

1
00:00:00,000 --> 00:00:07,049
right good afternoon everyone it is

2
00:00:02,879 --> 00:00:09,750
afternoon mm-hmm I'm happy to be here

3
00:00:07,049 --> 00:00:12,000
and be able to share this with you it's

4
00:00:09,750 --> 00:00:14,339
about a project I've been involved in

5
00:00:12,000 --> 00:00:16,859
for a long time a personal project it's

6
00:00:14,339 --> 00:00:20,399
called a re G project and the web model

7
00:00:16,859 --> 00:00:22,050
of mind and it uses a random event

8
00:00:20,399 --> 00:00:23,549
generators a random number generators

9
00:00:22,050 --> 00:00:25,910
which we've heard about already quite a

10
00:00:23,550 --> 00:00:28,140
bit today so I'm not going to go into

11
00:00:25,910 --> 00:00:30,390
detail on that except to say that

12
00:00:28,140 --> 00:00:32,250
typically speaking when one is working

13
00:00:30,390 --> 00:00:35,880
with an re G you're trying to get either

14
00:00:32,250 --> 00:00:38,100
a mean shift of more ones and zeros or

15
00:00:35,880 --> 00:00:40,500
more zeroes than ones the question is

16
00:00:38,100 --> 00:00:42,989
can the mind affect that pattern of

17
00:00:40,500 --> 00:00:45,058
output and it's been studied as you know

18
00:00:42,988 --> 00:00:48,449
at a number of key laboratories around

19
00:00:45,058 --> 00:00:50,159
the world and large meta-analysis of

20
00:00:48,450 --> 00:00:54,059
results have have said that yes in fact

21
00:00:50,159 --> 00:00:56,759
it is possible and again just a 1

22
00:00:54,058 --> 00:00:59,509
background slide is some pairs from

23
00:00:56,759 --> 00:01:02,789
Princeton pair laboratory data showing

24
00:00:59,509 --> 00:01:05,759
91 participants where when they were

25
00:01:02,789 --> 00:01:07,618
trying to get more ones and zeros they

26
00:01:05,760 --> 00:01:09,600
were able to do that and when they were

27
00:01:07,618 --> 00:01:12,569
trying to get more zeros than ones they

28
00:01:09,599 --> 00:01:15,298
were also able to do that to significant

29

00:01:12,569 --> 00:01:18,658
levels where the significant level was

30
00:01:15,299 --> 00:01:20,368
defined as this parabola on the high and

31
00:01:18,659 --> 00:01:23,549
low side anything in the middle is not

32
00:01:20,368 --> 00:01:25,438
significant but above and below is

33
00:01:23,549 --> 00:01:26,909
significant and by the way this middle

34
00:01:25,438 --> 00:01:29,069
line was where they were trying to keep

35
00:01:26,909 --> 00:01:32,100
it basically flat in the middle which

36
00:01:29,069 --> 00:01:33,868
would be a 50% line so this is called a

37
00:01:32,099 --> 00:01:35,519
random walk chart and it's basically a

38
00:01:33,868 --> 00:01:38,069
way of presenting this type of data and

39
00:01:35,519 --> 00:01:40,560
this particular data set was very

40
00:01:38,069 --> 00:01:44,250
significant over the course of the

41
00:01:40,560 --> 00:01:46,500
research so now how is my project

42
00:01:44,250 --> 00:01:48,569
different well rather than doing a cross

43
00:01:46,500 --> 00:01:50,459

sectional analysis with lots of subjects

44

00:01:48,569 --> 00:01:53,699

I was essentially going to do a

45

00:01:50,459 --> 00:01:56,339

longitudinal single subject design which

46

00:01:53,700 --> 00:01:58,379

essentially with myself as the subject

47

00:01:56,340 --> 00:02:00,540

to see whether or not over the long term

48

00:01:58,379 --> 00:02:03,718

I would be able to train myself on this

49

00:02:00,540 --> 00:02:05,579

fairly capricious kind of process where

50

00:02:03,718 --> 00:02:07,048

sometimes people get results and

51

00:02:05,578 --> 00:02:10,109

sometimes they don't so the question is

52

00:02:07,049 --> 00:02:12,480

could it could it be trained but more

53

00:02:10,110 --> 00:02:13,170

than that my real interest was in being

54

00:02:12,479 --> 00:02:15,269

an investor

55

00:02:13,169 --> 00:02:16,949

and a theory builder that is I was going

56

00:02:15,270 --> 00:02:19,080

to be watching myself as I did this

57

00:02:16,949 --> 00:02:21,089

project and try to determine what were

58
00:02:19,080 --> 00:02:24,360
the states of mind that were involved in

59
00:02:21,090 --> 00:02:27,810
the ability to actually get good results

60
00:02:24,360 --> 00:02:29,400
