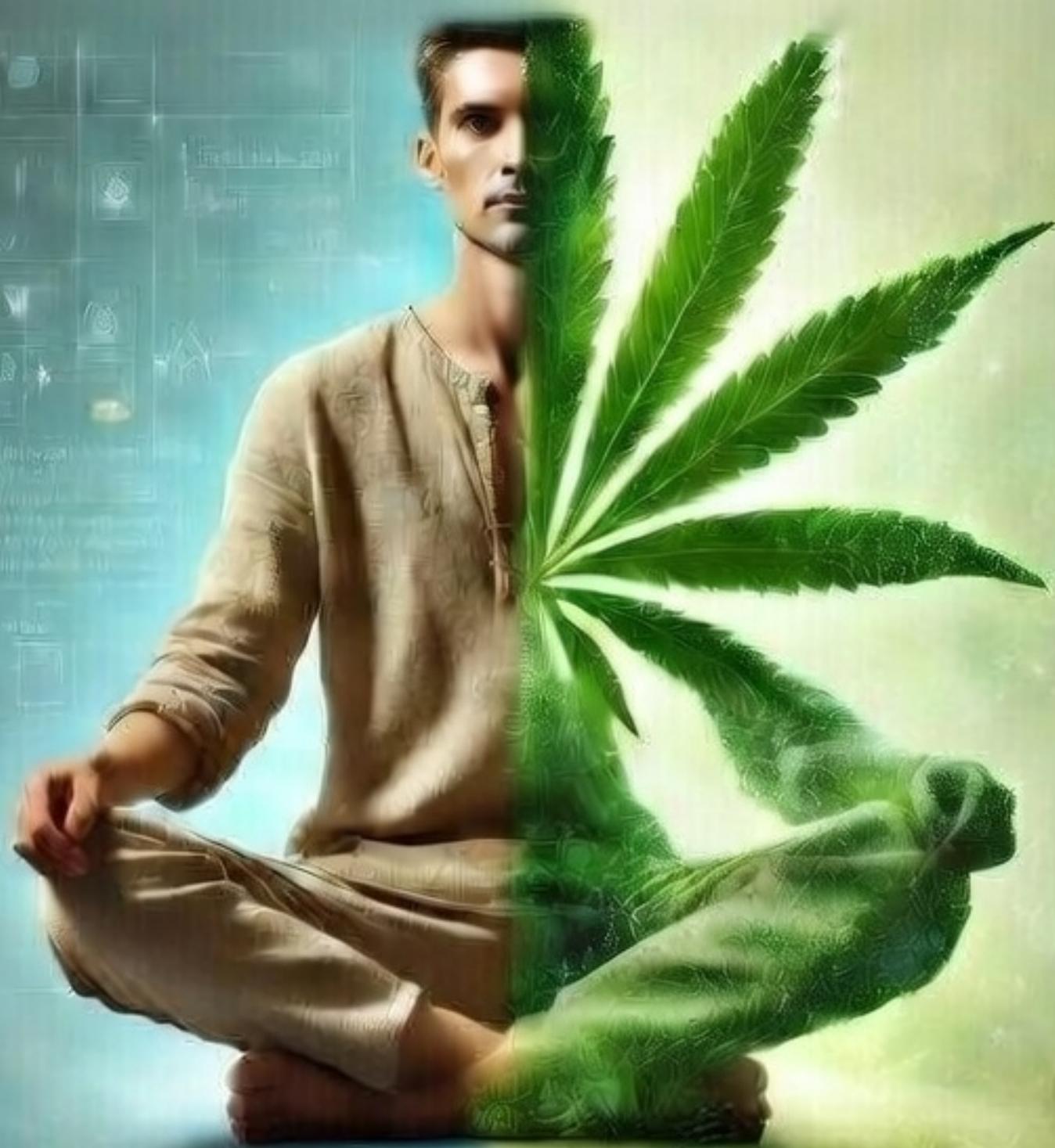


The Holistic Cannabis Therapy

The interplay of plant, body and consciousness



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The Interplay of Plant, Body, and Consciousness

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Imprint

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About the Author

I am a shamanic teacher and researcher.

My approach to medicine, consciousness, and healing did not arise from personal suffering, but from curiosity—from a desire to understand how humans, plants, bodies, and the Earth relate to one another.

Over many years, I studied ethnomedical and shamanic knowledge in traditional contexts, including extended training and learning periods in rainforest cultures. There, I encountered a form of medicine that does not separate body and psyche, healing and insight, everyday life and ritual. Illness was not viewed in isolation, but as an expression of disturbed relationships—to one's own nature, to the community, and to the Earth.

This perspective continues to shape my work today.

From this path emerged **Gaia Shamanism** (www.gaia-schamanismus.org): a contemporary approach that does not romanticize or copy ancient knowledge, but translates it into modern cultural contexts. Gaia Shamanism is not a belief system; it is initiatory work—the guidance of transitions, maturation processes, and inner reorganization.

A central concern of my work is the integration of traditional experiential knowledge with modern science. I am not interested in opposing spirituality and biology, but in their points of contact. Where shamanic body models, modern neurobiology, and regulation research intersect, a space emerges that is both experientially accessible and scientifically intelligible.

Cannabis occupies a special role within this field. Not as a drug, and not merely as a medication, but as a **teacher plant**. In many traditional cultures, cannabis was used to train perception, accompany transitions, and regulate body and mind. This attitude forms the foundation of my work.

From practical application emerged the method of **Cannabitation**—a conscious approach to working with cannabis that integrates breath, attention, bodily awareness, and biological preparation. Cannabis is not simply consumed; it is entered as an experiential space.

To share this knowledge, I founded the **Spiritual Cannabis Academy** (www.spiritual-cannabis.org). It is a learning and research space for people who wish to engage with cannabis responsibly, consciously, and within holistic processes—beyond intoxication, ideology, or purely symptomatic treatment.

I do not see myself as a healer in the classical sense. My task is to make relationships visible, to open experiential spaces, and to accompany people in rediscovering their own inner order.

This book is not a manual for quick benefits, nor a guide to self-optimization. It is an invitation to meet cannabis consciously—as a plant, a teacher, and part of a larger context of body, perception, and regulation.

Take your time while reading.

Test what resonates with you. Leave the rest aside.

This book seeks neither to explain what you cannot experience yourself, nor to promise what cannot be verified through lived experience.

If it helps you relate more attentively to yourself, your body, and the plant, it has fulfilled its purpose.

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Chapter 1

Why Holistic Cannabis Therapy Is Necessary Today

Between Medicinal Plant, Medical Product, and Projection Surface

Cannabis is one of humanity’s oldest medicinal and cultural plants—and at the same time one of the most misunderstood. Contemporary debates often move between extremes: stigmatization and trivialization, purely clinical prescription and spiritual exaggeration. In the process, a crucial element has faded into the background: a holistic understanding of how cannabis acts within the human system—and what conditions must be met for its effects to remain sustainably healing.

This book is not an argument for increased consumption. It is a practical guide for people who wish to work with cannabis consciously, healthily, and integratively—whether for therapeutic purposes, supportive use, or the stabilization of body, psyche, and nervous system.

The Core Problem of Modern Cannabis Use

Modern perspectives on cannabis tend to reduce the plant to isolated aspects:

- as a pharmacological substance, focusing on milligrams, receptors, and indications
- as a recreational drug, emphasizing intoxication and distraction
- as a spiritual tool, highlighting transcendent experiences

Each of these approaches contains a fragment of truth. Taken in isolation, however, they remain incomplete. What is often missing is an understanding of the biological and psychophysiological system into which cannabis is embedded.

Cannabis never acts in isolation.

