

Evan 1
Evan Sampling Day 1

Below in black is a word-for-word transcript of the July 11 sampling interview 1 with Evan that is available on YouTube at https://youtu.be/WVNM_xuzwAY. In green are Russ's comments, and in blue are Gualtiero's comments about and explanations of the Descriptive Experience Sampling process inserted after the interview. If you have corrections, suggestions, or questions, please post them as YouTube comments.

RTH = Russ Hurlburt

GP = Gualtiero Piccinini

Evan = Evan Mcgloughlin

- 0:04 RTH: So this is going to be Evan's first crack at, uh, descriptive experience sampling. He's got the beeper and we're accumulated in different places around the world, I guess. And, uh, and anything we should be talking about before we take a look at beeps?
- 0:23 Evan: I don't think so. I have my beeps ready to go, ready to be interrogated, ready to be questioned.
- 0:29 RTH: Okay. And, uh, Gualtiero, we haven't, we haven't choreographed how we're gonna do this. I would say I should probably *start* and then you should feel free to ask whatever questions that, that you want, any, at any time. And then when we get to the second beep, then we should decide whether (or we can decide now or then) whether you want to be in the primary interviewer about the second beep, or whether you want me play the short stuff for the whole first interview, or... You got a thought about that?
- 1:00 GP: Yeah, you should do, you should do at least a few. Okay. Before I try to get started, you'll have better questions than I do cuz you have *way* more practiced with this.
- 1:11 RTH: Yeah, I would, I would say that's probably a good idea. I, what I would say in general is that DES first interviews are, are the hardest part of DES. And, uh, uh, because nobody knows what they're talking about. Evan doesn't know what I'm asking. I don't know what Evan's thinking about. So the everything is, is a challenge on the first day. So I would say I'll, I'll be the, I'll be the primary interviewer and, uh, Gualtiero you should feel free to ask whatever, whenever.
- 1:44 GP: Sounds good.
- 1:45 RTH: All right, then I, if everybody else is ready, I'm ready to ask Evan about what was in your experience at the moment of the first beep.

SAMPLE 1.1 DISCUSSION STARTS HERE

- 1:55 Evan: So I was, I'm just gonna read out exactly what I have written down. [RTH: Okay.] So I was working with my laptop on my lap. I was reading in my head, moving my lips, but not out loud. So I have the whole sentence here. I know this, a confusion I had was if it beeped, and I was in the middle of reading a sentence, do you just want me to write down kind of the one word at that second, or the whole sentence? I just wrote down the whole sentence, which was just, "this paper is essential reading for clinicians, learning about acquired aphantasia." So I was just reading an aphantasia paper and taking notes. So I just wrote down kind of the whole sentence that I was very confident when the beep happened. I was speaking it in my head, wording it with my mouth, but no words were coming out.
- 2:43 I also noticed that the fan was blowing, it's very hot in Barcelona. So I carry my, basically carry my fan at around of me at all times. [holds up desktop fan] Fan was blowing. I could faintly hear the sound of the fan, very, very faintly. But what was nor, *more* noticeable was that it was slightly blowing a few hairs on my forehead, which was kind of itching me. So kind of just slightly blowing one or two hairs at the front. And that was kind of rubbing against my forehead. And I noticed that that was tiny, moderately itchy. And that was my, that was my first beep. That's what,
- 3:20 RTH: Okay. So I'm, I'm hearing that there are three or four sort of deals there. One is, I'm reading a paper and I'm speaking those words in my head. Is that, is that right, for a first...?
- 3:33 Evan: Yeah. And, and, and mouthing it out. I was pretty cautious that I was mouthing it out, but the words weren't coming out loud in this, in this incident.
- 3:42 RTH: Okay. And then the fan is blowing and is, and the fan blowing, and I hear the fan, and I feel the, I feel the, the wind on my face and on particularly the hair on my forehead. Yes. And is, is that all one thing? Or does that seem like sort of separate things? Like I'm hearing it and I'm knowing that it's on and I'm feeling the hair on my forehead and itchy.
- 4:10 Evan: The sound feels like a different experience, and the wind. Yeah, I think they're separate experiences. So there's, there's the sound which I can very faintly hear, and then the wind on my face and then the, the sort of itchiness, they feel like separate experiences to me.
- 4:26 RTH: Okay. And, and are, is some of those more salient to you, more directly apprehended?
- 4:34 Evan: I, at the moment, at that time it felt like the kind of itchiness in my forehead was, was...
- 4:40 RTH: Sort of the prominent thing?
- 4:43 Evan: More prominent than the, than the sound or even the, the wind hitting me at that point. The air hitting me at that point.
- 4:50 RTH: And more prominent than the reading?

- 4:53 Evan: The reading, the reading was probably the most prominent, the words. And then in terms of my sensory experience, I guess out of those things, the, the hair on the forehead was the most [RTH: Okay.] prominent sensory experience.
- 5:06 RTH: Alright. And then, and then between the reading and the sensory experiences, the reading is more prominent. And would you say 60—40 more prominent, or 90—10 more prominent, or 99—1 or...? And I don't really care about the numbers. I just wanna, I wanna know what you mean by *more*.
- 5:26 Evan: I am maybe 70—30
- 5:30 RTH: With, so pretty, pretty substantially, *mostly* I am reading...
- 5:36 Evan: Yes. Yeah, for sure.
- 5:38 RTH: Okay, well let's start, let's start with that. So I am, I am reading first off, with comprehension? I'm reading with, so I know what I'm reading, and this is a yes, I feel like I'm, I feel like I'm getting the meaning along with the words. I'm mouthing the words, but or mouthing the words, but I'm also getting the meaning?
- 5:59 Evan: Yes.
- 6:00 RTH: Okay. And you gave us the whole sentence, but uh, I also gathered that you could tell us where, where along in there the beep was. Is that right? More or less? Or not?
- 6:12 Evan: I, I feel like I remember it being pretty much the end of the sentence.
- 6:18 RTH: Okay. And, uh, the words, I am speaking. So first off, I want to, I want to, I wanna say that just because we're reading doesn't necessarily mean that we're speaking. So I don't want us to fall into the trap of thinking, *well, I'm reading, therefore I must be speaking*. So do I, do I experience myself to be speaking?
- 6:44 Evan: I have a very strong memory of like, moving the lips. [RTH: Okay.] So I'll do like, like I, I, I have a memory of definitely mouthing the, mouthing the words, but not, not vocalizing it in that, in that moment.
- 6:57 RTH: And is the, is the word mouth movement, the central part of that experience? It's more, more mouth-y than it is word-y, or
- 7:09 Evan: I'd say it's more word-y than, than mouth-y, but I definitely a memory of both.
- 7:14 RTH: Okay. And, and is there a voice involved as well? Do I, do I experience an inner voice?
- 7:27 Evan: I don't really know what that sentence means. [laughs] [RTH: Okay.] Do I, do I experience an inner voice? It's a really good question.
- 7:34 RTH: Well, and in the first place, I don't know what that sentence means either. So we're, we're trying to figure out what all these sentences mean. And ba, basically we're

trying to figure out what's Evans experience is like, given that we're constrained by using words, words to communicate with each other. So *some* people say, y'know, "I'm, I'm, I'm speaking to myself in my head, and I, and it feels like Evan's voice, feels my voice." And, and, and, but *they*—some people—don't emphasize the mouth-y aspect of it. And so it would be, would be possible to be experiencing the words going by *mostly* as a mouthy thing. That would be fine with me. I, I don't have any preference one way or the other. I'm just,

