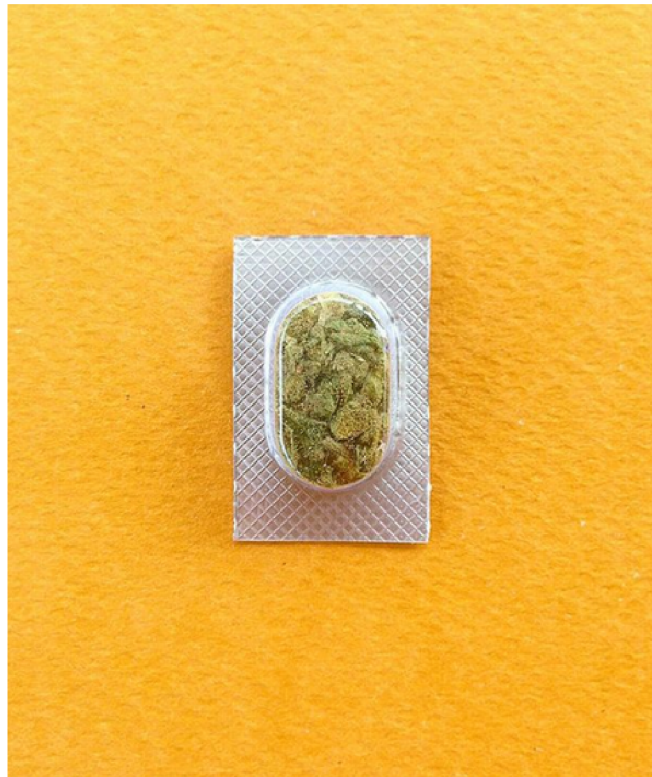


# HEALTHY RELATIONSHIPS



# **A GUIDE FOR BUILDING HEALTHY RELATIONSHIPS**

**TREAT IT AS A LIVING  
RELATIONSHIP**



1

## **OVERVIEW OF PRACTICES**

1. Mindfulness
2. Intentionality
3. Reverence
4. Sacred Reciprocity
5. Communication



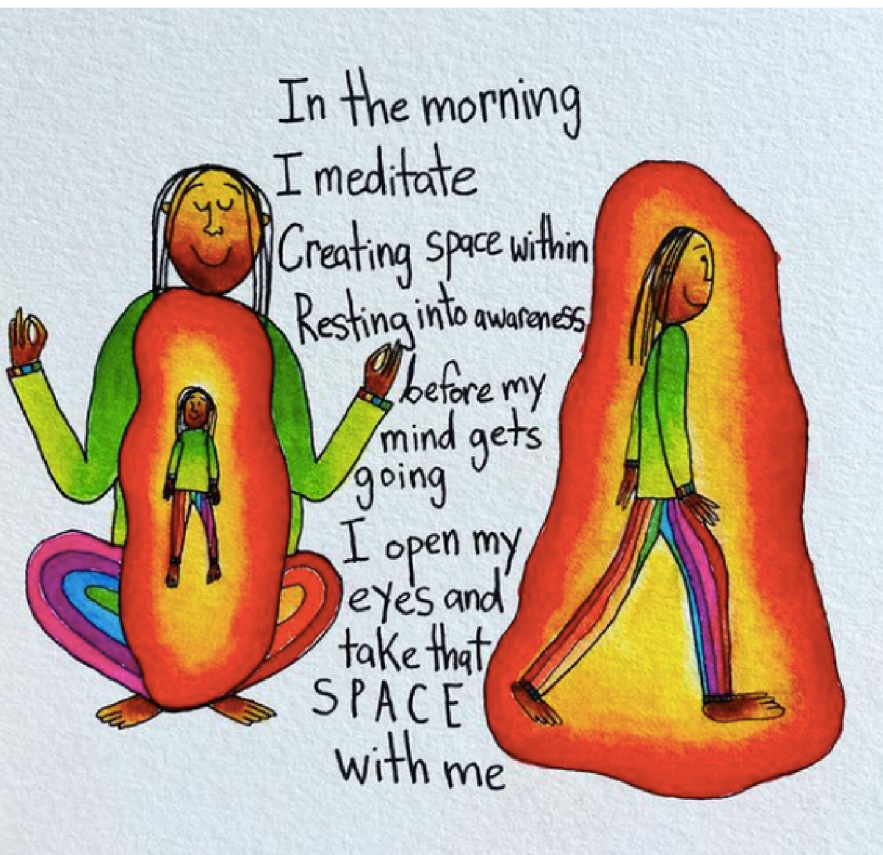


# MINDFULNESS

Establish a daily ritual of being with yourself. Any introspective/mindful modality like meditation, yoga, or walking in nature, practiced for at least 10-15 minimum a day.

