

# EXISTENCE PLUS

THE AWARENESS MAGAZINE OF TODAY



*Art by Vens*

**Jon Jeremy**

Artist with a Cause

*Fashion  
And  
Hope - A inked Chevvy Story*



December 2018

**FREE**  
COMMUNITY  
AWARENESS

# TATTOO REMOVAL CENTER

# CLEAN SLATE

# LASER

## Our Lasers - The Industry's Best Technology

There are several different lasers available in the market today. Some work better than others on certain ink colors or skin types, but which one is the best? The simple answer is, no single laser is the best at EVERYTHING. Treating EVERY ink color and EVERY skin type with the best possible results requires a combination of different lasers and wavelengths.

Clean Slate Laser performs thousands of successful tattoo removal procedures every year. We study our data and constantly evolve our own proprietary protocols. Our unique approach to removing tattoos consistently provides our clients with better results with fewer sessions and less skin damage compared to the rest of the industry.

We have invested millions of dollars in a variety of lasers which, when combined, enable us to effectively treat most ink and skin types with best possible outcome based on today's current technology. In 2013 we were one of the first 50 clinics in the United States to obtain Cynosure's groundbreaking PicoSure laser and have continued to stay in the forefront of all industry advancements.

**Tattoo ink is represented by this rock**



**Traditional Tattoo Removal Lasers break it into pebbles**



**PicoSure Lasers break it into dust**



**By breaking the ink into smaller, dust-like particles, the PicoSure Laser makes it easier for your immune system to remove from your body**

When operated properly, PicoSure treatments can be safer, faster, less painful and more effective than anything available previously. In 2013, Clean Slate Laser was one of the first 50 providers in the United States to obtain a PicoSure laser. We have become the worldwide leader in PicoSure treatments and Clean Slate's Owner, Mary Garnett, has trained physicians all over the US and Canada in how to get fantastic results from this amazing machine.

## TATTOO INK COLORS



PicoSure – 750ps wavelength laser  
 Quanta Nd:YAG – 1064nm wavelength laser  
 Quanta Nd:YAG – 532nm wavelength laser  
 Access to all 3-laser wavelengths makes it possible for Clean Slate Laser to remove almost any color ink. This is referred to as "Full Spectrum Tattoo Removal."

# **TABLE OF CONTENT**

**VENS ARTIST BY NATURE PG6**

**SHUTTER SOUND PICTURES PG12**

**ARTIST WITH A CAUSE PG14**

**I WILL WIN PG18**

**STAY FIT CULTURE PG20**

**THE VITROVIAN BBOY PG22**

**DRAWING IDEA PG24**

**IN THE GIRLS CORNER  
PG26**

**SAMMY RUIZ PG28**

**FASHION AND HOPE PG 32**

**A CROSS SECTION OF  
CULTURES PG40**



Buy 1 MONTH  
Get 1 MONTH 1/2 OFF with this COUPON

---



宗少林  
SHAOLIN KUNG FU

THE PREMIER KUNG FU SCHOOL OF LONG ISLAND

Authentic Shaolin Kung Fu

194 MORRIS AVE #17, HOLTSVILLE, NY 11742

[WWW.SHAOLINLOHAN.COM](http://WWW.SHAOLINLOHAN.COM)