so if I could correlate the my state of

61
00:02:27,810 --> 00:02:31,620
mind with what the results were that

62
00:02:29,400 --> 00:02:33,780
would be essentially a way of beginning

63
00:02:31,620 --> 00:02:35,550
to build a model as to what actually

64
00:02:33,780 --> 00:02:39,449
causes the results

65
00:02:35,550 --> 00:02:42,510
so I spent woops I spent 11 years doing

66
00:02:39,449 --> 00:02:45,179
this over 10,000 hours involved in it

67
00:02:42,509 --> 00:02:47,069
and 2200 pages of journal notes and

68
00:02:45,180 --> 00:02:49,170
those journal notes were produced

69
00:02:47,069 --> 00:02:50,430
because at the end of every session I

70
00:02:49,169 --> 00:02:52,079
wrote up what happened to me because

71
00:02:50,430 --> 00:02:55,890
otherwise you just don't remember what

72
00:02:52,080 --> 00:02:57,360
what happens during the session so for

73
00:02:55,889 --> 00:02:59,159
the first six months of the project I

74
00:02:57,360 --> 00:03:01,260
got absolutely nothing I could see no

75
00:02:59,159 --> 00:03:04,139
correlation whatsoever between what I

76
00:03:01,259 --> 00:03:07,259
was doing and the re G output and then I

77
00:03:04,139 --> 00:03:10,589
began to experience these patterns that

78
00:03:07,259 --> 00:03:12,989
were kind of waves and I would find that

79
00:03:10,590 --> 00:03:14,849
I was anticipating what was happening

80
00:03:12,989 --> 00:03:16,469
with this wave so I would be kind of

81
00:03:14,849 --> 00:03:18,299
feeling like well I'm not doing well and

82
00:03:16,469 --> 00:03:20,669
I kind of feel sort of depressed about

83
00:03:18,299 --> 00:03:22,170
it and it's just pushing down and then

84
00:03:20,669 --> 00:03:24,359
suddenly I'd feel the lightening up and

85
00:03:22,169 --> 00:03:25,828
I'd say gee I'll bet the results are

86

00:03:24,360 --> 00:03:29,070
going to get better now and in fact they

87
00:03:25,829 --> 00:03:32,760
would so it was an anticipatory response

88
00:03:29,069 --> 00:03:34,229
in these sorts of patterns that made me

89
00:03:32,759 --> 00:03:36,569
think something was going on I wasn't

90
00:03:34,229 --> 00:03:39,569
reacting to what was happening I was in

91
00:03:36,569 --> 00:03:42,659
fact anticipating what was happening so

92
00:03:39,569 --> 00:03:44,579
then became this this more that this

93
00:03:42,659 --> 00:03:46,829
almost ubiquitous phenomenon which is

94
00:03:44,579 --> 00:03:49,140
we've sort of called a rubber band which

95
00:03:46,829 --> 00:03:52,769
is where you start out and you do really

96
00:03:49,139 --> 00:03:54,238
well you just peak and you experience

97
00:03:52,769 --> 00:03:55,590
that wow I'm really in the zone I'm

98
00:03:54,239 --> 00:03:57,629
really doing well but then at some

99
00:03:55,590 --> 00:03:59,430
moment you stop and you go oh my gosh

100
00:03:57,629 --> 00:04:01,769

I'm doing really well what what happens

101

00:03:59,430 --> 00:04:03,030

if I if I stop doing well you you sort

102

00:04:01,769 --> 00:04:04,860

of second-guess yourself you step

103

00:04:03,030 --> 00:04:07,439

outside of the moment and you kind of

104

00:04:04,860 --> 00:04:09,060

jinx yourself and sure enough and just

105

00:04:07,439 --> 00:04:12,150

it happens all the time

106

00:04:09,060 --> 00:04:16,858

immediately you go right back down to

107

00:04:12,150 --> 00:04:19,079

zero now sorry if if you have just

108

00:04:16,858 --> 00:04:20,879

disconnected you would continue to go

109

00:04:19,079 --> 00:04:23,009

sort of laterally which would be a

110

00:04:20,879 --> 00:04:26,409

randomness from that point on but no you

111

00:04:23,009 --> 00:04:28,699

go straight back down to zero so

112

00:04:26,410 --> 00:04:31,250

these are different time scales this is

113

00:04:28,699 --> 00:04:34,969

tip this one is actually about six

114

00:04:31,250 --> 00:04:37,879

minutes six seven minutes but so so the

115
00:04:34,970 --> 00:04:40,310
point here is that if you look from a

116
00:04:37,879 --> 00:04:41,990
statistical data standpoint you've ended

117
00:04:40,310 --> 00:04:44,180
up where you started and nothing

118
00:04:41,990 --> 00:04:45,889
happened from from a data standpoint but

119
00:04:44,180 --> 00:04:47,870
from an emotional standpoint you've been