It always encounters a specific human being with individual conditions. Key factors include:

- the state of metabolism and nutrient supply
- the flexibility of the autonomic nervous system
- the quality of cell membranes and the functionality of the endocannabinoid system

The central thesis of this handbook is therefore:

Cannabis can only work as well as the level of regulation of the system in which it acts.
It does not replace physiological foundations—it amplifies them.

The Holistic Approach: Synergy Instead of Reductionism

Holistic Cannabis Therapy (HCT) does not view the plant as a “magic pill” that suppresses symptoms. Cannabis is understood as a modulator and communication aid that makes processes within the body visible and supports regulation.

When cannabis is introduced into a system suffering from chronic nutrient deficiency, oxidative stress, or nervous system rigidity, the plant cannot unfold its potential. In such cases, side effects may even overshadow beneficial effects.

This handbook therefore develops an approach that integrates three interconnected levels:

- building biological resources (cellular health and care of the endocannabinoid system)
- training perception (from consumption to conscious Cannabitation)
- using synergies (integration of adaptogens and micronutrients)

We invite you to no longer view cannabis as an external substance that is “taken,” but as a partner in a process of self-regulation.

Cannabitation – A Brief Definition

Cannabitation is a consciously guided practice that combines the use of cannabis with meditative attention, breath awareness, and bodily perception.

It is not a consumption technique, but a structured experiential space aimed at regulation, integration, and self-observation.

Chapter 2

Consciousness, Body, and Regulation

The Bridge Between Biology and Experience

One of the greatest challenges of modern medicine lies in the persistent separation of body and mind. Conventional therapeutic approaches often follow the principle “symptom A leads to medication B.” Within this framework, cannabis is frequently treated like a “pill against something”—against pain, against sleep disorders, against anxiety.

The holistic approach reverses this perspective.

Cannabis is not a switch that turns symptoms off, but a modulator that makes processes visible and enables regulation.

Overcoming the “Pill Mentality”

When cannabis is used like a conventional tablet, only a fraction of its potential is accessed. Waiting for the effect to “take over” keeps the user in a passive role. Genuine healing, however, requires active self-regulation.

Cannabis supports this process by acting as a **biopsychosocial contrast agent**:

- **Biologically:** It interacts with the endocannabinoid system (ECS) to support homeostasis.
 - **Psychologically:** It shifts attention from the external world toward inner experience.
 - **Energetically:** It renders bodily tensions and blockages perceptible—states that are often ignored in everyday functioning.
-

Regulation: The Foundation of Any Therapy

Before discussing cannabinoids, we must address the state of the nervous system. A chronically stressed system—characterized by sympathetic dominance—responds fundamentally differently to cannabis than a regulated one.

- **Rigidity vs. Flow:** In dysregulated states, cannabis may be experienced as threatening or confusing (e.g., paranoia, palpitations).
- **Resonance:** In a prepared state, cannabis acts like a lubricant for rigid neural and somatic processes.

This is precisely where **Cannabitation** begins.

Cannabitation – The Conscious Alliance

Cannabitation refers to the deliberate integration of cannabis use and meditation. It is the art of not merely consuming the plant, but of using it as a tool for mindful self-observation.

Within Cannabitation, we learn to:

- **Perceive instead of evaluate:** What is happening in the body right now?
 - **Treat dosage as dialogue:** How much does my system need today to allow regulation?
 - **Integrate experience:** How do insights translate back into sober everyday life?
-

Integrating the Psychoactive Dimension

A central step in holistic cannabis therapy is frequently omitted in modern approaches: the conscious integration of the psychoactive effects of THC.

This does not imply glorification, but a realistic acknowledgment of the plant's full spectrum of action. Cannabis does not operate through isolated components alone, but through the interplay of cannabinoids, terpenes, flavonoids, secondary plant compounds—and the consciousness-altering effects of THC.

Excluding this dimension means working with a reduced version of the plant.

Altered States of Consciousness: A Blind Spot in Western Culture

A core challenge in the Western relationship with cannabis does not lie in the plant itself, but in the lack of cultural frameworks for altered states of consciousness.

Our culture largely lacks:

- living ritual contexts
- collective forms of integration
- a shared language for transpersonal experiences

The reemergence of psychoactive substances began only in the 1960s and 1970s. Despite increasing research, this field remains—relative to its significance—underdeveloped.

Cannabis occupies a unique position here. It is neither a classical psychedelic nor a pure sedative, but a **modulating consciousness opener** that simultaneously influences perception, bodily sensation, emotion, and inner imagery.

Historical Context: Cannabis as an Entheogen

In ancient cultures—particularly in Asia—cannabis was not understood as a recreational substance. In early Chinese high cultures, it was regarded as a plant of immortality, symbolizing longevity, inner balance, and harmonized life energy.

Crucially, there was no concept of recreational use.

Cannabis functioned as an **entheogenic plant** that:

- enabled transpersonal experiences
 - opened access to expanded states of consciousness
 - supported spiritual, medical, and philosophical processes
-

Contemporary Application: Learning to Work With the Effects

A modern engagement with cannabis requires acknowledging its more challenging aspects as well:

- psychoactive effects
- overstimulation through incorrect dosing
- side effects arising from unreflected use

These phenomena are not arguments against cannabis. They indicate that consciousness work requires structure and integration.

The aim of holistic cannabis therapy is therefore not intoxication, but:

- training perception
- improving self-regulation
- consciously using altered states for healing and stabilization

This path is learnable—practical, not elitist.

Folk Medicine, Everyday Life, and Regulation

Cannabis has long been a form of folk medicine. Long before modern categories such as “therapy” or “indication” existed, the plant was used to regulate inner states.

Even today, many people use cannabis:

- to reduce stress
- to relax after strain
- to regulate sensory overload

Here, the boundaries between recreation, prevention, and therapy begin to blur.

Regulation as a Continuum

Regulation is not an exceptional state, but a daily necessity. Many people turn to cannabis because they sense that their nervous system is overloaded—often before illness becomes manifest.

In this sense, cannabis functions less as a means of symptom suppression and more as a tool for self-perception and prevention.

Cannabis, Bodywork, and Development

In many Asian traditions, cannabis was also used for strengthening and training the body, for example in:

- yoga and somatic practice
- tai chi and qigong
- breathwork and meditative movement

Here, the intention was not numbing, but the refinement of perception and inner coherence.

Why Conscious Regulation Requires Space

Regulation does not happen incidentally. Cannabis can unfold its qualities only when space, attention, and presence are available.

Consuming cannabis in front of a screen may produce relaxation, but it does not constitute conscious regulation. In such contexts, perception is more often masked than integrated.

Cannabitation as a Conscious Threshold

Cannabitation marks the threshold between unconscious consumption and conscious application. It combines cannabis, breath, and attention into a practice of regulation.

It functions as:

- an entry point into holistic cannabis therapy
- a tool for stress regulation
- a gateway to prevention and stabilization

Coherence, Homeostasis, and Everyday Effects

Through Cannabitation, the following effects are frequently observed:

- increased self-awareness
- improved depth of breathing
- enhanced internal homeostasis

These effects manifest most clearly in everyday life—within stress management, relationships, and life transitions.

Prevention Begins Before Illness

Cannabis is most effective when imbalances are perceived and regulated early. Supported by Cannabitation and targeted micronutrients, prevention can be more effective than later intervention.

For this reason, this book focuses on the therapeutic potential of Cannabitation within a holistic strategy. At the same time, it becomes clear: the potential of cannabis extends far beyond therapy.

Outlook

Beyond the approaches presented here, additional fields of exploration remain open:

- movement and physical training
- creative processes
- consciousness and mindfulness practices
- personal development

Chapter 3

The Endocannabinoid System (ECS) – The Wisdom of Regulation

The Conductor in the Background

Imagine your body as a large orchestra. The various instruments—nervous system, immune system, hormonal balance, and metabolism—must be finely attuned to one another. The endocannabinoid system (ECS) acts like a conductor in the background, ensuring that no instrument plays too loudly or too softly.