- 8:18 Evan: I would, I would say that I don't, the words are definitely prominent in my mind, but I don't think I have my voice necessarily attached to it. I don't hear my accent necessarily.
- 8:32 RTH: So this is *not* an inner *auditory* experience, this is an inner motor experience and an inner semantic, I guess somehow the, the words, the words...
- 8:45 Evan: That sounds roughly, roughly correct.
- 8:48 RTH: Okay. And then I think I'm ready to move on to the next portion unless Evan, or unless Gualtieri's got questions about that. You wanna,
- 8:59 GP: I have, I have a question. Was there also a visual experience of the words on the page or on the screen, or was just, what was in the awareness? Was it mostly the, the, the, the, the movement of your mouth and the meaning of the words?
- 9:18 Evan: So this was kind of one uncertainty that I had. The sentence was definitely in my visual field. I was reading it off my laptop. Whether that means it was, I wouldn't say it was a prominent aspect of my experience, although I, y'know, it was definitely in my visual field. But was what was more prominent, I would say were the words my mouth, the fam what I mentioned that that's where I was unsure on, do I write down things that I kind of had in my visual field? Like what part is that part of the experience? I was kind of uncertain on that. It was definitely a lesser amount, but you might say it was 5% of the experience or, or something. I don't know.
- 9:53 GP: Okay. Yeah. And was there a, um, an any aspect of the mouthing of the words that was, that felt like you were doing this on purpose, intentionally? Or was it, did it feel more like a kind of automatic thing that happens on its own?
- 10:15 Evan: I think it happens when I'm trying to focus and really understand something just, just as a way for me to zone in on the task and give more effort.
- 10:26 GP: So it kind of ha, it kind of happens. It's something that your mouth does when you're trying to focus on the meaning of what you're reading.
- 10:34 Evan: Yeah. I don't have like any intentionality of like, *now I'm going to start wording the*, like, it's, it's something that just happens.
- 10:42 GP: Yeah. Okay. Thanks.

- 10:46 RTH: So what I, what I would say about the, about the intention of like what's on the visual field or whatever: It, it is not the aim, *not* the aim of DES to, to, to try to get a *complete catalog* of all sensory modalities. [Evan: Yeah.] So just because my eyes are open and aimed at the words, I'm clearly, clearly they're seeing the words because I'm saying them. So there's no question about that. The, the question is whether I experience the visual aspect in my before-the-footlights-of consciousness and, and I'm, I'm accepting maybe like 5% or 2% or whatever it was that you said. Some small percentage of it is visual it. [Evan: Yeah.] I don't, I don't want to give us the impression that we are out looking for a complete catalog of all experiences.
- 11:32 Evan: Yeah.
- 11:33 RTH: I think, I think that's actually not possible with the
- 11:37 Evan: Yeah, that sounds about right. So y'know, about 5%.
- 11:40 RTH: Okay.
- 11:41 Evan: Maybe less. It's hard to tell really.
- 11:41 Russ comments: Note that RTH does not try to distinguish between 5% and nothing. This is the first sampling day, and it's probably too fine a distinction to make, now or perhaps ever.
- 11:43 RTH: Okay. Then there's the fan sensory aspect, which seems like two aspects as I have understood it so far. One is about the *sound* of the fan and the other is about the *itchy* feeling of the wind against my hair forehead.
- 12:04 Evan: Uh, I guess it could be, it could be three if you break up like the air hitting my face and the, my hair kind of tickling my forehead, which was the itchy part, y'know. So that it, it could be, there's kind of two tactile, um, modalities there and then one auditory.
- 12:22 RTH: Okay. And those are, and, and those are present simultaneously, is that right? Experientially present simultaneously?
- 12:32 Evan: Yeah, I think I, I *think* so. Again, I think the sound would be a lot less. I think the itchiness was kind of bothering me, so it was a bit more in my consciousness. And then the airflow was nice. So that was a pleasant experience. So that was also present. But maybe less so than the, than the itchiness. I, I *think* they're separate. I think all three were in my awareness at the same time. Like one thing that's hard is that the beep happens and then you're kind of trying to like zoom back a little bit and you're kind of recalling experiences and you're kind of uncertain what was exactly in that second and what was in the following three seconds or five seconds. So it can be, y'know, I think that that was probably the main challenge I had was like, *was that the experience at that very second?* Or was it the kind of three seconds leading up to it?
- 13:16 RTH: So what I would say about all of that is, *good, I'm happy that you're worried about that or trying to figure that out.* That's, that's what the first day is about. And second, I

would, I would say, this is the first beep on the first day. And the, and none, none of these descriptions I'm expecting to be very good, cuz they're, we're trying to figure out what the task is.

13:35 Evan: Yeah.

13:35 RTH: And so it may very well get better, easier, as we, as we get to later days. And, uh, uh, maybe not, maybe it'll get worse, but we, we we'll see about that. But it's a, it's a *new* task and so we, we have to figure out what the parameters of the, of the task are.

13:53 But here, here again, I would say I'm not, I am *not* interested in a complete catalog of what the sensory is. So there's the sound of the fan, there's the feeling of the wind on my face, and there's the itch. Those, I'm, I'm accepting that those are all sensory stimulations that are going on. There's stuff going on in my ear from the sound and there's stuff, my, my whatever sensors I've got in my face that detect wind are there. And then I got the itchy part from, from my hair. And I'm gathering that the, of those, the itchy is the most salient.

14:32 Evan: Including the words? I would

14:34 RTH: Well, no, just in the sensory. Well, I think...

14:36 Evan: Just in the sensory than, yeah. Yeah. For sure. Okay.

14:38 RTH: And, and a lot more, a lot more about the itchy than the,

14:44 Evan: The wind. It's very hard to know. Let's say I am 60—30—10 split between the itchy wind sound, [RTH: Okay.] is my complete guess, y'know?

14:44 Russ comments: Good, first because Evan provides some numbers (which is good because it indicates that he is at least contemplating how present his experiential aspects were) and second because he acknowledges the imperfection of that process. That's a good start!

14:59 RTH: [laughs]. Okay. And, and, and, and so what, what I would say about the whole process is that I would, I would like us to take us, to recognize that we're doing is *taking stabs* at stuff and we're not gonna be very good at it until we get a little more practice at it. So I'm not gonna hold, hold you to that. And I hope that you won't hold, hold yourself or me or Gualtiero or anybody to what we did on the first day, *other than* we're trying to figure out how to do this

15:27 Evan: Learning process. For sure. I have loads of doubts and uncertainties. That's what this is for.

15:31 RTH: Cool. Then of, of the sensory aspects, the most prominent is the itchy.

15:39 Evan: Yeah.

15:40 RTH: And is that, well, tell me, tell me what that, tell me again what exactly that is.

15:46 Evan: So, so very central on the top of the forehead, like literally with these kind of hair, couple of hairs in the front, and then that the, the wind would be kind of jostling them back and forth. And the very tip of the hair would just be kind of touching off the, the forehead and just creating a mild kind of disturbance of, that's like a, a little bit itchy, I would say.

