

TRANSCRIPT WITH COMMENTARY
Phil J.: A neuroscience writer
Phil Interview 0: How to use the beeper

Below in black is a word-for-word transcript of the May 10 interview with Phil that is available on YouTube at <https://youtu.be/tgwTUxhDfLk>. 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

Phil = Phil J.

0:00 Phil: Yep.

0:01 RTH: And I am, and I am recording.

0:04 Phil: Yep.

0:04 RTH: And what we'll do with that recording is *nothing* until I'll... I'll send it to you if, if... I'll send it to you. But sooner or later we might wanna make these things public, but we won't do that until after we...

0:16 Phil: Sure.

0:17 RTH: ...after we know what we're talking about here, basically.

0:19 Phil: Yeah. [laughs].

0:22 RTH: So I sent you a beeper...

0:24 Phil: Yep.

0:24 RTH: ...and, uh, and we're gonna talk about that and we can talk about anything else that you wanna talk about this morning. [Phil holds up beeper and earphones.] Great.

0:30 Phil: Beeper. And two, uh, earphones.

0:34 RTH: Two earphones, alright. Shall we start with the beeper? Or do you have questions before we...?

0:39 Phil: Um, why don't we start with the beeper?

0:43 RTH: So let's turn on the, turn on the beeper and see what happens. There's a thumbwheel on the top, a black thumb wheel roller thing. [Phil turns on the beeper and holds it up.]

0:53 Phil: Yeah. Making a noise.

0:55 RTH: So, and with Zoom it is making a noise. [Phil: Yep.] I can't hear it. Zoom. Zoom filters that out. Zoom is a very aggressive in filtering out things like that, so I can't hear what the beeper is doing. So you're gonna have to tell me. So it's, it's beeping. And if you press the white button, the beep should stop. [Phil does so.]

1:13 Phil: Yep.

1:14 RTH: Okay. So that's what the beep sounds like using the onboard speaker, but I don't want you to use the onboard speaker for a couple of reasons. One is that the, the, the beep, the beep, well, it's just, it's not as high quality a beep as using the, the earphone. And the earphone sort of injects the beep right into your brain as best as, as fast as we can. And we're trying to figure out what's going on in your inner experience. And so a high-quality beep is, is the thing to do, but,

1:40 Phil: Okay.

1:40 RTH: So in i, in, in one of those bags of the, of the earphones, I have put the hook on, the beeper put, put the hook on the earphone. So one of the bags is open enough for me to stuck the, the, uh, the hook on the earphone. Is that right?

2:00 Phil: Yep.

2:00 RTH: And I put it on like you were gonna wear it in your left ear, I think.[Phil: Yeah.] But it doesn't matter to me. If you'd prefer to wear it in your right ear, we can. You got a preference for left ear or right ear?

2:13 Phil: Um, it doesn't matter.

2:18 RTH: Well, you can change.

2:19 Phil: I'll go with the left ear.

2:21 RTH: Okay. So unwind the thing.

2:38 Phil: Okay.

2:38 RTH: [Phil puts the earphone in his ear.] Alright. And plug the other end into the, into the beeper.

2:46 Phil: Okay. And try it again?

2:48 RTH: And if you press just... Well, let's see what happens. If you press the white button and hold it down, *hold down* the white button. You should be hearing a beep. Or maybe you turn it off. So turn, turn the beeper back on again.

3:04 Phil: Um, oh, now I hear it. Yep. I definitely hear it.

3:09 RTH: Okay. When you stop it, it'll, when you push the button, it'll stop the beep. Yep. And now if you push the button and hold it down, it should have a square wave beep: Beep.

3:20 Phil: Yes.

3:20 RTH: That's that. That's the *test mode*. When you hold that white button down, that puts it into the test mode, which allows you to check the volume that the, the thumb wheel there is a volume control. And what you want is the beep to be. So you can hold the button down and adjust and, and, and, uh, move the thumb wheel. Move the thumb while you're holding the button down. Yeah.

