

# My Cosmic Citizenship Passport

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Compiled and designed by Andrew N. Skadberg, Ph.D.

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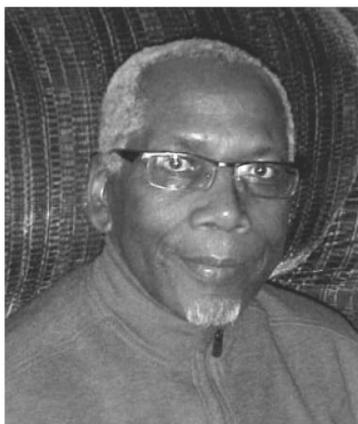


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Welcome to the  
**Reverence For Life University**  
The home of Affirmational Theology,  
Affirmational Psychology and  
Affirmational Philosophy.  
**"THE FOUNDATIONS OF COSMIC ETTIQUETE"**



**Medical marijuana should be dispensed by a doctor and used as prescribed. Too much or too little may have adverse effects or may not cure the illness.**



**Desmond D. Green** is a Research Psychologist and graduate of Goddard College, Vermont. His special studies included exploring modes of perception and motivation with the late Dr. Ross L Mooney, Ohio State University and Abraham

Maslow of Brandeis University. His special studies also included Zen Philosophy at Goddard College under Paul Reptz and Existential Philosophy under Jacob Amstutz, a visiting Professor at Godddard.

Green is the founder of the Reverence For Life movement which was started in Jamaica in 1993. In the 80's he launched the Family Recognition Committee, in collaboration with Change Inc. in Washington, DC. He further developed and implemented motivational programs for the staff of Change Inc.

His over twenty publications include 'Visions Of Jamaica' and 'Passport To A Healthy Lifestyle,' both launched in Jamaica as support material for his work in Jamaica's Correctional system under Commissioner John Prescod.

### **AWARDS**

**2002** Awarded fellowship to Harvard University as a follow up to the Reverence For Life initiative in the Jamaican prison system. **1969** Fellowship from Ohio State University (Studies in Human Dynamics).



GANJA TEA CURED  
MY DENGUE FEVER.

*Deemond Deen*

People have been turning to Marijuana/Cannabis for recreational or religious purposes or just to get high because of boredom and mainly for self fulfillment, to fill a missing sense of self.

However, Cannabis or Ganja (as Jamaicans call it), has a much higher, more magnificent and amazing COSMIC constitution. This magical plant has been gifted to humans for its healing components. There is no other plant on the earth with such a command of spiritual, physical and healing essentials than the Cannabis/Marijuana plant.

Some people who have used marijuana are searching for their connections with the COSMOS. As a result they turn to different types of solutions in the form of drugs or herbs. However, Native people worldwide have been known to turn to natural herbs that served this purpose, in correct dosage and with the right use and balances.



All of life needs to be managed intelligently to reap the best benefits. To manage the natural resources of the COSMOS we need the tools, skills and language.

Cannabis is one of nature's healing herbs, that is meant to keep us healthy, maintain our balance and our connection to **ALL-THAT-IS**. The Cosmos has provided us with all the foods, and natural healing herbs to live happy, healthy and fulfilled lives.

**All provisions are already in place awaiting our proper use of them.**

The choruses listed in this little book provide language tools for achieving perfect **COSMIC** balance. With daily practice they guarantee our alignment, which includes good health, wealth and enduring happiness.



# Uses of medical marijuana



Harvard Health Publishing  
**HARVARD MEDICAL SCHOOL**

*Trusted advice for a healthier life*



## **Medical marijuana**

Peter Grinspoon, MD

Contributing Editor

The most common use for medical marijuana in the United States is for pain control. While marijuana isn't strong enough for severe pain (for example, post-surgical pain or a broken bone), it is quite effective for the chronic pain that plagues millions of Americans, especially as they age. Part of its allure is that it is clearly safer than opiates (it is impossible to overdose on and far less addictive) and it can take the place of NSAIDs such as Advil or Aleve, if people can't take them due to problems with their kidneys or ulcers or GERD.

In particular, marijuana appears to ease the pain of multiple sclerosis, and nerve pain in general. This is an area where few other

options exist, and those that do, such as Neurontin, Lyrica, or opiates are highly sedating. Patients claim that marijuana allows them to resume their previous activities without feeling completely out of it and disengaged.

