

SIMULTANEOUS PK AND HARNESSING SYNCHRONICITY

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**SOCIETY
FOR
SCIENTIFIC
EXPLORATION**

1
00:00:12,680 --> 00:00:11,119
right thank you so we'll be kind of

2
00:00:14,869 --> 00:00:12,690
shifting gears a little bit back to the

3
00:00:16,550 --> 00:00:14,879
to the last session and you might notice

4
00:00:20,180 --> 00:00:16,560
from your program that the title has

5
00:00:21,769 --> 00:00:20,190
truncated a little bit mostly due to the

6
00:00:24,290 --> 00:00:21,779
fact that I have an obscene amount of

7
00:00:25,730 --> 00:00:24,300
slides and a very little time so if you

8
00:00:27,200 --> 00:00:25,740
are interested in the investment aspect

9
00:00:29,359 --> 00:00:27,210
I'm happy to walk you through my poster

10
00:00:31,269 --> 00:00:29,369
so just to kind of orient you a little

11
00:00:33,110 --> 00:00:31,279
bit to what I'll be discussing today a

12
00:00:35,540 --> 00:00:33,120
roadmap I'll just kind of talk about

13
00:00:38,479 --> 00:00:35,550

some of my study goals the phases of the

14

00:00:40,479 --> 00:00:38,489

study methods etc and we'll talk about

15

00:00:44,540 --> 00:00:40,489

some conclusions and future directions

16

00:00:46,399 --> 00:00:44,550

so with respect to goals many of you

17

00:00:48,979 --> 00:00:46,409

probably share my frustration in this

18

00:00:53,149 --> 00:00:48,989

field oftentimes our goals are the

19

00:00:56,029 --> 00:00:53,159

building blocks of failure not uncommon

20

00:00:57,559 --> 00:00:56,039

with the with psy research but let's

21

00:01:01,430 --> 00:00:57,569

just talk about what I what I wanted to

22

00:01:03,649 --> 00:01:01,440

do here first of all my personal aim was

23

00:01:06,680 --> 00:01:03,659

to have a kind of a first-person

24

00:01:09,310 --> 00:01:06,690

experience all approach because I think

25

00:01:13,190 --> 00:01:09,320

most of us probably came into this field

26

00:01:17,569 --> 00:01:13,200

not only because psy is implicitly cool

27

00:01:20,149 --> 00:01:17,579

but it's also it's a it's the

28

00:01:23,060 --> 00:01:20,159

experiential aspect it's it's the

29

00:01:24,889 --> 00:01:23,070

phenomenology of it is is unquestionably

30

00:01:28,399 --> 00:01:24,899

important and for me that's the driving

31

00:01:30,410 --> 00:01:28,409

factor for being in this field but also

32

00:01:32,240 --> 00:01:30,420

finding ways to try to quantify an

33

00:01:33,770 --> 00:01:32,250

objective by my own experience so I

34

00:01:36,230 --> 00:01:33,780

wanted to be able to train myself to

35

00:01:39,830 --> 00:01:36,240

reliably produce PK effects on a

36

00:01:42,380 --> 00:01:39,840

physical object and secondly I wanted to

37

00:01:45,609 --> 00:01:42,390

develop a protocol that could be rolled

38

00:01:48,649 --> 00:01:45,619

out to future of formal experiments with

39

00:01:53,120 --> 00:01:48,659

macro and micro PK kind of interleaved

40

00:01:55,219 --> 00:01:53,130

together so I do want to use this to

41

00:01:57,469 --> 00:01:55,229

pause and just say that everything I'm

42

00:02:01,279 --> 00:01:57,479

doing here is completely like homegrown

43

00:02:04,249 --> 00:02:01,289

exploration with no real codified a

44

00:02:06,679 --> 00:02:04,259

priori hypotheses so you know let's not

45

00:02:08,600 --> 00:02:06,689

get too excited if the methods don't

46

00:02:10,609 --> 00:02:08,610

quite congruous to what you think would be

47

00:02:11,780 --> 00:02:10,619

appropriate or laboratory context what

48

00:02:13,160 --> 00:02:11,790

I'm hoping to do is to set up a

49

00:02:15,980 --> 00:02:13,170

framework that we can have a little bit

50

00:02:19,490 --> 00:02:15,990

more of a controlled study okay and the

51
00:02:24,050 --> 00:02:19,500
third goal was to see if we can detect

52
00:02:27,500 --> 00:02:24,060
a reliable signature of macro pique or

53
00:02:30,650 --> 00:02:27,510
sigh more generally within a buried

54
00:02:33,140 --> 00:02:30,660
random signal so just kind of an

55
00:02:36,410 --> 00:02:33,150
overview to get a bird's-eye view of the

56
00:02:38,150 --> 00:02:36,420
low-hanging fruit I'm using the method

57
00:02:41,540 --> 00:02:38,160
that we learned about earlier today Sean

58
00:02:43,580 --> 00:02:41,550
McNamara's macro pique so trying to

59
00:02:46,820 --> 00:02:43,590
produce effects large enough that would

60
00:02:48,199 --> 00:02:46,830
be observable by the naked eye so

61
00:02:49,970 --> 00:02:48,209
luckily he saved me the time to have to

62
00:02:52,430 --> 00:02:49,980
go through this too much but essentially

63
00:02:54,350 --> 00:02:52,440

we have a folded piece of foil on a

64

00:02:56,660 --> 00:02:54,360

balanced on a needle and a cork that's

65

00:02:58,670 --> 00:02:56,670

in a you know quasi sealed glass chamber

66

00:03:02,600 --> 00:02:58,680

to minimize the influence of air

67

00:03:04,610 --> 00:03:02,610

currents etc I am using the same method

68

00:03:07,970 --> 00:03:04,620

I did take some workshops with with Sean

69

00:03:11,780 --> 00:03:07,980

and I also read his book which I found

70

00:03:14,330 --> 00:03:11,790

to be extremely helpful and using this

71

00:03:16,970 --> 00:03:14,340

trium method that he described before as

72

00:03:18,650 --> 00:03:16,980

well so just to give you an idea

73

00:03:21,370 --> 00:03:18,660

unfortunate eating it to put any video

74

00:03:23,690 --> 00:03:21,380

but I did this is sped up 20 times

75

00:03:29,479 --> 00:03:23,700

notice the importance of having a cat

76
00:03:32,030 --> 00:03:29,489
helper with you and you can see that you

77
00:03:33,620 --> 00:03:32,040
know we can definitely start to move the

78
00:03:36,170 --> 00:03:33,630
object and eventually start to pull your

79
00:03:37,400 --> 00:03:36,180
hands away from it you know Sean and

80
