130

00:50:12,250 --> 00:50:09,859

younger people and you know adolescence

1131

00:50:15,010 --> 00:50:12,260

and early adults often times can get

1132

00:50:17,260 --> 00:50:15,020

seduced into into using it that way

1133

00:50:19,420 --> 00:50:17,270

Kathleen Harrison yeah I really

1134

00:50:21,490 --> 00:50:19,430

recommend people looking at her chapter

1135

00:50:23,890 --> 00:50:21,500

in the book because she's very clear on

1136

00:50:25,539 --> 00:50:23,900

that she's got about a page and a half

1137

00:50:28,089 --> 00:50:25,549

in her chapter where she talks about how

1138

00:50:30,670 --> 00:50:28,099

some people don't want to come back out

1139

00:50:32,620 --> 00:50:30,680

of that space into what she called the

1140

00:50:34,900 --> 00:50:32,630

daylight world of responsibilities and

1141

00:50:37,150 --> 00:50:34,910

relationship and they become more wedded

1142

00:50:39,039 --> 00:50:37,160

to the plant than they are wedded to

1143

00:50:41,289 --> 00:50:39,049

their relationships in their life that

1144

00:50:43,089 --> 00:50:41,299

can be a problem and it can be a chronic

1145

00:50:45,309 --> 00:50:43,099

problem some people you probably know

1146

00:50:53,380 --> 00:50:45,319

yourself have fallen into that pattern

1147

00:50:57,250 --> 00:50:53,390

yeah decades bigger than them you know

1148

00:50:59,019 --> 00:50:57,260

with any type of drug like cannabis and

1149

00:51:02,349 --> 00:50:59,029

that can become bigger than them and so

1150

00:51:04,420 --> 00:51:02,359

it doesn't have a reasonable space in

1151

00:51:07,630 --> 00:51:04,430

their lives it becomes just an

1152

00:51:11,140 --> 00:51:07,640

overwhelming is to rather that it has

1153

00:51:13,839 --> 00:51:11,150

its own space so yeah I mean this is a

1154

00:51:15,730 --> 00:51:13,849

wonderful explanation of how to go about

1155

00:51:18,130 --> 00:51:15,740

this of how to work with this

1156

00:51:20,440 --> 00:51:18,140

responsibly you know if you do know that

1157

00:51:22,990 --> 00:51:20,450

you have addiction problems this may not

1158

00:51:24,490 --> 00:51:23,000

be for you so you have to know something

1159

00:51:27,430 --> 00:51:24,500

about yourself when it comes to

1160

00:51:29,890 --> 00:51:27,440

substances and and you have to be

1161

00:51:32,799 --> 00:51:29,900

willing to say no this isn't for me and

1162

00:51:34,150 --> 00:51:32,809

and that's it if that is the truth so

1163

00:51:36,069 --> 00:51:34,160

you've got to find that truth about

1164

00:51:38,559 --> 00:51:36,079

yourself first before you take any steps

1165

00:51:39,789 --> 00:51:38,569

towards this whether it's legal or not I

1166

00:51:42,880 --> 00:51:39,799

mean you still have to know yourself

1167

00:51:45,910 --> 00:51:42,890

well enough to do this responsibly and

1168

00:51:47,650 --> 00:51:45,920

you did say that except we're gonna take

1169

00:51:49,720 --> 00:51:47,660

the medical stuff and put it aside and

1170

00:51:52,240 --> 00:51:49,730

just say if you're doing this for

1171

00:51:55,000 --> 00:51:52,250

spiritual purposes the recommendation is

1172

00:51:56,740 --> 00:51:55,010

not to do this every day right yeah

1173

00:52:00,910 --> 00:51:56,750

again without being hard and fast about

1174

00:52:02,980 --> 00:52:00,920

it because if I ask my friend that I

1175

00:52:03,880 --> 00:52:02,990

was referring to one person in

1176

00:52:08,140 --> 00:52:03,890

particular a female

1177

00:52:10,210 --> 00:52:08,150

months ago the way she uses it daily she

1178

00:52:12,849 --> 00:52:10,220

would probably disagree with me because

1179

00:52:16,000 --> 00:52:12,859

she just she gets a lot done

1180

00:52:18,759 --> 00:52:16,010

she's an open-hearted person I don't I'm

1181

00:52:20,559 --> 00:52:18,769

not aware I could be naive in certain

1182

00:52:22,720 --> 00:52:20,569

situations but I'm not aware of any

1183

00:52:24,490 --> 00:52:22,730

downsides for her using it that way and

1184

00:52:25,900 --> 00:52:24,500

again but I want to be careful about

1185

00:52:28,480 --> 00:52:25,910

that with your listeners because that's

1186

00:52:30,819 --> 00:52:28,490

not necessarily the case for for for

1187

00:52:32,920 --> 00:52:30,829

everybody by any means this is a person

1188

00:52:34,870 --> 00:52:32,930

who's very active in life she's holding

1189

00:52:37,180 --> 00:52:34,880

down three jobs she's one of the

1190

00:52:39,910 --> 00:52:37,190

co-organizers of our conference she's a

1191

00:52:41,859 --> 00:52:39,920

she's a cannabis ceremony leader and she

1192

00:52:43,509 --> 00:52:41,869

also leads cacao ceremonies and she does

1193

00:52:45,849 --> 00:52:43,519

private work with people using other

1194

00:52:48,190 --> 00:52:45,859

psychedelics she's what you might call a

1195

00:52:50,349 --> 00:52:48,200

fairly well processed human being and

1196

00:52:52,660 --> 00:52:50,359

she knows how to use her medicines and

1197

00:52:55,599 --> 00:52:52,670

channel them so that's something again

1198

00:52:59,109 --> 00:52:55,609

another way of talking about effective

1199

00:53:02,259 --> 00:52:59,119

skillful use of cannabis is to talk

1200

00:53:08,440 --> 00:53:02,269

about channeling that amplified energy

1201  
00:53:10,420 --> 00:53:08,450  
right talking about more of this you've

1202  
00:53:13,269 --> 00:53:10,430  
got more questions from our chat room

1203  
00:53:14,950 --> 00:53:13,279  
participants thank you so much guys and

1204  
00:53:16,990 --> 00:53:14,960  
gals for sending those over we're going

1205  
00:53:19,450 --> 00:53:17,000  
to try to get to them in the next

1206  
00:53:23,559 --> 00:53:19,460  
