

TRANSCRIPT WITH COMMENTARY

Joe Jebelli: A Science Author

Interview 7: Sampling day 7

Below in black is a word-for-word transcript of the April 12 interview with Joe that is available on YouTube at https://youtu.be/_U86k12WaSs. In green are comments about and explanations of the Descriptive Experience Sampling process. If you have corrections, suggestions, or questions, please post them as YouTube comments.

RTH = Russ Hurlburt

CK = Cody Kaneshiro

AG = Amber Goto

Joe = Joe Jebelli

0:00 RTH: So this is gonna be day seven, is that where we are?

0:05 Joe: Six or seven? I think it's seven. Anybody counting?

0:07 RTH: Counting?

0:08 CK: It's day seven. I, I think last night I think I, we messed up last week, week. I thought it was day five, but Yeah. Who's counting?

0:15 Joe: Yeah, I think, I think this, uh, as I said last time, I think, I think this is probably the, the last time because I've got, I mean, I, I've definitely got, um, I feel like I've got more than enough to work with. And as I said last time, I think having this number of sessions, I feel like I have, uh, at least like, uh, moderately kind of got the grip, the grip of the grip of DES. Definitely better than I was at the beginning. Um,

0:40 RTH: I think that's right.

0:42 Joe: Um, but yeah, and I think maybe if, uh, yeah, like, what I'll do, I think I said this before us, but I'll, I'll say it again. But I think maybe like, if I, like, after today, maybe if I could reach out in a couple of months just to see like, um, once I've had a chance to look through the chapter with my editors and figure out, y'know, what's working and what's not working, or maybe like we need to, um, need more information on something or to improve my understanding of something, we could have another chat. [RTH: Sure.] Okay. Cool. Okay. Um,

1:12 RTH: So number 1. Number 1.

SAMPLE 7.1 DISCUSSION STARTS HERE

- 1:14 Joe: Yeah. So, um, beep number 1, um, I was in a bookshop and I was, I was stood in front of this shelf of, uh, new hardbacks. And, but I was actually listening in on the conversation going on behind me, um, between this guy and another guy behind the till. And I was listening in the conversation and, um, the, the guy behind the counter, they were talking about a, a book that he was, that they were talking about, a book that the guy was *in*, and he was asking whether this book was out. And then the guy, the, the guy behind the counter said, “the *paperback* is out.” The beep went off uh, as he said, “the paperback is out.” And my experience was hearing the words, “the paperback was out,” and feeling worried for some reason.
- 2:18 And, uh, I wasn’t even at that, the, the actual, the books in front of me no longer, they weren’t really there anymore. They were very, they were almost blurred. Um, because my focus was on the, the words “the paperback is out,” and the conversation, and the, and the feeling of being worried. Um, which I’m not quite sure. Again, I know it doesn’t matter, but I’m not quite sure why. The, the, the guy asking the question about is the book out. He sounded kind of, he sounded kind of like nervous and afraid and a bit sad almost? So I felt, I felt when the guy said “the paperback is out,” I felt worried. Uh,
- 3:11 RTH: And how does, how does worrying come to you? How,
- 3:15 Joe: Yeah, it’s really weird. Um, it was, that was more of a physical sensation. Like, uh, it was more of a physical sensation than a cognitive thing. It was kind of, it was a feeling of worry, and I wanna say anxiety as well. Um, but it was, it was definitely linked somehow to, to the guy behind the counter saying to the, the other chap,” the *paperback* is out.” Um, and yeah, it’s really weird.
- 3:55 RTH: And when you say a physical sensation, what, what are you referring to?
- 3:59 Joe: Um, yeah, that’s a really good question. Uh, it was sort of like, um, like a sort of a sort of tickly sort of light sensation in the, like in my chest that was quite unpleasant. Um, like maybe almost like I was falling a bit, but, um, more of a sort of tickly, an unpleasant tickliness, if that makes sense.
- 4:36 RTH: And *in* your chest, on, *on the surface of* your chest?
- 4:41 Joe: Um, it was kind of like between my chest and my stomach, I feel it was kind of in the middle of my body.
- 4:46 RTH: And, and, and down deep inside or on the surface?
- 4:50 Joe: Um, it felt closer to the surface than down deep inside.
- 4:56 RTH: And by closer to your surface, do you mean on, *on the surface* or *just beneath* the surface?