# EXISTENCE PLUS

AWARNNESS OF TODAY

EX

631 877 4500

EXISTENCEPLUS.COM

AWARNNESS-COMMUNITY-MAGAZINE

GETINFO@EXISTENCEPLUS.COM

# TIME-WARP

TOYS, GAMES, & COLLECTABLES

5801 SUNRISE HWY

HOLBROOK, NY, 11741

INSIDE THE SUNVET MALL

MONDAY-SATURDAY

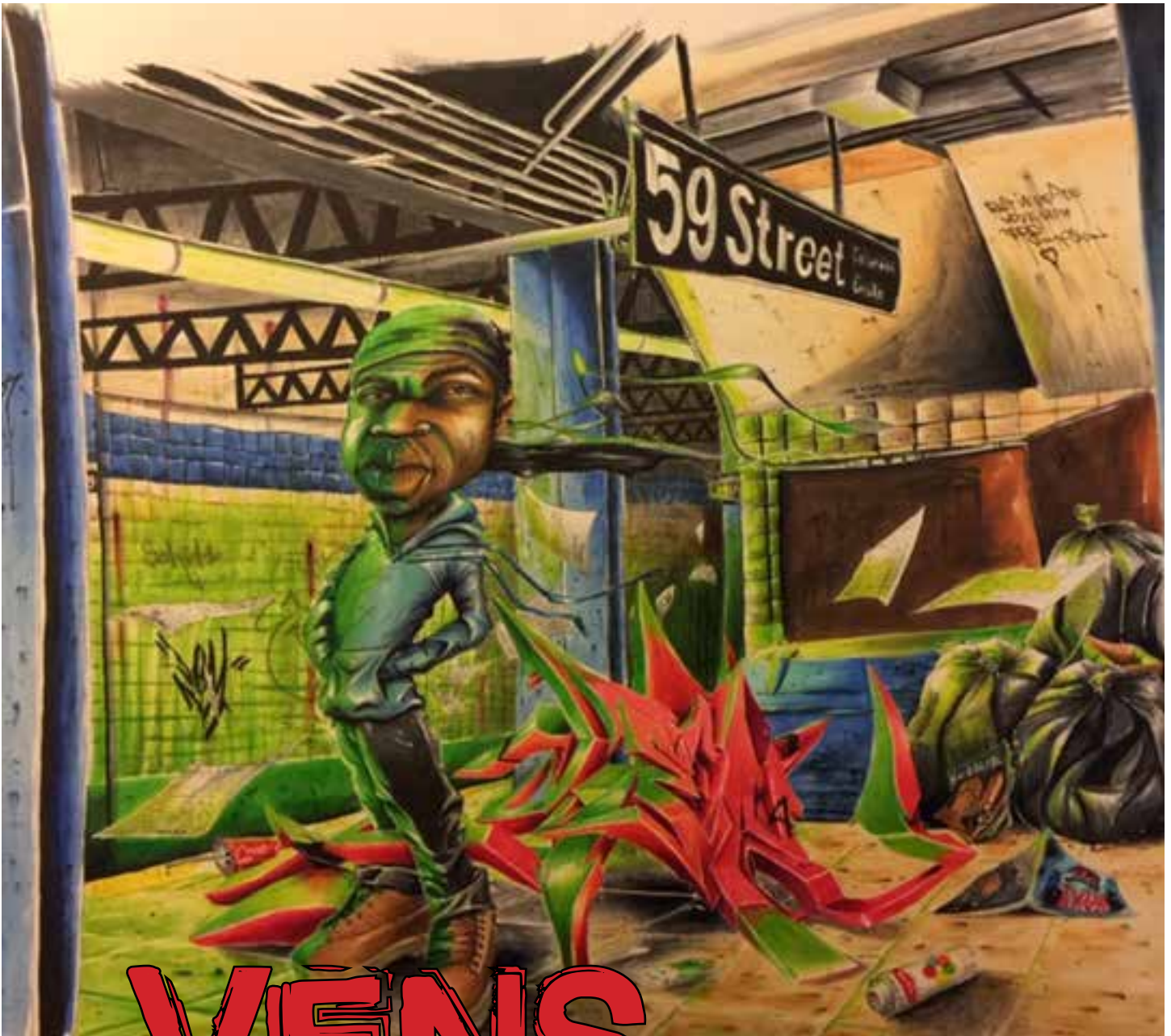
11AM - 7:30PM

SUNDAY 11AM - 5PM

631- 256-5884

EMAIL: TIMEWARPTOYSINC@GMAIL.COM





# VENNS

ARTIST BY NATURE

VENNS! From Long Island NY. My journey started from childhood before I could spell my name. Comic books, especially Marvel, caught my attention growing up. I enjoyed reproducing artwork I saw in comics like Heavy Metal, Creepy and Eerie magazines, until He branched off and created his own world of comic. "I went to school for art. Oils, acrylic, still life and landscape paintings, but loved cartoons and the vibrant colors. So, when I w'as introduced to graffiti in the early 80s, it grabbed my attention. I also like to do portraits and still life drawing."Capturing the classic feel of NY graffiti in cartoon form is what he enjoy the most. All of his art, whether on paper or walls, are not the same with every piece that he does. Challenging yourself creates growth. All of my drawings tell a story of a struggle. Digital art is a new medium he found love for as well. It's amazing what you can do with digital art by taking your drawings to a whole new level. A member of the world famous original NYC graffiti crews, TNS,TFP TDS and EX VANDALS. I'm grateful to be apart of it all and I'm not stopping anytime soon.















**SHUTTERSOUND  
PICTURES .com**



# WHO WE ARE

We are an award-winning group of visual artists from a wide scope of backgrounds and skill sets. Being proficient in cinematography, composing, and editing, we bring our cinematic expertise to your brand for a one of a kind visual experience. When it comes to capturing your event with the moving image we go above and beyond in both theory and practice.

We want your foundation to truly enjoy the event, be themselves and have fun. We shy away from pulling and prodding as we would prefer to let moments play out naturally.



# MEET THE OWNERS



**RYAN**



**ANDREW**

# OUR WORKS



**Next Jump:** The goal of this video was to capture Next Jump's vegas-themed blackjack night filled with chance, dance, and excitement.



**Gastro:** Made with custom music and a threading voiceover, this video perfectly captures the intent of the evening self hosted by Long Island Center for Digestive Health.



**Herradura Tequila:** Documenting Herradura's take on National Tequila Day, this video captures the robust and bustling environment that Herradura Tequila can stir up.

# JON JEREMY

## A Artist With A Cause Explained by Jon Jeremy

I'm not exactly sure how to start this.  
How to explain my sobriety.  
But will try...

As far as music and rap goes I've been rapping since I was 9. In those years I've worked with Kansas City rapper Mac Lethal and Brooklyn's own Louis Logic. I'm working with one of my closest friends who is a successful and talented musician Ryan Cassata from Los Angeles.

I wasn't sober when I worked with Mac and Louis. I pretty much had the average experience in high school with alcohol and drugs. Or at least what I deem average. I can't recall all the places I performed but

## JON JEREMY

## JON JEREMY

NON RIVA



# JEREMY


I performed pretty much up and down the east coast and on the west coast. I travel from San Francisco, Burbank and Los Angeles. I went on tour in 2016 that was a great experience. I'm glad I was sober for it. I'm not going to write a laundry list of drugs I did but I pretty much qualify as an alcoholic and addict. I actually quit music in my early sobriety. Believing it was a major trigger for my using. About three months into my sobriety I started writing again. I was asked by my best friend to write some songs so he could listen to. He was diagnosed with MS and was in a wheelchair eventually, then unable to feed himself and had trouble talking. So I wrote him some songs that I thought he would like. I ended up liking them myself. So what turned out to be a private CD for my friend ended up being my first project that put out in sobriety(Songs for Steve). I had no idea what type of epidemic was going on





or the type of community there was in addiction recovery. I actually promised myself I wouldn't talk about it on record. Only because it was very private to me. I was definitely not ashamed. But I wanted to be known for my rapping skills and not a sober rapper. Nowadays I don't care. I know I can rap LOL. And I actually found that now being open about it is one of the easiest things to write about. I have received countless messages and tags and post from people who really say they needed this and it helps them and inspires them. Now I see how selfish I probably was in the beginning or just ignorant about it. Either way I'm happy now to be open about it and share my experience and hopes that it will help someone else. I still





heavily rely on word play things I find funny and not taking myself too serious. As I'm writing this I celebrated five years last Saturday. There are plenty of rappers who are open about their sobriety. Macklemore and Eminem for example. I believe last month or so there was a recoveryfest in Rhode Island where the concert was for people in recovery and sobriety. I fell down very far on the scale when it comes to drug and alcohol use. I was homeless for some time stayed in the shelter. Lost a lot.

Not sure what else to write but if there's any questions I am free to answer any of them.  
Thank you

-Jon



# *Title : I will win*

In 10 hours out of the day you tell your self I'll win.

I will win.

It's like putting on boxing gloves,

jumping in the ring,

getting ready to train.

You are looking to be the greatest you can be.

You know your opponent is strong.

Maybe even stronger than you.

In that

10 hrs of that day

You still tell your self...

I will win

Waking up doesn't seem to easy.

Regardless of your state.

The relevance of a day, a week, or a month has just all became one big focusing point.

But you see the food in the fridge.

The car in the drive way.

And the bills.... the bills on the table.

Knowing it'll feel better.

That is once you close your eyes,

walk out the door,

toward that .....

10 hours of the day.

You still tell your self.....

I will win

After coming home beat up.

Built off the weight, from the strive previous minutes before.

you see your children at this point.

They drop there toys you bought with that time.

Tine of brow sweat body enduring almost trauma barring strain.

Coming home to eye glittering, smiling glare that wants to play learn and grow. Consecutively waiting all hours.

You thank the

10 hours of that day.

you tell your self...

I will win

By the time the children are tucked to sleep.

From the point you walked in the door.

You find your self exhausted.



Exhausted from life's workout.

From the back wrenching  
agonizing strain.

