

# THE EXPERIENCE FRAMEWORK

## *Understanding Cannabis Through Feeling & Intention*

Magnus Thorsson, PhD



*Licensed by Canna Curious Wellness LLC  
in collaboration with Lovewell Farms & Bonsai Buds.*



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## The Experience Framework™

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By Magnus Thorsson, PhD

Licensed by Canna Curious Wellness LLC

In collaboration with:

Lovewell Farms: Rooted in Wellness *and* Bonsai Buds: Grown with Intention

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#### ACKNOWLEDGMENTS

This project was made possible through the collaboration of Canna Curious Wellness LLC, Lovewell Farms, and Bonsai Buds, whose shared commitment to integrity, transparency, and consumer education embodies the values and intentions of this book.

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# INTRODUCTION



## About This Booklet

The Experience Framework™ (EF) is a simple, science-informed guide for anyone curious about cannabis and committed to exploring it safely, intentionally, and confidently.

This booklet introduces a new way to approach cannabis—not as a product, but as an experience shaped by your body, your mindset, and your environment.

It is written for the cannabis curious—thoughtful adults who value awareness, safety, and control in their choices.

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## A Promise to Our Readers

This booklet is about education. It won't tell you what to feel, it will help you understand what you feel. The goal is to give you a language for safe, confident, experience-based choices.

**You deserve to feel informed, empowered, and in control of your cannabis journey.**





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# FOREWORD



*Magnus Thorsson, PhD*

**Curiosity is a form of wisdom.** It tells us we are ready to learn, not just react. If you're reading this, you are probably curious, and maybe a little cautious about cannabis.

You might be asking:

*What does it really do? How do I stay safe? How do I know what's right for me?*

**These are exactly the right questions.**

This booklet is here to give you clear, trustworthy answers—not by telling you what to buy, but by helping you understand how to think about cannabis in a new way.

The Experience Framework™ (EF) is a tool designed to help you:

- *Explore cannabis safely and intentionally*
- *Choose experiences based on how you want to feel*
- *Reflect and learn from your own experiences over time*

Rather than memorizing strain names or chasing THC percentages, EF helps you focus on the one factor that matters most: you.

Every experience you have, whether calming, creative, social, or reflective, is a combination of your biology, your mindset, and your setting. The better you understand those factors, the safer and more satisfying your experiences become.

You'll also learn that cannabis is a credence good—a product whose quality depends on trust between you and the people who guide you. In the cannabis world, this means working with cultivators who lead with honesty, transparency, and education—brands like Lovewell Farms and Bonsai Buds, who grow with intention, integrity, and respect for the people they serve.

**My goal is simple:** to replace uncertainty with understanding, and confusion with clarity.

With a little guidance, every person can learn to explore cannabis thoughtfully—building confidence, safety, and self-awareness along the way.

**Let's begin.**





# Curiosity, Clarity, and Cannabis

*Why thoughtful exploration matters*

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## **Curiosity is a form of courage.**

It means you're open to learning, and careful about how you proceed.

If you're reading this, you may be one of the cannabis curious—thoughtful adults who want to understand cannabis safely, clearly, and without hype.

You might be wondering:

- ▶ *What does cannabis really do?*
- ▶ *How do I use it responsibly?*
- ▶ *How can I make sure the experience fits my lifestyle?*

These are exactly the right questions to be asking. In fact, they're the same questions scientists, cultivators, and educators have been exploring for decades. This chapter will help you begin your journey with two key ideas: curiosity and clarity—the foundation for every safe and satisfying cannabis experience.

## **Curiosity is Strength**

For a long time, curiosity about cannabis was discouraged. People were told to avoid asking questions, or to assume all cannabis use was the same. Today, we know that curiosity is a responsible exploration of questions before you try something new it shows care for your well-being.

Curiosity allows you to:

- ▶ *Learn what feels right for you*
- ▶ *Make informed, confident decisions*
- ▶ *Avoid unwanted surprises*

It turns cannabis exploration into a thoughtful process rather than a random experiment.

## **Clarity is Your Best Safety Tool**

There is no single way cannabis makes people feel.

Each experience depends on:

*Your body's chemistry and tolerance*

*Your emotional state*

*Your environment and the company you keep*

Understanding those factors brings clarity—and clarity keeps you safe.

When you know why you're using cannabis, how you want to feel, and what conditions make you comfortable, you gain control of your experience. That's what this booklet will help you do: develop your own Experience Framework for clear, confident decision-making.

## **The New Question: How Do I Want to Feel?**

The cannabis industry used to focus on names and numbers, strain types, THC percentages, and lab stats. But science shows those details only tell part of the story. The real difference comes from your question: "How do I want to feel?"

Once you know that, you can choose products and environments that support your goal—whether that's relaxation, creativity, focus, or connection.

## **The Spectrum of Experience**

Cannabis can be part of wellness, lifestyle, or recreational moment, or a blend of all three. For some, it's about unwinding and restoring balance; for others, it's about joy, inspiration, or sociability. Either way, the common thread is intention.

When you set an intention—a simple statement of purpose—you create direction and reduce uncertainty.

Examples:

*"I want to relax without feeling tired."*

*"I'd like to feel creative while I paint."*

*"I want to be social but stay in control."*

*"I'd like to sleep better tonight."*

**That's all an intention is: a guidepost for your experience.**

## **Reflection One: *Your Intention Starter***

Take a moment to jot down your own starting point. You don't have to fill in every line—even one or two sentences begin your Experience Framework.

*Why am I curious about cannabis right now?*

---

**My Notes:**

*What kinds of feelings do I want to explore?*

---

**My Notes:**

*What kinds of feelings do I want to avoid?*

---

**My Notes:**

*What settings make me feel calm and comfortable?*

---

**My Notes:**

*Who could support me in learning safely?*

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**My Notes:**

## **The Importance of Self-Awareness**

Cannabis can amplify your inner state. If you're calm, it may deepen your relaxation. If you're tense, it can sometimes highlight that feeling. That's why it's helpful to check in with yourself before every experience.

### **Ask: What am I bringing into this moment?**

Being self-aware doesn't mean controlling every outcome—it means noticing and learning from them. Over time, this awareness helps you identify patterns: what feels good, what doesn't, and why. This is the foundation of safe, intentional cannabis use.

## **Curiosity Leads to Confidence**

The more you understand how cannabis fits into your life, the more confident you become. Confidence leads to better decisions—and better experiences.

You'll find that cannabis, used thoughtfully, can support both sides of life:

*The Wellness Lifestyle: moments of calm, recovery, or reflection.*

*The Lifestyle: moments of connection, creativity, and joy.*

No matter which path you follow, your curiosity and clarity will keep you in control.

## **Key Takeaways**

- *Curiosity is not risk—it's readiness to learn.*
- *Clarity about how you want to feel helps you choose safely.*
- *Cannabis experiences depend on your body, mindset, and setting.*
- *Intention is your compass—it guides each step of your journey.*
- *Both wellness and lifestyle experiences benefit from awareness.*

## **Looking Ahead**

In the next chapter, we'll explore the Experience Framework (EF)—a five-part guide that helps you plan, observe, and reflect on your cannabis use with confidence. You'll learn how to map experiences and connect your intentions to real-world outcomes. Your curiosity brought you here. Now clarity will help you move forward safely.



