

# WKKamma

*Extra, Extra Read All About Cannabis*

UNDER 18

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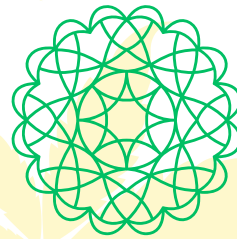
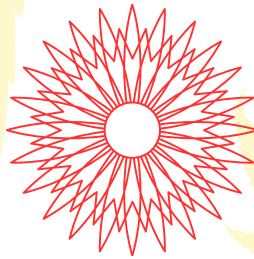


**THE PEN IS HIGH  
THE GUN IS SHORT**





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**weeditors take @sammora**



## **THE PEN IS TALLER THAN THE SHORT GUN**

Days in the terms of years in reference have primarily informed the order of the affairs in a swing to find a balancing. A ringing together of the forces and a bringing together of systems exclusionary functioning antagonistically. The gun has enforced the scribbling in synergy or the absence thereof, falling in accordance as lines of reference and boundaries of bickering, as if not known to the gunned that the pencil fizzled the sketch in action to life. The realities in the conversation that have seen chills query the realisation of AI machinery beyond the responses of Siri in the clutch of the palm; that comfort reach shifting ends to reach comfortable for the once recognized fingers.

Cannabis conversations are changing with passing generations and emerging times, the polar ends of yesterday between in the government grows and the “non-regulated” cannabis grows have seemingly set primary intents to merge end results in shared desired outcomes around the cannabis plant. The red and the blue seek to merge and formulate a new shade that will see the actualisation of shared interests around the cannabis plant; intents displayed in the conversations and actions founded primarily in the Phakisa gathering in Pretoria, South Africa in mid-July. A moment that in the transitioning of Cannabis times in South Africa presented itself as a goodwill gesture from the Cannabis, one that in several discussions has been classified as an indicator of progressive intent laureling gently on the 18 September 2018 Constitutional court declaration. The dance of the shades has seen the availing of partial freedoms mingling with the realities of present-day arrests and changing terminologies; as shifts from possession morph to trafficking when amounts surpass accountability procedures.

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Take to mind the recent conclusive case where Joseph Hughes entered into a joint agreement with the State after the outcomes of a search and seizure operation that witnessed the Cannabis grow facility in Constantia Cape Town raided in December leading to the subsequent charges of possession of “drugs” according the Drug & Drugs Trafficking Act. The outcomes to that end were a bail term with the highlights of a “joint agreement”; the pun in the coinage. Reflections of mutual intent to allow the transitioning of legal frameworks towards the partial freeing of the cannabis plant; the same privileges that in interpterion are transforming the province of KwaZulu Natal (KZN) into a modern-day Kathmandu, over three hundred shops are reported to have opened their doors to the masses towards responsible and private adult use.

*Continued on Page 4*





# ABALIMI BOMYA CONSOLIDATE TOWARDS EXTERNAL ENGAGEMENTS

Organise and Formalise, a call to the realisation of oneness found as the loss of the attributes formed by illusionary divisive percepts fall away; realizations in separation that not only crippled the desires of the heart but in swinging rippled the power of the masses to sole centers. The call to gather in Sandboxes, in Green Networks, in Centers of Spirituality and the Lean Net worth circles is one such model that in numbers and systematized functionality is presenting points of reference in consideration of the cannabis plant potentials and privileges. These can lobby policy makers and governmental reach with present actualities in practice that relay the directional functionality found on varying circles of the Cannabis plant in this framework.

One such thrust in organizing and formalizing to the systematic status quo has seen ABALIMI BOMYA gather in Port St. Johns Eluxolweni under the tagline of a Founding Summit. The gathering witnessed the physical representation in the heritage represented by the Cannabis plant as farmers from across the Cannabis belt in the Eastern Cape province gathered at the summit presenting a pathway to free the uMya plant.

The two-day gathering saw cannabis growers from Winnie Madikizela-mandela, King Sabata Dalindyebo, Ingquza Hill, Ntabankulu, Nyandeni, Port St Johns and Mhlontlo local municipalities converge at Eluxolweni.

The founding summit ran for two days between the 12th and 13th of October on a consolidative front considering routes and models of application towards coupling into the proposed commercial cannabis conduits with consideration of addressing the crippling legal frameworks in the presence of absence thereto. The pre-existing cannabis grow community and native economy of the herb in the present-day Eastern Cape lands is documented as far back as the 1600AD. These narrations position the commercialisation discussions from the government as playing catch up to the Cannabis systems natively reeling across the Pondoland bedrock. It is such that even in the proposed rolling out, mutual intents are being relayed to not only find middle ground between the old and the new but to birth channels of actualisation mutually balancing to both parties.

In appropriation with a founding summit a leadership structure was formulated as an organizational point of reference to steer functionality towards the realisation of a multi-generational call to free the plant whilst filtering the internal external communication. In discussion after the Summit Mpondoland Cannabis Belt secretary Snoux Poswa relayed the primary benefits aligned with Cannabis indicating that money and influence were part of the privileges provided by the Cannabis plant stating that *“the first benefit is money, the second benefit is influence and the third benefit is increasing economic activity”*.

Benefits from the Cannabis plant that have been a present reality for the Eastern Cape Cannabis belt community for generations in time and advantage that promises to ping the region as a powerhouse when the green economy goes online, never minding the indigenous knowledge yielding the 1:1 THC, CBD cannabis flower. Now if a similar approach in balance could be the melody of the policy makers, then victories for the plant are assured as only division and unequal attribution can be the cause of collapse among the organised and the formalized.

*“the first benefit is money, the second benefit is influence and the third benefit is increasing economic activity”*.





# THE AMBER CUP

## A BIGGER & BETTER DAB ENCOUNTER AT THE JAZZ FARM



*"as the entries started coming in, we were just like wow wow wow"*

The 5th Amber Cup bubbled to life as an intimate cannabis community of THC concentrate lovers gathered at the Jazz Farm in Johannesburg. The 13 finalist gathering witnessed top class extracts from cannabis enthusiasts from different corners of South Africa present their dab to judges for classical comparison on the 7th of October.

The Amber cup in its 5th offering witnessed the dab encounter that spoke to the varying features of the extracts in the grading systems presented to the judges of the day as the collaboration with cannabis club systems digitised the scoring experience. The cannabis community that gathered at the Jazz farm were tasked with responsibilities on reactionary outcomes of the participating dab. The exchanges between the 13th finalists and the participating judges considered the appearance, taste, effect and the aesthetics of the day in the display and the information dissipated by the finalists to the judges.