15:46 Russ comments: This is a good example of what DES calls subjunctification. Evan's use of the subjunctive mood *would* (three times!) is his grammar producer recognizing that he is not describing his experience at the moment of the beep. I'm happy to hear that, because it indicates that Evan down deep knows the difference between directly apprehended experience and all else, which is the heart of DES.

16:12 RTH: So the description that you just gave is, is I would, I would say, a physical-world description. "There's these hairs that whatever." And, and then the question is, well, is the physical world present in my experience or is it in my experience, is it the sensation of the itch? So the question is, do I feel an itch? Or am I somehow recognizing that the wind is blowing these hairs, and the tips are...?

16:40 Evan: I think, I think, uh, that was just my best explan.... Yeah. I was definitely experiencing itch, but I just don't know how, what words to, to put on that.

16:48 RTH: Okay.

16:49 Evan: Like, like, it, it, like all I could, all I, the only way I could think to describe it is just to, y'know, give a different scenario that you might experience that, rather than the actual words for the experience itself. If, y'know, like, I even feel it now very similarly, the kind of the, just the mild uncomfortableness. It's, it's just a mild uncomfortable tactile temptation. [RTH: Okay.] I dunno.

16:49 Russ comments: See the discussion below at 40:44.

17:14 RTH: So I feel is, is it then fair to say that I feel an itch on my forehead? [Evan: Yeah.] That's the pri that's the prime, that's of, of this aspect. That's the, that's the primary deal. I feel the, I feel an itch.

17:29 Evan: Sure. Yeah.

17:29 RTH: Yeah. And then when I have to tell these guys about it, I'm gonna say, well, y'know, the wind was blowing these hairs and the end we were hitting whatever. And I'm hoping that they're gonna feel the same thing. [Evan: Yes.] But that's all explanatory in the sense that my *experience* is of an itch. Is that right?

17:49 Evan: Yes. Yeah. For sure. Alright. And I've just never had to put words to that before, I guess, cuz you just say it's an itch. [RTH: Yeah.] Right?

17:56 RTH: Right.

17:57 Evan: Yeah.

17:58 RTH: And, and I, and I think you were actually more descriptive than to say that it was itch. You were, you were saying was it an itch? And it was *right here*. You were pretty specific about where, where this itch was. [Evan: Yeah. For sure.] This, this wasn't an itch around, across my whole forehead. This was an itch in a particular patch in the center top of my forehead.

18:15 Evan: Yeah.

18:15 RTH: And that I would, I would say that all is sort of sensory. I'm feeling it here and not here. And, and so, so the, a lot of DES and particularly in the first day is making a distinction between what is *directly apprehended* (which in this case would be the itch), and what is the, what, what could say the physical properties, that's what's causing the itch, even though I don't directly apprehending apprehend it. What I apprehend is the itch. [Evan: Right.] And then there's all kinds, there's all kinds of, you could say, cognitive things like going like, like I know that the, I, I *know* things about how much hair I've got and how much, y'know, how mu, how much it is, how many times I've had itches all before. All that stuff is part of my background cognition, I guess you could say. And uh, but none of that stuff is directly apprehended, I'm gathering. I'm gathering what's directly apprehended is my forehead itches.

19:18 Evan: Yeah, yeah, that's right.

19:21 RTH: Okay. Gualtiero, you got additional questions there? [GP: Okay. I'm good.] And *then* there's breeze on my face. Or there's breeze. I'm guessing on, *on my face* might be my words. I forget.

19:41 Evan: No, on my, yeah.

19:43 RTH: My whole face?

19:47 Evan: Yeah. The, the fan was off to one side. So I guess more prominently on the, the left side of my face.

19:53 RTH: Okay.

19:55 Evan: Again, I'm using logic, too.

19:55 Russ comments: I'm delighted: he demonstrates that he understands the important distinction between direct apprehension and inference. He'll need some practice, but the basic understanding is here.

19:56 RTH: There you go! You're using logic and that, and that is, that is part of the lecture of the first day. [Evan: Yeah!] What I want us to do is *not* use logic. [Evan: Yes.] I want, I want us to report what the experience was, not, *not* what would be reasonable for the experience *to have been* based on what I know about the physics of the, of the world.

- 20:15 Evan: Right! I guess what the experience would be is actually the cooling, because it's cool air. So that the experience would be more feeling a colder air on my face and that cooling me down and that feeling good.
- 20:32 RTH: And so is it fair to say that my experiences of a *pleasant coolness*, and the air is really not directly part of that? What I experience really is the coolness. It comes from the air. I know it comes from fan air, it depends on whatever that, but my *experience* is of pleasant coolness? Or is it pleasant *air* coolness, air, air blowing?
- 20:32 Russ comments: RTH does not expect him to be able to give a reliable answer. This question is iterative training in how to be descriptive about a phenomenon.
- 20:57 Evan: I can definitely feel it hitting my face quite saliently. So I think there is something hitting my face and then cooling me down.
- 21:05 RTH: So I feel the mechanical impact and the temperature cool. [Evan: Yes.] coolness.
- 21:11 Evan: Yes.
- 21:11 RTH: Which is of, coming from the fan.
- 21:14 Evan: Yes.
- 21:17 RTH: Okay. I'm good about that portion. And then the last portion is I *hear* the fan. And now we're down to the 10% of the 30%, which is something like 3% or something like that. So, so the question is, is do I really actually hear the fan? Is that part of my experience? Or is this, *I'm trying to be complete and give a...?*
- 21:17 Russ comments: As in 20:32, RTH does not expect him to be able to give a reliable answer. This question is iterative training in how to be descriptive about a phenomenon.
- 21:45 Evan: Yeah. This is probably definitely the, the sound in that exact moment is definitely the one that I have *least* confidence in. If I had just heard the fan before and I'm kind of inserting that into the experience, like did I actually, in that moment, was I hearing the fan? I don't know. In my, in my head, now, I would say yes, but faintly, but I don't, I don't have high confidence on that whatsoever. [laughs]
- 21:45 Russ comments: Neither do I, which is why in DES we discard the first day's samples. All this conversation is practice in learning to recognize what is and what is not directly apprehended (that is, is iterative training). BTW, this is absolutely *not* a criticism of Evan. *No one* is good at this on the first try.
- 22:06 RTH: Okay, fair, fair enough. So I'm good about beep number 1. Gualtierio, got any questions, more questions about that? [GP: I'm good.] And, and what I would say, Ev, Evan, is part of that descriptive experience sampling procedure, as a general rule is that we throw out the whole first day anyway, because I don't believe what you're saying and you don't know what I'm asking, and all that, all that stuff. [Evan: Yeah.]

And that's, and that is, that's not a criticism of Evan *in the slightest*. It is also not a criticism of Russ or Gualtierio in the slightest. It is the way this procedure has to work. We're, we're, we have to figure out like, like what you were just articulating (which was great as far as I was concerned), but what you were articulating was *uuhhh I'm not really sure whether this was a couple seconds before, or whether it was right at the beep, and now I can't remember*. [Evan: Yeah.] And the, and, and the moral to that story or the *implication* of that is, well, we would like to know what is being experienced at the moment of the beep. And maybe you're gonna get better at capturing that as you get some practice in hearing our questions and, and wearing the beeper, and responding to the beeper and knowing what the difference is between *ongoing* and *a few seconds before*.

