



1  
00:00:06,260 --> 00:00:04,100  
um like to begin by just noting that in

2  
00:00:08,600 --> 00:00:06,270  
academic circles we all tend to have

3  
00:00:11,930 --> 00:00:08,610  
taglines we like to refer to ourselves

4  
00:00:14,089 --> 00:00:11,940  
as psychologists or mathematicians or

5  
00:00:19,279 --> 00:00:14,099  
whatnot well I play that game too I

6  
00:00:20,810 --> 00:00:19,289  
refer to myself as a humanist and I used

7  
00:00:24,140 --> 00:00:20,820  
that I say that in order to make the

8  
00:00:26,269 --> 00:00:24,150  
point that I'm not a psychologist other

9  
00:00:28,130 --> 00:00:26,279  
than the fact that I kind of study the

10  
00:00:31,759 --> 00:00:28,140  
the larger context of the human

11  
00:00:33,319 --> 00:00:31,769  
condition if you will but as a humanist

12  
00:00:36,770 --> 00:00:33,329  
I'm interested in the interior

13  
00:00:40,430 --> 00:00:36,780

experience of the interplay of the human

14

00:00:43,250 --> 00:00:40,440

and the divine and I would say that in

15

00:00:46,819 --> 00:00:43,260

quoting one of the philosophers I

16

00:00:51,560 --> 00:00:46,829

studied in my studies Pico della

17

00:00:54,020 --> 00:00:51,570

Mirandola 15th century Renaissance

18

00:00:57,500 --> 00:00:54,030

scholar he said that we exist in a

19

00:01:00,920 --> 00:00:57,510

middle space being neither a heavenly

20

00:01:03,650 --> 00:01:00,930

being nor an earthly being and in this

21

00:01:05,810 --> 00:01:03,660

middle space he felt that human beings

22

00:01:08,840 --> 00:01:05,820

can range between the level of the lower

23

00:01:10,580 --> 00:01:08,850

things or the higher things well I

24

00:01:14,060 --> 00:01:10,590

believe that we are a microcosm of that

25

00:01:16,789 --> 00:01:14,070

entire spectrum but we are gifted with a

26  
00:01:19,060 --> 00:01:16,799  
freedom that enables our movement our

27  
00:01:22,219 --> 00:01:19,070  
ability to change to grow and develop

28  
00:01:24,440 --> 00:01:22,229  
and I became interested in the Manoa

29  
00:01:28,130 --> 00:01:24,450  
Institute because of its process for

30  
00:01:31,280 --> 00:01:28,140  
exercising our freedom to explore the

31  
00:01:33,830 --> 00:01:31,290  
full range between the lower things and

32  
00:01:36,050 --> 00:01:33,840  
the higher things using the hemi-sync

33  
00:01:39,710 --> 00:01:36,060  
technology and many of you are familiar

34  
00:01:41,420 --> 00:01:39,720  
with Bob Monroe's work that Bob

35  
00:01:42,770 --> 00:01:41,430  
developed TMI programs off the

36  
00:01:45,530 --> 00:01:42,780  
opportunity to tune into different

37  
00:01:48,830 --> 00:01:45,540  
states of consciousness like tuning a

38  
00:01:51,530 --> 00:01:48,840

radio into different stations right

39

00:01:54,499 --> 00:01:51,540

that's an effect that most everybody who

40

00:01:55,969 --> 00:01:54,509

goes to TM I have some experience of but

41

00:01:57,950 --> 00:01:55,979

what I was really interested in knowing

42

00:02:00,649 --> 00:01:57,960

and trying to understand it was the

43

00:02:02,359 --> 00:02:00,659

basis of the study was while their

44

00:02:03,830 --> 00:02:02,369

effect can be pretty dramatic I have

45

00:02:06,319 --> 00:02:03,840

often wondered how participants have

46

00:02:09,800 --> 00:02:06,329

integrated their experiences into their

47

00:02:12,230 --> 00:02:09,810

lives what difference has attendance at

48

00:02:14,270 --> 00:02:12,240

at TMI program

49

00:02:17,480 --> 00:02:14,280

difference in terms of tuning in to

50

00:02:18,860 --> 00:02:17,490

different levels of consciousness made

51  
00:02:21,020 --> 00:02:18,870  
in the nature of their personal

52  
00:02:23,540 --> 00:02:21,030  
relationships their interests and

53  
00:02:26,360 --> 00:02:23,550  
accomplishments their growth and

54  
