



1
00:00:07,039 --> 00:00:02,869
right good afternoon everyone it is

2
00:00:09,740 --> 00:00:07,049
afternoon mm-hmm I'm happy to be here

3
00:00:11,990 --> 00:00:09,750
and be able to share this with you it's

4
00:00:14,330 --> 00:00:12,000
about a project I've been involved in

5
00:00:16,849 --> 00:00:14,340
for a long time a personal project it's

6
00:00:20,390 --> 00:00:16,859
called a re G project and the web model

7
00:00:22,040 --> 00:00:20,400
of mind and it uses a random event

8
00:00:23,540 --> 00:00:22,050
generators a random number generators

9
00:00:25,900 --> 00:00:23,550
which we've heard about already quite a

10
00:00:28,130 --> 00:00:25,910
bit today so I'm not going to go into

11
00:00:30,380 --> 00:00:28,140
detail on that except to say that

12
00:00:32,240 --> 00:00:30,390
typically speaking when one is working

13
00:00:35,870 --> 00:00:32,250

with an re G you're trying to get either

14

00:00:38,090 --> 00:00:35,880

a mean shift of more ones and zeros or

15

00:00:40,490 --> 00:00:38,100

more zeroes than ones the question is

16

00:00:42,979 --> 00:00:40,500

can the mind affect that pattern of

17

00:00:45,049 --> 00:00:42,989

output and it's been studied as you know

18

00:00:48,440 --> 00:00:45,059

at a number of key laboratories around

19

00:00:50,150 --> 00:00:48,450

the world and large meta-analysis of

20

00:00:54,049 --> 00:00:50,160

results have have said that yes in fact

21

00:00:56,750 --> 00:00:54,059

it is possible and again just a 1

22

00:00:59,500 --> 00:00:56,760

background slide is some pairs from

23

00:01:02,779 --> 00:00:59,510

Princeton pair laboratory data showing

24

00:01:05,750 --> 00:01:02,789

91 participants where when they were

25

00:01:07,609 --> 00:01:05,760

trying to get more ones and zeros they

26
00:01:09,590 --> 00:01:07,619
were able to do that and when they were

27
00:01:12,560 --> 00:01:09,600
trying to get more zeros than ones they

28
00:01:15,289 --> 00:01:12,570
were also able to do that to significant

29
00:01:18,649 --> 00:01:15,299
levels where the significant level was

30
00:01:20,359 --> 00:01:18,659
defined as this parabola on the high and

31
00:01:23,539 --> 00:01:20,369
low side anything in the middle is not

32
00:01:25,429 --> 00:01:23,549
significant but above and below is

33
00:01:26,899 --> 00:01:25,439
significant and by the way this middle

34
00:01:29,060 --> 00:01:26,909
line was where they were trying to keep

35
00:01:32,090 --> 00:01:29,070
it basically flat in the middle which

36
00:01:33,859 --> 00:01:32,100
would be a 50% line so this is called a

37
00:01:35,510 --> 00:01:33,869
random walk chart and it's basically a

38
00:01:38,060 --> 00:01:35,520

way of presenting this type of data and

39

00:01:40,550 --> 00:01:38,070

this particular data set was very

40

00:01:44,240 --> 00:01:40,560

significant over the course of the

41

00:01:46,490 --> 00:01:44,250

research so now how is my project

42

00:01:48,560 --> 00:01:46,500

different well rather than doing a cross

43

00:01:50,450 --> 00:01:48,570

sectional analysis with lots of subjects

44

00:01:53,690 --> 00:01:50,460

I was essentially going to do a

45

00:01:56,330 --> 00:01:53,700

longitudinal single subject design which

46

00:01:58,370 --> 00:01:56,340

essentially with myself as the subject

47

00:02:00,530 --> 00:01:58,380

to see whether or not over the long term

48

00:02:03,709 --> 00:02:00,540

I would be able to train myself on this

49

00:02:05,569 --> 00:02:03,719

fairly capricious kind of process where

50

00:02:07,039 --> 00:02:05,579

sometimes people get results and

51
00:02:10,100 --> 00:02:07,049
sometimes they don't so the question is

52
00:02:12,470 --> 00:02:10,110
could it could it be trained but more

53
00:02:13,160 --> 00:02:12,480
than that my real interest was in being

54
00:02:15,260 --> 00:02:13,170
an investor

55
00:02:16,940 --> 00:02:15,270
and a theory builder that is I was going

56
00:02:19,070 --> 00:02:16,950
to be watching myself as I did this

57
00:02:21,080 --> 00:02:19,080
project and try to determine what were

58
00:02:24,350 --> 00:02:21,090
the states of mind that were involved in

59
00:02:27,800 --> 00:02:24,360
the ability to actually get good results

60
00:02:29,390 --> 00:02:27,810