In science, this state of dynamic balance is referred to as **homeostasis**. The ECS is one of the largest and most far-reaching signaling systems in the human body. Its central task is regulation—balance.

The Three Pillars of the ECS

To understand how cannabis works, we must first understand the three fundamental components of this system:

1. The Receptors – The Locks

Throughout the body are receptors that receive cannabinoids.

- **CB1 receptors** are found primarily in the central nervous system. They regulate, among other things, mood, memory, pain processing, and appetite.
- **CB2 receptors** are located mainly in the immune system and peripheral organs. They play a key role in controlling inflammatory processes and immune responses.

2. The Endocannabinoids – The Body's Own Keys

The body produces its own cannabinoids—such as **anandamide** (often referred to as the “bliss molecule”)—that fit precisely into these receptors. In other words, we produce our own internal “cannabis.”

3. The Enzymes – The Cleanup Crew

Specific enzymes break down endocannabinoids once their signal has been transmitted. This prevents overstimulation and keeps the system flexible and responsive.

Why the Hardware Matters: The Role of Cell Membranes

Here we arrive at a central point of holistic therapy:

Cannabinoids are fat-soluble. For receptors and signaling molecules to function properly, cell membranes must be healthy, flexible, and permeable.

- **The Omega-3 Factor:**

When high-quality fatty acids—particularly omega-3 fatty acids—are lacking, cell membranes become rigid. The “locks” deform, and signal transmission becomes imprecise.

The consequence: even high cannabis intake may feel flat, side effects may intensify, or therapeutic benefits may remain limited.

Holistic note:

Effective cannabis therapy does not begin with the plant, but with the biological foundation—especially lipid metabolism, membrane integrity, and the reduction of oxidative stress.

Therapeutic Conclusion

Phytocannabinoids support a regulatory system that is often overloaded in modern life. The goal of holistic cannabis therapy, however, is to strengthen the ECS so that it can once again regulate autonomously over the long term.

Cannabis serves as an initial impulse—not a permanent replacement.

Interlude

Chakra Models, Meridians, and Modern Neurobiology

The endocannabinoid system has only been studied systematically in modern medicine for a few decades. At the same time, ancient medical systems offer remarkably precise descriptions of regulatory processes—albeit expressed in symbolic language.

It is striking that regions with a high density of cannabinoid receptors often correspond to classical energy centers described in experiential medicine. Particularly in the areas of the solar plexus and the heart, strong ECS activity can be found—regions associated with emotional safety, stress processing, and immune regulation.

From this perspective, the ECS can be understood as a biological correlate of what energetic models describe as **flow**. Dysregulation of the ECS is often subjectively experienced as inner congestion, numbness, or chronic tension.

Meridians as Pathways of Regulation

Traditional Chinese Medicine (TCM) does not primarily describe the body anatomically, but as a network of functional circuits. **Meridians** are pathways along which information and regulation occur.

Acupuncture is therefore not a symptomatic technique, but a targeted method of regulation:

- influencing autonomic processes
- modulating pain and stress responses
- affecting immune and inflammatory mechanisms

Modern neurobiological research increasingly demonstrates that acupuncture exerts part of its effects through the endocannabinoid system. Stimulation of specific points measurably triggers the release of endogenous cannabinoids and modulates CB1 and CB2 receptor activity.

Cannabis, Acupuncture, and Regulation

Historically, cannabis in China was not used in isolation, but embedded within comprehensive therapeutic systems—among them acupuncture.

The two approaches complement each other:

- acupuncture sets targeted regulatory impulses
- cannabis increases perception, permeability, and feedback
- both act in balancing, non-linear ways

One could say: acupuncture opens regulatory circuits—cannabis heightens sensitivity within those circuits.

Old Maps, New Interpretations

Chakra and meridian models are not anatomical representations, but maps of experience. It is becoming increasingly clear that they symbolically describe complex regulatory networks.

The endocannabinoid system offers a potential biological framework through which many of these ancient observations can be reinterpreted and made compatible with contemporary scientific understanding.

An Open Field of Research

The intersection of:

- the endocannabinoid system
- acupuncture
- meridian theory
- consciously applied cannabis

represents a field that has so far only been partially explored. It holds considerable potential—as a bridge between experiential medicine and modern systems biology.

Chapter 4

Cannabitation – The Practice of Conscious Access

From Consumption to Communication

In conventional use, cannabis is often employed to change or avoid a state. In Cannabitation, we consciously meet the current state. The plant is not used for escape, but for contact.

Cannabitation is the deliberate integration of cannabis application and meditation. It is an active process of self-observation in which cannabis functions as a **biological contrast agent**: it makes bodily blockages, emotional patterns, and nervous tensions more clearly perceptible.

The Three Pillars of Preparation

For Cannabitation to unfold its therapeutic potential, a clear framework is essential. In a holistic context, we speak of **set and setting**, expanded by the biological foundation.

The Biological Set – The Inner Foundation

Is the body sufficiently hydrated? Are electrolytes available? A dehydrated system often reacts to cannabis with stress rather than relaxation.

The Mental Set – Intention

Do not enter the experience without orientation. Formulate a clear, simple intention, such as:

“I want to sense where my breath is restricted,” or
“I allow my nervous system to settle.”

The Setting – The External Space

Create an undisturbed, safe environment. The nervous system must feel protected in order to partially release control.

Dosage: Less Is Often More

Cannabitation follows a different logic than recreational use. The goal is not overwhelm, but subtle activation.

Dosage should be:

- low to moderate
- sufficient to open perception without flooding it

Why?

Phytocannabinoids are meant to synchronize with endogenous cannabinoids. At high doses,

the body reduces its own production, receptors become overstimulated, and require recovery time. The result is often numbing rather than regulation.

The dose is appropriate when:

- perception becomes clearer
- the body begins to open
- orientation is maintained

Signs of overdosing commonly include:

- racing thoughts
- loss of control
- disconnection from bodily sensation

Cannabitation deliberately operates below this threshold.

The Inner Access: Attention Instead of Technique

Once the effect sets in, the actual process begins. This requires:

- no complex visualizations
- no specialized breathing techniques
- no spiritual imagery

The decisive factor is **attention**. It may be directed toward:

- the breath
- bodily sensations
- specific regions (e.g., chest, abdomen, pelvis)
- areas of tension or constriction

Cannabis amplifies bodily feedback. The body reveals where regulation is needed.

Breath as a Bridge

Breathing plays a central role because it is directly linked to the autonomic nervous system. It allows regulation without analysis.

In Cannabitation, a calm, extended exhalation is often sufficient—without imposed rhythm. The breath follows the body, not the other way around.

Working With Bodily Regions

Many people perceive certain body areas more distinctly during Cannabitation:

- pressure
- warmth or cold
- pulsation
- emotional resonance

These sensations are not disturbances, but information. When attention remains with these regions, regulation can deepen.

Cannabis as an Inner Contrast Agent

Within this practice, cannabinoids function like a contrast agent:

- they make subtle differences visible
- they amplify feedback
- they reveal where energy flows—and where it does not

The aim is not immediate change, but recognition. Recognition is often the first step toward order.

Cannabitation as a Learning Process

Cannabitation is not a one-time experience, but a learnable process. Over time, it cultivates:

- finer perception
 - improved bodily feedback
 - increasing self-regulation
-

The Golden Rule: Observe Instead of Evaluate

During Cannabitation, uncomfortable sensations may arise—for example, pressure in the chest. In conventional use, this is often labeled a “bad trip.” In Cannabitation, the attitude is: *“Thank you for the information.”*

Cannabis simply highlights tensions that were already present before use. Healing does not occur by eliminating experience, but by consciously staying with it and breathing through it.

