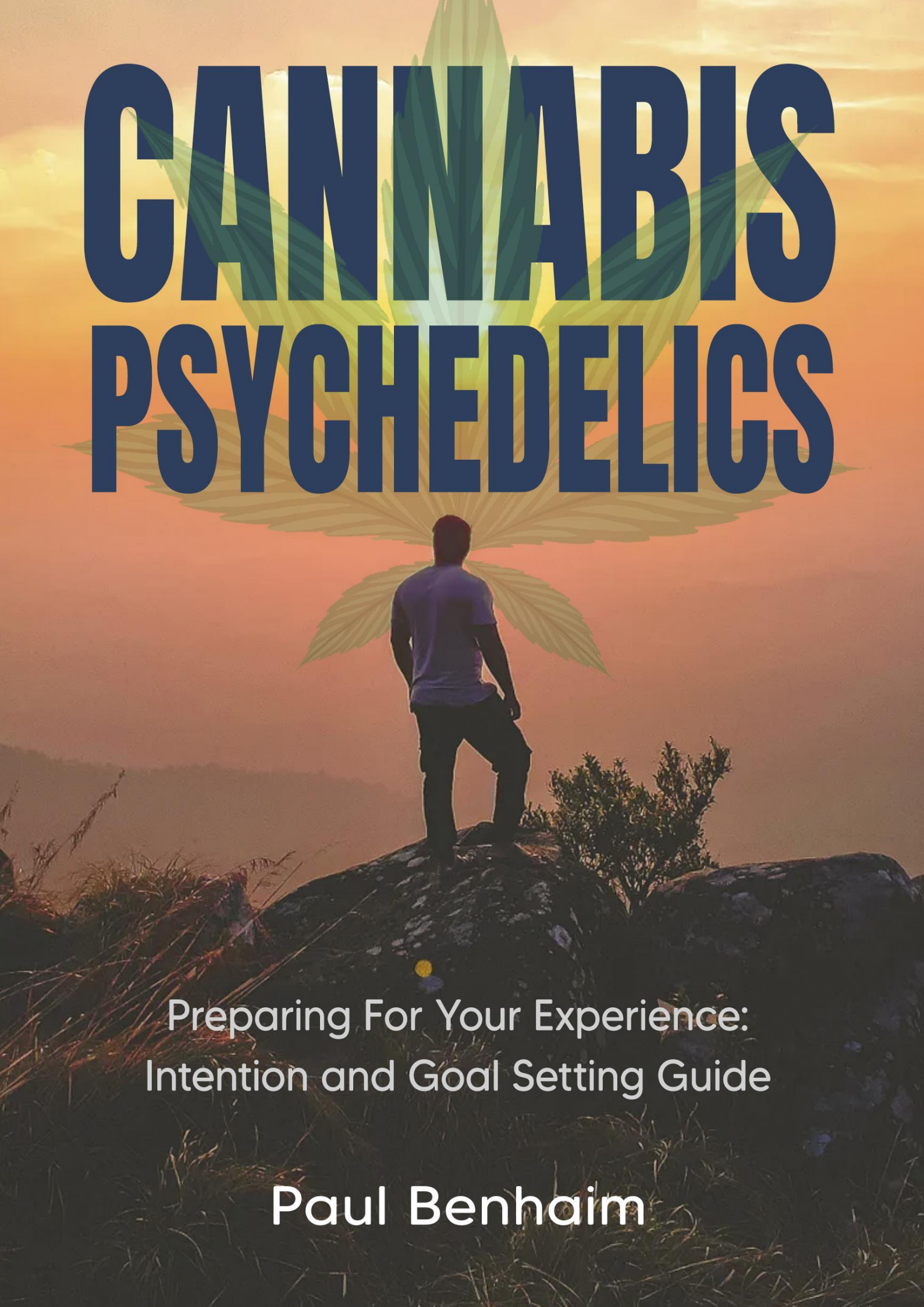


CANNABIS PSYCHEDELICS

A person is standing on a large rock, looking out over a landscape at sunset. Behind the person are several large, stylized cannabis leaves. The background is a warm, orange and yellow sunset sky over a hazy landscape.

Preparing For Your Experience:
Intention and Goal Setting Guide

Paul Benhaim

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The information herein has not been reviewed or approved by Government health authorities.