so if I could correlate the my state of

61
00:02:31,610 --> 00:02:29,400
mind with what the results were that

62
00:02:33,770 --> 00:02:31,620
would be essentially a way of beginning

63
00:02:35,540 --> 00:02:33,780

to build a model as to what actually

64

00:02:39,440 --> 00:02:35,550

causes the results

65

00:02:42,500 --> 00:02:39,450

so I spent woops I spent 11 years doing

66

00:02:45,170 --> 00:02:42,510

this over 10,000 hours involved in it

67

00:02:47,060 --> 00:02:45,180

and 2200 pages of journal notes and

68

00:02:49,160 --> 00:02:47,070

those journal notes were produced

69

00:02:50,420 --> 00:02:49,170

because at the end of every session I

70

00:02:52,070 --> 00:02:50,430

wrote up what happened to me because

71

00:02:55,880 --> 00:02:52,080

otherwise you just don't remember what

72

00:02:57,350 --> 00:02:55,890

what happens during the session so for

73

00:02:59,150 --> 00:02:57,360

the first six months of the project I

74

00:03:01,250 --> 00:02:59,160

got absolutely nothing I could see no

75

00:03:04,130 --> 00:03:01,260

correlation whatsoever between what I

76
00:03:07,250 --> 00:03:04,140
was doing and the re G output and then I

77
00:03:10,580 --> 00:03:07,260
began to experience these patterns that

78
00:03:12,979 --> 00:03:10,590
were kind of waves and I would find that

79
00:03:14,840 --> 00:03:12,989
I was anticipating what was happening

80
00:03:16,460 --> 00:03:14,850
with this wave so I would be kind of

81
00:03:18,289 --> 00:03:16,470
feeling like well I'm not doing well and

82
00:03:20,660 --> 00:03:18,299
I kind of feel sort of depressed about

83
00:03:22,160 --> 00:03:20,670
it and it's just pushing down and then

84
00:03:24,350 --> 00:03:22,170
suddenly I'd feel the lightening up and

85
00:03:25,819 --> 00:03:24,360
I'd say gee I'll bet the results are

86
00:03:29,060 --> 00:03:25,829
going to get better now and in fact they

87
00:03:32,750 --> 00:03:29,070
would so it was an anticipatory response

88
00:03:34,220 --> 00:03:32,760

in these sorts of patterns that made me

89

00:03:36,560 --> 00:03:34,230

think something was going on I wasn't

90

00:03:39,560 --> 00:03:36,570

reacting to what was happening I was in

91

00:03:42,650 --> 00:03:39,570

fact anticipating what was happening so

92

00:03:44,569 --> 00:03:42,660

then became this this more that this

93

00:03:46,819 --> 00:03:44,579

almost ubiquitous phenomenon which is

94

00:03:49,130 --> 00:03:46,829

we've sort of called a rubber band which

95

00:03:52,759 --> 00:03:49,140

is where you start out and you do really

96

00:03:54,229 --> 00:03:52,769

well you just peak and you experience

97

00:03:55,580 --> 00:03:54,239

that wow I'm really in the zone I'm

98

00:03:57,620 --> 00:03:55,590

really doing well but then at some

99

00:03:59,420 --> 00:03:57,630

moment you stop and you go oh my gosh

100

00:04:01,759 --> 00:03:59,430

I'm doing really well what what happens

101
00:04:03,020 --> 00:04:01,769
if I if I stop doing well you you sort

102
00:04:04,850 --> 00:04:03,030
of second-guess yourself you step

103
00:04:07,430 --> 00:04:04,860
outside of the moment and you kind of

104
00:04:09,050 --> 00:04:07,440
jinx yourself and sure enough and just

105
00:04:12,140 --> 00:04:09,060
it happens all the time

106
00:04:16,849 --> 00:04:12,150
immediately you go right back down to

107
00:04:19,069 --> 00:04:16,859
zero now sorry if if you have just

108
00:04:20,870 --> 00:04:19,079
disconnected you would continue to go

109
00:04:23,000 --> 00:04:20,880
sort of laterally which would be a

110
00:04:26,400 --> 00:04:23,010
randomness from that point on but no you

111
00:04:28,690 --> 00:04:26,410
go straight back down to zero so

112
00:04:31,240 --> 00:04:28,700
these are different time scales this is

113
00:04:34,960 --> 00:04:31,250

tip this one is actually about six

114

00:04:37,870 --> 00:04:34,970

minutes six seven minutes but so so the

115

00:04:40,300 --> 00:04:37,880

point here is that if you look from a

116

00:04:41,980 --> 00:04:40,310

statistical data standpoint you've ended

117

00:04:44,170 --> 00:04:41,990

up where you started and nothing

118

00:04:45,880 --> 00:04:44,180

happened from from a data standpoint but

119

00:04:47,860 --> 00:04:45,890