The constant push to live  
your partner.. your partner ...  
your partner need some time



because if not that time might pass.

you try to keep up

with there mental, spiritual, and physical fulfillment.

“A few more hours.”

That should last a life time.  
You tell yourself.  
Knowing tomorrow you push  
10 hours of that day  
to tell your self...  
I will win  
Sleep filled thoughts  
of the next consecutive move.  
This built on all walks of life.  
Waking up next to your partner.  
Happy to know there apart of you.  
Now closing your eyes.  
You try and gain a few more seconds  
of that euphoric  
Dream gazing, battery charging  
feeling we call rest.  
As your right eye closes  
the left sees...  
it sees that dog...  
Shrug my head that dog.  
That dog prepping you.  
Your organic alarm clock.  
At every sunrise  
licks you with it full being  
Creating the most lathered face.



exactly at the time you need her to.

Waking you

better than your 5 am alarm.

Using no words

only forms of animal expression.

Asking you to take her out for a walk.

Feed her,

and possibly tell her

some of your thoughts.



Thoughts you'd tell no human being . That state where you ask your self

did i even sleep?

Now recollecting what happened

for the 10 hours of yesterday.

You still tell your self.....

I will win

Driving after taking care of the dog. Giving the morning's

first kiss to your partner and kids.

You relies

traffic stopped.

Your movement

keeping you in constant thought.

On every oppurtunity

that can come into your head.

From family matters.

Not just any family matters.



I mean like

Steve Uracal and Laura Winslow

type family matters.

Money!

Not just any money.

I mean like winning

the lottery.

Figuring out what you'll use it for

kind of money .

Sadness...

Not just any sadness.

The most deepest point in your time. These thoughts erupting from the back.

The back of your mind.

To the front.

And last but not least.

The now....

Now you irritatingly

rushing to be at that

10 hour of that day.

you tell your self...

I will win

Now hands wrapped,

and gloves on.

The cage door opens.

The announcer proudly presents your name into the ring.



At this point you relies  
there is no longer any other thought. Except!

The point of that  
10 hours of the day.  
You tell your self .....

I will win

As your hand go up.

The announcer states

by virtues decision.

At that moment you relies

the worth of that

10 hour day.

It didn't matter what you had to do.

Or for as long as you did it.

You knew you had to win.

Not for the time of winning.

But for all the perks of wanting to win.



- Jean Paul Saliba



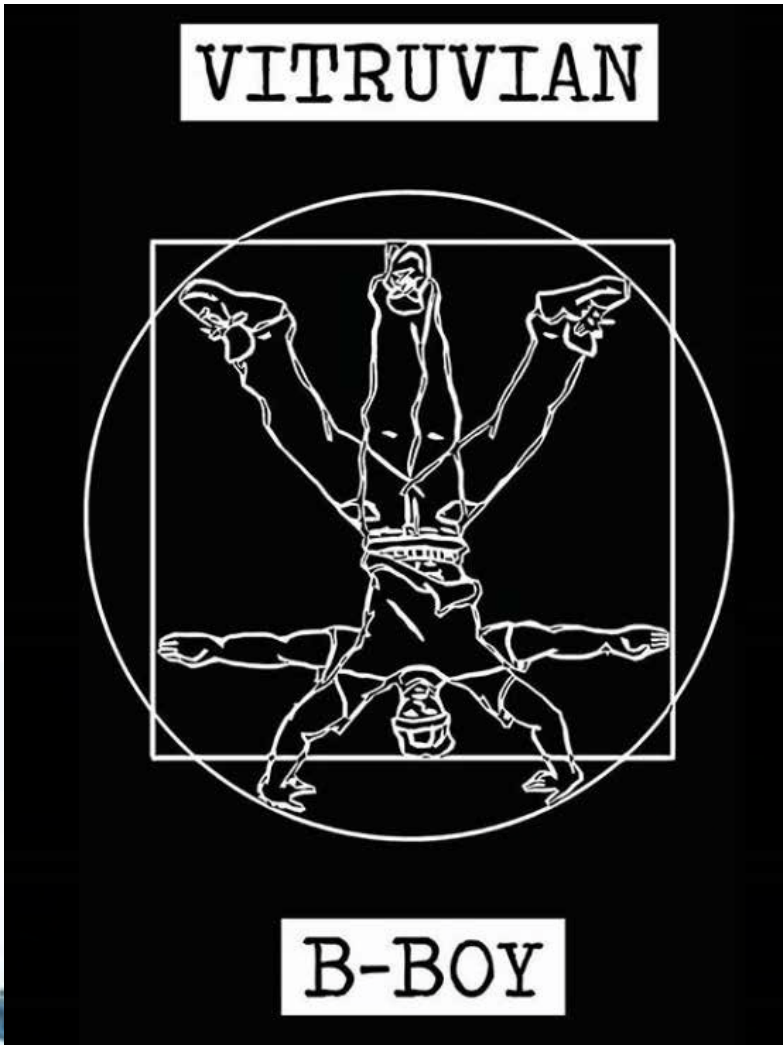


# Stay Fit Culture



The most important technique in fitness depends on what goal you are in search of, the technique I use and what I believe is most important is conditioning, (Example) what logic is it to be strong or be able to excel if it's only for a limited period of time. Eating is equally important but meal prep is key. You must prepare for what you seek. Perfect preparation prevents poor performance. I challenge you to begin your routine work outs with abs first. The abdominal workouts are most important in fact it's the best way to get your target heart rate up to its most effective point to wear your burning fat verses lean muscle. I have never quite understood the logic of Exhausting all of your energy and at the end working on the thing that drains u most such as abs my Theory is if we begin with what exhausts us most it will build endurance and allow 1 to withstand longer, So my tip is to always begin with abs , eat only what brings great energy train your body by putting yourself through different changes you will find that your body is capable of doing much more than you Challenge yourself to. Positive vibes bring about positive mind sets,& Great work outs bring about more consistency and healthier living. Stay Fit Culture.

Brands  
of  
Tommorow



BBoy Static



Photo by @txrestrial

# VITRUVIAN BBOY

Emerson & Emmanuel



Photo by Manny



Design for Product Created by Emmanuel Artiles



Spokesman  
bboy Spydey

The Vitruvian Bboy inspired by Leonardo Da Vinci's Vitruvian Man (proportionate man) stands for a symble of power balance and form. The Vitruvian Bboy has evolved from the idea that physics (which was one of the many sciences study by Da Vinci himself) is a key component that we strive to master by physically study it with our body in the art of bboying.

“Principles for the Development of a Complete Mind: Study the science of art. Study the art of science. Develop your senses- especially learn how to see. Realize that everything connects to everything else”. This quote from Da Vinci is a main influence on my artwork.