About the author

Paul Benhaim is one of the world's leading experts on cannabis sativa. He is the author of 9 books and 4 guides, as well as the founder of Cannabis Psychedelics. In the 20th Century, both the UK and in Australia Paul was responsible for the first hemp food companies. Pioneering the first hemp CBD businesses in Australia and Japan as well as building a \$500m USA hemp company. Currently Paul is founder and chairman of The Hemp Plastic Company – a business built on producing plastics from this wonder plant.

Paul created the first company in Australia to look at legal production of psilocybin where he designed a clinical trial with a team of world experts.

Paul's first psychedelic experience was at the age of 17, and his journeys with many psychedelics have continued since then, inspiring his passions to work with nature. Having worked with the cannabis plant for three decades it was only recently that Paul recognised the ability for cannabis to be used as a true psychedelic.

An intentional Cannabis Psychedelic experience guided him to work with his global networks to share a well considered protocol for healing based upon both science and ancient wisdom. This offering is now offered at his home through Cannabis Psychedelics. His direct spiritual connection with the cannabis plant has influenced the offer for legal cannabis users to meet and heal with this plant ally in a sacred, safe and intentional space.

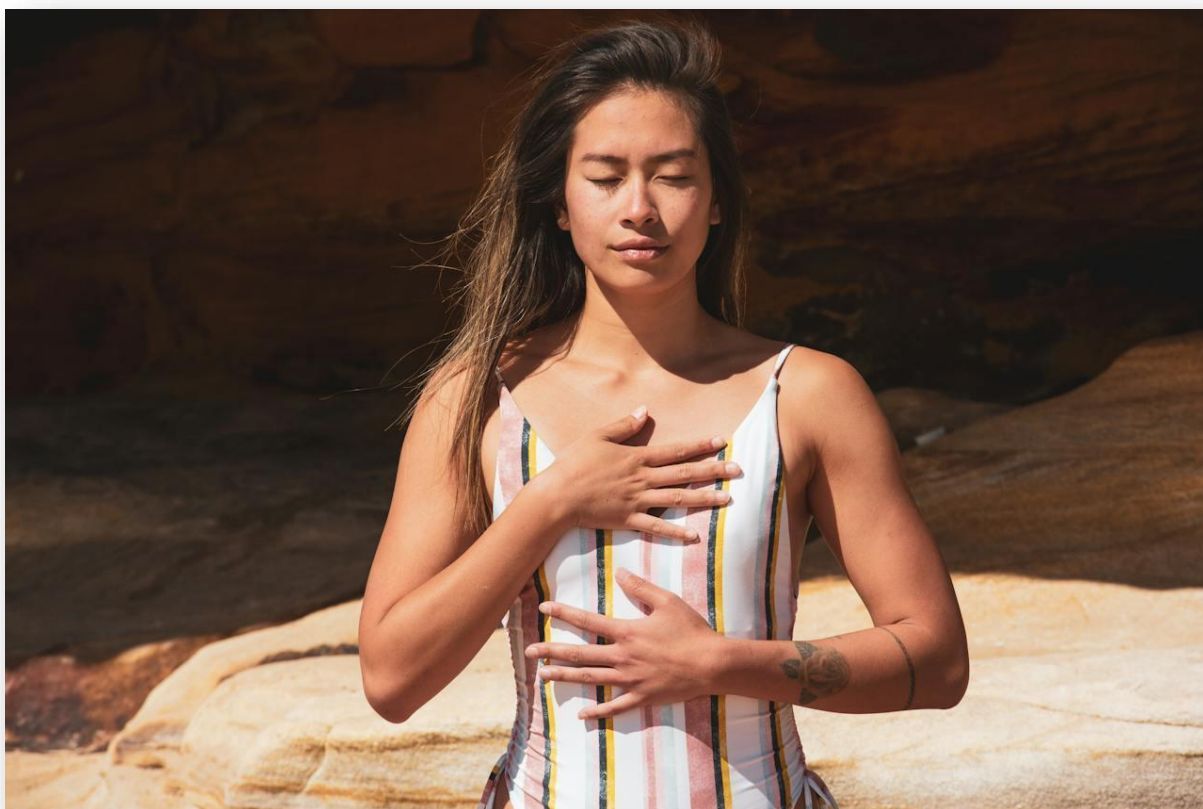
Paul Benhaim



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WELCOME



Setting an intention in a psychedelic experience is beneficial for guidance, purposeful exploration, integration of insights, emotional preparedness, focus, meaningful reflection, and enhancing the therapeutic value, contributing to a more purposeful and meaningful journey.