from an emotional standpoint you've been

120

00:04:50,380 --> 00:04:47,870

through this experience where you went

121

00:04:54,330 --> 00:04:50,390

up and you went down it's almost as if

122

00:04:56,710 --> 00:04:54,340

the there's two pieces to there to the

123

00:05:01,210 --> 00:04:56,720

effect there was an up effect and a down

124

00:05:04,450 --> 00:05:01,220

effect so here's a another example of a

125

00:05:06,909 --> 00:05:04,460

power of expectations a sense of what

126
00:05:09,760 --> 00:05:06,919
should happen and having it happen is

127
00:05:12,040 --> 00:05:09,770
that I started immediately I was above

128
00:05:13,420 --> 00:05:12,050
the parabola I was in significance but I

129
00:05:16,510 --> 00:05:13,430
kept trying to go higher and higher and

130
00:05:18,340 --> 00:05:16,520
I just couldn't I was like stuck and

131
00:05:21,700 --> 00:05:18,350
finally after about six or seven minutes

132
00:05:23,020 --> 00:05:21,710
of trying I said okay it's not gonna

133
00:05:24,700 --> 00:05:23,030
it's not going to do any better so I'm

134
00:05:26,620 --> 00:05:24,710
just gonna let go I'm gonna just forget

135
00:05:28,030 --> 00:05:26,630
it and I'll start again later and I knew

136
00:05:30,159 --> 00:05:28,040
that as soon as I said I'm gonna let go

137
00:05:31,510 --> 00:05:30,169
it would go right back to zero which is

138
00:05:33,540 --> 00:05:31,520

exactly what it did and then it

139

00:05:36,070 --> 00:05:33,550

flattened out and I said okay I'm done

140

00:05:37,780 --> 00:05:36,080

so here's another chart which I call a

141

00:05:39,400 --> 00:05:37,790

brain-dead chart which is when I plant

142

00:05:40,840 --> 00:05:39,410

been playing the thing for more than say

143

00:05:42,760 --> 00:05:40,850

three or four hours at a time

144

00:05:44,770 --> 00:05:42,770

in fact I've even fallen asleep while

145

00:05:47,110 --> 00:05:44,780

I'm pressing the key on the computer and

146

00:05:49,630 --> 00:05:47,120

it just sort of indicates that there's

147

00:05:51,520 --> 00:05:49,640

no energy here it's like a lack of any

148

00:05:53,469 --> 00:05:51,530

kind of as soon as it goes up I figure

149

00:05:57,490 --> 00:05:53,479

it's going to go back down so it's kind

150

00:06:00,310 --> 00:05:57,500

of what's the point so that's a super

151
00:06:03,670 --> 00:06:00,320
normal sort of example and then finally

152
00:06:06,310 --> 00:06:03,680
one last example on this I'll I'll just

153
00:06:08,050 --> 00:06:06,320
read this was from my journal I was

154
00:06:09,760 --> 00:06:08,060
going nowhere and facing down a sense of

155
00:06:11,950 --> 00:06:09,770
being stuck but each time I thought I

156
00:06:14,170 --> 00:06:11,960
might make headway it still went nowhere

157
00:06:16,180 --> 00:06:14,180
I was hugging the zero line just able to

158
00:06:18,400 --> 00:06:16,190
keep from giving up and stopping as I

159
00:06:20,320 --> 00:06:18,410
was just edging down but then suddenly I

160
00:06:22,120 --> 00:06:20,330
shifted to the top of my head and felt

161
00:06:23,920 --> 00:06:22,130
as though a window opened upward like a

162
00:06:25,990 --> 00:06:23,930
channel or tunnel through this barrier I

163
00:06:28,210 --> 00:06:26,000

opened it upward and had a sense of

164

00:06:30,520 --> 00:06:28,220

freedom and wonder as my inner conflicts

165

00:06:32,530 --> 00:06:30,530

dropped away from that instant I soared

166

00:06:34,750 --> 00:06:32,540

upward with an exhilarating sense of joy

167

00:06:36,610 --> 00:06:34,760

the output tracked this experience when

168

00:06:38,620 --> 00:06:36,620

I got to positive significance the top

169

00:06:39,399 --> 00:06:38,630

of the parabola I stopped to marvel at

170

00:06:41,679 --> 00:06:39,409

the whole thing

171

00:06:43,629 --> 00:06:41,689

I later analyzed this rough period of

172

00:06:48,429 --> 00:06:43,639

change to find that it was a z-score of

173

00:06:50,320 --> 00:06:48,439

over five five Sigma all right so I did

174

00:06:52,209 --> 00:06:50,330

four formal studies during this period

175

00:06:55,689 --> 00:06:52,219

the first one was about two and a half

176

00:06:57,639 --> 00:06:55,699

million trials and it ended up highly

177