23:16 Evan: Yeah, for sure. I, I already feel like I'm learning even in my physical descriptions rather than experiential. So I, I think I'm already, I'm already learning.

23:26 RTH: Okay. Well that's the object. [Evan: Yeah.] The, that's the object that I call *iterative*. I dunno whether I've ever used that word with *you*, but the, the iterative process is like a mathematician's iteration. We're gonna guess the value of function and then we're gonna plug it back in and see whether we can get a better value the next day. We're gonna plug it in and get another ba we might get, we might get better at this as we proceed.

23:51 Evan: Yeah. Yeah, absolutely.

SAMPLE 1.2 DISCUSSION STARTS HERE

23:52 RTH: Number 2, what was in your experience at beep 2?

23:57 Evan: So I was standing up in my kitchen. I was taking some fuet out of the plastic. Gualtierio might might know what fuet is. I don't know if Russ will know what fuet is, but taking some fuet out of some plastic. I'm realizing now, and I'm reading this, that it's way too much of a physical description rather than experiential [laughs]. I was watching the Tour de France on my laptop looking at Jonas Vingegaard, vaguely thinking about his form on the bike, that his spine looked very bent [laughs]. That's what I wrote.

23:57 Russ comments: Fuet is a Catalan sausage similar to salami.

24:32 RTH: And, and so there's, is, is it the case that there's sort of two things going on here? I'm taking whatever that is (which I don't know what it is) out of the plastic, and I'm watching the Tour de France?

24:45 Evan: Yeah. And I definitely had some sensation of holding plastic in my left hand, but I did write that down for some reason.

24:56 RTH: And is some aspect of that more prominent than some other aspect?

25:05 Evan: Was? I would say the holding the fuet in my left hand.

25:09 RTH: Is the most prominent?

25:15 Evan: I think so, no. Okay. But

25:17 RTH: Yeah, I, I didn't mean to say that doubtfully, I just, it sounded more doubtful than, it *sounded* more doubtful than I actually was. I guess I was surprised. I thought you were gonna say it was in the Tour de France, but, uh,

25:17 Russ comments: 25:17 is an example of RTH being candidly transparent, articulating his being somewhat surprised in the service of his having sounded doubtful.

25:28 Evan: I, I think this one beep 2 came like 60 seconds after beep 1. So I think it actually did catch me off a lot more than I expected. And I had to, I didn't have the notebook with me when I was in the room, so I had to kind of stop it and then run around to grab notebook. So I would place a little bit more skepticism on this one. But I, as far as I remember it, I think weirdly more prominently the experience was of the plastic wrapper in my hand, about to cut it.

25:28 Russ comments: When beeps come too close together, I often (usually?) just skip the second sample on the logic that it is too complicated to try to disentangle two experiences. I was on the verge of saying that, but the "weirdly more prominent" suggested to me that Evan did have a fairly clear apprehension of the beep-2 experience, so I went along with it. DES is performance art, and it might have been as good or better to have skipped this beep.

25:59 RTH: So this is a tactile experience.

26:03 Evan: Holding plastic. Yeah.

26:05 RTH: And holding the box of plastic or holding the plastic itself.

26:09 Evan: It's a plastic wrapper. Fuet is like a, a processed meat. So it's just like a, a long plastic, uh, wrapping on the, on the meat.

26:17 RTH: Okay. And, and so is my experience of holding the plastic or of holding the flat, is that what FLAT? Flat?

26:26 Evan: Fuet. Fuet.

26:28 RTH: Fuet!

26:29 Evan: Fuet. Fuet. Yeah, [laughs], um,

26:33 RTH: And so my...

26:33 Evan: Acutally I think I, tactile, I think I, uh, a feeling of the plastic against my fingers and hand.

26:39 RTH: Okay. So it's not about...

26:41 Evan: Also cognitive awareness that I'm holding it. It, I guess.

26:47 RTH: So the question is: which of which of those is experienced? And I don't have a preference there, but when I don't...

26:54 Evan: Tactile, for sure.

26:56 RTH: Okay. There's, there, there's no question that your cognitive apparatus knows that you're holding fuel and plastic. [Evan: Yeah.] Whatever the question is, whether that is directly apprehended, cuz your cognitive apparatus has a whole lot of stuff in it, y'know, [Evan: Yeah.] like the temperature outside, and the politics in the United States, and the, who's winning the Tour de France, and the [Evan: Yeah.] who's about to play in the tennis, in the tennis tournament. You got, there's *all kinds* of cognitive *stuff* that you are, that you are no doubt processing *at some level*. [Evan: Yes.] which is probably some semi-infinite list, all, all that stuff. But I'm gathering that the, this particular moment, most of that, or all of that, wasn't really there. What was, there was the feeling of the plastic.

27:49 Evan: Yes. Right. Now that's the most salient experience. Yes.

27:54 RTH: Okay. And I would say, what I've said before, is that you, you weren't really ready to have the, to, to take notes about this experience cuz he didn't know the kinds of specificity that I was gonna be asking. You, so that's just the way the first day or two goes.

28:13 Evan: For sure.

28:15 RTH: So primarily I have a tactile experience of the holding of the plastic in my left hand.

28:25 Evan: Yes. And then the visual experience of watching the Tour de France and making some cognitive note of his form on the bike, is, is what I've written down and I'm, what I'm consciously aware of that his spine was extremely bent.

28:41 RTH: And, and of, so, so of that portion, of the Tour de France portion, is the primary portion of that, the spine-bent-ness of it?

28:54 Evan: I think so. The, the, the, the form of him riding the bike.

29:01 RTH: Okay. And it seems like it *could be* either sort of a primarily *cognitive* thing—I am cognizing, thinking about the bent-ness of his spine—or it could be primarily a *visual* thing, where I am *noticing* the curved of his spine, and then when I gotta tell you these guys about it, I'm gonna say, well, his, his spine was bent. So does this seem like a *cognitive analytical* kind of a thing or more a *perceptual visual* seeing?

29:35 Evan: Co, cogniti, cognitive analytical, I would say. Is there also sort of a, a kinesthetic experience a little bit that you could be having where you're somewhat imagining

yourself in that position and you can kind of notice your own spine bending to a certain extent? Or imagining yourself in that, like a sort of a mirror-kinesthetic experience type thing?

29:57 RTH: Ab, absolutely that's possible. I don't, I don't, I don't, I don't *favor* one or the other. So we've got three different ways that we could, we could apprehend the curved of the spine, basically. Mostly visual, mostly cognitive, mostly mirror-motor, mirror-kinesthetic, or whatever.

29:57 Russ comments: As all or nearly all of RTH's questions, this comment is aimed at *tomorrow*: RTH is demonstrating that he is equally willing to discuss any aspect that directly presents itself to Evan.

30:16 Evan: Yeah. It's

30:18 RTH: Probably otherwise as well.

30:20 Evan: Yeah. I dunno if I've ever, again, consciously put that into categories, but I, I pretty sure I do that very often. I've been a sports coach most of my adult life. So when I see someone do something, an action, I feel like I, I do feel it in my body in a strange way that I, I don't think I've ever vocalized [laughs].

