

Evan 3
Evan Sampling Day 3

Below in black is a word-for-word transcript of the July 24 sampling interview 3 with Evan that is available on YouTube at <https://youtu.be/66rxixATroM>. In green are Russ's comments, and in blue are Gualtierio'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 = Gualtierio Piccinini
Evan = Evan Mcgloughlin

0:00 RTH: This is gonna be your third, third crack at this. Is that right?

0:03 Evan: Yeah.

0:09 RTH: Then I think I am ready. Gualtierio, you ready? [Gualtierio signals thumbs up] All right. Beep number 1.

SAMPLE 3.1 DISCUSSION STARTS HERE

0:18 Evan: So beep number 1. I was feeling positive. I had a body high. The way I describe it here is like, it's, it's like my skin is vibrating with positivity. Again, really hard to place words to these sensations. And then I had an inner speech with lip movement. And then I have a sentence here, which, which was the inner speech, which was just "what end screens do I need?" But generally just a very positive sort of body high experience.

0:18 Russ comments: Spoiler alert: I am going to point out in comments as we go along that much of what Evan says is not only not true, but is actually the opposite of what is true as clarified in later discussion. This is by no means a criticism of Evan, nor is it simply that Evan is being sloppy or inattentive. Quite the contrary. Evan is doing the best he can to describe things that are hard to describe, and if one is to understand Evan, one has to accept that it is not about the words.

In this utterance, it will turn out that it is *not* about the skin and it is *not* about vibrating.

0:54 RTH: So is the most salient thing to you then the bodily high thing? As opposed to the inner speech?

1:05 Evan: Probably the inner speech more

1:08 RTH: And by more, 60—40, 90—10, 70—30?

1:13 Evan: Say 70—30, 65—35.

1:16 RTH: Okay. Well, let's start with the inner speech. So, so I am saying this to myself. [Evan: Yes.] And the words were what kind of a screen? I didn't hear that.

1:29 Evan: "What end screens." It's related to a video.

1:32 RTH: "What end..."? E-N-D "end screens"?

1:35 Evan: Yes.

1:37 RTH: Okay. And, and so I understand myself to be saying, "what end screens do I need?"

1:44 Evan: Yeah.

1:45 RTH: And I feel my lips moving?

1:48 Evan: Yeah.

1:48 RTH: And would you say, I feel my lips moving as part of the original experience, so that I am, I'm saying "what end screens do I need?" And I, and at the same time I *feel* my lips moving? *Or* I, the alternative to that is I'm saying that, and then *when I look back*, I can say, well, my lips were moving.

2:08 Evan: I'm pretty sure I have an experience of the physical touch of the lips moving rather than cognitive awareness of it.

2:14 RTH: And at the mo, and, and have that physical sense of it *while you're speaking it*?

2:21 Evan: I believe so.

2:22 RTH: Okay. And is there anything more about that aspect of your experience?

2:33 Evan: I don't think so. I don't, I don't think the words appear in my mind at all, which I kind of thought they did before starting out, which is kind of, may, maybe an interesting observation, but I seem to just be reading, reading it, moving my lips. And in my mind I don't, I don't see the words or there's no ticker tape, or there's no sentence moving across in any way. It's just saying, and a lip movement.

2:33 Russ comments: It is *not* about reading.

2:59 RTH: Okay. And, and you said "reading the words." Are, are, are you reading these words somewhere?

3:08 Evan: Yeah. Um, no, no, I would've been talking to myself. [inaudible]

3:13 RTH: Okay. So there wouldn't be, there wouldn't be any words *to be read*. So what you're, what you're saying is that at the moment of this beep, I'm *saying* these words and in head, (and there's the body, there's the body thing, and then we're gonna get to that

in a minute) but as far as the *words* are concerned, that's the only thing there is in this experience. I am saying to myself, "what end screens do I need?" [Evan: Yeah.] And as I say that,

3:34 Evan: [crosstalk] That's not out loud.

3:36 RTH: Say that again?

3:37 Evan: Like, it is not out loud. I'm not actually speaking out loud, just to clarify it.

3:41 RTH: Got it. And as I, and as I say that, I feel slight movements in my lips.

3:49 Evan: Yeah.

3:52 RTH: And I think I'm good about that aspect. Gualtieri, are you happy with that?

3:56 GP: Can I ask a clarification? [RTH: Sure.] And I'm trying to try to do better than last time here. Um, is it more like the words are just flowing out of you or flowing inside of you? Or is it more like you are intentionally, intentionally speaking to yourself? Like do you have a experience of the intentionally speaking or is it something that's just happening in your mind?

4:30 Evan: Hmm. I think it's just happening in my mind, but I'm not sure I would be able to differentiate between those two if it's intentional or flowing. My sense is that there's nothing much intentional about it. That it's just the flow of my experience.

4:30 Russ comments: It is *not* unintentional.

4:50 GP: Thank you.

4:52 RTH: So let me, let me ask a slightly broader question about that. So the, so I'm understanding that what you're saying, Evan, is that I don't have a separate intention. I don't feel an intention *and then* the words come. It's not that. But do you feel yourself to be sort of the *driver* of the words? I am, I feel myself to be asking myself a question?

5:19 Evan: Definitely. Like I'm asking myself a question to set up the work that I have to do in the hour. So I guess in that sense, there's, there's an, there is maybe an... If that's what you meant by intention, then maybe that, that, that I do have that intention (?).

5:33 RTH: So there is an *implied* intention or an *understood* intention, but not a separable, separable intentional experience. Is that fair?

5:46 Evan: I think so.

5:48 RTH: Because it does, it does happen that the word (the, I'm, I'm, I'm couldn't recall it more in outer speech than in speech) that, that sometimes words happen and I don't, I don't feel myself to have been created them creating them *at all*. So for example,

when people speak very often, they gesture [mimes using hand gestures], they use hand mo, hand motions and, and something. And, and, and most of the time when they are so speaking and so gesturing, they don't feel the gesture at all. The gesture is *happening*, [Evan: Right.] the gesture is flowing out of them. And it's meaningful in the sense that it's, y'know, underscoring this or, or, or whatever. But the, but, but you could say that that gesture is *just rolling out of them*.

6:30 Evan: Right.

