

## *Structure of the Study*

### ■ Two groups of TMI graduates

- Multiple Program participants attended 3 or more programs: ~340 respondents
  - More than 75% of this group had attended 4+ programs
- Gateway Only participants: ~360 respondents
- All had attended at least one program since 2000
  - Some Multiple Program participants had Gateway experiences dating back to the 1970s

### ■ Online questionnaire with 2 sections

- Section 1 – demographics, psychographics, program effects (61 questions)
- Section 2 – optional Keirsey-Bates Temperament Sorter (70 questions)

1  
00:00:06,889 --> 00:00:04,370  
um like to begin by just noting that in

2  
00:00:10,270 --> 00:00:06,899  
academic circles we all tend to have tag

3  
00:00:12,290 --> 00:00:10,280  
lines we like to refer to ourselves as

4  
00:00:15,289 --> 00:00:12,300  
psychologists or mathematicians or what

5  
00:00:19,790 --> 00:00:15,299  
not well I play that game too i refer to

6  
00:00:21,500 --> 00:00:19,800  
myself as a humanist and I use that I

7  
00:00:24,740 --> 00:00:21,510  
say that in order to make the point that

8  
00:00:26,750 --> 00:00:24,750  
I'm not a psychologist other than the

9  
00:00:29,720 --> 00:00:26,760  
fact that I kind of study that the

10  
00:00:32,209 --> 00:00:29,730  
larger context of the human condition if

11  
00:00:34,810 --> 00:00:32,219  
you will but as a humanist I'm

12  
00:00:37,190 --> 00:00:34,820  
interested in the interior experience of

13  
00:00:41,470 --> 00:00:37,200

the interplay of the human and the

14

00:00:44,720 --> 00:00:41,480

divine and i would say that in quoting

15

00:00:49,130 --> 00:00:44,730

one of the Philosopher's I studied in my

16

00:00:53,450 --> 00:00:49,140

studies Pico della mirandola 15th

17

00:00:57,080 --> 00:00:53,460

century renaissance scholar he said that

18

00:00:59,389 --> 00:00:57,090

we exist in a middle space being neither

19

00:01:03,290 --> 00:00:59,399

a heavenly being nor an earthly being

20

00:01:05,600 --> 00:01:03,300

and in this middle space he felt that

21

00:01:07,670 --> 00:01:05,610

human beings can range between the level

22

00:01:10,789 --> 00:01:07,680

of the lower things or the higher things

23

00:01:14,120 --> 00:01:10,799

I believe that we are a microcosm of

24

00:01:16,160 --> 00:01:14,130

that entire spectrum but we are gifted

25

00:01:18,920 --> 00:01:16,170

with a freedom that enables our movement

26

00:01:22,130 --> 00:01:18,930

our ability to change to grow and

27

00:01:24,499 --> 00:01:22,140

develop and I became interested in the

28

00:01:27,770 --> 00:01:24,509

monoi Institute because of its process

29

00:01:31,280 --> 00:01:27,780

for exercising our freedom to explore

30

00:01:33,980 --> 00:01:31,290

the full range between the lower things

31

00:01:35,899 --> 00:01:33,990

and the higher things using the hemi

32

00:01:39,950 --> 00:01:35,909

sync technology and many of you are

33

00:01:41,660 --> 00:01:39,960

familiar with Bob Monroe's work that Bob

34

00:01:42,830 --> 00:01:41,670

developed TMI programs off the

35

00:01:45,770 --> 00:01:42,840

opportunity to tune in two different

36

00:01:49,130 --> 00:01:45,780

states of consciousness like tuning a

37

00:01:51,770 --> 00:01:49,140

radio in two different stations alright

38

00:01:54,770 --> 00:01:51,780

that's an effect that most everybody who

39

00:01:56,240 --> 00:01:54,780

goes to TM I have some experience of but

40

00:01:58,219 --> 00:01:56,250

what I was really interested in knowing

41

00:02:01,130 --> 00:01:58,229

and trying to understand it was the

42

00:02:02,810 --> 00:02:01,140

basis of the study was while the effect

43

00:02:04,100 --> 00:02:02,820

can be pretty dramatic I have often

44

00:02:06,590 --> 00:02:04,110

wondered how participants have

45

00:02:10,070 --> 00:02:06,600

integrated their experiences into their

46

00:02:12,500 --> 00:02:10,080

lives what difference has attendance at

47

00:02:14,539 --> 00:02:12,510

a TMI program

48

00:02:17,750 --> 00:02:14,549

difference in terms of tuning in to

49