segment and in the meantime we're gonna

1207  
00:53:25,809 --> 00:53:23,569  
take a short commercial break and we

1208  
00:53:28,450 --> 00:53:25,819  
will be right back this is supernatural

1209  
00:53:30,279 --> 00:53:28,460  
girls radio welcome back everyone to

1210  
00:53:33,249 --> 00:53:30,289  
supernatural Girls radio

1211  
00:53:36,819 --> 00:53:33,259  
I'm your host Patricia Baker here On

1212  
00:53:40,089 --> 00:53:36,829  
January 3rd 2018 I'm here with my

1213  
00:53:42,279 --> 00:53:40,099

co-host Patricia Kirkman PK all the way

1214

00:53:44,710 --> 00:53:42,289

from sunny Tucson and we are so jealous

1215

00:53:49,480 --> 00:53:44,720

because it's in the 70s there while we

1216

00:53:51,789 --> 00:53:49,490

are in single digits in New England and

1217

00:53:55,089 --> 00:53:51,799

anyways we are talking to a great guest

1218

00:53:57,460 --> 00:53:55,099

tonight Steven gray is the author of a

1219

00:54:01,539 --> 00:53:57,470

new book cannabis and the spirituality

1220

00:54:04,690 --> 00:54:01,549

and we're learning yes all about how to

1221

00:54:08,410 --> 00:54:04,700

work with this plant this sacred plant

1222

00:54:12,160 --> 00:54:08,420

this sacrament to reached enlightenment

1223

00:54:14,440 --> 00:54:12,170

to take away the matrix that we've been

1224

00:54:16,509 --> 00:54:14,450

hooked into for however many years and

1225

00:54:17,530 --> 00:54:16,519

finally get some freedom here

1226  
00:54:21,880 --> 00:54:17,540  
so here's

1227  
00:54:24,370 --> 00:54:21,890  
question that came up for you Stephen

1228  
00:54:26,590 --> 00:54:24,380  
and it's from Rohan Lewis who's asking

1229  
00:54:29,610 --> 00:54:26,600  
hello Stephen can you please explain

1230  
00:54:32,710 --> 00:54:29,620  
what parts of the brain these

1231  
00:54:36,070 --> 00:54:32,720  
hallucinogens are opening up to connect

1232  
00:54:37,930 --> 00:54:36,080  
us to a spiritual connection okay well I

1233  
00:54:40,030 --> 00:54:37,940  
need to start with a disclaimer that I'm

1234  
00:54:42,430 --> 00:54:40,040  
not a scientist and I've only made a

1235  
00:54:45,690 --> 00:54:42,440  
cursory or casual study of that per se

1236  
00:54:48,630 --> 00:54:45,700  
first of all with cannabis we have

1237  
00:54:51,610 --> 00:54:48,640  
something in our bodies called the

1238  
00:54:54,310 --> 00:54:51,620

endocannabinoid system endo meaning

1239

00:54:56,650 --> 00:54:54,320

interior or something like that okay its

1240

00:54:59,740 --> 00:54:56,660

extensive some researchers have said

1241

00:55:03,850 --> 00:54:59,750

it's the most prevalent receptor system

1242

00:55:07,120 --> 00:55:03,860

in the human organism cannabis itself is

1243

00:55:09,880 --> 00:55:07,130

an exogenous or EXO cannabis or

1244

00:55:12,430 --> 00:55:09,890

cannabinoid so it's taken into the body

1245

00:55:16,420 --> 00:55:12,440

and it meets these ready receptors right

1246

00:55:17,260 --> 00:55:16,430

so we're very our system is very

1247

00:55:20,830 --> 00:55:17,270

simpatico

1248

00:55:22,840 --> 00:55:20,840

with cannabis it these ready receptors

1249

00:55:24,700 --> 00:55:22,850

are all over in the brain and the

1250

00:55:27,460 --> 00:55:24,710

nervous system and so on and so on

1251

00:55:29,910 --> 00:55:27,470

there's no toxicity to this plant there

1252

00:55:33,700 --> 00:55:29,920

there's there's a there's a term called

1253

00:55:36,940 --> 00:55:33,710

ld50 lethal dose 50 it's a medical term

1254

00:55:38,410 --> 00:55:36,950

and it means the dosage at which 50

1255

00:55:42,100 --> 00:55:38,420

percent of the people taking that

1256

00:55:44,980 --> 00:55:42,110

particular drug will die right alcohol

1257

00:55:47,050 --> 00:55:44,990

has a very definite ld50 of somewhere

1258

00:55:49,870 --> 00:55:47,060

around 32 ounces in a certain period of

1259

00:55:52,330 --> 00:55:49,880

time many people die from fern

1260

00:55:55,660 --> 00:55:52,340

pharmaceutical drugs taken legally just

1261

00:55:57,880 --> 00:55:55,670

be for that for the same reason yes yeah

1262

00:56:02,710 --> 00:55:57,890

Kanak cannabis to all intents and

1263

00:56:04,660 --> 00:56:02,720

purposes has no LD50 you it was pretty

1264

00:56:07,330 --> 00:56:04,670

much functionally or practically

1265

00:56:11,890 --> 00:56:07,340

impossible to do that kind of harm to

1266

00:56:14,830 --> 00:56:11,900

yourself as the folk great country

1267

00:56:16,840 --> 00:56:14,840

singer Willie Nelson once said that I'm

1268

00:56:19,120 --> 00:56:16,850

paraphrasing the only way you could ever

1269

00:56:24,400 --> 00:56:19,130

die from cannabis as if a heavy bale of

1270

00:56:26,710 --> 00:56:24,410

it fell off a truck and crushed you so

1271

00:56:29,500 --> 00:56:26,720

it's an extremely safe plant that is

1272

00:56:30,599 --> 00:56:29,510

very simpatico with the human organism

1273

00:56:33,329 --> 00:56:30,609

in that regard

1274

00:56:36,479 --> 00:56:33,339

okay now there's been some fascinating

1275

00:56:37,979 --> 00:56:36,489

research on the what's going on you know

1276

00:56:41,779 --> 00:56:37,989

that with all the brain imaging stuff

1277

00:56:44,430 --> 00:56:41,789

that they're able to do now with

1278

00:56:47,759 --> 00:56:44,440

psychedelics like psilocybin for example

1279

00:56:49,769 --> 00:56:47,769

and I find that stuff really exciting

1280

00:56:51,599 --> 00:56:49,779

one of the presenters at our conference

1281

00:56:53,120 --> 00:56:51,609

a couple years ago was a scientist who's

1282

00:56:55,549 --> 00:56:53,130

who was working in that area

1283

00:56:58,890 --> 00:56:55,559

neuroscience she's a neuroscientist and