6:32 RTH: *Sometimes* the *speaking* is that way as well, in the outer, in the outer world. The words come out and they come out in sort of the way a, a gesture comes out. The, I don't, I don't feel myself to be creating these words, but the words are rolling outta me, sort of as an, in a reaction to the situation. I'm, so, I do in, in the external world, make a distinction between words that I seem to be intentionally *driving*—I'm the meaningful creator of these words—and words that just seem to be rolling out of me gesturally.

7:05 Evan: Interesting distinction. Okay. I don't know if that's a distinction I've ever made in my mind. In that, in that case, I would say that, that there was a bit more intention to it, cuz I was setting myself up to work. So I was saying, "what end screens *do I need?*" So there's clearly intention to the result of what I'm saying.

7:24 RTH: Okay. So..

7:25 Evan: Interesting to think about.

7:27 RTH: Yeah. The, the words rolling out is a strange phenomenon, but I'm, I'm pretty confident that that actually does sometimes happen.

7:35 Evan: Right.

7:36 RTH: [Gualtiero raises his hand] Gualtiero?

7:37 GP: Definitely happened to me. When I was doing the DES, there were many times when I just was, y'know, the, the, the, the speech, especially overt because I don't even remember having any inner speech, but I had overt speech cuz I was talking to the dog or to myself or something. A lot of the times it was just flowing out. It, it wasn't, there was no planning or intending or, y'know, making it happen. It was just happening on its own, so to speak. That was the experience I was having.

8:09 Evan: Interesting!

8:10 GP: Yeah. But then at *other* times I *did* feel like, y'know, *I was uttering* such and such, even just a sound like *I was*, I, y'know, *I was the producer* of that. [Evan: Right.] That was part of the experience.

8:25 Evan: Interesting. I'm not sure if I've ever noticed that distinction before, but it's an interesting one.

8:29 RTH: You, you almost need a beep to, need a beep to be able to notice that.

8:29 Russ comments: It is very difficult to make this distinction using armchair introspection, because the intentionality in the armchair (whatever that is) is aimed at the process of introspecting, not at the experience being apprehended.

8:32 Evan: Yeah.

8:33 RTH: So, so, Gualtieri, are you happy? So I guess what, what I would under, I would understand Evan to be saying is these were intentionally created words, even though I don't have a separate understanding of intention, I'm the driver of these words.

8:51 GP: Yes.

8:52 RTH: And, and, and was that the question that you were trying to get answered?

8:56 GP: Yes. Thank you.

8:59 RTH: All right. Then there was the body portion.

9:03 Evan: Yes.

9:04 RTH: And I'm understanding you to be saying that the, the body vibrating whatever was present to me at the moment of the beep, it's not just something that I can look back and say, well, y'know, my ass is in the chair and my feet are on the floor or whatever, and I can feel that stuff. But this is present to me at the moment of the beep. Is that, is that true?

9:25 Evan: Uh, as confidently as I could, as I think so. Right.

9:30 RTH: Okay. And, and do you, when you say "my skin was vibrating," I feel my skin vibrating, do you mean that more or less literally, as in terms of I feel some kind of a...?

9:44 Evan: No, I, I don't, it's not, it's not literal. It, it is very much that I just don't know what words to ascribe to like a body positive sensation. Like even right now, like I, I just feel positive, like that my, like I, I feel good and it does feel like it's from the body, but I, I don't really know what words are best to describe that experience.

10:06 RTH: Okay. And, and is by body, do we mean *skin*? It's, it's, my skin feels positive?

10:14 Evan: It doesn't feel localized to the skin. If anything, it feels more localized to the underlying muscles. cuz it's, I guess it is probably related to fit like exercise (for rationalizing). But like, I'd say muscles more so than skin.

10:26 RTH: Okay. So there's some bodily high, hap, happy body sense or something, which were not, be, not, not capable, might not be possible to put into words, but something I am experiencing my body positivity.

10:48 Evan: Definitely.

10:50 RTH: Which seems to be *below the skin*, maybe, but not in my core. This is not about my heart or my... Is that true, that this is, this is the, in the, the muscular region outside the core and inside the skin?

11:09 Evan: I think everything you said there is true. Yeah. [RTH: Okay.] Maybe I'll get better at actually describing with words that, but yeah, everything you said there is true.

11:18 RTH: Okay. Gualtieri, you have any helpful questions about that?

11:24 GP: I don't think so. Okay.

11:27 RTH: And, and, and as for whether we'll get better at it, we'll, we'll see. It, it, it is the case that some things are just not possible to put into words. And

11:35 Evan: Yeah.

11:36 RTH: And, uh, this might be one of 'em,

11:40 Evan: Like, I'm not sure if even having more words is better at describing it. I don't, I don't really know if that's, if that's the case, when I was writing just my skin vibrating was the most appropriate metaphor. But it wasn't literal. It wasn't meant to be literal.

11:54 RTH: And it wasn't about the skin and it wasn't about vibration.

11:57 Evan: Right, exactly. [laughs]

11:59 RTH: Yes. That's what, that's what makes the what makes all communication difficult. And

12:06 Evan: Yes, you proved how important you are there because most of what I actually wrote down was not really what that experience. cuz you're right. That it wasn't really about my skin, I don't think. Right.

12:19 RTH: It is. And, and that's why I, I pretty adamantly refer to what we do as a first-person-*plural* event. It's *we* not *I*.

12:34 Evan: Right.

12:35 RTH: And it's, and, and the, the verb there is *described*, not *report*. Your report *sucked* in the sense of the, in, in, in the sense of if, if we were to look at just the words, y'know, there's a lot of psychology that that's out there taking, taking reports and trying to understand what the reports mean. [Evan: Right.] Your report, your, your report isn't any good! [Evan: Yes. True!] And that is not a criticism of Evan. That's, that is the, that is why this this endeavor is a, is a *we* endeavor rather than an *I* endeavor.

13:10 Evan: That's a very good point. Like if I just gave you these notes, you would've came up with entirely wrong conclusions from them.

13:10 Russ comments: This is also why I have no confidence in questionnaires about inner experience.

13:16 RTH: That's exactly right.

13:18 Evan: Yeah.

13:18 RTH: *Totally* right! And that, and that's not peculiar to Evan, that's not Evan's, uh, failing. [Evan: Yeah. I understand.] It's, it's, uh, careful understanding or whatever. [Evan nods in assent.] All right. So did we start with number 2? I forget.

13:39 Evan: No, that was just number 1. Alright. We haven't got to the second beep.

13:41 RTH: Alright, let's do number 2.

