

THE JORDAN HARBINGER SHOW

Worksheet for Michael Pollan | A Renaissance in the Forbidden Science of Psychedelics (Episode 81)

After decades of being forbidden by law for recreation or research, psychedelics are legally enjoying a renaissance in the scientific community as a potential way of treating a wide variety of ailments including PTSD, treatment-resistant depression, OCD, anxiety, and dependence on alcohol and nicotine.

Joining us for [episode 81](#) to talk about these breakthroughs along with his own psychedelic experiences is Michael Pollan, author of [*How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence.*](#)

Disclaimer: with few exceptions, the possession and recreational use of psychedelic drugs is probably illegal wherever you're listening to this podcast. This episode does not constitute an endorsement of casual lawbreaking; we trust our listeners to hear this with an open mind, but above all to use common sense with any information received from this program!

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Bias

Bias is a prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair. Psychedelic substances have traditionally been viewed with a negative bias by the mainstream -- specifically in western culture.

Do you have a bias against psychedelic substances, and if so what are they? Are those biases due to societal standards, or do you have an educated bias? What can you do to change your bias?

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Risk Aversion

As we get older, we tend to be more risk averse than we were in our youth -- that is, we resist the urge to behave in ways that lead to unpredictable outcomes because we better understand the consequences of risk than we did in our younger years.

So I was fascinated with Michael's ability to overcome a lifelong fear of psychedelics in order to research them for the sake of his book at the age of 53.

What activities have you avoided because of risk aversion? Think about one of those activities and spend some time learning about it more. Once you've done some research, do you still feel risk averse toward the activity?

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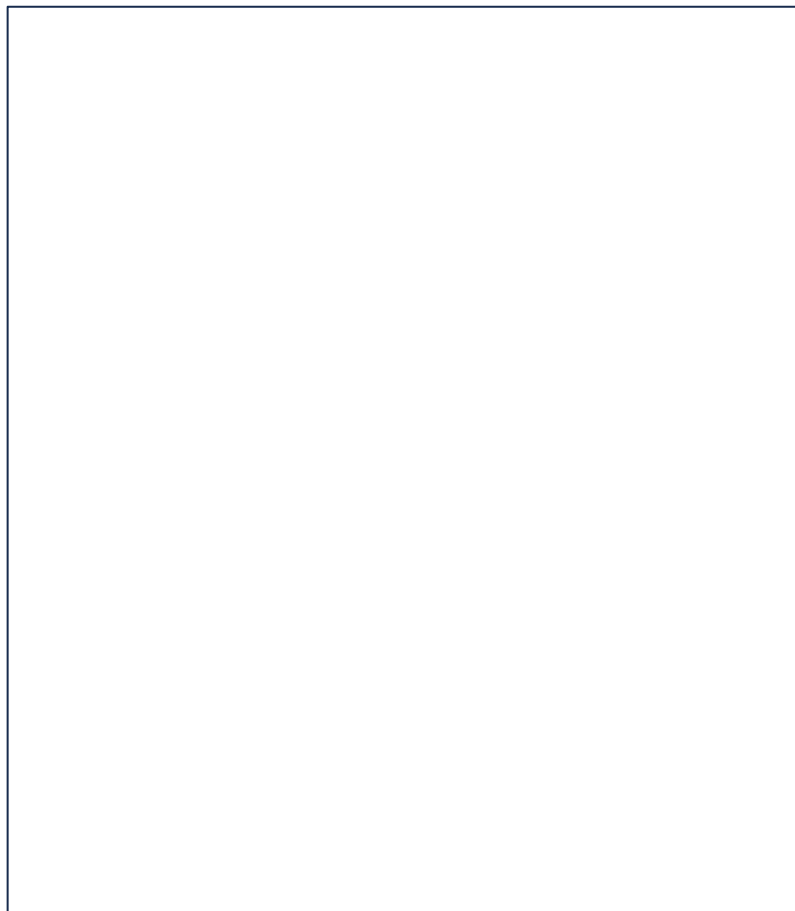
Non-Pharmacological

Michael goes over a few different ways to push your mind to expand your consciousness and re-value novelty and the familiar.

- 1) [Holotropic Breathwork](#) -- a powerful approach to self-exploration and personal empowerment that relies on our innate inner wisdom and its capacity to move us toward positive transformation and wholeness.
- 2) [Meditation](#) -- defined as a practice where an individual uses a technique, such as focusing their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state.
- 3) [Prayer](#) -- this can mirror meditation.
- 4) [Fasting](#) -- the willing abstinence or reduction from some or all food, drink, or both, for a period of time. An absolute fast or dry fasting is normally defined as abstinence from all food and liquid for a defined period, usually 24 hours, or a number of days. Water fasting refers to abstinence from all food and drink except water, but black coffee and tea may be consumed. Other fasts may be partially restrictive, limiting only particular foods or substances, or be intermittent.

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Have you tried any of these avenues to alter your mental state? If so, what did you experience? How did you feel when you emerged from experiencing a higher state?



Full show notes and resources for this episode [can be found here](#).

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About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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