30:38 RTH: Okay. So, so I don't want to, I don't want to *minimize* nor overemphasize any one of those possibilities. Our object on the first day is basically to think about, try to communicate about how, what, what is experienced. And it *could* very well be that the primary portion of this experience at the moment of the people is feeling my own body as if it were bent in that, in that way. That'd be, that would be totally okay with me. But I don't want to say that that would be *more* okay with me than *thinking about* it or more Okay. Than *noticing the visual aspects* of it. Any, any one of those would be fine.

31:20 Evan: Yeah. Uh, I, I, I would say it was cognitive analytical first, like thinking about his spine position and kind of thinking about that. And then some sort of also motor experience of kind of imagining my body doing a sort of a similar action.

31:40 RTH: Okay.

31:41 Evan: But a lesser, lesser. So,

31:44 RTH: And in the cognitive aspect, is it, it that's, it's *very* curved? It's *more* curved? There's some comparative implication to this? So that looks not just, I'm noticing the curve, but it seems like it's *too* curved or *more* curved, or....?

32:05 Evan: Yeah, it definitely looked more curved than I expected. A spine of a leading Tour de France cyclist back to be. And then I guess it was that sort of intellectual curiosity in that as well.

32:18 RTH: Okay. So it's somehow a cognizing about *this shape* by comparison to the shapes of what I expected, something like that.

32:29 Evan: Yeah. Yeah.

32:30 RTH: It's not just the *shape*, it's the *shape by comparison to*.

32:37 Evan: For sure, what I would know about cycling and yeah.

32:41 RTH: Okay. And that I would say is what puts it into the, to the realm of cognitive experience where the visual, the visual experience would not necessarily be, the experience wouldn't be visual seeing by comparison to something else. It would be just, just seeing.

32:58 Evan: Right. Noticing the shape.

33:00 RTH: Right.

33:01 Evan: Yes. Yeah. Yeah. I, I understand the different, the, the difference there is, is clear.

33:12 RTH: Okay. [GP raises a finger.] [To GP] Go for it.

33:14 GP: Um, can we just go back for a few seconds to the fuet and the plastic, I think at the beginning you said that you felt not just the plastic, but that you were *removing* the fuet from the plastic or something like that. Do I remember right?

33:30 Evan: Yeah, I think that's right.

33:32 GP: So there was a, there was a, was there a motor aspect to the experience itself? Rhat you felt motion of either the fuet outta the plastic or you pulling the one out of the other?

33:49 Evan: I think right now the experience that I have is just the weight of it in my hand in the moment of the beep, rather than... [GP: Okay.] I probably had in my head somewhat the, or maybe it is probably subconscious, just I kind of knew that I was going to unwrap it, put it on the plate and, and start chopping, but I hadn't got that far, right. So maybe still maybe I, I dunno if some of that motor sequence is already sort of preloaded in your mind, but I don't think I was, I was aware of it. It was more just the weight of it in that moment.

34:20 GP: Yeah. So, so it sounds like even though you had a plan to remove the fuet from the plastic, and so you knew you were going to do that, that was not in your experience at the time of the beep, that general plan? [Evan: No. Yeah.] Okay.

34:41 Evan: Although I, I don't really know what that, that's a hard one to know what the difference is in terms of if I know I'm going to do it, and it's in my experience, I don't,

34:52 GP: Yes, I agree. [laughs], I agree. I, I've tried to do this kind of thing myself! [laughs].

34:57 Evan: Yeah. I don't like, y'know, it's there. But is that just, is it subconscious? I, I don't think it wasn't a prominent element of my experience, even though I knew I was gonna do it.

35:09 GP: Yeah.

35:10 RTH: So, so I, I've got two comments about that. One, one is about the, about what the, the point of the questioning. All the questionings that I am asking today are really aimed at tomorrow. I'm asking about things that happened today, but the, but my *object* is *not* to figure out what actually happened today, because I don't think you're very good at that. What I, the aim of my questions is to try to help us get in a position where we can do better tomorrow.

35:37 Evan: Yeah.

35:39 RTH: And uh, and then the.

35:41 GP: And *my* aim is to see if I can ask any meaningful questions! [laughs]

35:41 Russ comments: Here's how to tell whether you've asked a good question: If, as a result of your question, Evan describes or tries to describe his experience, then it was a good question. On the other hand, if Evan's response wanders off into theory or difficulty or anything else, then it was a bad question. (That is, it is *not* Russ or some rule about the format of a question that decides whether a question is good—it is Evan's response.)

GP has asked two questions here: At 33:14, was their motion in the fuet sensation? Evan's response was "I think right now the experience that I have is just the weight of it in my hand in the moment of the beep, rather than..." Evan clarified his experience; ergo, GP's 33:14 was good question.

At 34:20, did you experience a general plan? Evan's response was "Although I, I don't really know what that, that's a hard one to know what the difference is in terms of..." That was not about experience, ergo, bad question.

DES is a performance art, and the object is, over time, to figure out which questions lead to descriptions of or clarifications about experience and which question do not, and then to ask more questions of the first kind than of the second kind. But I emphasize that the aim is *not* to ask what *Russ would think of* as good questions—that puts Russ in the interfering middle between Gualtierio and Evan.

See also the comments at 38:11 and 43:28.

35:46 Evan: Your ones have been head scratchers as well. Don't worry. You're making me equally as confused as Russ, if that's your goal. [laughs],

35:52 RTH: And then, and then the other. So along, along the line of, of getting, getting better tomorrow, what, what I would say is what seems like a simple act of unwrapping the (whatever this product is. Is it S-W-A-Y? F-W-A-Y? What?

36:08 Evan: Gualtierio pronounces it differently than I do. It's F-U-E-T.

36:11 RTH: Yeah. Okay.

36:12 Evan: Fuet. As an American you would definitely pronounce that fwet, but if you're a Mediterranean Europe, you might do something like fway [laughs].

36:19 RTH: Okay. Alright. So what I, so what, what I would say is that involved in, in this simple act of un wrapping, the fuet is a *whole host* of very complicated things such as: who pronounces it this way and who pronounces it that way, and how, where, where it's been, and has it been in the refrigerator, and I'm about to undo it, and I'm heading, I'm heading towards the counter, and I've, and my right hand is in the process of moving towards the, towards the tab that unwraps it or whatever (I don't know what we're talking about here), but, but what, what the point that I'm trying to make is that there's a *huge number* of things that you *could* have made salient at that particular moment. You could have it on his hand and you, and, and, and, and, and you could be thinking, well, "I bet Russ doesn't know what fuet is." [Evan: Yeah.] You *could have* been thinking that [Evan: Yeah.] at, at that particular moment. Probably weren't. But that's the, that's the realm of the semi-infinite number of things, what I call the *welter* of possibilities that *could have been* in your direct experience, and no doubt were in some primordial or way affect every, everything that you do with this package, that these are built into your neurons, and history and, and whatever. But the question for DES is of all of all those things, what becomes central? What becomes before the footlights of your consciousness? Or figural? Or whatever, whatever word you wanna do for that. And I'm gathering that of all of the possibilities, yhe one about this is more about the weight. I feel the weighty plastic. So it could be the plastic-ness, it could be the weight, it could be the motion, it could be what, what, what,

38:11 Evan: Yeah. Some, some combination of, of the weight and the tactile feeling of the plastic is quite similar, the feeling of the actual plastic on my skin. [RTH: Okay.] But I am really learning a lot. It is hard. It's just things you never have put into words before. You don't vocalize these things at all. And I realized I've done quite a lot of just writing out the physical instructions of what I was doing rather than the actual experiencing, because I've never had to put words to experiences before.