Diversity and unity in synergy seemingly formulated the theme across the event from the finalists composition to the judges ping the final positioning, the embodiment of which in communication with XKanna was grasped in the remarks of Ras Yellow from Khoe Dank Craft as they featured for the second time at the cup. *"I am here to showcase some local Eastern Cape dank, a collective from all the communities, we are growing a South African brand breeder Black Flag genetics Nova Naartjie (a cross of Tangie from DNA Genetics with Biker Kush V2 of Karma Genetics) proudly South African. We like the fruit terpenes ,everybody loves a bit of fruit in their dank; we like to support local and push local brands"*.

Speaking before the handing over the winners accolades blown to life and sponsored by Borilla glass, Myrtle Clarke relayed her gratitude to the green network indicating that *"as the entries started coming in, we were just like wow wow wow"*

### BY SAMMORA MAMBA

XKanna would like to relay their gratitude to CannaHempresses MudyWan for connectivity in collaboration and to Rory and Mike in the 420 Central TV Team for the amazing photos







# THE AMBER CUP

**A BIGGER & BETTER DAB ENCOUNTER AT THE JAZZ FARM**



**“I am here to showcase some local Eastern Cape dank, a collective from all the communities, we are growing a South African brand - RAS Yellow**

**Continued from Page 4**

a response in alignment with the high standards of the dab extracts. The experience was definitely one for the red eyed day in the stoner calendars; the winners of the 5th edition of the Amber Cup witnessed the power in collaboration as the combination in Amadeadly & Green Squirrel took the top spot for an overall bliss encounter. In issuing the welcome remarks Joane Perry of Fields of Green For All spoke to the present participating judges indicating the protocols and procedure to *“dab small quantities so as to allow room for all the 13 participating dab opportunities”*. The second place was awarded to the dab of Fire & Ice who kept the balance in the hot and cold coming ahead of Medusa Dabs who completed the top three. This 5th edition brought a twist to the plot as considerations on the aesthetics found a rewarding return, an accolade which was awarded to Highable. XKanna spoke to Amy Case King as she partook on the dab from Kris and G-nome garden; *“i did three separate temperatures, which was a nice incremental blast because each terpene offers a little bit more”*

The Amber Cup gathering is synonymous with Cannabis connoisseurs and the relay in the dab execution spoke of ascension to high class Puffco rigs and a dab along addons. Wesley Y of Bio Leaf danced with the B’s stating that *“every year it gets bigger and better and that's what's happening with the industry. Every year I know there are hard knocks and we take a couple of steps back but every year we are moving forward”*. Talking to dab and the recollections of the ground where InI dabbled for the first time many moons ago a remarks from a participating judges comes to mind *“this is the worst place to start judging”* this after what looked likely to be a continuation in grading perspectives blinded by the potency of the first dab; XKanna on perspectives aligned with Rory and 420 Central on a discussion as he indicated on their participation as finalists and the experience on that day stating that *“it's been such a fantastic learning experience meeting people, the whole day has bumped up a whole lot and there is really nice energy here and it's great to see everyone as friendly as they are”*

From the valleys of Jukskei Lanseria we once again witnessed the thrill in the promises of dagga, a community gathering in a culture that at the point of first time contact Yongama indicated to XKanna in black and white that *“It was my first cannabis event and honestly I just like the sphere of the cannabis community. I never heard anyone yelling, no fights, no arguments, it was actually the most peaceful event I’ve attended”*. Peaceful on the atmospheric encounters indeed, yet in honesty that 13 dab arrangement packed punches that could halt the lungs in coughs responding as if to Tyson blows even in the second coming.







# IKS HEMP GROW SANDBOX

An initiative headlined as a call for applications towards IKS Cannabis Permits has been rolled out with a target to actualise the first grow this December Hemp planting season. The call to partake in the cannabis sandbox is a collaboration seen in the assembly of the IKS Center and the School of Agricultural Science at North West University joining hands with the Ras-Tafari Nations; Traditional Healers Organisations, Marijuana Board Of South Africa together with Indigenous farmers under the support of the Traditional leaders.

In a discussion on PlantX Radio the Cannabis Queen of the South Dr. Thandeka Kunene put forward the foundational frameworks of the IKS Sandbox initiative stating that, "we have put together with the University of the North West an IKS Sandbox Commercial Research study". The opportunity talks to allowing people to get assisted IKS endorsement that attaches to the government issued Hemp permit.

The facilitation is in this moment providing a door way of access for applicants through intents that have seen the facilitators bear the burdens of the benjamins in the rolling out of consultative services. A blueprint that answers questions to interested parties seeking the starting point on the journey of participation in the mainlining of the Cannabis industry. "We are offering our communities free Hemp application form checking, as we assess for submission readiness"; a procedure that positions towards the acceleration of the governmental department's turnaround time. The indications talk to intents of reaching peak periods of four weeks with aided filtering from the facilitation afforded in this Sandbox. Talking to the continuation from permit to farm and the end game in the box of sand Dr. Thandeka Kunene points to end user sureties in reference to standing agreements. "We have secured three main offtakes, one for fiber, one for seed and one for CO<sup>2</sup>".



**DR. THANDEKA KUNENE**

On the weekly online Zoom gatherings, the indications have pointed out the primary thrust of the IKS towards the goal of unlocking the Insangu IKS grow permits and seeing the first grows seed to life this December. Some of the solutions presented as being afforded by the Intsangu IKS permits Indicate that the Cannabis Sandbox will see facilitation ranging from seed supply to offtake and value addition routes for the biomass. The IKS Sandbox call closed the first batch of Cannabis application submissions on the 21st of this month with promises and presentations talking to points of entry into the cannabis industry. This through the linking of eased protocols in compliance in considering of different THC graded cannabis grow opportunities. Access to synergised societies that sequences to see the seeding of Sensimilla among commons without the big capital stock and a hemp initiative talking to helping interested parties find a place among indigenous cannabis strains and knowledge systems

**"We have secured three main offtakes, one for fiber, one for seed and one for CO<sup>2</sup>".**



**THE CANNABIS EXPO**

INDUSTRY | HEALTH | AGRICULTURE

**24 - 26 NOV**  
SANDTON CONVENTION CENTRE

**JOHANNESBURG 2023**







# RASTA CONTINUE FIGHT FOR HERB ASSOCIATION

Ras Thau Thau Haramanuba

The worst in the gun war on Cannabis is indicated as over, well state to the people one would say, this steering away from the green turf wars and the plant geographical foes. The present plains of South Africa is seeing talks lean towards a penned policy change in indications that the aftermath in the war that has been synonymous with the anti-Rasta campaigns has changed battlefronts. From the banning of reggae music to the stigma in the dreaded locks, Ras Thau Thau indicates that the fight in resistance has informed his life in entirety even with considerations to the fact that in his living history as a Rasta the primary mandates that have been informing even the discussions around his existence have been a fight for the Freedoms of the cannabis plant.