00:07:00,489 --> 00:06:57,649

significant and then I was challenged by

178

00:07:02,139 --> 00:07:00,499

my colleagues to replicate that so I did

179

00:07:04,570 --> 00:07:02,149

studies two in three of each of a

180

00:07:06,969 --> 00:07:04,580

million trials and I was able to

181

00:07:09,699 --> 00:07:06,979

replicate these or z-scores in the order

182

00:07:11,429 --> 00:07:09,709

of two point two to two point three by

183

00:07:13,359 --> 00:07:11,439

the way these dotted lines represent

184

00:07:14,619 --> 00:07:13,369

calibration data where I was just

185

00:07:16,749 --> 00:07:14,629

checking to make sure the device was

186

00:07:18,609 --> 00:07:16,759

working normally when I wasn't you know

187

00:07:21,850 --> 00:07:18,619

when I wasn't working on it and then

188

00:07:23,379 --> 00:07:21,860

finally study four was when I said after

189

00:07:24,579 --> 00:07:23,389

the first three studies I hadn't thought

190

00:07:25,389 --> 00:07:24,589

about putting them together but when I

191

00:07:28,869 --> 00:07:25,399

did put them together

192

00:07:30,459 --> 00:07:28,879

they were statistically improbable to

193

00:07:32,379 --> 00:07:30,469

one over a hundred thousand and I said

194

00:07:35,379 --> 00:07:32,389

well if I add one more data set maybe I

195

00:07:37,119 --> 00:07:35,389

can get one over a million and so in

196

00:07:40,299 --> 00:07:37,129

fact when you put all that data together

197

00:07:42,279 --> 00:07:40,309

I did reach my target point I got a Z

198

00:07:45,279 --> 00:07:42,289

combined Z of four point eight five odds

199

00:07:46,419 --> 00:07:45,289

of one point seven million to one or one

200

00:07:48,009 --> 00:07:46,429

in one point seven million and by the

201
00:07:50,079 --> 00:07:48,019
way I'm not psychic person I mean this

202
00:07:51,759 --> 00:07:50,089
was not it's not like I I did this

203
00:07:53,139 --> 00:07:51,769
because I thought I was psychic I was

204
00:07:54,669 --> 00:07:53,149
really doing this to get to this next

205
00:07:57,100 --> 00:07:54,679
part which is so I could try to figure

206
00:07:59,139 --> 00:07:57,110
out what's going on so how do we model

207
00:08:00,819 --> 00:07:59,149
this what's going on well it's the

208
00:08:03,009 --> 00:08:00,829
richness of the experience that informs

209
00:08:04,929 --> 00:08:03,019
the model if there's a heavy emotional

210
00:08:06,339 --> 00:08:04,939
component to it which I had no idea when

211
00:08:08,799 --> 00:08:06,349
I started why there should be a heavy

212
00:08:12,549 --> 00:08:08,809
emotional component but doing poorly is

213
00:08:14,619 --> 00:08:12,559

upsetting and doing well is spooky so

214

00:08:17,019 --> 00:08:14,629

doing an average feels best to the

215

00:08:19,479 --> 00:08:17,029

subconscious it that generates no kind

216

00:08:22,119 --> 00:08:19,489

of emotional alerts so it seems like the

217

00:08:23,919 --> 00:08:22,129

significance of the results seems to be

218

00:08:26,199 --> 00:08:23,929

the key to the emotional response and

219

00:08:29,889 --> 00:08:26,209

the emotions feedback to influence the

220

00:08:32,290 --> 00:08:29,899

results so I using this very simple

221

00:08:35,049 --> 00:08:32,300

model that I call a web model of mine or

222

00:08:37,749 --> 00:08:35,059

associative web model and associative

223

00:08:40,600 --> 00:08:37,759

web is just to say that the - consists

224

00:08:43,240 --> 00:08:40,610

of associations like apples to seeds to

225

00:08:45,220 --> 00:08:43,250

branches to trees you know your your

226

00:08:46,869 --> 00:08:45,230

wife to your son your spouse is all that

227

00:08:48,759 --> 00:08:46,879

kind of thing everything is is combined

228

00:08:52,329 --> 00:08:48,769

together in a kind of a fabric that

229

00:08:53,120 --> 00:08:52,339

makes up your mind and when you

230

00:08:55,700 --> 00:08:53,130

experience

231

00:08:57,800 --> 00:08:55,710

some kind of a pull on that say there's

232

00:09:00,290 --> 00:08:57,810

a thread of that fabric that gets pulled

233

00:09:02,960 --> 00:09:00,300

on kind of when we might say my mind got

234

00:09:04,490 --> 00:09:02,970

stretched by an idea it is that these

235

