## CBD

Raspberry Starry Night Dark and organic The Hazy Camper Blends

For a couple of minutes like 2 hours later— I become highly aware of my hands. When I shift in the bed I feel like I'm on calm waters.

7:23 pm I have the same body-in-the-water feeling and feel an odd pressure behind/in my left ear and under my left arm.

## 7:27 pm

I realize that the odd pressure in my left ear was my earbud. Although I am laying on my right side and wearing both my earbuds.

## 7:32 pm

I open eyes wide and feel the weight of my eyelids upon my eyeballs. I feel a weight pulling me into the bed from the backs of my upper arms.

7:50 pm Listening to a song and THE VOLUME IS SUDDENLY LOUD though I haven't raised the volume. Fingers feel funny Numb? Heavy.

7:54 pm Moving my legs and they are getting sluggish. And I feel an invisible pressure on my chest when I try to take a deep breath.

8:31 pmAfter running the tip of my tongueover the wire on my bottom teethI realize that I have been pressingthat part of my tongue to the wire for...I don't know how long, and created an indent in my tongue.

Have had a rather

constant dull headache going on this entire time.

8:33 pm "A-I fish.leap.guts!" repeating over and over in my head for a while.

8:40 pm I feel like a veil of contentedness is lifting and I am out of this limbo-meditative-stage. This is disappointing

8:44 pm Getting out of bed to close bathroom door because I am seeing creatures. Long limbed, (outerrim) curly hair, cartoon cat— Another rush comes over me.

I didn't realize when the veil came back on. Veil, like rose colored glasses.

No clue where outerrim came from but I feel like whatever I was trying to type started with an 'o'.

8:57 pm Leaning on my left elbow I feel like I'm going down deeper into the mattress.

8:59 pm I am struggling to put on my watch. Typing now , my fingers feel like they're melting candle sticks. And heaving.

Sleep.