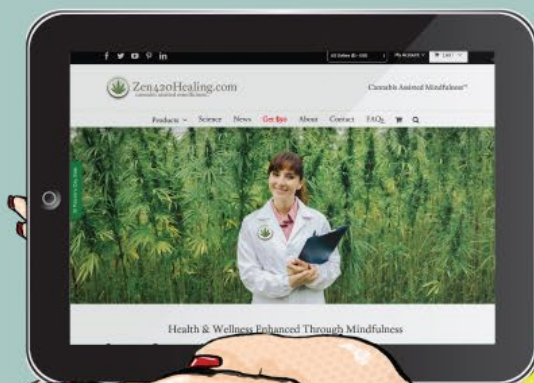


MAKING the CASE for CANNABIS ASSISTED MINDFULNESS™



by Leslie D. Riopel, MA, ACHT

*in association with
Zen420Healing.com*



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The Author has strived to be as accurate and complete as possible in the creation of this book, notwithstanding the fact that she does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the subject.

While all attempts have been made to verify information provided in this publication, the Author assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

We do not claim to cure, diagnose or heal any ailment. This information is meant strictly for the purpose of relaxation and visualization only. *Cannabis Assisted Mindfulness*[™] is meant as a complementary healing method. Always check with your doctor or health care provider and take all medications as instructed.

This information is not meant as a substitute for personal medical advice or professional medical care. We encourage you to share this with your physician. If you have worrisome symptoms or conditions, contact a physician immediately.

The Zen 420 Healing Mission is to educate the public about the myriad of remarkable natural health benefits that cannabis and mindfulness share and that treat the same conditions, so people can make informed personal decisions about attempting concurrent pairing of cannabis and *Cannabis Assisted Mindfulness*[™] products as a way to try and achieve even greater states of consciousness and healing.



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Leslie Riopel is a Freelance Writer with a Master's degree in Psychology Health and Wellness. She is also an Advanced Certified Clinical Hypnotherapist who is both passionate and creative. Leslie has written hundreds of hypnosis scripts and guided meditations amongst many other things for clients all over the world. For her, writing is just another form of artistic expression with the page as her canvas.



INTRODUCTION

“Combining cannabis with your mindfulness practice just might be the next step on the evolutionary ladder in terms of a natural solution that promotes health and wellness,”

- Leslie Riopel ACHT MA Psychology

We live in a world of distractions. We are busy, and we become so preoccupied with things we need to do, have to do, or should do next that we neglect to focus on what we are doing. Life happens and we don't even realize we are living it. We spend much of our time fretting and worrying about things that we cannot even control. We forget to breathe.

But that pause, that breathe, and being present in the moment is incredibly empowering. Finding the value of each moment, focusing awareness on the here and now, and being mindful of things as simple as breathing can completely transform your life.

“Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.”

- Jon Kabat-Zinn

Cannabis Assisted Mindfulness™ is a powerful new all natural healing technique that involves pairing different mindfulness practices with specific strains of cannabis as a way of reaching heightened states of consciousness, awareness and health.

Say goodbye to toxic pharmaceutical products and jump on the road to natural healing with ***Cannabis Assisted Mindfulness™***.



WHAT IS MINDFULNESS?

“We do not remember days, we remember moments.” - Cesare Pavese

Practicing mindfulness means maintaining focus on the present moment. It’s not about multi-tasking or trying to do two things at once, so, in essence, it is counterintuitive to what most of us have been taught.

There are many ways to practice mindfulness. Each focuses on the importance of being present in the moment, instead of worrying about everything else we need to do. When we practice mindfulness we come to our mat, or corner, or wherever we designate and simply “exist.”