In other words he bealives that to be successful as an artist one must have an understanding in some sort of science. Its the grasp on reality that allows us to achieve our creative goals. “...everything connects to everything else” Your art is your science learn from what you create and dont stop creating



Order shirts and Hoodies  
Online at Ig @ vitruvianbboy



Cut On the Dotted Line

*Cut this picture out and mail it to  
Show The Community! The Art Of You.*

*Existence Plus Gallery  
P.O. BOX 248  
Farmingville NY 11738*

*On the back page give us  
a little info on who you are!*





As we get ready for the next year in mixed martial arts, this year will be ended with some amazing fight cards from two of the leading MMA promotions.

Starting first with UFC 232 in Las Vegas Nevada will be held December 29. A stacked card with some of the sports biggest stars, will cap an amazing year for the UFC. Featuring two of the most anticipated fights in this and many years. The return of former light heavyweight champion Jon “Bones” Jones 23-1-0 be fighting Alexander “The Mauler” Gustafsson in a rematch for the ages. In their first bout Jones won, in what most people consider a very close fight, the judges saw it in favor of the former champ, via unanimous decision. Gustafsson and Jones put on a five round war, both left the fight bruised and looking like their walked through hell in the process, and if you watched that fight they did.

In the evenings co main event, a fight fitting any main event on any card, current women’s featherweight champ Cris Cyborg will be fighting current bantamweight champ Amanda Nunes in a super fight everyone can’t wait to see. Both of these ladies are so well rounded and so ferocious, you can expect an action packed stand up war. However with both of their skills being so well rounded we just may see a ground game, out of Cris Cyborg that people have not yet seen. Not only is this fight a stellar matchup stylistically, both of these women hail from Brazil, this is a true battle to who is the baddest woman to come out of Brazil.

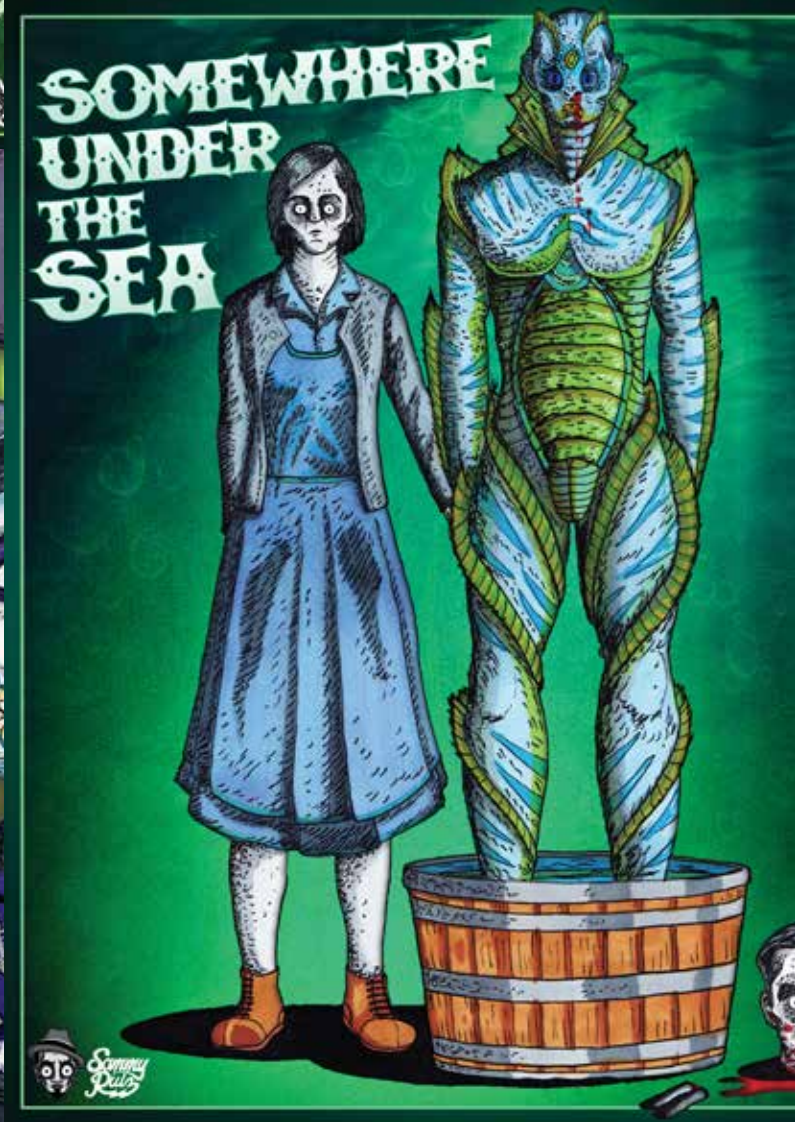
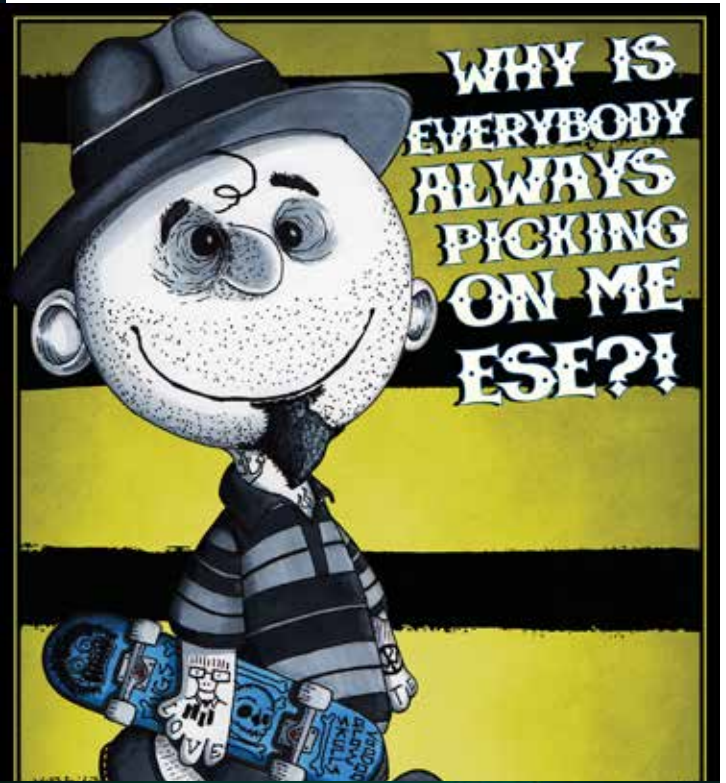
Professional Fighters League will be having their championships December 31st at the world famous Madison Square Garden, a night that is as big as the event itself. What a better way to ring in the new year?

