

1
00:00:00,000 --> 00:00:06,899
um like to begin by just noting that in

2
00:00:04,379 --> 00:00:10,280
academic circles we all tend to have tag

3
00:00:06,899 --> 00:00:12,300
lines we like to refer to ourselves as

4
00:00:10,279 --> 00:00:15,298
psychologists or mathematicians or what

5
00:00:12,300 --> 00:00:19,800
not well I play that game too i refer to

6
00:00:15,298 --> 00:00:21,509
myself as a humanist and I use that I

7
00:00:19,800 --> 00:00:24,750
say that in order to make the point that

8
00:00:21,510 --> 00:00:26,760
I'm not a psychologist other than the

9
00:00:24,750 --> 00:00:29,730
fact that I kind of study that the

10
00:00:26,760 --> 00:00:32,219
larger context of the human condition if

11
00:00:29,730 --> 00:00:34,820
you will but as a humanist I'm

12
00:00:32,219 --> 00:00:37,200
interested in the interior experience of

13
00:00:34,820 --> 00:00:41,480
the interplay of the human and the

14
00:00:37,200 --> 00:00:44,730
divine and i would say that in quoting

15
00:00:41,479 --> 00:00:49,140
one of the Philosopher's I studied in my

16
00:00:44,729 --> 00:00:53,459
studies Pico della mirandola 15th

17
00:00:49,140 --> 00:00:57,090
century renaissance scholar he said that

18
00:00:53,460 --> 00:00:59,399
we exist in a middle space being neither

19
00:00:57,090 --> 00:01:03,300
a heavenly being nor an earthly being

20
00:00:59,399 --> 00:01:05,609
and in this middle space he felt that

21
00:01:03,299 --> 00:01:07,679
human beings can range between the level

22
00:01:05,609 --> 00:01:10,799
of the lower things or the higher things

23
00:01:07,680 --> 00:01:14,130
I believe that we are a microcosm of

24
00:01:10,799 --> 00:01:16,170
that entire spectrum but we are gifted

25
00:01:14,129 --> 00:01:18,929
with a freedom that enables our movement

26
00:01:16,170 --> 00:01:22,140
our ability to change to grow and

27
00:01:18,930 --> 00:01:24,509
develop and I became interested in the

28
00:01:22,140 --> 00:01:27,780
monoi Institute because of its process

29

00:01:24,509 --> 00:01:31,290
for exercising our freedom to explore

30
00:01:27,780 --> 00:01:33,989
the full range between the lower things

31
00:01:31,290 --> 00:01:35,909
and the higher things using the hemi

32
00:01:33,989 --> 00:01:39,959
sync technology and many of you are

33
00:01:35,909 --> 00:01:41,670
familiar with Bob Monroe's work that Bob

34
00:01:39,959 --> 00:01:42,839
developed TMI programs off the

35
00:01:41,670 --> 00:01:45,780
opportunity to tune in two different

36
00:01:42,840 --> 00:01:49,140
states of consciousness like tuning a

37
00:01:45,780 --> 00:01:51,780
radio in two different stations alright

38
00:01:49,140 --> 00:01:54,780
that's an effect that most everybody who

39
00:01:51,780 --> 00:01:56,250
goes to TM I have some experience of but

40
00:01:54,780 --> 00:01:58,228
what I was really interested in knowing

41
00:01:56,250 --> 00:02:01,140
and trying to understand it was the

42
00:01:58,228 --> 00:02:02,819
basis of the study was while the effect

43
00:02:01,140 --> 00:02:04,109

can be pretty dramatic I have often

44

00:02:02,819 --> 00:02:06,599

wondered how participants have

45

00:02:04,109 --> 00:02:10,080

integrated their experiences into their

46

00:02:06,599 --> 00:02:12,509

lives what difference has attendance at

47

00:02:10,080 --> 00:02:14,549

a TMI program

48

00:02:12,509 --> 00:02:17,759

difference in terms of tuning in to

49

00:02:14,549 --> 00:02:19,110

different levels of consciousness made

50

00:02:17,759 --> 00:02:21,328

in the nature of their personal

51

00:02:19,110 --> 00:02:23,849

relationships there are interests and

52

00:02:21,329 --> 00:02:26,640

accomplishments their growth and

53

00:02:23,848 --> 00:02:29,939

development if you will so this is what

54

00:02:26,639 --> 00:02:31,738

the basis of the study that I begun and

55

00:02:29,939 --> 00:02:35,098