Along these lines, marijuana is said to be a fantastic muscle relaxant, and people swear by its ability to lessen tremors in Parkinson's disease. I have also heard of its use quite successfully for fibromyalgia, endometriosis, interstitial cystitis, and most other conditions where the final common pathway is chronic pain.

Marijuana is also used to manage nausea and weight loss, and can be used to treat glaucoma. A highly promising area of research is its use for PTSD in veterans who are returning from combat zones. Many veterans and their therapists report drastic improvement and clamor for more studies, and for a loosening of governmental restrictions on its study. Medical marijuana is also reported to help patients suffering from pain and wasting syndrome associated with HIV, as well as irritable bowel syndrome and Crohn's disease.

This is not intended to be an inclusive list, but rather to give a brief survey of the types of conditions for which medical marijuana can provide relief. As with all remedies, claims of effectiveness should be critically evaluated and treated with caution.



CBD International is a global distributor of cannabis oil treatments for cancer worldwide and the developer of MR10P Series as well as M-Series treatments specific to alternative cancer treatments. We are committed to improving our members' well-being and their standard of living with effective pain management.

# Medical Marijuana Edibles

Edibles are food products infused with marijuana. These edibles include a wide range of cookies, cakes, shakes in a tube and drinks. Eating marijuana is becoming a new way to consume the drug. Almost any food product may be infused with marijuana and eaten.

Marijuana-infused cooking oil or butter can be used when frying food, the butter can also be spread directly on prepared food.

These edibles are more widely found in states that have legalized marijuana and in states that permit the use of medical marijuana.



# From Green Flower Blog

*(Re: Medicinal Marijuana)*

1. It Can Help You Lose Weight
2. It Can Regulate and Prevent Diabetes
3. It Fights Cancer (Both scientists and the federal government have released a good amount of evidence showing that cannabinoids fight certain types of cancer.)
4. It Can Help Depression
5. It's Showing Promise in Treating Autism
6. It Provides a Safer Alternative to Drugs and Alcohol. Cannabis can be harmful if you use it irresponsibly, but it's nowhere near as destructive as alcohol for example. With wider availability, cannabis can and will become a substance of choice – and likely save a lot of lives (and livers) in the process.
7. It Helps Regulate Seizure  
Using medical cannabis to regulate seizures is another one of the more high-profile findings coming out of medical science. For folks with disorders like Epilepsy, cannabis is showing immense promise.
8. It Can Help Broken Bones Heal Faster
9. It's a Treatment for ADHD. For those with serious trouble concentrating, or who have children suffering from ADD or ADHD, cannabis

might be the treatment you've been waiting for. It's safer and more effective than medications like Ritalin or Adderall.

10. It Can Help Treat Serious Addictions. Individuals addicted to serious drugs like heroin, opiates, and cocaine, are showing promise in ridding themselves of their addictions through cannabis therapy. **Of course, it's entirely possible to develop a dependency to marijuana, also – so responsible and mindful use is key.**

11. It Treats Glaucoma - One of the first big medical issue that cannabis was shown to effectively treat is Glaucoma. Ingesting cannabis helps lower the pressure in the eyeball, giving patients at least temporary relief.

12. It Can Improve Lung Health

13. It Can Slow the Development of Alzheimer's Disease

14. It Helps Multiple Sclerosis Patients

15. It Can Control Muscle Spasms

16. It Treats Arthritis

17. It's Helpful for Those with PTSD

18. It Can Help Regulate Your Metabolism

19. It Can Help People with AIDS/HIV
20. It is Effective for Treating Nausea
21. It is an Alternative Treatment for Headaches
22. It Can Treat Certain STDs (including Herpes and Chlamydia)
23. It Will Help with Speech Problems
24. It Can Improve Skin Conditions
25. It Can Help You Get Through Chemotherapy
26. It Regulates Obsessive Compulsive Disorder
27. It Will Calm Asthma Attacks
28. It can protect your brain
29. It Can Be Used as a Food Source
30. **It is Creating New Industries and new jobs**





**Cannabis farming can be a  
profitable business**





Ganja farmers sponsored  
for CanEx Jamaica conference



## LANGUAGING

Languaging is how we use words to create our experiences. Consciously or subconsciously we are creating our world one thought/emotion/word at a time. Every thought/emotion/word that we send out comes back as our experiences.