This guide has been created to support you in being clear with your reason for moving forward with your cannabis psychedelic journey. Without having a clear intention jump on a wave and see where it takes you – maybe to shore, maybe under the ocean, maybe into a wall.

So if you want to go in one direction, even if the plant doesn't take you there, let's get clear with what you want from this new experience.

When we ask what you want – I mean let’s ask for exactly that. We are not asking for “I don’t want a bad relationship anymore” – ie. we are not asking from a negative perspective.

You want to paint a picture of what you want and be as clear as possible. “I want a positive relationship” is vague, and may bring you a friend in the local shopkeeper (which is great!). If you meant “I want to feel heard and loved in my intimate relationship” then this is quite different. To go deeper and more specifically still “I want positive clear communication, space to listen and space to be heard when I spend quality time with my intimate partner after he returns from work and has had dinner”.

LIFE'S PURPOSE



If you are 'on purpose' and energised in what you are doing, then you are probably changing the world in the best way you can. This doesn't mean working with the plants cannot help you, in fact, we have many people who experience cannabis psychedelics that are leaders in their field and choose the plants to support their creativity, slowing down or focus.

And, not knowing our life's purpose or meaning is often a more common problem than most realise. So let's start with some of my musings around finding and following your life purpose:

1) Your purpose is within YOU – not your partner, your community or even the external world

You already have it, even if you are not aware. There is nothing to gain, just to be aware of. Often distractions, trauma, chemicals, toxins and the busy-ness of everyday life living and travelling in boxes do not support the internal focus that was once natural.

- a)** Cultivate a mindfulness practice. That could be meditation, relaxation techniques (we include one later), yoga, exercise or even mindful cleaning!
- b)** Create boundaries. Have times when you do not answer the phone (it is only this generation where we are always contactable). Have times when you do not access the internet or screens.
- c)** Connect with nature. It is always there. Even in the city. Look closely and you will find many answers about what is.
- d)** Connect with your feelings. Give that time.
- e)** Take a bath. Have a massage. Hug a friend.

2) Your purpose is connected with relationships

We all have relationships – to the land, our community, our country, humanity, nature and the universe. Wherever we look they exist.

- a)** Start by looking at the relationships closest to you – with this page, this room, this light, the sound around you, then expand to the house, people within it, the street, the animals, the birds, the lands and countries, the sea and fish, the mushrooms, the solar system, the stars, the galaxies, the universe and beyond.

b) Do I feel big or small? Important or unimportant? Know there is always perspective, so if you feel small, look at ants, or bacteria in a microscope and learn their lifestyle. If you feel big, then see exercise “a)”

3) To know your life’s purpose, you must know yourself

Anytime we go against what we are supposed to be doing just sucks our energy. If it's hard to get up in the morning and go to work, then there is probably something better for you. That doesn't mean you should quit immediately! It does mean it is worth looking inside yourself.

This is where plant medicines can help speed up the process. Meditation. Walks in nature. Quiet time away from technology. Anything that takes you inside to your feelings can help. Clear away the trauma and the voices/ messages become clearer.

Sometimes when we have chosen what we want to do we realise it may not be ideal for all those around us. So, before you make a change – check-in to ensure it doesn't harm anyone. Sit with this intended reality for some days, or more before you take any drastic action. But don't let it fade, as if you find your life's purpose you will know what it is to be on fire – to jump out of bed raring to get the next thing done. Exciting times lie ahead!



PREPARATION QUESTIONS

Please answer these questions for yourself. They are for you and do not need to be shared. Please take the time to do this in a quiet and intentional space at least 48 hours before your journey.

What are your intentions? What do you hope to receive from this session?

What fears or concerns do you have about this work, if any?

What are you willing to check at the door before entering into this work?

Do you believe in miracles? Is there a part of you open to this being easy?

What critical or judgmental voices might show up that could distract you from deepening your process, trusting the medicine, or getting the most out of the day?

What are your assets? Who can you speak to or imagine you are writing to in a journal about this experience?

Are there any objects you would like to bring with you to place on the altar during the ceremony?

Are there any blankets, comforters or pillows you want to bring on the journey with you?

Now, be honest, why did you choose a cannabis psychedelic experience?