this is only the beginning of this study

56

00:02:31,739 --> 00:02:37,530

there are several phases yet that I will

57

00:02:35,098 --> 00:02:40,768

be exploring but this initial study

58
00:02:37,530 --> 00:02:43,140
started with two groups I looked at

59
00:02:40,769 --> 00:02:45,299
people who have attended just simply the

60
00:02:43,139 --> 00:02:46,738
Gateway Program which was the first

61
00:02:45,299 --> 00:02:48,299
program in the series and everyone's

62
00:02:46,739 --> 00:02:50,639
required to go through before they can

63
00:02:48,299 --> 00:02:54,209
attend any advanced programs there

64
00:02:50,639 --> 00:02:56,069
approximately 360 respondents in the

65
00:02:54,209 --> 00:02:58,170
Gateway group then I looked at another

66
00:02:56,068 --> 00:03:00,030
group called multiple program attendees

67
00:02:58,169 --> 00:03:03,449
people have attended three or more

68
00:03:00,030 --> 00:03:05,039
programs and as you'll see more than 75

69
00:03:03,449 --> 00:03:08,729
percent of this group attended actually

70
00:03:05,039 --> 00:03:12,479
four or more programs all had attended

71
00:03:08,729 --> 00:03:14,399
at least one program since 2000 alright

72
00:03:12,479 --> 00:03:16,348
but some of the multiple program

73
00:03:14,400 --> 00:03:19,889
participants had gateways experiences

74
00:03:16,348 --> 00:03:22,530
being back into the 1970s I was an

75
00:03:19,889 --> 00:03:24,239
online questionnaire there was one

76
00:03:22,530 --> 00:03:27,060
section demographics psychographics

77
00:03:24,239 --> 00:03:28,378
program affects about 61 questions and

78
00:03:27,060 --> 00:03:31,889
then there was an optional section

79
00:03:28,378 --> 00:03:33,840
looking at personality typology now let

80
00:03:31,889 --> 00:03:35,250
me just simply kind of summarize some of

81
00:03:33,840 --> 00:03:38,039
the independent variables came out of

82
00:03:35,250 --> 00:03:40,439
this on the demographic differences some

83
00:03:38,039 --> 00:03:42,328
of the key examples here is obviously

84
00:03:40,439 --> 00:03:44,759
for the multiple program group they're a

85
00:03:42,329 --> 00:03:48,389
little bit older they've been going to

86

00:03:44,759 --> 00:03:49,709
TMI longer all right their education

87
00:03:48,389 --> 00:03:52,829
they have a higher percentage of people

88
00:03:49,709 --> 00:03:55,348
with advanced degrees all right they

89
00:03:52,829 --> 00:03:57,659
also have a length of change in social

90
00:03:55,348 --> 00:03:59,340
status in the meaning that they've been

91
00:03:57,658 --> 00:04:00,509
widowed or diverse divorced those

92
00:03:59,340 --> 00:04:04,620
individuals have been widowed or

93
00:04:00,509 --> 00:04:08,698
divorced had been a for longer period of

94
00:04:04,620 --> 00:04:12,150
time they digested to that change and

95
00:04:08,699 --> 00:04:13,650
then income level was a little higher so

96
00:04:12,150 --> 00:04:15,560
there are some of the you know

97
00:04:13,650 --> 00:04:17,158
independent variables between

98
00:04:15,560 --> 00:04:20,639
demographically between the two groups

99
00:04:17,158 --> 00:04:22,680
on the psychographic 11 there were

100
00:04:20,639 --> 00:04:24,420

really two key differences I ask people

101

00:04:22,680 --> 00:04:26,730

you know

102

00:04:24,420 --> 00:04:29,910

why did you choose to attend to your

103

00:04:26,730 --> 00:04:33,080

mind gave him a list of 10 different

104

00:04:29,910 --> 00:04:35,460

reasons you could select any or none and

105

00:04:33,079 --> 00:04:37,589

you could select them as many times as

106

00:04:35,459 --> 00:04:39,919

you wanted to two dimensions came out

107

00:04:37,589 --> 00:04:42,989

between the two groups that was

108

00:04:39,920 --> 00:04:45,420

statistically significant difference one

109

00:04:42,990 --> 00:04:49,560

was curiosity the multiple program