With six weight divisions, these fighters have worked so hard to get to this point. Where twelve will step into that cage, six will walk away with championship belts and one million dollars each.



That is more than most fighters see in a few fights, only a few mma fighters have seen a million dollar pay day, this will be a special event. Fans will also be treated to a special fight, Olympic gold winning Kayla Harrison will step back in and show the world why she belongs with the best of the best. Steven Siler will have a challenge in Lance Palmer in what could be fight of the night for these two featherweights. Siler a former UFC fighter who also competed in the ultimate fighter team Bisping vs Team Miller, is no stranger to tough competition. Skiers has had three wins, one loss and one draw inside of the PFLMMA cage, that one loss comes from Lance Palmer, which may help in this championship fight. Lance Palmer is a decorated WSOF veteran, and former featherweight champion under their banner. Not only does Palmer have an impressive MMA career, he is a four time NCAA All American, and its no wonder eight of his sixteen wins come by way of Submission. A unanimous decision win over Steven Siler already, can add insight to a game changing bout this New Years Eve. Stay tuned to ExistencePlus Magazine for updates on these fantastic year ending fight cards of the top two promotions









Sammy Ruiz is a Left-Handed Mexican-American Artist from Los Angeles, CA. Born in September of 1988, this creative Virgo works predominantly in the medium of paint, pencil, pen, marker and graphic art. Sammy fuses a rebellious mood into his off-beat, mysteriously-grim characters, designs and illustrations. He studied Art with a focus in Graphic Design at Pasadena City College and the East Los Angeles Occupational Center. His artwork has been featured in galleries, conventions and art walks throughout the United States. In addition to drawing, Sammy works as a Graphic Designer under Django Design Studios, which he founded in 2007. When he's not creating art, Sammy composes Film Scores at his recording studio, Dark Haus Studios. He is also the guitarist/vocalist for the Badluck Bandits and performs as a Solo Artist. Overall, Sammy loves Drawing, Writing, Photography, Designing and Writing Music.

Sammy fuses a rebellious mood into his off-beat, mysteriously-grim, stylized characters. He uses a combination of Prismacolor Markers, Paints and Pen to create his Sammyfied characters. His art contains elements of Animation, LowBrow and Surrealism.



**fireblack**

FB125

**LAVA LOCK**

- 102" x 1 1/2" BBQ Smoker Gasket
- Larderite material & ultra temp bonding
- 10' w/ Self adhesive, NO hot glue or screws
- Warranty and instructions included
- Nothing else better than a Larderite!
- Lifetime Warranty © by Williams-Sonoma, Inc.

Check out our **HUGE** Selection of BBQ Smoker Gaskets!

**Shop Now!**



Thanks for visiting our BBQsmokerSupply.com! The BBQ smoker Parts Superstore! Quality by ISLAND OUTDOOR LLC, NY 631-648-3403 email info@islandoutdoorllc.com  
 Ask about bulk discounts for professional shops!

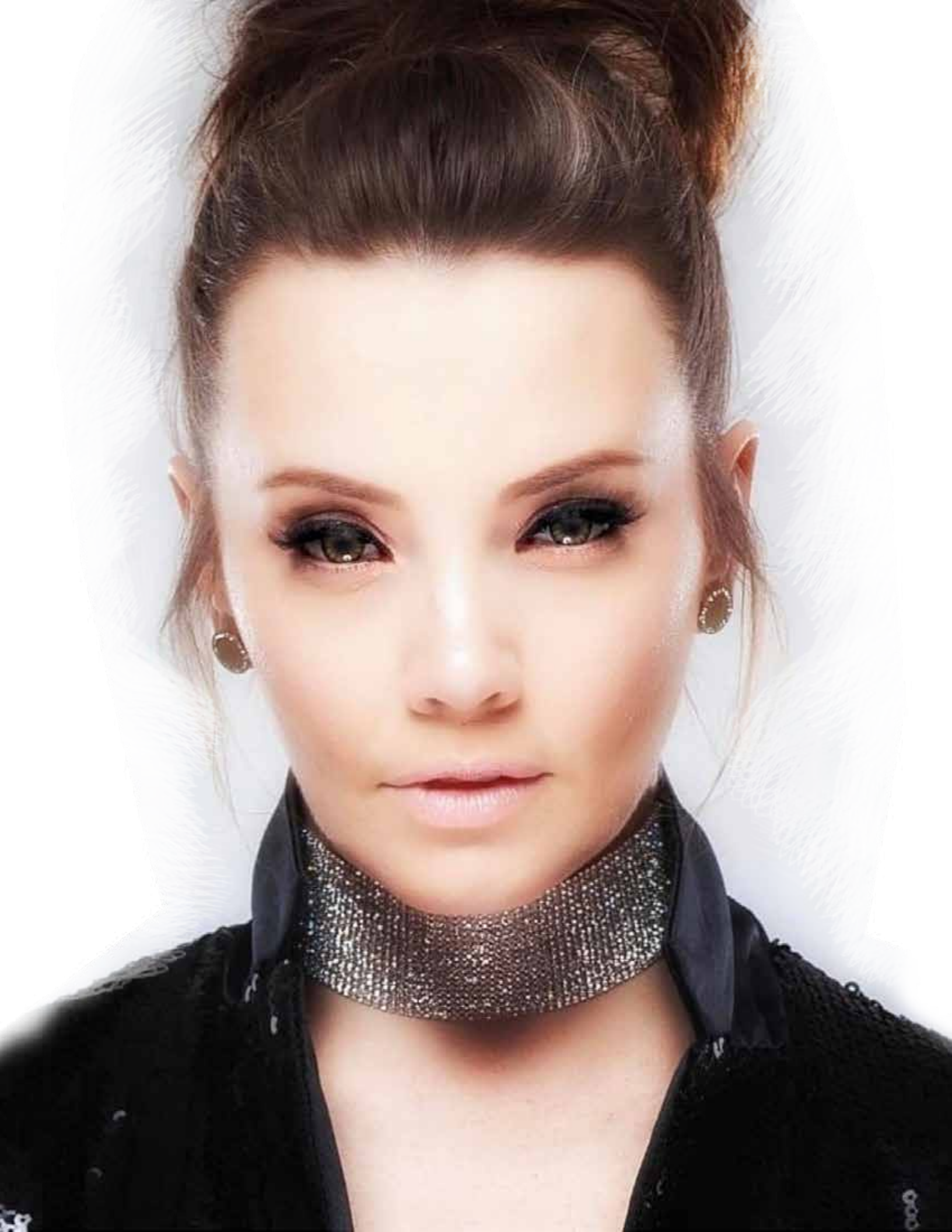


**TALK REAL**

**GET REAL!**

***EVERY TUESDAY STARTING AT 8 PM  
THESE KUNG FU BROTHERS TALK ON THE  
DAILY LIFE OF A MARTIAL ARTIST***

[www.facebook.com/authenticshaolinkungfu](http://www.facebook.com/authenticshaolinkungfu)