00:09:06,530 --> 00:09:04,500

associations are being pulled out of

236

00:09:09,200 --> 00:09:06,540

place and they want to snap back into

237

00:09:11,450 --> 00:09:09,210

place and unless they're pulled to a

238

00:09:13,760 --> 00:09:11,460

point of beyond elasticity they will

239

00:09:17,810 --> 00:09:13,770

snap back into place which is kind of

240

00:09:20,510 --> 00:09:17,820

the way our minds work so in terms of

241

00:09:22,820 --> 00:09:20,520

the re G I modeled this web in a

242

00:09:26,450 --> 00:09:22,830

slightly different way this is a what I

243

00:09:29,120 --> 00:09:26,460

call a bowl of significance which is

244

00:09:31,550 --> 00:09:29,130

it's a web but it's it's formed in kind

245

00:09:33,350 --> 00:09:31,560

of a bowl where at the center is the

246

00:09:34,460 --> 00:09:33,360

normalcy the sense of normalcy where

247

00:09:37,610 --> 00:09:34,470

everything's fine and everything is

248

00:09:39,830 --> 00:09:37,620

normal and nothing is out of whack but

249

00:09:41,720 --> 00:09:39,840

the action ball being kind of where your

250

00:09:43,160 --> 00:09:41,730

consciousness is sitting such as when

251
00:09:45,980 --> 00:09:43,170
you start an re G session and you're at

252
00:09:47,300 --> 00:09:45,990
50/50 so you're at kind of normalcy but

253
00:09:49,700 --> 00:09:47,310
when you're trying to go up to get to

254
00:09:52,070 --> 00:09:49,710
one and 100se as your target playing the

255
00:09:54,080 --> 00:09:52,080
game the action ball begins to move up

256
00:09:55,850 --> 00:09:54,090
the side of this bowl of significance it

257
00:09:58,010 --> 00:09:55,860
begins to pull on these threads and it

258
00:09:59,600 --> 00:09:58,020
begins to have a sense of being up the

259
00:10:01,910 --> 00:09:59,610
side where it could fall back down so

260
00:10:04,310 --> 00:10:01,920
there's a there's a mental sense that

261
00:10:07,540 --> 00:10:04,320
you are going off-kilter you're going

262
00:10:11,060 --> 00:10:07,550
out of where the mind wants to sit and

263
00:10:13,460 --> 00:10:11,070

here's a example of significance

264

00:10:16,580 --> 00:10:13,470

profiles where this bowl which I just

265

00:10:18,320 --> 00:10:16,590

showed on the last slide is a kind of a

266

00:10:20,840 --> 00:10:18,330

one in a hundred Bowl and you could see

267

00:10:22,070 --> 00:10:20,850

three of them together and say oh I'm

268

00:10:23,750 --> 00:10:22,080

going to do this and then I'm going to

269

00:10:25,760 --> 00:10:23,760

replicate it with this and replicate it

270

00:10:28,360 --> 00:10:25,770

with this but that's highly different

271

00:10:31,280 --> 00:10:28,370

from this one in a million

272

00:10:34,010 --> 00:10:31,290

significance Bowl but in fact these

273

00:10:36,050 --> 00:10:34,020

these two are the same because these two

274

00:10:37,790 --> 00:10:36,060

these three strung in to end would be

275

00:10:39,980 --> 00:10:37,800

the same as this from a statistical

276

00:10:41,420 --> 00:10:39,990

standpoint but from an emotional

277

00:10:43,610 --> 00:10:41,430

psychological standpoint they're vastly

278

00:10:46,820 --> 00:10:43,620

different and I think it's that that

279

00:10:48,770 --> 00:10:46,830

drives the effects not if not not the

280

00:10:51,950 --> 00:10:48,780

statistics themselves but the sense of

281

00:10:53,360 --> 00:10:51,960

your relationship to those statistics so

282

00:10:54,830 --> 00:10:53,370

I think that this could be a whole new

283

00:10:56,570 --> 00:10:54,840

area of psychology that I call

284

00:10:59,510 --> 00:10:56,580

structural psychology based on the

285

00:11:01,940 --> 00:10:59,520

structure and action of these webs which

286

00:11:03,290 --> 00:11:01,950

I call units of meaning so a given

287

00:11:04,970 --> 00:11:03,300

moment in time that you're working with

288

00:11:06,740 --> 00:11:04,980

is a kind of unit of meaning and it has

289

00:11:10,250 --> 00:11:06,750

its own sense of what's new

290

00:11:12,200 --> 00:11:10,260

normal and its own boundaries so each of

291

00:11:14,060 --> 00:11:12,210

these webs it's it's kind of in the

292

00:11:16,040 --> 00:11:14,070

tannot knee integrated information since

293

00:11:17,630 --> 00:11:16,050