- 5:03 Joe: Like, uh, I don't, yeah, I'm not sure I know the answer to that. Um, it could be both. It was kind of like a ho hovering around the surface.
- 5:17 RTH: Okay. And, and, and, um, we're talking about your thorax, I suppose, your chest. Yeah. So a region that's sort of this wide or this wide or...?
- 5:27 Joe: Yeah, like, like the first one, like, it was quite wide.
- 5:31 RTH: Okay.
- 5:32 Joe: Um,
- 5:35 RTH: And anything else to say about that? Uh,
- 5:39 Joe: No. I suppose I thought it was kind of interesting that all of the hardbacks in front of me, which I was actually looking at before and scanning the titles, they'd all just disappeared. It was just, it wasn't even like they were in focus any anymore. Everything was just very, it was *really* blurred. I don't, I can't even be completely sure that I could even see it. I think maybe in retrospect I'm thinking, oh, it was there, but it was blurry. But I, I actually, I was so focused on the, the feeling and the conversation behind me that I'm not, I can't be completely sure that I could even see it anymore.
- 5:39 Comment: Was Joe's experience of *blurred* books or *not-at-all-seen* books? We can't know for sure. Given Joe's history of letting presuppositions about physics interfere with his apprehension of experience, we could speculate that his actual experience was of not-at-all-seen books, but DES is not about speculation, so we will have to leave that as unresolved. If I had thought that Joe was likely to sample on additional days, we might have had a conversation on the don't-let-physics-interfere issue, but Joe's own comments suggest that such a conversation would be unnecessary—he has probably figured out for himself that he needs to be more careful about such things directly after the beep.
- 6:22 RTH: Okay. And, and between the listening to the conversation and the feeling, do those, do those seem like they're sort of the same thing? So I'm listening to the conversation with this anxiety worry feeling? Or is, is it, can you divide it up and say, well, *mostly* I'm listening to the conversation, but *partly* I'm listening to the, or feel feeling the feeling or the other way around?
- 6:49 Joe: I think it was more the *feeling* than the *conversation*. Cuz the, the, the words, the words, "the paperback was out," is out had, I'm not like they felt it, that had, felt like it evoked the feeling. And so the moment of the beep was, there was *more* focus on that *feeling* in my, in my midriff.
- 7:11 RTH: 60—40 more? 90—10 more? 99—1?

7:16 Joe: Uh,

7:17 RTH: And I don't really care about the numbers. I just a little bit more, a lot more,

7:23 Joe: I'd say yeah, about 70—30.

7:25 RTH: 70—30. So *quite a bit more* about the feeling. [Joe: Yeah.] And I think I'm good.
[Joe: Okay.]

7:40 CK: Um, I think so too.

7:42 RTH: Number 2.

SAMPLE 7.2 DISCUSSION STARTS HERE

7:44 Joe: So, um, beep number 2. Uh, so I was in a sandwich shop and I was waiting for my partner to pay for her sandwich. Um, I was stood like near the entrance, I wasn't actually getting anything. And so I was waiting for her to buy her sandwich. And uh, she was stood at the counter and I was looking, uh, I was, look, I was actually looking at the eyes of the girl who was serving her. Um, I was noticing her eyes cuz uh, well there was a lot of, there was a lot of, um, is it eyeshadow? Like there was a lot of makeup around her eyes. So her eyes kind of stood out for me for, so like, they, they stood out quite a lot. And so even though I was looking at my partner paying for her sandwich, my, my actual focus was on the eyes of the girl serving her. Um, and I was just looking, I was just looking at her eyes. Yeah.

8:51 CK: And

8:52 Joe: I shouldn't tell my partner that [laughs].

8:56 CK: Sure. I'm sure it was the makeup, right? [they laugh]. So could you see more about how, how the eyes are present,

9:04 Joe: Um,

9:05 RTH: And is it the, is it the eyes or the eyeshadow?

9:10 Joe: It was the *eyes* more than the eyeshadow, but it was also the, the sh there was also the, the eyeshadow. Um, but I, I think it was more the more the eyes than the eyeshadow. They were quite like big brown eyes. And there was something about the shape of them that drew my attention. They kind of like curved up quite a lot on, on the outsides. So yeah, there was something kind of, I don't know, like, uh, there was something about the, the shape of them that, that I was, that I was drawn to.