110

00:04:45,420 --> 00:04:51,660

attendees had a greater degree of

111

00:04:49,560 --> 00:04:53,970

curiosity and their reason for attending

112

00:04:51,660 --> 00:04:56,490

TMI and the second one was self

113

00:04:53,970 --> 00:04:58,560

knowledge that his ire to understand

114

00:04:56,490 --> 00:05:00,629

themselves better these were two

115
00:04:58,560 --> 00:05:03,649
distinctions between the two groups and

116
00:05:00,629 --> 00:05:06,750
then in terms of personality typology

117
00:05:03,649 --> 00:05:08,879
it's really interesting about the group

118
00:05:06,750 --> 00:05:11,720
is both of them have pretty much the

119
00:05:08,879 --> 00:05:14,180
same typology you know a little bit

120
00:05:11,720 --> 00:05:16,500
beyond norm in terms of extraversion

121
00:05:14,180 --> 00:05:19,139
that was a little unexpected on my

122
00:05:16,500 --> 00:05:22,410
apartment but their dominant function is

123
00:05:19,139 --> 00:05:24,839
in his intuition and their auxiliary

124
00:05:22,410 --> 00:05:26,850
function primary auxiliary functions so

125
00:05:24,839 --> 00:05:30,989
for for most people it was like in the

126
00:05:26,850 --> 00:05:33,360
40 percentile a 40 percentage basis for

127
00:05:30,990 --> 00:05:35,579
what i call this dominant function of

128
00:05:33,360 --> 00:05:39,210
intuition the secondary function was

129
00:05:35,579 --> 00:05:42,000
feeling and then as an axillary function

130
00:05:39,209 --> 00:05:43,969
intuition was still the highest so on

131
00:05:42,000 --> 00:05:46,250
the two dominant and auxiliary

132
00:05:43,970 --> 00:05:49,380
determinants of personality typology

133
00:05:46,250 --> 00:05:51,180
intuition is the highest descriptor of

134
00:05:49,379 --> 00:05:54,990
the personality type ologies of the

135
00:05:51,180 --> 00:05:58,949
people going to TMI now let's just take

136
00:05:54,990 --> 00:06:03,389
a look at the findings and go kind of

137
00:05:58,949 --> 00:06:08,159
jump to the bottom line i did a fact

138
00:06:03,389 --> 00:06:12,509
analysis around 34 program effect items

139
00:06:08,160 --> 00:06:15,750
came up with four categories in which i

140
00:06:12,509 --> 00:06:17,909
loaded those items on personal efficacy

141
00:06:15,750 --> 00:06:20,759
life satisfaction job satisfaction

142
00:06:17,910 --> 00:06:23,010
career performance then we did a

143

00:06:20,759 --> 00:06:24,539
regression analysis looking at

144
00:06:23,009 --> 00:06:26,089
controlling for these variables these

145
00:06:24,540 --> 00:06:30,510
differences in demographics

146
00:06:26,089 --> 00:06:33,509
psychographics and we came to a rather

147
00:06:30,509 --> 00:06:35,819
interesting conclusion here is that

148
00:06:33,509 --> 00:06:37,800
those people attending multiple programs

149
00:06:35,819 --> 00:06:39,889
actually had

150
00:06:37,800 --> 00:06:42,538
statistically significant higher

151
00:06:39,889 --> 00:06:47,430
personal efficacy and life satisfaction

152
00:06:42,538 --> 00:06:49,378
and those who just attended gateway now

153
00:06:47,430 --> 00:06:52,079
what's also interesting is the r-squared

154
00:06:49,379 --> 00:06:54,840
there I don't believe I have enough

155
00:06:52,079 --> 00:07:00,478
variables to account for TMI as having

156
00:06:54,839 --> 00:07:03,119
much to do with that high but what I can

157
00:07:00,478 --> 00:07:07,500

say is that TMI acts like a strange

158

00:07:03,120 --> 00:07:13,218
attractor of a certain kind of

159

00:07:07,500 --> 00:07:18,839
individual who comes through there okay

160

00:07:13,218 --> 00:07:21,418
now I want to go a little too fast sir I

161

00:07:18,839 --> 00:07:24,089
want to point out some of the questions

162

00:07:21,418 --> 00:07:26,728
in terms of program effects and look at

163

00:07:24,089 --> 00:07:28,318
this correlation between gay way only