*a lot and continue to benefit a lot...whilst the people Rastafari, who are historically stigmatized with cannabis are left out"*

Speaking to PlantX RADIO on Weed Wednesday Dacha Discussions Ras Thau Thau indicates that there has been a change since the policy engagements that happened in June this year in Pretoria under the banner of the Cannabis and Hemp Phakisa Action Lab. The post engagements are a watershed moment that even in the modern-day terminologies and discussions the references to the gatherings are classified as a bold step of intent, when talking to the enabling of wheels of the cannabis industry and shadow halting arrests for privacy in the Cannabis personal association privileges. The government and the Cannabis Steering Committee have seemingly been stirring the Dacha waters in a bid to unlock the Cannabis plant economy whilst roping in the legacy cannabis communities.

The change in the fight has shifted in trajectory as ideologies and practicalities presented as the route way to the free plant have mounted antagonistically as gatekeeping processes blocking pathways for participating in the cannabis industry. The requirements which arrive on the battle front as modern day opposers to the Rasta and the Cannabis plant; in reference speak to protocols that are slowing the participating opportunities for the Rasta nation. Appropriations in provisions to which Ras Thau Thau remarks stating that, "the facilities that are required we still find them to be quite anti-Rasta, as Rasta we know that, this plant we have been planting it whichever way and anywhere. We never had all of these snobbish ideas now that government is coming up with that you must have some facilities and you must have electric fence, you must have cameras, you must then have plus R25000 for the license and have a facility that will cost plus minus three million rand."







# Rastas continue fight for inclusion

Continued from Page 7

These provisional Cannabis grow guidelines that emerge as poles of the new fight that has shifted in technicality yet the core and the essence remain the primary base that hinders access and inclusion of the Rasta within the Cannabis plant privileges. Desires and calls of participation that still in the present day have not disappeared from the hearts of the Rasta nation. The pursuit towards these liberties once again present another battle front and a reality in the fights facing the Rasta; “We are still fighting these Eurocentric impositions, but as we are fighting those things for the past five years since Zondo ruling, people who never fight for Cannabis, who never marched on the streets for Cannabis particularly the Europeans living in South Africa and the Indians have benefited a lot and continue to benefit a lot...whilst the people Rastafari, who are historically stigmatized with cannabis are left out”. This he says further indicating the ownership disparity witnessed in the demographics of the four hundred plus Cannabis shops that have opened their doors in Durban.

The current fight for inclusion in the policies in formulation has witnessed continued submissions in varying models and prototypes under the different Cannabis community fractals, from a commercial agricultural front past the privacy use to the three points seemingly sealed at a grow base by medicinal grow classification. In the matters of the present times and points of

participation towards grasping of the Cannabis plant privileges. The current discussions of interest to the Rastafari nation enforced by the presence of the community leaders and representative bodies are considering models such as the Indigenous Knowledge Systems sandbox. Initiatives through which penned policies and presented frameworks point to innovation in practicality looking to lower the entry procedures towards participation in the Cannabis industry.

You may connect with the discussion between DJ SammoRA and Ras Thau Thau on the PlantX Radio App. In the questions that remain unanswered as the gun fizzes out. The turning of the times remain to be the provider in responses as XKanna continues to ask. Will the Rasta nation find a home in this current cannabis movement? Will the Ganja plant find a home in Jah's house without the barriers of the billions? Will the plant policies in formulation mold bridges towards the inclusion for the legacy communities that have generationally paid the price for the presence of the plant? Maybe a policy Pen fight will tell but for now at least, in South Africa its guns down and pens up.



Okhahlamba Local Municipality Executive Mayor Vikizitha Mlotshwa

“all three traditional leaders (amakhosi) under their jurisdiction have been granted a license to collect dagga from people and send it to a factory located near the town of Winterton”

# GALLOWS TO THE GARDEN THE HOMECOMING OF GREEN GOLD TO BERGVILLE

By SammoRa MAMBA

As the Cannabis sun shines over the mountains of Bergville, the sounds of the winds whistle a new song at the sight of the returning cannabis plantations, a returning of the plants founded on the homing of the spirits and the repatriation of the physical remains of the Ngoba twenty-two. As the gallows exhumation project was launched at the Kgosi Mampuru II Correctional Centre in Pretoria, the conversations anchored on the restoration of the dignity in burial and the cultural homing of the spirits of the deceased, this talking to the thousands who lost their lives to the gallows at the prison. The Ngoba Twenty-two were Ngoba, Bergville community and Cannabis farmers who in response to a supposed attack on a community kraal collided in battle with state policy enforcers looking to raid the village Cannabis grows. The year was 1957 and the exchange in the fight to defend the crops witnessed the loss of lives of five branch police officers and of two Ngoba Cannabis Farmers. The subsequent year unfolded in the trial and the hanging of the twenty-two farmers from Bergville, Ngoba village at the Kgosi Mampuru II Correctional Centre. Following years without customary affiliation the spirits of the twenty-two look to have found rest following exhumation and repatriation efforts rolled out by the Local Municipality.