9:55 CK: So we've talked a little bit now about, y'know, how brown her eyes were, the makeup, the curve of the outside of her eye. Is, is sort of, is so and so is my experience just I'm sort of, I'm looking at her eye, I'm seeing her eyes, er I'm, I'm sort of zeroed in her eyes? Or is there a particular part of this that is drawing my attention, y'know, I'm into the color, or I'm into the shape, or...?

10:19 Joe: I feel like it was kind of all those things. Like, I suppose on like on the whole, I was looking at her eyes and noticing the eyes. Um, I suppose I wanna say that the, the features that I was noticing, the, the curved up and the sh, the eye shadow, but they were kind of, that was kind of secondary to me just looking at her eyes and noticing her eyes.

10:46 CK: So I'm looking at her eyes that happens to be brown [Joe: Yeah.] and curved upwards and stuff r rather than I'm into the....

10:54 Joe: Um,

10:54 CK: ... a certain part of it or something like that. Yeah,

10:56 Joe: Maybe I'm not, not completely sure if the other stuff was kind of just like a, a fact of the universe and, and that I was, uh, or that it was like me just thinking back on it. It was, yeah, I dunno. I think the main, the main thing was I was just looking at the eyes. And um, it's, it's, yeah, it's difficult. I, uh, there is a part of me that thinks that like the eyeshadow and the, the, the, the curve nature of them is me, is me *thinking back on why* I was noticing them as opposed to the real reason, which is that I was *just noticing* them. Um, there was something about the *size* of them, like they were quite big and they, they were very open on my partner. So, um, yeah. But the, I mean, the experience was just very much just being focused on the eyes. I couldn't really, I wasn't really, I wasn't really aware of anything else at the time.

12:13 CK: I think I'm good

12:16 RTH: Me too. Number 3.

SAMPLE 7.3 DISCUSSION STARTS HERE

12:18 Joe: So number 3. Uum, so I was walking home and um, I was thinking about this new cat food that I ordered earlier on in the day. And, um, the beep went off as I was, I was thinking, I was trying to figure out if, if selling fresh cat food is a good business idea [laughs]. Um, uh, it was a strange one cuz I was, uh, I've written down here that, I mean, I've written down "expanding and pushing, :because it was a, there was a feeling the experience was of, um, there was a kind of like a a, a pushing feeling in my mind, an expansive feeling like, but, but it was tiring. Um, and I had a sort of very, very blurry image of a city in my head at the same time. Um, yeah, I mean that's, that was basically the experience of me of the beep

catching me thinking about whether or not this selling cat food's a good business idea. Um, yeah, it's kind of, it was, it's a hard, it was a hard one to, to jot down notes about. Um, cuz it was, yeah. But I've put yeah, pushing and expanding cuz there was, there was this very strange internal cognitive feeling of pushing and expanding, um, and,

14:07 RTH: And pushing and expanding. Is, is that in my head? Is that what, what I understood.

14:12 Joe: Yeah. And yeah, it felt, it very much felt like a cognitive thing and it was kind of like a, it was kind of tiring as well. Um,

14:24 RTH: And by cognitive, do you mean, uh, part of the thought process or do you mean this as a physical expanding that's related to the thought process? This feel, does this feel like a physical expanding?

14:42 Joe: Um, no, it felt more like it's a part of the thought process. Um, but yeah. Uh,

14:56 RTH: So something about the thought process itself felt expanding, pushing something. [Joe: Yeah. Yes.] And so when we say that's in my head, does that feel physically in my head or does that do, do I really mean it's *mental*?

15:12 Joe: Uh, yeah. Um, yeah. Yeah, that's a really good question. Um, I mean, it just felt like it was, it was a part of my, my consciousness at the time, like my *being* at the time if, if that makes sense, was, was a sort of pushing and expanding feeling, with a very blurry image of a city. Um, which had come off the back of, y'know, *oh, is setting up a fresh cat food business a good idea?* Um, it was like I was trying to figure something out. The pushing and expanding was me trying to get somewhere in my head or in my consciousness, in my conscious experience. But I, I, I wasn't, felt like I wasn't going anywhere. It felt like I was just, I just had that sensation which was a bit tiring.