120
00:04:45,889 --> 00:04:50,389
through this experience where you went

121
00:04:47,870 --> 00:04:54,340
up and you went down it's almost as if

122
00:04:50,389 --> 00:04:56,719
the there's two pieces to there to the

123
00:04:54,339 --> 00:05:01,219
effect there was an up effect and a down

124
00:04:56,720 --> 00:05:04,460
effect so here's a another example of a

125
00:05:01,220 --> 00:05:06,919
power of expectations a sense of what

126
00:05:04,459 --> 00:05:09,769
should happen and having it happen is

127
00:05:06,918 --> 00:05:12,049
that I started immediately I was above

128
00:05:09,769 --> 00:05:13,430
the parabola I was in significance but I

129
00:05:12,050 --> 00:05:16,520
kept trying to go higher and higher and

130
00:05:13,430 --> 00:05:18,350
I just couldn't I was like stuck and

131
00:05:16,519 --> 00:05:21,709
finally after about six or seven minutes

132
00:05:18,350 --> 00:05:23,030
of trying I said okay it's not gonna

133
00:05:21,709 --> 00:05:24,709
it's not going to do any better so I'm

134
00:05:23,029 --> 00:05:26,629
just gonna let go I'm gonna just forget

135
00:05:24,709 --> 00:05:28,039
it and I'll start again later and I knew

136
00:05:26,629 --> 00:05:30,168
that as soon as I said I'm gonna let go

137
00:05:28,040 --> 00:05:31,520
it would go right back to zero which is

138
00:05:30,168 --> 00:05:33,549
exactly what it did and then it

139
00:05:31,519 --> 00:05:36,079
flattened out and I said okay I'm done

140
00:05:33,550 --> 00:05:37,790
so here's another chart which I call a

141
00:05:36,079 --> 00:05:39,409
brain-dead chart which is when I plant

142
00:05:37,790 --> 00:05:40,850
been playing the thing for more than say

143

00:05:39,410 --> 00:05:42,770
three or four hours at a time

144
00:05:40,850 --> 00:05:44,780
in fact I've even fallen asleep while

145
00:05:42,769 --> 00:05:47,120
I'm pressing the key on the computer and

146
00:05:44,779 --> 00:05:49,639
it just sort of indicates that there's

147
00:05:47,120 --> 00:05:51,530
no energy here it's like a lack of any

148
00:05:49,639 --> 00:05:53,478
kind of as soon as it goes up I figure

149
00:05:51,529 --> 00:05:57,500
it's going to go back down so it's kind

150
00:05:53,478 --> 00:06:00,319
of what's the point so that's a super

151
00:05:57,500 --> 00:06:03,680
normal sort of example and then finally

152
00:06:00,319 --> 00:06:06,319
one last example on this I'll I'll just

153
00:06:03,680 --> 00:06:08,060
read this was from my journal I was

154
00:06:06,319 --> 00:06:09,769
going nowhere and facing down a sense of

155
00:06:08,060 --> 00:06:11,959
being stuck but each time I thought I

156
00:06:09,769 --> 00:06:14,180
might make headway it still went nowhere

157
00:06:11,959 --> 00:06:16,189

I was hugging the zero line just able to

158

00:06:14,180 --> 00:06:18,410

keep from giving up and stopping as I

159

00:06:16,189 --> 00:06:20,329

was just edging down but then suddenly I

160

00:06:18,410 --> 00:06:22,130

shifted to the top of my head and felt

161

00:06:20,329 --> 00:06:23,930

as though a window opened upward like a

162

00:06:22,129 --> 00:06:26,000

channel or tunnel through this barrier I

163

00:06:23,930 --> 00:06:28,220

opened it upward and had a sense of

164

00:06:26,000 --> 00:06:30,529

freedom and wonder as my inner conflicts

165

00:06:28,220 --> 00:06:32,540

dropped away from that instant I soared

166

00:06:30,529 --> 00:06:34,759

upward with an exhilarating sense of joy

167

00:06:32,540 --> 00:06:36,620

the output tracked this experience when

168

00:06:34,759 --> 00:06:38,629

I got to positive significance the top

169

00:06:36,620 --> 00:06:39,408

of the parabola I stopped to marvel at

170

00:06:38,629 --> 00:06:41,689

the whole thing

171

00:06:39,408 --> 00:06:43,639

I later analyzed this rough period of

172
00:06:41,689 --> 00:06:48,439
change to find that it was a z-score of

173
00:06:43,639 --> 00:06:50,329
over five five Sigma all right so I did

174
00:06:48,439 --> 00:06:52,218
four formal studies during this period

175
00:06:50,329 --> 00:06:55,698
the first one was about two and a half

176
00:06:52,218 --> 00:06:57,649
million trials and it ended up highly

177
00:06:55,699 --> 00:07:00,499
significant and then I was challenged by