00:02:19,100 --> 00:02:17,760

different levels of consciousness made

50

00:02:21,319 --> 00:02:19,110

in the nature of their personal

51  
00:02:23,839 --> 00:02:21,329  
relationships there are interests and

52  
00:02:26,630 --> 00:02:23,849  
accomplishments their growth and

53  
00:02:29,930 --> 00:02:26,640  
development if you will so this is what

54  
00:02:31,729 --> 00:02:29,940  
the basis of the study that I begun and

55  
00:02:35,089 --> 00:02:31,739  
this is only the beginning of this study

56  
00:02:37,520 --> 00:02:35,099  
there are several phases yet that I will

57  
00:02:40,759 --> 00:02:37,530  
be exploring but this initial study

58  
00:02:43,130 --> 00:02:40,769  
started with two groups I looked at

59  
00:02:45,289 --> 00:02:43,140  
people who have attended just simply the

60  
00:02:46,729 --> 00:02:45,299  
Gateway Program which was the first

61  
00:02:48,289 --> 00:02:46,739  
program in the series and everyone's

62  
00:02:50,629 --> 00:02:48,299  
required to go through before they can

63  
00:02:54,199 --> 00:02:50,639

attend any advanced programs there

64

00:02:56,059 --> 00:02:54,209

approximately 360 respondents in the

65

00:02:58,160 --> 00:02:56,069

Gateway group then I looked at another

66

00:03:00,020 --> 00:02:58,170

group called multiple program attendees

67

00:03:03,440 --> 00:03:00,030

people have attended three or more

68

00:03:05,030 --> 00:03:03,450

programs and as you'll see more than 75

69

00:03:08,720 --> 00:03:05,040

percent of this group attended actually

70

00:03:12,470 --> 00:03:08,730

four or more programs all had attended

71

00:03:14,390 --> 00:03:12,480

at least one program since 2000 alright

72

00:03:16,339 --> 00:03:14,400

but some of the multiple program

73

00:03:19,879 --> 00:03:16,349

participants had gateways experiences

74

00:03:22,520 --> 00:03:19,889

being back into the 1970s I was an

75

00:03:24,229 --> 00:03:22,530

online questionnaire there was one

76

00:03:27,050 --> 00:03:24,239

section demographics psychographics

77

00:03:28,369 --> 00:03:27,060

program affects about 61 questions and

78

00:03:31,879 --> 00:03:28,379

then there was an optional section

79

00:03:33,830 --> 00:03:31,889

looking at personality typology now let

80

00:03:35,240 --> 00:03:33,840

me just simply kind of summarize some of

81

00:03:38,030 --> 00:03:35,250

the independent variables came out of

82

00:03:40,430 --> 00:03:38,040

this on the demographic differences some

83

00:03:42,319 --> 00:03:40,440

of the key examples here is obviously

84

00:03:44,750 --> 00:03:42,329

for the multiple program group they're a

85

00:03:48,379 --> 00:03:44,760

little bit older they've been going to

86

00:03:49,699 --> 00:03:48,389

TMI longer all right their education

87

00:03:52,819 --> 00:03:49,709

they have a higher percentage of people

88

00:03:55,339 --> 00:03:52,829

with advanced degrees all right they

89

00:03:57,649 --> 00:03:55,349

also have a length of change in social

90

00:03:59,330 --> 00:03:57,659

status in the meaning that they've been

91

00:04:00,500 --> 00:03:59,340

widowed or diverse divorced those

92

00:04:04,610 --> 00:04:00,510

individuals have been widowed or

93

00:04:08,689 --> 00:04:04,620

divorced had been a for longer period of

94

00:04:12,140 --> 00:04:08,699

time they digested to that change and

95

00:04:13,640 --> 00:04:12,150

then income level was a little higher so

96

00:04:15,550 --> 00:04:13,650

there are some of the you know

97

00:04:17,149 --> 00:04:15,560

independent variables between

98

00:04:20,629 --> 00:04:17,159

demographically between the two groups

99

00:04:22,670 --> 00:04:20,639

on the psychographic 11 there were

100

00:04:24,410 --> 00:04:22,680

really two key differences I ask people

101  
00:04:26,720 --> 00:04:24,420  
you know

102  
00:04:29,900 --> 00:04:26,730  
why did you choose to attend to your

103  
00:04:33,070 --> 00:04:29,910  
mind gave him a list of 10 different

104  
00:04:35,450 --> 00:04:33,080  
reasons you could select any or none and

105  
