

I have questions!

MuffyD Speaks

Cannabis, Where Have You Been All My Life?

Intro:

In our current world, we all hear about how taboo Cannabis is, how its a gateway drug, or how “bad” it is for us. Images of “stoners”, sex and delinquents flood minds when speaking of this plant and in actuality, we are finding out that cannabis possibly is the medicine for us...ALL of us.



The System, Why Don't I Know You?

The Endocannabinoid System, we all have one...ALL mammalian vertebrates have an endocannabinoid system, which interacts with endocannabinoids and phytocannabinoids that are found in cannabis. This system of cannabinoid receptors, lipids, and enzymes perform a large role in **maintaining homeostasis, or internal regulatory balance** in many of our bodily functions. Please teach this to all who listen, knowledge is power and we all can make our own decisions on medications once educated correctly.

Not My Drug...I Thought

As a woman in her 40's who has “lived”, I feel I can be a voice on this subject. Cannabis or “marijuana” had not been one of my favorite feelings in my “experimental stages” in younger days. First experience landed me on the ground, puking on myself with feelings of “falling through to China”. (Never use a “bong” as your first tool for cannabis... Not fun ...at

all). Second try (cause we should sometimes keep tryin), landed me on a gurney being wheeled out in front of my entire highschool. This was a "BAD" batch it seem. Took this on as this is not my drug!

Throughout the many years of friends and family being of heavy users of cannabis, I was not interested nor did I seldom partake (unless it was snacks & animal planet time). Though one cannot help but wonder why? Why did so many beings LOVE the feeling of being "stoned"? I had always respected the friends that got up daily and got their s**t done, which most are still doing to date. They "wake & bake" they smoked at breaks, they smoked after and during and before everything they did.....not the case for me, I just was not a fan....yet.

A Short Story

Fast forwarding to my mid 30's, these days were heavy. Years of "life" held in and getting through each day without giving any love to self, this started to affect my sleep and daily health. I started smoking "chronic" daily, usually only at night. To help with sleep and aches and get that feeling of "I don't give a f**k", so that I may give my "feelings" a break and rest for the next day. It worked well most nights, though I found out I was medicating incorrectly and I was uneducated on how this plant really should be used and respected.

This will continue on until I had came to shelter at age 36don't need to hear "Oh poor you"... this was my first respectable, loving home. It was also the start of really finding out how to heal myself with REAL SUPPORT, Resources and Love (the REAL definition) ...and **I wish I had cannabis through this walk.**

Once in shelter, one has a few months to "take care of mommy". Through these months, I attended daily classes, gatherings and groups (some ordered, others not) to find out "what was wrong with me". I had difficulty doing therapy of intensity such as EMDR, cause of the aftermath of being so exhausted out for days. Cannabis was not allowed, even if you were a MMJ Patient. There was NO Medicating on grounds, papers were signed and understood on this subject, so I did not think twice to keep her out of my life at this time. Plus I wanted to heal with NO medications at all. I feel I have been on a "drug" of some sort most my life.

I wanted to fully feel me and learn everything in full sober....I thought that was the “right” thing to do.

I Wish I Knew!

If an option was presented between cannabis and the Rx that was prescribed to me for the “hard days”, i feel i would of went cannabis. With a bit of education and guidance I would of felt a plant would be the best choice. I was coming from a place, wanting to clean out my body of all chemicals. I was determined and instead of taking the prescriptions, I sat in fear and confusion many of the times. Luckily, some of the women I had encountered and grown to love dearly, helped in this walk of purging and learning and gaining a bit of trust again. Many were not as supportive, angry at the world and still lost in themselves. You have to think though.....if cannabis was an option for therapy, would we have more success stories coming out of shelter, jail, or hospital? Something to think about in ALL therapies...give us the option to choose.