# Fashion And Hope - *a Inked Chevy story*

November 5th and 6th to New York City is the Raw Artists Showcase, their show is called Ovation, held at the Highline Ballroom. Raw Artists is an independent art organization. Their mission is to help expose new and upcoming independent Artists. If you're in New York City, this is the show to be at! Art ranging from visual arts, film and photography to Fashion, music, Beauty and Performing Arts. Needless to say there is something for everyone's creative craving. The Raw Artists Organization not only travels around the USA to expose all of these amazing artists but they hold shows all over the world. This is not the average fashion show it will be loud, it will be colorful, it will be creative because the show is all about the Artists. It's about bringing people together and sharing our creative culture with one another as for myself I cannot wait, for I will be walking the runway for one of the amazing fashion designers that will be showing their line of clothing. So to even be involved in this great show and to be able to share this day with such talented creative people, is an honor. The best part about these kinds of shows is how you get to see everyone supporting one another's visions. We are always stronger together.

\*Chevy





HEIGHT 5'6"  
WEIGHT 125  
BUST 36  
WAIST 27  
HIPS 36  
DRESS 5/6  
SHOE 8





@inked.chevy

CHEVY 631-220-0011

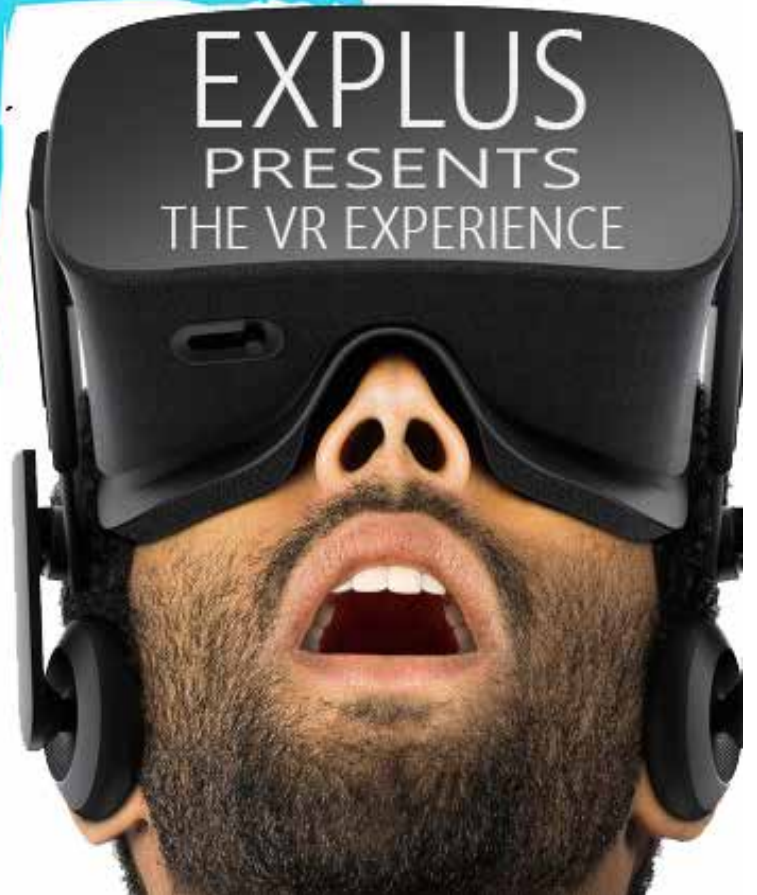
BEUTIFULBABY1979@GMAIL.COM

# ACTIVITIES FOR ALL

EXPERIENCE\*CREATE\*EVOLVE  
SEE OUR EVENTS  
BOOK WITH US



EXPLUS  
PRESENTS  
THE VR EXPERIENCE



[www.existenceplus.com](http://www.existenceplus.com)  
email:[getinfo@existenceplus.com](mailto:getinfo@existenceplus.com)  
call:6318774500







## What do we look for?

The Image :

### What makes a great sponsor?

Sponsors should be role model affiliates that have a strong presence in their community. Small business owners, businesses that are community oriented, accomplished community leaders, or community based philanthropists. These innovative candidates are picked on their ability to aid us in giving back to the community with the knowledge and desire to help bring about productive and positive results.

### Who we sponsor and who sponsors us is important!

Because of our dedication to progress, who we sponsor and choosing our own sponsors is important! Please download and fill out the form below to be considered for a sponsorship opportunity as either a sponsor or sponsee. We take every application seriously, so please allow 2-3 business days for us to get back to you. We conduct a pre-screen on every applicant.

## Who We are

At Existence+ we're here to help you cultivate, reveal, and live the best version of you! Our site is designed to offer you guidance on building and rebuilding yourself. By sharing and discussing what countless others have done to ensure promising opportunities, you will find yourself in a positive position ready to seize the day. "Carpe diem!" By allowing us to show you what others have accomplished and achieved with their new found lease on living, you too will reap the benefits that life has to offer.

Existence+ gives you a new lease on thinking so that you can live and enjoy your life. With continual growth, you will find yourself in a continuous path of progression which leads to personal success! We will showcase members of the community who shine above the rest, and help lead you down the same paths. We have found that learning from positive influences can only yield positive results. Don't forget - We are molded by the influences of our environments. This is the Ex+ Project, better known as Existence Plus. We look for positive atmospheres and help grow them in our community by helping you become the best version of you! We help build your productivity with safety, happiness, health, art and wealth. We look forward to joining you on your journey to become the best you!

## More Questions & Info Contact us

For magazine & web advertisement

Phone : 1-631-877-4500

Email: [getinfo@existenceplus.com](mailto:getinfo@existenceplus.com)

Website: [www.existenceplus.com](http://www.existenceplus.com)



More Info contact  
Call (631) 384-0142

@wehateheroin631  
Send Message

ihateheroin631@gmail.com

<http://www.michaelshope.net>

# CANNABIS AND HEMP association



## Cannabis Tattoos: A Cross Section of Cultures

By Scott Giannotti

Somewhere between the three in ten Americans that have at least one tattoo and the one in eight that consume cannabis on a daily basis lies an overlap of people who partake in both ancient rituals. Whether or not tattoo and/or marijuana enthusiasts consider themselves a part of tattoo or cannabis culture, know that such culture exists, or self-identify themselves as belonging to one or both of these cultures is irrelevant. For a certain number of Americans, there is cross-section of these cultures and with that overlap it makes sense to take a broad view of some of the commonalities shared between them, flesh out the threads that tie them together and present them for examination. If nothing else, we dive deeper into the inquiry around ancient ritualistic practices and our own anthropology.