3:45 Phil: Oh, now it, now it's going a lot. It's making a, a series of quicker tones. And I think I might have just turned it off. Oh no, it's doing, it's making like a little melody.

4:02 RTH: Uh, that's fine. The little, the little melody tells, tells *me*, if I were listening to melody, tells me what's inside the box. But *you* don't care about that. So now it should be, now it should be just beeping.

4:13 Phil: Um, I pressed it, I pressed it again and I'm holding it down. Now it's square-wave beeping.

4:21 RTH: Okay. Now keep holding it down and adjust the volume control with your other hand. And you can, you can change. That'll ch, should change the volume of the beep.

4:34 Phil: Oh, yeah. Yep, yep. Oh yeah, it certainly does.

4:38 RTH: Okay. So the object is to adjust the volume so that it's a comfortable volume for you when whatever environment you're in. If you're in a *quiet* place, you want the volume relatively soft. If you want to, if you're in a *noisy* place, you want it louder. The object is for the beep to *signal* you, but not to *startle* you so that you don't jump or [laughs] and not so soft think. *Is that the beep? Is that, is that the beep?* So you want that middle ground there.

5:04 Phil: I, I have a good middle ground.

5:07 RTH: Okay. And, and so the, your task is you, when we're ready to beep, you [Phil: Yep.] you put the earphone in, you turn the beeper on, you press the white button *once* and that, and then the beeper doesn't. And the, when, when you do that, the beeper decides when it's gonna beep again. I don't decide. You don't decide. The beeper decides when it's gonna beep again.

5:28 Phil: I turn it on, I press the white button once.

5:31 RTH: Yep.

5:32 Phil: Okay.

5:35 RTH: Or more than once you can press it. You can, you can *always* press the button and hold it down to, to adjust the volume again. You can do that whenever you want.

5:44 Phil: Oh, okay. But as long as the beeper's on it will beep.

5:48 RTH: Eventually.

5:49 Phil: Eventually. Okay.

5:50 RTH: And you can tell whether it's on by pushing down the white button. And if it beeps the square wave pattern, then, y'know, well, everything's fine.

5:56 Phil: Okay.

5:57 RTH: And uh, uh, and it's just waiting to beep. [Phil: Okay.] And, and the thing beeps at a, at random times, which might be a second from now, and it might be a minute from now, and it might be a half an hour from now. [Phil: Okay.] IT shouldn't be longer than an hour. It's the thing is set to, so that it, the la, the longest hour, the interval is an hour.

6:15 Phil: Okay.

6:16 RTH: And the average is a half an hour.

6:19 Phil: Okay.

6:20 RTH: So your task, when, when it comes time to beep, is to put the ear, put the earphone in, put, turn the thing on, and then go about your daily activities, doing whatever it is that you would be doing at that time.

6:32 Phil: Okay.

6:32 RTH: If you're gonna go to the grocery store, go to the grocery store. If you're gonna work on your book, work on your book. Do whatever it is that you wanted to, you wanted to do, forget the beeper is there. And then when the beeper beeps, your task is to try to pay attention to what was going on with your experience *just before* the beep interrupted you.

6:50 Phil: Yes.

6:50 RTH: So, I don't, I'm not interested particularly in your reaction to the beep. Oh, the beep started me. Well, that'll be after the beep. I wanna know what's going on just before b just at the very *leading edge* of the beep. [uses his paper to demonstrate] I, this is, this is time, time is marching on like this and thing's right here. And the beep is on. And then you push the button and the beep stops. Yeah. The moment that I'm interested in is the one that's right here, one microsecond just before the beep begins.

7:22 Phil: Okay.