1284

00:57:03,059 --> 00:56:58,900

she threw up pictures on the screen on

1285

00:57:04,680 --> 00:57:03,069

her PowerPoint of the brain with colored

1286

00:57:06,239 --> 00:57:04,690

lines showing the connections between

1287

00:57:09,390 --> 00:57:06,249

different parts of the brain and she

1288

00:57:11,489 --> 00:57:09,400

didn't have like one image you know of

1289

00:57:16,349 --> 00:57:11,499

the quote normal or sober brain and

1290

00:57:18,839 --> 00:57:16,359

beside it is the same brain in under the

1291

00:57:20,579 --> 00:57:18,849

influence of psilocybin and all these

1292

00:57:23,130 --> 00:57:20,589

connections happening to different parts

1293

00:57:26,309 --> 00:57:23,140

of the brain that weren't there before

1294

00:57:28,079 --> 00:57:26,319

so these substances like psilocybin

1295

00:57:30,839 --> 00:57:28,089

their trip called tryptamine

1296

00:57:32,549 --> 00:57:30,849

hallucinogens and hallucinogens is not

1297

00:57:36,420 --> 00:57:32,559

an appropriate word by the way but you

1298

00:57:36,749 --> 00:57:36,430

talk about that at another time excuse

1299

00:57:39,180 --> 00:57:36,759

me

1300

00:57:41,190 --> 00:57:39,190

because to lose a hallucination is

1301  
00:57:48,049 --> 00:57:41,200  
considered a pathological experience

1302  
00:57:50,609 --> 00:57:48,059  
that's not real right anyway substances

1303  
00:57:54,809 --> 00:57:50,619  
chemical configuration of psilocybin

1304  
00:57:57,150 --> 00:57:54,819  
matches brain chemistry very closely the

1305  
00:57:59,599 --> 00:57:57,160  
most powerful psychedelic on the on the

1306  
00:58:01,979 --> 00:57:59,609  
planet some people would maybe say

1307  
00:58:04,529 --> 00:58:01,989  
another one is slightly more so that's

1308  
00:58:07,950 --> 00:58:04,539  
five Meo DMT but DMT or

1309  
00:58:11,450 --> 00:58:07,960  
dimethyltryptamine is considered the

1310  
00:58:15,420 --> 00:58:11,460  
most powerful psychedelic on the planet

1311  
00:58:17,729 --> 00:58:15,430  
and it we have it in our brain chemistry

1312  
00:58:20,549 --> 00:58:17,739  
it exists in the pineal gland I believe

1313  
00:58:23,279 --> 00:58:20,559

it's pronounced pineal pind ALS right

1314

00:58:25,400 --> 00:58:23,289

yeah and and dr. Rick Strassman wrote a

1315

00:58:28,289 --> 00:58:25,410

book called this DMT the spirit not a

1316

00:58:30,779 --> 00:58:28,299

molecule where he speculated not

1317

00:58:34,819 --> 00:58:30,789

claiming you know for sure but saying

1318

00:58:39,180 --> 00:58:34,829

that it's very possible that an increase

1319

00:58:41,220 --> 00:58:39,190

of DMT in the pineal gland released into

1320

00:58:43,650 --> 00:58:41,230

one of the two brain brain hemispheres

1321

00:58:46,050 --> 00:58:43,660

is responsible for

1322

00:58:49,010 --> 00:58:46,060

experiences of mystical awakening like

1323

00:58:52,790 --> 00:58:49,020

Satori or whatever you want to call it

1324

00:58:57,450 --> 00:58:52,800

yeah so so these these substances like

1325

00:59:00,750 --> 00:58:57,460

psilocybin mushrooms ayahuasca peyote

1326

00:59:03,090 --> 00:59:00,760

they're very simpatico with with brain

1327

00:59:06,240 --> 00:59:03,100

chemistry they don't leave you you know

1328

00:59:08,370 --> 00:59:06,250

like for example datura is not in that

1329

00:59:12,050 --> 00:59:08,380

category the Torah can leave you rubber

1330

00:59:18,210 --> 00:59:15,600

and and many pharmaceutical drugs are

1331

00:59:20,570 --> 00:59:18,220

not really in that sense simpatico with

1332

00:59:24,570 --> 00:59:20,580

brain chemistry in that natural way so

1333

00:59:26,370 --> 00:59:24,580

in terms of this person's question these

1334

00:59:29,310 --> 00:59:26,380

plants are not really not foreign to our

1335

00:59:32,370 --> 00:59:29,320

brains I would say overall they're they

1336

00:59:34,770 --> 00:59:32,380

are safe it's rare that there would ever

1337

00:59:37,230 --> 00:59:34,780

be I mean you'd have to take a boatload

1338

00:59:39,450 --> 00:59:37,240

of peyote to I mean you could get

1339

00:59:40,800 --> 00:59:39,460

certainly be throwing up like crazy if

1340

00:59:43,860 --> 00:59:40,810

you take a lot of it you know if you're

1341

00:59:46,500 --> 00:59:43,870

not used to it ayahwasca may have an

1342

00:59:48,150 --> 00:59:46,510

Id50 at some point it but it's far far

1343

00:59:51,810 --> 00:59:48,160

beyond the amount that anyone could

1344

00:59:54,030 --> 00:59:51,820

handle you know emotionally or whatever

1345

00:59:55,860 --> 00:59:54,040

you want to call that yeah yeah it's

1346

00:59:57,930 --> 00:59:55,870

it's all fascinating and it's so

1347

01:00:01,680 --> 00:59:57,940

interesting that all of this is coming

1348

01:00:03,120 --> 01:00:01,690

to the forefront now as we're moving

1349

01:00:06,150 --> 01:00:03,130

towards let's hope a more enlightened

1350

01:00:08,730 --> 01:00:06,160

planet but also let's talk a little bit

1351

01:00:12,630 --> 01:00:08,740

about the fact that that cannabis has

1352

01:00:16,260 --> 01:00:12,640

been identified as a feminine aspect as

1353

01:00:18,540 --> 01:00:16,270

a feminine spirit and I think that's so

1354

01:00:21,030 --> 01:00:18,550

interesting and you brought it up this

1355

01:00:24,990 --> 01:00:21,040

it's mentioned a few places in the book

1356

01:00:28,560 --> 01:00:25,000

and I think it it is a metaphor also in

1357

01:00:33,510 --> 01:00:28,570

the in the way that the feminine spirit

1358

01:00:36,000 --> 01:00:33,520

has been restricted it has been treated

1359

01:00:39,000 --> 01:00:36,010

in a way that it needs to be controlled

1360

01:00:42,180 --> 01:00:39,010