# GALLOWS TO THE GARDEN

## THE HOMECOMING OF GREEN GOLD TO BERGVILLE

*Continued from Page 8*

The primary government body has taken a bid to unlock the Cannabis economy on the Drakensburg foothills and open the doors to produce cannabis officially from the land. This initiative has been exemplified through Cannabis plantations and the rolling out of definite intents to redirect the cannabis narrative in the Bergville community. The healing of the hearts in the repatriation of the Spirits of the twenty-two cannabis farmers has formulated a spiritual foundation in the restoration of the Cannabis plant freedoms through a formidable synergy in lives shared and exchanged between the Ngoba Twenty-Two and the Insangu plant. It is on these foundations that the first harvests were reported earlier this year by the Okhahlamba Local Municipality Mayor Vikizitha Mlotshwa who gave an overview of the Emaswazini pilot project indicative of initial success, learning pathways and growth opportunities. The expansion references stating that “all three traditional leaders (amakhosi) under their jurisdiction have been granted a license to collect dagga from people and send it to a factory located near the town of Winterton”. The same extensive opportunities that in this moment inform the local municipality housing a Cannabis Expo on the 27th and 28th of October in Bergville under the wing of the Local Economic Department. The precursor to this event witnessed a warmly feminine packed Bergville Sports Complex as varying stakeholders across the dynamics of the Cannabis Industry gathered for a Cannabis workshop looking at bolstering economic growth and addressing pressing issues within the locale via the cannabis plant opportunities.

The differences of the past in Bergville documented on political and perceptive grounds over the years are diminishing with the returning cannabis initiatives to the community; as the models talk to a call to unite under plants.



The undertakings referenced in the meeting by Sipho Ndaba of Insangu yoOkhahlamba Project talk to shared two-hectare community cannabis grow gardens distributed across the fifteen wards in the municipality. The realities of the triple P challenges are as evident in the Bergville community as poverty, inequality, and unemployment continue to rise. The Cannabis crop in the area is being positioned as a frontline shield in defense to combat the prevailing high unemployment rate in the region. The KZN province has identified “Bergville, under the Okhahlamba Local Municipality as an epicenter for cannabis and hemp production and processing”. An embrace in the embodiment captured in a municipal statement from the Okhahlamba Local Municipality revealing the depths of the Insangu culture within the community. The reference connecting the land and the economic actualisation found in the Cannabis herb indicates that “often referred to as the ‘green gold’ of Bergville, cannabis is now becoming a valuable resource. Equipping local communities with the skills to process cannabis into medicinal products offers a promising path towards employment opportunities and financial stability”. The upcoming Cannabis Expo pioneers as a platform presenting accessible toolkits and potential pathways for

for skills exchange towards the realisation of the aspired vision relayed by the provincial government and local municipality. Along the journey of adaptability, the climate conditions are present aspects that Cannabis has morphed around in flowering patterns as autos and regulars yet in the play with the light and no light hours, water remains a constant need in supply. The privileges which the community of Bergville is still to realise given the present water concerns presented as part of the mandates from the workshop that served as a platform for “the farmers to call upon key stakeholders to collaborate and innovate in finding solutions to alleviate the water-related hurdles they face, as the success of their crops is directly linked to access to this precious resource”.

In the spirit of gatherings and innovative Cannabis proprieties, we look forward to the upcoming Cannabis Expo that has seen the Provincial Government of KwaZulu-Natal issue declarative positions of interests detailing the governmental stance. “The Department of Economic Development, Tourism and Environmental Affairs and the Department of Agriculture and Rural Development recognizes the potential of the cannabis and hemp sector in contributing to the provincial growth and development plan and driving inclusive and sustainable economic growth”; In issuing beyond words, the provincial wing has sponsored cannabis exhibitors for participation at this upcoming Bergville Cannabis Expo.





# PEACEFUL CANNABIS AWARENESS PROTESTS THIS OCTOBER.

***"We gathered for the Global Cannabis Protest in May this year. It's time again to Stand Up for what we believe in, Rise Up for our human rights, Step Up for the plants that continue to serve us so well".***

By SammoRa MAMBA

Several peaceful cannabis gatherings are indicated to be on the cards in the continuation of a vision dubbed as the Global Cannabis March. The sequence of gatherings is pinned around the expressive rights clause within the national legislative framework which facilitates gatherings of less than 15 people to be undertaken without the issuing of a notice to the authorities.

The initiatives that have been circulating in momentum as the days draw closer, culminated in a discussion on the planned demonstrations set for the 28th of October. Mamma Dabs the convenor of the gathering in Gauteng spoke to XKanna indicating that "the May turnout was on the lower ends and as such they have felt the need to give an extra push in awareness this month of October".

Communications in query ask on the why's of a gathering on a Cannabis expressive front when seemingly the change is coming? The author remembers a quote stating once that "change must not always be given to you, you must also bring the change" - allotted as the remarks from a taxi driver; the fluidity in the applications of this remark towards the realisation of desired outcomes is remarkable. Change that the Cannabis community in Ballito at the KwaZulu Natal province is edging towards with a promotional stating that, "We gathered for the Global Cannabis Protest in May this year. It's time again to Stand Up for what we believe in, Rise Up for our human rights, Step Up for the plants that continue to serve us so well".

Changing times indeed see varying ends in messaging from a multifractal cannabis community converging along the pathways of Cannabis freedoms. The messaging on the good of the cannabis plant needs to be amplified, a cause indicated by Myrtle Clarke as she mentioned the evident and still present opposition to the liberties of the cannabis plant. Cheeba Cannabis Academy has roped in a dope incentive looking to gift the participants with "an online growing course to the best picture on the day which is posted onto the whatsapp group and social media".

The peaceful protest been lines up for KwaZulu-Natal and Gauteng with talks indicating that in the next offerings there is a need to actualise presence on the Cape ends of the country. The poles in peaceful protests talking to progress in opposition that see the cause as the balancing to the ascending and the probably widening of the gates in inclusionary perspectives relayed from marches bearing thought provoking poster messages.







# HERB HOMING INITIATIVES

## ON PLANTS

### UFS ON A HERB HOMING INITIATIVE

The University of Free State held a Highly powered Tea Gathering talking to Indigenous Health Beverages. The African Medicines Innovation and Technology Development Platform (AMITD) at the University of the Free State (UFS) held a Tea business model workshop on Tuesday the 3rd of October. The gathering led by Professor Motlalepula Matsapisa is the continuation of the primary intentions of the academic faculty undertaken through research and development in traditional medicines by the Indigenous Knowledge Systems (IKS) for Health Unit in the Department of Pharmacology at the UFS.