# The Experience Framework™ (EF)

*How to plan and understand experiences*

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When most people think about cannabis, they think about products: flower, edibles, tinctures, or vapes. But the real difference between one person's outcome and another's isn't the product itself—it's the experience it creates.

## **The Three Factors That Shape Every Experience**

Two people can use the same product and have entirely different experiences. Why? Because your cannabis experience is shaped by three powerful variables:

*Your body: biology, metabolism, and tolerance*

*Your mind: expectations, emotions, and mindset*

*Your environment: setting, company, and context*

When you learn to recognize and guide these variables, you stop guessing. You begin to design your experience with confidence. That's the purpose of the Experience Framework—a simple, practical structure that helps you plan, observe, and reflect on how cannabis fits into your life.

## **What Is the Experience Framework?**

The Experience Framework (EF) is a five-part model that turns intention into understanding. It helps you move from passive use to active learning. Each experience adds to your knowledge and comfort. Each element gives you language to describe what's happening, and that language builds control.

## **THE FIVE ELEMENTS OF THE EXPERIENCE FRAMEWORK**

- 1. Intention: What do I want to feel or accomplish?*
- 2. Context: Where, when, and with whom will I use cannabis?*
- 3. Emotion: What mood or mindset am I starting with?*
- 4. Sensation: What do I feel in my body and mind?*
- 5. Integration: What did I learn, and how will I adjust next time?*

## 1. Intention: Setting Direction

Every experience starts before consumption. Setting an intention means deciding why you're using cannabis in that moment.

Examples:

*"I want to relax without losing focus."*

*"I'd like to feel creative and social."*

*"I need help unwinding after work."*

*"I want to quiet my mind for rest."*

Intentions don't need to be complex. They're simply statements of direction. When you set an intention, you give yourself a purpose and reduce uncertainty.

## 2. Context: Where, When, and With Whom

Context refers to your environment—the space, time, and company surrounding your experience. A bright morning at the park feels different than a quiet evening at home. A relaxed setting can enhance calm, while a noisy or unfamiliar one can increase anxiety.

Ask yourself:

- ▶ *Where will I feel most comfortable?*
- ▶ *What time of day supports my intention?*
- ▶ *Who do I trust to be with me, if anyone?*

Choosing the right context makes cannabis more predictable—and more enjoyable.

## 3. Emotion: What You Bring to the Moment

Cannabis often amplifies the emotions you already have. If you start tense, you might notice that tension more. If you begin calm or curious, you're likely to deepen those feelings.

Before you start, check in with yourself:

- ▶ *How am I feeling right now?*
- ▶ *Is this a good time to explore?*
- ▶ *What might help me feel grounded and open?*

This simple self-check is one of the best safety tools you can use. Awareness creates stability, even when the sensations shift.

#### **4. Sensation: The Experience Itself**

Sensation is what happens in your body and mind during the experience. It includes physical feelings, sensory changes, and shifts in perception.

Pay attention to details without judgment:

- ▶ *Where do I notice changes first—in my body or mind?*
- ▶ *How long does it take for the effects to appear?*
- ▶ *What do I enjoy, and what feels uncomfortable?*

Observation transforms every session into data. This turns cannabis from guesswork into understanding.

#### **5. Integration: Learning from Experience**

Integration is reflection—the process of learning from what happened.

After your experience, ask yourself:

- ▶ *Did I achieve my intention?*
- ▶ *What felt good or not-so-good?*
- ▶ *Would I repeat this setup or adjust something?*

Writing these answers down turns one moment into lasting insight. Your reflections become a personalized guidebook—more accurate than any online review. Integration closes the loop, preparing you for your next experience with greater awareness.

## **Reflection Two: Mapping Your Experience**

Here's a simple way to use the Experience Framework before your next session.

### **EF Element**

*Intention: What do I want to feel or experience?*

---

*My Notes:*

*Context: Where am I, and who am I with?*

---

*My Notes:*

*Emotion: What's my mood or mindset right now?*

---

*My Notes:*

*Sensation: What did I notice in my body and mind?*

---

*My Notes:*

*Integration: What did I learn, and what might I do differently next time?*

---

*My Notes:*

### **Three Pathways: Wellness, Lifestyle, and Recreation**

The Experience Framework supports every type of cannabis consumer. Whether your goal is daily wellbeing, social enhancement, or elevated enjoyment, each experience can be intentional, safe, and meaningful when guided by the five EF elements: Intention, Context, Emotion, Sensation, and Integration.

#### **The three pathways reflect different levels of intensity:**

**Wellness:** <10% THC (or CBD-dominant, non-intoxicating)

**Function:** Supports balance and recovery.

**Lifestyle:** 10–20% THC (balanced, functional enhancement)

**Function:** Enhances everyday experiences

**Recreational:** >20% THC (stronger, immersive effects)

**Function:** Creates immersive enjoyment

All three pathways use the same framework—the difference is simply the level of intensity and the intention behind the experience.

#### **→WELLNESS EXAMPLE**

**Intention:** “I want to ease tension before bedtime.”

*Context:* Home, dim lighting, calm music

*Emotion:* Winding down, reflective mood

*Sensation:* CBD or low-dose balanced product; body relaxes, mind settles without intoxication

*Integration:* Slept deeply and woke feeling clear and restored

#### **→LIFESTYLE EXAMPLE**

**Intention:** “I want to feel relaxed, present, and socially at ease during dinner with friends.”

*Context:* Comfortable gathering, familiar people, relaxed atmosphere

*Emotion:* Open, engaged, and at ease

*Sensation:* Moderate balanced experience (10–15% THC or CBD blend); gentle mood lift, light body ease, clear conversation and focus

*Integration:* Felt connected and comfortable; next time, use the same amount to maintain the balance

## →RECREATIONAL EXAMPLE

**Intention:** “I want to feel light and creative while cooking with friends.”

*Context:* Kitchen, upbeat playlist, close friends

*Emotion:* Happy, playful, social

*Sensation:* Noticeable euphoric buzz, laughter, enhanced sensory appreciation of flavors and music

*Integration:* Felt energized and connected; next time, plan timing and dosage to match the desired intensity

## Why the Experience Framework Matters

The Experience Framework helps you:

*Stay safe.* You learn how your body responds before increasing doses.

*Stay confident.* You know what to expect and how to adjust.

*Stay aware.* You recognize the conditions that shape your best experiences.

When used consistently, EF transforms cannabis from something uncertain into something understandable—and personal.

## Key Takeaways

- *The Experience Framework is your roadmap to safe, intentional use. Each of its five parts, Intention, Context, Emotion, Sensation, Integration, builds awareness.*
- *Observation and reflection create confidence.*
- *The EF works for both wellness and recreational experiences.*
- *Your experiences are your data; you learn from them.*

## Looking Ahead

In the next chapter, we’ll talk about how to start safely, including dosing basics, managing intensity, and what to do if things feel too strong. You’ll learn how to apply the EF in real time to build trust in your body and your choices.



# Start Small, Stay Safe

*Practical safety and dosing guidance*

---

Every great experience begins with safety. When you understand how to approach cannabis carefully, you set yourself up for confidence. The goal isn't to avoid risk altogether, but to minimize surprises. You want your first or next experience to be comfortable, predictable, and enjoyable. ***The simplest and most important rule is: Start small. Stay safe. Observe everything.***

## **The “Low and Slow” Method**

The phrase “low and slow” is used by cannabis educators and health professionals alike. Because cannabis has a delayed and nonlinear response, a tiny increase can create a big difference in effect, especially for new users. By starting low and going slow, you give yourself space to notice and to learn.

