



Botanical name: *Cannabis spp*

[including *sativa*, *indica*, *ruderalis*]

Family: Cannabaceae [including hops, hackberries]

Common name: Cannabis

More names: marijuana, mary j, weed, grass, hash, ganja, charas, quinbu, koaba, q'neh bosm, kannabos, chanvre, hanf, caanas

Parts of the plant used: flowers, leaves

When to harvest:

more than 50% stigma [the little hairs] + trichomes [clumps that happen at the flower] have curled + hardened

Herbal actions:

nervine, sedative, antispasmodic, antiinflammatory, antidepressant, analgesic, antagonistic [blockers], anti-cancer, mild digestive

Active constituents:

THC Cannabinoids tetrahydrocannabinols, cannabinol [CBN], cannabidiol [CBD], α -Pinene, Myrcene, Linalool, Limonene, Trans- β -ocimene, α -Terpinolene, Trans-caryophyllene, α -Humulene, Caryophyllene

Taste: Bitter

Habitat + ecology:

It's said that this plant ancestor is native to parts of Africa, the Caucasus region of eastern Europe, India, and Iran. In their natural temperate habitat they grow in disturbed and open areas.

Ethnobotany (People + the plant ancestor):

- Cannabis' earliest name is 麻 (Má), a Chinese name for hemp, prescribed medicinally since at least 2700 BCE.
- The Iroquois nation work with cannabis to bring faith back to patients who do not believe that they can or have recovered from the imbalance in question.
- Rastafarians [Abrahamic religion that developed in Jamaica during the 1930s] worked with this plant ancestor for meditation and spiritual ceremonies, gathering in a "reasoning" to give praise to Jah (God), who they believe bestowed the herb to man in order to invoke thoughtful insight and self-reflection.
 - Rastafarians believe cannabis is mentioned in the Bible in *Psalm 104:14* where it was written, "he causeth the grass to grow for the cattle and herb for the service of man...." And in *Revelation 22:2* "the herb is the healing of the nations."
- Sufism, the "hippies of Islam," cannabis is considered a vehicle to God and a "method to open the mind for the divine."
- In the sacred Southeast Asian texts of the *Vedas*, cannabis is one of the five sacred plants delivered to Earth by *Shiva* to purify amrita- the elixir of life. Hindu mythology holds that Shiva created cannabis from his own body and is occasionally depicted consuming it in the form of *bhanga*, a libation generally drunk during the festival of *Holi*, the springtime celebration of good over evil.
- There are some historical explanations for the beginnings of the Indica strain, also known as *Cannabis Indica*. It was first classified by Jean-Baptiste Lamarck, a French biologist, in the late 1700s. He also identified the fact that the plants were intoxicating. It was different from the regular hemp crops grown in Europe at the time, as they did not intoxicate the consumer.
- Cannabis is one of the most appropriated, exploited, and criminalized plant ancestors today. The U.S. government began the war on drugs due to the cultivation of the marijuana in Mexico + distribution in the U.S. The war on drugs via cannabis has continued state sanctioned, funded + militarized "rebel" group attacks on black + brown communities within US borders and abroad for over 6 decades not. The

criminalization of cannabis and subsequent war on drugs [the war has expanded to include cocaine] impacts immigration, militarization, business, and policy not just on both sides of the border, but worldwide.

Plant magick:

- Spirit tool
- Spiritual awakening
- Enhancing meditation
- Consciousness shifting
- Shifting our perspectives
- Deepen tranquility
- Revel future events [Taoist belief]

Form: spirit, dried flowers + leaves, spirit bath

+contraindication:

- Mindful in shifts of blood pressure, heart rate
- Avoid during pregnancy [may slow growth of fetus] + breastfeeding, after a stroke, spraying mouth as it may cause nausea + headache, if living with bipolar disorder or Schizophrenia, living diabetes [harder to regulate blood sugar]
- Long use at high doses can cause cannabinoid hyperemesis syndrome or CHS

On the War on Drugs

[Pondering Pot](#)

[Marijuana Criminalization](#)

[US War on Drugs and Implications on Mexico](#)

[US Marijuana and Immigration](#)

Working with Cannabis as a spiritual tool

- Respect the plant ancestor
- Know your limits
- Setting an intention
- Practice self-awareness
- Choose the strain that best aligns with your intentions
- Embrace the medicine

Photos of the plant ancestor:

Medicinal uses:

- CB1Rs in cannabis have affinities with the brain, the basal ganglia, limbic system, hippocampus, cerebellum, the peripheral nervous system, liver, thyroid, uterus, bones + testicular tissue
- Specifically treats the following muscle + muscle spasm conditions:
 - Spinal injuries, Amyotrophic Lateral Sclerosis (ALS or Lou Gehrig's disease), Cerebral palsy, Asthma, Multiple Sclerosis, Neurological damage
 - Relieves the symptoms of Parkinson's
- Supportive to epilepsy and seizure conditions, Grand mal epilepsy, Dravet syndrome, Lennox-Gastaut syndrome, Crohn's disease
- Healing + offering relief to countless of other conditions including: Glaucoma, AIDS/HIV, Inflammatory bowel disease (IBS), Neurodegenerative Diseases, Asthma, Post Traumatic Stress Disorder (PTSD) and other neurological disorders
- Supportive to menorrhagia [irregular, heavy or prolonged menstrual flow]
- Can treat [non]cancerous tumors [topically]
- Treats the pain of arthritis and other localized pain [topically]

Sativa

- Consciousness shifting effect may support with depression
- May offer relief from fatigue
- Associated with leveling out mood disorders + ADHD
- Supportive with gut functions, especially easing spasms + discomfort in the intestinal tract due to sedative effects on the nervous system

Indica

- Supportive to insomnia
- Alleviating pain
- Inducing relaxation of muscles, including stomach lining; supportive to muscle spasms
- Calming anxiety
- Headache and migraine relief

Ruderalis

- Rare that they are grown for medicinal uses due to their slow growing rates, not much medicinal information is known

Recipes

[Cannabis oils + edibles](#)

[Butter](#)

[Chocolate](#)

Preparation:

herbal smoke, in food, tincture, butter, oil, ointment

Recommended dosage:

Tincture: half to full dropperful in acute conditions

Inhalation: know your limits

Topically: use liberally

Sativa



Indica



Cannabis Species



indica



sativa



ruderalis



sativa



indica



ruderalis