00:02:29,360 --> 00:02:26,370  
development if you will so this is what

55  
00:02:31,190 --> 00:02:29,370  
the basis of the study that I've begun

56  
00:02:34,370 --> 00:02:31,200  
and this is only the beginning of this

57  
00:02:36,980 --> 00:02:34,380  
study there are several phases yet that

58  
00:02:40,370 --> 00:02:36,990  
I will be exploring but this initial

59  
00:02:42,740 --> 00:02:40,380  
study started with two groups I looked

60  
00:02:45,020 --> 00:02:42,750  
at people who have attended just simply

61  
00:02:46,490 --> 00:02:45,030  
the Gateway Program which was the first

62  
00:02:48,050 --> 00:02:46,500  
program in the series and everyone's

63  
00:02:50,420 --> 00:02:48,060

required to go through before they can

64

00:02:53,930 --> 00:02:50,430

attend any advanced programs they were

65

00:02:55,820 --> 00:02:53,940

approximately 360 respondents in the

66

00:02:57,920 --> 00:02:55,830

Gateway group then I looked at another

67

00:02:59,780 --> 00:02:57,930

group called multiple program attendees

68

00:03:03,200 --> 00:02:59,790

people have attended three or more

69

00:03:05,390 --> 00:03:03,210

programs and as you'll see more than 75%

70

00:03:08,840 --> 00:03:05,400

of this group attended actually four or

71

00:03:12,710 --> 00:03:08,850

more programs all had attended at least

72

00:03:14,120 --> 00:03:12,720

one program since 2000 all right but

73

00:03:16,070 --> 00:03:14,130

some of the multiple program

74

00:03:19,610 --> 00:03:16,080

participants had gateways experiences

75

00:03:22,250 --> 00:03:19,620

being back into the 1970s I was an

76

00:03:23,990 --> 00:03:22,260

online questionnaire there was one

77

00:03:26,780 --> 00:03:24,000

section demographics psychographics

78

00:03:28,280 --> 00:03:26,790

program affects about 61 questions and

79

00:03:31,640 --> 00:03:28,290

then there was an optional section

80

00:03:33,560 --> 00:03:31,650

looking at personality typology now let

81

00:03:35,000 --> 00:03:33,570

me just simply kind of summarize some of

82

00:03:37,760 --> 00:03:35,010

the independent variables came out of

83

00:03:40,250 --> 00:03:37,770

this on the demographic differences some

84

00:03:42,080 --> 00:03:40,260

of the key examples here is obviously

85

00:03:44,510 --> 00:03:42,090

for the multiple program group they're a

86

00:03:47,000 --> 00:03:44,520

little bit older they've been going to

87

00:03:48,770 --> 00:03:47,010

TMI longer all right

88

00:03:50,060 --> 00:03:48,780

their education they have a higher

89

00:03:53,540 --> 00:03:50,070

percentage of people with advanced

90

00:03:56,420 --> 00:03:53,550

degrees all right they also have a

91

00:03:57,920 --> 00:03:56,430

length of change in social status in the

92

00:03:59,690 --> 00:03:57,930

meaning that they've been widowed or

93

00:04:03,650 --> 00:03:59,700

diverse divorced those individuals have

94

00:04:06,350 --> 00:04:03,660

been widowed a divorce had been for a

95

00:04:09,949 --> 00:04:06,360

longer period of time they adjusted to

96

00:04:12,650 --> 00:04:09,959

that change and then income level was a

97

00:04:15,280 --> 00:04:12,660

little higher so there are some of the

98

00:04:16,970 --> 00:04:15,290

you know independent variables between

99

00:04:20,390 --> 00:04:16,980

demographically between the two groups

100

00:04:22,219 --> 00:04:20,400

on a psychographic level there were

101  
00:04:24,200 --> 00:04:22,229  
really two key differences I asked

102  
00:04:27,170 --> 00:04:24,210  
people you know

103  
00:04:30,350 --> 00:04:27,180  
why did you choose to attend TM I gave

104  
00:04:33,950 --> 00:04:30,360  
him a list of ten different reasons you

105  
00:04:35,540 --> 00:04:33,960  
could select any or none and you could

106  
00:04:38,120 --> 00:04:35,550  
select them as many times as you wanted

107  