The “Low and Slow” method:

- ▶ *Start with a small dose.*
- ▶ *Wait longer than you think you need to.*
- ▶ *Increase only gradually over time.*

## **CBD: The Balancer**

CBD (cannabidiol) is a natural compound that helps moderate the effects of THC. If THC is the “spark,” CBD is the “ground wire,” helping to balance and smooth the experience. Many new consumers prefer balanced products that contain equal parts THC and CBD (1:1 ratio).\*

This ratio provides gentle relaxation without overwhelming intensity. CBD can also help if you ever feel “too high.” A small dose of CBD tincture or edible can calm the system and restore comfort.

*\*See Appendix A for Harvest Blend product data sheet PDS.*

## **Choosing the Right Setting**

Where and how you consume cannabis matters as much as what you consume. This is where the Context element of the Experience Framework comes to life. Cannabis amplifies sensory input. A peaceful context helps guide that energy gently.

For first or cautious experiences:

- ▶ *Choose a familiar, comfortable space.*
- ▶ *Keep lighting soft and music calm.*
- ▶ *Avoid multitasking or stressful environments.*
- ▶ *Be with trusted, calm people, or alone if that feels safer.*

## **If You Ever Feel “Too High”**

Even with preparation, intensity can surprise you. It’s not dangerous, but it can be uncomfortable. The experience will pass, and you’ll gain valuable awareness for next time.

Here’s what to do:

1. *Breathe slowly. Deep, steady breaths help your body relax.*
2. *Hydrate. Sip water or juice; avoid alcohol.*
3. *Eat something light. A small snack can help metabolize THC.*
4. *Change your environment. Step outside, dim lights, or sit somewhere quiet.*
5. *Distract gently. Listen to soothing music or focus on your breath.*
6. *Use CBD if available. It can balance excessive THC.*
7. *Rest. Time is your ally. The feeling will fade, usually within 30–90 minutes.*

## Why Dosing Matters

Even identical products can produce different results from one person to the next. That's because your body's endocannabinoid system, the internal network that interacts with cannabis compounds, is unique to you. Metabolism, body weight, food intake, and even mood all plays a role. Unlike caffeine or alcohol, cannabis effects don't scale linearly with dose. A little can go a long way.

## Understanding Dosage and Onset

*Start with the lowest effective dose and increase only if needed.* Always note both the dose and the delay. Edibles, for example, can take up to two hours to reach full effect, so patience is part of safety.

FORM	ONSET <i>when you'll feel it</i>	DURATION <i>how long it lasts</i>	STARTING POINT	TIPS
Inhaled <i>(smoke/vape)</i>	2–10 min.	1–3 hours	1–2 small inhaled	Wait at least 10 minutes before more
Edibles	30–120 min.	4–8 hours	1–2.5 mg THC <i>(or balanced)</i>	Always wait 2 hours before re-dosing
Tinctures <i>(sublingual)</i>	15–45 min.	2–4 hours	1–2 drops <i>(start low)</i>	Hold under tongue for 30 seconds
Beverages	15–45 min.	2–3 hours	2.5 mg THC	Ideal for mild, social use
Topicals	Minimal psychoactive effect	Varies	Apply as labeled	Best for local relief, not intoxication

### Reflection Three: Your Safety Checklist

Safety is preparation. When you know the conditions you're stepping into, you can relax and enjoy the experience.

Before your next experience, review this quick list:

- |  |   |
|--|---|
| <input type="checkbox"/> I have eaten recently and I am hydrated.                | <input type="checkbox"/> I can rest if I need to.                 |
| <input type="checkbox"/> I know the dose and product type I'm using.             | <input type="checkbox"/> I have water, snacks, and CBD available. |
| <input type="checkbox"/> My space feels calm and comfortable.                    | <input type="checkbox"/> I have a notebook or journal nearby.     |
| <input type="checkbox"/> I have at least one to two hours free from obligations. |   |

### The Science of Safety

When you feel safe, your brain releases oxytocin and reduces stress hormones like cortisol. This balance improves your ability to focus, enjoy, and integrate your experience. Safety enhances the experience.

### Wellness and Lifestyle Through Safety

For **wellness-focused users**, safety allows you to rest, recover, and manage balance without worry. For **lifestyle users**, it creates space for creativity, laughter, and presence without overdoing it. The Experience Framework applies to both because both depend on self-awareness.

### Key Takeaways

- *Start small and go slow. Patience is the safest path.*
- *Context and mindset matter. Comfort enhances safety.*
- *CBD helps balance THC.*
- *Preparation builds confidence.*
- *Safety enhances experience—not restricts it.*

### Looking Ahead

Now that you know how to start safely, it's time to explore how to choose wisely. In the next chapter, we'll break down the cannabis menu: how to read labels, understand compounds, and select products that match your desired experience.



# Making Sense of the Menu

*Choosing products by desired experience*

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## **The Challenge of Choice**

If you've ever stood in front of a dispensary menu, you know how overwhelming it can be. There are strain names, numbers, terpene charts, and percentages a mix of science and marketing that can confuse even experienced users.

The good news? You don't need to understand every detail to make a good choice. You just need to know one thing clearly: **"How do I want to feel?"**

That single question transforms the entire menu from chemistry into meaning. It brings your focus back to the experience, not the label.

## **The Menu Is a Map**

Think of the menu as a map of possibilities. It gives you clues, but you still decide which path fits your needs and comfort level. Labels, strain names, and THC percentages are helpful, but they don't predict exactly how you'll feel. That's because your unique biology, your endocannabinoid system, determines how cannabinoids and terpenes interact in your body.

## HOW TO USE THE TABLES

The tables that follow are designed to help you move from labels to understanding. Instead of focusing on strain names or THC percentage alone, use these guides to see how cannabinoids, terpenes, product forms, and ratios work together to shape the overall experience.

Think of each table as a translation tool:

**Cannabinoids** describe intensity and balance;

**Terpenes** set the emotional tone;

**Formats** determine how quickly and how long effects last;

**Experience Categories** connect the product to your intention.

When read together, these elements help you choose cannabis based on the feeling or outcome you want—so you can make informed, controlled, and wellness-focused decisions.

### Key Terms: What the Numbers Really Mean

Here's a quick guide to the key terms you'll see on most dispensary menus:

LABEL TERM	WHAT IT MEANS	FURTHER REFLECTIONS
THC (%)	Amount of psychoactive compound.	Higher ≠ better or stronger experience.
CBD (%)	Balancing compound that reduces intensity and anxiety.	Balances the effects of THC and contributes to the synergy of the experience
Ratio (THC:CBD)	The relationship between active compounds.	Ratios guide balance
Terpenes	Aromatic oils that shape mood and body sensations	Terpenes frame the effect
Hybrid / Sativa / Indica	Growth terms	These terms are <b>not scientifically reliable</b>

## Defining Cannabinoids: The Core Ingredients

Cannabinoids are the active compounds that shape how cannabis interacts with your body. Here are the ones you'll see most often:

CANNABINOID	KNOWN FOR	EXPERIENCE PROFILE
THC (Tetrahydrocannabinol)	Euphoria, sensory focus	Energetic or relaxing, depending on dose and terpene mix
CBD (Cannabidiol)	Calm, clarity, comfort	Reduces intensity and balances effects
CBG (Cannabigerol)	Focus, mild stimulation	Clear-headed calm, good for daytime use
CBN (Cannabinol)	Rest, deep relaxation	Found in aged cannabis; may help with sleep

## Defining Terpenes: The Scent of Experience

Terpenes are natural aromatic oils that give cannabis its scent and subtle emotional tone. They're found in citrus, pine, lavender, and pepper, and they influence both your body and mood. Understanding terpenes helps you interpret the emotional "flavor" of a strain. Think of them as the emotional notes in your experience—they set the tone.