This practice will strengthen your capacity to have a healthy relationship with yourself. To feel the discomfort of being human, instead of succumbing to the urge to run away. Before you open yourself up to other powerful objects, practice coming home to yourself.

**DO YOU MAKE REGULAR VISITS TO YOURSELF?**  
**- RUMI**







## INTENTIONALITY

Create a process for checking in with your intuition and body, *over the mind*.

Spend time journaling to clarify your intention, what are you inclining towards?

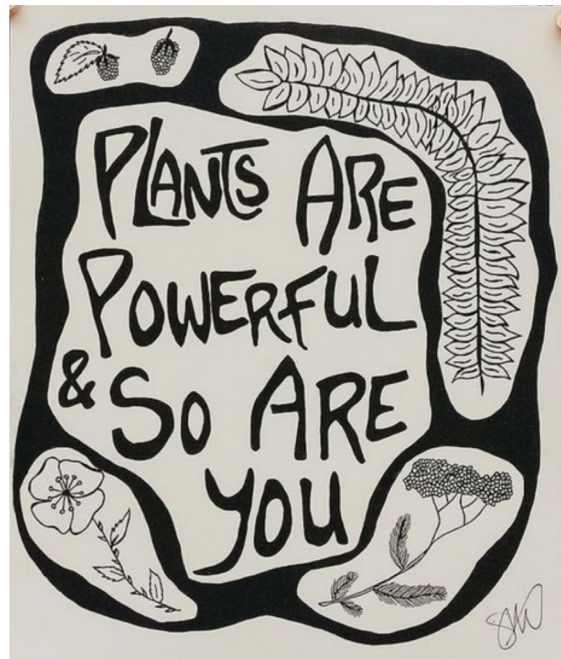
Are you using to “escape” a particular emotion or situation?



## REVERENCE

Respect and reverence for the power of drugs, and for your own power. Do not abuse either.

Engaging in all relationships with humility, integrity, and honoring the potential goodness of the spirit object.



**HAVE YOU  
PREPARED YOUR  
SET & SETTING,**

**AS THOUGH AN  
HONORABLE GUEST  
IS VISITING YOUR  
HOUSE?**



In the hours or weeks leading up to consumption, detox your mind, body, and spirit by eating green, nutrient-rich, unprocessed foods.

Set up your space, make your bed, light candles, aromatherapy, create your playlist.

Hydrate & Moisturize.

Prepare your snacks based on what gives your body nourishment and life!  
Watermelon, mangos, coconut water, ice cream.

Get cute for yourself, express your highest self through adornment.



## SACRED RECIPROCITY

Do you ask the **plan(e)t**, what it needs from you?

Are you conscious of the lineage of how the drug came to you?

What can you return to the **plan(e)t** as a thank you?

Do you understand the way drug prohibition has been weaponized as a tool of social and racial control against Indigenous, Chinese, Black, Mexican, and other marginalized communities?

Have you considered getting involved in activism to end the War on Drugs and bring about healing, equity, and justice for the communities who have been disproportionately criminalized and traumatized for the plant(s) and prayou are now in a relationship with?



## **PRAYER**

This drug is a gift of the earth, the sky,  
numerous living beings, and much hard and  
loving work.

May we relate to it with mindfulness and  
gratitude so as to be worthy to receive this  
medicine.

May we recognize and transform unwholesome  
mental formations, especially our greed and  
learn to relate with moderation.