SAMPLE 3.2 DISCUSSION STARTS HERE

13:44 Evan: So beep 2. Again, so the experience was speaking in my mind, "John Joe end screen." And then I had a strong purple visual experience. So just prominently in my visual field I've awareness of purple because of my lights for filming are purple. It wasn't that I was hallucinating purple just for...

14:09 RTH: Okay. And, and are these equal parts of your experience or one more than the other?

14:18 Evan: It's really tough to say when you're comparing different experiences and they're competing for your awareness and different, different ways.

14:25 RTH: A hundred percent / a hundred percent is fine with me, if that's the way it seems like to you.

14:29 Evan: Yeah. Sort of equal, roughly.

14:25 Russ comments: It is not important for this sample, but my intention in saying "a hundred percent / a hundred percent" is more than to suggest merely a sort of equal division of experience. Some people might maintain that they are 100% into the inner speaking (as if nothing else existed), and *at the same time* that they are 100% into the color purple (as if nothing else existed). The math doesn't add to 200% because it seems *to them* that they have two entirely separate experiential paths. That is apparently not Evan's experience here.

14:32 RTH: Okay. All right. Well, let's, let's start with the purple. Tell me, tell me some more about that.

14:41 Evan: Basically just the, the, the hue and the specific color of the purple was prominent in my awareness. And I don't think there's anything much more to that.

- 14:54 RTH: As an external feature that the, my, my, I'm *seeing* purple in the *external* world? Or does it seem like I am somehow *internalizing* purple, innerly, innerly apprehending purple.
- 15:10 Evan: Experiencing purple in the outside world.
- 15:14 RTH: Okay. And the, and uniform purple.
- 15:19 Evan: No, kind of a, a, a little bit of a, a gradient. So I, like I do, I do notice a, a like a darker purple at the, at the bottom of the shade. And then as, as it goes up my visual field, it's a little bit less dark. So there's definitely a bit of a gradient to the, to the purple hue.
- 15:37 RTH: Okay. And I'm interested in your experience, not in what's in the external world, so that I don't really care whether there's something in the external world with a gradient or not. The question is whether in your experience I'm experiencing gradient.
- 15:51 Evan: Yes, I think I was.
- 15:53 RTH: Okay. And, and uni, so that gradient is from bottom to top, I guess darker from at the bottom and lighter at the top, or does it seem like it's from the top to the bottom, I guess, but lighter at the top and getting darker? Is there a mo, movement to this gradient? Or just a,
- 15:53 Russ comments: This question is not well crafted. RTH was intending to inquire about *direction* but said "movement" as an imprecise substitute. The question he is intending would be something like: "Does the color seem dark purple and it fades away going upwards? Or does it seem like the color is light purple, which darkens as it goes downwards? Or doesn't that make sense?" Sometimes that question would make sense, sometimes not. Here, I think we don't figure that out.
- 16:08 Evan: I think it's only very, very slight, but, but slightly more dark at the bottom than, than up at the top of them.
- 16:14 RTH: Okay. And how about left to right? Is there uniform left to right?
- 16:21 Evan: Roughly similar in my, in, in my [RTH: Okay.] memory
- 16:24 RTH: And, and encompassing your entire visual field?
- 16:31 Evan: No, kind of in the center of it, but it was, my periphery wasn't as purple, but what was dragging, what my awareness was on in that moment was the purple.
- 16:45 RTH: So does that mean that there was purple in my awareness, but I'm just not paying attention to it? Or it's not that articulated to me? But it's not like it, it's not like there's edges to it. There's no border that says this part is purple and this part is not.

- 17:01 Evan: Yeah. There's, there's no borders. But I was only sort of focused on, I would say a quite a central part of my visual field being purple rather than the, the whole room.
- 17:12 RTH: Okay. And, and, and, and we're talking about this as if it's the *color*. I'm, I'm not interested in an *object* being purple. I'm interested in the color itself. Is that true?
- 17:31 Evan: [pause] Mind re, restating what you mean by that?
- 17:36 RTH: Well, let me, let me, let me ask, is there something in your, in your environment that is the way, the way we have described it described this, there's a, a screen or [Evan: Yeah.] something which is purple?
- 17:49 Evan: Yeah. There's the wall because I have a, a purple light. Yeah.
- 17:53 RTH: And, and so do I experience myself as looking at the wall, as *seeing the wall*? And now when I'm describing the wall, the wall is, has a purple gradient to it? Or does it seem like I am seeing the purple, and the fact that it's on the wall doesn't really matter to me? It's, this is about the, the purple.
- 18:13 Evan: Yeah. Second, second option. [RTH: Okay.] The, the wall is not relevant in that, in that at all.
- 18:18 RTH: So in a sense I've abstracted away the purple...
- 18:22 Evan: Yes.
- 18:23 RTH: ...and, and, and forgotten the wall or whatever—the wall, the wall-ness of it doesn't, isn't, isn't important. [Evan: Yes.] And, and do I, do I see the purple the way the purple actually is? Or have I enhanced it or altered it? Or
- 18:40 Evan: I would have to counter that and say that there's no such thing as the purple as it actually is! No, [laughs] from a perception perspective!
- 18:40 Russ comments: Evan is entirely correct, assuming that he means that there is a wavelength of electromagnetic energy, but it requires a person's perceptual system to transform that wavelength into the experience of purple. But that is not my question.
- 18:49 RTH: I, I totally understand that [Evan laughs] and I totally, and I totally agree with that. But that's not my que... My, my question is, my, my question is, is the purple of your experience the same purple as when you do look at the wall, y'know, you can say, well, there, there really is a wall out there and my light's purple and whatever. When I, when I look at the real wall with the real purple on it, do I, is the purple the same?
- 18:49 Russ comments: That question is pretty close to what RTH intends, which is whether the purple he experiences when he abstracts the wall away (as we have established occurred at the moment of this beep) is the same as the purple he experiences on the wall when he sees the wall. *That* is a question that compares one of Evan's

experiences to another of Evans's experiences, which seems to me to be an entirely legitimate question.

19:13 Evan: I, I would think so. [RTH: Okay.] I would think so.

19:18 RTH: So what I am understanding as to be saying here is that at the moment of the be my eyeballs are aimed at the wall. [Evan: Yes.] And I'm no doubt processing what's coming in through my eyeballs about the wall, but I'm not really seeing the wall part of it. What I'm, what I am doing is I'm seeing the purpleness (which incidentally happens to be of the wall, but that's not part of my experience).