TERPENE	AROMA	ASSOCIATED EXPERIENCE	FOUND IN
Limonene	Citrus, lemon	Uplifted, creative, energetic	Lemons, oranges
Myrcene	Earthy, musky	Relaxed, sedated, grounded	Mango, hops
Pinene	Pine, fresh	Clear-headed, alert	Pine needles, rosemary
Linalool	Floral	Calm, soothing	Lavender, mint
Caryophyllene	Peppery, spicy	Warm, balanced, body comfort	Black pepper, cloves

## Forms and Formats: Matching Context and Intention

Each product type has a different onset time and duration. Choosing the right form is part of matching your Context and Intention in the Experience Framework.

FORM	ONSET	DURATION	BEST FOR
Flower	2–10 min.	1–3 hrs	Quick feedback, flexible adjustment
Edibles	30–120 min.	4–8 hrs	Long, steady effects; mindful evenings
Tincture	15–45 min.	2–4 hrs	Precise, subtle, good for journaling
Beverage	15–45 min.	2–3 hrs	Light, social, easy control
Topical	N/A	Localized only	Physical relief, no intoxication

## Experience-First Menus: Putting Your Intention First

Progressive dispensaries and cultivators including Bonsai Buds, now organize products by experience categories rather than strain names. This approach mirrors the EF by putting your Intention first. You choose a feeling, then the product.

Here's what an Experience-Based Menu might look like:

EXPERIENCE	TYPICAL FEELING	COMMON TERPENES	USE CASE
Calm & Unwind	Relaxed, centered	Myrcene, Linalool	Evenings, post-work
Creative Focus	Inspired, alert	Limonene, Pinene	Art, music, hobbies
Social Flow	Connected, easygoing	Caryophyllene, Limonene	Small gatherings
Reflect & Reset	Grounded, introspective	Myrcene, CBD-rich	Meditation, journaling
Rest & Restore	Deeply relaxed, sleepy	CBN, Myrcene	Nighttime, recovery

## How to Talk to a Budtender

Budtenders are your educational allies. A good conversation starts with honesty about your goals and comfort level.

*Instead of asking:* “What’s the strongest THC for the dollar?”

*Try saying:* “I’m looking for something gentle that helps me relax without feeling tired.”

This gives the budtender information that aligns with your EF—your Intention and Context. It also signals that you’re an intentional consumer, which builds trust.

## Avoiding Common Consumer Traps

- **Chasing THC Percentages**  
*High THC doesn’t mean a better experience. In fact, it can reduce nuance and balance.*
- **Trusting Names Alone**  
*Strain names like “Blue Dream” vary by grower. Chemistry, not marketing, matters.*
- **Ignoring Environment**  
*Even the perfect product can feel off in the wrong context.*
- **Mixing Too Much Too Soon**  
*Try one product at a time before layering, your experience will teach you more.*

## Reflection Four: *Your Experience Menu*

This becomes your personalized **Experience Menu**—your guide for future choices.

Take a moment to map your own preferences:

DESIRED FEELING	CONTEXT	CANNABINOIDS / TERPENES	IDEAL FORM
Calm & Centered	Evening at home	THC: CBD 1:1 / Myrcene	Edible
Creative & Alert	Weekend morning	Limonene / Pinene	Vape
Social & Connected	Dinner with friends	Caryophyllene, Balanced THC	Beverage
Restful & Restored	Before bed	CBN / Myrcene	Tincture

### Key Takeaways

- *Menus are maps, not guarantees—your biology shapes the result.*
- *Terpenes influence emotional tone; cannabinoids influence intensity.*
- *Experience-based menus align perfectly with the Experience Framework.*
- *Budtenders are educators, and your EF helps them guide you.*
- *Confidence comes from connection: your intention + the plant's chemistry.*

### Looking Ahead

In the next chapter, we'll explore why it matters that cannabis is a credence good and how trust and transparency influence your experience just as much as chemistry. You'll meet Bonsai Buds and Lovewell Farms as examples of cultivators committed to integrity, sustainability, and education—values that make every experience safer and more meaningful.



# Trust, Transparency & Brand Integrity

*Understanding the importance of credence goods*

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## Why Trust Matters

Cannabis is a special kind of product. You can't always see or measure its quality at the point of purchase, and the results depend as much on the grower's care as on your body's chemistry. **That makes cannabis a credence good—a product whose quality you must trust rather than test.** Like organic food, natural supplements, or handcrafted wine, good cannabis depends on the integrity of its maker. That integrity becomes part of your experience, shaping how safe, comfortable, and confident you feel.

## Trust as a Component of Experience

Trust doesn't just affect perception; it affects your biology. When you feel confident about the product and the people behind it, your mind relaxes, your body follows, anxiety decreases, and you're free to focus on the experience itself.

The Experience Framework (EF) depends on trust:

- *Intention feels grounded when you trust the source.*
- *Context feels safe when you know the grower's values.*
- *Emotion stabilizes when uncertainty is removed.*
- *Sensation becomes clearer when the product is pure and predictable.*
- *Integration deepens when each experience builds on reliability.*

## Trust is part of the chemistry. What Makes a Brand Trustworthy?

True quality is transparent. Reliable brands provide the information you need to make informed, confident decisions. When brands treat transparency as part of their craft, they turn trust into a tangible ingredient.