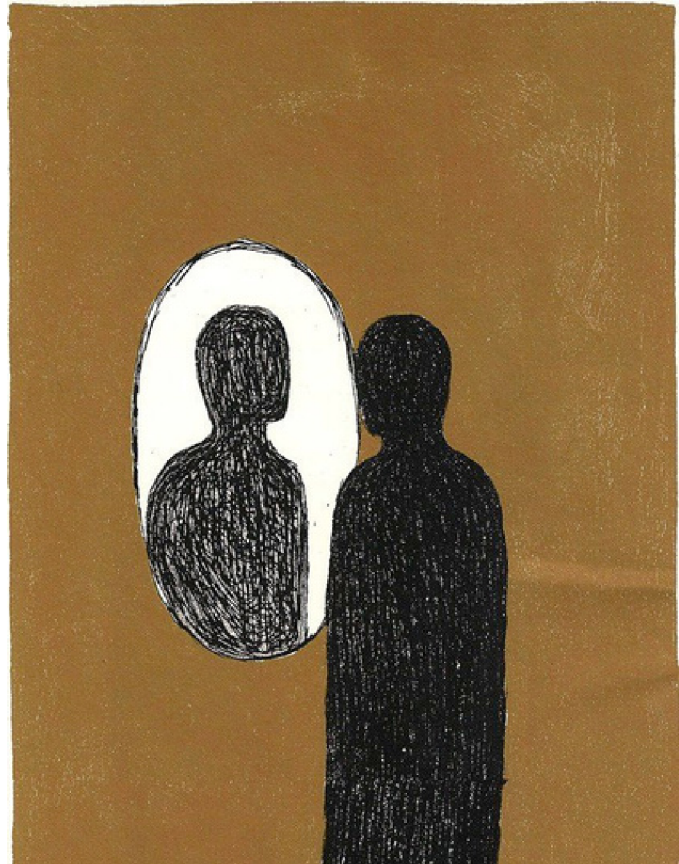
May we keep our compassion alive by relating in  
such a way that reduces the suffering of living  
beings, stops contributing to climate change,  
and heals and preserves our precious planet.

We accept this drug so that we may nurture  
our brotherhood and sisterhood, build our  
Sangha, and nourish our ideal of serving all living  
beings.

## COMMUNICATION

Set aside time to have an honest and compassionate conversation with the object/being you are in a relationship with.

Use this safe space to reflect on your relationship and assess if there are any changes that need to be made.





## WHAT'S WORKING?

What does the drug do for you?

What do you love about it?

What do your feelings towards it teach you about your needs and values?

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## NEEDS & VALUES INVENTORY

### CONNECTION

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect

### CONNECTION continued

safety  
security  
stability  
support  
to know and be known  
to see and be seen  
to understand and be understood  
trust  
warmth