Mindfulness Can Encompass Many Things:

- ✓ Clinical or Self-Hypnosis
- ✓ Deep Breathing
- ✓ Meditation
- ✓ Guided Imagery
- ✓ Chakra Healing
- ✓ Affirmations
- ✓ Yoga



MINDFULNESS PRACTICES DEFINED

Clinical Hypnosis (Not to be confused with Stage Hypnosis)

- Deeper level of trance and a longer induction resulting in a much longer, more intense session.
- Hypnosis usually has a “very specific therapeutic outcome.”
- Hypnosis uses the trance state to suggest therapeutic changes to the subconscious mind.
- Hypnosis uses multiple therapeutic techniques such as metaphors, NLP, timelines, embedded commands, affirmations, hypnotic suggestions, etc.
- Hypnosis is much more focused than meditation and more suggestible.
- Uses the idea of disassociation – or emotional detachment.

Meditation

- Lighter state of trance than hypnosis.
- Meditation usually has a briefer induction.
- Meditation is in essence the “absence of thoughts.”
- Meditation doesn’t typically have a specific therapeutic outcome - but it can.



NLP

- NLP stand for Neuro-Linguistic Programming.
- Defined as the study of the structure of subjective experience and what can be calculated from that.
- Belief that all behavior has structure.
- Uses sensory system to make changes (sight, sound and touch).
- NLP language is often used within hypnosis or meditation.



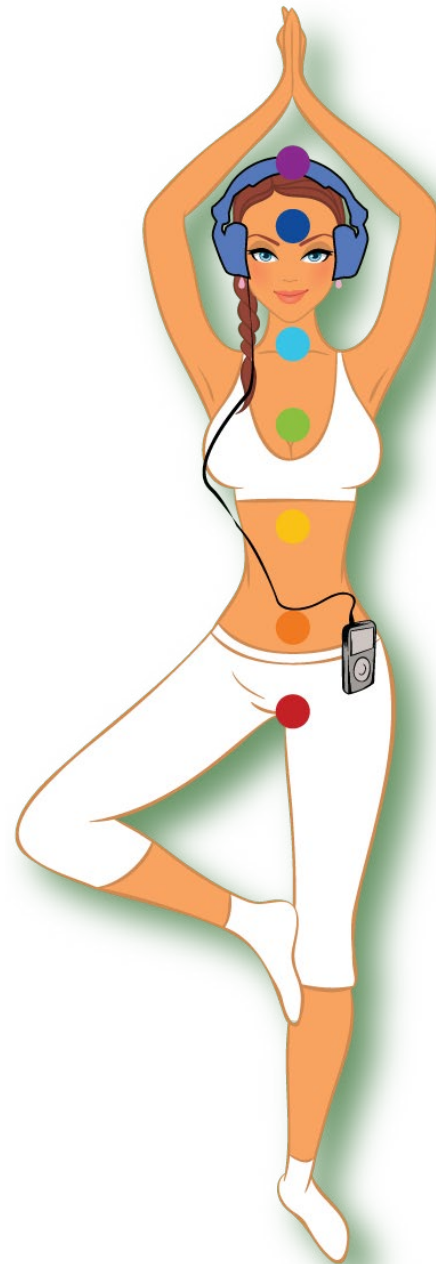
Guided Imagery and/or Visualization

- Similar to meditation, guided imagery induces a lighter state of trance.
- Uses the power of your imagination to tap into the mind-body connection.
- Can have a therapeutic outcome, similar to hypnosis.
- Helps you focus and relax.

Chakra Healing

- The chakras are the body's energy system.
- Many belief systems equate the chakras to centers of Prana, life force energy, or chi.
- The Chakra system consists of 7 main levels that correspond to various systems of the body. The chakras contain and process energy in your body, and just as energy can propel you, it can also block you.
- The easiest way to think of chakras is to think of them like a series of cogs and wheels running up and down your spine, continuously renewing your energy.
- In a well-balanced and healthy person, the chakras spin rapidly and smoothly, and their colors are clear and bright.
- If you are stressed or ill or mentally impaired, your chakras may get clogged and may begin to slow down or even spin too quickly. Chakras can get discolored or fragmented if you are mentally, emotionally or physically impaired.

Mindful 
MARY JANE



EXAMPLES OF MINDFULNESS PROGRAMS



The Corporate world has realized the importance of practicing mindfulness. Fortune 500 companies like Target, Nike, and General Mills, as well as Silicon Valley moguls such as Google, Apple and Intel offer their employees meditation and yoga classes, nap rooms, and education about mindful eating. They understand that their companies benefit greatly by having well-balanced, happy employees.

