



## Health -- Self-Assessment

Please complete this self-assessment prior to accepting the [Participation Agreement](#), and before attending a Highest Light ceremony.

**This self-assessment is for your own private use, and you are not required to share this with us. If you have some concerns that you would like to address with us, you may do so, and please note that any information that you do choose to share with us is maintained in a confidential manner.**

With few exceptions like water, air and sleep, not everything is good for everyone, and that includes Cannabis. Highest Light ceremonies are conducted with physical and emotional safety as the number one consideration, however they may not be for everyone.

Answering a yes to any of the self-assessment questions below may indicate a need to check in with a Highest Light facilitator, or might require the postponement of attending a ceremony if it represents a very strong concern.

A Highest Light facilitator is available before the event, by phone or email, to answer any of your questions related to safety, but in the end this is your decision.

You are encouraged to have all your questions and concerns addressed before attending. Truthfully answering “no” to every question does not guarantee a positive experience. By participating in a ceremony, you are agreeing to take full responsibility for any outcomes experienced.

Highest Light is supportive and judgment-free, but for your safety, the following reasons not to attend include:

pregnancy and serious physical health problems such as cardiovascular problems, severe hypertension, recent surgery or fractures, acute infectious illness, or epilepsy, or severe mental illness such as severe/acute anxiety or other mood disorders, psychosis (history of psychotic breaks), schizophrenia severe bipolar disorder, personality disorders, acute/unprocessed trauma and PTSD, acute addictions, suicidal ideation/self-harm and tendencies for disruptive behavior. If you have asthma, make sure to bring your inhaler!

Again, these ceremonies are very safe, but please be honest with yourself. The assessment questions are very personal and do not need to be shared with us. You have everything you need to make the best decision, and we are here to help.

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1. Are you pregnant or nursing? [Answering yes to this question requires postponing your session until you are no longer pregnant or nursing.]

**Yes**       **No**

2. Do you have any past or present medical conditions (either physical or mental health) that may affect your ability to safely participate in this event? [A Highest Light ceremony is not appropriate for persons with cardiovascular problems, severe hypertension, severe mental illness, recent surgery or fractures, acute infectious illness, or epilepsy.]

**Yes**       **No**

3. Have you ever been hospitalized for a psychological or emotional disorder, or for any other psychological or emotional reason? [Mental Health Contraindications (reasons not to attend) include, but are not limited to clinically significant acute anxiety or other severe mood disorders, psychosis, schizophrenia, bipolar disorders, personality disorders, acute/unprocessed trauma and PTSD (without support), acute addictions, suicidal ideation/self harm and tendencies for disruptive behavior.]

**Yes**       **No**

4. Has a health professional ever advised you to cease or otherwise limit consumption of cannabis, psychedelic medicines, or using other altered-states practices?

**Yes**       **No**

5. Have you ever had a severe physical adverse reaction to using cannabis or other psychedelic medicines-- physically, emotionally or otherwise?

**Yes**       **No**

6. Have you ever experienced extreme paranoia or anxiety, panic attacks, or other extreme negative experiences while using cannabis, or any psychedelic drugs, or during any other times in your life that required a significant intervention? [We've all experienced anxiety in one form or another... the key here is something that required a significant intervention.]

**Yes**       **No**

7. Have you ever fainted or blacked out or otherwise adversely lost consciousness while on cannabis or any psychedelic medicine? [While this can happen to anyone, some are more susceptible than others, particularly those with low blood pressure. Please let a facilitator know and take extra time in sitting and standing up during ceremony].

**Yes**       **No**

8. Have you ever had extremely unusual or disconcerting thoughts or ideas, or extreme levels of energy (inability to sleep for days or racing thoughts, or alternatively extremely low energy) after the effects of a psychedelic/cannabis should have worn off? [These could be symptoms of severe mental health concerns.]

**Yes**       **No**

9. Are you currently on any medications, supplements or recreational drugs that could affect you safely participating in a ceremony? [Using other mind altering substances besides cannabis in a Highest Light ceremony is expressly forbidden. Please do not come on any other mind altering substance as it would increase the likelihood of a difficult or overwhelming experience and negatively affect the safety of yourself and other participants.]

**Yes**       **No**

10. Do you have a history of disruptive or violent behavior, either physical or emotional? [For the safety of our participants, any intentionally disruptive behavior is not tolerated in ceremony. Disruptive behavior does NOT include spontaneous emotional releases (e.g. crying, laughter, body shaking) that require facilitator intervention and support.]

**Yes**       **No**

11. Do you have a history of traumatic or difficult life events that have not been addressed or are not being supported therapeutically? [Highest Light ceremonies are designed to complement therapy and treatments, not replace them. If a difficult past experience unexpectedly comes up in your experience during a ceremony, you are strongly encouraged to seek professional mental health support.]

**Yes**       **No**

12. Do you have any present concerns around suicide or self-harm? [A Highest Light ceremony is not the appropriate context to address suicidality or self-harm. Please seek professional mental health support.]

**Yes**       **No**

13. As you contemplate attending this experience, or when checking in with yourself right before it begins, are you extremely anxious? [While mild to moderate anxiety is completely normal before any plant medicine journey, extreme anxiety, panic and physically shaking/trembling before an experience is an indication NOT to participate.]

**Yes**       **No**

14. Have you recently had a major transformational experience, with a plant medicine or otherwise, that feels almost complete but not quite resolved? [This is good news but the ceremony may be intense. Please prepare accordingly.]

**Yes**       **No**

15. Do you ever feel extremely uncomfortable in a group transformational processes? [Even though you will be safe and fully supported in the ceremony, it is still a deep transformational process in a group setting. Previous experiences in group processes is an indication of how comfortable you'll feel in a Highest Light ceremony]

**Yes**       **No**

If you have any other questions, feel free to contact a Highest Light facilitator prior to attending a ceremony.