### PHYSICAL WELL-BEING

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

### HONESTY

authenticity  
integrity  
presence

### PLAY

joy  
humor

### PEACE

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

### AUTONOMY

choice  
freedom  
independence  
space  
spontaneity

### MEANING

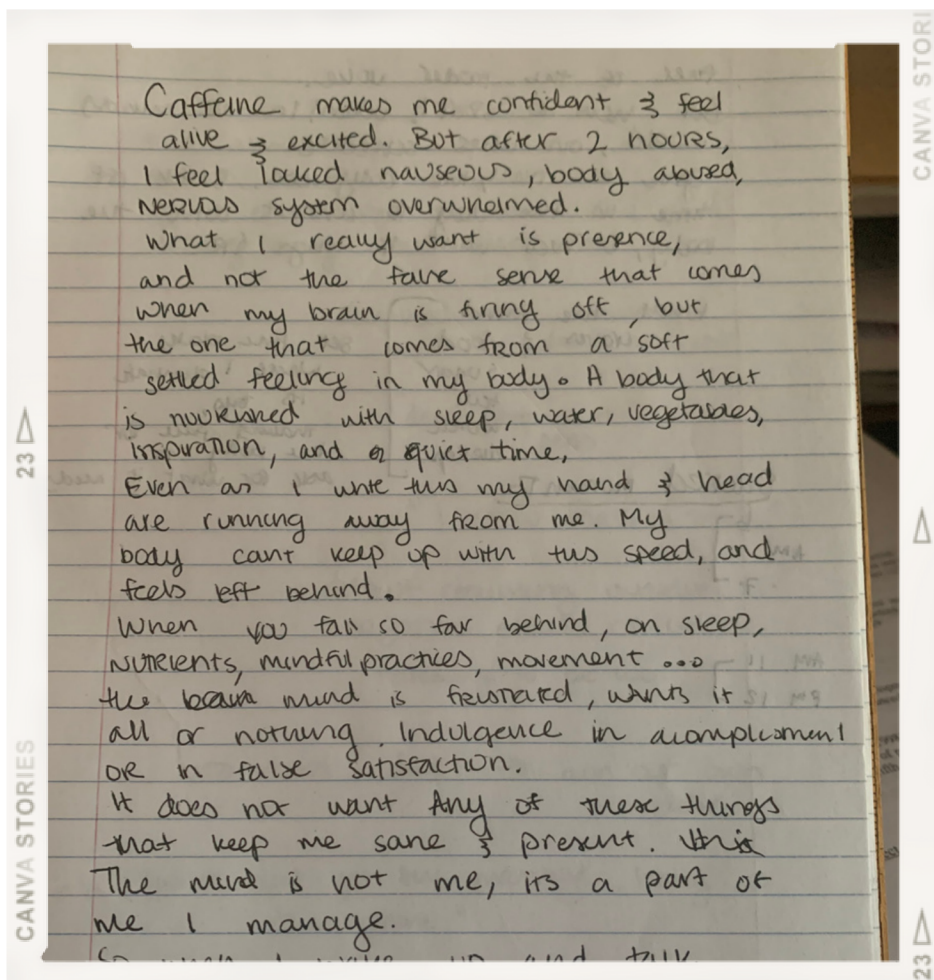
awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
learning  
mourning  
participation  
purpose  
self-expression  
stimulation  
to matter  
understanding

## WHAT'S NOT WORKING?

In what ways has the it been a concern?

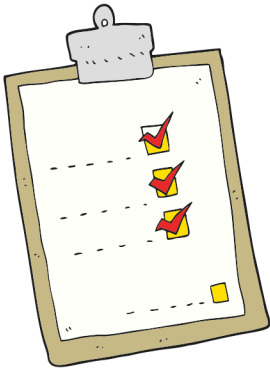
How does that make you feel? What does your feeling tell you about your needs and values?

What are you *really* yearning for?



## WHAT ARE YOU FEELING AND NEEDING?

What does your body, mind, spirit need?



## NON-NEGOTIABLES

Set the non-negotiables you need to practice for your optimal relationship.

These are vital for you to practice in order to feel healthy, balanced, and right in your relationship.

Examples of areas to establish boundaries in: dose & dosage, hydration, rest, movement, set & setting, preparation & integration