16:10 RTH: And in my head and in my conscious experience, do those seem like the same thing? I really mean in my conscious experience, but I say in my head? I'm still trying to nail down whether this, whether there's physicality involved in this experience.

16:27 Joe: Felt like it was more, yeah, I'd say more in my conscious experience as opposed to physically in my head.

16:27 *Comment: Joe is describing what DES calls unsymbolized thinking: the directly apprehended experience of thinking without that thinking being experienced as represented in words or visual images.*

16:34 RTH: Okay. And uh, and then there's the blurry image of the city. What, this is a visual experience? I, yeah. Imaginary visual experience. And what exactly do I see?

- 16:46 Joe: I saw very really blurry city from a, like a bird's eye view, but it was, it was very, it was small. It almost looked like it was in a snow. What those things you shake up the snow globe things. It almost looked like it was in a, it almost looked like it was in, it was like inside a, uh, like a snow globe type thing. It was just, it was so, it was, it was so blurry and like indistinct that it was, I mean, I knew it was a city, um, but it was, but it was just like a mini, it was like a mini blurry, um, top of a city. Um,
- 17:33 RTH: And is the snow globe a metaphor or a description of your experience? Is there, do I see a snow globe kind of a thing or is it just a,
- 17:44 Joe: I say snow globe cuz it looks, it looked like it was, um, like it was so small and blurry, it looked like it was kind of inside, um, it looked like it was inside a small sort of transparent sphere of something. So it looked kind of like a snow globe. But I wasn't thinking snow globe at the time.
- 18:07 RTH: So I'm, I'm seeing something constrained and, and spherical, is that ...?
- 18:15 Joe: Yeah. Yeah. Like the, yeah, it looked, it was like the top of a, the top of a very blurry city that was like small and contained in something sort of transparent and spherical, which kind of reminded me a bit of a snow globe. But I wasn't, again, I wasn't thinking the word "snow globe" or even snow globe at the time. Um,
- 18:40 RTH: So something spherical around spherical, spherical and blurry I meant, meant to say. And, um,
- 18:48 Joe: Really weird. Uh, [RTH: And does that...] Sorry, sorry.
- 18:53 RTH: And does that seem to have a location? Like in the middle of here [points to his head] or out there, or doesn't matter?
- 19:02 Joe: Um, yeah, I'm not, uh, not sure about that. [RTH: Okay.] It didn't really felt like it had had any real location. Um,
- 19:16 RTH: Okay. And then does the, does the, does all this seem like it's part of the thinking? So I'm in the process of trying to understand, trying to decide, trying to figure out if selling fresh cat food is a good idea. All this is...?
- 19:31 Joe: Yeah. Yeah. That the, even the image of the very blurry sort of mini city, like that, that that *did feel* like it was connected to the overall thought process. Um, because I was, it's difficult cuz I wasn't, when I was thinking, is this a good business idea? I was think, uh, (I mean it's, it's difficult this because, cuz I, I'm not sure this was really caught in the, the moment of the beep), but I, I *feel* like the reason I had that image of the city is because I was thinking about like, like deliveries. Like where in the city [RTH: Right.] You could deliver to. Um, but I don't know if that, um, if

that's just me, um, again, like, like trying to explain it or like, uh, that's a presupposition. Um, it could be like I, yeah, it might have nothing to do with that. Um, but there's a part of me that thinks that that's why I was thinking of a city. Cuz I was thinking about where you could get it delivered and things like that.

20:56 RTH: [coughs] Excuse me. And does the thought process itself still seem to be going on? So I'm, so it would be fair to say I'm thinking about whether it's a good business idea; and, sort of at the same time, I feel this pressure; and, sort of at the same time I see this snow globe? All, all seemingly part of this thought process.

21:17 Joe: Yeah. [RTH: Mm-hmm.] Yeah. It didn't feel like, it didn't feel like there was a separation between all those things. It felt like they were all kind of going on in a, in a very sort of, um, I wanna almost say like, kind of kind of like a *messy* way. Like it wasn't... Um, they were just there. I wasn't like, I wasn't com, compartmentalizing them or anything.

21:17 Comment: Question: Why would you call this *unsymbolized thinking* when there is in fact a symbol—the snow-globe image? Answer: Because the snow-globe image is experienced as being alongside or simultaneous to the thinking, not a part of the thinking itself. The thinking would stand as its own experienced aspect even if there had been no innerly seen snow-globe.