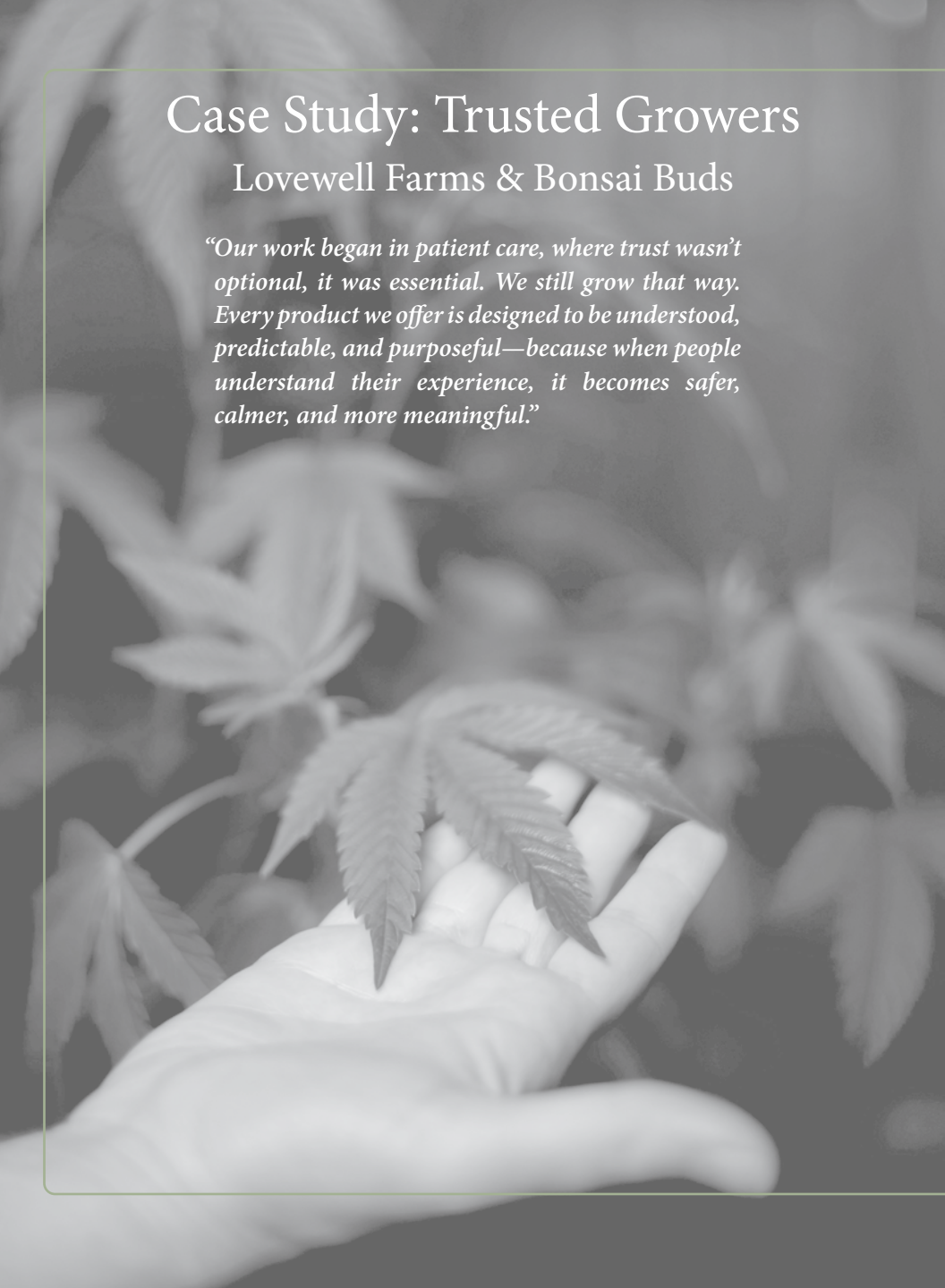
Look for:

- *Verified lab results for each batch.*
- *Clear labeling with cannabinoid and terpene details.*
- *Honest education, not exaggerated claims.*
- *Sustainable, responsible cultivation methods.*
- *Consistency from harvest to harvest.*

# Case Study: Trusted Growers

## Lovewell Farms & Bonsai Buds

*“Our work began in patient care, where trust wasn’t optional, it was essential. We still grow that way. Every product we offer is designed to be understood, predictable, and purposeful—because when people understand their experience, it becomes safer, calmer, and more meaningful.”*



## **Rooted in Wellness, Grown with Intention**

Few companies embody the philosophy of the Experience Framework™ more completely than Lovewell Farms and Bonsai Buds, two Rhode Island cultivators who steward cannabis from foundational wellness to conscious psychoactive experience. Together, they represent a full-spectrum model of integrity, intention, and trust.

## **From Medicine to Mastery: Two Paths, One Ethos**

Both Lovewell and Bonsai began in patient-centered cannabis, where quality was not marketing, but moral responsibility. Every batch had to meet exacting standards because people's health depended on it.

Lovewell Farms emerged as a regenerative hemp cultivator focused on non-intoxicating cannabinoid wellness, building nervous-system balance, inflammation support, and daily botanical routines.

Bonsai Buds developed as a medical cannabis cultivator and evolved into a craft adult-use producer, designing intentional psychoactive experiences with balance, clarity, and emotional intelligence.

Together, they form a complete wellness-to-experience continuum.

## **Cultivation as Conscious Practice**

At both farms, **cannabis is treated as a living expression of intention.** Lovewell stewards soil ecology, organic methods, and plant diversity to preserve cannabinoid integrity and therapeutic consistency. Bonsai stewards timing, temperature, curing, and touch, approaching cannabis the way a vintner approaches wine, to bring out full terpene expression and emotional clarity. **Exceptional cannabis is cultivated, not manufactured.**

**Patience, Precision, and Plant Integrity:** Each cultivator grows plants with a purpose.



**Lovewell Farms,  
USDA Certified**

- *Regenerative, organic soil systems*
- *Non-intoxicating cannabinoid preservation*
- *Botanical blending and whole-plant wellness design*
- *Ideal for calm, sleep, inflammation, and daily balance*



**Bonsai Buds**

- *Whole-plant hang drying*
- *Slow curing in small batches*
- *Terpene-forward strain design*
- *Ideal for creativity, social flow, reflection, and restorative calm*

## Recognizing Integrity Across the Industry

Trusted brands reduce risk—and deepen meaning.

INTEGRITY SIGNAL	WHY IT MATTERS
Educational transparency	Helps you learn, not just buy
Lab verification	Confirms purity and safety
Sustainable practices	Reflect care for people and planet
Consistent outcomes	Builds confidence
Community contribution	Anchors long-term trust

### The Role of Story in Trust

Stories create emotional safety. They provide context for choice. And they turn products into relationships. Lovewell’s story is about healing and nervous-system care. Bonsai’s story is about conscious elevation and mastery. Together, they prove that credibility is built through practice repeated with care.

### Your Role in the Trust Equation

Trust is shared. The more you seek it, the more it grows.

You strengthen the cannabis community when you:

- *Ask about sourcing and testing*
- *Choose education-driven brands*
- *Reflect on how products affect you*
- *Support responsible cultivation*

### Key Takeaways

- *Cannabis is a credence good—trust defines quality*
- *Transparency is respect*
- *Lovewell and Bonsai model responsible cannabis stewardship*
- *EF transforms products into guided experiences*
- *Your informed choices strengthen the culture of safe cannabis*

### Looking Ahead

In the next chapter, you’ll begin your Experience Journal, transforming reflection into self-knowledge and curiosity into confidence. Your cannabis story now has a trusted foundation.



# Your Experience Journal

*Recording and learning from your experiences*

---

## **Every Experience Is a Teacher**

When you take time to reflect on what happened—what worked, what didn't, what you felt—you transform curiosity into knowledge. Your body, mind, and environment give you feedback with every session. By recording those details, you build a personal guidebook that no brand, article, or app can replace.

That's the purpose of your Experience Journal: to observe, reflect, and learn.

## **Why Journaling Matters**

Journaling is not about being perfect, it's about paying attention. Your entries become a record of you—your reactions, your patterns, your preferences. This is data for self-awareness.

Writing after a session helps you:

- *Remember details that fade quickly.*
- *Identify which products or doses work best.*
- *Recognize how emotions, environment, and timing shape the outcome.*
- *Track long-term trends in comfort, sleep, creativity, or mood.*
- *Build confidence through self-understanding.*

## **How to Use Your Journal**

Use your journal each time you try a new product, strain, or setting. Write soon after the experience while details are fresh. You can keep it private, or share insights with trusted friends, a healthcare provider, or a knowledgeable budtender. Over time, you'll notice themes: certain terpenes that relax you, or dose levels that bring calm without drowsiness.

Remember—you are not collecting perfection; you're collecting perspective.