164

00:07:26,728 --> 00:07:31,258
respondents and multiple program

165

00:07:28,319 --> 00:07:32,669
respondents I 34 questions looking at

166

00:07:31,259 --> 00:07:33,930
questions like I have a more expansive

167

00:07:32,668 --> 00:07:38,158
vision of how the parts of my life

168

00:07:33,930 --> 00:07:41,579
relate to a hold on every one of the 34

169

00:07:38,158 --> 00:07:45,149
questions multiple program attendees

170

00:07:41,579 --> 00:07:48,329
more strongly agreed with that question

171

00:07:45,149 --> 00:07:49,649
than with then the Gateway only and here

172
00:07:48,329 --> 00:07:55,139
are the ones whether the strongest

173
00:07:49,649 --> 00:07:56,908
difference I tremendously you know a

174
00:07:55,139 --> 00:07:59,310
major difference here on some of these

175
00:07:56,908 --> 00:08:02,579
questions the additional questions

176
00:07:59,310 --> 00:08:04,918
besides these this to give you a feel

177
00:08:02,579 --> 00:08:09,378
for this I'm a more effective decision

178
00:08:04,918 --> 00:08:12,478
maker I am more composed under pressure

179
00:08:09,379 --> 00:08:15,870
I'm more able to listen non defensively

180
00:08:12,478 --> 00:08:19,769
to criticism I'm more productive at work

181
00:08:15,870 --> 00:08:22,019
I have developed new friends so I'm

182
00:08:19,769 --> 00:08:24,930
looking at aspects that would point to

183
00:08:22,019 --> 00:08:27,628
this question of quality of life life

184
00:08:24,930 --> 00:08:31,199
satisfaction if you will and on every

185
00:08:27,629 --> 00:08:33,658
one of those questions the people

186
00:08:31,199 --> 00:08:36,778
attending multiple programs had a much

187
00:08:33,658 --> 00:08:40,069
higher satisfaction or strongly agree

188
00:08:36,778 --> 00:08:44,000
with that now

189
00:08:40,070 --> 00:08:45,080
that's one aspect of this study the

190
00:08:44,000 --> 00:08:46,370
other one which I find even more

191
00:08:45,080 --> 00:08:49,340
interesting is what I'd call the

192
00:08:46,370 --> 00:08:52,370
qualitative analysis because I asked a

193
00:08:49,340 --> 00:08:53,930
series of open-ended questions and one

194
00:08:52,370 --> 00:08:58,220
in particular was what's your most

195
00:08:53,929 --> 00:09:01,959
memorable experience and I got back a

196
00:08:58,220 --> 00:09:06,170
you know 200 pages of written comments

197
00:09:01,960 --> 00:09:07,700
single spaced and so I had to be filled

198
00:09:06,169 --> 00:09:09,349
through all that and begin to try to

199
00:09:07,700 --> 00:09:11,240
organize it around some set of

200

00:09:09,350 --> 00:09:13,940
categories and here were four categories

201
00:09:11,240 --> 00:09:17,779
in which I could pretty easily put most

202
00:09:13,940 --> 00:09:19,220
everybody's response I'm going to look a

203
00:09:17,779 --> 00:09:20,720
little bit here at this personal

204
00:09:19,220 --> 00:09:25,879
learning and development share that with

205
00:09:20,720 --> 00:09:29,540
you now here is a sample of responses

206
00:09:25,879 --> 00:09:31,970
from the Gateway only group and I've

207
00:09:29,539 --> 00:09:33,559
highlighted a couple places here would

208
00:09:31,970 --> 00:09:35,509
pay attention to the language because

209
00:09:33,559 --> 00:09:37,879
the language is key to kind of a mental

210
00:09:35,509 --> 00:09:40,840
functioning the way people are

211
00:09:37,879 --> 00:09:43,730
structuring meaning from this experience

212
00:09:40,840 --> 00:09:48,320
so I'm accepting my limitations I'm

213
00:09:43,730 --> 00:09:52,190
forgiving myself I've cried with oneself

214
00:09:48,320 --> 00:09:54,140

of the young time together a meeting

215

00:09:52,190 --> 00:09:56,450

having cried with oneself of the young

216

00:09:54,139 --> 00:10:00,250

time together learning to trust myself

217

00:09:56,450 --> 00:10:00,250

realizing how dem I've been