21:48 RTH: Okay. Then I think I'm good.

21:49 CK: I just wanted to clarify the, the mental pushing, expansive cognitive thing: is that, uh, I guess is what I said, calling this a pushing expansive cognitive thing, i, is that, is that sort of the main feature of the experience? Or is that a mental pushing, expansive thought process?

22:15 Joe: Um, um, I feel like more, more, the second one that you said. It was kind of a thought, felt like a thought process. It felt like it was an active thing. Um, but it was, uh, yeah, it was, it felt like it was the same part. It was like there was like, uh, it was like an equal part to the other parts of the experience.

22:43 CK: I guess my question is, I, I understood the, the sort of the *context* of this beep is I'm thinking about whether the cat food business is a good one, or something like that. And so is that to say that that sort of, that thinking involves a pushing, expansive, tiring thing? Or is it just sort of like the, the cat food stuff, the cat food business thing is totally context, so that all, all that's present to me is this...

23:07 Joe: No, no, definitely the first one, like it was, it felt like it was, it was very much, um, linked to me thinking about whether or not the cat food business is a good idea. It was... I, I feel like me thinking that (uh, cuz it wasn't like a, it wasn't a verbal thing in my head where I was like, is a cat food business a good idea?) The experience of that, of that thought was the sort of pushing and expanding, um, yeah. Yeah. So I mean it was linked to, it was, yeah, it's really, yeah. It's

interesting actually, cuz it's, when I verbalized the, the idea or the, the experience, it makes sense. But then when I think of the actual experience of is, is a cat food business a good idea? it wasn't anything like that. It was the, the pushing and expanding and the weird cit, blurry city and um, yeah.

24:12 RTH: That is what makes life interesting.

24:16 Joe: Yeah. And it's, um, but it's, it's, y'know, it's like you guys have been saying: it's uh, there's, there's, there's not enough, or I would say like, apart from what you guys are doing, like it's just like next to no real exploration of that, even though *that's* the experience.

24:16 Comment: Joe is, in my view, of course exactly right.

24:36 RTH: Right. It's pretty remarkable.

24:39 Joe: Yeah. Yeah. Yeah. It really is. Uh, yeah. Gosh. Anyway, [laughs]

24:50 RTH: Number 4.

SAMPLE 7.4 DISCUSSION STARTS HERE

24:53 Joe: So number 4. Uh, number 4, I was, I was walking up the stairs, um, of the, of my building on the way to my flat. And um, I was about to, I had my keys in my hand and I was a, I was about to unlock to open my, the door to my flat (I suppose you guys would say "apartment"). Uh, and the beep point office, I was, I was looking down at the carpet on the stairs and I was looking at a hole in the, in the carpet that was kind of faded and shredded. And I was just looking at it for like a few seconds, um, before I put the key into the lock.

25:52 CK: So is this my beep or Amber's beep? I wasn't sure how we're coordinating this.

25:56 AG: I'm, I can ask. It doesn't matter. I had some questions anyway,

26:01 CK: Well go for it, Amber.

26:02 AG: Okay. So I, just to clarify, so is the hole; is looking at the hole, is that part of your experience? Or is that kind of a fact of the universe? And What I'm really interested in is the fading, shredded quality.

26:18 Joe: Um, so I feel like looking at the hole was, was, um, the main part of the experience. I'd say like a secondary part was noticing that it was like, it was, uh, faded, faded and shredded around the edges of the hole.

26:43 AG: Okay.

26:47 Joe: Um, yeah.

26:50 AG: And um, is this something that you're seeing out there in the real world?

26:55 Joe: Yeah. Yeah. I don't think I'd seen it before, even though it's quite a big hole and it's just outside of the front door. Um, but there wasn't any, there wasn't any like feeling or thinking going on while I was looking at it. [AG: Okay.] I was just,

27:16 AG: Oh no, go ahead.

27:19 Joe: Uh, yeah, no, I just, uh, yeah, I dunno. I was just looking at it, I wasn't even like annoyed that there was a big hole in the carpet outside. I was just, I was just noticing it.

27:32 AG: Okay. And then, um, could you just clarify to me what it is that you see? That you're looking at?

27:32 Comment: AG's question is, unfortunately, ambiguous in the sense that "What do you see" here can be understood as (a) requesting a description of the real carpet or (b) requesting a description of experience. DES tries to keep those things very separate, and this question works against that effort. It would have been better if she had asked "What do you experience?"