## Tips for Effective Journaling

*Your notes may reveal patterns you might otherwise miss.*

*Patterns become insight.*

- **Write freely.** *No one else has to read it.*
- **Note timing.** *Record when you began and how long the effects lasted.*
- **Describe sensations, not judgments.** *(“Warm chest, slower thoughts,” instead of “good” or “bad.”)*
- **Include environment.** *Temperature, lighting, company, sound—all shape your perception.*
- **Record your baseline.** *How did you feel before using cannabis?*
- **Reflect on tomorrow.** *How do you feel the next day?*

## Patterns Over Time

As you record more entries, you’ll start to see patterns emerge:

*Certain terpenes (like myrcene or limonene) might correlate with your favorite moods.*

*Certain forms (tinctures, beverages) may fit your context better than others.*

*Certain times of day may amplify or soften your intended feeling.*

These patterns become personal insight—evidence of your awareness and self-guided learning.

## Integrating the Journal with the EF

Reflection completes the Experience Framework. Without it, you’re simply using cannabis. With it, you’re understanding cannabis and yourself. Integration doesn’t have to be formal.

It can be as simple as a few words after a session: “Felt calm and clear. Will repeat this setup next week.”

Over time, this becomes your playbook for intentional living.

## How to Use Your Journal

Use the five EF elements to guide each entry:

EF ELEMENT	YOUR REFLECTION
Intention	What was my goal or desired feeling before starting?
Context	Where was I? Who was with me? What was happening around me?
Emotion	What mood or mindset did I bring into the experience?
Sensation	What did I feel in my body and mind as the effects developed?
Integration	What did I learn? Would I repeat this setup or adjust something?

## SAMPLE ENTRIES

### Wellness Example: Rest & Recovery

ELEMENT	REFLECTION
Intention	Ease muscle tension and sleep deeply
Context	Evening, after yoga, low lighting, soft music
Emotion	Relaxed, slightly sore from workout
Sensation	1:1 THC:CBD pre-roll, gentle warmth, deep breathing slowed
Integration	Slept through the night; next time, same dose earlier in the evening

### Lifestyle Example: Creativity & Connection

ELEMENT	REFLECTION
Intention	Feel inspired and socially connected
Context	Afternoon gathering in an open studio or relaxed home setting
Emotion	Joyful, curious, and open to new ideas and shared energy
Sensation	Balanced 10 mg THC + CBD gummy. Gradual onset of a light, uplifting euphoria with a calm body feel
Integration	Enjoyed the balance of creativity and social ease

## **Reflection Five: *The Experience Framework in Practice***

Use the five EF elements to guide each entry:

**Intention:** *What was my goal or desired feeling before starting?*

---

*My Notes:*

**Context:** *Where was I? Who was with me? What was happening around me?*

---

*My Notes:*

**Emotion:** *What mood or mindset did I bring into the experience?*

---

*My Notes:*

**Sensation:** *What did I feel in my body and mind as the effects developed?*

---

*My Notes:*

**Integration:** *What did I learn? Would I repeat this setup or adjust something?*

---

*My Notes:*

## Reflection Five: *The Experience Framework in Practice*

### Optional Rating Scales

If you prefer structure, you can track outcomes using a simple 1–5 rating scale:

CATEGORY	1 (LOW)	2	3	4	5 (HIGH)
Relaxation					
Clarity					
Creativity					
Connection					
Comfort					

*Experience Notes:*

## **Key Takeaways**

- *Journaling builds awareness, memory, and confidence.*
- *The Experience Framework is your structure for reflection.*
- *Wellness and recreational use both benefit from mindful tracking.*
- *Patterns reveal what your body and mind truly need.*
- *Writing transforms experience into understanding.*

## **Looking Ahead**

In the final chapter, we'll explore how to bring everything together—using the Experience Framework not only for cannabis, but for a more mindful approach to daily living. It's about living with the same attention, curiosity, and care that great growers bring to their plants—because experience is a practice, not a product.



# Living With Intention

*Applying the Experience Framework to everyday life*

---

## **From Curiosity to Confidence**

You began this journey with curiosity—cautious, thoughtful, and perhaps uncertain. Now, through reflection, safety, and awareness, you have built confidence rooted in understanding. The Experience Framework™ was never just about cannabis. It was always about you.

It is a structure for noticing your life—your feelings, your environment, your needs—and aligning your choices with awareness. Living with intention means extending that mindset beyond any single experience. It means treating each moment, each decision, and each interaction with the same care and curiosity you have practiced here.

## **The Everyday Experience Framework**

The same five EF elements that guide safe, satisfying cannabis use also guide a balanced, intentional life. Whether it is your wellness routine, your relationships, or your creative work—this same awareness brings clarity and depth.

EF ELEMENT	IN CANNABIS	IN LIFE
Intention	Setting your desired experience	Beginning each day with purpose
Context	Choosing a safe, comfortable environment	Designing surroundings that support calm or focus
Emotion	Checking your mood before use	Understanding your feelings before reacting
Sensation	Observing physical and mental effects	Listening to your body's needs
Integration	Reflecting and learning	Applying insight to future choices

## **Living With Intention Through Cannabis**

Cannabis can be a tool for mindfulness when approached with respect and reflection.

When used intentionally:

- *Lovewell-style wellness experiences become daily practices of calm, balance, and restoration.*
- *Bonsai-style experience sessions become moments of presence, creativity, connection, and reflection.*

You stop chasing outcomes—and start cultivating awareness.

**Intention turns use into practice. Awareness turns practice into wisdom.**

## **Respecting the Plant, Respecting Yourself**

At its heart, this process is about respect—for your body, your boundaries, and the plant itself.

The plant teaches patience.

It grows slowly, responds to care, and expresses its best when nurtured with attention.

You are no different.

Every reflection, every journal entry, and every mindful session is an act of self-cultivation.

You are not consuming cannabis.

**You are cultivating yourself.**

## **Cultivation as a Living Metaphor: Lovewell Farms & Bonsai Buds**

**Lovewell Farms** expresses this truth through **foundational wellness cultivation**—stewarding soil, biodiversity, and non-intoxicating cannabinoids to support calm, sleep, inflammation balance, and daily nervous-system health.

**Bonsai Buds** expresses it through **intentional psychoactive craftsmanship**—where whole-plant hang drying, slow curing, and terpene preservation honor balance, clarity, and emotional resonance.

Together they show us that:

***Mastery is not about doing more—it is about doing with purpose.***

## **Reflection Six: *Your Ongoing Practice***

Every thoughtful choice strengthens the culture of safe cannabis. This reflection closes one chapter and opens another: the lifelong practice of awareness.

*What have I learned about how cannabis fits into my life?*

---

**My Notes:**

*How has the Experience Framework changed my awareness?*

---

**My Notes:**

*What patterns or insights have surprised me most?*

---

**My Notes:**

*What intentions guide my choices now, inside and outside cannabis?*

---

**My Notes:**

*How can I apply the same patience and attention to other areas of my life?*

---

**My Notes:**

## **Your Role in a Culture of Care**

Living with intention also means contributing to a culture of care. Every time you ask questions, support ethical cultivators like Lovewell Farms and Bonsai Buds, or share what you have learned, you strengthen the cannabis community.

Trust grows through shared understanding. When consumers, cultivators, and educators align around awareness, cannabis becomes not just a product—but a practice of well-being.

## **CLOSING MESSAGE**

You've learned to see cannabis as an experience—one that reflects your body, mind, and environment.

You've learned that safety, awareness, and integrity create trust and enjoyment.