00:04:40,730 --> 00:04:38,130  
to two dimensions came out between the

108  
00:04:43,420 --> 00:04:40,740  
two groups that was a statistically

109  
00:04:48,320 --> 00:04:43,430  
significant difference one was curiosity

110  
00:04:50,420 --> 00:04:48,330  
the multiple programme attendees had a

111  
00:04:52,879 --> 00:04:50,430  
greater degree of curiosity and their

112  
00:04:55,730 --> 00:04:52,889  
reason for attending TMI and the second

113  
00:04:58,070 --> 00:04:55,740

one was self knowledge that his are to

114

00:05:00,020 --> 00:04:58,080

understand themselves better these were

115

00:05:02,029 --> 00:05:00,030

two distinctions between the two groups

116

00:05:05,420 --> 00:05:02,039

and then in terms of personality

117

00:05:08,120 --> 00:05:05,430

typology it's really interesting about

118

00:05:10,850 --> 00:05:08,130

the group is both of them have pretty

119

00:05:13,939 --> 00:05:10,860

much the same typology you know a little

120

00:05:16,600 --> 00:05:13,949

bit beyond norm in terms of extraversion

121

00:05:19,520 --> 00:05:16,610

that was a little unexpected on my part

122

00:05:22,719 --> 00:05:19,530

but they're dominant functions in is

123

00:05:25,159 --> 00:05:22,729

intuition and their auxiliary function

124

00:05:28,909 --> 00:05:25,169

primary auxiliary functions so for for

125

00:05:32,180 --> 00:05:28,919

most people it was akin the 40% top 40

126

00:05:34,070 --> 00:05:32,190

percentage basis for what I'd call this

127

00:05:37,339 --> 00:05:34,080

dominant function of intuition the

128

00:05:39,800 --> 00:05:37,349

secondary function was feeling and then

129

00:05:42,740 --> 00:05:39,810

as an axillary function intuition was

130

00:05:44,839 --> 00:05:42,750

still the highest so on the two dominant

131

00:05:47,089 --> 00:05:44,849

and auxiliary determinants of

132

00:05:49,939 --> 00:05:47,099

personality typology intuition is the

133

00:05:53,260 --> 00:05:49,949

highest descriptor of the personality

134

00:05:56,990 --> 00:05:53,270

technologies of the people going to TMI

135

00:06:00,560 --> 00:05:57,000

now let's just take a look at the

136

00:06:06,070 --> 00:06:00,570

findings and go kind jump to the bottom

137

00:06:10,450 --> 00:06:06,080

line I did a fact analysis around 34

138

00:06:14,000 --> 00:06:10,460

program effect items came up with four

139

00:06:16,360 --> 00:06:14,010

categories in which I loaded those items

140

00:06:20,180 --> 00:06:16,370

on personal efficacy life satisfaction

141

00:06:22,700 --> 00:06:20,190

job satisfaction career performance then

142

00:06:24,260 --> 00:06:22,710

we did a regression analysis looking at

143

00:06:25,839 --> 00:06:24,270

controlling for these variables these

144

00:06:30,230 --> 00:06:25,849

differences in demographics

145

00:06:33,019 --> 00:06:30,240

psychographics and we came to a rather

146

00:06:35,540 --> 00:06:33,029

interesting conclusion here is that

147

00:06:37,550 --> 00:06:35,550

those people attending multiple programs

148

00:06:39,580 --> 00:06:37,560

actually had

149

00:06:42,260 --> 00:06:39,590

statistically significant higher

150

00:06:47,150 --> 00:06:42,270

personal efficacy and life satisfaction

151  
00:06:49,100 --> 00:06:47,160  
and those who just attended gateway now

152  
00:06:51,800 --> 00:06:49,110  
what's also interesting is the r-squared

153  
00:06:54,590 --> 00:06:51,810  
there I don't believe I have enough

154  
00:06:59,870 --> 00:06:54,600  
variables to account for TMI as having

155  
00:07:02,870 --> 00:06:59,880  
much to do with that alright but what I

156  
00:07:07,220 --> 00:07:02,880  
can say is that TMI acts like a strange

157  
00:07:12,940 --> 00:07:07,230  
attractor of a certain kind of

158  
00:07:18,350 --> 00:07:12,950  
individual who comes through there okay

159  