00:03:39,229 --> 00:03:37,410
others are at the point where they don't

81
00:03:41,539 --> 00:03:39,239
even have or have their hands on the

82
00:03:45,470 --> 00:03:41,549
glass so unfairly convinced that the

83
00:03:49,100 --> 00:03:45,480
macro effect is is real and reproducible

84
00:03:52,100 --> 00:03:49,110
that it's not just perturbations of the

85
00:03:58,580 --> 00:03:52,110
table etc or you know convection effects

86
00:04:00,350 --> 00:03:58,590
however cool by the way that the picture

87
00:04:03,979 --> 00:04:00,360
that Sean put up with a little kid doing

88
00:04:06,350 --> 00:04:03,989

it that's my son so that's and you know

89

00:04:08,720 --> 00:04:06,360

he took the learning curve for me that

90

00:04:10,280 --> 00:04:08,730

was several several hours and he was

91

00:04:14,240 --> 00:04:10,290

able to condense that into about 30

92

00:04:16,550 --> 00:04:14,250

seconds for his first try so so as far

93

00:04:18,770 --> 00:04:16,560

as micro pique i'm operationalizing this

94

00:04:21,110 --> 00:04:18,780

is the subtle effects of sion random

95

00:04:22,820 --> 00:04:21,120

systems in this case i'm using a random

96

00:04:25,040 --> 00:04:22,830

number generator that's essentially

97

00:04:27,500 --> 00:04:25,050

acting like a an electronic coin flipper

98

00:04:30,469 --> 00:04:27,510

right and in this case i'm collecting at

99

00:04:32,399 --> 00:04:30,479

256 bits per second and of course with

100

00:04:35,969 --> 00:04:32,409

that we don't expect it outcome

101
00:04:37,559 --> 00:04:35,979
roughly 128 ones and zeros I do want to

102
00:04:39,449 --> 00:04:37,569
kind of talk about this just very

103
00:04:41,009 --> 00:04:39,459
briefly because I know that we have a

104
00:04:43,139 --> 00:04:41,019
very mixed audience and not everyone

105
00:04:45,929 --> 00:04:43,149
appreciates the methods that go into

106
00:04:47,459 --> 00:04:45,939
this and and looking at these graphs are

107
00:04:48,570 --> 00:04:47,469
inherently very boring unless you kind

108
00:04:50,519 --> 00:04:48,580
of understand what it is you're looking

109
00:04:52,199 --> 00:04:50,529
at so just briefly touch on what this

110
00:04:54,449 --> 00:04:52,209
means essentially for each second of

111
00:04:58,019 --> 00:04:54,459
data you know we're calculating a Z sort

112
00:05:00,449 --> 00:04:58,029
of the expected outcomes and basically

113
00:05:03,089 --> 00:05:00,459

squaring that z score and then plotting

114

00:05:05,669 --> 00:05:03,099

it over time and just to that we're

115

00:05:06,899 --> 00:05:05,679

plotting the accumulated squared Z

116

00:05:08,759 --> 00:05:06,909

scores correcting for the degrees of

117

00:05:09,869 --> 00:05:08,769

freedom and just to give you an

118

00:05:12,389 --> 00:05:09,879

orientation of how I'll be presenting

119

00:05:14,309 --> 00:05:12,399

these slides when I have non significant

120

00:05:17,219 --> 00:05:14,319

data I'll potted in blue and when we

121

00:05:20,339 --> 00:05:17,229

have data that deviates above a

122

00:05:22,019 --> 00:05:20,349

threshold of $p=0.05$ we'll say that we'll

123

00:05:26,249 --> 00:05:22,029

apply that in green just to kind of

124

00:05:27,929 --> 00:05:26,259

orient you so just the study setup as I

125

00:05:31,249 --> 00:05:27,939

mentioned we have the the foil object in

126

00:05:33,749 --> 00:05:31,259

glass I generally start with a baseline

127

00:05:35,759 --> 00:05:33,759

where the object is just sitting there

128

00:05:37,079 --> 00:05:35,769

and I'm in the other room or in another

129

00:05:38,519 --> 00:05:37,089

part of the room doing some breathing

130

00:05:40,679 --> 00:05:38,529

meditation and just trying to get to the

131

00:05:42,359 --> 00:05:40,689

right from mental frame of mind and then

132

00:05:44,579 --> 00:05:42,369

these sessions were all self timed

133

00:05:46,529 --> 00:05:44,589

between 20 or 40 minutes I wasn't going

134

00:05:48,509 --> 00:05:46,539

to push it past my point of fatigue and

135

00:05:51,239 --> 00:05:48,519

that could just vary from day to day I

136

00:05:53,730 --> 00:05:51,249

was also simultaneously collecting

137

00:05:58,439 --> 00:05:53,740

random number generator data from a true

138

00:06:01,199 --> 00:05:58,449

RNG as I mentioned at 256 and there

139

00:06:02,790 --> 00:06:01,209

importantly the set up was more field

140

00:06:05,249 --> 00:06:02,800

configuration in that there was no

141

00:06:06,839 --> 00:06:05,259

real-time feedback from the RNG this was

142

00:06:09,269 --> 00:06:06,849

passively running in the background I

143

00:06:12,089 --> 00:06:09,279

wasn't particularly interested in in

144

00:06:16,829 --> 00:06:12,099

tending towards the Reg my focus was on

145

00:06:19,739 --> 00:06:16,839

the was on the foil object also we saw I

146

00:06:21,569 --> 00:06:19,749

simultaneously collected video via HD

147

00:06:23,759 --> 00:06:21,579

webcam so that I have a synchronized

148

00:06:25,529 --> 00:06:23,769

timing between me and when the object

149

00:06:29,129 --> 00:06:25,539

was moving and what was happening in the

150

00:06:30,479 --> 00:06:29,139

random event generator and this was all

151
00:06:32,639 --> 00:06:30,489
synced in a MATLAB GUI and as I

152
00:06:34,589 --> 00:06:32,649
mentioned the analysis was basically

153
00:06:37,319 --> 00:06:34,599
following a the basic kind of GCP

154
00:06:38,640 --> 00:06:37,329
protocol assuming like 1 1 reg as

155
00:06:42,120 --> 00:06:38,650
opposed to a mini

156
00:06:43,439 --> 00:06:42,130
I also had a marker channel built in my

157
00:06:46,469 --> 00:06:43,449
interface so I could kind of mark

158
00:06:48,600 --> 00:06:46,479
subjective key events as they happened I

159
00:06:51,090 --> 00:06:48,610
also during this time I got several

160
00:06:53,100 --> 00:06:51,100