19:42 Evan: Yes, that's exactly right. You're very good at finding distinctions that I don't think about. I guess that's what 50 years doing this will do.

19:51 RTH: That's exactly, that's exactly right. [Evan: Yeah.] Because, because there's, there's a lot of different ways you can be, people can, people can see purple. I, I worked with a person not too long ago, actually might even be Gualtiero, I'm not even sure about that, but, but who saw like colored ganzfeld kind of, kind of things and uh,

20:12 Evan: Interesting.

20:13 RTH: I can't remember who this person was, but she (I think it was a female person, now that I think about it) but, but she would see like a, like a, like a Pepsi can and the Pepsi can, and there was like a Pepsi can on, on the desk and the Pepsi can has the blue, the blue whatever of the, the Pepsi cans are. And, but she didn't see the can, she saw a blue, her whole, she had an inner visualization of the, the same color of blue that was the Pepsi can blue, but it wasn't like coming from the Pepsi can, it was a created blue, a hundred percent going side to side and, and, and whatever, like she was seeing a blue experience was pretty much like a ganzfeld kind of a deal.

20:13 Russ comments: A *ganzfeld* is a uniform visual field where the viewer experiences a lack of visual detail. Imagine cutting a ping pong ball in half, painting the insides Pepsi-blue, and cupping the half-balls over your open eyes.

20:55 Evan: Interesting. Yeah. Yeah. Very interesting.

20:57 RTH: But that's, but that's *not* what you're reporting as I understand it. You're reporting is I'm seeing in the external world, [Evan: Yeah.] but I'm seeing the, I'm seeing the, uh, I'm seeing the *color* of it rather than the *thing* of it.

21:12 Evan: Yeah, yeah, that's right.

21:17 RTH: And then at the same time, I'm innerly speaking something, [Evan: Yeah.] but I didn't, I didn't get what you said you were inner speaking.

21:25 Evan: Um, "John Joe end screen."

21:28 RTH: Okay. And the experience of that is...?

- 21:38 Evan: This time I didn't have any lip movements, I don't believe, or it wasn't in my awareness. Um, so just, just inner speech? No. seeing the words, just an aw, I dunno how you'd phrase it, an awareness of inner speech.
- 21:52 RTH: Okay. And, and is it, uh, more I'm feeling that I'm speaking these words rather than hearing them, for example? The distinction there is like talking into a tape recorder. It's more like talking into the tape recorder rather than hearing the tape recorder played back? In the real world, those are very different things. That, in the experiential world, they're not necessarily different. They might be, but they don't have to be,
- 22:15 Evan: I would say speaking into a tape recorder versus hearing it back, but hearing it back is somewhat divorced from the action of producing it. I think speaking into it.
- 22:32 RTH: Okay. That I would say that's the, that's the difference that people, people frequently say is that if I feel like I'm producing these words *in the manner of speaking*, then I would say I'm innerly speaking it. If there's no question that you're producing those words, it's not, I'm inserting those words into your experience or whatever. You're, you're creating these words. There's no question about that. [Evan: Yeah.] But the question is whether you create them *in the manner of speaking* or create them *in the manner of hearing* or that that distinction doesn't matter, doesn't, doesn't make sense?
- 23:07 Evan: Doesn't make sense to me at the moment. But it'd be more leaning towards speaking.
- 23:16 RTH: Okay. Okay. Then I think I'm good about that. Well, lemme let me, so let me, let me ask you this. This, is the, in the first beep you were talking about "what end screens do I need?"
- 23:31 Evan: Yes.
- 23:33 RTH: And is the, and other than, and, and, and that one had lip movement, this one doesn't. [Evan: Yep.] Other than that, are these, do these seem like the same kind of experience? Words are different, obviously, but,
- 23:44 Evan: Um, I would say that without the lip movement, it's less prominent. The lip, the lip movement is more engaged. And that's more prominent in my awareness than in beep 2 when I was speaking, it was a bit more calm. And not necessarily that something else was occupying that percentage awareness. But I think beep two, there was just less experience than in beep one, which was more sort of energized and there was more in it. Does that make sense?
- 24:14 RTH: So I'm sort of more involved in the first be speaking and less involved.
- 24:20 Evan: Yeah. More animated. Yeah. More animated in beep 1.
- 24:24 RTH: Okay. And does "animated" seem like a characteristic of the speaking? or the characteristic of Evan who happens to be speaking? That might not be a good

question, but... Like you can speak with an animated voice [speaks with exaggerated animation] and you can say, well, it's the characteristic of the speaking that was animated.

24:44 Evan: I'd say it was a characteristic of me. Okay. Of the Evan in that moment.

24:49 RTH: Okay. So more,

24:53 Evan: Go ahead. I was gonna say something that's really interesting, beep to beep is that the content of your experience can be so different. You could, and not just different, but it lack different qu in quantity. So you can have a very *experiential* beep and then the next beep you're just like, *I wasn't really aware of much* or I wasn't really experiencing much. It's not like you're just constantly going through life at a constant flow of experience. It's just that the experience is different.

25:19 RTH: I, I think that's right.

25:20 Evan: Yeah.

25:21 RTH: And I also think that it *almost requires a beep* to be able to, to be able to recognize that it's really tough.

25:29 Evan: Yeah.

25:29 RTH: Because if you're in the armchair-introspection mode or whatever to say, *well, I'm interested in what my experience is, like lemme take a look*. When that puts you in the particular mode one, in whatever, whatever mode that is, it, it puts you in it when you're asking that question. And then the experience that you see is mostly all the same, the kind of thing that you see in that mode.

25:50 Evan: Yes.

25:51 RTH: But when you get a random beep that comes, uh, it's not so much that it's random, it's not so much that it's beep, that it's, but that *it comes from the outside*. It says, we gotta look at your experience now!

26:01 Evan: Yeah.

26:02 RTH: Then it's, then it's more noticeable distinctions, distinctions between kinds of experiences are more noticeable.

26:12 Evan: Yes. Yeah. For sure. For sure.

26:17 RTH: Gualtiero, are you ready to move on? [GP: Yes.] Thanks. Number 3.