7:24 RTH: Of course, we can't get one microsecond just before the beep begins. So that's little bit of a lie, or a little bit of [inaudible]

7:30 Phil: [laughs] I understand you! [they talk over each other]

7:38 RTH: And what I mean by *experience* is what's before the footlights of your consciousness, so to speak. [Phil: Yep.] And that could be a thought, and it could be a tickle in your throat, or it could be, I hear the fan of the air conditioner, or it could be that I was visualizing a castle in Spain or,

7:55 Phil: Uh, [laughs],

7:57 RTH: Whatever, whatever it is that has that has captured your ongoing imagination, whatever, however you conceptualize that. And I don't wanna be too specific about that because I don't know about your experience. I wanna be, I want us to try to get at your experience, whatever that is. And I think we, we came to this out of an interest in inner speaking and, and, and maybe you'll find yourself inner speaking and maybe you won't. [Phil: Right.] Either one of those is fine with me. I don't, I don't have a preference for or against inner speech.

8:31 Phil: Yep.

8:31 RTH: The only preference that I have is that we try to capture what's actually there. Not what you expect to be there or what you wish were there or what you're...

8:39 Phil: Do, do you think I'm influenced? Well, I'm, I'm influenced by all sorts of things, but I've read, I've read some of your work and I know about the different types of inner experiences that you've found. So, so I *predict*, and I don't know, but I predict, I, I might want to immediately categorize the inner experience that I had after a given beep into one of those specific categories. *But* I understand that there's a *chance* that it could possibly belong to a different category. So I have an open mind.

8:39 Russ comments: Viewers can judge for themselves, but I think you will see that Phil's experience does *not* fall neatly into a category. I'm happy that Phil is worried about it, because I want him to be skeptical about his own inner experience.

9:16 RTH: So everybody comes into...

9:18 Phil: As much as possible!

9:19 RTH: ...the sampling world with their own prepositions. And your presuppositions have probably been shaped by the reading that, that you've read, whatever it is that you read of my stuff. But my, but my job is to try to help you keep your presuppositions at bay, what I call *bracket* [he uses air quotes] presuppositions [Phil: Mm-hmm.] if you've read my stuff and, uh, uh, and I'm, I'm gonna try to do that about the categories that I have created as, as well as any other presuppositions that you might

have. So *my* job is to be alert to evidence of your presuppositions, and to try to help us, help, help us bracket them. [Phil: Okay.] So I'm not, I'm not *worried* that you have read my stuff. It, everybody, everybody's got presuppositions, and whether they come, whether they come from me or they come from, y'know, wherever I, I'm in, I'm in the business of, of helping you to put those aside.

10:11 Phil: Okay. Um, the little memo pad [holds it up], um, do you suggest, uh, making a little entry every time the beep goes off? Or just free recall when I meet with you afterwards? Or...

10:31 RTH: Absolutely every time the beep goes off!

10:34 Phil: Okay.

10:34 RTH: So the task, the task while you're in, while you're sampling.... So you put the beeper on and you're gonna plan to wear it for maybe three or so hours to get a half a dozen beeps. And it's gonna take, the thing makes up his mind how long it's gonna take. So it might take as much as six hours. It might take as little as a couple hours, on the, on the order of three hours. And, and so when it beeps, you're gonna pay attention to what's going on in your inner experience then, and, *and* jot some notes down about it in that notebook or *in whatever other way* is convenient for you if you don't wanna carry the notebook around. Some people do it on their phone. I don't much care about how you, how you take notes or how you, how you,

11:15 Phil: The medium.

11:16 RTH: The medium doesn't, doesn't particularly bother me. But *when* you do it does, I, I am sort of picky about that. So I *would like you* to relatively soon, like *immediately* after the beep [Phil: Yeah.] Jot down some notes or, or whatever. And the *reason* for that is that memory is fallible. And we, and I would like you to *constrain your memory* to the moment that was actually going on. So I wanna, I want to build in you the skill of paying attention right then and freezing enough to, to jot down in a, in a notebook

11:49 Phil: Okay.

11:49 RTH: Or, or take some other kinds of notes. And then you will, and then when, then we're gonna meet within a day of that. So you collect six beeps, you got six pages worth of notes or whatever. And I don't care whether they, whether you fill a whole page in a notebook or put down one word or, or whatever, whatever. It, it is between you and you about whatever, whatever you think *you need* to be able to recreate the experience, or recall the experience, enliven the rec recalled experience when we, when we talk. [Phil: Okay.] And then you'll *consult* those notes and we'll... So I'll ask what happened, what was going on in your experience in the first beep. And you'll look at your notebook and then you'll tell me what was going on, whether it's gonna be more or less constrained by what's in the notebook. [Phil: Okay.] And as, as a general rule, I don't ask to see what's in the notebook. I want the, I want the notebook to be a tool that you would use in, with the, with the *intention* of capturing as high fidelity as you can, what your experience is.