178
00:06:57,649 --> 00:07:02,149
my colleagues to replicate that so I did

179
00:07:00,499 --> 00:07:04,580
studies two in three of each of a

180
00:07:02,149 --> 00:07:06,978
million trials and I was able to

181
00:07:04,579 --> 00:07:09,709
replicate these or z-scores in the order

182
00:07:06,978 --> 00:07:11,438
of two point two to two point three by

183
00:07:09,709 --> 00:07:13,369
the way these dotted lines represent

184
00:07:11,439 --> 00:07:14,629
calibration data where I was just

185
00:07:13,369 --> 00:07:16,759
checking to make sure the device was

186
00:07:14,629 --> 00:07:18,619
working normally when I wasn't you know

187
00:07:16,759 --> 00:07:21,860
when I wasn't working on it and then

188
00:07:18,619 --> 00:07:23,389
finally study four was when I said after

189
00:07:21,860 --> 00:07:24,588
the first three studies I hadn't thought

190
00:07:23,389 --> 00:07:25,399
about putting them together but when I

191
00:07:24,588 --> 00:07:28,879
did put them together

192
00:07:25,399 --> 00:07:30,468
they were statistically improbable to

193
00:07:28,879 --> 00:07:32,389
one over a hundred thousand and I said

194
00:07:30,468 --> 00:07:35,389
well if I add one more data set maybe I

195
00:07:32,389 --> 00:07:37,129
can get one over a million and so in

196
00:07:35,389 --> 00:07:40,309
fact when you put all that data together

197
00:07:37,129 --> 00:07:42,289
I did reach my target point I got a Z

198
00:07:40,309 --> 00:07:45,289
combined Z of four point eight five odds

199
00:07:42,288 --> 00:07:46,428
of one point seven million to one or one

200

00:07:45,288 --> 00:07:48,019
in one point seven million and by the

201
00:07:46,428 --> 00:07:50,088
way I'm not psychic person I mean this

202
00:07:48,019 --> 00:07:51,769
was not it's not like I I did this

203
00:07:50,088 --> 00:07:53,149
because I thought I was psychic I was

204
00:07:51,769 --> 00:07:54,679
really doing this to get to this next

205
00:07:53,149 --> 00:07:57,110
part which is so I could try to figure

206
00:07:54,678 --> 00:07:59,149
out what's going on so how do we model

207
00:07:57,110 --> 00:08:00,829
this what's going on well it's the

208
00:07:59,149 --> 00:08:03,019
richness of the experience that informs

209
00:08:00,829 --> 00:08:04,939
the model if there's a heavy emotional

210
00:08:03,019 --> 00:08:06,348
component to it which I had no idea when

211
00:08:04,939 --> 00:08:08,809
I started why there should be a heavy

212
00:08:06,348 --> 00:08:12,558
emotional component but doing poorly is

213
00:08:08,809 --> 00:08:14,629
upsetting and doing well is spooky so

214
00:08:12,559 --> 00:08:17,029

doing an average feels best to the

215

00:08:14,629 --> 00:08:19,489

subconscious it that generates no kind

216

00:08:17,028 --> 00:08:22,129

of emotional alerts so it seems like the

217

00:08:19,488 --> 00:08:23,928

significance of the results seems to be

218

00:08:22,129 --> 00:08:26,209

the key to the emotional response and

219

00:08:23,928 --> 00:08:29,899

the emotions feedback to influence the

220

00:08:26,209 --> 00:08:32,299

results so I using this very simple

221

00:08:29,899 --> 00:08:35,058

model that I call a web model of mine or

222

00:08:32,299 --> 00:08:37,758

associative web model and associative

223

00:08:35,058 --> 00:08:40,610

web is just to say that the - consists

224

00:08:37,759 --> 00:08:43,250

of associations like apples to seeds to

225

00:08:40,610 --> 00:08:45,230

branches to trees you know your your

226

00:08:43,250 --> 00:08:46,879

wife to your son your spouse is all that

227

00:08:45,230 --> 00:08:48,769

kind of thing everything is is combined

228

00:08:46,879 --> 00:08:52,339

together in a kind of a fabric that

229
00:08:48,769 --> 00:08:53,129
makes up your mind and when you

230
00:08:52,339 --> 00:08:55,710
experience

231
00:08:53,129 --> 00:08:57,809
some kind of a pull on that say there's

232
00:08:55,710 --> 00:09:00,300
a thread of that fabric that gets pulled

233
00:08:57,809 --> 00:09:02,969
on kind of when we might say my mind got

234
00:09:00,299 --> 00:09:04,500
stretched by an idea it is that these

235
00:09:02,970 --> 00:09:06,540
associations are being pulled out of

236
00:09:04,500 --> 00:09:09,210