syncs text messages which I thought were

161
00:06:54,779 --> 00:06:53,110
kind of interesting and I wanted to be

162
00:06:57,480 --> 00:06:54,789
able to indicate in time when I was

163
00:06:59,460 --> 00:06:57,490

getting those messages as well most of

164

00:07:00,860 --> 00:06:59,470

you are probably familiar with with sinc

165

00:07:04,050 --> 00:07:00,870

text but for those of you who are not

166

00:07:06,900 --> 00:07:04,060

sync text was an app that was put out by

167

00:07:09,210 --> 00:07:06,910

Sylar on that was essentially a random

168

00:07:10,740 --> 00:07:09,220

event generated messaging system that

169

00:07:12,870 --> 00:07:10,750

would send you random text at random

170

00:07:14,040 --> 00:07:12,880

times that happened to be profound and

171

00:07:15,659 --> 00:07:14,050

just to give you an example of what that

172

00:07:18,320 --> 00:07:15,669

would look like in one particular

173

00:07:20,610 --> 00:07:18,330

instance I had one of the by cats

174

00:07:24,990 --> 00:07:20,620

desperately climbing on my leg for

175

00:07:27,540 --> 00:07:25,000

attention wanting to be coddled and and

176

00:07:29,070 --> 00:07:27,550

whatnot but I was very busy looking at

177

00:07:31,589 --> 00:07:29,080

pictures of cats or something like that

178

00:07:34,710 --> 00:07:31,599

on my facebook on my phone totally

179

00:07:36,749 --> 00:07:34,720

ignoring her okay and the sync text

180

00:07:38,400 --> 00:07:36,759

message comes up and it says someone who

181

00:07:42,330 --> 00:07:38,410

adores you greatly is hidden right

182

00:07:43,950 --> 00:07:42,340

before your eyes so in my experience

183

00:07:45,300 --> 00:07:43,960

sync text it was a really interesting

184

00:07:47,120 --> 00:07:45,310

way of getting these profound

185

00:07:49,560 --> 00:07:47,130

experiences that are also simultaneously

186

00:07:52,320 --> 00:07:49,570

very difficult to assign any kind of

187

00:07:53,610 --> 00:07:52,330

meaningful statistics to but I just

188

00:07:56,129 --> 00:07:53,620

thought they were kind of interesting so

189

00:07:57,540 --> 00:07:56,139

I thought it included so as far as some

190

00:07:59,939 --> 00:07:57,550

quality controls I wanted to make sure I

191

00:08:02,750 --> 00:07:59,949

was working with a with a fair coin and

192

00:08:05,700 --> 00:08:02,760

so with that I established a baseline of

193

00:08:09,360 --> 00:08:05,710

basically 500 hours worth of simulated

194

00:08:11,700 --> 00:08:09,370

data 500 sessions and you can see the

195

00:08:15,240 --> 00:08:11,710

thresholds at po5 all the way up to 0 0

196

00:08:16,920 --> 00:08:15,250

1 and in green you'll see as expected

197

00:08:19,170 --> 00:08:16,930

you know a portion of those would be

198

00:08:22,020 --> 00:08:19,180

kind of like false false alarms or false

199

00:08:24,719 --> 00:08:22,030

hits and you know roughly you would

200

00:08:26,760 --> 00:08:24,729

expect about 25 25 tests to run

201
00:08:31,920 --> 00:08:26,770
significant out of 500 by chance I had

202
00:08:34,110 --> 00:08:31,930
26 of those 6 were above PL 1 none were

203
00:08:36,120 --> 00:08:34,120
above P tzer's or 1 so you know as

204
00:08:37,860 --> 00:08:36,130
fairly convinced that the implement or

205
00:08:42,209 --> 00:08:37,870
the instrument I was using was a was a

206
00:08:43,949 --> 00:08:42,219
fair device okay so in phase 1 was kind

207
00:08:45,480 --> 00:08:43,959
of my training at this point I'm just

208
00:08:47,850 --> 00:08:45,490
reading the book I'd never actually

209
00:08:51,870 --> 00:08:47,860
moved the object but I had everything

210
00:08:52,319 --> 00:08:51,880
set up sans the video camera so I did 6

211
00:08:54,389 --> 00:08:52,329
training

212
00:08:56,039 --> 00:08:54,399
sessions these were self-terminated

213
00:08:59,039 --> 00:08:56,049

again lasting twenty to forty minutes

214

00:09:01,919 --> 00:08:59,049

and again no video just the Reg running

215

00:09:04,530 --> 00:09:01,929

in the background so let's go through

216

00:09:07,889 --> 00:09:04,540

some some results my very first session

217

00:09:09,840 --> 00:09:07,899

again the object has never moved I've

218

00:09:12,869 --> 00:09:09,850

never done this before and I got this

219

00:09:14,549 --> 00:09:12,879

very encouraging result saying maybe

220

00:09:17,789 --> 00:09:14,559

there is a way of just detecting the

221

00:09:20,280 --> 00:09:17,799

efforts towards sign of a significant

222

00:09:22,919 --> 00:09:20,290

hit on the first on the first run but as

223

00:09:25,590 --> 00:09:22,929

we all know those first results can be a

224

00:09:29,639 --> 00:09:25,600

little bit promising more than they

225

00:09:31,350 --> 00:09:29,649

deliver so what was well very

226

00:09:34,939 --> 00:09:31,360

interesting though on this very first

227

00:09:39,470 --> 00:09:34,949

attempt I got a sync text that said

228

00:09:41,129 --> 00:09:39,480

experiences analog perception is digital

229

00:09:43,559 --> 00:09:41,139

which I thought was kind of interesting

230

00:09:48,629 --> 00:09:43,569

as I'm kind of interleaving a digital

231

00:09:53,220 --> 00:09:48,639

and analog mixture of my sigh experiment

232

00:09:56,939 --> 00:09:53,230

here but the second session didn't quite

233

00:09:59,429 --> 00:09:56,949

pan out on the third session though

234

00:10:03,449 --> 00:09:59,439

however I got an even stronger result

235

00:10:05,879 --> 00:10:03,459

than the first but from three four and

236

00:10:10,259 --> 00:10:05,889

five again we kind of returned back to

237

00:10:11,639 --> 00:10:10,269

just a normal random walks I do want to

238

00:10:13,470 --> 00:10:11,649

mention on the fifth session though I

239

00:10:14,789 --> 00:10:13,480

got a I took a little break I was kind

240

00:10:16,409 --> 00:10:14,799