SAMPLE 3.3 DISCUSSION STARTS HERE

26:23 Evan: So again, a prominently visual experience. I remember not taking in any single element or reading, just a prominent visual experience of lots of white, interesting enough. So looking at my computer screen, but not looking at anything in, in particular, but just the white being very prominent, and then feeling like a little hot and sweaty on my body.

26:53 RTH: And by a little hot and sweaty. Do you mean a little bit of my experience is aimed at being hot and sweaty? Or do you mean there's just a little bit of hot and a little bit of sweatiness?

27:03 Evan: I, I would say that this one is a little bit of both, in that I'm cognitively aware that I'm a little bit hot and sweaty and the sensation of having a little bit of stickiness on my skin from the, from the, a little bit of layer of sweat.

27:20 RTH: Okay. And, and so there's visual experience and hot and sweaty experience. Are, are those equally prominent?

27:27 Evan: No, I th, I think 80—20.

27:31 RTH: 80 to the visual?

27:32 Evan: Yeah.

27:35 RTH: So let's start with that. So the, the visual. I'm *seeing* my computer screen on which there's a bunch of stuff, but what I am *attending to* is the white

27:46 Evan: Yeah. Interesting!

27:48 RTH: Which is basic, which is, if I, if I'm picturing computer screens, is basically you are seeing what's *not* being presented on the computer screen. Is that right?

27:58 Evan: What do you mean by I'm seeing what's not being presented on the...? Oh, yeah. Where the thing Right. The dead space, I guess.

28:04 RTH: Yeah,

28:05 Evan: Yeah.

28:06 RTH: Your, in, your interest is in what is not being displayed for your interest or whatever, something like that. It's,

28:14 Evan: That's, uh, yeah, totally strange, but probably accurate way of phrasing it. Yeah.

28:19 RTH: Okay. And, and does it seem like it's the whiteness? Like as it like sort of like a color, the color whiteness. [Evan: Yeah.] The whiteness.

28:28 Evan: I don't know why, but yeah.

28:28 Russ comments: I'm often asked on what basis do I believe what my DES participants tell me is true? At least one part of the answer is exemplified here. When Evan says "It's strange...but I don't know why" with some evident bewilderment, either Evan is a very good actor, or he is expressing a substantial genuineness about his attempt to describe experience.

28:30 RTH: Okay. And does it seem like the whiteness is present to me more or less the way the purpleness is, was present to me in the previous beep?

28:39 Evan: I'd say similar. Like it is a prominent, prominently about the color.

28:43 RTH: Okay.

28:43 Evan: Rather than anything else. [RTH: Okay.] That's interesting. I didn't make those, the connection and the similarity. Interesting though, when I was writing those notes, I didn't connect that those were possibly similar.

28:57 RTH: That is interesting. [Evan laughs] And, and when, and one of the things that's interesting about that, as an aside, is that a lot of people have frequent what.... So you, the two, the two beeps that you just described are what I call *sensory awareness*. Maybe the first one as well, the bo, but bodily. So *sensory awareness* from my point of view is paying attention to some sensory aspect of the environment (inner or outer), but not for its instrumental value, but for its sensory interest.

29:30 Evan: Yes.

29:30 RTH: So, so here I'm interested in the whiteness for the whiteness's sake, not because it's a computer screen, or not because it's a background or whatever, but just for the whiteness.

29:38 Evan: Yeah.

29:39 RTH: And what I was, what I started to say about that is that *many people* don't realize that they do that and they, even though they do it a lot, and, and you might very well be in that category, you, you both, that you do it a lot and A, that, and b, that you didn't know that you did it a lot...

29:55 Evan: Right.

29:55 RTH: Prior, prior to sampling.

29:58 Evan: It is a funny one though. cuz you, like you, you, you kind of phrased it perfectly. Like the computer screen is presenting me lots of information and, what was in my awareness was *none of that!* I'm just literally the color of the dead space.

30:08 RTH: Right. And, and, and that, well, that is there. So there are two things that are interesting about that. One, one is that that, (well, I guess I'm on a armchair introspection rant or something) but, but it's hard, it's hard to find that kind of thing

when you're setting out to look, look for it. But the other thing is that you would know, you *did not notice* the similarity between I'm seeing the color white and I'm seeing the color purple, [Evan: Yeah.] when that seems like sort of obvious to the,

30:38 Evan: Does seem kind of obvious when you say it. Yeah. [laughs]

30:41 RTH: And, and that I think is remarkable. [Evan: Yeah!] And I'm, I'm not exactly sure why, why that's remarkable, but it is. And [Evan: Yeah.] But not that unusual.

30:52 Evan: Yeah, no, it's cool. It's, it's interesting. Wouldn't have said that beforehand, that I'm a prominent, that my visual experience would be prominently color. If you were to get me to gamble, I would've said I'm more interested in the, the thing-ness of the thing rather than the, the color of the thing.

31:10 RTH: Right. Doesn't look that way.

31:11 Evan: We'll see how the, we'll see how the future beeps.

31:15 RTH: Right. And for and for sure I would, I would say let, let's not allow us to fall into the trap of thinking, *well, we gotta go, we gotta find more of this sensory awareness stuff* going forward.

31:24 Evan: It's, yeah. Yeah.

31:29 RTH: All right then. So there I'm a little hot and sweaty.

31:34 Evan: Yeah.

31:35 RTH: Not a big deal to my experience. 20, 20 of 20ish of my experience. And is, is this more a feeling, a sensation of hot and sweaty? Or a cognition of *it is a fact that* I am hot and sweaty?

31:51 Evan: Yeah. I would say it's about 50—50 here in that, in the 20, so 10—10 you could call it, of being aware that I'm hot and sweaty and just having that, that sensation as well.

32:02 RTH: Okay. So what I, I don't wanna talk us outta that, but I also want to, I wanna recognize that it is possible to notice hot and sweaty *without* thinking about it. [Evan: Yeah.] And it's also possible to notice hot and sweaty *and* think about it. Either one of those things is possible.

32:20 Evan: And it could have been any of those, but I think it was both! [laughs]

32:25 RTH: Okay. And, and are we talking about a particular part of my body that's hot and sweaty?

32:30 Evan: I think legs and feet prominently more so than upper body. So I guess lower body.

- 32:45 RTH: Okay. So I am noticing that my lower body is a little bit hot and sweaty, and *maybe* I'm *thinking* about that and maybe I'm *just noticing* it. We're not gonna take a stand on that at this particular moment. [Evan: Yeah.] It seems, seems like both, but we're not too sure.
- 33:02 Evan: Yeah.
- 33:06 RTH: Then I think I'm good about that. Gualtieri, are you happy about that?
- 33:12 GP: Yeah.
- 33:13 RTH: Number 4.