Ms. Dihedile Itholeng attended the Plant event at the Bloemfontein campus in the Free State province delivered entrepreneurial insight in an address mirroring the unlocking of the cannabis plant with potential pathways promised on the indigenous health beverages. The event was graced by government stakeholders in the Department of Agriculture, Land reform and Rural Development, the department of Science and Innovation together with the Technology Innovation Agency. The present involvement of the facilitators positioning to unlock the economic potentials housed in indigenous plants. Ms Dihedile spoke to PlantX Radio on the event stating that the meeting on the 3rd of October was a plant community gathering that sees representation from three different provinces as plant innovators from the Eastern Cape, North-West and Free State provinces gathered at the Bloemfontein Campus. The event tagged as a business model workshop witnessed brewing entrepreneurs gather from varying ends of the country to commune over some teas. The FSU department carries as an ethos "inspiration from South Africa's iconic botanicals" with a mandate to go back to our roots for innovative health solutions. In innovation businesses and intents aimed at positioning pathways for indigenous plants to couple into the mainline economy may see the light of day when afforded institutional support.

CANNA HEMPRESSES RESOURCES PRESENTS



# PLANTX II

EBENEZAR, 20  
DELMAS S.AFRICA 23

The 2nd annual PLANTX GATHERING returns with a morphing that sees the embrace in more than Cannabis as we welcome the HERBS HOME. This Chapter join the plant people and the herbalist homing herbs beyond hemp in the organic plant encounters.

## homing herbs

13, 14, 15 december

More information  
<https://iono.fm/p/3081>



Cheeba Cannabis Academy & Carols Oil present:

## CANNABIS AS A MEDICINE 2-DAY SEMINAR

Join us for a 2-day seminar on Cannabis as a medicine.



Dr Carmen James



T/D Sharon Price  
Carols Oil



Dr Shan Holmes  
PureCann



Dr Mandla Mazizi

Date: 3rd & 4th November  
Location: Cheeba Cannabis Academy, Rivonia, JHB  
Cost: R4,850 (inc. lunch)  
Accreditation: 14 CPD points (HPCSA)

Bookings:  
[cheebafrica.com](http://cheebafrica.com)







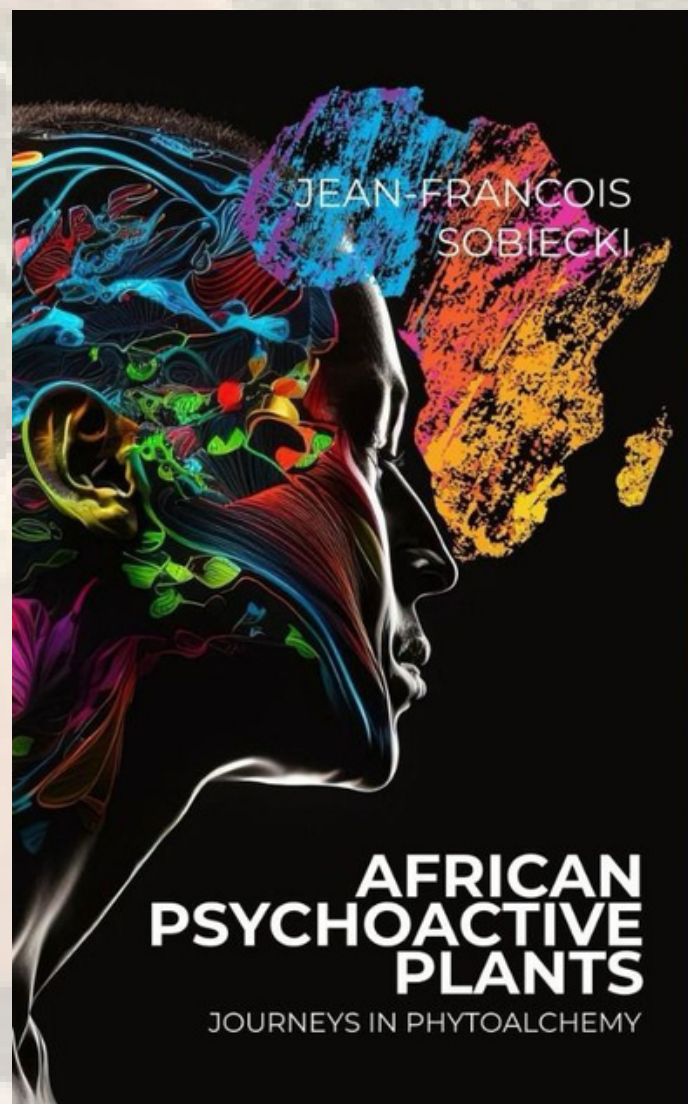

# JACQUI RAMAGE ON CANCER & CANNABIS



This year's theme talks to shared experiences and support structures attributing that "no one should face breast cancer alone". The realities of breast cancer were indicated in conversation when PlantX Radio connected with Jacqui Ramage, a cancer commute and Regulatory Pharmacist as she shared on her journey from discovery to living with the realities of breast cancer rooting from an androgenous chest to commuting between cancer therapy sessions.

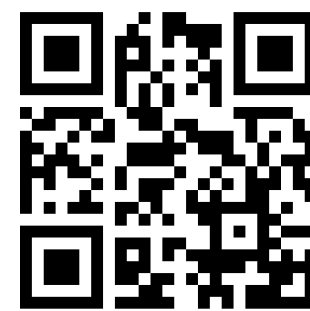
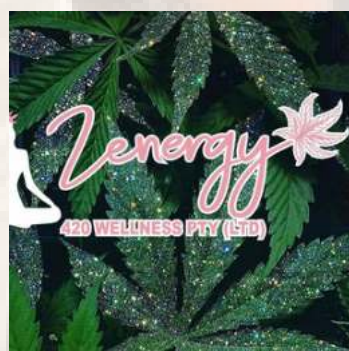
The heart moving narrations from JR share on the realities of shared experiences and the need for self-examination as in discussion she reveals the procedures. Turning to the Cannabis plant that informs part of her passions and professional practice Jacqui visits the pros availed by the cannabis plant along the journey of therapy. The in-depth discussion on CANCER & CANNABIS can be heard without filters on PlantX Radio Weed Wednesday Dacha Discussions.

Cannabis and Cancer are two C's that junction so often in the conversations around the ailment and the plant, the two present reasons for justifications one on the other as would be an antidote to the venom, this one would relay conversationally. In the magnitude of the Cancerous depletion of mankind is massively imprinted in the demographics of a one to four ratio, a stat that sparked shivers to the core of mankind when HIV docked on the African plains. October in response to the magnitude of a Cancer commuting generation and of lives lost to the harms of radical cells is globally a time to raise awareness around breast cancer.