00:07:20,690 --> 00:07:18,360  
now I want to go a little too fast there

160  
00:07:22,790 --> 00:07:20,700  
I want to point out some of the

161  
00:07:25,210 --> 00:07:22,800  
questions in terms of program effects

162  
00:07:27,680 --> 00:07:25,220  
and look at this correlation between

163  
00:07:30,110 --> 00:07:27,690

gateway only respondents and multiple

164

00:07:31,640 --> 00:07:30,120

program respondents I thirty four

165

00:07:33,050 --> 00:07:31,650

questions looking at questions like I

166

00:07:35,890 --> 00:07:33,060

have a more expansive vision of how the

167

00:07:39,280 --> 00:07:35,900

parts of my life relate to a hold on

168

00:07:42,620 --> 00:07:39,290

every one of the thirty four questions

169

00:07:46,610 --> 00:07:42,630

multiple program attendees more strongly

170

00:07:48,440 --> 00:07:46,620

agreed with that question than with then

171

00:07:52,300 --> 00:07:48,450

the Gateway only and here are the ones

172

00:07:56,630 --> 00:07:55,610

tremendously you know a measure of

173

00:07:59,480 --> 00:07:56,640

difference here on some of these

174

00:08:02,659 --> 00:07:59,490

questions additional questions besides

175

00:08:06,529 --> 00:08:02,669

these this to give you a feel for this

176

00:08:10,520 --> 00:08:06,539

I'm a more effective decision-maker I am

177

00:08:12,440 --> 00:08:10,530

more composed under pressure I'm more

178

00:08:16,450 --> 00:08:12,450

able to listen non defensively to

179

00:08:19,520 --> 00:08:16,460

criticism I'm more productive at work I

180

00:08:21,740 --> 00:08:19,530

have developed new friends so I'm

181

00:08:24,650 --> 00:08:21,750

looking at aspects that would point to

182

00:08:27,350 --> 00:08:24,660

this question of quality of life life

183

00:08:30,740 --> 00:08:27,360

satisfaction if you will and on every

184

00:08:33,380 --> 00:08:30,750

one of those questions the people

185

00:08:36,529 --> 00:08:33,390

attending multiple programs had a much

186

00:08:40,320 --> 00:08:36,539

higher satisfaction or strongly agree

187

00:08:44,820 --> 00:08:43,709

that's one aspect of this study the

188

00:08:46,019 --> 00:08:44,830

other one which I find even more

189

00:08:49,079 --> 00:08:46,029

interesting is what I'd call the

190

00:08:52,079 --> 00:08:49,089

qualitative analysis because I asked a

191

00:08:53,610 --> 00:08:52,089

series of open-ended questions and one

192

00:08:57,990 --> 00:08:53,620

in particular was what's your most

193

00:09:01,699 --> 00:08:58,000

memorable experience and I got back a

194

00:09:05,819 --> 00:09:01,709

you know 200 pages of written comments

195

00:09:07,410 --> 00:09:05,829

single spaced and so I had to be go

196

00:09:09,120 --> 00:09:07,420

through all that and began to try to

197

00:09:11,220 --> 00:09:09,130

organize it around some set of

198

00:09:13,650 --> 00:09:11,230

categories and here were four categories

199

00:09:17,160 --> 00:09:13,660

in which I could pretty easily put most

200

00:09:18,449 --> 00:09:17,170

everybody's response all right I'm going

201

00:09:19,860 --> 00:09:18,459

to look a little bit here at this

202

00:09:24,660 --> 00:09:19,870

personal Learning and Development and

203

00:09:27,199 --> 00:09:24,670

share that with you now here's a sample

204

00:09:30,930 --> 00:09:27,209

of responses from the Gateway only group

205

00:09:32,610 --> 00:09:30,940

and I've highlighted a couple places

206

00:09:34,889 --> 00:09:32,620

here we'll pay attention to the language

207

00:09:37,680 --> 00:09:34,899

because the language is key to kind of a

208

00:09:39,960 --> 00:09:37,690

mental functioning the way people are

209

00:09:43,470 --> 00:09:39,970

structuring meaning from this experience

210

00:09:47,819 --> 00:09:43,480

so I'm accepting my limitations I'm

211

00:09:50,930 --> 00:09:47,829

forgiving myself I've cried with one's