and certainly cannabis has been treated

1361

01:00:45,000 --> 01:00:42,190

that way up until recently in the United

1362

01:00:47,490 --> 01:00:45,010

States not in other places but there is

1363

01:00:49,320 --> 01:00:47,500

something going on here where now

1364

01:00:53,640 --> 01:00:49,330

cannabis is becoming more available

1365

01:00:57,660 --> 01:00:53,650

you're teaching people how to perceive

1366

01:01:01,020 --> 01:00:57,670

it as a sacrament as a spiritual

1367

01:01:02,970 --> 01:01:01,030

a lie and and that's a very different

1368

01:01:05,460 --> 01:01:02,980

perspective than what is what we've been

1369

01:01:07,920 --> 01:01:05,470

taught about cannabis being such a

1370

01:01:10,829 --> 01:01:07,930

horrible plan being such a dangerous

1371

01:01:13,410 --> 01:01:10,839

thing so we're getting out of that whole

1372

01:01:16,410 --> 01:01:13,420

mindset but I just love the fact that

1373

01:01:19,859 --> 01:01:16,420

this is a feminine spirit Ally I think

1374

01:01:22,440 --> 01:01:19,869

it's very very interesting and does that

1375

01:01:24,569 --> 01:01:22,450

mean also Steven that it would ask you

1376

01:01:27,120 --> 01:01:24,579

set your intent for spiritual awakening

1377

01:01:30,809 --> 01:01:27,130

it's also going to help you awaken that

1378

01:01:34,650 --> 01:01:30,819

feminine principle within yourself yeah

1379

01:01:38,039 --> 01:01:34,660

I would say so I I just if I may just

1380

01:01:39,690 --> 01:01:38,049

interject real briefly a comment that

1381

01:01:41,760 --> 01:01:39,700

might be useful for people to understand

1382

01:01:44,789 --> 01:01:41,770

the concept of drug because it's such a

1383

01:01:46,200 --> 01:01:44,799

you know a bandied about word I really

1384

01:01:48,809 --> 01:01:46,210

like the way Terence Mckenna

1385

01:01:51,030 --> 01:01:48,819

talked about that he said a drug is

1386

01:01:53,490 --> 01:01:51,040

anything that promotes unexamined

1387

01:01:55,910 --> 01:01:53,500

habitual behavior so that can be just

1388

01:01:57,089 --> 01:01:55,920

about anything I can be television

1389

01:02:01,079 --> 01:01:57,099

masturbating

1390

01:02:03,480 --> 01:02:01,089

you know workaholism you know video game

1391

01:02:05,640 --> 01:02:03,490

playing or a substance of any kind and

1392

01:02:08,910 --> 01:02:05,650

in cannabis can also be used in in that

1393

01:02:11,549 --> 01:02:08,920

way as well so but these psychedelics

1394

01:02:14,130 --> 01:02:11,559

these entheogenic substances entheogen

1395

01:02:15,630 --> 01:02:14,140

by the way means generating the divine

1396

01:02:17,760 --> 01:02:15,640

within and that's one of the reasons

1397

01:02:20,039 --> 01:02:17,770

that a lot of people prefer that term

1398

01:02:21,660 --> 01:02:20,049

now to psychedelic although that's a

1399

01:02:25,829 --> 01:02:21,670

good word to it just means mind

1400

01:02:27,420 --> 01:02:25,839

manifesting or soul manifesting so I

1401

01:02:29,069 --> 01:02:27,430

just want to say that that's an

1402

01:02:31,250 --> 01:02:29,079

important way to think about these

1403

01:02:34,349 --> 01:02:31,260

substances is that to think of them as

1404

01:02:37,410 --> 01:02:34,359

spiritual allies if used properly rather

1405

01:02:40,500 --> 01:02:37,420

than drugs and then and and not just

1406

01:02:42,839 --> 01:02:40,510

cannabis in regard to your question but

1407

01:02:46,079 --> 01:02:42,849

I talked earlier in our conversation

1408

01:02:49,770 --> 01:02:46,089

about the the softening effect you know

1409

01:02:55,140 --> 01:02:49,780

it's like oh boy how to talk about this

1410

01:02:57,780 --> 01:02:55,150

briefly I here's one this is just a way

1411

01:03:00,870 --> 01:02:57,790

of looking at things okay you might say

1412

01:03:05,460 --> 01:03:00,880

you might say that we're all children of

1413

01:03:08,130 --> 01:03:05,470

God and then in a sense this we came to

1414

01:03:10,079 --> 01:03:08,140

this planet with that potential but that

1415

01:03:11,010 --> 01:03:10,089

both in our individual lives but also

1416

01:03:13,800 --> 01:03:11,020

over the course

1417

01:03:16,170 --> 01:03:13,810

history the species became increasingly

1418

01:03:18,810 --> 01:03:16,180

cut off from our true unconditioned

1419

01:03:21,090 --> 01:03:18,820

nature and more and more identified with

1420

01:03:23,400 --> 01:03:21,100

the conditional ego that's always

1421

01:03:26,070 --> 01:03:23,410

thinking of you know its own survival

1422

01:03:28,920 --> 01:03:26,080

and all this kind of thing so survival

1423

01:03:32,370 --> 01:03:28,930

becomes the the dominant way of you know

1424

01:03:34,710 --> 01:03:32,380

dealing with life and that leads to you

1425

01:03:36,360 --> 01:03:34,720

know hierarchies and power fights and

1426

01:03:39,960 --> 01:03:36,370

all that so it becomes about power and

1427

01:03:43,230 --> 01:03:39,970

men had the power for one reason because

1428

01:03:45,750 --> 01:03:43,240

they were bigger and stronger right and

1429

01:03:47,910 --> 01:03:45,760

they were tied they weren't tied down by

1430

01:03:50,130 --> 01:03:47,920

the childbirth element of things in the

1431

01:03:53,310 --> 01:03:50,140

same way that women were so for whatever

1432

01:03:55,200 --> 01:03:53,320

reason men came to dominate most

1433

01:03:57,000 --> 01:03:55,210

cultures but not all which is an

1434

01:04:00,000 --> 01:03:57,010

interesting point in itself there are

1435

01:04:02,640 --> 01:04:00,010

matrilineal and matriarchal cultures as

1436

01:04:04,320 --> 01:04:02,650

well and there are partnership cultures

1437

01:04:06,330 --> 01:04:04,330