INTENTION SETTING PROMPTS

Something very present for me right now is...

Something I'm avoiding is...

I have concerns about...

I'm curious about ...

I'm inspired to explore ...

I'm ready to let go of...

At this moment, I deeply desire and long for...

Once you journal for a while answering these questions or working with the prompts, there may be certain themes that emerge. Circle them and organize them. Get to know them. After that, you can write a summary of your intentions, called an intention statement. Ways to start an intention statement include the following:

Thank you for giving me this opportunity to...

I'm choosing to...

My intention is...

What will be different when my intention comes to fruition?

Why did I choose this as my main intention?

Why do I want this?

Carefully consider each question. Close your eyes and think about it.
One by one. See what comes to your mind.

My intention statement summary:

CLARITY

Some of us can be really simple and direct. More of us seem to be unsure or talk in circles.

If you are simple and direct, your answers to the above are likely to be clear and full. Great!

If you are unsure then may be what you need is to repeat the questions, slowly and with intention, one by one.

If you have lots of notes, goals and intentions – then it's time for some more work.

Let's start by reviewing all we have written and consider if any are repeated. Then let's move to – if we have 1) will that automatically fix 2) or 3)?

Let's pencil out the things that are repeated/ lead to the same conclusion. Then check in, is this your highest intention? Is there a deeper reason why you have chosen this goal or intention?

Now go and underline the keywords in your goals or intention.

Can you get clearer/ simpler by using fewer words?

Can you get more specific? Sometimes removing ambiguous words will help here.



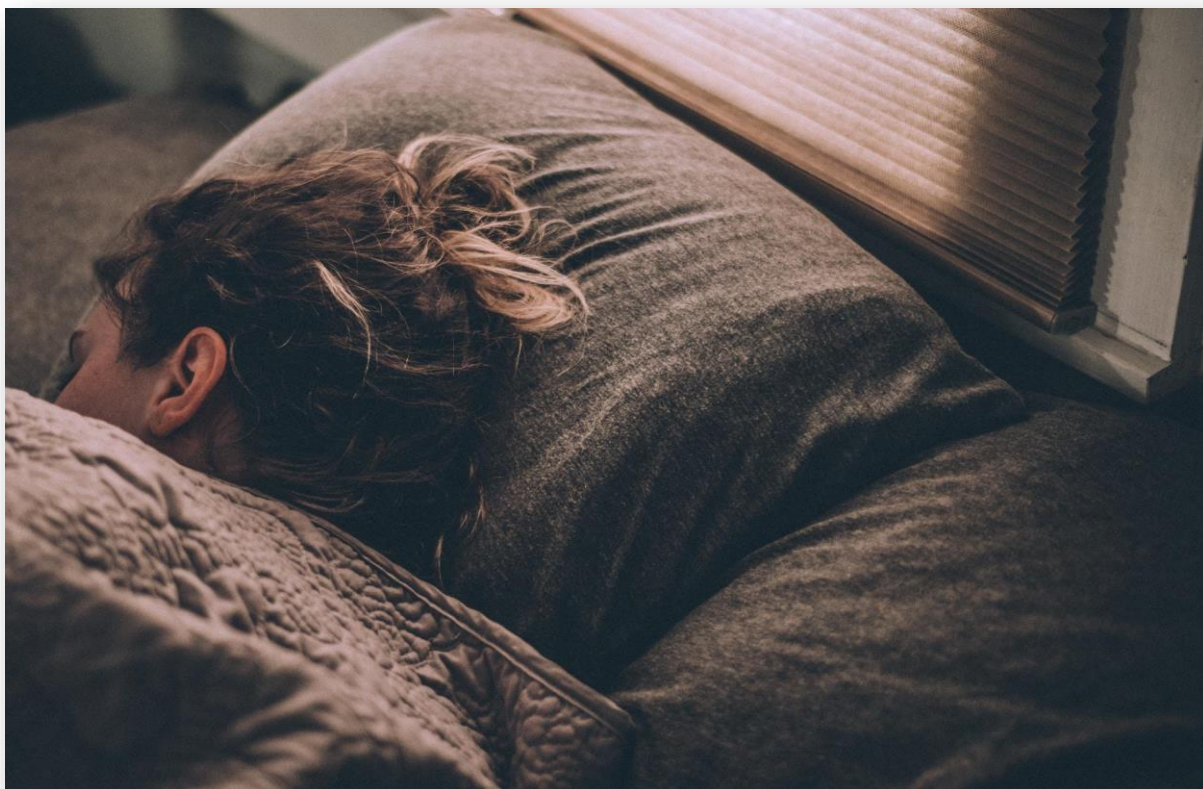
STILL NOTHING?