12:53 Phil: Okay.

12:53 RTH: And, y'know, some people, some people don't find it open useful and they say, I wanna, I wanna tape record it, and that's fine with me.

12:59 Phil: I was just gonna mention that I might, uh, I, I might, I might try that. I can talk a lot faster than I can write. So I feel like I can, I can get more information, while I remember it, recorded.

13:15 RTH: It's fine, it's fine with me. I'm, what, what I would say is that the downside of, of of tape recording is that if you're in a public place and you don't want to disturb other people or [Phil: Right.] want other people to know what you were thinking, or whatever, then that's, yeah. But I don't, but I don't care. It's, I really only care about one thing I care about, uh, high as high fidelity a glimpse of your experiences as we can get. [Phil: Yeah.] And the, and the recording method, whether it be tape recording or, or, or jo, note jotting or video recording or me following you around (I follow, sometimes I follow people around and we talk about it right then.) There's a lot of different ways that we could do that. [Phil: Mm-hmm.] I don't really care as long as we, as our, as our *joint goal* is to get as high fidelity and, and honest, a, genuine a look into your experiences we can get.

14:09 Phil: Okay. Okay.

14:10 RTH: What I, what I, I would say, what I've found is that for most people, it doesn't much matter. You might think it's you, you might think you, you, you need to record it and that's fine, record it. But, but after a while, most people get to the place where they can record it and they can tape record it or they can write it down or whatever. And,

14:33 Phil: Okay. Can you remind me once more of the different intervals, like, um, when the, when the beeper is on, um, there's on-average it will go off within, around... No, just tell, tell me about the, the beeping schedule.

14:51 RTH: The beeping schedule. The beeps are uniformly distributed, which means the probability of it happening in any minute is the same as in any other minute.

15:00 Phil: Okay.

15:00 RTH: And the, and the shortest, the shortest minute is zero, and the largest minute is one hour.

15:06 Phil: Okay.

15:06 RTH: And so there, there's a, it's a uniform distribution where, where the likelihood of it happening in the 58th minute is the same as the likelihood of it happening in the second minute is the same as the likelihood of it's happening in the 43rd minute, et cetera. The average time between beeps is a half an hour, integrate the normal, the uniform distribution, and you get a mean of a hour. But y'know, you're gonna, you're

gonna take a relatively small sample out of that distribution. And so *your* distribution that, that the beeper actually decides *for you* might not look at all like, like what I just described.

15:46 Phil: Okay. And then, um,...

15:49 RTH: But it should, should *never* be longer than an hour.

15:52 Phil: Okay.

15:52 RTH: And it, and it *could be* very, very soon. So, so your, your task when the beep beeps is to freeze what's going on in your inner experience, or attend to what's going on in inner experience, and then push the button to stop the beep and then jot down some notes about it. And, and it *could be* that while you're jotted out some notes about it, you'll get another beep. And I would recommend that you just ignore that. If you get a, if you get a beep while you're responding to the previous beep,

16:17 Phil: I got one right now.

16:18 RTH: Yeah, I would say so

16:19 Phil: Now I press the button and then that just shuts it off and then it's reengaged and I don't have to do anything and it will beep,

16:27 RTH: It'll beep again,

16:29 Phil: Again on its own. [RTH: Right.] Okay. Okay. I'm, I'm, and then [Phil's audio/video freezes for a few seconds]

16:42 RTH: So what I... You were, you're freezing. Your video is freezing. Can you hear me? Can you hear me?

16:50 Phil: Yeah, you were broken for a moment there, too. Um, I can see if I can,...