Dive into the enchanting world of African healing plants  
Join us for a book signing with Jean-Francois Sobiecki  
Thursday, 2nd November  
Time: 6:30 for 7:00pm  
Venue: The Daily Grind @ Bryanston Natural Market, 40 Culross Road, Bryanston  
RSVP: [chimeracom2@gmail.com](mailto:chimeracom2@gmail.com)  
OR 0837012507

# WARRIOR



# PLANTX





# VERB ANONYMOUS: FEEDING HOPE, WITH MUSIC



Verb Anonymous whilst speaking on PlantX Radio indicated that "the life options presented to the young people in the Newclare, Westbury community borders around two worlds; school or the streets". In the aftermath swinging between the gangster and academic options, Miscellaneous studio has created an outlet for the young people of Westbury to not only find a platform for actualisation in melodies but for a potential pathway to emotional expressions and economic freedom via music.

One of the artists that forms part of the gang at Miscellaneous Records is Kid Loner 47, a twenty-year-old Hip Hop artist who after completing his high school studies last year has found expression musically. The three years of his affiliation with the record company has seen the composition of his lyrical lines landing on tracks talking to Corruption and Running the Block in narration of the present challenges in the Newclare community. His remarks on the dynamics of his community synergise with those of his mentor as he states that "here in Newclare people have tried to get along but chaotic things are happening so that people don't get along together and when they happen people lose their minds and hope. Its kind of hard for people to actually find hope here, so what I am trying to do is through music find a job, feed fam and go with the community like spread hope and speak peace.

A stoner in his own right Verb speaks on the herb and the roles that Cannabis plays in his life and the curation pathway stating that "I have smoked Marijuana since my first year of high school but I have never tried drugs,

it never made me do no crime I never killed anyone". In reference to the balance afforded by the plant when in the booth with the beats Verb states that "I definitely draw inspiration from the herb when I smoke".

The freedoms that music has presented for a people across revolutionary journeys has been coded on numerous books and hooks talking rags to riches across different lifetimes. From the riverside Zion redemption calls to the rallies for war;

music has massaged the soul in messages reaching where no hand mercenarily touches. Whilst Verb Anonymous story looks to the community in Newclare the challenges experienced in these spaces are synonymous with the present-day realities in numerous communities across South Africa. Unless intentional intrusions are injected to change the narrative such as the mandate of Miscellaneous Records, the plight of the people in these communities, the pangs and the bangs of the firearms will continue to be the melodies in songs of sorrow.

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## VERB ANONYMOUS



## FEEDING HOPE, WITH MUSIC

The state of violence in the Newclare community in Westbury Johannesburg is a cause that has become an everyday melody on the lips of residents within the community. The intensity of the crime in the area has earlier in the year witnessed the SAPS prioritise the crime ridden area as the ministry held a Ministerial Crime Prevention Imbizo at Westbury Recreational Hall in the community. Waking up to news and sights of the deceased in the area is the buttering of the bitter bread realities faced by the residents in the community.

Verb Anonymous is an artist, producer, director and business Mogul from South Africa Johannesburg, he connects with Blaze SA as the founder of an independent record label Miscellaneous Records where he mentors a number of artists, producers, and directors from his home studio. On the Free Thinkers Friday discussions early this month of October Verb Anonymous indicated the realities and the challenges synonymous with the Newclare community. "Where I am from its just a bit hectic,

I just stay to myself and run my business from home, I don't go around on the street and stuff it's a bit rough out here. The negative things that make the news from our area, it's a bit difficult in a drug and gangster infested environment and we are trying to get out of here and trying to be a positive example for the youth out there. The parameters that have seen the formulation of Miscellaneous Records taking the humbling initiative to change the mourning hymn in the Westbury community as the studio opens its doors to the young people of Newclare.

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ADVISORY  
EXPLICIT CONTENT



## THE KEEPERS OF SACRED KNOWLEDGE

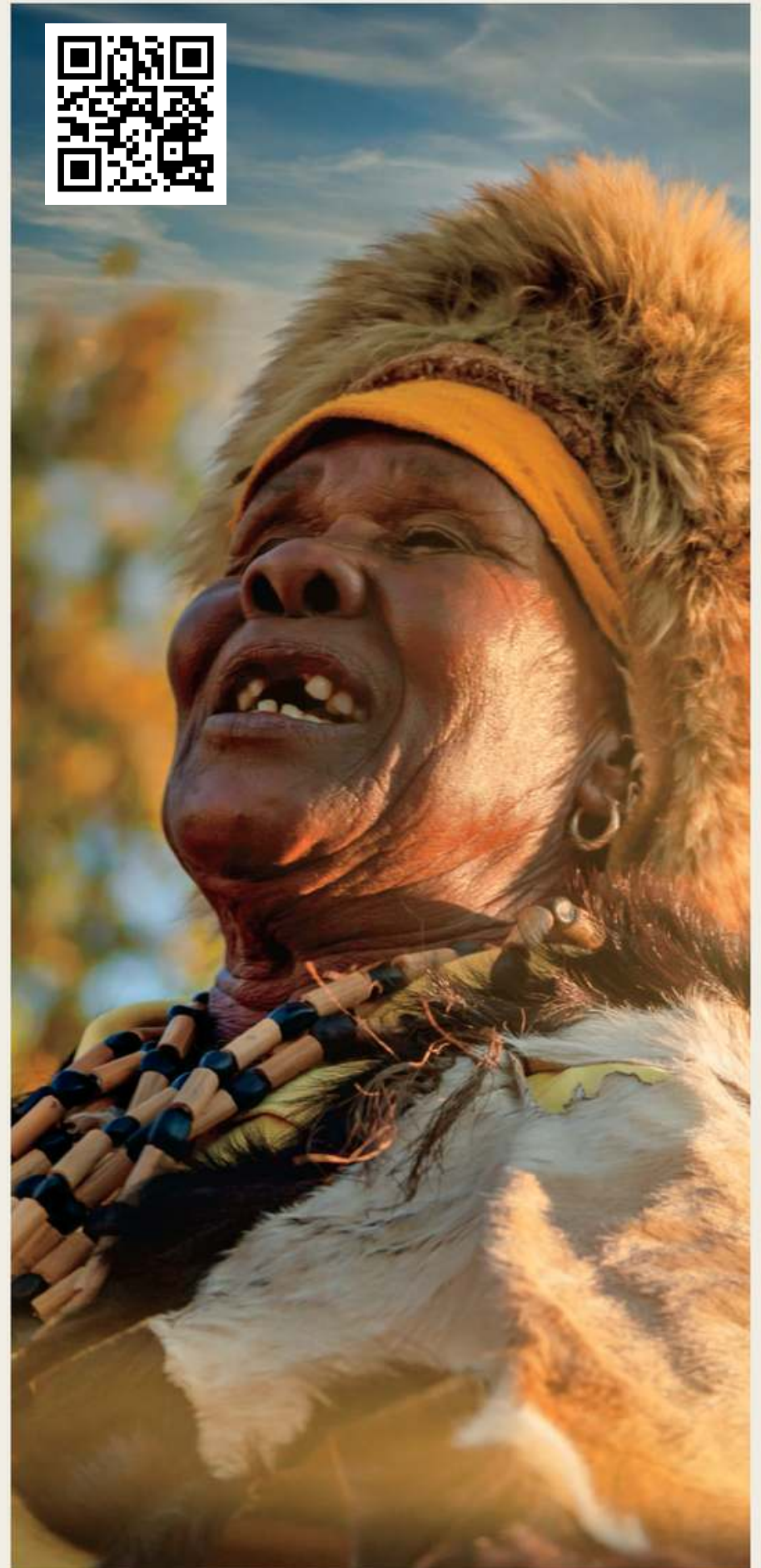
MEDICINE WOMEN HAVE BEEN AN INTEGRAL AND ESTEEMED PART OF SOCIETY FOR CENTURIES, PROVIDING INVALUABLE HEALING KNOWLEDGE, SPIRITUAL GUIDANCE, AND NURTURING CARE TO THEIR COMMUNITIES. WITHOUT THEIR GENTLE TOUCH AND KNOWLEDGE, THE WORLD WOULD NOT BE THE SAME.