Integration Into Everyday Life

A Cannabitation session does not end when the effect fades. The decisive factor is integrating the gained awareness into sober daily life.

After each session, briefly note:

- which bodily areas were most present
- what insight you gained about your current stress level

This simple integration practice anchors perception and supports lasting regulation.

Chapter 5

The Cannabis Healing Trance – Activating the Inner Healer Beyond Ordinary Consciousness

Many people associate the state following cannabis use exclusively with “being high.” In holistic therapy, however, this state is used deliberately as a **healing trance**. Trance does not imply loss of control, but a shift of focus—from the external world toward the inner landscapes of body and psyche.

Cannabitation leads into this state and can itself be understood as a form of healing trance. Cannabis functions as a gateway to layers of experience that are usually filtered or suppressed by the brain’s “inner censor”—the prefrontal cortex.

The Neurobiology of Trance – Pausing the Inner Censor

What happens in the brain during a cannabis-induced healing trance?

Reduction of the Default Mode Network (DMN)

The DMN is responsible for the everyday sense of self, rumination, and constant orientation toward past and future. Cannabis can temporarily quiet this network.

Activation of the Limbic System

As cognitive control recedes, emotions, bodily sensations, and implicit knowledge move into the foreground.

Increased Neuroplasticity

In this state, the brain becomes more receptive to new connections. Rigid patterns of pain, stress, or thought may loosen and reorganize.

The Crucial Distinction: Intoxication vs. Healing Trance

It is essential to distinguish between passive intoxication and active healing trance:

Aspect	Passive Intoxication	Therapeutic Healing Trance
Focus	Distraction, escape	Presence, perception
Inner attitude	“Leave me alone”	“I am willing to feel”
Result	Forgetting	Re-negotiation

Healing emerges not from dissociation, but from regulated contact.

Navigating the Healing Trance

Within the healing trance, you are both participant and conscious observer. The following tools support orientation:

Breath Awareness

Breath is your anchor. If an image or sensation becomes intense, returning to the breath restores bodily safety.

Body Scan

Use the heightened sensitivity to move awareness through the system: Where does openness appear? Where does constriction, pressure, or resistance arise?

Symbolic Language

In trance, the subconscious often communicates in images. Pressure in the chest may appear as a “stone.” Rather than pushing it away, ask: *“What is your message?”*

The Window of Tolerance

Healing occurs only within a specific range of nervous system activation—the **window of tolerance**.

- If the dose is too high, overstimulation arises (anxiety, paranoia).
- If the dose is too low, consciousness remains bound to habitual cognitive control.

The healing trance lies between these extremes: a state that is safe enough to encounter the unfamiliar and open enough to allow transformation.

Summary

The cannabis healing trance is a space of possibility. It allows rigid identities—such as “the ill one,” “the stressed one,” or “the overwhelmed one”—to loosen temporarily and gives access to a deeper experience of wholeness.

Cannabis does not heal by itself.

It opens a field in which healing can occur—through presence, perception, and regulation.

Chapter 6

The Methodology of Cannabitation

Preparation, Space, and Entry

Why Methodology Makes the Difference

In holistic therapy, *how* a substance is used is just as important as the substance itself. A clear methodology functions like a safety belt for the nervous system. The more structured the framework, the more:

- secure the psychological process becomes
- deeply bodily regulation can occur
- sustainably the effects integrate into everyday life

Cannabitation rests on three central pillars: **preparation, set and setting, and conscious entry.**

Cultivar Synergy – Expanding the Therapeutic Spectrum

Modern cannabis therapy increasingly emphasizes the combination of different—sometimes contrasting—cultivars.

The principle:

Rather than relying on a single strain, an activating *sender* cultivar may be combined with a calming *receiver* cultivar.

The effect:

By blending different terpene profiles and cannabinoid concentrations, a broader spectrum of action emerges—supporting bodily regulation and mental clarity simultaneously.

Practical note:

In Germany, specialized platforms such as *KannaMedics* support this approach by offering curated recommendations, which can be professionally compounded by pharmacies—for example, the *Alle Farben Apotheke* in Melle—into individualized blends.

Biological Quality and Personal Cultivation

The purity of the cannabis flower is the foundation of any therapeutic effect. Within holistic cannabis therapy, clean cannabis—free from pesticides, heavy metals, and synthetic fertilizers—is indispensable.

Organic cultivation:

I explicitly recommend cannabis from organic cultivation. Only then is the endocannabinoid system not additionally burdened while attempting to regulate itself.

The sovereignty of self-cultivation:

Controlled personal cultivation represents the most consistent form of quality assurance—and at the same time a deep form of relationship with the plant. It allows cultivars to be tailored precisely to therapeutic needs and enables the practitioner to accompany the medicine from root to flower.

1. Preparation – Preparing the Ground

Healing does not begin with inhalation, but with the conscious decision to create space.

- **Time:** Plan at least 60–90 minutes without subsequent appointments.
- **Physical status:** Ensure adequate hydration (ideally structured water) and a light stomach.
- **Intention:** Formulate a clear, simple orientation. One sentence is sufficient, such as: *“I open myself to regulation,”* or *“I allow my body to be perceived without judgment.”*

Intention acts as an internal compass.

2. Set and Setting – The Inner and Outer Protective Space

Set (inner attitude)

Enter the session with openness rather than performance pressure. The central rule is: **allow rather than force**. Cannabitation is cooperation with the nervous system—not control.

Setting (external environment)

Create a space of safety. Soft lighting, comfortable temperature, and the certainty of being undisturbed send a clear signal to the system: *“Here, you may let go.”*

Without this signal, healing reflexes often remain inhibited.

3. Technique – Why Vaporization Is Ideal

For therapeutic Cannabitation, the vaporizer is the central tool. It represents a modern cultural technique that promotes presence rather than numbing.

- **Clarity:** Vaporization preserves terpenes; the effect remains refined and less sedating.
 - **Dosability:** Effects can be titrated in small increments up to the individual resonance point.
 - **Breath integration:** Warm vapor integrates naturally with conscious breathing without stressing the lungs.
-

The Three Forms of Cannabitation

Cannabitation is not a rigid concept, but a developmental pathway with three progressive stages:

1. Basic Cannabitation – Releasing the Breath

The focus lies on relaxing the respiratory musculature. Cannabis supports the transition from stress mode (sympathetic activation) to regulation (parasympathetic dominance). This form is particularly suitable for sleep, rest, and initial healing impulses.

2. Focused Cannabitation – Directing Attention

Here, breath and awareness are consciously linked. Perception is guided into bodily regions requiring regulation—such as tension patterns, pain areas, or regulatory centers. Cannabis intensifies communication between mind and body.

3. Micronutrient-Supported Cannabitation – Nourishing the Foundation

This is the most sustainable form. The deepened perception of the healing trance is combined with essential biological building blocks such as omega-3 fatty acids, magnesium, or OPCs.

Micronutrients stabilize the biological *hardware*, while cannabis supports the regulatory *software*.

Chapter 7

The Practice of Cannabitation

Basic Cannabitation – Freeing the Breath, Inviting Regulation

Basic Cannabitation is the entry point into the practice. The aim here is not to resolve complex issues, but to establish the foundation: freeing the breath and calibrating the nervous system.

1. Intention – Your Inner Compass

Before you begin, pause for a moment. Ask yourself: *What am I opening this space for?* Intention guides the experience through attention. A simple sentence is sufficient, for example:

- “I open myself to healing.”
 - “I invite guidance and regulation.”
 - “I want to feel myself again.”
-

2. Body Posture – Awake and Safe

Sit upright, ideally on a chair. Your feet rest firmly on the ground, the spine is naturally aligned, and shoulders and abdomen remain soft.