So, you have sat with the questions and nothing comes – well now is the time to use an extraordinary space for guidance – sleep. Sleep contains different levels – from deep sleep to REM sleep and more. Each of these allows access to a part of our consciousness that may also be accessible in the cannabis psychedelic experience. Let us try here.

Before we go to sleep simply ask the question, when you are lying in bed “Deep sleep mind, while I am dreaming tonight, please assist me in uncovering my goals and intentions for the work I need”.

Imagine yourself waking with a clear picture/ image and that you feel good and will write it down in the journal next to your bed.

Then let all of that go.



Now, lying down and with your eyes closed go through relaxation of each body part, one by one – focus on and relax each part from your head down to your toes, your internal organs, behind your eyes and more – focus on them, let them relax deeply, then let them go.

This routine will help you deeply rest and allow your subconscious mind to bring to you what you need. No matter how silly, strange, unimportant or irrelevant it may seem, go with that. It may not be obvious why your intention is what it is, unlike a long time later. What I have discovered, is that our unconscious, just like the plants is deeply connected to a field which all makes sense at some point.

Trust the plant medicine,

Rest well.

ABOUT CANNABIS PSYCHEDELICS

We are focused on supporting the healing of others through intentional and safe settings for deep transformational experiences through the use of cannabis sativa.

To further enhance your understanding and connect with a community of like-minded individuals, we invite you to visit our dedicated platform: www.cannabispsychedelics.com.au. Here, you'll find a wealth of resources, community forums, and expert insights to support you on your journey.

Our Facebook page is <https://www.facebook.com/THCpsychedelics>- please like and share.

Our platform is designed to foster mindful connections, provide up-to-date information, and create a space for open dialogue about the responsible use of cannabis psychedelics. Join our community of seekers, explorers, and visionaries as we continue to share knowledge, experiences, and collective wisdom.

Enjoy our [FAQ](#) – full of lots of information about our experiences.

Enjoy learning about our [Programs](#)– learn about our private, group and online opportunities, as well as our weeklong immersion in Thailand, or the Nine Perfect Strangers retreat!

[Facilitator Training](#) – maybe this is for you? Just email us for more information.

Remember, the journey with cannabis psychedelics is a unique and personal adventure. With mindfulness as your guide, you have the opportunity to unlock profound insights, nurture personal growth, and contribute to a community that values shared learning.

Embark on this transformative path with intentionality, and may your exploration of cannabis psychedelics be filled with mindfulness, connection, and a deeper understanding of the inner landscapes that await you.

Oh, and if you haven't yet entered – do make sure you have registered [to win a free VIP experience](#) for you or a loved one – all you need to do is share the email of the person you want to win here

<https://cannabispsychedelics.com.au/competition/>

Paul and the team at Cannabis Psychedelics.

We at **Cannabis Psychedelics** are focused on supporting the healing of others through intentional and safe settings for deep transformational experiences through the use of cannabis sativa.

Join us for an Experience or train as a certified Cannabis Psychedelic Facilitator.

Together we can be the change we want to see in the world.

Join us at:

www.cannabispsychedelics.com.au

[Facebook.com/THCpsychedelics](https://www.facebook.com/THCpsychedelics)

Paul Benhaim is founder of Cannabis Psychedelics and author of various books including:

An Introduction To Cannabis Psychedelics:
What it is, How it Works and What it Does

Cannabis Psychedelics and Mindfulness:
Practical Ways To Tap Into The Secret
Healing Powers of Your Mind

Cannabis Psychedelic Intentions
Preparing For Your Experience: Intention and
Goal Setting Guide

An Expert Guide To Vaping Temperatures:
How To Get The Most From Your Cannabis
Flower Every Time

Cannabis Psychedelics Integration
Creating Short and Long Term Change In
Your Life

An Introduction To Vibroacoustic Sound
Therapy: How Sound Vibration Technology
Activates Profound Healing

Modern Introduction To Hemp

H.E.M.P. Healthy Eating Made Possible

Growing Hemp For Profit

How To Build A Hemp House

Living Food Recipes

Hemp Textile Industry



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