27:39 Joe: So I see a sort of, uh, a fade. So the carpet is, is, is like salmon pink, like a faded, but it's a really faded color. So a faded salmon pink carpet, and then a, a hole that's about the size of an apple. Uh, and then so where the carpet should be, there was just this sort of black and gray, um, sort of streaky something or other underneath. And then around the edges there was sort of gray and white sort of shredded bits of material. [AG: Um, okay.] It was very much, yeah, I mean I was definitely, I, I mean I must have been looking at it for a longer than I thought. Cuz it was very much a, that was the experience, just seeing all of that.

27:39 Comment: Evidently Joe initially understood AG's (27:32) question in the (a) real carpet sense (see the comment at 27:32). Then his last sentence indicates that he realizes that DES is really interested in the (b) sense. But now it is too late—his description of the real carpet has undermined his ability to describe his experience.

28:45 AG: Okay. So, um, your experience is of seeing really this whole thing with the, the carpet and the hole is the size of an apple and all this stuff, but really my attention is on the hole and the shredded-ness? Or the or,

29:00 Joe: Um, mostly the, mostly the hole, but then I'd say like, so maybe like 80% the whole, but then like 20% the shredded and the, the gray, um, sort of the coloring and the features around it.

29:16 AG: Okay.

29:24 RTH: I'm good.

29:26 Joe: Me too.

29:28 RTH: Number 5.

SAMPLE 7.5 DISCUSSION STARTS HERE

29:30 Joe: Um, so, um, so I wanna skip number 5 if that's all right. And, um, I didn't get a sick, uh, beep today. Um, I started a little bit later. Um, so it's just the four beeps today.

DISCUSSION AFTER SAMPLING STARTS HERE

29:45 RTH: Okay. Well good. So, so let's, let's plot some strategy about what we're actually gonna do here then. And uh,

29:56 Joe: Yeah.

Shall we put these videos online?

29:57 RTH: And there are several, there are several possibilities. One is, as y'know, I put some videos on the web of the, these kinds of interviews, interviews, and I'm interested in knowing whether you think that would be a, an interesting thing, whether you would find that a *good* idea or a *bad* idea or an indifferent idea if we were to put some of *these* interviews...

30:16 Joe: Yeah, I'm, I'm happy for you to, to, to put them to, to put them online. Is that, cuz I think cuz do you mean, um, with the other ones you've got on your website?

30:26 RTH: Yeah. And, and I, I haven't figured out, I haven't really applied myself to thinking about what, whether we would wanna put the whole deal or a couple of days of it or the.... I mean I'm think, I'm thinking maybe I've overwhelmed the reader, the viewer or whatever by putting the whole set of on. So maybe I should, I should streamline it a little bit and put like, I guess I've already sent you a transcript for like the second day or something like that, I believe. Yeah, that's...

30:55 Joe: Right. Yeah. And you've been sending me the videos. Well yeah, I I'm, I'm, I'm totally happy, um, like for you to, to put them online, Russ.

31:03 RTH: Okay, well I appre, I appreciate that. And the, and the reason is it comes back to what you were saying or we were saying a few minutes ago though, that there's really nobody but us that is, that's doing it. And, uh, and so we, I, I think it's a *contribution* for us to, to, to say, well, y'know, if, if you really are interested, this is what you find. This is the kind of thing not with, with no specific interests,

y'know, here's a, here this is a *guy* and this is the way his experiences happened to be at those, at these particular moments. And uh,

Sampling into categories misses the most interesting things.

31:36 Joe: Yeah, it's, it's, it's really important to like *report* this research. Um, cause as I, as I said, cause like not, I mean, not enough people are doing it. I don't actually think it, I can't, yeah, I'm not sure anyone but, but you guys are, are doing it at least, at least in this way. Um, I

31:53 RTH: Think that's right. I think that's right.

31:55 Joe: I mean, I've, I've read a little bit about experience sampling and some other studies, but not, um, not in this way. And I've noticed in the other things I've read that again, they, they frame it in such a way that it's, it's blurring the, the reality of the finding, or it's, if that makes sense. It's, it's not, um, it's not as raw as, as the data that I suppose you're collecting with this, with this method. Um, that makes sense.