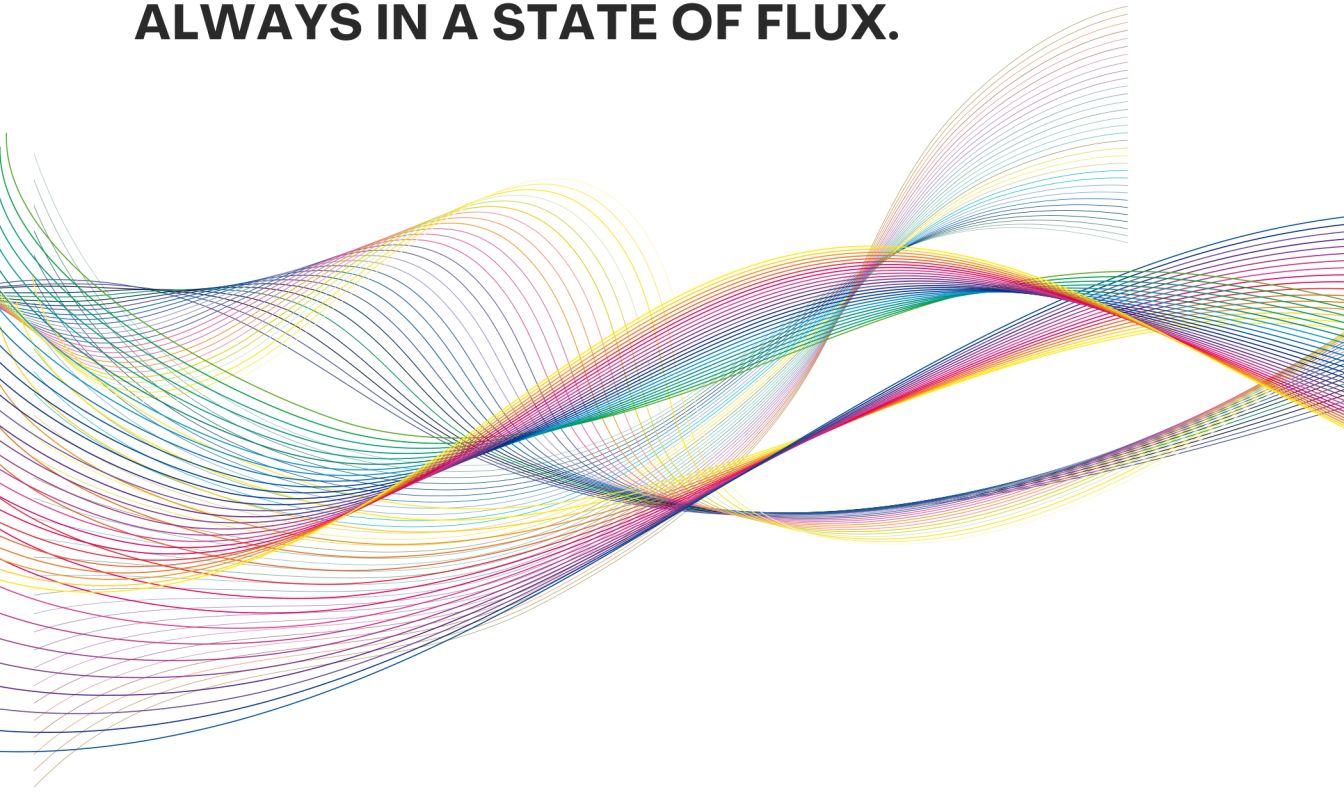




## **HEALING WITH SPACE AND REST**

Seasonally, I schedule longer fasts from food, technology, and drugs so I never confuse my power, sovereignty, and potential with that external to me.

**LIVING RELATIONSHIPS ARE  
ALWAYS IN A STATE OF FLUX.**



**TO BE ALIVE IS TO BE IN A PERPETUAL  
STATE OF REVOLUTION.**

**THIS CONTENT IS NOT LEGAL OR MEDICAL ADVICE AND WAS COLLECTED THROUGH PEER AND COMMUNITY EXPERIENCE.**

**EVERY PERSON IS UNIQUE, AND HAS THEIR OWN CONSIDERATIONS AND KNOWLEDGE OF THEIR BODY AND CIRCUMSTANCES.**

**WHAT WE OFFER ARE TIPS FROM THE COMMUNITY FOR HARM REDUCTION, NOT HARM ELIMINATION, AND WE ASK YOU TO ASSESS WHAT IS BEST AND POSSIBLE FOR YOU. [**



# TEACHING CREDITS

**DECOLONIZING FRAMEWORKS [REVERENCE & RECIPROCITY]...ISMAIL ALI**

**HONORABLE GUEST VISITING HOUSE...RUMI X TIMOTHY LEARY**

**SET AND SETTING SUGGESTIONS... @SOUL.BLUME 420 HEALING CEREMONY**

**COLONIZATION & DRUG POLICY...ISMAIL ALI & CAMILLE BARTON**

**FIVE CONTEMPLATIONS [ADAPTED FROM FOOD PRAYER]...THICH NHAT HANH**

**CONNECTING TO VALUES ...NON-VIOLENT COMMUNICATION**

**WHAT'S WORKING/NOT WORKING ...FRANCES FU (ADAPTED FROM AGILE SCRUM)**

**NON-NEGOTIABLES...MEGAN LIPSETT**

**HEALING WITH SPACE & REST...ANDRÉA PAIGE**

## ART APPENDIX

**Page 2 .....Art Jeikeierre @\_mr.jkr\_**

**Page 4 .....Art @SisterCody**

**Page 6.....Art @øjeRum**

**Page 7.....Art by @zahircreates**

**Page 11 ..... Rhana's Journal**

**BY RHANA HASHEMI**