This posture sends a clear signal to your system: *I am safe—and I am present.*

3. Preparing the Lungs – The Accelerator

Take about ten calm, deep breaths, extending the exhalation slightly. Allow the abdomen to soften.

This preparatory breathing charges the system, prepares the lungs, and significantly enhances the subsequent effect of cannabis.

4. Entry – Conscious Vaporization

Inhale calmly, evenly, and deeply. Then exhale in a relaxed manner and allow the breath to continue flowing naturally.

Important: Do not hold the breath.

5. The Golden Rule – Maintain the Flow of Breath

After inhalation, do not simply lean back. Continue breathing steadily, deeply, and fluidly.

After a few minutes, the breath often begins to carry you—it becomes slower, fuller, and wave-like. Allow this to happen.

6. Transition Into the Healing Trance

Your eyes are closed. You gently shift from everyday thinking into an alert inner space.

- **Allow:** Impulses for movement, images, or emotions may arise.
 - **Do not analyze:** If you need to cry, cry. If laughter arises, allow it.
 - **Anchor:** If thoughts carry you away, gently return to the breath. It remains your guide.
-

7. Completion and Integration

A session usually lasts between 40 and 60 minutes. When the depth begins to fade, gently move your hands and feet, drink some water, and remain seated for a moment.

The Journal

Immediately afterward, write down sensations, images, and insights. This non-judgmental recording strengthens trust in your perception and anchors the process in everyday life.

Chapter 8

Focused Cannabitation

Directing Breath and Attention

Focused Cannabitation builds upon the foundation established in Basic Cannabitation. The overall structure remains the same—the difference lies in the **intentional direction of attention**.

1. The Starting Point – The Center

Always begin in the lower abdominal area, slightly below the navel. Allow breath and the effect of the plant to flow into your center.

No imagery is required. Sensation is sufficient.

2. Intensified Bodily Awareness

Through the combination of breath and focused attention, inner perception expands. Many people begin to experience the endocannabinoid system as a pulsating, living network permeating the entire body.

This is not a visualization exercise, but a direct sensory experience of regulation and internal connectivity.

3. Targeted Work With Blockages

Once familiarity with the basic practice has developed, attention can be guided toward areas that feel painful, tense, numb, or “dense.”

- **Intensity as invitation:** A temporary increase in sensation indicates resonance, not harm.
- **Leaning into relaxation:** Do not fight the sensation. Soften into the area with the breath.

In this process, long-standing neural armoring or stored emotional patterns often begin to reorganize.

4. Rethinking Pain

Pain is frequently bound tension. In Focused Cannabitation, the aim is not to suppress symptoms, but to engage with the underlying energetic and neurobiological dynamics.

Through heightened sensory feedback and the regulating influence of terpenes, tension can reorganize on a deeper level—often without conscious effort or narrative processing.

Integration and Transition

Focused Cannabitation should always conclude with a brief return to the whole body. Allow awareness to expand again, sensing breath, posture, and the surrounding space.

Before moving on to the micronutrient-supported forms of Cannabitation, the next chapter examines a crucial background factor: **the challenges of modern nutrition**—and why targeted micronutrient support is essential for sustainable regulation.

Chapter 9

Modern Nutrition, Deficiency, and Dysregulation

Illness Rarely Arises “Out of Nowhere”

Most chronic illnesses of our time do not arise randomly. They are the result of long-term dysregulation, typically driven by the interaction of two fundamental factors:

- **Regulatory disturbances**
Imbalances within the nervous system, hormonal and immune systems, and the endocannabinoid system (ECS).
- **Deficiency of building materials**
A lack of essential nutrients required for regulation, repair, and adaptation.

These two processes reinforce one another. An overloaded regulatory system consumes significantly more micronutrients—while an undernourished body progressively loses its capacity for self-regulation. A vicious cycle emerges.

The Weak Points of Modern Civilization

Contemporary nutrition is characterized by abundance, yet is often biologically impoverished. The central problem areas include:

The Omega-6 / Omega-3 Imbalance

Industrial seed oils and heavily processed foods lead to a pronounced excess of omega-6 fatty acids. The result is a chronic pro-inflammatory baseline state.

In this context, the endocannabinoid system tends to become overstimulated rather than soothed. For healthy cell membranes and precise cannabinoid signaling, however, **omega-3 dominance** is required—particularly through EPA and DHA.

Acid–Base Imbalance

High consumption of sugar, refined flour, and excessive coffee or alcohol depletes alkaline minerals such as magnesium, calcium, and potassium.

The consequences include tissue rigidity, reduced enzymatic activity, and impaired nutrient uptake at the cellular level.

Environmental Burden

Pesticides, heavy metals, and microplastics significantly increase oxidative stress. The organism enters a permanent compensatory mode, consuming reserves faster than they can be replenished.

Stress – The Biochemical Disruptor of Regulation

Chronic stress is not merely a psychological phenomenon, but a measurable biochemical state. Persistently elevated cortisol levels lead to, among other effects:

- increased consumption of magnesium and zinc
- inhibition of parasympathetic regenerative processes
- heightened inflammatory susceptibility

When applied correctly, cannabis can exert a regulating influence here. Without an adequate nutrient foundation, however, its effects remain limited. The plant may support regulation—but it cannot replace missing biological resources.

Interim Conclusion

In the context of holistic cannabis therapy, nutrition is not a secondary consideration, but a central regulatory factor. Without sufficient building materials, even the most refined consciousness work remains unstable.

For this reason, the following chapter focuses on **micronutrients as the foundation of regulation**—and on why quality, bioavailability, and integration are decisive.

Chapter 10

Micronutrients as the Foundation of Regulation

Why Quality Matters More Than Claimed Effectiveness

In a therapeutic approach based on fine biological regulation, the quality of micronutrients is not a side issue—it is a central prerequisite. Before discussing individual substances, it is necessary to take a sober look at the realities of the modern supplement industry.

The Uncomfortable Reality of the Supplement Industry

The following points are not drawn from alternative sources, but from publications by consumer protection agencies and regulatory bodies. They outline a reality that many users are unaware of.

1. “Natural” Is Not a Protected Term

Most vitamins and minerals used in supplements today no longer originate from plants or animal sources. They are predominantly:

- synthetically produced in laboratories, or
- biotechnologically generated through fermentation

The term *natural* is not legally protected and provides no reliable information about origin or manufacturing process.

2. Genetic Engineering Is Standard—Often Without Labeling

A large proportion of commonly used vitamins (including vitamin C, B2, B12, biotin, beta-carotene) are produced using genetically modified microorganisms.

These production methods are legally permitted and do not require labeling as long as no genetically modified organisms are detectable in the final product. As a result, consumers often have no insight into how a vitamin was actually produced.

3. Novel Vitamin and Mineral Compounds

Many vitamin and mineral forms used today:

- do not occur in nature
- were developed for reasons of stability or cost
- are legally approved but entirely artificial

This applies, among others, to:

- certain vitamin D and vitamin K compounds
- folic acid
- niacin
- various mineral salts (e.g., calcium, magnesium, iron)

A higher advertised bioavailability does not automatically imply better biological integration.

4. Global Production, Limited Transparency

The majority of global vitamin production now takes place in China and India. Even products labeled “Made in Germany” may contain raw materials sourced entirely from non-European production chains.

Why I Reference LifePlus

Over many years, I have examined and worked with a wide range of supplements in practice. Based on my current knowledge and experience, no other manufacturer meets the requirements of holistic therapy as consistently as LifePlus.

Cold Manufacturing Processes

Sensitive ingredients are processed at low temperatures to minimize oxidation and loss of activity. This method is technically demanding, cost-intensive, and therefore uncommon within the industry.

Pharmaceutical-Level Standards

Production quality significantly exceeds typical food-grade standards and aligns more closely with pharmaceutical manufacturing principles.