The World Health Organization estimates that stress-related maladies cost US companies alone at least \$300 billion dollars a year in absenteeism, turnover, diminished creativity, and productivity, (Boston Globe, 2015)

Seattle Seahawks and Mindfulness

The Seattle Seahawks hired a mindfulness coach in 2012. High-performance Sports Psychologist Michael Gervais uses mindfulness meditation and yoga to help the players achieve clarity of thought, better focus, and the ability to stay in the present moment, great skills for any athlete.

According to Gervais, a psychologist, author, and founder of the Pinnacle Performance Center, “At the center of high performance is presence, awareness, and trust. Awareness allows us to guide our minds, relentlessly toward an ideal mindset.”



An August 2013 ESPN article with Seahawks left tackle Russell Okung said,

“Meditation is as important as lifting weights and being out here on the field for practice... It’s about quieting your mind and getting into certain states where everything outside of you doesn’t matter in that moment. There are so many things telling you that you can’t do something, but you take those thoughts captive, take power over them and change them.”

Other Examples of Successful Mindfulness Practices

Education

At Lafayette Elementary in Washington, DC, the mindfulness program has seen great results. Since the program started four years ago, the students are better equipped with anger-management and conflict resolution skills and the school has eliminated their detention room.

According to Linda Ryden, better known as the “Peace Teacher” at the school, “We just don’t really have the problem with fighting and kids getting into trouble that we used to have.” Ryden continued by stating that, “It’s really changed everything.”

Dr. Jon-Kabat Zinn, a graduate of MIT began a lifelong love affair with meditation, later developing the Mindfulness-based Stress Reduction program at the University of Massachusetts’s Medical School. Kabat-Zinn believes that practicing mindfulness while at work changes the feeling of the workplace itself, making people happier to be there. As a result, people are able to get along better and resolve problems in a healthier manner by working as part of a team.

Politics

Mindfulness has even made its way to Capitol Hill, with Congressman Tim Ryan, U.S. Representative for Ohio, creating “Quiet Time Caucus”, a program that aims to help Government officials handle the pressures of stressful situations in a more mindful way.





In 2010, Aetna, a Harvard-based health insurer, started offering free yoga and meditation classes both on site and online

- ✓ CEO of Aetna, Mark Bertolini, began a mindfulness practice after nearly dying on a family ski trip. While he was recovering, he looked at alternative ways to manage pain and found immense healing in yoga and meditation.
- ✓ According to Bertolini, “Recovery is a state of mind.” It’s not just a physical practice - it’s about getting your mind in the right place; a place where you can do almost anything, including manage pain. Bertolini says he now deals with pain in a different way by being present in the moment and by understanding that the pain is part of his journey.
- ✓ As of 2015, more than 13,000 of Aetna’s employees had taken advantage of the free program with participants reporting deep decreases in stress and sleep related problems.
- ✓ Some have even reported gaining up to 62 minutes per week of productivity, which translates to more than \$3000.00 per employee, per year.
- ✓ The all-inclusive wellness center includes doctors, an exam room, and massage therapy. Employees are also encouraged to exercise and eat healthy.
- ✓ Employees report increased calmness and greater focus for themselves and their coworkers as a result of the program, translating to a more compassionate workplace.



EFFECTS OF MINDFULNESS

According to the Harvard Health Publications HelpGuide.org, practicing mindfulness can:

- ✓ Improve both mental and physical health
- ✓ Increase overall satisfaction
- ✓ Relieve stress
- ✓ Treat heart disease and lower blood pressure
- ✓ Help reduce chronic pain
- ✓ Improve sleep
- ✓ Alleviate gastrointestinal difficulties
- ✓ Help ease depression symptoms
- ✓ Help with substance abuse and eating disorders
- ✓ Help with anxiety
- ✓ Help combat obsessive-compulsive disorder
- ✓ Help build healthier relationships



Brain imaging studies done at the University of Iowa in 2004 showed that hypnosis could reduce pain perception. The study, done with a group of 12 volunteers, used hypnosis and found that those undergoing hypnosis reported either no pain or significantly reduced pain in response to painful heat that was applied.