where there's been great respect for

1438

01:04:08,130 --> 01:04:06,340

women in that regard and where things

1439

01:04:10,410 --> 01:04:08,140

just take their natural place you know

1440

01:04:12,720 --> 01:04:10,420

it makes sense that a woman would be

1441

01:04:14,040 --> 01:04:12,730

around the hearth more because she's you

1442

01:04:15,600 --> 01:04:14,050

know she's the one connected to the

1443

01:04:18,380 --> 01:04:15,610

children she can breastfeed them when

1444

01:04:21,300 --> 01:04:18,390

they're young etcetera etc etc right so

1445

01:04:23,760 --> 01:04:21,310

but in but in this power dynamic thing I

1446

01:04:26,340 --> 01:04:23,770

mentioned earlier you know talking about

1447

01:04:28,080 --> 01:04:26,350

the nature of spiritual awakening so the

1448

01:04:30,600 --> 01:04:28,090

opposite of spiritual awakening in a

1449

01:04:32,940 --> 01:04:30,610

sense is ego which is this you know

1450

01:04:34,560 --> 01:04:32,950

tight package of survival and the

1451

01:04:36,750 --> 01:04:34,570

stories that we tell ourselves and all

1452

01:04:39,510 --> 01:04:36,760

that and it and there's a lot to do with

1453

01:04:42,060 --> 01:04:39,520

power and all that and so men have

1454

01:04:45,210 --> 01:04:42,070

managed to you know you know have that

1455

01:04:46,890 --> 01:04:45,220

power historically for the most part and

1456

01:04:49,440 --> 01:04:46,900

it involves a tightening and a

1457

01:04:52,770 --> 01:04:49,450

restricting and a toughening in a sense

1458

01:04:54,960 --> 01:04:52,780

right and close closing off energies

1459

01:04:57,450 --> 01:04:54,970

closing off of the our connection to

1460

01:04:59,970 --> 01:04:57,460

spirituality so those qualities have

1461

01:05:03,470 --> 01:04:59,980

been associated more with women and with

1462

01:05:07,080 --> 01:05:03,480

the feminine principle altogether so

1463

01:05:09,270 --> 01:05:07,090

again what cannabis can do when you are

1464

01:05:14,640 --> 01:05:09,280

able to channel that energy is release

1465

01:05:17,730 --> 01:05:14,650

that tight bounded quality and open us

1466

01:05:19,500 --> 01:05:17,740

up to the more heartfelt in a sense

1467

01:05:22,410 --> 01:05:19,510

nurturing it's like you could nurture

1468

01:05:24,570 --> 01:05:22,420

the planet almost you know or feel our

1469

01:05:26,730 --> 01:05:24,580

hearts not afraid to be vulnerable you

1470

01:05:30,120 --> 01:05:26,740

not afraid to be emotional you know

1471

01:05:31,500 --> 01:05:30,130

isn't it interesting how women cry far

1472

01:05:33,960 --> 01:05:31,510

more easily than men

1473

01:05:36,240 --> 01:05:33,970

you know why is that you know yeah and

1474

01:05:39,720 --> 01:05:36,250

it's and it's okay I mean very few

1475

01:05:41,550 --> 01:05:39,730

people are going to you know feel that

1476

01:05:44,190 --> 01:05:41,560

there's a problem if some if a woman

1477

01:05:45,900 --> 01:05:44,200

cries but a lot of men feel they can't

1478

01:05:49,770 --> 01:05:45,910

or they might feel that other men around

1479

01:05:54,480 --> 01:05:49,780

them crying are weak right you know yes

1480

01:05:59,210 --> 01:05:54,490

yeah yeah so so the feminizing I think

1481

01:06:02,220 --> 01:05:59,220

aspect is that there have been qualities

1482

01:06:04,140 --> 01:06:02,230

that are natural to all human beings

1483

01:06:07,400 --> 01:06:04,150

that have been repressed and there's

1484

01:06:10,530 --> 01:06:07,410

been a predominance toward this yang

1485

01:06:12,600 --> 01:06:10,540

male kind of energies in a sense right

1486

01:06:15,180 --> 01:06:12,610

but they're the same energies that are

1487

01:06:17,040 --> 01:06:15,190

that have cut us off from our

1488

01:06:19,380 --> 01:06:17,050

relationship to spirit into the world

1489

01:06:21,930 --> 01:06:19,390

into the into the planet altogether and

1490

01:06:24,510 --> 01:06:21,940

have led us to a crisis point in human

1491

01:06:27,720 --> 01:06:24,520

history now right so what we what needs

1492

01:06:30,750 --> 01:06:27,730

to happen arguably is that there needs

1493

01:06:33,540 --> 01:06:30,760

to be a rebalancing of the energies of

1494

01:06:35,550 --> 01:06:33,550

yin and yang of male and female and on

1495

01:06:37,320 --> 01:06:35,560

allowing of that softness that

1496

01:06:39,480 --> 01:06:37,330

open-heartedness you know that

1497

01:06:42,060 --> 01:06:39,490

gentleness that tenderness that

1498

01:06:45,270 --> 01:06:42,070

sensitivity that connectedness you know

1499

01:06:47,400 --> 01:06:45,280

that women often have more than men

1500

01:06:49,140 --> 01:06:47,410

because they've been allowed to in a

1501

01:07:04,260 --> 01:06:49,150

sense oh yeah it's just you know that's

1502

01:07:06,330 --> 01:07:04,270

a woman you know so this may give people

1503

01:07:08,610 --> 01:07:06,340

an opportunity as you mentioned to

1504

01:07:11,070 --> 01:07:08,620

balance both male and female within and

1505

01:07:15,150 --> 01:07:11,080

isn't that the big alchemical treatise

1506

01:07:18,300 --> 01:07:15,160

that we're all facing and face it

1507

01:07:20,520 --> 01:07:18,310

because they'll be stuck on in a in a

1508

01:07:22,290 --> 01:07:20,530

place of total ego but the people who

1509

01:07:23,970 --> 01:07:22,300

are looking for the spiritual awakening

1510

01:07:27,630 --> 01:07:23,980

can definitely work responsibly with

1511

01:07:29,310 --> 01:07:27,640

cannabis and have a good outcome now one

1512

01:07:31,800 --> 01:07:29,320

of the thing that you and I talked about

1513

01:07:34,460 --> 01:07:31,810

before is because I've heard this

1514

01:07:36,840 --> 01:07:34,470

