



The divine in me honors the divine in you!

This experience began with my grandmother. Jamaican born, she poured the value of keeping a connection to the earth into me. Holistic medicine was always the primary method. No vaccinations. Not many sick days. I was taught to be proactive with my health by keeping that connection to earth for vitality.

My matriarch and guardian angel, Claudette Louise Elizabeth Gibson Sullivan also loved Bob - her nickname for ganja, in remembrance of the iconic Bob Marley 🇯🇲

I desired a way for her to continue her beloved conversations with Bob in a gentler way.

This began my journey tapping deeper in herbalism and a plant based lifestyle to see what I could learn + create to better serve.

This homemade + hand crafted elixir, infusing since May 2021, is our second batch of THC oil, which takes cannabinoids from the popular strain, Girl Scout Cookies. This flower contains a high THC count and low percentage of CBD. Although this strain is an indica, the potency of the THC infused with MCT oil (Medium Chain Triglycerides derived from coconuts) can result in higher brain cognition while also inviting a more relaxed state of being.

The experience of this infusion definitely varies and it's advised to start with a maximum of 1/4 teaspoon dosage (micro-dose) allowing 30min-2 hours to notice results. The elixir can be taken any time of day and added to your tea, coffee, or any beverage of choice.

To experience quicker effects, intake your dosage directly in your mouth by putting it under your tongue for a few seconds and gently using your tongue to distribute the dosage around your mouth so it may be absorbed through your oral blood tissues.

To reallyyyy get into it, you can also cook with the oil, once you have found your comfort zone with dosing. When learning your dosage, again, micro-dose and experiment when you can be open to the experience.

For example, if you are ideally looking to use this creation for deeper rest, then it's best to casually try it out first to gain insight on how your body responds to the infusion of cannabinoids.

My recommended way to do so is to choose a day where you are free to flow. A day of rest. A day of creation. A day of self care.

Also because of the fatty acids in the oil combined with the powers of the herb, the benefits and effects of the elixir are long lasting and good for your health.

To further understand & support these healing properties and create more awareness, I'd like to invite you to participate in journaling while you journey with this elixir.

Reflecting on:

- Mood/energy/cravings
- Attention span/concentration
- Sleep patterns/quality of sleep
- Revelations/epiphanies/growth
- Changes in dosage/frequency
- Anything else that comes up for you

If journaling isn't ya ting, send a timestamped voice / video recording to [hiyesimgood@gmail.com](mailto:hiyesimgood@gmail.com).

My line is always open. Excited to dive deeper.

Love, peace, & soul from your sistar,

Asia 🌟

[@hiyesimgood.world](https://www.instagram.com/hiyesimgood.world)

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