SAMPLE 3.4 DISCUSSION STARTS HERE

- 33:15 Evan: So this one came very quickly. So I was actually writing down my experience for beep 3 when beep 4 came, um, saying the words in my head as I wrote. Noticing the touch sensation of the pen in my fingers, so pressing against my fingertips as I write.
- 33:39 RTH: So two aspects: I'm writing and saying what I'm writing; and noticing the fingertip sensations. Is that right?
- 33:51 Evan: Yeah. There there's kind of a, a *sensa*. Yeah. Yeah.
- 33:58 RTH: And as far as your experience is concerned, equally prominent?
- 34:08 Evan: I would say probably more to the words 65—35 or 70—30.
- 34:15 RTH: Okay.
- 34:15 Evan: Maybe even 80, to be honest. But it's hard to compare words to, to touch. Like, it's like multiplying apples and oranges.
- 34:23 RTH: Yep. I agree. So I agree with that. And I, and I'm, and I'm, I, I don't wanna hold us to the numbers. I don't really care about the numbers, but [Evan: I understand.] 70—30, 65—35, whatever. I, I understand you to be saying, it seems like I'm sort of more prominently into the words than into the, the fingertips sensations, but the fingertip sensations aren't just a *minor thing*. They're sort of present to me. [Evan: Yeah.] That's, that's, we could say that, but I think 65—35, 70—30 conveys that sort of [Evan: Yes.] straightforwardly, whatever.
- 34:54 Evan: Yeah. Yeah.
- 34:55 RTH: So I am saying in words what I am writing.
- 34:58 Evan: Yes.
- 34:59 RTH: And what is that?

- 35:02 Evan: I am, I actually didn't write down what the exact words were that I was writing for beep 3.
- 35:07 RTH: Okay. I don't really care about that. But, um, but, uh, but I'm, so what I've written about beep three is probably something like "whiteness," I'm, I'm saying something about whiteness and writing it down. I'm writing, I'm writing that down and saying it while I write.
- 35:21 Evan: Yeah. So I, when it kind of happened, I was surprised because it was so quickly after beep 3, and then I, I half written, written through beep 3, and I was like, I wrote beep 4 and then went back to beep 3. So it was a bit of a back and forth on those two.
- 35:35 RTH: Okay. So I would say as a, as an aside that I sometimes say that a beep that comes while talking about another beep is too confusing then we probably just ought to skip it.
- 35:47 Evan: Sure.
- 35:48 RTH: But given that we don't have any other beeps to talk about really today, well, might as well
- 35:52 Evan: I thought I had some, like, there was a little bit of a surprise, but I think that I had like, awareness of the experience in that moment of both. [RTH: Okay.] So I think it wasn't a tarnished beep.
- 36:03 RTH: Okay. So the, the experience of writing that portion of this, this experience has been *said* so far to be about the *writing*, not about the *thing written*. So it is *not* that I, what, what we have *said* so far (and I'm trying to find, find out whether we've just omitted that by mistake) is we haven't really said anything about the *previous beep*. that, um, the experience of the previous beep was seen, the whiteness and the, the sweatiness and, and whatever. That's not present to me that—this is a question—is that present to me at the moment? Or is it, is it the fact that I have started to put this into words and it's really only the words that are present to me?
- 36:45 Evan: Right. Yeah. I, I, I don't think any of the things that were prominent in, in beep 3 were still prominent in beep 4. Okay. Which is also interesting.
- 36:52 RTH: So it's not like I'm holding the, in my conscious awareness, the experience of beep three while I write about it. [Evan: Right.] It's that I have somehow processed that (whatever that means, which I don't know), but whatever, whatever processing is done, is done, and now I'm *writing* about it. [Evan: Yes.] My experience is of the writing.
- 37:12 Evan: Yeah.
- 37:13 RTH: And is, is my experience more about the *saying* what I'm writing or about the *writing*, which I'm also saying

37:23 Evan: I would say more about the contents of the writing and saying the words in my head.

37:30 RTH: Are those two different things, or is that? So

37:38 Evan: Lay the lay out the two things again.

37:43 RTH: So is it about the words that I am writing? Or about the content that I am putting into words?

37:51 Evan: Okay. That's made it even more confusing!

37:55 RTH: Well, let's, let's, let's imagine what the words were. Tell me, tell me when, tell me what your best guess as to what the words were that were, were

38:03 Evan: I, I remember being halfway through, so it might be something like "just prominent visual experience."

38:08 RTH: Okay. So, so I'm writing, I'm let, let's, let's presume for the sake of argument that that's what I'm writing. It's "just visual experience," unquote.

38:18 Evan: Yeah.

38:19 RTH: So my question is, is my experience of saying the words "just visual experience" while I'm simultaneously writing them. But the writing of 'em isn't really prominent to me. What's prominent to me is the *saying*, the innerly saying the words "just visual experience." Or (so that's, that's one option). Another option is that somehow present to me is the meaning of *just visual experience*. And now I am articulating those. But what's really present to me is what the meaning that's behind what I'm articulating. Or what's present to me is I am *writing* the words "just visual awareness." That's the prominent thing. But while I'm writing, I'm also happen to be saying it. So that's at least three, three different versions.

39:13 Evan: Yeah. I am, I think the last one, I don't think the meaning of the words was in any way prominent. It, it's more just writing the words and saying them. But I don't think I was attaching anything to the, to the words themselves.