212

00:09:53,550 --> 00:09:50,940

self of the young time together a

213

00:09:55,920 --> 00:09:53,560

meeting having cried with one's self of

214

00:09:59,180 --> 00:09:55,930

a young time together learning to trust

215

00:10:04,110 --> 00:09:59,190

myself realizing how dumb I've been

216

00:10:05,100 --> 00:10:04,120

discovering the clown chakra realizing

217

00:10:08,100 --> 00:10:05,110

I'm still alive

218

00:10:12,030 --> 00:10:08,110

interesting interesting data here now

219

00:10:16,889 --> 00:10:12,040

let's compare that with the multiple

220

00:10:21,860 --> 00:10:16,899

program participants and you can really

221

00:10:26,519 --> 00:10:24,990

characteristics in the language I'm very

222

00:10:29,040 --> 00:10:26,529

different person much more whole than

223

00:10:32,760 --> 00:10:29,050

before TMI help me heal when I was very

224

00:10:36,410 --> 00:10:32,770

bruised I'll always be grateful having

225

00:10:39,060 --> 00:10:36,420

confidence myself to dance with others

226

00:10:41,100 --> 00:10:39,070

one part of our purpose here on earth or

227

00:10:43,380 --> 00:10:41,110

one way to look at it is to enable God

228

00:10:48,449 --> 00:10:43,390

to experience the physical in my case

229

00:10:50,490 --> 00:10:48,459

here and enjoy music realize that I

230

00:10:52,840 --> 00:10:50,500

failed to follow my guidance if I was

231

00:10:54,430 --> 00:10:52,850

afraid of possible consequences

232

00:10:56,309 --> 00:10:54,440

learning to love and trust myself

233

00:10:59,259 --> 00:10:56,319

letting go shame

234

00:11:02,829 --> 00:10:59,269

now language here betrays a degree of

235

00:11:04,629 --> 00:11:02,839

integration of an understanding of how

236

00:11:06,970 --> 00:11:04,639

their life has changed and how they are

237

00:11:09,639 --> 00:11:06,980

living in accordance with that change

238

00:11:12,340 --> 00:11:09,649

that's one of the things that I'm taking

239

00:11:14,800 --> 00:11:12,350

away from this to explain why they feel

240

00:11:18,340 --> 00:11:14,810

more life satisfaction and greater self

241

00:11:19,990 --> 00:11:18,350

efficacy right now obviously there's

242

00:11:22,180 --> 00:11:20,000

some things here that I still don't

243

00:11:25,930 --> 00:11:22,190

understand and one of the things that

244

00:11:27,579 --> 00:11:25,940

I'm proposing is that there are still

245

00:11:29,620 --> 00:11:27,589

questions around other variables

246

00:11:32,650 --> 00:11:29,630

contributing to this finding so there's

247

00:11:35,230 --> 00:11:32,660

a phase to this study yet to be done but

248

00:11:38,559 --> 00:11:35,240

there's also a need to get other

249

00:11:40,240 --> 00:11:38,569

people's perspective on these people so

250

00:11:43,449 --> 00:11:40,250

I'm proposing to use a multi rater

251  
00:11:47,019 --> 00:11:43,459  
instrument in a follow-up study with 34

252  
00:11:48,610 --> 00:11:47,029  
of these individuals now the final

253  
00:11:50,259 --> 00:11:48,620  
comment I take this from Richard

254  
00:11:52,600 --> 00:11:50,269  
tarnishes work on the passion of the

255  
00:11:55,300 --> 00:11:52,610  
Western mind and I certainly saw that

256  
00:11:58,509 --> 00:11:55,310  
happening with both groups of people is

257  
00:12:00,370 --> 00:11:58,519  
the way in which we've focused on the

258  
00:12:02,470 --> 00:12:00,380  
world our intentions we bring the world

259  
00:12:05,639 --> 00:12:02,480  
the world opens up and begins to ratify

260  
00:12:08,439 --> 00:12:05,649  
that experience for us so with that I

261  
00:12:10,210 --> 00:12:08,449  
kind of conclude my presentation open it

262  
00:12:26,660 --> 00:12:10,220  
up to any kind of questions as I've

263  
00:12:34,100 --> 00:12:31,290

um I'm Tennant I tend to be slightly

264

00:12:36,870 --> 00:12:34,110