Bioavailability – The Often Overlooked Key Factor

Even high-quality vitamins are ineffective if the body cannot recognize, absorb, or integrate them. This is particularly relevant for individuals with:

- impaired digestion
- metabolic dysregulation
- chronic stress
- inflammatory gut conditions

Many conventional supplements bind active compounds in starch, cellulose, flour, or synthetic carrier substances. LifePlus follows a different approach: most products embed nutrients within an enzymatic paste—a patented process that differs fundamentally from standard tablets or capsules.

This enzymatic matrix:

- reduces digestive strain
- facilitates enzymatic breakdown
- improves intestinal absorption
- increases effective bioavailability within the body

As a result, even individuals with compromised digestive capacity can absorb micronutrients more efficiently.

Nutrition Instead of Isolated Chemistry

Another decisive factor is formulation. Rather than isolated single vitamins, LifePlus deliberately integrates:

- natural cofactors
- secondary plant compounds
- flavonoids
- enzymatic and mineral co-factors

This creates functional nutrient networks that the body recognizes as concentrated nutrition rather than foreign isolated molecules.

From an evolutionary perspective, the human organism is adapted to complex nutrient matrices. An important side effect is a reduced risk of overdosing, as the body can regulate uptake more effectively.

Relevance for Holistic Cannabis Therapy

Within the context of Cannabitation, this distinction becomes particularly clear. Low-quality or poorly integrated micronutrients are often perceived more negatively—not less—under the influence of cannabis.

High-quality, well-integrated nutrients, by contrast:

- stabilize the cannabis experience
 - ground the process
 - support sustainable homeostasis
-

The Synergy of Cannabis and Micronutrients

Based on my experience, the essential key lies here:

Cannabis opens perception and regulatory pathways.

Micronutrients provide the biological substance and stability.

Both reinforce one another. High-quality nutrients ensure that the effects of cannabis become clearer, deeper, and more sustainable over time. In this way, Cannabitation becomes a reliable path of self-regulation rather than a situational experience.

The choice of products remains open. Those who use alternative supplements should ensure a comparable quality standard: natural raw materials, transparent sourcing, and gentle processing—without artificial fillers.

Chapter 11

Micronutrient-Supported Cannabitation

The Missing Layer of Regulation

Micronutrient-supported Cannabitation represents the missing puzzle piece that completes a conscious relationship with cannabis. Over many years of research and practical experience, one insight has become increasingly clear:

the quality of the experience changes fundamentally when the system is adequately supplied with micronutrients beforehand.

This is not a form of “combined substance use” that distorts the effects of cannabis. On the contrary, micronutrients act as a biological complement that stabilizes the process, protects the nervous system, and makes the plant’s effects more precise and manageable.

The Core Micronutrients of Holistic Cannabis Therapy

Structural Fats – Mediators and Energy Conductors

The endocannabinoid system is a lipid-based signaling system. CB1 and CB2 receptors, to which cannabinoids bind, are embedded directly in the lipid membranes of cells. As the brain consists of approximately 60 % fat, the quality of these fats decisively influences the depth and stability of regulation.

OmeGold – The Foundation

OmeGold acts on three central levels:

Terpene Synergy (Entourage Effect)

A proprietary blend of essential oils modulates Cannabitation in a targeted manner:

- **Beta-caryophyllene (clove):** directly binds to CB2 receptors, strongly anti-inflammatory
- **Limonene (citrus):** supports mental clarity and reduces cognitive fog
- **Frankincense:** grounds the experience and supports neurobiological calm

Vitamin D3 – The Receptor Modulator

Vitamin D3 is essential for the density and sensitivity of cannabinoid receptors. Deficiency renders the ECS functionally “deaf.” At the same time, D3 supports serotonin balance and contributes to an anxiety-reduced experience.

Omega-3 (DHA & EPA) – The Hardware

High-quality fatty acids form the cell membranes in which cannabinoids act. Only flexible, well-nourished membranes allow sustainable regulation.

The MCT Booster – A Transport Strategy

As OmeGold itself does not contain medium-chain triglycerides (MCTs), combining it with coconut oil has proven strategically beneficial:

- **Rapid transport:** MCTs are quickly converted into ketones and cross the blood–brain barrier efficiently
- **Targeted delivery:** DHA, EPA, and terpenes preferentially reach the central nervous system

Result: faster onset, greater clarity, and improved neurological stability during Cannabitation.

In short: *OmeGold provides the building material—MCTs handle the logistics.*

Additional Lipid Specialists

- **Lyprinex:** ETA-rich fatty acids from green-lipped mussel, particularly effective in inflammatory conditions where conventional oils reach their limits (e.g., asthma, rheumatic disorders)
 - **OmegAhi (Ahiflower®):** the most efficient vegan omega source due to stearidonic acid (SDA)
 - **mangOmega:** a rapidly absorbed mango-based emulsion, well suited as a carrier for liquid cannabis extracts
-

Antioxidants – Protection and Stabilization

Cannabis activates metabolic processes and thereby increases oxidative load. A strong antioxidant network acts as a biological buffer.

- **Proanthensols® (Real OPC):** highly effective polyphenols following Masquelier’s research, protecting capillaries and neuronal structures—especially relevant in chronic inflammation or intensive Cannabitation
- **Purple Flash:** a gentler, berry-based alternative supporting brain and immune function

Synergy: both reduce oxidative stress and stabilize the long-term effects of Cannabitation.

The Power Base – Foundational Nutrient Support

Cannabis use without a broad nutritional foundation resembles meditation with an empty battery. Stress and cannabinoids increase the demand for B-vitamins, magnesium, and trace elements.

Daily BioBasics provide:

- comprehensive vitamin and mineral coverage
- secondary plant compounds
- algae, grasses, and adaptogens
- enzymes, fibers, and probiotic cultures

For sensitive systems: **Daily BioBasics Light**—the same nutrient density without added fiber.

Additional Functional Support

- **Micro-Mins Plus:** colloidal minerals acting as “spark plugs” for nerve signaling
 - **MSM Plus:** organic sulfur supporting membrane flexibility and connective tissue resilience
 - **Real NRG:** clean energy support without caffeine crashes—useful for focus during Cannabitation
 - **Support Taps:** nervous-system relief, helpful in overload states and withdrawal processes
-

The Opener – X-Cell

X-Cell is based on L-arginine and citrulline malate, precursors of nitric oxide (NO). NO dilates blood vessels, improves circulation, and enhances the transport of oxygen, micronutrients, and phytocannabinoids.

Synergy with cannabis:

While cannabis initiates regulation, X-Cell creates biological openness and flow. This prevents congestion and allows the experience to remain present and embodied rather than diffuse or overwhelming.

Important Usage Notes

- **Proanthensols® 100:** best taken in the morning on an empty stomach or approx. one hour before Cannabitation
- **The 30-day rule:** divide the package content by 30—an internationally established guideline
- **Daily formulations:** consume promptly, as fiber content leads to rapid thickening

Chapter 12

Strategically Combining Cannabis and Micronutrients

The Art of Fine-Tuning

A hallmark of holistic therapy is that it does not rely on standardized solutions, but responds to the individual needs of each system. Depending on whether cannabis is used for pain relief, stress regulation, or conscious exploration, the requirements for micronutrient support also change.

Why Sequence Matters

Preparation – Cannabitation – Integration

Many people experience cannabis as intense, chaotic, or unreliable in its effects. In most cases, this is not due to the plant itself, but to the conditions under which it is used. Cannabis never acts in isolation—it always unfolds its effects within a biological system. That system may be well prepared, overloaded, undernourished, or unstable.

The sequence described here follows a clear biological logic.

1. Preparation – Making the System Receptive

Cannabis primarily acts through the endocannabinoid system. If essential prerequisites are missing—such as sufficient micronutrient availability, stable membrane lipids, or a regulated stress axis—the plant cannot express its effects clearly. The experience then often feels flat, restless, or overwhelming.