And most importantly, you've learned that every experience, when observed, teaches something valuable.

So take this framework with you—into your sessions, your routines, your relationships, your life.

**Because when you live with intention, you cultivate not just better experiences, but a better you.**



# Appendix A: Sample Product Data Sheet

*Explaining low-dose cannabis products through experience-based guidance*

---

An example of how a low-dose cannabis product can be explained using experience-based guidance rather than technical jargon. The PDS translates lab data into clear, consumer-friendly context—outlining intended experience, MED use, what to notice, and safety considerations—so consumers can make informed, confident choices and use cannabis intentionally.

**Sample Product Data Sheet (PDS) 38**

**Rhode Island Consumer Education Notice 42**

# SAMPLE PRODUCT DATA SHEET (PDS)

## HARVEST BLEND MICRODOSE PRE-ROLLS

*Mindful Relaxation*

### Overview

Harvest Blend Microdose Pre-Rolls are thoughtfully crafted to deliver gentle, balanced relaxation as a mindful alternative to alcohol. Each 0.5 g pre-roll combines ~8.5% Total THC and ~10.2% CBD, offering light euphoria, emotional balance, and physical ease. This balanced ratio supports clarity and calm without overwhelm ideal for conversation, creative flow, and unwinding without the aftereffects of drinking.

As part of the **Canna Curious Wellness™** collection, *Harvest Blend* reflects the **Wellness Tier (<10% THC)** within the Experience Framework™, designed for relaxation, connection, and composure through intentional, low-dose cannabis.

### ACTIVE CANNABINOID PROFILE

(per 0.5 g pre-roll)

CANNABINOID (ACTIVE)	% BY WEIGHT	PER PRE-ROLL	NOTES
Total Potential THC	8.53%	~47.7 mg	Light, functional high
Total Potential CBD	10.2%	~51.0 mg	Emotional balance; anti-anxiety
CBGA	0.832%	~4.2 mg	Anti-inflammatory; may aid focus
CBG	0.290%	~1.5 mg	Focus and clarity
CBCA	0.426%	~2.1 mg	Mood support; emerging cannabinoid
Total Active Cannabinoids (TAC)		~115 mg	Balanced relief & clarity

## SAMPLE PRODUCT DATA SHEET (PDS)

### HARVEST BLEND MICRODOSE PRE-ROLLS

(continued)

#### TERPENE PROFILE

(per 0.5 g pre-roll)

TERPENE	%	mg PER 0.5 g	NOTES
Trans-Caryophyllene	0.479%	~2.4 mg	Stress relief; anti-inflammatory
Linalool	0.405%	~2.0 mg	Calming; promotes relaxation
$\alpha$ -Humulene	0.142%	~0.7 mg	Subtle relaxation
$\beta$ -Myrcene	0.129%	~0.6 mg	Soothing; body ease
Trans-Nerolidol	0.097%	~0.5 mg	Sedative; calming
$\alpha$ -Bisabolol	0.086%	~0.4 mg	Anti-inflammatory; soothing
Limonene	0.063%	~0.3 mg	Mood uplift; citrus aroma
<b>TOTAL TERPENES</b>	1.59%	~7.9 mg	Synergistic calming effect

**PROFILE SUMMARY:** Caryophyllene and linalool provide grounding calm, bisabolol and humulene add soothing body relief, while limonene and nerolidol contribute gentle mood uplift and subtle citrus-floral notes.

# SAMPLE PRODUCT DATA SHEET (PDS)

## HARVEST BLEND MICRODOSE PRE-ROLLS

*(continued)*

### **The Entourage Effect: Why Balance Matters**

Harvest Blend harnesses the **entourage effect** the synergistic interaction between cannabinoids and terpenes that shapes the overall experience.

**Cannabinoids:** ~8.5% THC moderated by ~10.2% CBD, with supportive CBG and CBCA.

**Terpenes:** ~1.6% total, highlighted by calming **linalool**, grounding **caryophyllene**, and uplifting **limonene**.

### **What That Might Feel Like**

*Gentle onset with clear, functional relaxation*

*Emotional balance and stress relief without overwhelm*

*Suitable for mindful socializing or evening wind-down*

### **How to Safely Enjoy Your Microdose Pre-Roll**

#### **Minimum Effective Dose: Start Small, Go Slow**

With approximately 8.5% THC and 10% CBD, Harvest Blend mirrors the approachable potency of classic cannabis from the 1980s–90s. Begin with 1–2 **gentle puffs**, allowing the effects to settle for at least **15 minutes** before considering more.

#### **Practical Guidance**

*Start low, go slow: 1–2 puffs, pause, wait 15 minutes, reassess.*

*Track effects: note your setting, mood, dose, and timing.*

*Use mindfully: hydration, relaxation, and intention enhance results.*

### **DISCLAIMER**

*Not intended as medical advice. Canna Curious Wellness™ products are designed for wellness, balance, and education within the Experience Framework™ (EF).*

*Emerging research supports the benefits of combining low-dose THC with CBD, including potential neuroprotective, anti-inflammatory, and mood-stabilizing effects. Further clinical studies will continue to refine optimal dosing and long-term safety.*

## SAMPLE PRODUCT DATA SHEET (PDS)

### HARVEST BLEND MICRODOSE PRE-ROLLS

(continued)

#### SUPPORTING RESEARCH

Emerging research from Brown University includes a randomized, placebo-controlled clinical trial indicating that smoking low- to moderate-THC cannabis can acutely delay the initiation of drinking and reduce the amount of alcohol consumed in a single session, compared to placebo, in a laboratory setting. Harvest Blend is formulated within this same low-to-moderate THC range (8.5% THC) and balanced with CBD (10%) to support clarity, emotional steadiness, and control. When used at a Minimum Effective Dose (MED), Harvest Blend is designed to align with an alcohol-replacement use pattern supporting a more intentional, lower-impact alternative to alcohol without making clinical or treatment claims.

#### Citation (APA style)

Metrik, J., Kahler, C. W., et al. (2025). *Acute effects of cannabis on alcohol craving and consumption: A randomized placebo-controlled trial*. *American Journal of Psychiatry*. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/41254853/> (PubMed)

#### A Collaboration Rooted in Tradition & Innovation

##### BONSAI BUDS

##### EXETER, RHODE ISLAND

A Class A craft cultivator, Bonsai Buds specializes in artisanal, precision-grown cannabis designed for targeted wellness outcomes. Their commitment to transparency and quality elevates the standard for microdose cannabis experiences.

##### LOVEWELL FARMS

##### HOPE VALLEY, RHODE ISLAND

Rhode Island's first USDA-certified organic hemp farm, Lovewell Farms uses regenerative, no-till practices and sustainable irrigation to grow CBD-rich flower with exceptional purity and terpene integrity.

Together, these partners combine craftsmanship, sustainability, and innovation to create Harvest Blend—a pre-roll rooted in Rhode Island's agricultural heritage and cannabis wellness leadership.

## **RHODE ISLAND CONSUMER EDUCATION NOTICE**

### **Responsible Cannabis Use**

Cannabis affects everyone differently. Start low and go slow.

Avoid mixing cannabis with alcohol or medications.

Do not use cannabis if pregnant or nursing.

Always store cannabis securely and out of reach of children and pets.

Effects from edibles may be delayed for up to two hours.

Wait before consuming more.