32:26 RTH: Well, I'm not sure who you're, who you, what, what kind of reading you're referring to, but I think you're *right* about that, that there are very few people, or maybe *none*, who are trying to actually look at everyday experience as it actually occurs, which [Joe: Yeah.] seems like it ought to be sort of the starting point of experiential science.

32:48 Joe: Yeah, I think was, I can't remember who it was, but I think I read, I think I read one thing about, uh, a group of people that, um, they had like an app on the phone and um, and you'd have to, but you had to, at random points of the day, you had to, instead of, instead of giving you experience or your thoughts, you had to pick a category of thoughts that, oh, it's, *it's in this category* or that category, uh, which was just, um, again, just doesn't seem like it's, it's, it's fulfilling the criteria of their study rather than actually discovering something objectively about the mind.

33:28 RTH: I, I think, I think that's actually true. I, I, I think if, if you really care about experience, you need something like a very-fast-rise-time beep. And so far I don't think I, there, there aren't any apps that I know of that would do that. So for example, I doubt that. I doubt that if you were a participant in that study, you had reporting, I was seeing the hole in my carpet, y'know, because [Joe: Exactly!] two, two seconds later, the hole in the park, the hole in the carpet is gonna be gone. Or the expanding pressure of trying to figure out about whether a cat food is a good idea, take a few more steps down the, down the street that is going to be gone for you like a dream on waking and uh,

34:07 Joe: Yeah, exactly. And

34:10 RTH: Yeah, that is, I think as close as we can get to what's actually going on in your experience. And...

- 34:17 Joe: Mm, yeah, absolutely. I think, um, yeah, yeah, definitely. It's really interesting. Um, yeah, I think, I mean I was, yeah, I was thinking with, with the other thing I read, I was thinking, well I would, like you just said, you, you'd miss all of the, the really interesting things and I would've ended up just maybe thinking of just categories that completely avoid the experience itself.
- 34:46 RTH: Right. And I, and I would, I would say I started out using categories. In the first sampling studies that I used, I asked, I gave people beeps and asked 'em to categorize their thoughts and whatever. And 50 years ago, and, and uh, and I came to, I came to the conclusion that that wasn't very interesting because, well, they were *my* categories and there was no reason to believe that you, that *you* would apply my categories in the same way that *I* would understand my categories. [Joe: Yeah.] And out, out of, out of being bluntly or as bluntly as I could be honest with myself about that emerged what I, what we're doing now.
- 35:27 Joe: Yeah, no, yeah, I suppose, yeah, cuz it's, uh, like I think, y'know, the one, one of the biggest things I've learned from this is that individual experiences are, are not just totally unique, but there is a *depth* to them, um, that we don't think about enough. We don't, we don't scrutinize or analyse enough. Um, and like you said, we kind of avoid it. There's, there's a, there's a human, there's a human tendency just to, to completely move away from the actual experience and think about something else that's unrelated. Um,

The "green meeting" in DES procedure

- 36:00 RTH: Right. That would, that is what's interesting. Yeah. So, so, so I think, I think that the three of us, and you can participate that in this too, if you wanted to, Joe, it takes more time. But, uh, the, the three of us would, would probably, should probably do a green meeting about, what we call a "green meeting" about these, these samples, which is to say we would go back and, and reawaken and our, our green meeting is basically to confront all the samples that we've got, which we've got 30-ish samples or something like that. And, and uh, uh, we go back through those samples and try to reawaken our understanding of what, what those were all about. And we call it a "green" meeting because we write a very short, what we call a *caption* that happens to be in green font. [Joe: Ah. Okay.] And, uh, so that we can, we can keep track of, of what's going on. And then we, so we might write some kind of a characterization on the basis of that of, well these are the kinds of experiences that we saw with Joe that, that there were someone that are seeing some of those inner seeing. Sometimes they were blurry and constrained and sometimes they were whatever. And, but I think the, at least the three of us ought to do that. And if, and if you wanted to be a part of that, we could, we could arrange that. But it's a couple hours worth of work. And yeah,

37:21 Joe: I think that sounds, uh, sounds really interesting. Um, yeah, I'd, I'd be up for that. If, uh, do you, do you, do you guys have like a timeframe that in mind that, that you would work to? Or is