suspicious of self reportage in

265

00:12:39,560 --> 00:12:36,880

psychological studies I don't mean to be

266

00:12:42,300 --> 00:12:39,570

too cynical but isn't it possible that

267

00:12:45,750 --> 00:12:42,310

some of this effect is simply due to

268

00:12:47,310 --> 00:12:45,760

self suggestion and self selection in

269

00:12:51,030 --> 00:12:47,320

other words people that go through

270

00:12:54,210 --> 00:12:51,040

multiple programs are one one example

271

00:12:59,550 --> 00:12:54,220

would mean that they would be tend to be

272

00:13:01,500 --> 00:12:59,560

motivated to to feel that they had to

273

00:13:06,660 --> 00:13:01,510

change in response to spending all that

274

00:13:09,600 --> 00:13:06,670

money there wasn't it wasn't a waste and

275

00:13:11,639 --> 00:13:09,610

and to justify it to it even on a

276

00:13:13,290 --> 00:13:11,649

questionnaire but of course I assume

277

00:13:17,730 --> 00:13:13,300

these people were anonymous

278

00:13:19,260 --> 00:13:17,740

so so there was no ego issue there so

279

00:13:23,250 --> 00:13:19,270

anyway I think that there could be other

280

00:13:26,010 --> 00:13:23,260

from other factors that cause those

281

00:13:27,720 --> 00:13:26,020

results sure and I don't disagree I

282

00:13:29,910 --> 00:13:27,730

really what's coming across here is an

283

00:13:34,050 --> 00:13:29,920

attitude I don't really know if they're

284

00:13:36,120 --> 00:13:34,060

happier by but you certainly get from

285

00:13:39,269 --> 00:13:36,130

their responses a clear indication

286

00:13:41,990 --> 00:13:39,279

particularly when you do the analysis

287

00:13:45,150 --> 00:13:42,000

that they're statistically a difference

288

00:13:47,250 --> 00:13:45,160

now what explains that that's something

289

00:13:50,460 --> 00:13:47,260

I would like to get into a deeper

290

00:13:54,480 --> 00:13:50,470

understanding now okay so I agree it

291

00:13:55,769 --> 00:13:54,490

could be other factors here yeah um my

292

00:13:57,420 --> 00:13:55,779

question was similar to his in terms of

293

00:13:58,440 --> 00:13:57,430

a self selection of fact I guess the

294

00:14:00,780 --> 00:13:58,450

other question is is that do you have

295

00:14:02,970 --> 00:14:00,790

any pre data so do we we don't know how

296

00:14:04,199 --> 00:14:02,980

much gain may have occurred no we don't

297

00:14:06,240 --> 00:14:04,209

have a baseline this is one of the

298

00:14:08,100 --> 00:14:06,250

things I've told the folks at TMI you

299

00:14:10,290 --> 00:14:08,110

need to start collecting data on tipos

300

00:14:12,210 --> 00:14:10,300

that come in in so you know something

301  
00:14:14,160 --> 00:14:12,220  
about you know what you are trying to

302  
00:14:17,389 --> 00:14:14,170  
evaluate in terms of long term effect

303  
00:14:19,829 --> 00:14:17,399  
and they haven't begun to do that yet I

304  
00:14:22,949 --> 00:14:19,839  
know in the beginning that Monroe

305  
00:14:24,660 --> 00:14:22,959  
Institute had all these frequencies to

306  
00:14:26,090 --> 00:14:24,670  
help people get out of their bodies did

307  
00:14:27,710 --> 00:14:26,100  
you even ask

308  
00:14:29,870 --> 00:14:27,720  
fool about where they're getting out of

309  
00:14:33,499 --> 00:14:29,880  
their bodies morgue has the whole focus

310  
00:14:35,120 --> 00:14:33,509  
of the Institute changed no what you

311  
00:14:37,639 --> 00:14:35,130  
didn't see up there was what I call the

312  
00:14:39,259 --> 00:14:37,649  
mystical experience and a number of and

313  
00:14:40,160 --> 00:14:39,269

what's really interesting here is you

314

00:14:44,350 --> 00:14:40,170

would think that that would be the

315

00:14:46,999 --> 00:14:44,360

probably the number one area of

316

00:14:51,740 --> 00:14:47,009

memorable experience and actually it