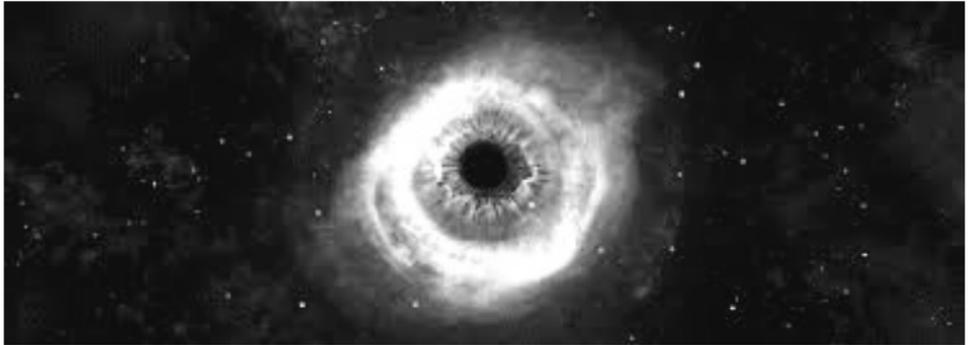
The practice of positive self-talk leads to satisfying, healthy and uplifting experiences. Negative languaging leads to negative experiences that do not make us feel fulfilled or secure.

Most valuable to our spiritual growth and enhancement are the following practices:

**Conscious Deep Breathing**  
**Positive Self Talk**  
**Healthy Nutrition**  
**Exercise**  
**Unconditional Self-Acceptance**  
**Vision**  
**And a Spirit of Generosity**



CONSCIOUS COSMIC CHANTING IS  
NATURE'S WAY OF CREATING AND  
RECREATING ITSELF AS YOU, ME AND  
THE REST OF CREATION.



WE TRAVEL ONE BREATH AT A TIME  
BETWEEN OUR VALLEYS OF  
ABUNDANCE AND PINACLES OF SCARCITY,  
ONLY TO EVENTUALLY REALIZE THAT OUR  
JOURNEYS HAVE ALWAYS BEEN SUPPORTED  
BY OUR PHYSICAL COSMOS.



*More solar energy falls on Earth in one hour than all the energy our civilization consumes in an entire year. If we could harness a tiny fraction of the available solar and wind power, we could supply all our energy needs forever. It's not too late.*

**Neil deGrasse Tyson**

Cosmos: A Spacetime Odyssey - Episode XII - The World Set Free



## **Breath Fullness Sing Along!**

(CHORUS # 1)

Eye love my Breath as me,  
And eye love my Breath as you,  
Yes, Eye love my Breath as me and you,  
Eye Do, Eye Do, Eye Do!!

Eye trust my Breath as me,  
Oh yes! eye trust my Breath as you,  
Eye trust my Breath as me and you,  
Eye Do, Eye Do, Eye Do!!

Eye love and trust my Breath as me,  
Eye love and trust my breath as you,  
Eye love and trust my Breath  
as me and you,  
Eye Do, Eye Do, Eye Do!!



It is all about using our awareness to focus our thoughts onto our breathing, knowing that we are filling our mind with the nourishment flowing from our breath.

*Eye Am a Cosmic Citizen*

## CHORUS # 2

Eye am my physical breath now!  
Eye am my physical breath now,  
Eye am my physical breath now,  
Eye am and so are you!!

Eye am and so are you!  
Eye am and so are you!  
Eye am my physical breath now!  
Eye am my physical breath now,  
Eye am my physical breath now,  
Eye am and so are you!!



Every conscious deep breath enhances my health. My breath is my God, my truth, my security and my reality.



*Eye Am a Cosmic Citizen*

### CHORUS # 3

Eye know, eye know, eye know, eye know,  
my Cosmos as my God!

Eye know, eye know, eye know, eye know  
your Cosmos as your God!

Eye know eye know, eye know, eye know  
our Cosmos as our God! Yes eye know, eye  
know our Cosmos as our God!

Eye am, eye am, eye am, eye am, eye am,  
eye am my breath!

Eye am, eye am, eye am, eye am, eye am,  
eye am my breath!

Eye am, eye am, eye am, eye am, eye am,  
eye am my breath! Yes eye am, eye am, eye  
am, eye am my breath!

You are, you are, you are, you are,  
you are, you are your breath!

You are, you are, you are, you are,  
you are, you are your breath!