complaint I'm a dream therapist and

1515

01:07:38,790 --> 01:07:36,850

people have said you know I have I'm

1516

01:07:41,820 --> 01:07:38,800

using this for my

1517

01:07:45,420 --> 01:07:41,830

pain or whatever but when I do I cannot

1518

01:07:51,090 --> 01:07:45,430

remember my dreams and so you had a good

1519

01:07:54,360 --> 01:07:51,100

a good answer for that I remember the

1520

01:07:55,770 --> 01:07:54,370

conversation yeah well you know part of

1521

01:07:57,390 --> 01:07:55,780

it is this what we talked about earlier

1522

01:07:59,190 --> 01:07:57,400

in the conversation this notion of

1523

01:08:02,700 --> 01:07:59,200

frequency of use being an important

1524

01:08:04,320 --> 01:08:02,710

issue there are other issues that not to

1525

01:08:06,390 --> 01:08:04,330

distract you from your question but that

1526

01:08:08,100 --> 01:08:06,400

if we have time and I don't think we

1527

01:08:09,660 --> 01:08:08,110

have much left now but maybe that's why

1528

01:08:11,520 --> 01:08:09,670

we need to do another win in a couple of

1529

01:08:13,980 --> 01:08:11,530

months we've never got into talking

1530

01:08:17,370 --> 01:08:13,990

about issues like dosage and methods of

1531

01:08:20,220 --> 01:08:17,380

intake and and those are important

1532

01:08:22,349 --> 01:08:20,230

issues and also ceremonial use and a few

1533

01:08:31,500 --> 01:08:22,359

other things that we didn't get into but

1534

01:08:34,320 --> 01:08:31,510

in regard to sorry I forgot about going

1535

01:08:36,780 --> 01:08:34,330

back to your comment about not using it

1536

01:08:41,010 --> 01:08:36,790

too frequently if you use it too

1537

01:08:44,250 --> 01:08:41,020

frequently you're going to yes the

1538

01:08:48,630 --> 01:08:44,260

dreams question sorry excuse me and I

1539

01:08:51,690 --> 01:08:48,640

haven't taken any canvas I can't blame I

1540

01:08:56,550 --> 01:08:51,700

can't blame my short-term memory loss on

1541

01:08:58,320 --> 01:08:56,560

that one yeah so all I know is anecdotal

1542

01:09:00,030 --> 01:08:58,330

evidence that a lot of people say that

1543

01:09:05,400 --> 01:09:00,040

when they smoke cannabis daily

1544

01:09:06,720 --> 01:09:05,410

they don't dream so so if you know if

1545

01:09:09,180 --> 01:09:06,730

you're having to use it for medicinal

1546

01:09:11,490 --> 01:09:09,190

benefit then are you just going to have

1547

01:09:14,250 --> 01:09:11,500

to live with that I guess for the most

1548

01:09:17,430 --> 01:09:14,260

part because you may need to use it

1549

01:09:19,829 --> 01:09:17,440

daily use cannabis daily if you don't

1550

01:09:24,240 --> 01:09:19,839

need to use it daily and you would like

1551

01:09:26,010 --> 01:09:24,250

to understand and practice how to use it

1552

01:09:27,870 --> 01:09:26,020

as a spiritual ally or spiritual

1553

01:09:30,900 --> 01:09:27,880

medicine again

1554

01:09:33,270 --> 01:09:30,910

a number of people such as some of the

1555

01:09:35,490 --> 01:09:33,280

contributors to the book say that less

1556

01:09:37,440 --> 01:09:35,500

frequently is going to be more effective

1557

01:09:40,530 --> 01:09:37,450

one of the contributors to the book

1558

01:09:43,260 --> 01:09:40,540

mariano da silva is a both an ayahuasca

1559

01:09:46,050 --> 01:09:43,270

shaman and a cannabis shaman or expert

1560

01:09:50,640 --> 01:09:46,060

on it as a spiritual medicine and he

1561

01:09:52,709 --> 01:09:50,650

says that said that he tries to keep it

1562

01:09:54,750 --> 01:09:52,719

down to like once a week

1563

01:09:56,370 --> 01:09:54,760

you know leave five six seven days

1564

01:09:58,200 --> 01:09:56,380

between times and then it's going to be

1565

01:10:00,959 --> 01:09:58,210

sharper and deeper when you channel that

1566

01:10:03,180 --> 01:10:00,969

energy and then you know you bring some

1567

01:10:08,129 --> 01:10:03,190

kind of meditative focus into it as much

1568

01:10:10,529 --> 01:10:08,139

as possible so yeah that that there's I

1569

01:10:14,250 --> 01:10:10,539

would guess that if you are able to

1570

01:10:17,310 --> 01:10:14,260

limit your frequency of use to you know

1571

01:10:20,549 --> 01:10:17,320

sort of every four or five six day seven

1572

01:10:24,359 --> 01:10:20,559

days then you're more likely to have the

1573

01:10:26,459 --> 01:10:24,369

dreams come back in our conversation

1574

01:10:28,950 --> 01:10:26,469

about that I mentioned this substance

1575

01:10:30,209 --> 01:10:28,960

that somebody gave me recently it's

1576

01:10:32,850 --> 01:10:30,219

happened to be sitting here I've been

1577

01:10:35,279 --> 01:10:32,860

using it actually yeah it's called

1578

01:10:37,439 --> 01:10:35,289

dreams tea and it has damiana mugwort

1579

01:10:40,109 --> 01:10:37,449

blue and pink Lotus passion flower

1580

01:10:44,279 --> 01:10:40,119

lavender and spearmint in it I've now

1581

01:10:46,500 --> 01:10:44,289

taken it I've now taken had a cup of

1582

01:10:48,870 --> 01:10:46,510

this stuff about an hour before bedtime

1583

01:10:51,299 --> 01:10:48,880

four times I've only had it for about a

1584

01:10:54,290 --> 01:10:51,309

week and a half and three of the four

1585

01:10:58,350 --> 01:10:54,300

times I definitely had more powerful

1586

01:11:01,109 --> 01:10:58,360

meaningful lively or more visual dreams

1587

01:11:03,379 --> 01:11:01,119

than I've been having in recent years so

1588

01:11:06,060 --> 01:11:03,389

maybe there are certain kinds of herbal

1589

01:11:14,189 --> 01:11:06,070

herbs that you know people can take that

1590

01:11:15,629 --> 01:11:14,199

might counteract that I was also

1591

01:11:17,189 --> 01:11:15,639