of getting a little frustrated at still

241

00:10:19,079 --> 00:10:16,419

at this point I've still never moved the

242

00:10:21,269 --> 00:10:19,089

object you know I've got accumulated

243

00:10:23,429 --> 00:10:21,279

several hours behind with my hands on

244

00:10:26,030 --> 00:10:23,439

glass with really nothing to show for it

245

00:10:29,579 --> 00:10:26,040

and I started to get pretty fatigued and

246

00:10:32,189 --> 00:10:29,589

and tired and not really wanting to give

247

00:10:34,559 --> 00:10:32,199

up but just a little bit out of sorts

248

00:10:36,539 --> 00:10:34,569

and so I marked on my marker which is

249

00:10:39,329 --> 00:10:36,549

that first purple line that I was taking

250

00:10:42,090 --> 00:10:39,339

a break and then a moment later the sync

251
00:10:44,249 --> 00:10:42,100
text appeared and it said as long as the

252
00:10:49,859 --> 00:10:44,259
mind gives up before the body who are

253
00:10:53,689 --> 00:10:49,869
destined to be slaves in this world okay

254
00:10:56,759 --> 00:10:53,699
so finally I had my sixth session and

255
00:10:59,669 --> 00:10:56,769
again nothing to write home about as far

256
00:11:00,989 --> 00:10:59,679
as the overall session data but I don't

257
00:11:04,889 --> 00:11:00,999
know if you can kind of see this little

258
00:11:05,840 --> 00:11:04,899
interesting blip here something kind of

259
00:11:14,369 --> 00:11:05,850
a

260
00:11:16,829 --> 00:11:14,379
very first movement of the object which

261
00:11:19,650 --> 00:11:16,839
I of course did not quite believe I'm

262
00:11:22,590 --> 00:11:19,660
then now looking under my table if I

263
00:11:24,509 --> 00:11:22,600

bumped it or something like that and if

264

00:11:29,460 --> 00:11:24,519

I were to just isolate that as if it was

265

00:11:32,900 --> 00:11:29,470

its own little event it does deviate

266

00:11:36,780 --> 00:11:32,910

above the parabola for the moment there

267

00:11:38,819 --> 00:11:36,790

so we'll come back to that so at this

268

00:11:40,590 --> 00:11:38,829

point we we all did a workshop I dragged

269

00:11:42,960 --> 00:11:40,600

several friends of mine some of them are

270

00:11:44,160 --> 00:11:42,970

in this room up to Garrett's lab at

271

00:11:45,780 --> 00:11:44,170

cu-boulder

272

00:11:48,869 --> 00:11:45,790

with Sean you'll see on the right there

273

00:11:51,600 --> 00:11:48,879

on that white piece of hair sticking out

274

00:11:53,669 --> 00:11:51,610

as the illustrious Garrett Modell and we

275

00:11:55,889 --> 00:11:53,679

all did a group workshop and we all

276

00:11:58,470 --> 00:11:55,899

found a very great results from this

277

00:12:00,600 --> 00:11:58,480

during the workshop we had about 77

278

00:12:03,329 --> 00:12:00,610

attendees about a two and a half hours

279

00:12:05,280 --> 00:12:03,339

including a long break a hundred percent

280

00:12:06,689 --> 00:12:05,290

success rate so every single person in

281

00:12:10,889 --> 00:12:06,699

the room was able to get some movement

282

00:12:12,179 --> 00:12:10,899

in the object I also was collecting reg

283

00:12:14,309 --> 00:12:12,189

data and this time we had Sean

284

00:12:18,749 --> 00:12:14,319

collecting video it was timed with with

285

00:12:21,150 --> 00:12:18,759

the reg and so I was able to also mark

286

00:12:26,879 --> 00:12:21,160

the segments of video that had these key

287

00:12:28,410 --> 00:12:26,889

moments so overall the session if I just

288

00:12:30,540 --> 00:12:28,420

take that whole two and a half hours and

289

00:12:32,910 --> 00:12:30,550

and put it as one session with breaks

290

00:12:34,499 --> 00:12:32,920

and stuff and it did not achieve six

291

00:12:37,290 --> 00:12:34,509

innovates but there are some segments

292

00:12:40,949 --> 00:12:37,300

that I do want to point out in this

293

00:12:43,259 --> 00:12:40,959

first one here was this the beginning

294

00:12:45,150 --> 00:12:43,269

where we first placed the glass over the

295

00:12:47,369 --> 00:12:45,160

objects so we started off just kind of

296

00:12:50,039 --> 00:12:47,379

playing with the object by itself not

297

00:12:52,470 --> 00:12:50,049

really you know having a glass yet just

298

00:12:55,439 --> 00:12:52,480

to get a feel of things we placed the

299

00:12:57,150 --> 00:12:55,449

glass and you'll see that as soon as

300

00:12:59,460 --> 00:12:57,160

this happens and as soon as the group

301
00:13:01,169 --> 00:12:59,470
started kind of applying their their

302
00:13:02,910 --> 00:13:01,179
intention towards the objects the

303
00:13:06,210 --> 00:13:02,920
objects are starting to move and go all

304
00:13:07,350 --> 00:13:06,220
over the place and up into the last part

305
00:13:08,699 --> 00:13:07,360
is where everyone kind of started

306
00:13:09,989 --> 00:13:08,709
laughing and checking out and there was

307
00:13:12,509 --> 00:13:09,999
some disturbance in the field and then

308
00:13:15,480 --> 00:13:12,519
it seemed to drop down and I did mark

309
00:13:17,699 --> 00:13:15,490
those two events at one point we were

310
00:13:19,199 --> 00:13:17,709
pausing and Sean is talking about some

311
00:13:22,980 --> 00:13:19,209
of the psychological factor

312
00:13:24,809 --> 00:13:22,990
and individual kind of personal

313
00:13:28,559 --> 00:13:24,819

psychological constitutions that might

314

00:13:30,689 --> 00:13:28,569

affect these these results and again we

315

00:13:33,869 --> 00:13:30,699

get a sink text which says people are

316

00:13:35,400 --> 00:13:33,879

stupid but you are people to a kind of

317

00:13:40,470 --> 00:13:35,410

reminder not to get caught up in your

318

00:13:42,840 --> 00:13:40,480

own BS basically so if I just isolate

319

00:13:44,009 --> 00:13:42,850

that section where the glass until

320

00:13:48,329 --> 00:13:44,019