317

00:14:53,030 --> 00:14:51,750

isn't and in fact among this group I

318

00:14:54,740 --> 00:14:53,040

don't think that there's more than a

319

00:14:57,740 --> 00:14:54,750

handful of people he even spoke of

320

00:15:00,620 --> 00:14:57,750

out-of-body experience but they spoke of

321

00:15:03,069 --> 00:15:00,630

a wide range of what I call meta normal

322

00:15:08,389 --> 00:15:03,079

functioning the experience of themselves

323

00:15:11,210 --> 00:15:08,399

under different influences experiencing

324

00:15:14,030 --> 00:15:11,220

themselves transported in time speaking

325

00:15:16,100 --> 00:15:14,040

with their their their relatives outside

326

00:15:19,100 --> 00:15:16,110

of time soul retrieval a number of

327

00:15:22,910 --> 00:15:19,110

various activities that are very much at

328

00:15:25,639 --> 00:15:22,920

the heart of what Monroe does but by and

329

00:15:27,050 --> 00:15:25,649

large the large majority was around

330

00:15:29,629 --> 00:15:27,060

personal learning and development and

331

00:15:31,970 --> 00:15:29,639

what I'm calling belongings their

332

00:15:34,120 --> 00:15:31,980

relationship to others was more

333

00:15:38,240 --> 00:15:34,130

memorable than some of those experiences

334

00:15:41,059 --> 00:15:38,250

so I found that interesting I had a

335

00:15:43,579 --> 00:15:41,069

question about the two populations did

336

00:15:46,009 --> 00:15:43,589

you control for the amount of meditation

337

00:15:49,280 --> 00:15:46,019

in the two populations and that was one

338

00:15:52,129 --> 00:15:49,290

of the questions I didn't ask is like

339

00:15:53,240 --> 00:15:52,139

what other work are you doing alright

340

00:15:55,160 --> 00:15:53,250

and that's one of the things I'm going

341

00:16:02,360 --> 00:15:55,170

to go into in greater detail in the and

342

00:16:05,740 --> 00:16:02,370

then in the next phase of the study we

343

00:16:10,300 --> 00:16:08,020

just like to comment and ask a question

344

00:16:13,030 --> 00:16:10,310

my sense is that the particular

345

00:16:15,970 --> 00:16:13,040

technique of the induction that you're

346

00:16:17,950 --> 00:16:15,980

studying could be is interchangeable

347

00:16:20,650 --> 00:16:17,960

with you could make quite a list of

348

00:16:24,460 --> 00:16:20,660

other programs of self development and

349

00:16:27,400 --> 00:16:24,470

personal change and you would find in in

350

00:16:30,970 --> 00:16:27,410

all these cases a moment of initiation

351

00:16:33,700 --> 00:16:30,980

or kicking open the door or some kind of

352

00:16:35,500 --> 00:16:33,710

blast off experience and then you would

353

00:16:38,500 --> 00:16:35,510

find long periods of sustained

354

00:16:41,980 --> 00:16:38,510

development which are making exactly the

355

00:16:46,000 --> 00:16:41,990

kind of mature integrated human beings

356

00:16:48,700 --> 00:16:46,010

to come forth and and so what I really

357

00:16:52,690 --> 00:16:48,710

appreciate is is the the joining of this

358

00:16:56,860 --> 00:16:52,700

technology with spiritual traditions and

359

00:16:59,410 --> 00:16:56,870

many others and I the more data we have

360

00:17:00,910 --> 00:16:59,420

of each and every one of these the

361

00:17:03,700 --> 00:17:00,920

better and I really appreciate it thank

362

00:17:08,170 --> 00:17:03,710

you and and let me just simply add there

363

00:17:10,390 --> 00:17:08,180

was another reason for why skip

364

00:17:13,240 --> 00:17:10,400

backwater wanted us to do this study was

365

00:17:14,949 --> 00:17:13,250

also to look at why not more people were

366

00:17:16,750 --> 00:17:14,959

coming back there would seem to be about

367

00:17:19,720 --> 00:17:16,760

a 36 month period of time from the

368

00:17:22,720 --> 00:17:19,730

initial finding out about Monroe until