You are, you are, you are, you are, you are,  
you are your breath! Yes you are, you are, you  
are, you are your breath!



We are, we are, we are, we are,  
we are, we are our breath!  
We are, we are, we are, we are,  
we are, we are our breath!  
We are, we are, we are, we are,  
we are, we are our breath!  
Yes we are, we are, we are,  
we are our breath!

Eye am, eye am, eye am,  
eye am my breath of paradise!  
Eye am, eye am, eye am,  
eye am my breath of paradise!  
Eye am, eye am, eye am,  
eye am my breath of paradise!



You are, you are, you are,  
you are your breath of paradise!

You are, you are, you are,  
you are your breath of paradise!

You are, you are, you are,  
you are your breath of paradise!

We are, we are, we are,  
we are our breath of paradise!

We are, we are, we are,  
we are our breath of paradise!

We are, we are, we are,  
we are our breath of paradise!

Yes we are, we are  
our breath of paradise!





**EYE AM, YOU ARE, ALL OF US ARE  
OUR ONE BREATH COSMOS,  
BREATHING AND PULSATING  
CONSCIOUSLY, FOREVER!**



**[www.reverenceforlifeuniversity.com](http://www.reverenceforlifeuniversity.com)**

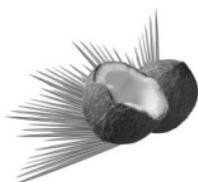
*Eye Am a Cosmic Citizen*



**Scenes from old rural  
JAMAICA**



## CHURCH WITHOUT WALLS OR DOCTRINES



Church without Walls or Doctrines is Jamaica's gift to the rest of the world. It is a call to become conscious of our Breath as the source of our beings and the understanding that conscious deep breathing is the most satisfying form of worship.

It is a declaration that we are all perfect, complete and whole in spirit, mind, body and soul and that our only sin is shallow breathing.

It is an invitation to see and accept ourselves as Divine Humans, breathing, pulsating and spiraling into full consciousness of ourselves as expressions of ORIGINAL GOODNESS OF OUR DIVINE CREATOR.

Finally, it is a response to our Creator's call from within to live passionately and consciously one conscious deep breath at a time.

If CHURCH WITHOUT WALLS OR DOCTRINES resonates with you, then it is yours to accept and celebrate with all of us who are feeling its support and enjoying the freedom it is inspiring.

It is never too late for anyone to leave life's starting gate, and say to themselves, **'Eye am the captain of my ship and the master of my fate.'**



It is never too late to turn around in your tracks and take aim at the sources of all your attacks. And with one victorious, triumphant move, step into a more life and self affirming groove.

It is never too late to change the things in your life which cloud your vision and fill your mind with strife and declare once and for all, that any experience you share, is meant only to teach that in life all is fair.



**CANNABIS OILS** are extracts from cannabis plants. Unprocessed, they contain the same 100 or so active ingredients as the plants, but the balance of compounds depends on the specific plants the oil comes from. The two main active substances in cannabis plants are cannabidiol, or CBD, and delta-9 tetrahydrocannabinol, or THC. Oil extracted from hemp plants can contain a lot of CBD, while oil from skunk plants will contain far more THC.



How is it different to cannabis? Other forms of cannabis are solid and are usually sold either as resin or dried plant material. In commercially-produced medical cannabis oils, the concentrations of CBD and THC tend to be well-controlled, which makes it easy to calculate doses.

*There is good evidence from clinical trials that pharmaceutical preparations of CBD can treat two severe forms of childhood epilepsy. Both forms of epilepsy often fail to improve with existing epilepsy drugs .*

EYE AM ONE HUNDRED PERCENT GOD  
ALREADY.

YOU ARE ONE HUNDRED PERCENT GOD  
ALREADY.

WE ARE ALL ONE HUNDRED PERCENT GOD  
ALREADY.