### A Labor of Love

Tattooing in America was heavily stigmatized throughout the last 100 years, with many eras of prohibition and stigmatization against the art. Long time tattoo artist and activist Shanghai Kate Hellenbrand claims that due to the high income potential and nature of the work tax collecting on artists is challenging and this has led to several myths and stigmas laid on the industry over the years. Daring artists who believe in the practice, didn't stop tattooing during prohibition times, they just moved into the shadows and fought in the courts to create the industry we have today.

America's "War on Drugs," a war against its own people was started to end cannabis cultivation in the 1980's as the Government sought to control all drug production in the United States with Draconian laws and the introduction of mandatory minimum sentencing. As with tattooing, the prohibition didn't stop the profession, merely moved it into the shadows, and today

we see a trend developing with eight states plus Washington D.C. allowing the cultivation of the plant. The main issue being around taxation and regulation and once Uncle Sam is satisfied that it can collect, the safety protocols in place for society, much like tattooing, we will see this industry explode much like tattooing has over the last thirty years.

Despite oppression the trade of tattoo artistry, cannabis cultivation, processing, and sale fought through the jaws of the state, these industries and trades have been earned and not given. Those, like Shanghai Kate, Sailor Jerry, Paul Booth, and many more fought so that today practitioners of their craft can operate free of punitive government intervention. Sadly, the





modern tattoo artist and cannabis business owner, largely pays little homage to the history of those who sacrificed to lay this foundation. In the cannabis industry, very few cannabis business give to associations or non-profits who advocate for the underserved despite the millions flowing through these states. In tattooing very little homage is paid to the activists who fought for the industry to exist. History, is quickly becoming a mystery.

### Stigma

The stigmas that shroud those within the tattoo and cannabis culture can be truly impactful to the individual's ability to thrive in society. From pre-employment "urine analysis" to having to wear band-aid cover-ups or long sleeve shirts; the hoops that members of these cultures have to jump through in order to fit in at certain positions are well documented and discriminatory.

From awkward meetings with an ultra conservative parent of a new love interest to a judge pulling up a Google image of a mother smoking a joint at legalization rally to justify awarding custody rights to jobless, lazy, and disengaged father, the stigmas loom large when discussing the impact of ink and medicine on the real world of these subcultures.

For members of both the tattoo and cannabis culture's, someone who uses cannabis daily and is covered in tattoos can be heavily stigmatized and discriminated against despite the fact their tattoos and cannabis consumption may provide them with joy, may honor their spiritual beliefs, help improve their mental and emotional well-being and does no harm to the outside world.

The Social Science Journal looked at tattoo behavior and bias. Some of the findings are pretty obvious: For instance, if you're surrounded by friends or family members who have tattoos, you are more likely to think getting tattoos are no big deal. But researchers also found that the more tattoos a person had the more they felt on the receiving end of stigmatization. And the more stigmatized a tattooed person feels, the more likely they are to cover them up or have them removed.

America's political establishment has spent decades delegitimizing these two ancient traditional rituals in media, politics, and business

despite legitimate applications for medical, spiritual, and recreational use making a mockery of critically important and popular tenets of human life.

The way members of these communities can best fight these stigmas is by rising above them, joining together in unity, and educating society on how wonderful, safe, and useful these practices are. This is where history becomes so important. By learning how tattooing and cannabis was used in ancient times and how that is now being modernized and advanced with modern technology in the present, we can hope to tell the story of the potential of these industries in modern times.

Perhaps we can start to help people think about how tattoos join people in unity around a cause or bind them to a community or how the cultivation of cannabis can bring people back into a daily commune with the natural world by reconnecting man with plants. The potential of these possibilities and how they can impact our society in a positive way are limitless.

#### Entrenched in Spirituality

Religious tattoos are one of the most common types of tattoos. Bible passages, pictures of Jesus, and Holy Cross are found on almost street in America. However the spiritual use of tattoos dates back hundreds of years into ancient times as tribal nations used tattoos as rights of passage into adulthood, as a part of burial rights, and sometimes it was believed the soul could not pass into the heavens without tattoo markings. Today there are many indigenous cultures that still depend on tattoos as part of their sacred traditions, but that number is shrinking due to the adaptation of Western civilization into even the darkest corners of the Earth. In modern times, we still see the regular use of henna tattoos amongst Arab cultures, a tradition dating back to antiquity. Historically, henna was used in the Arabian Peninsula, South Asia parts of Southeast Asia, Carthage, parts of North Africa and the Horn of Africa. Henna is different from standard tattoo industry pigment in that it is temporary and limited in color selection due to the type of ink used. Henna is a derived from a plant from the same name, although in antiquity henna was originally made from the feces of the dromedary, or one-humped camel, which inhabits the Middle East and the Horn of Africa. Henna, when used spiritually is used by women during marriage rituals in Saudi Arabia, Pakistan, Bangladesh, Somalia, Algeria, Morocco, and India.

Cannabis is classified by botanists as an “entheogen” is a consciousness altering chemical substance used in a religious, shamanic, or spiritual context that may synthesize or obtained from a natural species. Other known entheogens are peyote, psilocybin mushrooms, ayahuasca, iboga, and salvia divinorum. There are many more.

Ritualistic use of cannabis as a sacrament has had prominent use in ancient times, as it's Hebrew name, *kaneh-bosm* was one of the ingredients for the Holy Anointing Oil, integral to the anointing of priesthood in as written in the Old Testament. Etymologist Sula Benet is credited for the translation of the formerly mysterious ingredient which in ancient Hebrew “*kaneh*” means “reed” or “hemp” and “*bosm*” means “aromatic.” In the present, spiritual use of cannabis is best known by use from the Rastafarians, who were believed to have learned of cannabis’ spiritual use from the Sadu’s of India, intense worshipers of the Hindu God Shiva who fashioned cannabis as the most high herb. In America today, use of cannabis as a sacrament is making somewhat of a comeback in certain Christian circles, with churches forming in Rhode Island, Georgia, Indiana, and Colorado all claiming their sacred right to use cannabis in their spiritual practice.