The MRI showed that brain activity was reduced in areas of the pain network, including the primary sensory cortex, which is responsible for the perception of pain.

Another study done showed that those who were hypnotized healed faster than those who were not, six weeks after an ankle fracture. In a study led by a team of researchers headed by Carol Ginandes of Harvard Medical School with 12 people with broken ankles, it was discovered that those who were hypnotized experienced the equivalent of 8 1/2 weeks of healing in only 6 short weeks, (Harvard University Gazette, 2007.)

Hypnosis for Cancer Care - Over 200 Years Young

One of the earliest documented uses of hypnosis was with a cancer patient who was given hypnosis for anesthesia for breast cancer surgery. Way back in 1829, M. le Docteur Chapelain actually used hypnosis, which was then referred to as mesmerism, over a period of several months. On April 1, 1829, Chapelain used only hypnosis as an anesthetic during a mastectomy and axillary node dissection.

Research supported by the National Cancer Institute by Dr. Schnur indicates that hypnosis has been used to provide both physical and psychological comfort for those individuals with cancer for nearly 200 years.

Not only can hypnosis help promote healthy behaviors that lower cancer risks, it can also improve clinical and cost outcomes associated with diagnostic procedures. In the study, hypnosis was found to control distress prior to excisional breast biopsy surgery - and patients undergoing the procedure enjoyed less pre-biopsy emotional upset, lower depression symptoms, and less anxiety.

Breast biopsy patients who received hypnosis had significantly less post-biopsy pain and they were more satisfied with their overall medical treatment experience.



CANNABIS AS MEDICINE

From 2,737 BCE and the first recorded use of cannabis as medicine by the Emperor Shen Neng of China, to The Jewish Talmud mentioning the euphoriant properties of cannabis in 500-600 A.D., cannabis has a long history of medicinal use. Up until the 1930's nearly every major pharmacy in America offered cannabis tinctures as medicine but all of this changed when cannabis prohibition began in the United States.



Recent studies have shown that cannabis can kill cancer cells, just like hypnosis can help ease pain and act as an anesthetic. (Collective Evolution, 2014) A British researcher found that cannabinoids, the chemicals derived from cannabis, can kill leukemia cells, with clinical trials beginning soon. The study tested six cannabinoids, both together and independently, on leukemia cells. The findings, published in the *Journal Anticancer Research*, show that certain psychoactive cannabinoids “result in dramatic reductions in cell viability” and “causes a simultaneous arrest at all phases of the cell cycle,” according to the abstract.

Wai Liu, author of the study and an oncologist at the University of London's St. George's medical school, told U.S. News the chemicals displayed “potent anti-cancer activity” and significantly “target and switch off” pathways that allow cancers to grow. Liu also stated that there are quite a lot of cancers that should respond quite nicely to these cannabis agents.

“If you talk about a drug company that spent billions of pounds trying to develop these new drugs that target these pathways, cannabis does exactly the same thing – or certain elements of cannabis compounds do exactly the same thing – so you have something that is naturally produced which impacts the same pathways that these fantastic drugs that cost billions also work on.”



Liu stresses that his research focuses on chemicals that would not intoxicate patients - as opposed to cannabinoid compounds that have a psychoactive effect. According to Liu, “By using these drugs in combination with each other we can actually get an enhanced effect, and what that means is that we can – after doing some further studies – take this into the clinic and hopefully get the medication that can be used in patients in the next 12 to 18 months.”

While the treatment may not necessarily work on all varieties of cancer, the research is extremely promising.



Many ancient cultures also recognized the value of cannabis as an aid to spiritual practice. Hypnosis, meditation, and other mindfulness practices are often used to treat the same medical conditions as cannabis. Imagine how powerful it would be to combine natural remedies like cannabis and mindfulness?

It's quite shocking and amazing that a natural compound like cannabis works much better than a toxic pharmacological drug. This is the big reason why *Cannabis Assisted Mindfulness™* is such a powerful “new natural healing” concept.