by Lisa Marie Lovell

Medicine women have played a crucial role in societies around the world for centuries. These wise and powerful healers possess an intimate knowledge of medicinal plants and natural remedies, using their skills to alleviate suffering and restore health. Among the many plants they employed, cannabis stands out as a versatile medicine with wide-ranging benefits. In various cultures, women were at the forefront of utilizing cannabis for its healing properties. However, as the world changed and patriarchal systems took hold, these medicine women were marginalized and their wisdom suppressed.

For millennia, cannabis has been revered as a sacred plant by indigenous cultures across different continents. Women, in particular, recognized its potent therapeutic qualities and harnessed it to treat a myriad of ailments. They understood that different parts of the plant could be utilized to address specific health concerns. The leaves were often used topically to soothe skin irritations or reduce inflammation, while the seeds were consumed for their nutritive value. Additionally, female cannabis flowers were prized for their high concentrations of cannabinoids, which offered pain relief and relaxation.

In ancient China, medicine women known as "Fangshi" employed cannabis to address conditions ranging from menstrual pain to rheumatism. These knowledgeable healers would prescribe cannabis-infused oils or teas to alleviate discomfort and promote overall well-being among their patients.



Similarly, in India's Ayurvedic tradition, female practitioners called "Vaidyas" incorporated it into various formulations known as "rasayanas," which aimed at enhancing vitality and longevity.

In Africa, medicine women have used cannabis in healing rituals throughout history. From Morocco to Ethiopia to South Africa, these wise women combine cannabis with other herbs and techniques to create powerful remedies that address both physical ailments and spiritual imbalances. Their knowledge passed down through generations via oral traditions, ensures the preservation of this vital aspect of traditional medicine.





As Western civilization began to spread its influence, the role of women as healers was threatened. The rise of patriarchal systems and the growth of organized religion contributed to the marginalization and demonization of medicine women.

Their holistic approach to healing, rooted in nature and interconnectedness, clashed with the medical paradigm that sought to control and dominate. Consequently, their wisdom was suppressed, and their practices were labelled as witchcraft or superstition.

This suppression had far-reaching consequences for both medicine women themselves and the communities they served. As women were pushed out of positions of power within the healing arts, valuable knowledge about natural remedies was lost. Instead, male physicians emerged as authorities on health, often relying heavily on synthetic drugs rather than embracing the gentle yet potent power of plant-based medicines.

Fortunately, there is now a reawakening of interest in traditional healing practices and a recognition of the importance of reclaiming this ancient wisdom. Women are once again stepping into their roles as healers, re-establishing connections with plants like cannabis that are integral to our well-being.

The benefits of using herbs as medicine are abundant. Not only are they often more affordable than conventional drugs, but they also tend to have fewer side effects. Herbs work in harmony with our bodies, gently supporting our natural healing processes instead of suppressing symptoms. This holistic approach not only addresses physical health but also nurtures emotional and spiritual well-being.

Turning towards herbal medicine allows us to reconnect with nature on a deeper level. As we learn about different plants and their medicinal properties, we develop a sense of awe and appreciation for the incredible diversity found in our natural surroundings. We become more attuned to the cycles of life and gain a profound understanding of how interconnected everything truly is.

It is heartening to see that people are becoming increasingly aware of the importance of sustainable practices when it comes to harvesting and cultivating herbs. It is crucial that we support local herbalists and practitioners who have dedicated their lives to studying traditional plant-based remedies. They hold invaluable knowledge passed down through generations and play a vital role in guiding us towards safe and effective herbal treatments.

As we turn back to nature for healing, we are reconnecting with ancient wisdom and embracing a holistic approach to health. May this journey continue to lead us towards a balanced and harmonious existence.



**“Let thy food be thy medicine and thy medicine be thy food.”**

*Hippocrates*



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# CANNABIS IN YOUR KITCHEN

ELEVATING YOUR SPIRITUAL WELL-BEING ONE BITE AT A TIME



It is undeniable that what we consume becomes an integral part of our being. Not only does it nourish our physical bodies, but it also has the potential to deeply impact our mental and spiritual states. Another main reason people cook with cannabis is for medicinal reasons - it's a good way for the body to absorb its medicinal benefits.

In this context, incorporating cannabis into our food can offer unique benefits for those seeking a deeper connection with themselves and the world around them.

Picture yourself sitting in your cozy kitchen, surrounded by aromatic herbs and spices, when suddenly an idea sparks to your mind. What if you could incorporate cannabis into your meals and turn ordinary cooking into a spiritual practice for general well-being? Before you dismiss the idea, let's explore how adding a touch of Mary Jane to your culinary adventures can elevate not only your taste buds but also your overall spiritual journey.