people were laughing we do have a

321

00:13:50,669 --> 00:13:48,339

significant result and there again at

322

00:13:53,759 --> 00:13:50,679

the at the end of the session we have

323

00:13:55,290 --> 00:13:53,769

another kind of interesting peek where

324

00:13:57,350 --> 00:13:55,300

we started experimenting with a few

325

00:14:00,119 --> 00:13:57,360

other things so this first part here

326

00:14:01,590 --> 00:14:00,129

will say it's FaceTime is everyone

327

00:14:03,900 --> 00:14:01,600

familiar with what it with FaceTime the

328

00:14:06,840 --> 00:14:03,910

kind of messaging video conferencing app

329

00:14:09,480 --> 00:14:06,850

on your iPhone we had a friend of mine a

330

00:14:12,179 --> 00:14:09,490

martial arts teacher very good with his

331

00:14:16,859 --> 00:14:12,189

energies go out into the hallway where I

332

00:14:18,989 --> 00:14:16,869

held the camera up to the glass so that

333

00:14:21,540 --> 00:14:18,999

he could have a line of sight to the

334

00:14:24,749 --> 00:14:21,550

object but he's in the other room right

335

00:14:27,419 --> 00:14:24,759

and we saw an interesting deviation at

336

00:14:29,160 --> 00:14:27,429

that point which again was was

337

00:14:30,739 --> 00:14:29,170

significant only if I isolate that

338

00:14:33,600 --> 00:14:30,749

episode okay

339

00:14:35,579 --> 00:14:33,610

we also experimented with putting a few

340

00:14:37,739 --> 00:14:35,589

objects in the glass and all working

341

00:14:39,660 --> 00:14:37,749

together on moving those objects so

342

00:14:40,949 --> 00:14:39,670

we're working now as a team on one group

343

00:14:43,350 --> 00:14:40,959

of objects and you see where the point

344

00:14:44,910 --> 00:14:43,360

where the glass was placed and then

345

00:14:47,730 --> 00:14:44,920

going back through the video I marked

346

00:14:48,929 --> 00:14:47,740

the point where people like where

347

00:14:52,169 --> 00:14:48,939

actually one of my colleagues like her

348

00:14:54,480 --> 00:14:52,179

just she just slumped forward like in

349

00:14:56,400 --> 00:14:54,490

exhaustion basically and from that point

350

00:15:00,509 --> 00:14:56,410

that the it seemed like the field effect

351
00:15:02,759 --> 00:15:00,519
was it over okay and again that was a

352
00:15:04,499 --> 00:15:02,769
significant moment so this got me kind

353
00:15:06,419 --> 00:15:04,509
of thinking that well it'd be nice to

354
00:15:09,150 --> 00:15:06,429
have this at home with the camera set up

355
00:15:10,980 --> 00:15:09,160
so I can look at not only just the

356
00:15:12,389 --> 00:15:10,990
entire session with the reg but also

357
00:15:15,569 --> 00:15:12,399
like what are these kind of key moments

358
00:15:17,400 --> 00:15:15,579
that were we're happening perhaps they

359
00:15:18,869 --> 00:15:17,410
can isolate just the movements might be

360
00:15:23,129 --> 00:15:18,879
might be something interesting to look

361
00:15:24,960 --> 00:15:23,139
at okay so in the second phase I call

362
00:15:27,480 --> 00:15:24,970
this kind of a test phase where I had 15

363
00:15:30,720 --> 00:15:27,490

test sessions with the same basic basic

364

00:15:33,030 --> 00:15:30,730

setup as phase 1 the training phase but

365

00:15:35,430 --> 00:15:33,040

this time I'm I'm also synchronizing the

366

00:15:42,030 --> 00:15:35,440

with the video capture of the object in

367

00:15:45,060 --> 00:15:42,040

the glass okay so not too awesome

368

00:15:50,249 --> 00:15:45,070

results with overall session data and

369

00:15:55,530 --> 00:15:50,259

also not too surprising we I did not see

370

00:15:59,160 --> 00:15:55,540

any real interesting data in the in the

371

00:16:00,930 --> 00:15:59,170

regs but I thought well maybe I can try

372

00:16:03,689 --> 00:16:00,940

to isolate just the movements and see

373

00:16:06,509 --> 00:16:03,699

perhaps if there's if these things are

374

00:16:08,160 --> 00:16:06,519

really correlated maybe when isolated

375

00:16:09,329 --> 00:16:08,170

movements just like it was in the

376

00:16:10,769 --> 00:16:09,339

workshop when there seems to be

377

00:16:12,240 --> 00:16:10,779

something really going on with the

378

00:16:14,519 --> 00:16:12,250

object that's when I would see the Reg

379

00:16:15,569 --> 00:16:14,529

data start to play around so I created

380

00:16:18,569 --> 00:16:15,579

what I thought was a pretty clever

381

00:16:20,850 --> 00:16:18,579

little app in my MATLAB GUI interface I

382

00:16:24,420 --> 00:16:20,860

created basically the equivalent of like

383

00:16:26,670 --> 00:16:24,430

a video reviewer and I was able to mark

384

00:16:29,040 --> 00:16:26,680

the segments in the video which were in

385

00:16:30,809 --> 00:16:29,050

and out points in the timeline and then

386

00:16:32,699 --> 00:16:30,819

that would show me the ins and outs of

387

00:16:36,420 --> 00:16:32,709

the random data that was associated with

388

00:16:39,420 --> 00:16:36,430

that session makes sense so now this is

389

00:16:42,740 --> 00:16:39,430

isolated movements just the movements

390

00:16:46,379 --> 00:16:42,750

when the when the object was moving and

391

00:16:50,579 --> 00:16:46,389

we got two out of about 52 individual

392

00:16:52,019 --> 00:16:50,589

movements so again nothing too too

393

00:16:53,370 --> 00:16:52,029

strong of a book of a correlation

394

00:16:56,059 --> 00:16:53,380

between the movement of the physical

395

00:16:58,889 --> 00:16:56,069

object and the movement of the of the

396

00:17:02,009 --> 00:16:58,899

reg okay

397

00:17:06,419 --> 00:17:02,019

so I do I think I'd only think I pointed

398

00:17:08,069 --> 00:17:06,429

out with respect to my testing session

399

00:17:09,990 --> 00:17:08,079

once I was able to move the object that

400

00:17:12,480 --> 00:17:10,000

first time I have not had a single