Cannabinoids-The Healing Compounds of Cannabis

Cannabinoids are the unique healing compounds found in the cannabis plant and there are over 100 of these cannabinoids. As of this date, scientists have discovered over 111 cannabinoids. Out of all of these, THC and CBD are the two most dominant ones. The same cannabinoids found in cannabis are also produced by the human endocannabinoid system, which is one of the most important physiologic systems we have in establishing and maintaining optimal human health.

Cannabinoids work by making chemical contact with the human body, which also has cannabinoid receptors. Up until about 1988, scientists didn't even know the human body had a cannabinoid system. The body can create and produce its own cannabinoids or use them from an external source like cannabis.

Two Dominant Cannabinoids

THC

Delta-9-tetrahydrocannabinol, or THC, is the most widely known cannabinoid and is responsible for creating a euphoric effect - most other cannabinoids in cannabis DO NOT.

CBD

Cannabidiol, or CBD is another commonly known cannabinoid in cannabis. It has medicinal applications in conjunction with THC, but also independent of it.

UNIQUE EFFECTS OF THC



- Psychoactive
- Appetite Stimulant
- Night Vision
- Increased Heart Rate

UNIQUE EFFECTS OF CBD



- Anti-Psychotic
- Appetite Suppressant
- Anti-Depressant
- Decreased Heart Rate

EFFECTS WHEN THC & CBD ARE USED TOGETHER

- Anti-Inflammatory
- Anti-convulsant
- Muscle Relaxant
- Neuroprotective Anti-oxidant
- Anti-Nausea
- Pain Blocker
- Anti-Glaucoma

One of the easiest ways to compare the two main cannabinoid properties is to view THC as the stimulant of mental activity and CBD as the suppressor of mental activity.



You may find that cannabis blends higher in CBD work better with mindfulness practices like meditation or hypnosis, but it is a personal choice.

The choice of what kind of cannabis strain to use may be different for each person. You may need to experiment and be patient and keep an open mind. Much of this requires trial and error.

 **FACT:**



INDICA

Indica strains, typically high in CBD, tend to be sedatives or relaxants meant for treating the symptoms of medical conditions such as chronic pain, muscle spasms, seizures and anxiety.

 **FACT:**



SATIVA

Sativa strains, typically high in THC, have more of a psychoactive effect and are effective in appetite stimulation, relieving depression, migraines, nausea and chronic pain.

Cannabis affects people differently, so it is recommended that you seek advice from a dispensary professional. The results might just amaze you!

What Are Terpenoids?

If you walk into a garden in full bloom and breathe deeply, you will most likely notice many wonderful aromas. One of the molecules that bring these beautiful scents to your nose are terpenes. Terpenes (TUR-peen) are a large class of organic hydrocarbons which are produced by a wide variety of plants. These are referred to as terpenoids when denatured by oxidation, or the curing or drying of the flowers.

“Terpenes have been found to be essential building blocks of complex plant hormones and molecules, pigments, sterols and even cannabinoids in cannabis.”

Terpenes are also responsible for the pleasant, or not so pleasant, aromas and flavors of cannabis. Like cannabinoids, many terpenes are known to have unique pharmacological value and terpenes work synergistically with cannabinoids.



CANNABIS ASSISTED MINDFULNESS™ - A TREATMENT GUIDE

The practice of incorporating cannabis into your mindful practice can potentially yield extremely positive results. We've coined the term, *Cannabis Assisted Mindfulness™* to describe the ways cannabis, combined with meditation, hypnosis, or any other mindfulness modality can enhance the experience.

Meditation, mindfulness and hypnosis, much like cannabis, all have similar outcomes in terms of their ability to relax the mind and body. Naturally, combining these two modalities makes them even more powerful in terms of their ability to facilitate healing.

Some believe that using cannabis enables them to attain the same state of consciousness that is achieved through meditation or hypnosis. Of course, incorporating cannabis is a personal choice, and one that we don't encourage in states where cannabis use is not yet legal.