#### Legitimate Medical Use

The history of tattoos and cannabis cultures goes back thousands of years, in fact Pazyrk people of Siberia were found to possess burning cannabis and covered in tattoos. The famed “Ötzi the Iceman” a nickname given to the well-preserved natural mummy of a man who lived around 3,300 BCE has fascinated scientists for years, due to the vibrant presentation of his 61



well preserved tattoos, most notable for the belief that the tattoos were used as pain treatments similar to acupressure or acupuncture. Over 80% of Ötzi's tattoos were overlapping with Chinese acupuncture points. The mummy, found in 1991, is now located with his belongings (most raided over the years) displayed in the South Tyrol Museum of Archeology in Bolzano, South Tyrol, Italy.

It turns out that tattooing is one of the oldest arthritis medicines in the world. In addition to the physical pain management benefits of tattooing there are the obvious chemical responses, for starters: You're going to have a rush of adrenaline, because someone is coming at you with a needle. And you're going to release endorphins – your body's chemical response to pain – which can make you sort of high. Getting tattooed can become a trade for people with mental or emotional pain, for a short time they can trade that for physical pain and perhaps be left with something personal and permanent to give them some internal relief.

Cosmetic tattooing is one example of how people often receive mental or emotional relief, physical scars from abuse, fires, or other traumatic skin conditions or injuries can leave people with something beautiful in its place that helps the memory of something terrible in the past fade faster. Another way that we people deal with emotional distress with tattoos is memorial tattoos, a fashionable way to mourn a loss of someone close or a family member. Recently there has been a trend with women who've lost their natural breast due to cancer, replacing them with tattoos. In some cases the women have reported drastic improvements in self-confidence in just being able to see themselves restored physically in the mirror.

“Ötzi the Iceman” was also found to have “medical marijuana” in his possession. Found in a stash of shamanic herbs, cannabis resin was tested to be present. In modern times, we know that cannabis is a powerful pain reliever and has medical potential to reduce the impact of the opioid epidemic that has ripped America apart. With the mummy's tattoos believed to be pain relieving, it makes sense that “Ötzi” would have some medicine to help with pain.

The uses of medical cannabis are well documented at this point, from reduction of seizures, pain management, as an anti-inflammatory, sleep aid, and more. An entire multi-billion

dollar industry has formed around a plant species and its myriad of uses. Despite the thousands of testimonials from patients, push back from most of the world exists on an open tax and regulated system that allows patients to grow and sell their own medicine. In this regard, the fight wages on to legalize cannabis for medical use and we can look to the success tattoo activists have had in lobbying for their industry to break through and have hope.

#### Recreational Use

The most common applications for cannabis and tattooing in America are recreational use. People get tattoos and use cannabis, simply because they want to. In the book, "Tattooed: The Sociogenesis of Body Art" author Michael Atkinson proclaims that it is human nature to want to alter our bodies that "our hunger for altering our corporeal only frustrated by the limits imposed by our imaginations, financial resources, products at our disposal, and scientific-medical technologies."

The use of drugs is also human nature according to Dr. Andrew Weil in the book "The Botany of Desire" by author Michael Pollan. "In every culture and in every age of history, an enormous amount of human energy has gone into the production, distribution and consumption of psychoactive plants."

Prohibitionist laws that withhold people from doing things which come natural to our species and hold us accountable punitively as a crime is an inhumane to govern. It places unreasonable expectation on people to operate outside of our ancient history and needs to be examined and reformed. Our society is supposed to be advanced in intelligence, but the fact we have ever allowed our government to withhold us natural behaviors that are not proven to be cost society anymore than other behaviors like eating unhealthy/unnatural foods and sugars along with alcohol and tobacco consumption is not only troubling but a discriminatory that must change if we are to be a fair and balanced society.

There are costs involved with ritualistic practices used recreationally for the tattoo enthusiast and cannabis enthusiast. There could be negative impacts on their life, the way are perceived, or possibly some health impacts. The use of unsanitary needles in tattooing could lead to infection or possibly allergies related to certain pigments or even bacteria in the pigment. Cannabis users can slow their brain function and lead to weight gain due to the appetite stimulation effects of THC. These are some of the things to be considered and aware of when considering making recreational use of these practices. The more you get tattooed and consume cannabis, the more the user exposes themselves to these risks. These risks are well documented and perhaps the courage and willingness to deal with these potential issues, is the final element that binds these cultures together.

Fortunately, tattooing has already broken through and laid a foundation in America for how other stigmatized, natural human pleasures and practices can become a mainstream lifestyle. Now cannabis is following in that path. Eventually, other psychedelic entheogens and plant medicines such as psilocybin, ayahuasca, and peyote will follow.

We've seen with both industries a great strategy is to develop strong public relations, advocacy, and activism in states that allow ballot initiatives or voter referendums. Then work with policy writers to develop a strategy around the taxation and regulation of the industry, and finally to hire lobbyists to help convince state representatives to push the legislation through the state houses. Ultimately, once enough states (at least half) have agreed to make a legitimate taxed and regulated industry, enough evidence exists to lobby to the Federal Government to make legalization the law of the land.



CANNABIS AND HEMP  
association

**CBD**

**FOR ATHLETIC  
PERFORMANCE**

**START YOUR OWN BRAND OF CBD,  
ASK US HOW!**

**THE FASTEST  
GROWING  
SUPPLEMENT  
IN THE FITNESS  
INDUSTRY IN  
2018!**

- +Regulates sleep
- +Pain reduction
- +Reduces Anxiety
- +Aids workout recovery
- +Reduces catabolic hormones (anti- catabolic)
- +Reduces fat-storing hormones
- +Regulates cortisol
- +Anti-Inflammatory, protects the liver  
from other PED use
- +Reduces cravings from binge eating,  
cigarettes, alcohol, and opioids
- +Reduces acne, cysts, and improves skin conditions
- +Packed w/ all 22 Amino Acids, Plant Sterols,  
Chlorophyll, and Natural vitamin E



For ordering or more information

email [sales@cannabisandhemp.org](mailto:sales@cannabisandhemp.org) phone number 631-375-8193

Terms Privacy

# 1/2 PAGE ADVERTISEMENT

1/4 PAGE  
ADVERTISEMENT

GREAT SPACE  
FOR  
COUPONS

LOGO  
DESIGNS

Full page: Room For all info!

All types of visual formats accepted.

Plus+

special prices for 2 our 2 page spread

More Info

Call: 631-877-4500

Email: [getinfo@existenceplus.com](mailto:getinfo@existenceplus.com)

[ExistencePlus.com](http://ExistencePlus.com)

**NEW YORK'S PREMIER MIXED MARTIAL ARTS  
PROMOTION**



**20**



**MARCH 16TH 2019**

**WESTCHESTER COUNTY CENTER**

**198 Central Ave, White Plains, NY 10606**

**FOR MORE INFO AND TICKETS PLEASE VISIT**

**WWW.ACCMMA.COM**

