

Green, Clean, and Serene

The Guide

This is a Twelve Step recovery program that incorporates cannabis to help addicts manage their addiction plus other ailments. This is a good-faith program, meaning one intends to genuinely put forth their true best effort in working it, not for folks who want to "game the system" so if that is you I encourage you to stop reading until you can genuinely do the work. For those not in the aforementioned group, this program can change one's life for the better, to help one to find their highest self in life. It is based on limiting foods, drugs, and activities other than for cannabis, food in general, and water outside of working The Twelve Steps; which we know to be applicable for all our or nearly all our ailments much more than just addiction.

The Twelve Steps

1. We admitted we were powerless over our ailments — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Them.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Them to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Them, praying only for knowledge of Their will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other people, and to practice these principles in all our affairs.



Limits

Having limits on foods, drugs, and activities other than cannabis, food in general, and water is critical in one working the Green, Clean, and Serene program. An example of this is a doctor prescribing up to four pain pills a day if necessary, which would become the prescribed limit for the drug, one can use up to and including four but following the limit it is expected one will then utilize medical cannabis to supplement for any additional pain pill doses over one's prescribed limit; this can be applied to burritos, sex, or other kinds of things one can get addicted to but those limits outside of a doctor's prescription are up to one to set on their own. With cannabis being as effective as it is we can also utilize recreational drugs like alcohol with a limit, so for example we set a limit of four beers a day, if we want a fifth we take some cannabis instead. Limits are critical and one should set them with all they can if and where necessary.

Meetings

Going to meetings is an important part of recovery. Green, Clean, and Serene takes advantage of existing programs like Alcoholics Anonymous and Narcotics Anonymous, respecting their cultures when in attendance and not discussing this program where it may be inappropriate or in inappropriate ways, this way addicts working Green, Clean, and Serene can then leverage an existing network of addicts in Clean and Serene programs at one of the many available Twelve Step programs. It is important to note many groups do not endorse Green, Clean, and Serene or have no opinion on it. These meetings will provide community, a critical part of recovery and life in general, for relating to the stories and advice of others while sharing your own. It is good to try to get at least up to one meeting a week in if you can and unless you know it is appropriate avoid the subject of cannabis in recovery where possible.

Other Steps

The above are the main things needed to work this program but there are other things to look into. Some things to look into include other medications, therapy, exercise, engaging in hobbies, spending time with loved ones, and so much more. A full recovery means incorporating all that you, you specifically, need in order to recover from your ailments; someone without diabetes should probably not take insulin so to speak because they do not need it, but if they have depression Wellbutrin might be able to help where a fellow with diabetes does not need such help for depression, the point of that example is there is no one-size-fits-all for recovery and you may have to do some work sorting through what you do or do not need in yours. May God be with you.