00:04:37,580 --> 00:04:35,460  
you could select them as many times as

106  
00:04:39,910 --> 00:04:37,590  
you wanted to two dimensions came out

107  
00:04:42,980 --> 00:04:39,920  
between the two groups that was

108  
00:04:45,410 --> 00:04:42,990  
statistically significant difference one

109  
00:04:49,550 --> 00:04:45,420  
was curiosity the multiple program

110  
00:04:51,650 --> 00:04:49,560  
attendees had a greater degree of

111  
00:04:53,960 --> 00:04:51,660  
curiosity and their reason for attending

112  
00:04:56,480 --> 00:04:53,970  
TMI and the second one was self

113  
00:04:58,550 --> 00:04:56,490

knowledge that his ire to understand

114

00:05:00,620 --> 00:04:58,560

themselves better these were two

115

00:05:03,640 --> 00:05:00,630

distinctions between the two groups and

116

00:05:06,740 --> 00:05:03,650

then in terms of personality typology

117

00:05:08,870 --> 00:05:06,750

it's really interesting about the group

118

00:05:11,710 --> 00:05:08,880

is both of them have pretty much the

119

00:05:14,170 --> 00:05:11,720

same typology you know a little bit

120

00:05:16,490 --> 00:05:14,180

beyond norm in terms of extraversion

121

00:05:19,130 --> 00:05:16,500

that was a little unexpected on my

122

00:05:22,400 --> 00:05:19,140

apartment but their dominant function is

123

00:05:24,830 --> 00:05:22,410

in his intuition and their auxiliary

124

00:05:26,840 --> 00:05:24,840

function primary auxiliary functions so

125

00:05:30,980 --> 00:05:26,850

for for most people it was like in the

126  
00:05:33,350 --> 00:05:30,990  
40 percentile a 40 percentage basis for

127  
00:05:35,570 --> 00:05:33,360  
what i call this dominant function of

128  
00:05:39,200 --> 00:05:35,580  
intuition the secondary function was

129  
00:05:41,990 --> 00:05:39,210  
feeling and then as an axillary function

130  
00:05:43,960 --> 00:05:42,000  
intuition was still the highest so on

131  
00:05:46,240 --> 00:05:43,970  
the two dominant and auxiliary

132  
00:05:49,370 --> 00:05:46,250  
determinants of personality typology

133  
00:05:51,170 --> 00:05:49,380  
intuition is the highest descriptor of

134  
00:05:54,980 --> 00:05:51,180  
the personality type ologies of the

135  
00:05:58,940 --> 00:05:54,990  
people going to TMI now let's just take

136  
00:06:03,380 --> 00:05:58,950  
a look at the findings and go kind of

137  
00:06:08,150 --> 00:06:03,390  
jump to the bottom line i did a fact

138  
00:06:12,500 --> 00:06:08,160

analysis around 34 program effect items

139

00:06:15,740 --> 00:06:12,510

came up with four categories in which i

140

00:06:17,900 --> 00:06:15,750

loaded those items on personal efficacy

141

00:06:20,750 --> 00:06:17,910

life satisfaction job satisfaction

142

00:06:23,000 --> 00:06:20,760

career performance then we did a

143

00:06:24,530 --> 00:06:23,010

regression analysis looking at

144

00:06:26,080 --> 00:06:24,540

controlling for these variables these

145

00:06:30,500 --> 00:06:26,090

differences in demographics

146

00:06:33,500 --> 00:06:30,510

psychographics and we came to a rather

147

00:06:35,810 --> 00:06:33,510

interesting conclusion here is that

148

00:06:37,790 --> 00:06:35,820

those people attending multiple programs

149

00:06:39,879 --> 00:06:37,800

actually had

150

00:06:42,529 --> 00:06:39,889

statistically significant higher

151  
00:06:47,420 --> 00:06:42,539  
personal efficacy and life satisfaction

152  
00:06:49,369 --> 00:06:47,430  
and those who just attended gateway now

153  
00:06:52,070 --> 00:06:49,379  
what's also interesting is the r-squared

154  
00:06:54,830 --> 00:06:52,080  
there I don't believe I have enough

155  
00:07:00,469 --> 00:06:54,840  
variables to account for TMI as having

156  
00:07:03,110 --> 00:07:00,479  
much to do with that high but what I can

157  
00:07:07,490 --> 00:07:03,120  
say is that TMI acts like a strange

158  
00:07:13,209 --> 00:07:07,500  
attractor of a certain kind of

159  
00:07:18,830 --> 00:07:13,219  
individual who comes through there okay

160  
00:07:21,409 --> 00:07:18,840  