The "contemporaneous description" in DES procedure

37:32 RTH: Well, I would say, I would say for if, if, if you're gonna be involved, we would do it the same way as we've been doing it, which is to say we will decide here when we're gonna do that. And, uh, basically I'll share my screen and we'll go back. So we've written it, we've written a description of every beep contemporaneously. (I don't know whether I've ever sent tho, those to you, probably haven't.) But, but at the end, at, at, at the end of every sampling day, we've written a description of each beep. *On that day*, we've written a description of, of, of that beep and passed it amongst ourselves. And, and the rest of us have commented on it and said, *well, no, this isn't what I thought he said*, or whatever. And we, we, so we have those, what we call contemporaneous descriptions of, uh, of your experience.

38:15 RTH: And so we would go back through those. And the object would not be necessarily just to think of those descriptions as being good (although we've tried to make them good), but, but we would bring our collective consciousnesses to bear on those experiences. And if, and if need be, then we'd go back and look at the videos of an individual sample. The object is, the object is not to refine the description so much as it is to get to Joe's experience at the moment of the beeps, moments of the beeps that we've, that we looked at.

38:51 Joe: Yeah. I think that would be, um, valuable.

38:54 CK: I do think it's, I do think I would just stress, I do think it's interesting because what we do in that, it's always pointing back to the experience. Y'know, I, I think it's easy to, to hear when, y'know, we think of data or data cleaning or whatever, like, y'know, at the stage we're at, to make it sound like what we're gonna do is to categorize, as we talked about, right? Like, oh, y'know, these are the seven things of Joe's experience and we're gonna put these, all the beeps into these seven categories. And, and that's not what we do in our, in this meeting or in this process. Really all it is is conversations around clarifying, y'know, what we're sort of the salient characteristics that, y'know, if, if, if you wanted to say you gave Joe this random beeper and you beeped him at random times and y'know, what did, what did you find right, like in those random moments,? Sort of what does that look like?

39:38 We would want to create a description that's faithful to that, right? So if, if when we go back, y'know, maybe, we'll maybe we'll say, we'll have something to say about maybe job had a lot of inner seeings and maybe those inner seeings were somewhat, there's something notable about that, right? Like again, yeah, the blurriness or perspective or whatever. It's not that we are coming in saying we have to write about perspective or have to write about this, but we're gonna say, well, if that's what we find and that's what emerges from reconsidering all the

samples, then we'll have something to say about that. [Joe: Yeah.] But I think it is very different, it's a very different process than a lot of what it looks like in across a lot of different other studies, I think.

40:14 Joe: Yeah, it, it sounds really interesting. I think as well we could, um, it also give us a chance maybe to um, uh, think about um, cuz I remember there was, we noticed at one point that I was sort of focused on words, weirdly, for there were quite a few of my beeps were focused on words. So I suppose it,

40:34 RTH: So that's, that is exactly what this process allows us. So as we go through, we can, we will, we will, now we've seen all the samples. We can say, well this, this *was* weird about words or it wasn't weird. Maybe we thought it was weird at the time, but now, now it isn't. Or we now we can see, well here this is beep 2.4 was about words and beep 3.1 was about words. And we can put those all together and try to understand what we mean by *weird about words* or what, whatever.

40:34 **Comment: They compare calendars.**

42:30 RTH: And my, and the green meetings very often take more than one green meeting. So, but we can, we, we'll figure that out as we go. So what it, what they do, the, the real meeting, the real heart of the green meeting is that it provides an occasion for trying to have intelligent conversations about the samples that we've had and, uh,

42:53 Joe: Yeah. Opportunity to, to process and think about the, the, the, the findings, I guess.

43:00 RTH: That's right. That's right. So we've, we've collected the data and now we're going, we're going to try to understand it, I guess maybe for a better word, under and, and then the data is Joe's experiences. So we're try to figure out what was going on with them

43:22 Joe: Looking forward to it.

43:24 RTH: It's the, the conversations are usually interesting.

43:27 Joe: Yeah, I, I bet they're great. Okay.

43:31 RTH: Alright. Well thank you very much. I will send you the video for *this* and uh,

43:38 Joe: See you next Friday.

43:39 RTH: See you next Friday.

43:40 CK: Yep.

43:40 Joe: Thanks so much guys. Have a good day.

43:42 RTH: Bye.

43:43 CK: Yep. Take care.