39:28 RTH: Okay. So I'm *writing* these words and, and that's the prominent aspect of this, is the, the action of the writing, the, the creation of the written word, I guess you would say. And part of that is the *speaking* of it, but that's somewhat secondary to the writing of it. [Evan exhales loudly] And, and I, I, I would, I would say what the, from my, from my point of view, the conversation that we're having right now is: I'm accepting that we're not gonna be able to answer that about the beep that, that we, that's passed, about beep 3.4. [Evan: Yeah.] This is conversation that is designed to awaken things for fu, fu, for future beeps or whatever. But, uh,

40:10 Evan: Right, right. I

- 40:12 RTH: So we're making distinctions the distinction, the distinction is important going forwards. And I, I'm fully accepting that we're not capable of making the distinction going backwards.
- 40:12 Russ comments: This is the iterative process at work. The words of the DES interviewer always sound like an exploration of a past beeped experience, but the intent of those words is often more about refining options that might be profitably applied to future samples.
- 40:22 Evan: Yes. Yeah. I understand. I understand. I'm still unsure about how many words I should write out and like how often I, like how long I should really try and parse these things apart. In the moment or just kind of doing it with you on the call. And I'm a little,
- 40:44 RTH: The, I, I think in most
- 40:46 Evan: [inaudible] Words I write or wrong.
- 40:47 RTH: I think there's a, there's no way that I can answer that in general [Evan: Yes.] other than to say what I want, what I would like you to do is to talk about your experience, the way your experience presents itself to you. And so if, if your experience was of writing the sentence quote, "just noticing the visual experience of these words as they appeared on the page," I don't, if, if I feel myself to have been writing that whole sentence, then that's what the experience is. But if the experience is of just writing some portion of that, then I'm interested in the, the portion that you happen to be experiencing.
- 41:38 Evan: Right. Okay.
- 41:41 RTH: And I don't think that there's a black and white distinction between that. I, I think, y'know, it could be some people, *some people* are *very clear* to be saying, I'm writing *one word*, this is the word that I'm writing. I'm into that word. And I Yes, I understand that word is a portion, a portion of the rest of the sentence, but that rest of that sentence isn't present to me. I'm noticing the word "white" and that's it. Some people interesting, some people are like,
- 42:09 Evan: I don't think I have that.
- 42:12 RTH: And other people would, would, would have it be a couple of words. And, and other people would say, well, I, I can't really answer this question. I am, I am in fact writing the word "white," but I'm in the process of writing this whole sentence and the whole sentence seems to be there and white seems to be there. So I don't think there's, I don't think there's a right answer to that question, except I think there's also *wrong* answers to that question, so.
- 42:38 Evan: Right. No, that makes sense. I think I, I understand the distinction.
- 42:45 RTH: Okay. And then, so I'm gonna, I'm gonna about the word aspect. You happy with that Gualtiero? [GP: Yeah.]. Then there's the fingertip sensations.

42:57 Evan: Yeah.

42:57 RTH: Tell, tell me more about that.

43:00 Evan: So just a tactile, the actual physical tactile feeling of the fingers on the pen. No cognitive awareness of the pen. Or maybe a bit of cognitive awareness of pen? I'd say it's, it is mostly tactile sensation between the fingers and the pen. *Maybe* a bit of cognitive awareness about the pen, but I don't think I'm actively thinking like I'm holding a pen. [RTH: Okay.] It's, it's prominent experience is the, the actual feeling of the pen in my, in my fingers.

43:36 RTH: And is that, uh, the, the sensation of the pen? I feel the pen?

43:44 Evan: Yeah.

43:46 RTH: As opposed to, I am feeling myself *writing*? That this is a *sensation* of the pen rather than the experience of *manipulating* the pen.

44:00 Evan: Yeah. First one.

44:05 RTH: Okay. So I am in fact moving the pen, and as I move the pen, I no doubt create these sensations, but that's *not* part of my experience. My, my experience is of the felt sensation.

44:18 Evan: Yes.

44:19 RTH: And is that, is, is that like smoothness, or roughness, or motion or...?

44:27 Evan: I think all I feel is pressure, a little bit of pressure as I clench the pen.

44:32 RTH: Okay. And, and do you feel the pressure in any particular place? Finger, thumb...?

44:37 Evan: Yeah. Fingertips is what I say.

44:41 RTH: Okay. And, and did, do you, when you were writing, were you holding it between your thumb and finger? [Evan: Yes.] And I feel it in my finger. There's no doubt sensations, my, the corpuscles or whatever in my thumb are no doubt firing just as is my fingers, but I feel my fingers? Is That right?

45:01 Evan: Yes. Yeah.

45:05 RTH: Okay. So in this aspect of my experience, there's a whole lot of neurons being firing mo, motor neurons, sensation neurons or whatever. But I am attending to the sensations of my fingertips.

45:24 Evan: Yeah. I think so.

- 45:29 RTH: Okay. Then I think I'm good about that. Gualtiero, you good about that? [GP: Yeah, thanks.] Okay.
- 45:40 Evan: I think it's hard to know if there's an aspect of cognitive awareness of the pen or the writing. Whenever you mention it, I'm like maybe 5%. But then I'm also kind of doubting myself if that's just after the fact. Am I inventing the fact that I was cognitively aware of the pen or the writing? Like I'm sure that prominently it was the tactile sensation, but there might be a bit of, maybe a little bit of cognitive awareness in there, but it's hard, it's hard to kind of tell.
- 46:06 RTH: Yeah. So I don't, I don't wanna rule it out one way or the other. [Evan: Yeah.] What I think we, what I think we, we've done, and we're about to do some more, cuz I'm about to say something about it, but, but we are awakening the notion of sensory awareness. And I would notice that I think all four, all four of these beeps involve some kind of sensory, what I would call sensory awareness. Like the one we're just talking about, the sensory awareness is of a, is of a bodily sensation, [Evan: Yeah.] but that still counts as sensory awareness as much as the color purple did and the, and the color whiteness. So those were *color* sensations, which I was noticing the sensory aspect. But in this beep, I'm noticing the sensory aspect of the, of, of my body. And in the first beep, there was the skin, I would call or the, not, what, what you said was skin, but it wasn't really skin. The bodily,
- 46:58 Evan: Yeah.
- 46:59 RTH: Happy sensation was and the ballpark of sensory awareness as well.
- 47:04 Evan: Yeah. I actually did do try and do more varied experiences, but that's when I realized the beeper wasn't beeping. So I went to the shop and cooked and I realized I hadn't beeped in two hours and I pressed it down to see if I get the square wave. And I didn't. And I was like, oh, that's a shame. cuz I've been, I looked like an idiot for like two hours walking around and doing all these things with this, this device attached to me and I've got nothing from it.
- 47:25 RTH: I what a bummer! [laughs] So, so, so what I, what I would say is what we are awakening the notion of sensory awareness and, and this, and we're leaving open the possibility that sensory awareness seems to have some kind of a cognitive aspect to it. And maybe it doesn't, maybe it doesn't, but I think that will be, *might be* easier to notice going forwards. Now that we've sort of recognized that one of the things that Evan does is pay attention to the sensory aspects of his, of his environment, inner and outer, and uh, [Evan: Yes.] and that, that *might* make it easier for you to detect whether there was a cognitive thing about that or not. And, and, *and* I would say I'm not particularly interested in whether there's a cognitive thing or not. I'm sure that in by some definitions of cognitive, the answer to that is *yes*. [Evan: Yeah.] And by other definitions of the cognitive, the answer to that is probably *no*. So the answer is what, what appears in cognitives, [corrects himself] in *Evan's* direct cog... [laughs and restarts] What what's important to me is what appears in Evan's direct experience. And if that involves a thinking about it as well as the feeling of it, well good, then let's

talk about that. [Evan: Yeah.] But let's not presume that there *has to be* or that Russ thinks there would be nice that there would be, or whatever. That's,...

