

6 Steps to Mindful Cannabis Use



In this resource, I will outline 6 simple steps you can take (in 20 minutes, or less!) to create a moment of self-connection through mindful cannabis use.



Whether you are new to cannabis or an experienced cannabis user, we can all stand to gain higher connection with our true selves.

Cannabis allows us to get in touch with the inner self, and when we know and understand the inner self, we can start to nourish it for optimal alignment and happiness.

“When you smoke herb, it reveals you to yourself.” - Bob Marley

This guide is intended for someone who is searching for the mindful experience that comes with consuming cannabis alone. Smoking with a partner or friends is also a wonderful experience, one that harnesses harmony and community; however, for the optimal self-connected moment, I recommend consuming cannabis by yourself.

6 Steps to Mindful Cannabis Use:

1. Source your cannabis product containing THC.

This may require a trip to your local cannabis shop... or, just a trip to your nightstand! By selecting a cannabis product that contains THC, you are opting into the delightful and elevated headspace that this molecule triggers in our brains.

2. Find a comfortable place in your home and set the tone.

I recommend sitting on a couch or armchair in a well-lit room. Pour yourself a cup of coffee or sparkling water. If you like to listen to music, put on some music that lifts you up and makes you smile.

3. Set out your cannabis, a journal and pen, and supplies for a small activity you can work on post-consumption.

I find that completing an activity with my hands, after consuming cannabis, helps to foster the focus and headspace for higher thinking. This might be something as simple as giving yourself a manicure, knitting, or drawing.

4. Remove distractions.

Turn off the TV and put your phone away. We spend so much time tuning into what others are saying, but this exercise is about listening to **you**.

5. Sit and consume your cannabis.

Start low and slow - there's no need to overdo it or go too fast. Take a dose that has already proven to be comfortable for you or was recommended by a dosing guideline or trusted budtender.

6. Do. Be. Think. Record.

Breathe. Enjoy your moment and embrace what you are experiencing. If you feel like it, try the activity you selected. Most importantly, spend time with your thoughts. I also recommend writing down any insights you gain while in this elevated headspace.



One way to experiment with this process is to prepare prompts for yourself ahead of time. Before imbibing, jot down a few questions that are causing you tension in your life. Then, consume cannabis and review your list. Think thoughtfully, to yourself, and take notes as needed. You will find that cannabis allows us to face pending uncertainties with greater ease, confidence, and less of that “prickly” feeling.

**This exercise will help you to feel more connected. Connected to what makes you happy. Connected to your joys and your purpose.
Connected to yourself.**

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