38:11 Russ comments: Referring to the comment at 35:41, one might ask whether RTH's longish musing at 36:19 was a good thing to say. The answer? What Evan says next is "Yeah. Some, some combination of, of the weight and the tactile feeling of the plastic is quite similar, the feeling of the actual plastic on my skin." That's about experience; ergo Russ's musing was a good deal. See also the comment at 35:41 and 43:28.

38:40 RTH: That's, that's right. Your experience is so

38:43 Evan: Like, even thinking about what [they talk over each other]

38:45 RTH: Go ahead.

38:46 Evan: I was gonna say if I, like the fan is hitting me now, and I, it feels cold, but I don't know, is that, is cold describing my experience, is that enough to describe the experience? Or

do I need more words? Does that accurately describe the experience? I don't, I don't really know, cuz I've never had to put words to the, to things before.

39:07 RTH: Well the, I I would say that DES is *not about the words*. I don't, I don't care a whit about the words most of the time.

39:17 Evan: Okay.

39:18 RTH: If the, if the sensation that occurs to you is of coldness, then we can say, "I feel cold," "I feel coldness on my skin" or of all those things, we're gonna try to figure out how to, how to let words *rest lightly* on the experience. But it's the *experience* that matters to me. It's, it's not the words.

39:18 Russ comments: If a kind of experience is important, then we are likely to encounter it on several samples across several sampling days. And if the first time we encounter it we say *X*, and the second time we say *Y*, and the third time we say *Z*, and then we have a conversation about whether and in what way *X*, *Y*, and *Z* are the same or different, then we will have advanced our ability to say something with fidelity about that aspect of Evan's experience.

But if we start with *X*, and then say *X*, and then say *X* again, we will not know whether *X* is a good (*rests lightly on*) description or whether we have just lazily or theoretically or whatever surrendered to the *X* description.

The moral: Don't get captured by the words.

39:36 Evan: Okay. Okay. Yeah. Makes sense.

39:42 RTH: And the, the what in *particular*, what I don't want us to do is to, is to let the words get in the way. The word, the, the word, words *at best* in DES and maybe, maybe everywhere, but words at best are pointers that say something like o, over, over there! [mimics being verbally deficient; points emphatically] y'know, um, it's the fan/cold, it's the, y'know. That, they're *gestures* that help bring, describe some, some aspect of an experience. And that's the, that's the best, that best they are.

40:21 Evan: But I think what I'll, what I'll try and do more intently is to actually put words on the experience rather than describing the, just the physical motor commands. [RTH: There you go!] It's like I'm giving, I'm giving sort of theater, y'know, theater instructions or something. [RTH: Right.] Or if you wanted to re replay what I was *doing*, you would do this. But there isn't much about my *actual experience* here.

40:44 RTH: And that that is the way most people talk about experience most of the time. And like you, you articulated it quite, quite brilliantly in, in, in the first beep when you say, well, I'm, I'm gonna tell you about the way the fan was in the air was *so that you can recreate that for yourself*. That "so you can recreate yourself" is how people communicate about their feelings. But it's *not* good deal, not a good deal for, for DES. there is *no* reason to believe that the fan blowing on *me* is the same experience as the fan blowing on *you*. Maybe it is, but my experience, my, *my* experience might be *entirely verbal at all times*. You can blow a fan on me at a hundred miles an hour and I'm gonna be *thinking in words*. That's possible! Somebody else blow a fan on him at

one mile an hour and they're gonna be totally into the fan. And I'm, I'm not trying to say anything, anything about anything *other than* it's *not* a good idea to *presume* that my experience is the same as yours. [Evan: Yes.] So we gotta, we gotta aim at the experience and not at the *physics on the assumption that*.

40:44 Russ comments: RE "you articulated it quite, quite brilliantly in, in, in the first beep"
RTH refers to 16:49 when Evan said, "Like, like, it, it, like all I could, all I, the only way I could think to describe it is just to, y'know, give a different scenario that you might experience that." It is simply not true that in the same scenario Evan and I (or anyone else) will have the same experience. It is widely assumed to be true, but that is the nemesis of experiential science.

41:50 Evan: Yeah, yeah, yeah. For sure. Makes sense.

41:54 RTH: And the other thing that I would say is that the, what, what I hope that we get out of the first few, first few days is that, uh, what I'm *really* trying to do is make life *easier* for us as I want you to describe what you're directly experiencing and, and then *you don't have to describe* the half a billion other things that could possibly be going on about all, all these things. We had just, [Evan: Yeah.] your, your experience has happened to have picked out one aspect of it, well, let's go with that. That's all, that's, that's all that Russ's gonna be interested in.

42:25 Evan: Yeah. Yeah. Makes sense.

42:30 RTH: So shall we go on to number 3?

42:33 Evan: Yep. [GP: Yes.]

SAMPLE 1.3 DISCUSSION STARTS HERE

42:36 RTH: What was in your experience at the moment of the third beep?

42:41 Evan: So I was drinking water from my bottle and I could notice the weight of the bottle on a finger. So the tension in the finger as I held it, the big bottle. So I was kind of holding like this [holds up bottle]. And I noticed the refreshing cold water on my tongue and throat.

43:06 RTH: [pause] That's the end of the description there?

43:08 Evan: That's what I have written down for beep 3. Yes. Which is maybe better because I didn't write down just, y'know, lots of instructions.

43:15 RTH: So I'm gathering that there are two sensory trains, you might say. One of weight-on-finger and one of cold-on-throat.

43:28 Evan: Yeah. And tongue. Yeah.

- 43:28 Russ comments: One might argue that RTH's 43:15 statement is bad because it misrepresents Evan's experience (leaves out the tongue aspect). I would disagree for the reasons described at 35:14. Evan says, in response, "Yeah. And tongue." That is, he describes experience. Ergo, 43:15 is a good question.
DES really is that simple: say or do whatever it takes for Evan to describe his experience.
See also the comments at 35:41 and 38:11.
- 43:30 RTH: Equally? One more than the other?
- 43:33 Evan: I'd say the, I'd say no, definitely the, definitely the refreshing water more. So like 75—25. So quite prominently the water was the experience in that moment.
- 43:47 RTH: Okay. And, uh, about the water, you said it was refreshing and cold, and refreshingly cold is. Is that two different things or one, just noticing
- 44:03 Evan: One? I guess I think of them as the, the same thing.
- 44:05 RTH: Okay. And so is, is it more about the temperature, the coldness? As opposed to the mechanical? There's a flow and a
- 44:16 Evan: Temperature.
- 44:18 RTH: Okay.
- 44:18 Evan: Yeah.
- 44:23 RTH: And it is water, and water has a whole lot of properties, y'know, thirst and whatever, but it's not so much about those properties as it is about the coldness? Is that correct?
- 44:36 Evan: Yeah, I would say so. It's really hot in Barcelona at the moment. So a nice cold swig of water *is* your full experience. At least it is mine.
- 44:45 RTH: Okay. [laughs]. So I, I feel refreshingly pleasant coolness, and I can say it's coming from water, but that the water-ness is not the primary thing for me. The primary thing is the refreshing coolness.
- 45:01 Evan: Yes, that's true.
- 45:04 RTH: Okay. And is it more about temperature, or is temperature too narrow? A
- 45:10 Evan: No, I'd say the, I'd say the, I'd say the temperature is quite a lot of the experience, because again, it, like if you hot and sweaty somewhere, the, the difference in temperature between the water and c creates quite a salient experience. So I, I would say it's prominent the temperature of the water, a little bit of the water being in your mouth and kind of swishing around and y'know, again, just fluid dynamics, et cetera. But the temperature, I'd say, is the vast majority of that experience.