place and they want to snap back into

237
00:09:06,539 --> 00:09:11,459
place and unless they're pulled to a

238
00:09:09,210 --> 00:09:13,769
point of beyond elasticity they will

239
00:09:11,460 --> 00:09:17,820
snap back into place which is kind of

240
00:09:13,769 --> 00:09:20,519
the way our minds work so in terms of

241
00:09:17,820 --> 00:09:22,830
the re G I modeled this web in a

242
00:09:20,519 --> 00:09:26,460
slightly different way this is a what I

243

00:09:22,830 --> 00:09:29,129
call a bowl of significance which is

244

00:09:26,460 --> 00:09:31,560
it's a web but it's it's formed in kind

245

00:09:29,129 --> 00:09:33,360
of a bowl where at the center is the

246

00:09:31,559 --> 00:09:34,469
normalcy the sense of normalcy where

247

00:09:33,360 --> 00:09:37,620
everything's fine and everything is

248

00:09:34,470 --> 00:09:39,840
normal and nothing is out of whack but

249

00:09:37,620 --> 00:09:41,730
the action ball being kind of where your

250

00:09:39,840 --> 00:09:43,170
consciousness is sitting such as when

251

00:09:41,730 --> 00:09:45,990
you start an re G session and you're at

252

00:09:43,169 --> 00:09:47,309
50/50 so you're at kind of normalcy but

253

00:09:45,990 --> 00:09:49,710
when you're trying to go up to get to

254

00:09:47,309 --> 00:09:52,079
one and 100se as your target playing the

255

00:09:49,710 --> 00:09:54,090
game the action ball begins to move up

256

00:09:52,080 --> 00:09:55,860
the side of this bowl of significance it

257

00:09:54,090 --> 00:09:58,019
begins to pull on these threads and it

258
00:09:55,860 --> 00:09:59,610
begins to have a sense of being up the

259
00:09:58,019 --> 00:10:01,919
side where it could fall back down so

260
00:09:59,610 --> 00:10:04,320
there's a there's a mental sense that

261
00:10:01,919 --> 00:10:07,549
you are going off-kilter you're going

262
00:10:04,320 --> 00:10:11,070
out of where the mind wants to sit and

263
00:10:07,549 --> 00:10:13,469
here's a example of significance

264
00:10:11,070 --> 00:10:16,590
profiles where this bowl which I just

265
00:10:13,470 --> 00:10:18,330
showed on the last slide is a kind of a

266
00:10:16,590 --> 00:10:20,850
one in a hundred Bowl and you could see

267
00:10:18,330 --> 00:10:22,080
three of them together and say oh I'm

268
00:10:20,850 --> 00:10:23,759
going to do this and then I'm going to

269
00:10:22,080 --> 00:10:25,770
replicate it with this and replicate it

270
00:10:23,759 --> 00:10:28,370
with this but that's highly different

271
00:10:25,769 --> 00:10:31,289

from this one in a million

272

00:10:28,370 --> 00:10:34,019
significance Bowl but in fact these

273

00:10:31,289 --> 00:10:36,059
these two are the same because these two

274

00:10:34,019 --> 00:10:37,799
these three strung in to end would be

275

00:10:36,059 --> 00:10:39,989
the same as this from a statistical

276

00:10:37,799 --> 00:10:41,429
standpoint but from an emotional

277

00:10:39,990 --> 00:10:43,620
psychological standpoint they're vastly

278

00:10:41,429 --> 00:10:46,829
different and I think it's that that

279

00:10:43,620 --> 00:10:48,779
drives the effects not if not not the

280

00:10:46,830 --> 00:10:51,960
statistics themselves but the sense of

281

00:10:48,779 --> 00:10:53,370
your relationship to those statistics so

282

00:10:51,960 --> 00:10:54,840
I think that this could be a whole new

283

00:10:53,370 --> 00:10:56,580
area of psychology that I call

284

00:10:54,840 --> 00:10:59,519
structural psychology based on the

285

00:10:56,580 --> 00:11:01,950
structure and action of these webs which

286
00:10:59,519 --> 00:11:03,299
I call units of meaning so a given

287
00:11:01,950 --> 00:11:04,980
moment in time that you're working with

288
00:11:03,299 --> 00:11:06,750
is a kind of unit of meaning and it has

289
00:11:04,980 --> 00:11:10,259
its own sense of what's new

290
00:11:06,750 --> 00:11:12,210
normal and its own boundaries so each of

291
00:11:10,259 --> 00:11:14,069
these webs it's it's kind of in the

292
00:11:12,210 --> 00:11:16,050
cannot knee integrated information since

293
00:11:14,070 --> 00:11:17,640
each web or unit of meaning is an

294
00:11:16,049 --> 00:11:20,490
integrated whole and has its own

295
00:11:17,639 --> 00:11:22,830