48:50 Evan: Yeah.

48:51 RTH: I don't really care one way or the other. The question is what's in Evan's experience. [Evan: Yeah.] So shall we, do

49:01 Evan: I have beep 5 and 6 here that I did today with the, with no ear earphone? So you can, we can throw it out. We could talk about it a second.

49:01 Russ comments: Evan had had trouble with the beeper, which apparently involved a broken earphone.

49:08 RTH: We, we could try, we could try one and see what happens. I'm, let's, let's, let's look at one of those and see what happens.

SAMPLE 3.5 DISCUSSION STARTS HERE

49:15 Evan: So beep 5 was a auditory and visual experience. So I was looking at the person on my screen watching the, the transcript in my periphery. So this is a video editing software. So like looking at person with my main visual vision and then some kind of what some sort of text in my periphery, kind of blurred. I am hearing what he was saying. And I had a mild itch on my nose.

49:15 Russ comments: Note that this sample was collected using the beeper's onboard speaker, not the earphone, and Russ thinks that is not adequate.

49:55 RTH: So it seems like there is sort of three or maybe four things going on. I see what's on the screen, [Evan nods affirmatively] predominantly the person, secondarily the words in the periphery.

50:09 Evan: Yeah.

50:10 RTH: And I'm hearing what he's saying, *and* I'm feeling an itch in my nose.

50:15 Evan: Yeah. Okay.

50:21 RTH: Well, just for the sake of argument, let's go to, let's go to beep number 6, seeing that we've got five minutes left here. What, tell me about beep 6.

SAMPLE 3.6 DISCUSSION STARTS HERE

50:28 Evan: So feeling really good, relaxed, chill again, sort of a bodily feeling. And then I had my left hand on my girlfriend's leg and I was sort of noticing the softness of her skin. Again, I sort of a tact soft, tactile feeling of the softness. But it overall a very bodily feeling again.

50:50 RTH: Okay. Alright. So given what, given what time it is, let's, let's plot what we're gonna do, what we're gonna do next here. You're gonna, you're we're gonna do this again. We, we in agreement we're gonna do this again.

51:06 Evan: Yes. I'm having good fun. I feel like this week was a, was a good one.

51:11 RTH: It, it's totally interesting to me. [laughs] and, uh, so.

They talk about side issues

They compare calendars

The discuss what to do if the beeper is broken

55:45 Evan: But, but, but if, if that doesn't arrive, do you think a beep is pretty worthless without the, the headphones? Say it arrives and I, we can email back and forth on this, but if, if, if it arrives and I can't for some reason can't get it to work with any headphone, is, so...?

56:02 RTH: What I, what I was, what I would say about that is what if you're gonna order a, a headphone? Why don't you do that sooner rather than later and try it.

56:10 Evan: I'll, I'll order it Right away.

56:10 RTH: And if, and, and if you've established that the, that the, that the jack is broken, then email me or text me or something like that and we'll, and we'll figure out a way to get you other, get you beeps in a, in a different way.

56:30 Evan: Okay.

56:31 RTH: I think, I think soft beeps coming out of that, out of that device [coming from the beeper's onboard speaker] is not good enough. So I think we can, we have, we can maybe do better than that. Are you an iPhone user? Or, or a...?

56:44 Evan: iPhone.

56:46 RTH: Okay. So it is, it is possible to use an iPhone, which is probably, probably second best. But, but, but let's, let's cross that bridge when you come with it. [Evan: Yeah.] Get, get yourself a, get yourself a headphone relatively soon. [Evan: Yeah.] Leaving us time to debug something about what we're gonna do if that, if that doesn't work. [Evan: Yep.] So order, order it now, get it tomorrow, the next day and, and send me an email or a text or something and uh...

57:14 Evan: Yep, will do.

57:14 RTH: Do. Let me know whether it works and if it doesn't work, then we'll figure out a way to, to make your iPhone work, which is pretty *clunky*, but probably better than using the onboard speaker.

57:28 Evan: Interesting. Okay. I think you're placing a lot more importance to that headphone than I would've intuitively sort of guessed, or even now think there is, but you know what you're doing. So,

57:41 RTH: So what I, what I think is if you, with without the beeper, without, without the, without the *earphone*, that, that, that it's *too easy* for you to accumulate things that are environment and make it seem like, well, they're part of my experience. [Evan: Right.] Cuz while you're in the process of processing. Well, is that the beep? Is that the beep? Is that the beep? You're also in the process of saying so, so in particular, you are, you're the sample, the fifth sample that you got here was the most complicated sample that you've had today.

58:13 Evan: Right.

58:13 RTH: And I'm guessing that, that, that complication comes, that's an artifact [Evan: Interesting.] of the, of the un undesirable beep, I would say.

58:27 Evan: Okay.

58:28 RTH: But I'm not sure about that, y'know. It's a, but what I, what I would, what I would say we should do is to deliver a beep as good as we can do so we don't have to worry about that.

58:28 Russ comments: Certainly one could design an experiment using low-quality and high-quality beeps, and determine whether it mattered. I have no objection to such experiments, there are many such tiny experiments, and at this stage in the history of the universe, it seems better simply to do the best that can be done in *all* respects. Later we can do some fractionating experiments and determine what is actually essential.

58:38 Evan: For sure. Yeah, absolutely. I'll get right on it. I'll look for a headphone and then if I can't find one in the house, I'll order it by the end of the day.

58:46 RTH: Okay. Sounds like a plan.

58:49 Evan: Good talk, gents.

58:50 RTH: Alright. Thank you very much.

58:52 Evan: [GP: Thanks.] See you next week.