45:37 RTH: And, and so, so when I ask a question, I wanna make sure that I'm not, I am not criticizing what you're saying about it. If I wanna be critical, I can, I've, I've got the chops to be definitely, uh, explicitly critical. But, but, so I didn't, I didn't require an explanation of *why* it was that it was cold or why or why the cold, why the cold was salient. That was more than I was asking for. I, I was, [Evan: Okay.] I, I wanted to know whether the primary aspect was that it was cold, and I don't really care about the explanation for it.

46:12 Evan: I was kind of rationalizing to myself more than you in that moment, just to, yeah.

46:16 RTH: Okay. And the, the, the reason that I don't care about that is not really because I don't care about it, but, but just because I don't think you can possibly say. I don't, I don't think you, I don't think most people, or anybody, can give an explanation of why something happens, [Evan: Yeah.] because there's, when, when you go down the road of *why* there's the *proximal* why and the *distal* why, and there's the *interpersonal* why and the *physical* why, and the, all those other things which are totally important and, but, but unending.

46:49 Evan: Yeah.

46:50 RTH: But the *sensation* is another deal. I think if, if I'm into the coolness of this experience, for whatever reason, I'm into the coolness of the experience.

47:03 Evan: Yeah, makes sense.

47:05 RTH: Okay. Onward from there, Gualtiero?

47:12 GP: No, there was, there was also the, the first part of the experience.

47:16 RTH: Yeah, I haven't gotten there yet, but yeah,

47:18 GP: We got, okay.

47:20 RTH: So then there's the, there's the bottle on the finger.

47:24 Evan: Yeah.

47:25 RTH: And tell, tell us again what that experience is about.

47:29 Evan: So I noticed the weight of the water in the bottle, like the bottle and the water together, obviously. And I remember a tension in one finger that was outstretched to place, the bottle into the position to drink. So there was a lot of, the tension of, of the weight was on one finger that was stretched out. And I remember an experience of that tension in that finger, is what I experienced in that moment.

47:55 RTH: So is my experience a sensation in my finger?

48:00 Evan: Yeah, I would say I had in that moment, I had an experience of that, I would say.

48:05 RTH: So it's, and so I guess what I'm trying to figure out is whether the, the physics of it is that the bottle, I'm holding the bottle and the bottle weighs however many kilograms or whatever. And, but my, is my experience, uh, is of weight on my finger, regardless of where that weight came from. Is this a weight?

48:27 Evan: It, it feels, again, hard to kind of put into words, but like, it was definitely part of the experience that I noticed the stretch of the finger and the tension, I guess, on the, on the muscle within the finger to hold it up.

48:40 RTH: So this is definitely the kinesthetics, proprioceptiveness, whatever of the, of *my finger*.

48:49 Evan: Yeah. And the actual tension that is required to hold it up.

48:55 GP: I have a quick clarification here. Was there any water-bottle-ness to this pressure? Uh, or was it just kind of sheer pressure, if that makes sense?

49:10 Evan: What, what do you mean water-bottle-ness?

49:12 GP: I mean, was it like pressure, because you also included that information and you described it. So was the fact that the pressure was exerted by a water bottle part of the experience? Or it was just a fact in the world that it was just

49:29 Evan: A fact in the world? I would say it's an interesting distinction. I,

49:38 RTH: So it's a totally important distinction because the, the water-bottle-ness, is in the realm of the physics of, in the explanation and whatever.

49:52 Evan: I don't think it was relevance to, to any part of the experience was that it was a, a water bottle.

49:58 GP: Yeah. Well, I mean, again, this is kind of what we're trying to get at is what was in the experience versus what else, y'know, was in the world that caused the experience was related. And I think it's, y'know, to echo the way Russ always talks, I think it's entirely possible to have a kinesthetic experience that *includes* some kind of water-bottle-ness to it as like the source of that feeling. But it could but can also be that you just feel the pressure and that's all it is to it.

50:30 Evan: Yeah.

50:32 GP: That's the reason why.

50:34 RTH: So, so what I would say from a, from a meta pers, meta per, meta perspective on the, on the whole process, when you asked the question Gualtiero, I would say, I would say that I was saying to myself something like, or reacting to the question something. Well, there's a risky question for you because he asks, he asked the question, Gualtiero asked the question in such a way was, well, "was the water bottle-ness somehow present to you?" And the answer to that question *I feared at the time* was

gonna be something, well, he's gonna say yes and then we're gonna have to figure it, we're gonna have to back, backtrack from that because *of course* the water bottle, this is *somehow* present there. There's no, there's no possibility that he has somehow erased the water bottle-ness entirely from his experience. So the answer to this question has to be yes, the good news, which from my point of view was *very good* news, was that Evan didn't, didn't bite on that. Evan, Evan said, "no, it's not the water bottle," which is pretty unusual in, in the, in a first day thing. So I would say I was worried about the Gualtiero's question unnecessarily because maybe Gualtiero had figured out that Evan was a better answerer than I was, than I had figured out.

51:50 But, but the, the, so the, the, the, the what makes DES interesting and difficult or whatever is the, the question that Gualtiero was trying to get at is totally important. The question is, is how do you, how you get, how you get to how you get somebody *on the next day*? So that, I think that's the, that that's the issue for me. The, the question is not whether Evan can do it *today*, but whether he can do it *tomorrow*. That's, that's the issue. And Gualtiero's question I, what worried me about that, was that was too much today before wa before Evan would've been able to make that distinction, but turned out Gualtiero was right. And so, uh,

52:36 Evan: So just, just to clarify the distinction, so, so I do know for, for next time we do this. The diff the difference is having cognitive awareness of the water bottle causing the tension in that moment versus just the tension or just experiencing the tension in your, in your finger. Is that roughly the, the differences in those experiences in that distinction?

53:00 RTH: It's, it *can be* that, but it's, it's somewhat more, it's somewhat more than that. So it could be that if we were gonna put it into words, it would be something like my experience is of feeling the water bottle press on my finger. And if I say that, then I'm talking about the, the contact between the water bottle and the finger, and I'm feeling the pressure in the finger and I'm feeling the water bottle-intersecting-finger deal. That would be *one possibility* of that experience. Another possibility is I don't really care about the water bottle-ness. What I'm, what I feel is I feel stretchy pressure in my finger. Now I'm totally, my experience is totally of the finger.

53:42 Evan: Yes. Yeah, no, I understand the difference.

53:47 RTH: And either one of those is gonna be, would be okay with me. I don't have a preference [Evan: Yeah.] for entirely kinesthetic or proprioceptive or whatever that is by comparison to the intersection between the physical reality and the... The question is where your experience goes, where it *went*, actually where not even where it goes, where it, where it had already gone.

54:12 Evan: Yeah.

54:13 RTH: At the moment of the beep.