patterns to it and a research process

296
00:11:20,490 --> 00:11:25,470
could benefit from sort of examining

297
00:11:22,830 --> 00:11:26,400
what's going on with the brain this kind

298
00:11:25,470 --> 00:11:28,200
of thing that Morris Friedman was

299
00:11:26,399 --> 00:11:29,370
talking about earlier what go what's

300
00:11:28,200 --> 00:11:32,220
going on with the brain

301
00:11:29,370 --> 00:11:34,649
maybe with both self-reports EEG fMRI

302
00:11:32,220 --> 00:11:36,540
and I do think that the transcranial

303
00:11:34,649 --> 00:11:39,509
stimulation might be very interesting to

304
00:11:36,539 --> 00:11:41,699
try while somebody is doing this process

305
00:11:39,509 --> 00:11:44,639
I think it's deeply connected with

306
00:11:41,700 --> 00:11:47,640
physics the re G process is a quantum

307
00:11:44,639 --> 00:11:49,860
mechanical process and because you're

308
00:11:47,639 --> 00:11:51,059
dealing with quantum mechanics data

309
00:11:49,860 --> 00:11:53,370
that's being produced through quantum

310
00:11:51,059 --> 00:11:55,589
mechanics and as theoretical physicist

311
00:11:53,370 --> 00:11:57,360
max tegmark said I think consciousness

312
00:11:55,590 --> 00:12:01,800
is how information feels when it's being

313
00:11:57,360 --> 00:12:03,899
processed in complex ways so I'm working

314

00:12:01,799 --> 00:12:05,909
on a body of work on this I have

315
00:12:03,899 --> 00:12:08,039
finished a book called the selection

316
00:12:05,909 --> 00:12:10,949
effect which is really my whole

317
00:12:08,039 --> 00:12:12,569
experience of this project volume 2

318
00:12:10,950 --> 00:12:14,640
which I'm sort of halfway through is is

319
00:12:12,570 --> 00:12:17,460
the physics theoretical physics on this

320
00:12:14,639 --> 00:12:19,139
volume three as structural psychology

321
00:12:17,460 --> 00:12:20,790
which kind of what I was describing

322
00:12:19,139 --> 00:12:22,588
earlier and then I think there are

323
00:12:20,789 --> 00:12:24,509
spiritual implications of this but I

324
00:12:22,589 --> 00:12:27,030
haven't even started working on that so

325
00:12:24,509 --> 00:12:29,250
in summary the mind can influence these

326
00:12:27,029 --> 00:12:31,199
devices and probably much more in life

327
00:12:29,250 --> 00:12:33,059
but the subconscious regulates against

328
00:12:31,200 --> 00:12:34,320

non normalcy and it's the kind of thing

329

00:12:33,059 --> 00:12:36,419

that Morris Friedman was talking about

330

00:12:34,320 --> 00:12:38,129

earlier there is a process of self

331

00:12:36,419 --> 00:12:39,899

control and I would say that it's a

332

00:12:38,129 --> 00:12:42,000

little bit different even from filtering

333

00:12:39,899 --> 00:12:43,470

because you can feel when you're doing

334

00:12:42,000 --> 00:12:45,210

it you can feel that you are self

335

00:12:43,470 --> 00:12:47,029

controlling so that you don't do any

336

00:12:45,210 --> 00:12:49,170

better when you're playing this game and

337

00:12:47,029 --> 00:12:51,179

selves or Minds may have a kind of

338

00:12:49,169 --> 00:12:53,309

mental membrane or outer boundary of

339

00:12:51,179 --> 00:12:55,859

increased significance where you simply

340

00:12:53,309 --> 00:12:57,869

will not go there and we may impress

341

00:12:55,860 --> 00:12:59,430

normalcy on situations to avoid

342

00:12:57,870 --> 00:13:01,740

accidents all the time and we're just

343
00:12:59,429 --> 00:13:04,169
simply not aware of how much our desire

344
00:13:01,740 --> 00:13:05,399
for normalcy keeps unusual things from

345
00:13:04,169 --> 00:13:09,599
happening rather than the other way

346
00:13:05,399 --> 00:13:11,009
around so this theory is developed by

347
00:13:09,600 --> 00:13:13,379
modeling one's experience

348
00:13:11,009 --> 00:13:15,838
we need more modelers we need re G

349
00:13:13,379 --> 00:13:18,539
Yogi's skilled in the art of quote the

350
00:13:15,839 --> 00:13:21,740
exploration of phenomenal state space so

351
00:13:18,539 --> 00:13:21,740
thank you very much I think

352
00:13:23,999 --> 00:13:28,050
okay we have a few minutes for questions

353
00:13:28,438 --> 00:13:34,269
so the the amount of data you collected

354
00:13:31,619 --> 00:13:36,579
