

Here... www.stoneriley.com/zzzzz

Hello folks. Many cannabis patients, like myself, do micro-smoking. In other words, your health treatment has you take tiny doses of cannabis at regular intervals, to get you a sustained medical benefit. And of course lots of people with no medical complaint enjoy doing that, so this tip sheet is aimed at you too.

And micro-smoking is not difficult. The main thing is being careful you do not waste your stuff while handling it in tiny amounts. That and take good care of your lungs. Your lungs are precious to you. And you also probably need more advice than that.

But who's talking, and why do I care about you?

I joined the U.S. Army long ago, as a young working class stiff from Eastside Houston, a kind of no-sht cowboy culture, "and f. you too, pal", just a short few months before the Vietnam War began. Thru that accident of timing, and related regulations, and bureaucratically helped by looking white, I never went to the Hot War zone altho serving more than 6 years total.

Instead I served in several jobs around the world, sometimes a little hazardous, sometimes helping push the human flesh supply toward Vietnam. I actively resisted in that duty, "f. the army, man", maybe with some success, but I carry some guilt from some of that. It has led me into doing free public services when I can.

And here's more. My final Army job was field medic, a field medical aide with a funky little field ambulance, in infantry battalion elsewhere overseas. Our bunch was a couple hundred foot soldiers with peculiar armored trucks, among a large army always busy with training and training and training, defending the old Cold War line in steep mountain foothills in Germany.

But the Army occasionally picked guys from us and sent them to the Hot War individually, orphaned from their comrades while the Hot War, utterly stupid from its beginning, got worse and worse. Mental suffering of the poor private soldiers in our bunch, under such cruel discipline of grief, broke my heart. My feeling, their psychological suffering was in our area of responsibility, we of their medical platoon.

So praise Good Weed Hemp!! Some time after my arrival, a very compact resin product called hashish began arriving on the street market there in Germany. It was illegal but very easy to hide from our superiors.

This hashish looked like dried boogers, honestly, and we kept it in little foils like chewing gum wrappers in the bottom of our pockets. We could twist up a disposable smoking pipe from another bit of foil in half a minute.

And the psychological benefit was huge, especially in their shift away from drinking way too much alcohol. Previously, there were far too many weekends when town cops arrested some of us for fist fights or drunken vandalism. But peace came in among us furled in cannabis smoke.

So you see, I've been a medical cannabis supporter for a long time and I am writing this tip sheet as part of my activism. You can think of me as a Peace Revolution medical corpsman if you like.

Ps. I am a writer too and among my story books one is military-related... www.stoneriley.com/armystories

I recommend a wooden briar pipe.

This is the same kind of special wood, very hard wood from briar plants, that 99% of tobacco pipes are made from. It's inferior to glass only in briar does not cool the smoke much, which you don't care about with tiny amounts.

And briar is much easier to clean than glass, just 1 jigger of gin or vodka, or try good scotch to give the wood a special flavor, 3 pipe cleaners, and 2 paper napkins. Briar is tough as nails and you'll figure out the cleaning, just don't beat on it with a hammer.

HOWEVER, get a SHAPE of pipe that stands up by itself, for mercy's sake, when you put it down. No worry, it won't fall over when using your tiny tools to load your tiny dose, even if you're sitting on the pointy rock on top of Mt. Matterhorn.

Briar is carved into many shapes, and you can carve something on yours if you get hard-wood carving tools. But I suggest don't get the typical configuration of tobacco pipes, where the pipe stem and nostril are a separate piece that can get lost.

I like a stand-up briar pipe that's all one piece, but of course not too long to use pipe cleaners.

Find a strain of cannabis you want.

I like the LEAFLY.COM website for strain specifics. When you're exploring to find the strain you want, I suggest this routine...

>1: Find out what strains are available near you by visiting local stores or their websites; make a list of the strains' names. >2: For each strain, find its web page on Leafly.com; you may simply google-search for "{strain's name} leafly". >3. On the strain's Leafly web page look down to find a brightly colored chart called **{strain's name} Effects And Attributes**; there are some buttons to see more info and try them all. >4. Thoughtfully compare info on that Leafly chart to your needs and preferences. >5. Decide which strain looks best; go buy the smallest amount of that strain, try it, and make a few notes on your results. >6. Proceed and soon it's likely you will find the strain you need; and furthermore you'll be going in a good direction from the very first purchase. That's my advice.

Add other herbs that help your lungs.

When you smoke cannabis in tiny doses, add EQUAL OR LARGER amounts of TRADITIONAL MEDICAL HERBS good for the lungs.

It's not all good. Ask an Herbalist. That's a specialized profession; you can often find them working in the good health food stores. Tell them you need "smoking herbs to help the lungs, that taste good."

These herbs are for two good uses, to inhale thru a pipe and/or burn on smokeless charcoal as incense. Some smell good or taste good supposedly, but not much difference. There must be some skunks somewhere but I haven't found one.

If you go into a health food store has smoking herbs but no Herbalist, try this...

Walk the store's aisle of teas for beverage, and examine packages seeking teas labeled to help breathing. Read those teas' ingredients. Make a list of drinking herbs to help smoking herb shopping.

Or ask your body. I believe a Chinese philosophy; your body is a bundle of singing living threads each with intelligence.

So hold some Herb A in one hand and B in the other, choose the herb feels lighter and brighter. Or smell them and take the one that's more delicious.

In any case these herbs are sometimes inexpensive so you may decide to risk a few coins. Why not get several different little half-ounce packages??

Then feel free to mix and match in tiny test batches as you smoke your daily healing smokes.

I am looking at little packets I have on hand; I only see Mullein and Chamomile at this time.

Get some little tiny tools.

Grind all ingredients to powder. (Your fingertip is good for doing this, or get a tiny mill or mortar from the specialty suppliers.) Now suddenly this is in your home dispensary kit...

A wilderness of small containers of herbal powders.

But don't worry you didn't label anything or keep any records, it will be alright, they all work with each other. Just use tools that don't spill much. So it's like human history in many ways.

Take up creative art.

WHY NOT? WHY in the name of Mercy, NOT? The world needs you. Like you didn't know that?? I am recruiting for a peace revolution and you are invited.

MAKE SOMETHING BEAUTIFUL NOW, that's our revolutionary discipline and strategy and tactics.

You an aspiring recruit? What you are to do is after a smoke look in mirror, study closely inside and out, and figure out what you should do that's beautiful now. Then do it. That makes you Private First Class! Don't miss out on this opportunity.

Speaking my affection and respect.

Surely it is right to feel affection and respect for good things that exist beside us in this world. I am a Pagan and a poet but I ask this: Why not express that affection and respect toward those good things in words?

My question is certainly debatable by any reasonable standard of proof, but I quite clearly sense the rightness of true spoken words. So in good will and honesty, I am including this note here at this sheet's tip end.

Here's a small modest practice I engage in... Speak to the smoking things in my affection and respect, and in particular speak to the good weed hemp smoking pipe, which is chief representative of all the things in this practice of health which has engaged me.

That is to say, if I need to explain, that it is good to pray in consciousness of Everything.