This is addressed through the targeted intake of micronutrients, usually about **60 minutes before Cannabitation**. The aim is to prepare the system biologically so that cannabis can modulate rather than compensate.

2. Cannabitation – Regulation Instead of Overstimulation

In this phase, cannabis functions as a catalyst and regulator—not as the main actor. The actual work occurs through the interaction of perception, breath, body, micronutrients, and consciousness.

When the system is prepared, high doses are unnecessary. The experience becomes clearer, subtler, and far easier to integrate. Cannabis supports regulation instead of forcing it.

3. Integration – Stabilizing Instead of Crashing

After Cannabitation, the nervous system is often open, sensitive, and active. At the same time, the demand for energy, amino acids, and neurotransmitter precursors increases.

If this need is not met, common after-effects include:

- cravings for sugar
- fatigue or emotional irritability
- a post-experience “drop” marked by apathy or disinterest

Integration does not serve to prolong the effect, but to anchor it.

Protein-based formulations such as **Triple Protein Shake** or electrolyte drinks like **Be Sustained** ground the process, replenish energy stores, and reduce the impulse for rapid sugar compensation. They may also improve sleep quality.

Conclusion: Cannabis as a Regulatory Tool

The combination of preparation, Cannabitation, and integration transforms cannabis from a situational stimulus into a regulatory tool with broad therapeutic potential. Only this sequence makes Cannabitation safe, effective, and sustainable.

The following section presents proven protocols and combinations that strategically leverage the synergy between the endocannabinoid system and selected LifePlus reference products.

PROTOCOL 1 – The Foundation

Stress Reduction and Enhanced Self-Awareness

Purpose

This protocol supports basic nervous system regulation and deepens self-awareness and inner calm. It is suitable both for beginners and as a regular practice for stress stabilization.

Cannabis is used here as a regulatory impulse to support homeostasis and improve mind–body coherence.

Preparation

Approx. 60 minutes before Cannabitation

Omega-3 (OmeGold, OmeGold Vegan, or OmegAhi)

Omega-3 fatty acids are essential components of neuronal cell membranes. Adequate membrane fluidity improves signaling within the endocannabinoid system and leads to a smoother, more refined cannabis experience.

(2–4 capsules of OmeGold)

Approx. 15 minutes before

Daily Plus – optionally combined with X-Cell

B-vitamins, magnesium, zinc, and trace elements support neurotransmitter synthesis and stress processing, creating a stable biochemical foundation for regulation rather than overload.

X-Cell

By increasing nitric oxide availability, capillaries dilate and circulation improves, allowing nutrients and active compounds to reach even fine tissue structures.

Cannabitation (Regulation Phase)

Cannabis is used at a low to moderate dose (1–2 inhalations via vaporizer).

Breathing remains calm and even; attention rests on bodily sensation and inner presence.

Why this works:

Cannabis reduces neuronal overactivation, while conscious breathing activates the parasympathetic nervous system. Together, they create a state of heightened perception combined with internal safety.

Integration

Be Sustained or Triple Protein Shake

Protein stabilizes blood sugar levels, supplies amino acids for nerves and muscles, and prevents compensatory sugar cravings. Electrolytes support sustained energy balance.

PROTOCOL 2

Tension · Chronic Pain · Musculoskeletal System

Purpose

This protocol aims not only to reduce pain perception, but to actively regenerate affected structures—joints, tendons, and nerves. This requires consistent biological building material, independent of Cannabitation itself.

Preparation

Approx. 60 minutes before

Omega-3 (OmeGold or OmegAhi)

Supports inflammation-related signaling pathways and tissue responsiveness.

MSM Plus – The Permeability Switch

MSM (organic sulfur) increases cellular permeability, allowing nutrients to enter cells more easily while metabolic byproducts exit more efficiently. It also exerts direct analgesic effects on nerve tissue.

Joint Formula & Collagen – Structural Building Blocks

Glucosamine, chondroitin, and collagen peptides supply raw material for cartilage, tendons, and synovial fluid.

Proanthensols or Purple Flash – Structural Stabilization

Protect newly formed collagen fibers from oxidative stress and support long-term connective tissue resilience.

Optional additions:

Evening primrose oil (GLA) for prostaglandin regulation

Additional high-quality collagen from grass-fed sources (types I, II, III)

Approx. 15–30 minutes before

Daily Plus

X-Cell

Cannabitation (Regulation Phase)

During inhalation, attention is directed toward painful or restricted areas, accompanied by gentle breathing into those regions.

Supportive imagery such as “the pain flows out” or “water extinguishes fire” may be used if helpful.

Why this works:

Cannabis modulates pain signaling, while breath and awareness allow muscular and neural relaxation. The combined effect facilitates deeper reorganization.

Integration

Be Sustained or Triple Protein Shake

Stabilizes blood sugar, supplies amino acids, and supports post-session recovery.

PROTOCOL 3

Depression · Fatigue · Motivation · Mood

Purpose

This protocol supports individuals experiencing low drive, exhaustion, or emotional flatness. The aim is not forced activation, but the rebuilding of sustainable energy.

Preparation

Approx. 60 minutes before

Omega-3 at higher dosage (e.g., 4–8 capsules of OmeGold)

Supports neuronal membranes and dopaminergic signaling; exhibits nootropic and cognitive benefits.

Approx. 15 minutes before

Daily Plus + Real NRG + Purple Flash

B-vitamins and mild stimulatory compounds enhance alertness and motivation without overstimulation. This combination is also well suited for daytime application.

Cannabitation

An activating approach, potentially combined with music or gentle movement. Begin standing and allow spontaneous movement to arise. Shaking or full-body vibration is explicitly encouraged.

Why this works:

Cannabis can release emotional rigidity when sufficient energy is available and allowed to move.

Integration

Be Sustained or Triple Protein Shake

Supports mood stability and energy replenishment.

PROTOCOL 4

ADHD · ADD · Focus · High Sensitivity

Purpose

This protocol supports neurodivergent perception patterns. It helps reduce cognitive overload and promotes regulatory clarity.

Preparation

Approx. 60 minutes before

Omega-3 at higher dosage (e.g., 4–8 capsules of OmeGold)

Strengthens neuronal membranes and dopaminergic pathways, supporting cognitive stability.

Micro-Mins

Act as metabolic “spark plugs” for nerve signaling and provide grounding support for highly sensitive systems.

Approx. 15 minutes before

Support Taps

Reduce nervous system stress and stabilize energy regulation.

Daily Plus + X-Cell

Cannabitation

Gentle breathing, slow movement, focus on the heart region, low dosage.

Why this works:

Cannabis can support neural connectivity and neuroplasticity without overstimulation when applied within a regulated framework.

Individual Guidance and Deepening

The protocols presented here serve as powerful orientation points. However, each metabolism, nervous system, and life situation responds uniquely. Personal observation remains indispensable.

My offer:

If you are uncertain which combination best suits your specific needs—such as sleep issues, trauma-related work, exhaustion, or performance enhancement—I offer individualized one-on-one consultations.

Together, we assess your current state and develop a personalized Cannabitation protocol aligned with your body, psyche, and daily life.

Further information can be found at

www.spiritual-cannabis.org

or via e-mail at Sundragon@gaia-net.de

Chapter 13

The Return to Wholeness

Cannabis as a Teacher of Self-Regulation

In this handbook, we have undertaken a journey that reaches far beyond the mere “use” of a plant. What has become clear is this: within a holistic context, cannabis is not an intoxicant, but a **means of communication**. It forms a bridge between your cells, your nervous system, and your consciousness.

The central insight remains: **healing is not a passive process**.

Cannabis may extend a hand—but the biological foundation (nutrient supply) and mental orientation (intention) provide the ground upon which regulation and healing can grow.

