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FOREWORD

By Stephen Gray

An image I've had in mind for some time about the current planetary situation—more appropriately labeled a predicament or even a crisis—is that of a vortex. Imagine a boat moving slowly downstream in a river toward a powerful whirlpool. When the boat first gets pulled into the outer edges of the spiral, it circles slowly. With each revolution, the circumference becomes smaller, the pull stronger, and the movement faster.

Humanity is well into the pull of that vortex at this point. In my view, shared by a number of visionaries and mystics I know, there is now nothing stopping our inevitable trajectory toward finally being pulled down into the vortex.

But what does that actually mean in the real world for humanity?

It means that the flatland, business-as-usual days may be pretty much over on this planet. The near and mid-term future is almost certain to be very challenging. A radical and widespread consciousness transformation is essential, especially for the benefit of the generations to come.

And what does *that* mean, you might ask? To begin with, it implies the inescapable fact that a great majority of humanity has for a long time been disconnected from our natural, unconditional relationship to ourselves, to nature, and to the divine eternal creation altogether.

An essential aspect of that transformation is that we have to re-discover our interwoven, interdependent relationship with plants and in particular with plant medicines. Plants comprise a vast and extensive natural pharmacy. They have been at the center of humanity's survival forever. They are intelligent and we are embedded in their world.

Lo and behold, there just happens to be a plant that is arguably humanity's most intimate ancient friend and ally. The lineage from which this plant comes is estimated to be somewhere between 30 and 90 million years old. It has certainly been with us since the dawn of civilization and has since generously provided us with everything from building materials, to paper, fabric, rope, a base for paints and cosmetics, food, medicine, and, most relevant to the issues addressed in Bre Wolfe's new book, as a spiritual ally.

This book, *Breathe: Your Guide to Cannabis, Yoga, and Spirituality*, is a valuable offering that will benefit any sincere person wanting to work with cannabis—and by association, other psychedelics—as an important component of an ongoing spiritual practice. Bre's own journey of healing and awakening with the assistance of cannabis amply demonstrates the plant's still poorly understood yet remarkable potential, particularly when used skillfully with

clear intention and not as an easy escape from the sometimes rugged challenges of being human.

The word "Guide" in the subtitle is an appropriate descriptor for the book. It's an interwoven blend of the personal and the instructional. Bre uses her own experience as the crucible while offering user-friendly information that ranges from an educational tour through some of the historical uses of cannabis for spiritual awakening; to its beneficial partnership with yoga and meditation (including easily applied specific suggestions for practice); to a call to action that takes us beyond our own concerns to compassionate engagement at this crucial juncture in the human story.

As you'll see while reading the book, an absolutely central aspect of this necessary consciousness transformation is the recognition that, with the kind assistance of plant allies like cannabis, we are our own healers. I believe we are far more powerful in this way than almost all of us have known. Bre makes this clear repeatedly with encouraging comments like, "...always listen to you, to your heart and body! Not just in a yoga class, but as you go through your day."

There's a Buddhist principle that the bodhisattva—the compassionate "student teacher" journeying on the path of awakening and helping others along the way—never goes beyond what he or she knows. In that regard I was impressed with Bre's respectful and humble attitude toward the reader. As she says in the book, "I can only share what I practice—what I truly know." Then she invites the reader to take what resonates and leave the rest.

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I would trust the advice and guidance of someone who makes statements like those. In the case of *Breathe: Your Guide to Cannabis, Yoga, and Spirituality*, I believe you *can* trust the guidance and make beneficial use of it on your life journey. The great wisdom masters remind us that we're all capable of seeing through illusion and suffering, and then waking up to our true nature as joyful, loving, intelligent sparks of the divine. All the beings of our beloved and beleaguered planet need us to make that journey, now more than ever.

May the path clarify confusion and may
confusion dawn as wisdom. —*Buddhist prayer*

—Stephen Gray, Author of *Cannabis and Spirituality: An Explorer's Guide to an Ancient Plant Spirit Ally*.