thinking about the fact you're talking

1592

01:11:19,410 --> 01:11:17,199

about the sensitivity inhale it brings

1593

01:11:21,299 --> 01:11:19,420

us out with everybody we are in a

1594

01:11:23,969 --> 01:11:21,309

universal two-year which deals with

1595

01:11:26,700 --> 01:11:23,979

sensitivity so people involved with the

1596

01:11:28,620 --> 01:11:26,710

cannabis or taking it will they find it

1597

01:11:30,120 --> 01:11:28,630

maybe need less of it this year because

1598

01:11:32,819 --> 01:11:30,130

the year itself makes them more

1599

01:11:35,819 --> 01:11:32,829

sensitive so the intake may be more

1600

01:11:37,620 --> 01:11:35,829

potent well you know that's an

1601  
01:11:38,939 --> 01:11:37,630  
interesting question about dosage then

1602  
01:11:41,219 --> 01:11:38,949  
I'll don't give me an excuse to talk

1603  
01:11:42,719 --> 01:11:41,229  
about that for a minute one of the one

1604  
01:11:44,160 --> 01:11:42,729  
of the themes that comes up in the book

1605  
01:11:48,509 --> 01:11:44,170  
repeatedly from different contributors

1606  
01:11:51,359 --> 01:11:48,519  
is this notion that less is more no less

1607  
01:11:54,209 --> 01:11:51,369  
isn't always more and sometimes more is

1608  
01:11:56,700 --> 01:11:54,219  
more too but it's not about getting

1609  
01:11:59,160 --> 01:11:56,710  
blasted it's not about escaping in any

1610  
01:12:00,930 --> 01:11:59,170  
way and it's not necessarily about

1611  
01:12:03,509 --> 01:12:00,940  
creating some sort of sensational

1612  
01:12:05,250 --> 01:12:03,519  
experience it's about and Joan Bello

1613  
01:12:06,180 --> 01:12:05,260

talks about this really well in her

1614

01:12:08,760 --> 01:12:06,190

chapter

1615

01:12:10,680 --> 01:12:08,770

it's about retraining ourselves overtime

1616

01:12:12,510 --> 01:12:10,690

because of course the experience fades

1617

01:12:15,270 --> 01:12:12,520

in a couple of hours right you know you

1618

01:12:15,689 --> 01:12:15,280

might have it but you're back to base

1619

01:12:18,660 --> 01:12:15,699

camp

1620

01:12:23,340 --> 01:12:18,670

two hours later or whatever so it's

1621

01:12:25,640 --> 01:12:23,350

really about recognizing that space

1622

01:12:28,080 --> 01:12:25,650

having these experiences occasionally

1623

01:12:32,390 --> 01:12:28,090

relaxing into it and recognizing that

1624

01:12:34,709 --> 01:12:32,400

our natural way is to trust the

1625

01:12:36,689 --> 01:12:34,719

free-flowing movement of energy so to

1626  
01:12:41,010 --> 01:12:36,699  
speak as I understand it that's what the

1627  
01:12:43,050 --> 01:12:41,020  
Dow ta w ta o the Dow means it's

1628  
01:12:45,450 --> 01:12:43,060  
sometimes called the watercourse way

1629  
01:12:47,820 --> 01:12:45,460  
like the way one water will always find

1630  
01:12:50,220 --> 01:12:47,830  
the most effortless effective way to

1631  
01:12:52,229 --> 01:12:50,230  
make its way down a mountain that's a

1632  
01:12:55,340 --> 01:12:52,239  
kind of a metaphor for how we can

1633  
01:12:57,660 --> 01:12:55,350  
function by trusting our own

1634  
01:12:59,520 --> 01:12:57,670  
unconditioned intelligence in the moment

1635  
01:13:01,860 --> 01:12:59,530  
and that requires us to get out of our

1636  
01:13:05,870 --> 01:13:01,870  
heads to a large degree it just relax

1637  
01:13:09,420 --> 01:13:05,880  
into it but in terms of this notion of

1638  
01:13:11,459 --> 01:13:09,430

less is more you don't have to have a

1639

01:13:12,810 --> 01:13:11,469

lot of cannabis to do that and

1640

01:13:13,950 --> 01:13:12,820

especially if you're dealing with the

1641

01:13:15,660 --> 01:13:13,960

you know the way we're dealing with

1642

01:13:17,850 --> 01:13:15,670

these super strong

1643

01:13:20,370 --> 01:13:17,860

you know medicines these cannabis

1644

01:13:22,470 --> 01:13:20,380

medicines these days a very light dose

1645

01:13:24,870 --> 01:13:22,480

is a good place to start especially if

1646

01:13:26,700 --> 01:13:24,880

you're you want to find out how much you

1647

01:13:28,650 --> 01:13:26,710

can stay relaxed and present with

1648

01:13:30,780 --> 01:13:28,660

because the the bit the higher the

1649

01:13:32,370 --> 01:13:30,790

dosage the more the ego is potentially

1650

01:13:35,220 --> 01:13:32,380

threatened and the more you're gonna

1651

01:13:36,689 --> 01:13:35,230

your ego is going to kick up the dust as

1652

01:13:38,520 --> 01:13:36,699

it were and try to prevent that from

1653

01:13:41,010 --> 01:13:38,530

happening so your mind can get really

1654

01:13:44,100 --> 01:13:41,020

busy you can have physical symptoms like

1655

01:13:46,380 --> 01:13:44,110

dizziness nausea etc you can have panic

1656

01:13:48,959 --> 01:13:46,390

attacks paranoia can be associated with

1657

01:13:50,970 --> 01:13:48,969

that all those things are related to our

1658

01:13:54,120 --> 01:13:50,980

ego being threatened in a sense but

1659

01:13:55,800 --> 01:13:54,130

that's where our path lies too so you

1660

01:13:58,290 --> 01:13:55,810

know dosage start with a very small

1661

01:14:01,530 --> 01:13:58,300

dosage especially if you're not familiar

1662

01:14:03,270 --> 01:14:01,540

with it and again if you're doing it

1663

01:14:04,800 --> 01:14:03,280

every day it's different because there's

1664

01:14:06,780 --> 01:14:04,810

a tolerance effect but if you're doing

1665

01:14:08,550 --> 01:14:06,790

it in these kinds of ways perhaps you

1666

01:14:12,420 --> 01:14:08,560

know once every four days or once a week

1667

01:14:15,000 --> 01:14:12,430

or even less often then start with very

1668

01:14:16,950 --> 01:14:15,010

small dose try to be present with it see