401
00:17:14,789 --> 00:17:12,490
failure I have I was able to have 15 out

402
00:17:18,870 --> 00:17:14,799
of 15 sessions where I was able to move

403
00:17:20,970 --> 00:17:18,880
the foil object right so there seem to

404
00:17:23,819 --> 00:17:20,980
be some some definite practice effects

405
00:17:27,149 --> 00:17:23,829
which I'll get into but let's talk about

406
00:17:28,380 --> 00:17:27,159
the decline one question that always

407
00:17:30,090 --> 00:17:28,390
comes up as a decline effect and we

408
00:17:32,130 --> 00:17:30,100
definitely see maybe some indications of

409
00:17:34,770 --> 00:17:32,140
that and the reg data with respect to

410
00:17:37,350 --> 00:17:34,780
the physical object if I look at the

411
00:17:39,450 --> 00:17:37,360
proportion of total time of the session

412
00:17:42,240 --> 00:17:39,460
that the object was spent in motion you

413
00:17:44,820 --> 00:17:42,250

kind of see this interesting graph here

414

00:17:46,230 --> 00:17:44,830

where they're after Stage four after the

415

00:17:46,730 --> 00:17:46,240

fourth session it seems to kind of

416

00:17:50,299 --> 00:17:46,740

decline

417

00:17:51,560 --> 00:17:50,309

a bit but this might be explained by

418

00:17:52,790 --> 00:17:51,570

some other factors such I was

419

00:17:54,350 --> 00:17:52,800

experimenting with other things like

420

00:17:56,120 --> 00:17:54,360

taking my hands off and never putting

421

00:17:58,990 --> 00:17:56,130

him on the glass etc which may it took a

422

00:18:02,630 --> 00:17:59,000

little longer to get the object moving

423

00:18:04,130 --> 00:18:02,640

and their overall correlation you know

424

00:18:07,820 --> 00:18:04,140

you can kind of see it also inclines

425

00:18:09,560 --> 00:18:07,830

back again after session 11 so overall

426

00:18:11,000 --> 00:18:09,570

what I experienced was more of a

427

00:18:12,440 --> 00:18:11,010

practice effect it seemed like I was

428

00:18:13,880 --> 00:18:12,450

able to keep the object in motion more

429

00:18:17,960 --> 00:18:13,890

as if I was doing the same thing with my

430

00:18:20,150 --> 00:18:17,970

hands on the glass also this is the the

431

00:18:22,490 --> 00:18:20,160

amount of time it took before the first

432

00:18:23,390 --> 00:18:22,500

movement occurred and you'll see there's

433

00:18:24,890 --> 00:18:23,400

kind of a blip there when I was

434

00:18:26,799 --> 00:18:24,900

experimenting but overall I was able to

435

00:18:29,720 --> 00:18:26,809

get the object moving pretty quickly so

436

00:18:32,270 --> 00:18:29,730

some conclusions I do think that the

437

00:18:36,890 --> 00:18:32,280

method that Shawn endorses is highly

438

00:18:39,110 --> 00:18:36,900

trainable replicable and has a minimal

439

00:18:40,760 --> 00:18:39,120

learning curve and as I mentioned

440

00:18:44,270 --> 00:18:40,770

there's 15 out of 15 tests that I had

441

00:18:47,780 --> 00:18:44,280

some movement with intention the

442

00:18:52,190 --> 00:18:47,790

evidence suggested at least of a decline

443

00:18:54,110 --> 00:18:52,200

effect in the micro and there might be

444

00:18:55,730 --> 00:18:54,120

likely practice effects the macro though

445

00:18:56,960 --> 00:18:55,740

it seemed like the more I practiced I

446

00:19:01,910 --> 00:18:56,970

was having better and better results

447

00:19:03,980 --> 00:19:01,920

over time so my question was it can we

448

00:19:06,169 --> 00:19:03,990

detect a reliable signature of macro

449

00:19:08,180 --> 00:19:06,179

pique or sigh more generally buried

450

00:19:10,100 --> 00:19:08,190

within the random data and I would say

451

00:19:11,660 --> 00:19:10,110

not likely using the present methods

452

00:19:15,080 --> 00:19:11,670

these things seem to be very resilient

453

00:19:18,950 --> 00:19:15,090

to p-values and traditional methods such

454

00:19:21,230 --> 00:19:18,960

forth and I started asking is this

455

00:19:22,520 --> 00:19:21,240

really a signal-to-noise problem or are

456

00:19:24,470 --> 00:19:22,530

we really telling with the frame of

457

00:19:27,049 --> 00:19:24,480

reference problem

458

00:19:28,520 --> 00:19:27,059

these micro effects and especially when

459

00:19:30,440 --> 00:19:28,530

you think about how the sync text was

460

00:19:32,150 --> 00:19:30,450

working they seem to track more with the

461

00:19:34,520 --> 00:19:32,160

profundity of the experience the

462

00:19:35,660 --> 00:19:34,530

meaningfulness your first session where

463

00:19:39,230 --> 00:19:35,670

you're sitting down you're starting a

464

00:19:42,200 --> 00:19:39,240

new regimen of you know meditation might

465

00:19:43,669 --> 00:19:42,210

be more meaningful in some sense then

466

00:19:44,810 --> 00:19:43,679

once the objects kind of moving and you

467

00:19:47,030 --> 00:19:44,820

know you can move it it doesn't have

468

00:19:50,240 --> 00:19:47,040

that same kind of novelty that came up

469

00:19:53,080 --> 00:19:50,250

earlier right so some questions is micro

470

00:19:55,520 --> 00:19:53,090

pique is trainable or is trainable as

471

00:19:57,650 --> 00:19:55,530

macro giving the trium approach so

472

00:19:59,730 --> 00:19:57,660

luckily I was able to put herb and Sean

473

00:20:00,960 --> 00:19:59,740

together and maybe we can work on

474

00:20:02,520 --> 00:20:00,970

you know experimenting with different

475

00:20:04,320 --> 00:20:02,530

means than just these in cross

476

00:20:07,350 --> 00:20:04,330

cross-pollinating methods as far as

477

00:20:09,600 --> 00:20:07,360

meditation techniques etc and can a

478

00:20:11,190 --> 00:20:09,610

signature be identified with it may be

479

00:20:12,419 --> 00:20:11,200

like machine learning approaches looking

480

00:20:14,130 --> 00:20:12,429

at the rigged data maybe there's some

481