each web or unit of meaning is an

294

00:11:20,480 --> 00:11:17,640

integrated whole and has its own

295

00:11:22,820 --> 00:11:20,490

patterns to it and a research process

296

00:11:25,460 --> 00:11:22,830

could benefit from sort of examining

297

00:11:26,390 --> 00:11:25,470

what's going on with the brain this kind

298

00:11:28,190 --> 00:11:26,400

of thing that Morris Friedman was

299

00:11:29,360 --> 00:11:28,200

talking about earlier what go what's

300

00:11:32,210 --> 00:11:29,370

going on with the brain

301
00:11:34,640 --> 00:11:32,220
maybe with both self-reports EEG fMRI

302
00:11:36,530 --> 00:11:34,650
and I do think that the transcranial

303
00:11:39,500 --> 00:11:36,540
stimulation might be very interesting to

304
00:11:41,690 --> 00:11:39,510
try while somebody is doing this process

305
00:11:44,630 --> 00:11:41,700
I think it's deeply connected with

306
00:11:47,630 --> 00:11:44,640
physics the re G process is a quantum

307
00:11:49,850 --> 00:11:47,640
mechanical process and because you're

308
00:11:51,050 --> 00:11:49,860
dealing with quantum mechanics data

309
00:11:53,360 --> 00:11:51,060
that's being produced through quantum

310
00:11:55,580 --> 00:11:53,370
mechanics and as theoretical physicist

311
00:11:57,350 --> 00:11:55,590
max tegmark said I think consciousness

312
00:12:01,790 --> 00:11:57,360
is how information feels when it's being

313
00:12:03,890 --> 00:12:01,800

processed in complex ways so I'm working

314

00:12:05,900 --> 00:12:03,900

on a body of work on this I have

315

00:12:08,030 --> 00:12:05,910

finished a book called the selection

316

00:12:10,940 --> 00:12:08,040

effect which is really my whole

317

00:12:12,560 --> 00:12:10,950

experience of this project volume 2

318

00:12:14,630 --> 00:12:12,570

which I'm sort of halfway through is is

319

00:12:17,450 --> 00:12:14,640

the physics theoretical physics on this

320

00:12:19,130 --> 00:12:17,460

volume three as structural psychology

321

00:12:20,780 --> 00:12:19,140

which kind of what I was describing

322

00:12:22,579 --> 00:12:20,790

earlier and then I think there are

323

00:12:24,500 --> 00:12:22,589

spiritual implications of this but I

324

00:12:27,020 --> 00:12:24,510

haven't even started working on that so

325

00:12:29,240 --> 00:12:27,030

in summary the mind can influence these

326

00:12:31,190 --> 00:12:29,250

devices and probably much more in life

327

00:12:33,050 --> 00:12:31,200

but the subconscious regulates against

328

00:12:34,310 --> 00:12:33,060

non normalcy and it's the kind of thing

329

00:12:36,410 --> 00:12:34,320

that Morris Friedman was talking about

330

00:12:38,120 --> 00:12:36,420

earlier there is a process of self

331

00:12:39,890 --> 00:12:38,130

control and I would say that it's a

332

00:12:41,990 --> 00:12:39,900

little bit different even from filtering

333

00:12:43,460 --> 00:12:42,000

because you can feel when you're doing

334

00:12:45,200 --> 00:12:43,470

it you can feel that you are self

335

00:12:47,020 --> 00:12:45,210

controlling so that you don't do any

336

00:12:49,160 --> 00:12:47,030

better when you're playing this game and

337

00:12:51,170 --> 00:12:49,170

selves or Minds may have a kind of

338

00:12:53,300 --> 00:12:51,180

mental membrane or outer boundary of

339

00:12:55,850 --> 00:12:53,310

increased significance where you simply

340

00:12:57,860 --> 00:12:55,860

will not go there and we may impress

341

00:12:59,420 --> 00:12:57,870

normalcy on situations to avoid

342

00:13:01,730 --> 00:12:59,430

accidents all the time and we're just

343

00:13:04,160 --> 00:13:01,740

simply not aware of how much our desire

344

00:13:05,390 --> 00:13:04,170

for normalcy keeps unusual things from

345

00:13:09,590 --> 00:13:05,400

happening rather than the other way

346

00:13:11,000 --> 00:13:09,600

around so this theory is developed by

347

00:13:13,370 --> 00:13:11,010

modeling one's experience

348

00:13:15,829 --> 00:13:13,380

we need more modelers we need re G

349

00:13:18,530 --> 00:13:15,839

Yogi's skilled in the art of quote the

350

00:13:23,989 --> 00:13:18,540

exploration of phenomenal state space so

351
00:13:23,999 --> 00:13:28,429
okay we have a few minutes for questions