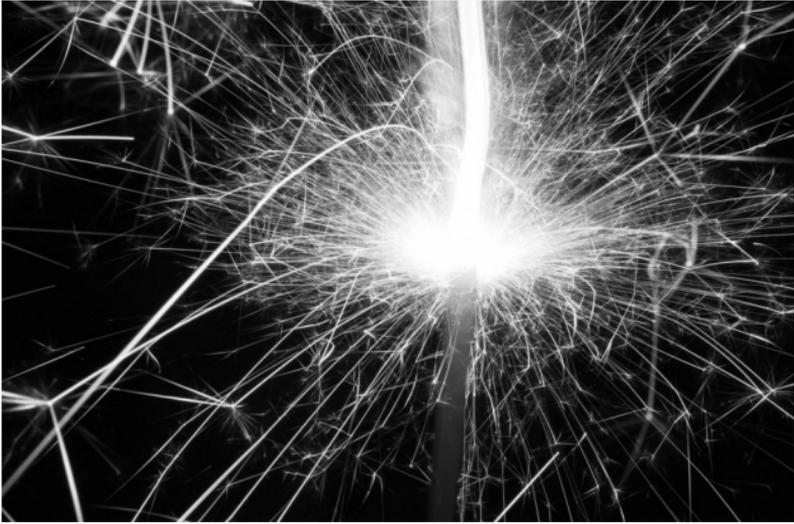
EYE AM MY PHYSICAL COSMOS ALREADY.

YOU ARE YOUR PHYSICAL COSMOS ALREADY.

WE ARE ALL OUR PHYSICAL COSMOS ALREADY  
FOREVER.



EYE AM THE CONSCIOUSNESS OF  
MY PHYSICAL COSMOS OF  
ABSOLUTE ABUNDANCE NOW  
AND EXPONENTIAL GROWTH ACTIVITIES  
AND OPPORTUNITIES ALREADY FOREVER.



**EYE AM MY PHYSICAL COSMOS**  
BREATHING,  
PULSATING,  
MULTIPLYING,  
MUTATING,  
MORPHING,  
SEQUENCING,  
CALIBRATING,  
RECALIBRATING  
AND SPIRALING INTO FULLEST CONSCIOUS-  
NESS OF MYSELF AS ALL THAT IS FOREVER.

IT IS THROUGH OUR EXPERIENCES OF  
OURSELVES AS OUR IMAGES WHICH WE ARE  
SEEING, OUR FOODS WHICH WE ARE TASTING,  
OUR FRAGRANCES WHICH WE ARE SMELLING,  
OUR TEXTURES WHICH WE ARE FEELING, AND  
OUR SOUNDS WHICH WE ARE HEARING THAT  
WE ARE ABLE EXPERIENCE AND ACCEPT  
WHO AND WHAT WE REALLY ARE.



# **NIDA**

*(National Institute on Drug Abuse)*

One NIDA-funded study in the US suggested a link between medical marijuana legalization and fewer overdose deaths from prescription opioids. A more detailed NIDA-funded analysis showed that legally protected medical marijuana dispensaries, not just medical marijuana laws, were also associated with a decrease in the following:

- **opioid prescribing**
- **self-reports of opioid misuse**
- **treatment admissions for opioid addiction**

Additionally, some data suggests that medical marijuana treatment may reduce the opioid dose prescribed for pain patients.

NIDA is funding additional studies to determine the link between medical marijuana use and the use or misuse of opioids for specific types of pain, and also its possible role for treatment of opioid use disorder.

OUR WELLBEING IS DETERMINED  
MORE BY WHAT WE SAY  
THAN BY WHAT WE EAT.