17:03 RTH: It, it looks like you're back, but,

17:04 Phil: Uh, yeah. Okay.

17:07 RTH: I'm in a place where there's very good internet, so it's probably not on my end, but there are a lot of electrons between you and me and uh,

17:14 Phil: Yeah. Um, the internet here is usually pretty good, but sometimes, yeah. Okay.

17:24 RTH: So what I was, what I was saying was that if you get a beep while you're responding to a previous beep, forget about that. As a general rule. I think that's just too complicated to grab your inner experience while you're trying to grab a different inner experience. Let's go one at a time, at least at the outset of,

17:39 Phil: Yeah.

17:40 RTH: And, and I would also say, I, I don't expect you to be very good at this at the, at the beginning. Nobody is at, on the first sampling day or two. Sure. And that's just the way it is. It's not because you're, uh, you're recalcitrant or whatever. It's, uh, it's just, it takes a while. So it takes a while to get used to the beep and to recognize that this is what's supposed to happen at the moment in beep. And for you to hear the kinds of questions that I ask and for, for me to hear the kind of answers that you give, because it's a, it's a calibration on both ends. You, you have to hear from me what I'm gonna ask of you. I have to hear from you what you're gonna say so that I can figure out what I'm gonna ask you, and it takes a while to, to work that out. But the, the *goal* is simple. I'm gonna ask you what's in your experience at the moment of the beep. And then I'm gonna, I'm gonna try to help *you* tell me about that. And you're gonna try to tell me what I should be asking if I'm not asking the right thing or whatever. And so that we can communicate in a way that does honor to your inner experience and does honor to my grasp of the English language or whatever.

18:51 Phil: [laughs] your time, your studies. Um, what I was gonna ask is, uh, so I should contact you after, um, six beeps where I've recorded, where I've, where I've taken a note of my, inner experience.

19:09 RTH: So I think, I think let's do it the other way around, because I think that way, that way is fraught. So I would say let's decide when we're gonna meet again...

19:17 Phil: Okay.

19:17 RTH: ...and put that on the calendar. And then the day before that, or that day, either one, then you wear the beeper.

19:25 Phil: Okay.

19:25 RTH: So let's say we decide we're gonna meet next Tuesday, [Phil: Right.] then, at this time. And you, so you could wear the beeper during the day on Tuesday, it's evening for you, right? It's five o'clock-ish or something like that. [Phil: Yes.] wherever you are?

19:38 Phil: It's six hours ahead of you, or no, I believe nine hours.

19:43 RTH: Nine. It's 8:00 in the, 8:30 in the morning here.

19:46 Phil: Yes. Oh, yes. I meant to say good morning and thanks for meeting me when, when is that time there.

19:52 RTH: No problem. So, so if, let's say we decide that we're gonna meet a week from today at this time.

20:00 Phil: Okay,

20:00 RTH: Then I would want you to wear the beeper either on Monday or Tuesday of next week, and get six beeps, and we'll talk about those beeps.

20:07 Phil: Okay. So

20:09 RTH: It's, there might be a time when we would want to have you wear the beeper and then contact me immediately thereafter. But the problem with that is that maybe I'm not available or, y'know, maybe the electrons don't work between here and there, whatever. It's, it's just usually easier to pick the, the time of the interview and work backwards from there.

20:36 Phil: Okay.

20:37 RTH: Um, but I do, I do want, I wanna be talking about samples that you have collected within, I generally say within 24 hours of, of the interview. But what I *really* mean by that is, I think as a general rule, you can sleep on a beep once, but you can't sleep on it twice.

20:57 Phil: Ok.

20:58 RTH: So the, there's something about the second night of sleep that for most people, it causes them to lose more details about what was going on that inner experience. So if we, if we're meeting next, next Tuesday at five o'clock, you could wear it on Tuesday during the day or on Monday during the day (and I don't really care what time, it doesn't have to be Monday night, so it could be Monday, Monday during the day or whatever). But one night of sleep, Monday night's worth of sleep and then...

21:30 Phil: Okay.