### **Health and Safety Warning (Rhode Island Standard Statement)**

**Cannabis products may be intoxicating and cause impairment.**

**Do not drive a motor vehicle or operate heavy machinery under the influence of cannabis.**

**Keep out of the reach of children.**

### **Public Education Resources**



For more information on safe and responsible cannabis use in Rhode Island and to access additional guidance and resources from the **Rhode Island Cannabis Control Commission (RICCC)**:

VISIT: [cannabis.ri.gov/education](https://cannabis.ri.gov/education)

or SCAN THE QR CODE

## **About This Educational Material**

*The Experience Framework: Understanding Cannabis Through Feeling and Intention* is an educational resource designed to promote safe, informed, and intentional cannabis use.

*This publication is provided for informational purposes only and does not constitute medical advice.*

*Distributed under license by Canna Curious Wellness LLC in collaboration with Lovewell Farms: Rooted in Wellness and Bonsai Buds: Grown with Intention.*

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## **Disclaimer**

*This booklet is provided for educational and informational purposes only. It does not provide medical advice and is not intended to diagnose, treat, cure, or prevent any disease or condition.*

*The information contained herein is based on current understanding of cannabis science and consumer wellness practices. However, individual experiences with cannabis vary widely due to differences in biology, tolerance, and product formulation.*

*Always consult with a qualified healthcare professional before using cannabis, especially if you have medical conditions, are pregnant, nursing, or taking prescription medications.*

## **Regulatory Positioning Statement**

*This educational booklet is designed to meet and exceed the Rhode Island Cannabis Control Commission's consumer education standards by providing structured, science-informed guidance that supports safe, intentional, and informed cannabis use.*





## Appendix B: Journal Pages

*Recording your experiences*

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### **Using This Book as Your Guide and Journal**

This booklet is designed to be more than something you read—it is a **working guide for your personal experience** with CBD and non-intoxicating cannabinoids.

As you explore, use these pages to take notes, record observations, and track what works for you. Your responses may vary depending on timing, amount, routine, and environment. Writing things down helps you recognize patterns and build a routine that feels consistent, comfortable, and effective.

You may choose to:

*Note when and how you used a product*

*Record how you felt afterward*

*Track changes in mood, comfort, sleep, or daily routine*

*Identify what felt “just right” for you*

There is no need to complete every page. Use the journal sections in whatever way supports your learning.

This booklet is your guide—but your experience is your teacher.

<b>Reflection One:</b> <i>Your Intention Starter</i>	46
<b>Reflection Two:</b> <i>Mapping Your Experience</i>	47
<b>Reflection Three:</b> <i>Your Safety Check List</i>	48
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<b>Reflection Five:</b> <i>The Experience Framework in Practice</i>	49
<b>Reflection Six:</b> <i>Your Ongoing Practice</i>	50

## **Reflection One: Your Intention Starter**

Take a moment to jot down your own starting point. You don't have to fill in every line—even one or two sentences begin your Experience Framework.

*Why am I curious about cannabis right now?*

---

***My Notes:***

*What kinds of feelings do I want to explore?*

---

***My Notes:***

*What kinds of feelings do I want to avoid?*

---

***My Notes:***

*What settings make me feel calm and comfortable?*

---

***My Notes:***

*Who could support me in learning safely?*

---

***My Notes:***

## **Reflection Two: Mapping Your Experience**

Here's a simple way to use the Experience Framework for your next session.

### **EF Element**

*Intention: What do I want to feel or experience?*

---

*My Notes:*

*Context: Where am I, and who am I with?*

---

*My Notes:*

*Emotion: What's my mood or mindset right now?*

---

*My Notes:*

*Sensation: What did I notice in my body and mind?*

---

*My Notes:*

*Integration: What did I learn, and what might I do differently next time?*

---

*My Notes:*

### Reflection Three: *Your Safety Checklist*

Safety is preparation. When you know the conditions you're stepping into, you can relax and enjoy the experience.

Before your experience, review this quick list:

- I have eaten recently and I am hydrated.
- I know the dose and product type I'm using.
- My space feels calm and comfortable.
- I have at least one to two hours free from obligations.
- I can rest if I need to.
- I have water, snacks, and CBD available.
- I have a notebook or journal nearby.

### Reflection Four: *Your Experience Menu*

This becomes your personalized **Experience Menu**—your guide for future choices.

Take a moment to map your preferences:

<b>DESIRED FEELING</b>	<b>CONTEXT</b>	<b>CANNABINOIDS / TERPENES</b>	<b>IDEAL FORM</b>
Calm & Centered	Evening at home	THC: CBD 1:1 / Myrcene	Edible
Creative & Alert	Weekend morning	Limonene / Pinene	Vape
Social & Connected	Dinner with friends	Caryophyllene, Balanced THC	Beverage
Restful & Restored	Before bed	CBN / Myrcene	Tincture

## **Reflection Five: *The Experience Framework in Practice***

Use the five EF elements to guide each entry:

**Intention:** *What was my goal or desired feeling before starting?*

---

*My Notes:*

**Context:** *Where was I? Who was with me? What was happening around me?*

---

*My Notes:*

**Emotion:** *What mood or mindset did I bring into the experience?*

---

*My Notes:*

**Sensation:** *What did I feel in my body and mind as the effects developed?*

---

*My Notes:*

**Integration:** *What did I learn? Would I repeat this setup or adjust something?*

---

*My Notes:*

## Reflection Five: *Your Ongoing Practice*

### Optional Rating Scale

If you prefer structure, you can track outcomes using a simple 1–5 rating scale:

CATEGORY	1 (LOW)	2	3	4	5 (HIGH)
Relaxation					
Clarity					
Creativity					
Connection					
Comfort					

*My Experience Notes:*

## **Reflection Six: *Your Ongoing Practice***

Every thoughtful choice strengthens the culture of safe cannabis. This reflection closes one chapter and opens another: the lifelong practice of awareness.

*What have I learned about how cannabis fits into my life?*

---

**My Notes:**

*How has the Experience Framework changed my awareness?*

---

**My Notes:**

*What patterns or insights have surprised me most?*

---

**My Notes:**

*What intentions guide my choices now, inside and outside cannabis?*

---

**My Notes:**

*How can I apply the same patience and attention to other areas of my life?*

---

**My Notes:**

## ABOUT CANNA CURIOUS WELLNESS



At Canna Curious Wellness we want to make cannabis and hemp easier to understand, safer to explore, and more meaningful to use.

**Our vision is simple: To shift the conversation from products and potency to experiences and outcomes.**

Many adults are curious about CBD and cannabis but feel uncertain about where to begin, how much to use, or how to avoid unwanted effects. Canna Curious Wellness exists to provide the education, tools, and guidance needed to explore with confidence, clarity, and control.

---

Through The Experience Framework, we help people:



*Choose based on intention, not just THC percentage*  
*Start with non-intoxicating options and build gradually*  
*Stay within a comfortable range*  
*Create routines that support everyday well-being*

At Canna Curious, we believe the future of cannabis is not about getting stronger—it's about getting smarter, safer, and more intentional.

---

## ABOUT THE AUTHOR

Magnus Thorsson, PhD is a researcher, educator, and advocate for experience-based wellness and intentional cannabis use. His work focuses on human perception, behavioral science, and the connection between emotion, environment, and awareness. He is the founder of Canna Curious Wellness and the developer of The Experience Framework.



For more information,  
scan the code or visit  
[CannaCuriousWellness.com](https://CannaCuriousWellness.com)





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