Stephen Gray is an author/editor, educator, workshop and ceremony leader, conference organizer, and podcast/YouTube channel host (StephenGray Vision.) Stephen is the author of Returning to Sacred World: A Spiritual Toolkit for the Emerging Reality, and editor/contributor to Cannabis and Spirituality: An Explorer's Guide to an Ancient Plant Spirit Ally.



PREFACE

By Joan Bello

Most books don't have a palpable vibration. This one does.

Bre Wolfe has written the seminal book on the complementary affinity between the practice of yoga and Cannabis as a Spiritual ally. All seekers forward in time will reference her work when studying this ageless, yet hidden, spiritual tradition. Wolfe comes to us with a pedigree of life experience, study, and most importantly from her open heart. It is timely that she makes her appearance at this moment when so many are primed to turn their attention from the trivial to the core values that define our potential.

She is a welcomed channel to help us through these darkest times. As a writer, Wolfe has a rare honesty. You can feel her intent to forge a soul-felt melding with the reader. You know who she is and why she is sharing the rhythm that flows seamlessly across every moment.

In *Breathe: Your Guide to Cannabis, Yoga and Spirituality*, Wolfe has delivered passage to an enchanted pause that

cannot ever be forgotten. At the outset, she offers a logical preamble to what is coming, even suggesting which topic might most interest the reader, that one might even skip a section to move forward faster.

But there is no rush. Within the first few pages, Wolfe has set a gentle exhilarating anticipation to follow her lead. She is confident but humble, her tone is accepting, no ego seeps into her message. Rather than instruction, it feels like a sharing in wonder is taking place. The reader is mesmerized by her ability to cut to the chase while maintaining an imperceptible ease of concentration. Her words are deliberate but tender, breathed into the reader's consciousness quite imperceptibly.

No doubt this author is gifted with the art of communicating. She knows exactly how to sequence her topics and answers your questions as though she is reading your mind. As a backdrop to explaining how yoga and marijuana enhance our being, a mystical tempo carries us along. Wolfe is a serious student of Eastern philosophy, clearly an adept at teaching yoga asana, a Devotee of Santa Maria, and a talented, even poetic, writer. Her book inspires and comforts us, while urging us to re-learn what yoga signifies and where marijuana takes us—the ancient marriage.

Breathe: Your Guide to Cannabis, Yoga and Spirituality is tiny compared to the vast tomes of every age. Perhaps because nothing extraneous enters this book, there is room for so much valuable stuff. Makes me realize that there are too many words that fill so many books yet say so little. There is no doubt that Wolfe has been careful to offer only what is

necessary. There are no fillers—nothing to distract from the reader's attention. Although she speaks from humility, yet her demeanor is authentic, empowered and calm. Since I had been asked to offer my opinion of this *work*, naturally I paid close attention. Once finished, I sat at my desk to describe what had turned out to be a quite unexpected honor.

I could clearly hear Wolfe's steady voice. She displays a pureness that belies her wealth of knowledge and experience. But when had we spoken? I searched my memory and finally realized that we never had. All personal communication was through the sterility of e-mail. But I heard her. I recognized her. But only from the book! I remembered a brief section toward the end concerning empathis; it stood out because I was unsure why it was there. In hindsight, considering the otherworldly impact her words had on me, I know now that we met on a higher plane.

Chapters build on each other in understanding, so that the whole is greater than the sum of its additions. More is gained than was given. As I said, this is a small book—a quick read, especially if you are as infatuated as I was. Nevertheless, time goes by delightfully slowly, the descriptions of yoga practice enhanced with Cannabis lure the reader into a tranquil, yet energized state. The emotions that she describes in the arms of Cannabis Sativa are authentic, as all of us who love marijuana will immediately perceive. “Blending cannabis with yoga, made me feel as though I was coming home... what flows through me is a synthesis of kundalini, pranayama, asana, and affirmations.... Cannabis smooths the flow.... unlike any yoga probably how yoga was practiced....