says that on average you spent three

355
00:13:34,269 --> 00:13:38,889
hours a day over over this time yeah

356
00:13:36,578 --> 00:13:41,399
that's pretty embarrassing but you know

357
00:13:38,889 --> 00:13:43,688
when when you think about meditators

358
00:13:41,399 --> 00:13:46,239
people say you know they've meditated

359
00:13:43,688 --> 00:13:47,318
ten ten thousand hours and that's sort

360
00:13:46,239 --> 00:13:49,179
of the same kind of this was my

361
00:13:47,318 --> 00:13:54,039
meditation yeah okay I'm I'm very

362
00:13:49,178 --> 00:13:55,928
impressed by this okay herb thank you I

363
00:13:54,039 --> 00:13:57,548
want to thank you for a couple of

364
00:13:55,928 --> 00:13:59,350
reasons one the workshop you gave a

365
00:13:57,548 --> 00:14:01,958
couple of years ago Diaz's II that was

366
00:13:59,350 --> 00:14:03,220
really beneficial I know I'm not sure

367
00:14:01,958 --> 00:14:06,669
I'm going to thank you for the story I'm

368
00:14:03,220 --> 00:14:10,089
going to tell you I live in eastern

369
00:14:06,669 --> 00:14:13,088
Pennsylvania and the word got out that I

370
00:14:10,089 --> 00:14:17,519
had this mysterious red device from

371

00:14:13,089 --> 00:14:20,769
Princeton a lot so I get invited to

372
00:14:17,519 --> 00:14:22,808
paranormal activities haunted houses and

373
00:14:20,769 --> 00:14:25,720
that kind of thing another story and

374
00:14:22,808 --> 00:14:27,399
I've had drugs on me all night but the

375
00:14:25,720 --> 00:14:29,889
one I'm going to talk about here there's

376
00:14:27,399 --> 00:14:33,818
the most disturbing I was invited to a

377
00:14:29,889 --> 00:14:36,730
healing group they are Reiki healers and

378
00:14:33,818 --> 00:14:38,678
mercy healers and whatever and I don't

379
00:14:36,730 --> 00:14:40,899
have a lot of connection with them but I

380
00:14:38,678 --> 00:14:43,928
came in setup with a red device in the

381
00:14:40,899 --> 00:14:45,639
back of the room okay this is one hour

382
00:14:43,928 --> 00:14:48,149
15 minute discussion

383
00:14:45,639 --> 00:14:50,740
the first one are was kind of academic

384
00:14:48,149 --> 00:14:54,100
here's to that concept you know what you

385
00:14:50,740 --> 00:14:58,509

do the host and said to the audience

386

00:14:54,100 --> 00:15:03,028

about 30 of us is anyone here have had a

387

00:14:58,509 --> 00:15:08,019

healing experience you know silence a

388

00:15:03,028 --> 00:15:10,828

woman came front I have she said I just

389

00:15:08,019 --> 00:15:14,078

recently came from the pod repeal

390

00:15:10,828 --> 00:15:17,019

memorial location which is near

391

00:15:14,078 --> 00:15:19,448

Pottstown Pennsylvania or near where I

392

00:15:17,019 --> 00:15:20,110

live which starts in congruous but there

393

00:15:19,448 --> 00:15:23,318

it is

394

00:15:20,110 --> 00:15:25,720

and she went on to describe to the

395

00:15:23,318 --> 00:15:27,759

audience the most incredible healing

396

00:15:25,720 --> 00:15:29,678

experience I've ever heard

397

00:15:27,759 --> 00:15:32,350

now I had my raid device in the back of

398

00:15:29,678 --> 00:15:34,449

the room it was set I've looked at

399

00:15:32,350 --> 00:15:38,830

occasionally

400
00:15:34,450 --> 00:15:41,820
okay she gets into the story and the

401
00:15:38,830 --> 00:15:41,820
rest of us are blown away

402
00:15:42,059 --> 00:15:49,269
okay so this she goes into the story and

403
00:15:45,820 --> 00:15:51,490
the right device goes off scale and

404
00:15:49,269 --> 00:15:55,600
we'll all of a sudden caught up and the

405
00:15:51,490 --> 00:15:58,120
experience is the field read came on so

406
00:15:55,600 --> 00:16:02,050
I really don't know what happened did

407
00:15:58,120 --> 00:16:07,210
her experience transfer to us or how did

408
00:16:02,049 --> 00:16:10,599
this occur that hurt okay we'll talk

409
00:16:07,210 --> 00:16:11,800
about that deal so I guess that's one

410
00:16:10,600 --> 00:16:15,340
way to deal with the experiment or

411
00:16:11,799 --> 00:16:16,779
effect right just it's kind of take it

412
00:16:15,340 --> 00:16:20,250
completely out of the equation by being

413
00:16:16,779 --> 00:16:22,299
the test subjects awesome well when your

414