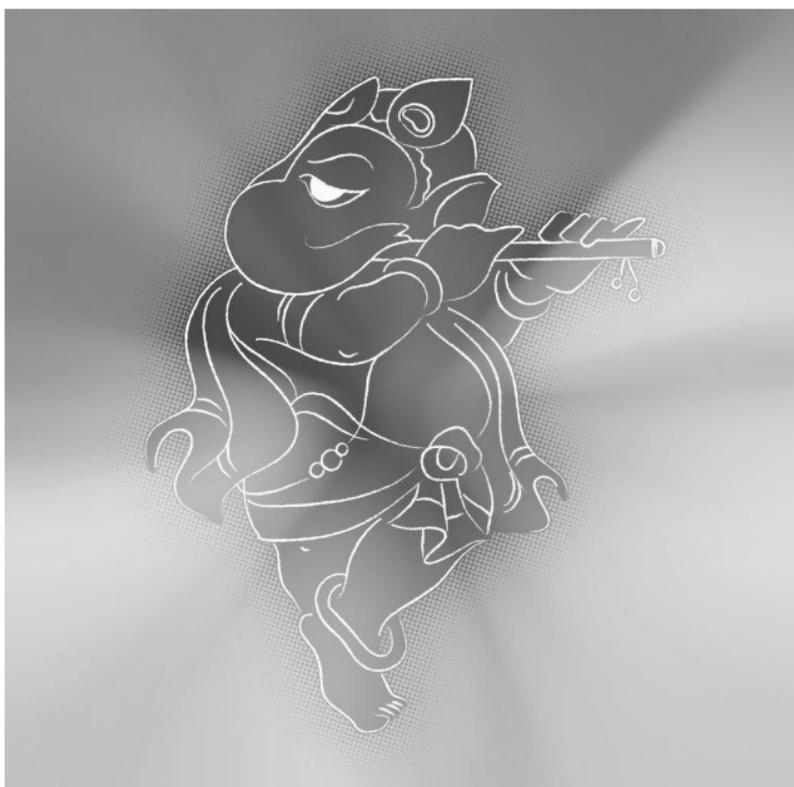


EYE AM,  
YOU ARE,  
WE ARE ALL BREATHING,  
PULSATING, CONVERTING, DIGESTING,  
FILTERING, STREAMING, SIMULATING,  
MORPHING AND SPIRALING INTO FULLEST  
CONSCIOUSNESS OF OURSELVES  
AS OUR PHYSICAL COSMOS  
OF ABSOLUTE ABUNDANCE NOW  
AND EXPONENTIAL GROWTH  
OPPORTUNITIES FOREVER.

## **WHY MEDICINAL MARIJUANA FARMING IS IMPORTANT FOR JAMAICA?**

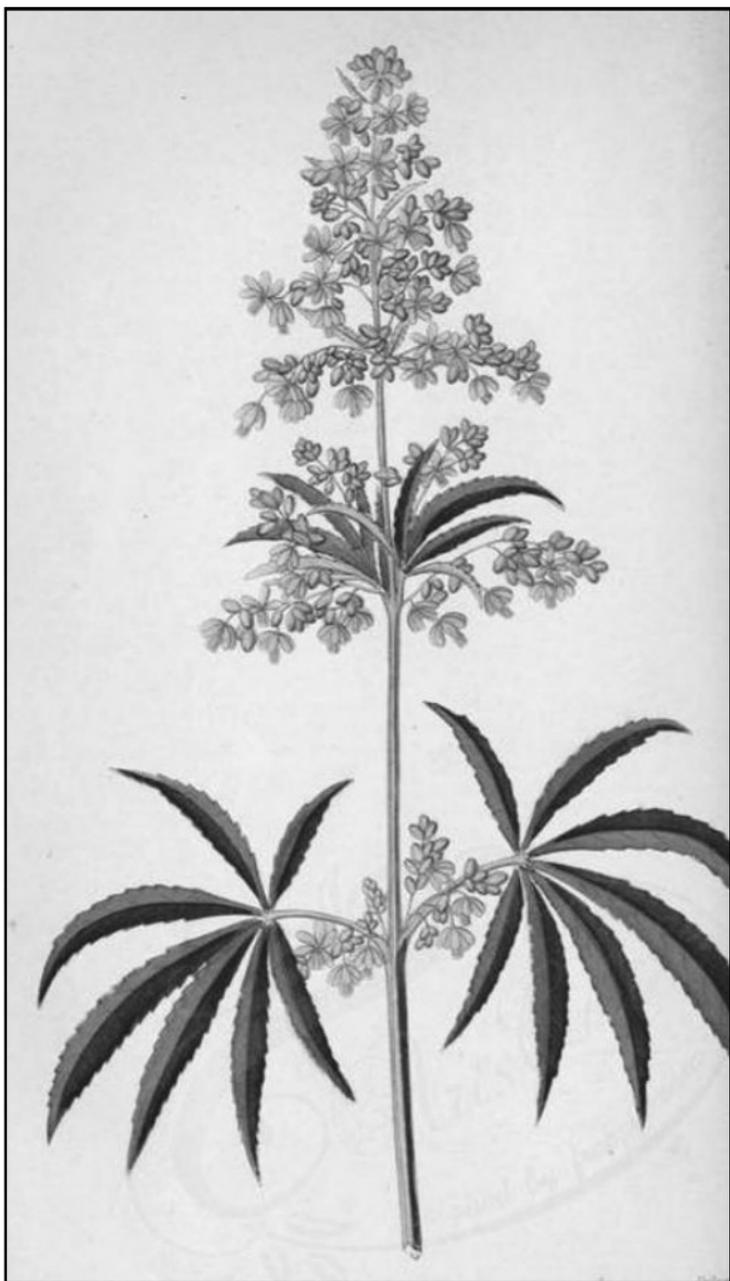
- We have the ideal conditions for ganja farms - sun, rainy seasons, fertile soil and knowledgeable farmers.
- As we begin to learn about the plant's incredible value as a prescription medicine for numerous physical and mental disorders, we can vision Jamaica with massive treatment centers, providing jobs for not only farmers but medical practitioners, nurses and hostel workers.
- This product could also become a major industry for Jamaica with world-wide export potential equal to our bauxite.
- This product and its specialty services will further enhance Jamaica's tourist industry.
- We have been gifted with the resources, let us make full use of it.

