

#1: What Is CBD Oil?

The beginning of an article on CBD oil.

CBD Oil

CBD oil is receiving a lot of attention these days. It can be found in a host of products, including lattes and smoothies, chocolates, jelly beans, gummy bears, vape pens, bath bombs, skin creams, mascara, acne medications, and ‘personal’ lubricants. There was even a CBD infused hamburger offered for a limited time at one Carl’s Jr. restaurant in Denver, Colorado. The double-patty cheeseburger was created to honor “420 Day”, and thus only available on April 20th, with a retail price of \$4.20. An anonymous source at the fast food giant reported that over 2200 of the “Rocky Mountain High: CheeseBurger Delight” (“C B D” in the title—clever marketing) were sold in the one-day promotion.

Despite all of this hype, many consumers don’t understand CBD oil’s origins or uses. In the rush to report on the sudden boom in CBD interest, the mainstream media has unwittingly circulated conflicting information. In this article, we’ll break it down for you, and try to address the most common misconceptions. This is far from an exhaustive treatment of the subject, but we hope it can function as an introductory guide to CBD oil and its many uses.

What is CBD?

Cannabidiol—it’s pronounced either “*Can-a-be-DYE-al*” or “*Can-a-BID-e-al*”, but either way it’s a mouthful, so it’s commonly abbreviated as CBD. CBD is a naturally occurring compound found in the cannabis genus of plants. It was first isolated and synthesized in 1940 by Roger Adams, a chemist at the University of Illinois, and it’s not an exaggeration to call him the “Father of CBD”. He noted the pain-reducing properties of CBD and went on to publish a total of 27 studies on CBD and other compounds found in cannabis. His work was instrumental in combating the sensationalist “reefer madness” propaganda put forth by the US government at the time. Adams was followed by an Israeli scientist, Raphael Mechoulam, (the “Uncle of CBD”?) who discovered the precise molecular structure of both CBD and tetrahydrocannabinol (THC), the two most prevalent active ingredients in cannabis.

The cannabis genus includes *Cannabis sativa*, *Cannabis indica*, and *Cannabis ruderalis*, all commonly referred to as hemp. These species are all very similar, and botanists continue to debate if *C. indica* and *C. ruderalis* are actually separate species, or just sub-species of *C. sativa*. Their primary differences lie in the native territories of each variety, and the concentrations of the active ingredients found in each. *C. sativa* seems to have evolved in eastern Asia, *C. indica* arose on the Indian subcontinent, and *C. ruderalis* originated in central and eastern Europe and Russia. Each has been cultivated by man for centuries, and all enjoy a global distribution today, with *C. sativa* being the most widely spread. One key difference between them that does support the separate species theory is that *C. ruderalis* is “auto-flowering”. That means that the flowering stage of *ruderalis* is brought on by age, rather than by light cycles, as is the case with *sativa* and

indica. These auto-flowering strains tend to have much higher CBD content, and are good candidates for CBD oil extraction.

Each of these varieties has found its way into folk medicine and religious practices around the world, due to the naturally occurring phytocannabinoids found in them. Phytocannabinoids are chemical compounds that affect cannabinoid receptors in the brain, which alter the release of neurotransmitters. Although CBD is only one of the 100-plus phytocannabinoids that have been isolated in cannabis, it is usually found in fairly high concentrations, often constituting up to 40% of the content of hemp oil extractions.

CBD is found only in the resinous flower of the plant, and it's the second most prevalent active ingredient in cannabis; the most prevalent, of course, is tetrahydrocannabinol (THC). To be more accurate, CBD, THC, and a host of other compounds with potential medicinal value are found in small structures on the flowers, known as trichomes. These are tiny, glandular structures that protect the plant in a number of ways. On a chemical level, they contain oily compounds that function as insecticide, as well as being antifungal and antibacterial. Physically, the resinous trichomes serve as a sticky barrier to insects, and researchers believe they protect the plant from heat and ultraviolet radiation. They also contain terpenes, which give cannabis a strong smell and flavor, to inhibit attacks from browsing herbivores. Although it's difficult to see individual trichomes without some form of magnification, you may have seen cannabis flowers ("buds") that appear to have a crystalline coating. Those crystals are where the CBD lives.