now I want to go a little too fast sir I

161  
00:07:24,080 --> 00:07:21,419  
want to point out some of the questions

162  
00:07:26,719 --> 00:07:24,090  
in terms of program effects and look at

163  
00:07:28,309 --> 00:07:26,729

this correlation between gay way only

164

00:07:31,249 --> 00:07:28,319

respondents and multiple program

165

00:07:32,659 --> 00:07:31,259

respondents I 34 questions looking at

166

00:07:33,920 --> 00:07:32,669

questions like I have a more expansive

167

00:07:38,149 --> 00:07:33,930

vision of how the parts of my life

168

00:07:41,570 --> 00:07:38,159

relate to a hold on every one of the 34

169

00:07:45,140 --> 00:07:41,580

questions multiple program attendees

170

00:07:48,320 --> 00:07:45,150

more strongly agreed with that question

171

00:07:49,640 --> 00:07:48,330

than with then the Gateway only and here

172

00:07:55,129 --> 00:07:49,650

are the ones whether the strongest

173

00:07:56,899 --> 00:07:55,139

difference I tremendously you know a

174

00:07:59,300 --> 00:07:56,909

major difference here on some of these

175

00:08:02,570 --> 00:07:59,310

questions the additional questions

176

00:08:04,909 --> 00:08:02,580

besides these this to give you a feel

177

00:08:09,369 --> 00:08:04,919

for this I'm a more effective decision

178

00:08:12,469 --> 00:08:09,379

maker I am more composed under pressure

179

00:08:15,860 --> 00:08:12,479

I'm more able to listen non defensively

180

00:08:19,760 --> 00:08:15,870

to criticism I'm more productive at work

181

00:08:22,010 --> 00:08:19,770

I have developed new friends so I'm

182

00:08:24,920 --> 00:08:22,020

looking at aspects that would point to

183

00:08:27,619 --> 00:08:24,930

this question of quality of life life

184

00:08:31,189 --> 00:08:27,629

satisfaction if you will and on every

185

00:08:33,649 --> 00:08:31,199

one of those questions the people

186

00:08:36,769 --> 00:08:33,659

attending multiple programs had a much

187

00:08:40,060 --> 00:08:36,779

higher satisfaction or strongly agree

188

00:08:43,990 --> 00:08:40,070

with that now

189

00:08:45,070 --> 00:08:44,000

that's one aspect of this study the

190

00:08:46,360 --> 00:08:45,080

other one which I find even more

191

00:08:49,330 --> 00:08:46,370

interesting is what I'd call the

192

00:08:52,360 --> 00:08:49,340

qualitative analysis because I asked a

193

00:08:53,920 --> 00:08:52,370

series of open-ended questions and one

194

00:08:58,210 --> 00:08:53,930

in particular was what's your most

195

00:09:01,950 --> 00:08:58,220

memorable experience and I got back a

196

00:09:06,160 --> 00:09:01,960

you know 200 pages of written comments

197

00:09:07,690 --> 00:09:06,170

single spaced and so I had to be filled

198

00:09:09,340 --> 00:09:07,700

through all that and begin to try to

199

00:09:11,230 --> 00:09:09,350

organize it around some set of

200

00:09:13,930 --> 00:09:11,240

categories and here were four categories

201  
00:09:17,770 --> 00:09:13,940  
in which I could pretty easily put most

202  
00:09:19,210 --> 00:09:17,780  
everybody's response I'm going to look a

203  
00:09:20,710 --> 00:09:19,220  
little bit here at this personal

204  
00:09:25,870 --> 00:09:20,720  
learning and development share that with

205  
00:09:29,530 --> 00:09:25,880  
you now here is a sample of responses

206  
00:09:31,960 --> 00:09:29,540  
from the Gateway only group and I've

207  
00:09:33,550 --> 00:09:31,970  
highlighted a couple places here would

208  
00:09:35,500 --> 00:09:33,560  
pay attention to the language because

209  
00:09:37,870 --> 00:09:35,510  
the language is key to kind of a mental

210  
00:09:40,830 --> 00:09:37,880  
functioning the way people are

211  
00:09:43,720 --> 00:09:40,840  
structuring meaning from this experience

212  
00:09:48,310 --> 00:09:43,730  
so I'm accepting my limitations I'm

213  
00:09:52,180 --> 00:09:48,320

forgiving myself I've cried with oneself

214

00:09:54,130 --> 00:09:52,190

of the young time together a meeting

215

00:09:56,440 --> 00:09:54,140

having cried with oneself of the young