“Combining cannabis with mindfulness just might be the next step on the evolutionary ladder in terms of a natural solution that promotes health and wellness.”

- Leslie Riopel





Cannabis Assisted Mindfulness Can:

- ✓ Reduce stress and anxiety
- ✓ Act as an appetite stimulant
- ✓ Ease depression
- ✓ Help with insomnia
- ✓ Reduce muscle spasms
- ✓ Act as a sedative
- ✓ Reduce seizures
- ✓ Ease migraines
- ✓ Help with nausea
- ✓ Act as a stimulant

The Holistic Cannabis Network is an example of a place that provides education and awareness. They can provide certification as a Holistic Medical Cannabis Coach through their online learning program. Some cannabis dispensaries are even beginning to hire nurses to consult patients on pairing cannabis with certain conditions.

At the Holistic Cannabis Network they:

- ✓ Give real cannabis practitioner advice and guidelines.
- ✓ Make recommendations about how to communicate with clients about cannabis.
- ✓ Give suggestions about how to integrate cannabis education into your existing healing modality.
- ✓ Discuss approved health conditions for medical marijuana state-by-state.
- ✓ How to prepare nutritional cannabis-infused foods.



Cannabis and the Mind-Body Connection

Whether you're practicing a simple silent mindfulness breathing exercise or working on your mind-body connection in a yoga class, the usage of cannabis might be just what you need to take your practice to the next level. Everyone is unique, so only you will be able to judge whether or not cannabis and mindfulness mix, but you may be surprised at the immense benefits of pairing these disciplines.

If cannabis is legal in your state and you suffer from chronic anxiety, severe stress or something like PTSD or any other medical condition, you have everything to gain and nothing to lose by experimenting with *Cannabis Assisted Mindfulness*™.



SHOP *Cannabis Assisted Mindfulness*™



STEPS TO PAIRING MINDFULNESS AND CANNABIS

1

Get clear on the outcome you're looking for and choose a mindfulness practice accordingly. This could be a meditation, hypnosis, deep breathing or even a chakra balancing session.

2

Talk with your local dispensary professionals to help you choose a local cannabis strain that pairs well for your desired outcome. Click here to reference our guide to pairing cannabis strains with certain outcomes.

3

Start with a "control" session and practice mindfulness without cannabis. Use the *Cannabis Assisted Mindfulness Journal™* to record your findings so you can compare your mindfulness experiences using cannabis, not using cannabis and experimenting with different strains, delivery methods, dosing, etc.

4

Find a quiet place and time where you won't be disturbed. If you are new to cannabis or just getting started, we recommend you begin with a friend or friends. This allows support in case you become uncomfortable and also facilitates valuable post session review.

5

Start slowly and medicate responsibly. The multitude of chemical and organic compounds in cannabis can mix to create powerful and sometimes unexpected synergistic results.

6

Record each of your mindfulness experiences in your *Cannabis Assisted Mindfulness Journal™*. Be as detailed as possible. Don't judge yourself or your progress. Letting go of self-criticism and learning to just "be" are at the heart of *Cannabis Assisted Mindfulness™*!

7

Remember to have fun! Wellness and mindfulness, like life itself is a holistic-process and not singularly or granularly-focused. Experiment with different forms of mindfulness, cannabis, delivery methods, dosing, physical surrounding and more. And, look *Cannabis Assisted Mindfulness™* groups starting in your local area! (MeetUp)

Disclaimer: Consult your physician or healthcare provider before considering the use of cannabis.



CANNABIS ASSISTED MINDFULNESS JOURNAL™

DATE	MINFULNESS PRACTICED	THOSE PRESENT	CANNABIS STRAIN USED	DELIVERY METHOD	DOSE	RATE EXPERIENCE FROM 1-5	NOTES

CONCLUSION

You have everything to gain and nothing to lose by experimenting with *Cannabis Assisted Mindfulness*[™].

In terms of meditation and mindfulness, there is no limit to what the mind can achieve in a heightened state of awareness. In the end, the usage of cannabis combined with meditation or mindfulness is a personal choice. Some may find that combining mindfulness with cannabis offers incredible life-changing results.



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