The amount of CBD and THC present in a given trichome varies. Different strains of cannabis have been developed that produce higher THC or CBD content. For example, the hemp intended for rope and other fiber and seed oil applications produces very few trichomes; so few that it is legally defined as "industrial" hemp only if it contains less than 0.03% THC by weight. There are also a number of strains that produce low THC/high CBD trichomes, and these are what most CBD oil is extracted from.

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#2: Toddlish—A Translation Guide

From an article for a children's educational product site.

Toddlish is the mixture of speech, grunting, shrieking, tears, half-learned baby sign language, and body language that little humans use to interact with big humans. This is not to be confused with Adultlish, which is the speech, raised eyebrows, and assortment of distraction techniques that big humans use to try to communicate with their little humans.

Understanding the goal of your child's communication is often the key to comprehending its content. With this noble ideal in mind, let's examine what is actually happening when we talk with our kids.

Language Explosion vs. Poop Explosion

The “language explosion” that begins in most children around 18 months is an amazing developmental phase. Researchers have found that a child’s vocabulary grows rapidly during this time, expanding to an average of 1000 to 2000 words by the age of three.

Prior to this period, most infant communication takes the form of shrieking, drooling, diaper blowouts, and projectile spit-up, so parents are understandably excited by the prospect of finally being able to communicate in a way that requires less fluid clean up.

Often parents become quite animated at this stage, trying to engage the child with a barrage of questions. A typical conversation sounds like this:

Parent: “What’s this? What is it? What is it? Is it a doggie? Can you say doggie? Can you? Can you say doggie?”

Child: “Woof woof.”

Parent: “That’s right! That’s what the doggie says! Doggies say ‘Woof woof,’ yes they do!”

Herein lies the most common mistake in parent/toddler communication. The adult is trying to teach the child the names of things in his environment, and elicit responses that indicate that the child is learning.

The child, however, has completely different goals in speaking to the parent. It can sometimes be difficult to uncover these motives, but doing so is critical for ongoing communication.

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#3: Famously Named Beards

From an article for a beard oil site.

You’ve probably heard that sideburns were named after Civil War General Ambrose Burnside, but many other beard and moustache styles also bear the names of the men who made them popular. Today we are going to consider the beards that are named after their historic originators, and take a brief look at who else is known for wearing these famous styles.

Sideburns

It’s possible that facial hair styling may have reached its most fanciful state during the American Civil War, when impressive facial hair was almost required for commanding officers. Leading this charge was General Ambrose Burnside. His impressive cheek patches were first called “Burnsides” after him, but the name was later corrupted (possibly by his own soldiers) into sideburns. They can be worn with any moustache or goatee combination, however if they connect to the hair on the chin, they are no longer sideburns, moving into the realm of “chinstrap” or “chin curtain.” If side burns are grown very long, they are sometimes called “chin whiskers,” and when they are styled to grow larger toward the chin, they are called

“muttonchops.” When the side growth connects to the moustache as shown here on old Ambrose, they are known as “friendly muttonchops.”

On the wrong face sideburns can be somewhat comical, but when worn with the proper attitude they can be the embodiment of badass, as evidenced by famous wearers like Lemmy Kilmister, Elvis Presley, Marlon Brando, and Wolverine.

The Van Dyke (or Vandyke, Vandyck, Van Dyck or Van Dijk)

The 17th century Flemish painter, Anthony Van Dyck, popularized this style. It is defined as the combination of moustache and goatee, with clean shaven cheeks. The goatee can be oval or pointed, while the moustache can be shaped in any style. Famous wearers of this style include Colonel Sanders, Charles I of England, Vladimir Lenin, and many versions of the Devil. As we will see below, there are several Van Dyke variants; perhaps the most famous is the Musketeer, where the triangular goatee is long and pointed, and the moustache is waxed outward well past the corners of the mouth. Although the Van Dyke is not very popular today, it is important in the history of beards, as it is the basis of several others popular beard styles.

The Balbo

This lesser-known style is one such variant of the Van Dyke, featuring an extension of the goatee up the jawline, making something like an inverted T shape. Sometimes the moustache is also extended downward toward the chin. You have probably seen a lot of men wearing this style recently (notably Robert Downey Jr.) but you might not have ever heard the name. This is probably due to the unsavory political leanings of the style’s originator, Italo Balbo. After WWI, Balbo became a major Fascist organizer in Italy. He was quite an aviator, and served as Air Marshal of Italy, and founder of the Italian Air Force. He rose through the political ranks fairly quickly and eventually was made the Governor of Libya and Commander-in-Chief of Italian North Africa. He was seen as the obvious successor to Mussolini until his plane was shot down by friendly fire over Tobruk in 1940.