From Reading to Shared Practice

If this book has accompanied you in your exploration of Cannabitation, you do not have to walk this path alone.

Cannabitation is an experiential practice. Many of its insights deepen not only through solitary reflection, but through sharing, dialogue, and the resonance of others who are exploring similar questions of regulation, perception, and integration.

For this reason, I have created a **free Telegram community** for readers of this book. It is an open space where experiences with Cannabitation and the described methodology can be shared, reflected upon, and integrated in a respectful and grounded way.

Free Cannabitation Community (Telegram):

<https://t.me/+GypOteWGTHc1ZiQy>

Participation is voluntary and free of charge. The intention of this space is peer exchange and collective learning—not marketing or instruction.

If, over time, a desire arises for **deeper guidance, structured background knowledge, or ongoing personal support**, there is also an **optional, subscription-based Telegram group** available. In that space, I offer more in-depth explanations, Q&A, and direct support.

An Ethical Outlook – Consciousness Instead of Numbing

We live in a time of transition.

The legalization of cannabis offers us the opportunity to move beyond the old stigma of “drug use” and to recognize the plant for what it truly is: a highly potent medicinal plant that can help us maintain connection with ourselves in an increasingly accelerated world.

Use this freedom responsibly.

Do not use cannabis to look away, but to look more deeply.

Not as an escape—but as an arrival within yourself.

Resources & Contact

Website & Online Courses

👉 www.spiritual-cannabis.org

In-depth courses on Cannabitation, guided meditations, and current blog articles.

Micronutrient Reference Shop

👉 <https://www.lifeplus.com/SHCQ9I/S/>

Here you will find the foundational products described in this book (Daily BioBasics, OmeGold, Proanthensols) to support the biological basis of your endocannabinoid system. Contact me if you wish to set up your own micronutrient reference shop.

Free Cannabitation Community (Telegram)

If you would like to share your experiences with Cannabitation, ask questions, or learn from others, I invite you to join the free Cannabitation Telegram group. This space is open to readers of this book and serves as a peer-based exchange platform for experiences, insights, and integration. It is not a marketing channel, but a community space intended to support learning, reflection, and mutual understanding.

👉 *Link to the free Telegram group:*

<https://t.me/+GypOtewGTHc1ZiQy>

Participation is voluntary and free of charge.

Personal Consultation

✉️ Sundragon@gaia-net.de

For individual protocols, guidance, and one-on-one work.

“May the plant help you rediscover the stillness within you that has always been there.”

Glossary of Holistic Cannabis Therapy

Anandamide

The best-known endogenous cannabinoid, often referred to as the “bliss molecule” (from the Sanskrit *ananda*, meaning bliss). Anandamide functions as a key ligand for CB1 receptors and plays an important role in regulating mood, pain perception, and stress response.

Bad Trip

In conventional cannabis use, an unpleasant experience is often dismissed as a “bad trip.” Within Cannabitation, such experiences are understood as valuable feedback from the body and nervous system. They indicate tensions or dysregulation that were already present prior to cannabis use.

Biological Contrast Agent

A core concept of the author’s work. Cannabis is understood not as a numbing agent, but as a biological contrast agent that makes bodily blockages, emotional patterns, and nervous system tensions more perceptible rather than suppressing them.

Cannabitation

A method developed by the author that combines conscious cannabis application with meditative attention, breath awareness, and bodily perception. Cannabitation serves as a structured practice for mindful self-observation and active self-regulation.

CB1 and CB2 Receptors

The “locks” of the endocannabinoid system.

CB1 receptors are primarily located in the central nervous system and are involved in memory, mood regulation, and pain processing.

CB2 receptors are mainly found in the immune system and peripheral tissues, where they regulate inflammatory and immune processes.

Default Mode Network (DMN)

A large-scale brain network associated with the everyday sense of self, rumination, and continuous engagement with past and future. During the cannabis healing trance, activity in the DMN is reduced, allowing alternative modes of perception and regulation to emerge.

Endocannabinoid System (ECS)

One of the body’s most extensive signaling systems, functioning as a “conductor in the background” that maintains homeostasis. It regulates interactions between the nervous system, immune system, metabolism, and emotional processing.

Entheogen

A term used for plants or substances traditionally employed in spiritual or medical contexts to facilitate transpersonal experiences and access to expanded states of consciousness.

Gaia Shamanism

A contemporary approach developed by the author that translates traditional shamanic knowledge into modern cultural contexts. Gaia Shamanism is understood as initiatory work supporting maturation, transition, and inner reorganization rather than as a belief system.

Healing Trance

A deliberately induced state of shifted focus away from external stimuli toward inner bodily and psychological experience. Unlike passive intoxication, the healing trance is characterized by presence, awareness, and active regulation.

Homeostasis

The dynamic state of biological balance within the body. The endocannabinoid system plays a central role in maintaining homeostasis across multiple physiological systems.

Modulator

Within holistic cannabis therapy, cannabis is not regarded as a substance that suppresses symptoms (“a pill against something”), but as a modulator that makes regulatory processes visible and supports communication within the system.

Omega-3 Factor

Because cannabinoids are fat-soluble, the quality of fatty acids—especially omega-3 fatty acids—directly affects cannabis efficacy. Omega-3 deficiency leads to rigid cell membranes, impaired receptor function, and reduced therapeutic depth.

Phytocannabinoids

Cannabinoids produced by the cannabis plant (such as THC or CBD) that interact with or modulate the body’s endogenous cannabinoid system.

Regulation

The organism’s capacity to adapt to internal and external stressors and return to balance. The aim of holistic cannabis therapy is to strengthen the ECS so that self-regulation becomes sustainable and autonomous.

Set and Setting

The experiential framework of cannabis use.

Set refers to internal attitude, intention, and mental state.

Setting refers to the external environment and sense of safety.

The author expands this concept to include the **biological set**, meaning hydration, nutrient availability, and nervous system readiness.

Sympathetic Dominance (Sympathicotonia)

A state of chronic autonomic overactivation characterized by persistent stress physiology. In this state, cannabis may be experienced as unsettling or anxiety-provoking if not properly integrated.

Vaporization

The therapeutically recommended method of cannabis inhalation via controlled heating rather than combustion. Vaporization preserves terpenes, reduces pulmonary stress, and allows precise dosing below the intoxication threshold.

Afterword

A Personal Word from the Author

This book did not arise from theory, but from lived practice — from observation, from many years of research, guidance, mistakes, and understanding. It is the result of a path on which cannabis met me again and again as a mirror — not as a solution, not as a promise of healing, but as a teacher.

What has touched me most is the simplicity of the truth hidden behind all the complexity: The body knows how regulation works. The psyche knows what healing feels like. And consciousness knows when it is time to listen.

Cannabis has shown me — and many of the people I've had the privilege to work with — that healing cannot be manufactured. It happens where we stop working against ourselves. Where we begin to perceive instead of judge. To breathe instead of control. To cooperate instead of fight.

This book does not want to convince you. It wants to invite you.

To invite you to look at your relationship with this plant in a new way.

To invite you to take responsibility for your inner state.

To invite you to understand regulation not as a technique, but as an attitude.

If you take only one thing from these pages, perhaps let it be this: Cannabis is not a substitute for inner work — but it can deepen it. It is not a shortcut — but an honest companion. It is not an escape — but, when used wisely, a return.

A return to the body. A return to perception. A return to a wholeness that was never lost, only obscured.

May this book help you rediscover your own rhythm.

May it encourage you to be mindful, curious, and respectful with yourself and with the plant.

And may it fulfill its purpose when it eventually becomes unnecessary — because you have found your own path of regulation.

In this spirit:

Stay awake. Stay soft. Stay connected.

Helmut Christof – Sundragon