54:15 Evan: Yeah, no, it makes sense. And I, since I didn't mention at that, the water bottle being a part of that core experience at, at the start, if I said it there, then we would have to go

back through the experience to make sure what I said at the start was accurate, or go back through the whole thing

- 54:30 RTH: That, that's right. That we, so we're, we're always, DES is always trying to figure out what the difference between what I would call *directly apprehended* experience or *particularized* experience or *figurized* experience or something (I don't care about the words) but something that is *before the footlights of consciousness*, [Evan: Yeah.] *and* all the other possibilities that might have contributed, contributed to that.
- 54:55 Evan: Yeah. Yeah. Makes sense.
- 54:57 RTH: And the, and the question is, how much does Evan as a particular individual at a particular moment aim his experience? How, how does experientialize what aspects of all this stuff? This particular beep, it sounds like he has experientialized the kinaesthetic proprioceptive-ness of it.
- 55:25 Evan: Yeah.
- 55:26 RTH: But that doesn't mean he, he always does or whatever.
- 55:30 Evan: Yeah, yeah. No, it makes sense.
- 55:35 RTH: It is 6:58, which we have done three beeps, which I would say we should probably say this is good, we should call this a day. And the reason I would say this is I think an hour is a, is a long time, and people, people should be able to plan their lives around an hour. And, and I would also say we've, we've covered quite a bit of ground today in terms of making distinctions which I think are important. And, uh,
- 56:02 Evan: Yeah, I think so too. I think so too.
- 56:05 RTH: And I would, I would like to say one more thing, thing about that is, so, so we have sort of emphasized in the, in the couple of beeps that we've looked at, the sensory aspects. So the first, the, the first and the third, all of 'em actually were about, about sensory aspects. And, and I would say I am *not* particularly interested in sensory aspects. I am *totally* interested in sensory aspects if that's the, if that's what Evan's experience is. But I *don't* want us to fall into the trap: well, we ended up talking about sensory stuff. *Russ must be interested in sensory stuff*. That's *not* true. So I would like us to sort of forget everything that we talked about today in a way other than the skills that we're trying to master and then, and more or less start fresh next time. And which is to say, if the sensory is important next time, well by all means let's talk about that. But let's not *presume* that Russ is more interested in the sensory than he is of the anything else.
- 57:08 Evan: Yeah. Yeah, no, makes, makes, makes complete sense. I think I learned, I think I learned a lot there.
- 57:15 RTH: Okay, so shall we do it again?

57:19 Evan: Yeah, absolutely. Um, same, same schedule works for me if it works for you guys and I'm always flexible to change last minute if something comes up but same time works.

They compare calendars

58:01 Evan: That would be perfect. Do you have any use for my, I presume you wouldn't have any use for my notes here, but I could, since it's a digital tablet, like I could upload these notes. I probably will whenever I am kind of writing out the full report and putting it on my website, just have all my handwritten notes up there, even for, for historical sense. But I presume you don't really find, you wouldn't find much use from these notes.

58:24 RTH: It's less, it's, it's less or more than, more than that. I *don't* wanna see your notes. As a general rule [Evan: Okay.] I don't wanna see your notes because I don't want you to be writing your notes *for me*. [Evan: Yes.] I want you to be writing your notes *for you*. Yeah, I want, I want what I want you to put into the notes what *Evan thinks* he needs to put into his notes so that *he* can describe his experience at the moment of the beep.

58:47 Evan: Right.

58:48 RTH: And I, and anything that, anything that has a possibility of contaminating that process, I don't wanna have any part of. So I don't want you to have in the back of your mind, well I'm gonna, I have to use proper grammar or whatever because, cuz Russ is gonna be looking at these notes or, or...

59:07 Evan: Yeah, I think, I think the fundamental, the fundamental mistake I made is that I spent too much time just writing down my physical circumstance, like "standing on balcony." Even if that might not have played any part of my actual experience, if I wasn't, I gonna be aware of standing on my balcony. You're not, you don't care where I am unless it's relevant to what I'm experiencing in that moment.

59:29 RTH: That's exactly correct. Almost everybody does that, but,,,

59:32 Evan: Yeah. Yeah. And I, but that, but that, that makes a lot of sense

59:37 RTH: And, and I haven't figured out any way of giving some, giving you, for example, better instructions other than, well let's do it for a day. And so, so I've, I have basically decided that the, the instructions that, the instructions that I gave you last time didn't really matter. The conversation that we had last time wasn't so much instructions about what to do this time as it was. Let's let Evan ask what he wants to ask and Russ get to know Russ and let Russ give him some instructions but not expecting that they're gonna stick, or whatever. That the [Evan: Yeah.] The, the action, the action takes place today. The, the object of the first day is to get the object of the zeroth day, which is the last day [Evan: Yeah.] was to get to the first day. And the object of the first day is to get to the second day.

1:00:23 Evan: Yeah, no, it makes, makes complete sense. Makes complete sense. Next week will be, will be fun. I'm actually looking forward to it.

1:00:30 RTH: Forward to it. And the object of the second day is to get better at it for the third day too. And, and, and to learn, learn some stuff. So I don't, I don't, I don't think we have to totally discount what we talked, the *content* of what we talked about today. I generally do, but that doesn't mean we, we have to, y'know, probably there was some kernel of truth in what we talked about.

1:00:50 Evan: Cool.

1:00:51 RTH: So: I will send a calendar invite and I will send an email on Wednesday, which will, which will remind you to where the beeper sometime on Wednesday or Thursday.

1:01:03 Evan: Yeah.

1:01:03 RTH: And uh, and then we will meet next Thursday. And if you've got questions or whatever in the meantime, let me know and if, and if Thursday turns out not to work for anybody, let us know. We'll figure out something else.

1:01:18 Evan: Sounds good. Sounds good. Random question, Russ, you didn't share our Podcast, on different to... you didn't share our podcast anyway anywhere, did you? It's been receiving just a big boost in views randomly and usually when that happens somebody shared it somewhere. I'm just curious. Did you [RTH: I did not.] Did you send it out somewhere? No. Random. Then by complete coincidence, basically at the start from our last week, it's probably gotten more views in the last week than it has in the last six months. So weird one, but yeah, I dunno why that is. It can be, the algorithm can sometimes see patterns in data and just recognize that we had a superbly thrilling conversation and the world needs to see it. That could so happen as well.

1:02:01 RTH: I don't, I, I deny all

1:02:07 Evan: [laughs].

1:02:08 RTH: any, any, any action here? I don't, I don't really know maybe.

1:02:12 Evan: Okay, cool. I was just curious if, if, if it weighs the algorithm where you, you shared it, but that's, that's cool. That's even better that you didn't just means the algorithm's picking it up and it's getting views. That's cool.

1:02:22 RTH: Cool. Alrighty then. I think I'm good and uh, I appreciate it. I'm, I, I'm enjoying it as I always do actually, but uh, I'm enjoying it and looking forward, looking forward to next week.

1:02:35 Evan: Yes. Thank you both for the questions. Have a great weekend, gentlemen. Sorry to say I hope you Italian man loses on the weekend, Gualtieri. I'm, I'm Carlos Alcaraz Spanish all the way, all the way. I'm not offending you too much cuz you say you

didn't like tennis that much, but I'm praying for Italian loss on the weekend. [He refers to the Wimbledon final.] [laughs]. See you guys. [GP: Bye.]