352
00:13:34,259 --> 00:13:31,609
so the the amount of data you collected

353
00:13:36,569 --> 00:13:34,269
says that on average you spent three

354
00:13:38,879 --> 00:13:36,579
hours a day over over this time yeah

355
00:13:41,389 --> 00:13:38,889
that's pretty embarrassing but you know

356
00:13:43,679 --> 00:13:41,399
when when you think about meditators

357
00:13:46,229 --> 00:13:43,689
people say you know they've meditated

358
00:13:47,309 --> 00:13:46,239
ten ten thousand hours and that's sort

359
00:13:49,169 --> 00:13:47,319
of the same kind of this was my

360
00:13:54,030 --> 00:13:49,179
meditation yeah okay I'm I'm very

361
00:13:55,919 --> 00:13:54,040
impressed by this okay herb thank you I

362
00:13:57,539 --> 00:13:55,929
want to thank you for a couple of

363
00:13:59,340 --> 00:13:57,549

reasons one the workshop you gave a

364

00:14:01,949 --> 00:13:59,350

couple of years ago Diaz's II that was

365

00:14:03,210 --> 00:14:01,959

really beneficial I know I'm not sure

366

00:14:06,660 --> 00:14:03,220

I'm going to thank you for the story I'm

367

00:14:10,079 --> 00:14:06,670

going to tell you I live in eastern

368

00:14:13,079 --> 00:14:10,089

Pennsylvania and the word got out that I

369

00:14:17,509 --> 00:14:13,089

had this mysterious red device from

370

00:14:20,759 --> 00:14:17,519

Princeton a lot so I get invited to

371

00:14:22,799 --> 00:14:20,769

paranormal activities haunted houses and

372

00:14:25,710 --> 00:14:22,809

that kind of thing another story and

373

00:14:27,389 --> 00:14:25,720

I've had drugs on me all night but the

374

00:14:29,879 --> 00:14:27,399

one I'm going to talk about here there's

375

00:14:33,809 --> 00:14:29,889

the most disturbing I was invited to a

376

00:14:36,720 --> 00:14:33,819

healing group they are Reiki healers and

377

00:14:38,669 --> 00:14:36,730

mercy healers and whatever and I don't

378

00:14:40,889 --> 00:14:38,679

have a lot of connection with them but I

379

00:14:43,919 --> 00:14:40,899

came in setup with a red device in the

380

00:14:45,629 --> 00:14:43,929

back of the room okay this is one hour

381

00:14:48,139 --> 00:14:45,639

15 minute discussion

382

00:14:50,730 --> 00:14:48,149

the first one are was kind of academic

383

00:14:54,090 --> 00:14:50,740

here's to that concept you know what you

384

00:14:58,499 --> 00:14:54,100

do the host and said to the audience

385

00:15:03,019 --> 00:14:58,509

about 30 of us is anyone here have had a

386

00:15:08,009 --> 00:15:03,029

healing experience you know silence a

387

00:15:10,819 --> 00:15:08,019

woman came front I have she said I just

388

00:15:14,069 --> 00:15:10,829

recently came from the pod repeal

389

00:15:17,009 --> 00:15:14,079

memorial location which is near

390

00:15:19,439 --> 00:15:17,019

Pottstown Pennsylvania or near where I

391

00:15:20,100 --> 00:15:19,449

live which starts in congruous but there

392

00:15:23,309 --> 00:15:20,110

it is

393

00:15:25,710 --> 00:15:23,319

and she went on to describe to the

394

00:15:27,749 --> 00:15:25,720

audience the most incredible healing

395

00:15:29,669 --> 00:15:27,759

experience I've ever heard

396

00:15:32,340 --> 00:15:29,679

now I had my raid device in the back of

397

00:15:34,440 --> 00:15:32,350

the room it was set I've looked at

398

00:15:38,820 --> 00:15:34,450

occasionally

399

00:15:42,050 --> 00:15:38,830

okay she gets into the story and the

400

00:15:49,260 --> 00:15:45,810

okay so this she goes into the story and

401
00:15:51,480 --> 00:15:49,270
the right device goes off scale and

402
00:15:55,590 --> 00:15:51,490
we'll all of a sudden caught up and the

403
00:15:58,110 --> 00:15:55,600
experience is the field read came on so

404
00:16:02,040 --> 00:15:58,120
I really don't know what happened did

405
00:16:07,200 --> 00:16:02,050
her experience transfer to us or how did

406
00:16:10,590 --> 00:16:07,210
this occur that hurt okay we'll talk

407
00:16:11,790 --> 00:16:10,600
about that deal so I guess that's one

408
00:16:15,330 --> 00:16:11,800
way to deal with the experiment or

409
00:16:16,770 --> 00:16:15,340
effect right just it's kind of take it

410
00:16:20,240 --> 00:16:16,780
completely out of the equation by being

411