21:30 RTH: But, but I'm, I'm also open, that's a sort of a general rule. Some people, some people find that they just can't, can't remember a beep that long. And so we'll, we'll, we'll shorten that interval. I, I have followed people around. Seriously. I go to their house and I sit in their house and when it beeps, then we talk about it. And that's the hard way. Uh, but, y'know, if you've got a memory issue or disturbance issue or whatever...

21:30 Russ comments: This kind of follow-you-around sampling is probably necessary when sampling with children or young adolescents. Generally, I've found with adults that if you have difficulty with the usual 24-hour procedure, you will probably also have difficulty with the follow-you-around procedure.

22:00 Phil: I think I should, I think I should be right. Yeah. Um, yeah, I think I should be ready to go. Um, there is one thing that I wanted to, that I think could be important to mention. I don't wanna throw myself under the bus with this. I think it's okay. Um, I am, um, not in the usual state that I, usual psychological state that I'm, that I normally find myself in. I, um, I just finished chemotherapy, so, uh, my outlook looks really good. Um, I should be all right. And I'm doing a lot better. I don't feel the side effects as much. And also I've had a death in the family last week, so it's a bit of a heavy time

for me, but I wouldn't, um, I wouldn't want to do the study unless I thought I was okay to do the study. So I just thought I'd mention that.

23:05 RTH: So I, I appreciate you mentioning it. I'm, I hope the chemotherapy did what it was supposed to do. And, uh, and I'm sorry about the, the death. And, and we can put this off or, so it might be, it might be more interesting or less interesting to do it at this time, and I'm gonna follow your lead, your lead about that.

23:24 Phil: Sure. Yeah. I think, I think it should be all right. And I'm, I'm, it's something that I, I've been looking forward to, so, um, so I have a really positive attitude about doing it. So I think, I think it should be okay.

23:37 RTH: So my, so the work that I do is, delves into people's private, privacy, [Phil: Right!] so that's, that's...

23:47 Phil: [holds up his hand] Yeah! Um that is, um, I just remembered something else that I was thinking about is related to what I just said. Um, I, if I'm uncomfortable with the con with, um, discussing the content of my experience at the moment just prior to the beep, um, can I skip, I'm assuming it's okay to skip to a next beep.

24:11 RTH: Yes. And in that, in that situation, I would, I would prefer that you say, I got a beep, it's none of your business. And I'm gonna, I wanna talk about another beep. I've got things that's none of your business. I presume you've got things that are none of my business that, and, and I, and I, uh, totally respect that. I'm, so, [Phil: Sure, okay.] I'm not, I'm not interested in prying into things that you're trying to keep secret, or whatever. [Phil: Okay.] And what I, I, what I would say is that it rarely happens, but, but y'know, the beep is random and I don't, and I don't, and I don't get a chance to choose.

24:52 And, and, [Phil: Okay.] and I guess I got a couple things to say about it. So one is, the whole process, from my point of view, is *always* a decision one, one step at a time. So we're gonna decide (maybe today at the end of this [inaudible]) *yeah, we're gonna do it*. But after we do it one time, we might decide, *well, that was a mistake. I didn't wanna, I don't wanna, I don't wanna do that again*, or I don't have, do it again or whatever. So we're not gonna contract for any, anything actually, even if we, even if we say today I *agree to do it*, and then something happens in your life and you say, well, geez, I just can't do it, well then that's where you should say. So, so, so though, the point that I'm trying to make here is I, I recognize that I'm going to be asking about your things that are *absolutely private*. Your inner experience is *your* inner experience. Nobody else in the world has your inner experience. Nobody else get a chance to *see* your inner experience unless you wanna to tell 'em about it. So I'm, I'm, I'm recognizing that I'm, I'm traveling in your turf, or whatever. And, and so I want you to (a) *feel* like you've got control over what's happening and (b) *actually have* total control [Phil: Okay.] over what's happening. [Phil: Okay. That sounds...]