BEING ONE WITH GOD,  
EYE KNOW THAT EYE AM  
ALL OF MY MINERALS,  
ALL OF MY PLANTS,  
ALL OF MY ANIMALS,  
ALL OF MY HUMANS,  
ALL OF MY ANGELS  
AND ALL OF MY ARCHANGELS.



**ONLY GOD EXISTS IN AND AS ALL FORMS.  
THIS IS THE POWER SUPPORTING  
AND BEING ITSELF THROUGH  
ALL OF ITS MANIFESTATIONS.**

**All that we will ever need for perfect health  
has already been provided by the COSMOS.**





Eat, drink and be merry  
**CONSCIOUSLY,**  
is the only requirement  
of the COSMOS.





All of us are perfect already, made with the substance of the ONE/BREATH/SPIRIT/GOD. We have been given full creative license to shape our lives one breath at a time. Whatever we think and believe becomes our experience.

Let us begin to see the tools in every experience and create fulfilling, healthy and happy lives, because we can. The Cosmic choruses help us to stay on center, create consciously and activate the Cosmic resources that are our birthright.

The universal process of self actualization supports creating a culture of self and life affirming values. Through our deep conscious breathing, the words we use and the thoughts and emotions we entertain, we are constantly creating our experiences.

**Our Breath/Spirit/God within  
is our only reality.**





Be as playful as birds in the sky and  
fishes in the sea, spread your wings  
and fly.



**Vision is  
seeing  
that you  
cannot  
fake  
truth**





RELAX  
HEAL  
ENJOY





**Love yourself! You are who you have  
been given to experience LIFE.**



**LIFE IS JUST FOR LIVING.  
IF YOU MISS THIS,  
YOU HAVE MISSED YOUR MEANING.**





**MY BREATH  
IS MY  
SIGNIFICANCE**





**MY BREATH IS MY VALUE**



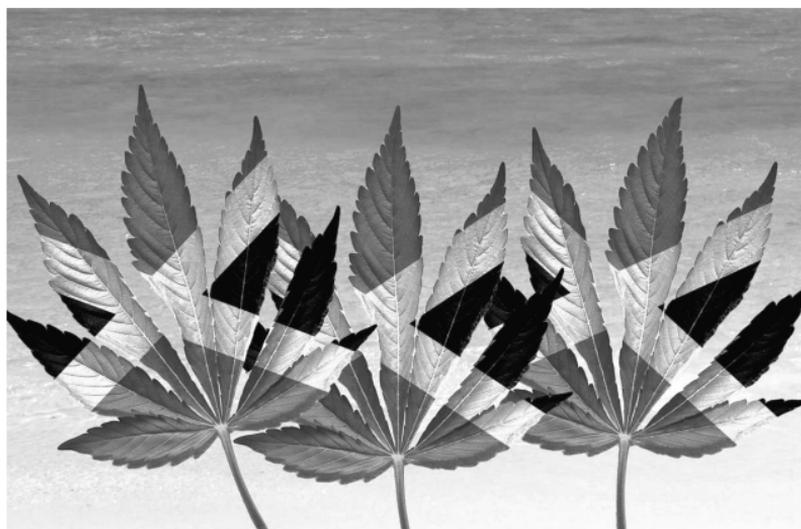


Vision is seeing  
that sincerity is better than  
popularity.





**My only real job  
Is to love myself  
Completely.**





Wealth is what all  
living creatures inherit at birth  
and take with them  
beyond the grave.





**Come home to paradise  
and heal naturally.**