00:16:22,290 --> 00:16:20,250
the test subjects awesome well when your

412
00:16:24,030 --> 00:16:22,300
investigator of your own work you you

413
00:16:27,270 --> 00:16:24,040

you are both the experiment I mean it's

414

00:16:28,800 --> 00:16:27,280

right I just - quick quick thoughts or

415

00:16:32,070 --> 00:16:28,810

questions in and I'm sorry I'm a little

416

00:16:34,860 --> 00:16:32,080

bit new to this literature so have there

417

00:16:37,770 --> 00:16:34,870

been any studies thus far to manipulate

418

00:16:39,620 --> 00:16:37,780

the feedback itself so there's I've seen

419

00:16:42,000 --> 00:16:39,630

in you know traditional psychology

420

00:16:44,610 --> 00:16:42,010

experiments that manipulate the sense of

421

00:16:46,080 --> 00:16:44,620

agency by the you know degree that

422

00:16:47,610 --> 00:16:46,090

actually the feedback is truly

423

00:16:49,980 --> 00:16:47,620

representative of what the with the

424

00:16:51,930 --> 00:16:49,990

subjects actually doing so what I'm

425

00:16:54,060 --> 00:16:51,940

saying is it be interesting to see a

426
00:16:56,400 --> 00:16:54,070
study where in which the the feedback

427
00:16:57,900 --> 00:16:56,410
itself was slightly skewed right yeah

428
00:17:00,090 --> 00:16:57,910
there are different forms of feedback

429
00:17:02,790 --> 00:17:00,100
but nothing that has to do with that

430
00:17:04,290 --> 00:17:02,800
kind of tactile visceral sense of self

431
00:17:08,760 --> 00:17:04,300
versus non-self which could be

432
00:17:11,490 --> 00:17:08,770
interesting yeah this is sort of related

433
00:17:14,520 --> 00:17:11,500
to several questions though that are

434
00:17:16,320 --> 00:17:14,530
talking about the brain and I've had a

435
00:17:18,300 --> 00:17:16,330
little bit of training on medic like

436
00:17:19,890 --> 00:17:18,310
your meditation that's brain oriented

437
00:17:22,680 --> 00:17:19,900
there's heart centered meditations that

438
00:17:24,960 --> 00:17:22,690

are different and we keep bringing in

439

00:17:27,030 --> 00:17:24,970

this sense of an emotion and yet we're

440

00:17:29,880 --> 00:17:27,040

not looking at like the three brains

441

00:17:31,590 --> 00:17:29,890

they said the brain the heart brain or

442

00:17:34,020 --> 00:17:31,600

the belly brain mm-hm

443

00:17:36,270 --> 00:17:34,030

in in all of this that how do we and

444

00:17:39,390 --> 00:17:36,280

when it's when we bring this emotion

445

00:17:41,760 --> 00:17:39,400

into that and yet we're only putting

446

00:17:42,900 --> 00:17:41,770

probes here yeah the only thing I could

447

00:17:44,930 --> 00:17:42,910

say is there have been studies with

448

00:17:47,780 --> 00:17:44,940

meditators as Dean mentioned and

449

00:17:49,600 --> 00:17:47,790

meditators tend to do better so you know

450

00:17:52,210 --> 00:17:49,610

some sense of alignment I think or

451
00:17:55,130 --> 00:17:52,220
awareness of these different centers is

452
00:17:55,970 --> 00:17:55,140
I'll think it's important I mean I do

453
00:17:58,550 --> 00:17:55,980
think it's important

454
00:18:00,080 --> 00:17:58,560
yes York so bottom line after these 11

455
00:18:01,580 --> 00:18:00,090
years how well do you feel that you

456
00:18:04,430 --> 00:18:01,590
succeeded in training yourself to

457
00:18:06,770 --> 00:18:04,440
produce re G effects well I that's a

458
00:18:10,670 --> 00:18:06,780
very very good question and I would say

459
00:18:13,010 --> 00:18:10,680
that I am NOT an re G yogi that it's

460
00:18:14,960 --> 00:18:13,020
still a matter of emotional response and

461
00:18:16,580 --> 00:18:14,970
the better you get at this the more

462
00:18:18,440 --> 00:18:16,590
self-control you exert over yourself

463
00:18:21,740 --> 00:18:18,450

that's the most damning thing of this

464

00:18:23,630 --> 00:18:21,750

whole thing is that you actually limit

465

00:18:25,280 --> 00:18:23,640

you get better but you also get better

466

00:18:28,280 --> 00:18:25,290

at limiting yourself and and and that's

467

00:18:30,800 --> 00:18:28,290

not just a cop-out it truly is

468

00:18:33,130 --> 00:18:30,810

you can ferret out those those different

469

00:18:35,640 --> 00:18:33,140

effects and see how you limit yourself