00:16:20,250 --> 00:16:24,039
investigator of your own work you you

415
00:16:22,299 --> 00:16:27,279
you are both the experiment I mean it's

416
00:16:24,039 --> 00:16:28,809
right I just - quick quick thoughts or

417
00:16:27,279 --> 00:16:32,079
questions in and I'm sorry I'm a little

418
00:16:28,809 --> 00:16:34,869
bit new to this literature so have there

419
00:16:32,080 --> 00:16:37,780
been any studies thus far to manipulate

420
00:16:34,870 --> 00:16:39,629
the feedback itself so there's I've seen

421
00:16:37,779 --> 00:16:42,009
in you know traditional psychology

422
00:16:39,629 --> 00:16:44,620
experiments that manipulate the sense of

423
00:16:42,009 --> 00:16:46,090
agency by the you know degree that

424
00:16:44,620 --> 00:16:47,620
actually the feedback is truly

425
00:16:46,090 --> 00:16:49,990
representative of what the with the

426
00:16:47,620 --> 00:16:51,940
subjects actually doing so what I'm

427
00:16:49,990 --> 00:16:54,070
saying is it be interesting to see a

428

00:16:51,940 --> 00:16:56,410
study where in which the the feedback

429
00:16:54,070 --> 00:16:57,910
itself was slightly skewed right yeah

430
00:16:56,409 --> 00:17:00,100
there are different forms of feedback

431
00:16:57,909 --> 00:17:02,799
but nothing that has to do with that

432
00:17:00,100 --> 00:17:04,299
kind of tactile visceral sense of self

433
00:17:02,799 --> 00:17:08,769
versus non-self which could be

434
00:17:04,299 --> 00:17:11,500
interesting yeah this is sort of related

435
00:17:08,769 --> 00:17:14,529
to several questions though that are

436
00:17:11,500 --> 00:17:16,329
talking about the brain and I've had a

437
00:17:14,529 --> 00:17:18,309
little bit of training on medic like

438
00:17:16,329 --> 00:17:19,899
your meditation that's brain oriented

439
00:17:18,309 --> 00:17:22,690
there's heart centered meditations that

440
00:17:19,900 --> 00:17:24,970
are different and we keep bringing in

441
00:17:22,690 --> 00:17:27,039
this sense of an emotion and yet we're

442
00:17:24,970 --> 00:17:29,890

not looking at like the three brains

443

00:17:27,039 --> 00:17:31,599

they said the brain the heart brain or

444

00:17:29,890 --> 00:17:34,030

the belly brain mm-hm

445

00:17:31,599 --> 00:17:36,279

in in all of this that how do we and

446

00:17:34,029 --> 00:17:39,399

when it's when we bring this emotion

447

00:17:36,279 --> 00:17:41,769

into that and yet we're only putting

448

00:17:39,400 --> 00:17:42,910

probes here yeah the only thing I could

449

00:17:41,769 --> 00:17:44,940

say is there have been studies with

450

00:17:42,910 --> 00:17:47,790

meditators as Dean mentioned and

451

00:17:44,940 --> 00:17:49,610

meditators tend to do better so you know

452

00:17:47,789 --> 00:17:52,220

some sense of alignment I think or

453

00:17:49,609 --> 00:17:55,139

awareness of these different centers is

454

00:17:52,220 --> 00:17:55,980

III think it's important I mean I do

455

00:17:55,140 --> 00:17:58,560

think it's important

456

00:17:55,980 --> 00:18:00,089

yes York so bottom line after these 11

457
00:17:58,559 --> 00:18:01,589
years how well do you feel that you

458
00:18:00,089 --> 00:18:04,439
succeeded in training yourself to

459
00:18:01,589 --> 00:18:06,779
produce re G effects well I that's a

460
00:18:04,440 --> 00:18:10,680
very very good question and I would say

461
00:18:06,779 --> 00:18:13,019
that I am NOT an re G yogi that it's

462
00:18:10,680 --> 00:18:14,970
still a matter of emotional response and

463
00:18:13,019 --> 00:18:16,589
the better you get at this the more

464
00:18:14,970 --> 00:18:18,450
self-control you exert over yourself

465
00:18:16,589 --> 00:18:21,750
that's the most damning thing of this

466
00:18:18,450 --> 00:18:23,640
whole thing is that you actually limit

467
00:18:21,750 --> 00:18:25,289
you get better but you also get better

468
00:18:23,640 --> 00:18:28,290
at limiting yourself and and and that's

469
00:18:25,289 --> 00:18:30,809
not just a cop-out it truly is

470
00:18:28,289 --> 00:18:33,139
you can ferret out those those different

471
00:18:30,809 --> 00:18:35,649
effects and see how you limit yourself

472
00:18:33,140 --> 00:18:38,849
ok fine thank you very much

473
00:18:35,650 --> 00:18:38,849
[Applause]