1669

01:14:18,410 --> 01:14:16,960

if you can relax out of your head to

1670

01:14:21,650 --> 01:14:18,420

some degree and then

1671

01:14:24,230 --> 01:14:21,660

then maybe try to up the dosage in that

1672

01:14:28,580 --> 01:14:24,240

regard so thanks for allowing me to

1673

01:14:30,980 --> 01:14:28,590

segue into that one question that needed

1674

01:14:32,450 --> 01:14:30,990

to be answered and I'm glad PK asked you

1675

01:14:35,030 --> 01:14:32,460

that question you were able to bring it

1676

01:14:36,440 --> 01:14:35,040

to this because that is always a very

1677

01:14:39,110 --> 01:14:36,450

important question has to be answered

1678

01:14:41,990 --> 01:14:39,120

how much do you take and also then you

1679

01:14:44,000 --> 01:14:42,000

can go further with what kind of method

1680

01:14:46,250 --> 01:14:44,010

you use because there's so many methods

1681

01:14:49,300 --> 01:14:46,260

of administering this whether it's a

1682

01:14:51,200 --> 01:14:49,310

chocolate candy bar a lozenge ur

1683

01:14:55,460 --> 01:14:51,210

suppository I mean they have all

1684

01:14:57,620 --> 01:14:55,470

different cards it's like how do you you

1685

01:14:59,720 --> 01:14:57,630

know how do you decide but I guess again

1686

01:15:01,970 --> 01:14:59,730

everybody's different you need to use

1687

01:15:05,630 --> 01:15:01,980

what you're comfortable with but I love

1688

01:15:08,270 --> 01:15:05,640

your advice Stephen G be cautious and to

1689

01:15:13,370 --> 01:15:08,280

start small it's also I would imagine

1690

01:15:15,410 --> 01:15:13,380

less expensive to start and also in

1691

01:15:17,420 --> 01:15:15,420

regard to what PK was saying about you

1692

01:15:19,010 --> 01:15:17,430

know maybe the the veils are thinner

1693

01:15:20,870 --> 01:15:19,020

this year is one way of putting it

1694

01:15:23,180 --> 01:15:20,880

perhaps I think that could be true as

1695

01:15:24,920 --> 01:15:23,190

well you know and fit into this

1696

01:15:27,260 --> 01:15:24,930

less-is-more notion because ultimately

1697

01:15:29,390 --> 01:15:27,270

you know what Buddhists and other great

1698

01:15:31,880 --> 01:15:29,400

traditions would say is this the wakin

1699

01:15:36,070 --> 01:15:31,890

state is our natural state we don't

1700

01:15:39,080 --> 01:15:36,080

necessarily have to have you know

1701

01:15:41,000 --> 01:15:39,090

substances to help us that regard that's

1702

01:15:44,000 --> 01:15:41,010

just that they do tend to open channels

1703

01:15:45,680 --> 01:15:44,010

up that had been shut down but the more

1704

01:15:48,020 --> 01:15:45,690

you pay attention in fact with ayahuasca

1705

01:15:50,300 --> 01:15:48,030

the the ayahuasca rose the shamans that

1706

01:15:52,940 --> 01:15:50,310

have been using this substance for many

1707

01:15:54,440 --> 01:15:52,950

many years say they many of them gotten

1708

01:15:59,720 --> 01:15:54,450

to the point where they hardly need any

1709

01:16:01,880 --> 01:15:59,730

of it to have a stable experience you

1710

01:16:06,020 --> 01:16:01,890

and in fact let me just finish off by

1711

01:16:08,480 --> 01:16:06,030

saying this if you there's an there's

1712

01:16:12,470 --> 01:16:08,490

indigenous people often have this notion

1713

01:16:14,960 --> 01:16:12,480

that a plant can become medicine for you

1714

01:16:16,370 --> 01:16:14,970

and it when it what they mean as I

1715

01:16:19,160 --> 01:16:16,380

understand it is that when you've

1716

01:16:21,620 --> 01:16:19,170

developed a relationship with that plant

1717

01:16:23,330 --> 01:16:21,630

and I think ultimately the spirit of

1718

01:16:25,700 --> 01:16:23,340

that plant or what cat Harrison would

1719

01:16:27,350 --> 01:16:25,710

call the mother of that plant then you

1720

01:16:29,660 --> 01:16:27,360

actually have a relationship with the

1721

01:16:32,000 --> 01:16:29,670

plant that doesn't necessarily require

1722

01:16:34,220 --> 01:16:32,010

you to take it

1723

01:16:36,770 --> 01:16:34,230

to smoke it or eat it you know in the

1724

01:16:38,600 --> 01:16:36,780

native appearance ceremonies they

1725

01:16:40,520 --> 01:16:38,610

sometimes couldn't get the medicine they

1726

01:16:42,260 --> 01:16:40,530

have one peyote plant called the chief

1727

01:16:45,080 --> 01:16:42,270

peyote and occasionally they would have

1728

01:16:46,580 --> 01:16:45,090

to just pass it around and everyone they

1729

01:16:48,740 --> 01:16:46,590

would have a very powerful experience

1730

01:16:52,840 --> 01:16:48,750

sometimes and I can see that we need to

1731

01:16:55,070 --> 01:16:52,850

quit now right yeah unfortunately we do

1732

01:16:56,420 --> 01:16:55,080

we're gonna have to have you back just

1733

01:16:58,910 --> 01:16:56,430

again you have so much great information

1734

01:17:00,830 --> 01:16:58,920

for everybody a wonderful book that

1735

01:17:02,900 --> 01:17:00,840

everybody should definitely get on

1736

01:17:05,840 --> 01:17:02,910

amazon.com or your local book store a

1737

01:17:07,790 --> 01:17:05,850

cannabis and spirituality and that is by

1738

01:17:10,370 --> 01:17:07,800

Steven graves been a wonderful guest

1739

01:17:11,900 --> 01:17:10,380

tonight next week we're back to aliens

1740

01:17:14,510 --> 01:17:11,910

and what are they doing they are

1741

01:17:18,290 --> 01:17:14,520

stealing Souls we're going to be talking

1742

01:17:20,480 --> 01:17:18,300

it's someone from the UK who has all the

1743

01:17:23,630 --> 01:17:20,490

scoop on this so until then everybody

1744

01:17:26,250 --> 01:17:23,640

we'll see you on the blue Highway good

1745

01:17:27,620 --> 01:17:26,260

night good night