First things first, why should we consider incorporating cannabis into our meals? Well, aside from its widely known recreational use, cannabis has been used for centuries in various cultures as a tool for spiritual enlightenment. From ancient rituals to modern practices like yoga and meditation, the herb has been revered as a natural aid to connect with higher consciousness. By infusing it into our food, we can tap into this rich history while reaping the benefits ourselves.

One of the major advantages of cooking with cannabis is its ability to induce relaxation and reduce stress. Imagine coming home after a long day at work, feeling exhausted both mentally and physically. Instead of reaching for that glass of wine or zoning out in front of the TV, why not prepare a delicious meal infused with cannabis? As the aroma fills your kitchen, so too does a sense of calmness. The act of cooking becomes meditative, allowing you to unwind and reconnect with yourself on a deeper level.

Cooking with cannabis can also deepen our connection with nature. By using organic, locally sourced ingredients and infusing them with this powerful plant, we honour the Earth's gifts and acknowledge our place within the natural world. Preparing our own cannabis-infused meals empowers us to take control of our health and well-being. We become conscious consumers who understand what goes into our bodies and how it affects us physically, mentally, and spiritually.

Throughout history, women have recognized the spiritual and medicinal properties of cannabis and incorporated it into their cooking. One such example is Queen Victoria, who was known to enjoy cannabis-infused tea during her reign in the 19th century. Her doctor, Sir Russel Reynolds, would create tinctures for her from cannabis that he grew. She recognized the soothing effects it had on her body and mind, embracing its therapeutic qualities long before it became a trend.

Fast forward to modern times, where unexpected alliances have sprung up between two unlikely friends: Snoop Dogg and Martha Stewart. These icons of their respective industries have come together to create a cooking show that combines their passions for music, food, and yes, cannabis. Their dynamic partnership showcases how cooking with cannabis can bring people from different walks of life together, bridging gaps and challenging societal norms.

But beyond the celebrity collaborations lies a deeper connection between spirituality and cooking with cannabis.



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# EDIBLES DOSING CHART

## THC CONTENT PER DOSE

● 1 - 2.5 mg THC

## WHAT TO EXPECT

- Mild relief of pain, stress, anxiety, and other symptoms
- Improved focus and creativity

## WHO'S IT FOR?

- First-time consumers
- Microdosers

● 2.5 - 15 mg THC

- Stronger symptom relief
- Euphoria
- May impair coordination and alter perception

- Patients with persistent problems
- Restless sleepers
- Social butterflies

● 15 - 30 mg THC

- Strong euphoria or unwanted effects in unaccustomed consumers
- May impair coordination and alter perception

- Well-seasoned consumers
- Medical patients with developed tolerances
- Experienced consumers seeking to sustain sleep

● 30 - 50 mg THC

- Very strong euphoria in unaccustomed consumers
- Likely to impair coordination and alter perception

- Consumers who have poor GI absorption of cannabinoids
- People with significant tolerance to THC

● 50 - 100 mg THC

- Can cause extreme side effects such as rapid heart rate, nausea, and pain
- Highly likely to impair coordination and alter perception

- For experienced THC individuals only
- Patients with cancer, inflammatory disorders, or conditions that necessitate high doses

Always begin at the lowest recommended dose. Gradually increase by 1 or 2mg per dose, if necessary, to find your optimal dose. For more information go to Healer programs: [www.healer.com/programs](http://www.healer.com/programs)



When we cook mindfully, infusing our dishes with intention and love, we are engaging in a sacred act. Cannabis, known for its relaxing and introspective qualities, can enhance this experience by opening new avenues for self-discovery and spiritual growth.

Imagine preparing a meal infused with cannabis while surrounded by soothing music and soft candlelight. As you mix the ingredients together, you take a moment to set your intentions for the meal – perhaps focusing on healing or gratitude. The aroma of herbs fills the air as you carefully dose your creation with just the right amount of cannabis.

As you savour each bite, allowing the flavours to dance on your tongue, you may start to notice subtle shifts in your consciousness. The calming effects of THC combined with mindful eating can deepen your connection to yourself, others, and the world around you. It becomes a meditative experience where you truly taste every sensation and feel fully present in each moment.

Cooking with cannabis can indeed form an integral part of one's spiritual practice, as evidenced by its historical usage in various traditional cultures.

We have seen some amazing examples from different corners of the world, where cannabis was not only consumed for its psychoactive effects but also revered for its spiritual and medicinal properties.

From ancient India's association of cannabis with Lord Shiva, to North American tribes, to Rastafari movements embracing it as a sacrament, these cultures have recognized the potential of cannabis to deepen their spiritual experiences.

In India, where Lord Shiva is revered as the ultimate yogi and source of creation, it is believed that he discovered the transcendental properties of cannabis while meditating in the Himalayas. Since then, devotees have incorporated 'bhang' (a concoction made from cannabis leaves and flowers) into their offerings during religious festivals like Holi and Mahashivratri.

Through this infusion, they seek not only to honour Shiva but also to experience a deeper sense of connection with themselves and the divine.

Native American tribes also held a deep reverence for cannabis as they recognized its power to foster spiritual experiences. For example, several tribes in North America burned dried cannabis flowers as a sacred incense during ceremonies or smudges. The smoke was believed to carry prayers and intentions up to the Great Spirit, creating a direct channel of communication between humans and the divine. Some tribes would prepare healing teas infused with cannabis leaves to be shared among community members during rituals focused on physical and emotional well-being.

Rastafari communities have long embraced the use of cannabis as a spiritual practice. With deep-rooted beliefs in unity, peace, and love, Rastafarians have found solace and enlightenment through their sacramental herb. The use of cannabis within the Rastafari movement goes beyond mere recreational purposes; it serves as a tool for connecting with the divine and achieving spiritual clarity.

So next time you find yourself in the kitchen or seeking a deeper connection to your spirituality, consider incorporating cannabis into your culinary creations. Embrace the ancient wisdom passed down by wise women throughout history and let your taste buds and soul embark on a journey of delicious enlightenment. With intention, curiosity, and an apron tied securely around your waist, you can create dishes that satisfy both your body and spirit.

Cheers to the marriage of cannabis and cuisine – may it bring joy, healing, and unity to all who partake.

**Disclaimer:** This article is the opinion of the author and anyone wishing to cook with cannabis should do extensive research to understand the processes and dosages before ingesting this food.

Dosage chart available from [www.leafly.com](http://www.leafly.com) and [www.healer.com](http://www.healer.com)

\* This method and medicine has not been approved by SAHPRA



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