Dispensary Life

Im two months out and I get hired by YiLo Superstore, my dispensary home. However I got this position or that it was EVEN A POSITION, blew my mind. Only have I worked in clerical, medical and with children, though found out my background was a good fit. Im taking on my first retail job, ONLY cause this seem so beautifully different. Daily, I started to realize I am more myself here than anywhere! Patients and I are learning together about strains, terpenes, and most importantly, about ourselves. I'm learning that im an empath, that one can take on so many energies and love so big, that one can self destroy when not aware. In this daily, I heal better and faster than ever before with patients singing and praying and teaching me. More understanding of myself and others come quickly for we have a **beautiful plant** in common to bond with and to start a conversation... in a world we all touch plastic more than one another. **Cannabis was changing MY World.**

MVP - Budtenders!

So award for most valuable player IN ALL THIS, goes toooooo....THE BUDTENDER! Really looking into who is the one that has direct contact and can ripple goodness out into this world. The dispensary was such a beautiful place for me and without the guidance (mine came from the patients) most patients are at a lost. A novice will not know the language and a trained budtender/patient consultant can ease that confusion, choose informed products and prevent loss of funds. With cannabis, a trial and error timeframe has to be taken. Learning one's dosing, product, brands, and most of all patience until a regimen is found. Keeping in mind this may change consistently as needed. Different times in life calls for different routes of medicating.

As I became a more informed budtender, I took on the energies more lightly, more familiar to a medical standpoint. I understood that patients are in pain and frustrated with years of incorrect treatments, medical and emotional. We don't know one's walk, unless it is are own. We don't know where a person is coming from or going back to. This is customer service, though more of a partnership in healing. Oh budtenders, you are amazing beings that seems to only want to help people feel better and to be of good, though world remember most are patients too, just on the other side of the counter.

Well What Now?

Well now....almost four years later, I've been a Budtender, Lead, Assistant, Educator, Trainer and General Manager and I still say I am a patient first. We are all learning this plant together. The community of the cannabis industry has shown me such love and acceptance that I cannot deny that this is where I'm supposed to be. **In a world immersed in cannabis and ALL that is cannabis is where I WANT to be.** Through all the politics, drama, gossip, and straight up "business fools" lying, this is still so good. Rise up ones that have a voice, "even if it shakes". Talk and educate to everyone who will listen, from the bus stop to the corporate elevator. We all have a part or a piece to put in or to give, that is

valuable to the success of what this industry can become. **Stop fighting with one another and look around and FEEL this community.** It's so powerful that it has reached into people's lives and pulled them out of their homes. With this new passion arising in us, misunderstanding energies will happen, for most are comfortable and practiced in guarding ourselves. **Stop fighting each other, we are on the same side.** Find like minds to business and idea with, once trust is established. Don't treat new beings as the ones that are the old. Be cautious of course, though On ALL sides please remember to be kind to one another. Do not become the ones who projected their hurt onto you....they always win if you become them.



I Love You MaryJane :)

Moving forward to present day, I sit here at my desk writing this "story" and feeling inspired and confident that maybe...just maybe I can finally have a life of my own wants and needs. Because through this industry, beautiful cannabis and all that comes with using cannabis, (plant, support, and knowledge) **I feel better.** I am still learning everyday and most of the prior info is now obsolete and need to be re-researched and open to daily challenges. The more understanding I have and the more I understand, I can finally quiet my "internal static" a bit and move forward to a different way of thinking. I don't have all MY answers, though I understand myself more than before in what I need to do next...step by

step...more like "inch by inch". Cannabis will not take away all that is pain, hurt, or the past.....SHE will calm you enough to start finding the "whole healing", which most in this culture is talking a language I can understand. I've found my people in a world I thought I didn't belong in. I don't have to wait for the next lifetime to start changing the world for me, my babies, and the people around me.

To Angels Who Walk This Earth: I pray this prayer at times I am most low.....

Dear Sweet Baby Jesus,

Please send angels through the people on this earth for I am weak.

Never Fails...Angels Thank you for your words, time, hugs, support, teachings, and most of all.... love. I speak of these angels often.... **I wouldn't be here without all of you. I now have faith in this reality. I will stay for a bit longer. Thankyou**

P.S. My God Gets My Humor