00:20:17,340 --> 00:20:14,140

kind of pattern within the data that's

482

00:20:20,100 --> 00:20:17,350

not so amenable just to the p-values for

483

00:20:22,410 --> 00:20:20,110

example so for future directions I'll be

484

00:20:25,160 --> 00:20:22,420

looking at laboratory study with more a

485

00:20:27,720 --> 00:20:25,170

priority to possess hypotheses defined

486

00:20:29,820 --> 00:20:27,730

increased rigor and pre-registration of

487

00:20:31,680 --> 00:20:29,830

course and I'd like to think about

488

00:20:33,120 --> 00:20:31,690

extending the current paradigm into like

489

00:20:36,720 --> 00:20:33,130

remote influencing that Shawn talked

490

00:20:38,730 --> 00:20:36,730

about earlier so just want to briefly

491

00:20:41,760 --> 00:20:38,740

acknowledge especially York and and

492

00:20:43,980 --> 00:20:41,770

Roger for all of the patients while I

493

00:20:46,320 --> 00:20:43,990

was kind of pinging them over email and

494

00:20:48,299 --> 00:20:46,330

Facebook and really trying to hone down

495

00:20:50,190 --> 00:20:48,309

the methods this is not by any means a

496

00:20:51,840 --> 00:20:50,200

tacit endorsement of these methods

497

00:20:54,180 --> 00:20:51,850

perhaps I got it wrong and I'm sure I'll

498

00:20:55,799 --> 00:20:54,190

hear about that in a moment but they

499

00:20:57,570 --> 00:20:55,809

were very very helpful and I do

500

00:21:00,150 --> 00:20:57,580

appreciate that and also of course to

501
00:21:02,790 --> 00:21:00,160
Shawn who taught me this technique who I

502
00:21:04,980 --> 00:21:02,800
think is doing a wonderful work and I

503
00:21:06,900 --> 00:21:04,990
would highly recommend his book if you'd

504
00:21:09,470 --> 00:21:06,910
like to find out yourself how to do this

505
00:21:19,600 --> 00:21:09,480
so thank you

506
00:21:31,610 --> 00:21:23,900
it's not a good sign or a bad sign can

507
00:21:32,960 --> 00:21:31,620
you hear me we were having a little mini

508
00:21:36,799 --> 00:21:32,970
conversation here that maybe you've

509
00:21:39,140 --> 00:21:36,809
demonstrated that your cat a very

510
00:21:42,770 --> 00:21:39,150
powerful wizard because possibly was

511
00:21:44,510 --> 00:21:42,780
involved in multiple yeah this is

512
00:21:47,690 --> 00:21:44,520
definitely a potential confound there's

513
00:21:49,400 --> 00:21:47,700

always the there's the whole story about

514

00:21:55,360 --> 00:21:49,410

the meditator and the cat you've heard

515

00:22:00,169 --> 00:21:57,740

monks cats always bothering him when he

516

00:22:02,720 --> 00:22:00,179

meditates so he ties the cat outside and

517

00:22:04,430 --> 00:22:02,730

now five generations later the students

518

00:22:09,290 --> 00:22:04,440

think to go into the temple to meditate

519

00:22:17,240 --> 00:22:09,300

you have to tie a cat outside yeah could

520

00:22:18,890 --> 00:22:17,250

you talk a little bit okay could you

521

00:22:21,669 --> 00:22:18,900

talk a little bit more about Singh text

522

00:22:26,270 --> 00:22:21,679

because like I'm assuming there's a

523

00:22:29,600 --> 00:22:26,280

number of free written messages that

524

00:22:30,860 --> 00:22:29,610

it's using is that correct it's probably

525

00:22:33,200 --> 00:22:30,870

appropriate to talk about it in the past

526

00:22:34,810 --> 00:22:33,210

tense unfortunately but I hear there's

527

00:22:38,900 --> 00:22:34,820

some good things on the horizon

528

00:22:42,470 --> 00:22:38,910

so it was configurable it did offer

529

00:22:44,299 --> 00:22:42,480

several pallets of potential texts I the

530

00:22:45,860 --> 00:22:44,309

one that I started off with with the cat

531

00:22:48,169 --> 00:22:45,870

that you saw was actually a fortune

532

00:22:51,860 --> 00:22:48,179

cookie set but then I started playing

533

00:22:54,020 --> 00:22:51,870

around with aphorisms or different

534

00:22:55,250 --> 00:22:54,030

quotes or things that had come to me in

535

00:22:58,250 --> 00:22:55,260

different periods that I felt like

536

00:22:59,240 --> 00:22:58,260

really that were insightful or profound

537

00:23:02,510 --> 00:22:59,250

so they were almost kind of like

538

00:23:04,520 --> 00:23:02,520

messages for myself I did make me wonder

539

00:23:06,230 --> 00:23:04,530

though if with a larger palette of

540

00:23:07,910 --> 00:23:06,240

potential questions if it could get a

541

00:23:09,530 --> 00:23:07,920

little bit more specific because if you

542

00:23:11,480 --> 00:23:09,540

have a limited palette there's only so

543

00:23:12,560 --> 00:23:11,490

many things that it could tell you but I

544

00:23:13,669 --> 00:23:12,570

thought some of them are kind of

545

00:23:15,230 --> 00:23:13,679

interesting that they still seem to

546

00:23:17,270 --> 00:23:15,240

match with subjectively what was

547

00:23:23,960 --> 00:23:17,280

happening at the time right okay thank

548

00:23:26,730 --> 00:23:25,380

really fast

549

00:23:28,290 --> 00:23:26,740

I don't think we've told you about this

550

00:23:30,720 --> 00:23:28,300

but we did a study a number of years ago

551
00:23:32,490 --> 00:23:30,730
where we set our sync text messages that

552
00:23:34,290 --> 00:23:32,500
were like 1 through 7 the dog is

553
00:23:37,440 --> 00:23:34,300
sleeping yeah mark told me a little bit

554
00:23:42,480 --> 00:23:37,450
about that 24 hours a day and we matched

555
00:23:45,450 --> 00:23:42,490
the sync text that's yeah that's awesome

556
00:23:47,070 --> 00:23:45,460
thing Tech liked our doll yeah that's

557
00:23:49,640 --> 00:23:47,080
awesome and so it is kind of neat that

558
00:23:53,520 --> 00:23:49,650
there may be ways to kind of pin a

559
00:23:55,260 --> 00:23:53,530
statistic to it but you know it's it's

560
00:23:57,150 --> 00:23:55,270
also kind of interesting about some of

561
00:23:58,980 --> 00:23:57,160