The Balbo is often suggested for men who made a grooming error with a fuller beard style. It’s also a good summer style, as it’s cooler and lighter than a full beard. Famous wearers are a “who’s who” of Hollywood, including Christian Bale, Leonardo DiCaprio, George Clooney, Johnny Depp, and everyone who wants to look like Ironman.

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#4: Magic Wishes— Drawing Sigils for Motivation and Goal Creation

The beginning of an article written for a spiritual newsletter.

Some sigils are old. The word *sigil* comes from the Latin word *sigillum*, or seal, and has long been associated with magic. Medieval British magicians had books of sigils that they believed were the secret names of angels and demons. Later and farther North, eighteenth-

century Icelanders drew elaborate sigils, called staves, that did anything from prevent theft to make their ewes birth twins.

But sigils certainly haven't been confined to Europe. In fact, with a little creativity, it's easy to find "magical seals" in any human culture starting from the Neolithic era.

But these sigils are new. Modern sigils are different—no demons, angels, or sheep involved. Nor are they associated with any particular religion. As noted sigil theorist Gordon White says:

Sigils are elegant. Sigils are adaptable. They don't replace anything in your life or spiritual practice. They aren't either/or. Whatever your flavour, you can definitely use sigils. ... You could teach a nun sigil magic. (Somebody please teach a nun sigil magic.)

Almost all modern sigils are based upon the work of artist, occultist, and animal-lover Austin Osman Spare in the early twentieth century. They operate upon unique, and frankly fascinating, psychological lines.

The theory is this. Our unconscious mind is a powerful entity that can wreak horrific havoc in our lives; hence, therapy and advertising. As an essay published by House of Intuition explains:

The best example of sigils are brand logos. The Nike swoosh or McDonald's golden arches are both perfect examples of highly powerful magic in action. Just the sight of that yellow 'M' on a red background and your mouth waters for french fries. Even Coca-Cola's cursive font, reminiscent of the green glass bottle, is instantly recognizable in any country no matter the language. It's not simply that their marketing executives have imprinted their brand names and their products in our minds. Those symbols evoke actual emotional or even physical responses in us. Seeing the Coca-Cola logo makes you thirsty; the red and yellow hues favored by McDonald's naturally induce hunger. These symbols, seemingly innocent, have a profound effect on us physiologically as well as psychologically.

That is how our unconscious minds can be used against us.

On the other hand, if properly prompted, the subconscious can also exert enormous *positive* influence upon us and our surroundings. The trick is to trigger the same effects we experience with corporate logo "sigils," but for our benefit. We have to implant our goals deeply within our unconscious minds while keeping our active, conscious selves from interfering.

It's a surprisingly simple process. Write your wish on a piece of paper, cross out certain letters, combine the rest into an abstract yet pleasing "spiritual logo," and drive it into your subconscious using some combination of concentration, pain, or pleasure. Then—and this is key—forget all about the sigil and the wish.

So how can sigils help with goal-setting? A recent study from the University of Minnesota offers important information on setting and achieving personal goals. Their study showed that willpower is a limited resource. For example, a volunteer who was instructed to *not* eat the chocolate chip cookies on the table performed far more poorly on the following test than

did those volunteers allowed to eat the cookies. Likewise, participants who were told not to laugh during a funny movie fared worse on the next test than those who were allowed to laugh freely.

This is obvious in our own daily lives. It's harder to go to the gym after a stressful day at work, or to skip the Christmas cookies when you've just fought with your mother. Willpower is not infinite; it can become fatigued, like a muscle.

That's the brilliance of sigils. They prompt the subconscious to understand and work toward your goal, without drawing from your limited stock of conscious willpower. We all know it's difficult to exercise *and* eat right *and* stay late at work *and* search for romance *and* maintain good friendships *and* learn a foreign language *and* . . . the list simply never ends. So put your subconscious mind to work, and let it carry some of the weight!

You can make you a sigil in twenty minutes or less. Because modern sigils mostly derive from Spare's work, there's little variation in technique from sigil-user to sigil-user. However, I've noted differences in opinion where they exist, so you can best choose your own path.

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