these effects how what we find the most

562
00:24:00,540 --> 00:23:58,990
profound and life is really hard to

563
00:24:02,610 --> 00:24:00,550

quantify in any meaningful way to

564

00:24:04,770 --> 00:24:02,620

someone else and that's another reason

565

00:24:07,020 --> 00:24:04,780

why I really strongly advocate the

566

00:24:09,410 --> 00:24:07,030

first-person approach is that you you

567

00:24:13,020 --> 00:24:09,420

can't necessarily convey an experience

568

00:24:14,670 --> 00:24:13,030

with methodology or statistics and data

569

00:24:18,000 --> 00:24:14,680

tends to be a very thoroughly

570

00:24:19,920 --> 00:24:18,010

unconvincing medium to communicate these

571

00:24:22,590 --> 00:24:19,930

things as we all have been struggling

572

00:24:24,630 --> 00:24:22,600

with for many of you your entire careers

573

00:24:27,450 --> 00:24:24,640

right but if we could get more people

574

00:24:29,640 --> 00:24:27,460

having their own first-hand experience I

575

00:24:30,510 --> 00:24:29,650

think it's better a number one for

576

00:24:33,990 --> 00:24:30,520

understanding the underlying

577

00:24:36,060 --> 00:24:34,000

phenomenology but be then you don't have

578

00:24:37,650 --> 00:24:36,070

to convince them now let's like take

579

00:24:38,880 --> 00:24:37,660

this forward cuz I think it's it's we

580

00:24:41,850 --> 00:24:38,890

got to get well past the point of

581

00:24:43,320 --> 00:24:41,860

proving or establishing the baseline

582

00:24:44,700 --> 00:24:43,330

that this is real and now let's think

583

00:24:46,260 --> 00:24:44,710

about like how do we use it which I

584

00:24:48,150 --> 00:24:46,270

think it's great why we came to the

585

00:24:49,980 --> 00:24:48,160

conference with the theme of applied

586

00:24:52,560 --> 00:24:49,990

light let's take this out and let's do

587

00:24:54,840 --> 00:24:52,570

something with it so yeah more I may

588

00:24:56,640 --> 00:24:54,850

have misunderstood but did you say that

589

00:24:59,430 --> 00:24:56,650

there was a decline effect in the micro

590

00:25:02,550 --> 00:24:59,440

PK but not the macro pk I said it was

591

00:25:04,170 --> 00:25:02,560

suggestive of a decline effect I don't I

592

00:25:06,540 --> 00:25:04,180

don't think I have enough data to put a

593

00:25:08,280 --> 00:25:06,550

really stake in the ground there because

594

00:25:10,260 --> 00:25:08,290

those first I only had a to two

595

00:25:12,840 --> 00:25:10,270

significant sessions out of the whole

596

00:25:14,460 --> 00:25:12,850

batch so yeah but the real question is

597

00:25:17,100 --> 00:25:14,470

if that's correct

598

00:25:19,920 --> 00:25:17,110

why how would you explain a decline

599

00:25:21,720 --> 00:25:19,930

effect in one type of pk but not the

600

00:25:24,150 --> 00:25:21,730

other if they're happening at the same

601
00:25:26,850 --> 00:25:24,160
time so it might go to our understanding

602
00:25:28,620 --> 00:25:26,860
of what the micro PK is actually picking

603
00:25:31,500 --> 00:25:28,630
up on and within the context of this

604
00:25:32,460 --> 00:25:31,510
experiment or within you know like let's

605
00:25:35,750 --> 00:25:32,470
say the global consciousness project

606
00:25:39,890 --> 00:25:35,760
cetera I may not be track

607
00:25:41,000 --> 00:25:39,900
sigh in this context because it's

608
00:25:42,919 --> 00:25:41,010
running in the background it's not like

609
00:25:44,270 --> 00:25:42,929
I was hoping to have a sigh detector

610
00:25:45,770 --> 00:25:44,280
like something I could get reverse

611
00:25:46,840 --> 00:25:45,780
inference from like maybe it rings a

612
00:25:50,120 --> 00:25:46,850
bell like hey something's happening

613
00:25:52,820 --> 00:25:50,130

that's deviating that would be great but

614

00:25:55,130 --> 00:25:52,830

it seems instead to be like the

615

00:25:57,730 --> 00:25:55,140

profundity or the meaningfulness right

616

00:26:00,200 --> 00:25:57,740

and so as I was getting more and more

617

00:26:02,240 --> 00:26:00,210

capable of moving the physical objects

618

00:26:04,340 --> 00:26:02,250

my emotional states more of a baseline

619

00:26:05,720 --> 00:26:04,350

I'm not having this like aha Eureka I

620

00:26:07,390 --> 00:26:05,730

just moved the thing for the first time

621

00:26:09,830 --> 00:26:07,400

I can't believe I can do piqué

622

00:26:11,810 --> 00:26:09,840

experience I was having like let's sit

623

00:26:14,650 --> 00:26:11,820

down let's you know practice our little

624

00:26:17,150 --> 00:26:14,660

thing and let's collect some data and so

625

00:26:19,070 --> 00:26:17,160

perhaps the micro is really more

626

00:26:22,100 --> 00:26:19,080

responding to that emotionality or

627

00:26:23,360 --> 00:26:22,110

something more rich or meaningful at a

628

00:26:24,650 --> 00:26:23,370

different layer that's why I said I

629

00:26:25,789 --> 00:26:24,660

don't know that these the way we're

630

00:26:27,470 --> 00:26:25,799

looking at it as a signal to noise

631

00:26:31,010 --> 00:26:27,480

problem is really the answer it might

632

00:26:32,680 --> 00:26:31,020

need a frame of reference problem in the

633

00:26:35,720 --> 00:26:32,690

frame of reference we think of like

634

00:26:39,169 --> 00:26:35,730

guiding what's guiding my life course

635

00:26:42,230 --> 00:26:39,179

some of these synchronicities or these

636

00:26:43,880 --> 00:26:42,240

big moments are meaningful they're more

637

00:26:45,200 --> 00:26:43,890

powerful at a higher frame of reference

638

00:26:47,690 --> 00:26:45,210

it's not just this like day-to-day

639

00:26:48,919 --> 00:26:47,700

embodied 3d fluctuations that we're

640

00:26:50,780 --> 00:26:48,929

picking up on I don't know if that makes

641

00:26:54,910 --> 00:26:50,790

sense but I'm happy to talk more later