26:05 So I don't, I don't want you to feel coerced, or obligated, or you have to do me a favor, or whatever. If, and I, and I should feel the same way about you, cuz I'm, I'm, I'm involved in this asking about it. So if *either one* of us for *whatever reason* says I don't wanna do this anymore, then we should say, I don't wanna do this anymore.

26:28 And, and, and we're re I'm recording this, and I generally record everything, and if, and if tomorrow when you wake up, you say, *oh my God, this is what I said I didn't wanna...*, I'll, I'll erase the, the video. And uh, uh, we talked about putting the video on the web and I'll ask you whether that's okay with you. I do. That'll conversation about then, then I'll say, well, my general procedure is think about it for a while, and then we'll get back to it. So I'm gonna, I'm going to protect your privacy, or I'm gonna give *you* the right to protect your own privacy. And, and I, and I mean that totally, genuinely forthrightly. [Phil: Yep.] This is your, everything that we do is your property.

27:12 Phil: Yep. Much, much appreciated. Yeah, that's a good thing to know.

27:12 Russ comments: What RTH has said here [since 24:11] is standard DES procedure. There is nothing here (including the mention of chemotherapy and death in the family) that has at all altered what RTH would usually say in the DES introduction. DES participants *always* have 51% of the vote about any aspect of the procedure.

27:17 RTH: And it, and it, and y'know, it, it might be interesting, informative for you to be sampling, coming out of chemotherapy, and it might be a burden. [Phil: Um hmm.] And uh, it might be an enlightenment that [inaudible] the burden. And I'm, I'm not, I'm not saying one way or the other about that. I, I would say that's, y'know, the truth will set you free. And that's probably true for most people most of the time. But it doesn't necessarily mean it's true for *you today*. [Phil: Mm-hmm.] Uh, uh, so, so you own everything that we, that we do.

27:57 Phil: Okay.

27:58 RTH: As far as I'm concerned.

27:59 Phil: Um, so the next thing, do you want to, um, do you wanna set a time to, uh, zoom again after the first session of beeps? And I'll be in touch with you if, if I, if I'm having trouble with the beeper in any way or...

28:16 RTH: Yes, you should...

28:17 Phil: ...anything like that. I'll, I'll, I'll be in touch right away.

28:19 RTH: Yeah. And I'll send, I'll, I'll send you a, uh, if you email me a telephone number, I'll send you a text and so you can text me if you'd rather text me rather than email me. Y'know, texting is, I'm... [Phil: Sure.] I check my email every couple hours, probably, but text is sometimes easier to get me. So,

28:42 Phil: Okay.

28:42 RTH: So I'll, I'll give you my, my phone number as well and that

28:46 Phil: Sure.

28:46 RTH: And if you've have questions about the beep, about the beeper or the procedure or whatever, feel free to call me or text me or email me [Phil: Yep.] or whatever.

28:55 Phil: Yep. And then you'll get my number, well, I can give you my number, but if I have yours and I text, I'll probably text you before you would text me. So then you would get my number. That way

29:07 RTH: If you, if you email me your number, I'm, if we, well, I'm just re, I don't wanna, we're gonna record this and maybe we'll, we'll post it on the web or.. You probably [Phil: Oh, yes.] don't want your telephone number on the web. So

29:18 Phil: Yeah,

29:18 RTH: [laughs], email me your number then I'll

29:21 Phil: Yes.

29:21 RTH: I'll text you back and then we'll have made a connection there and then you can contact me that way if that's gonna be convenient.

29:28 Phil: Okay. Um,

29:30 RTH: So the, the, the object is we're gonna do it *your way*, I would say, tempered by, I've got, got quite a bit of experience doing it, but I've, but I don't have *any* experience *at all* doing it with *you*.

29:47 Phil: Right.

29:49 RTH: And so it could very well be that, that, that what I *generally* do doesn't work for you. For whatever reason you, the left ear doesn't work and so we should do it in the right ear, the beeper doesn't work and do it some other way, other way. And I, and I'll try to tailor that to, to whatever works for you. So I had a guy, like one of my books I've written about a potter, a guy who worked at the, on clay and at the wheel or whatever, and pushing the button on the beeper was a little bit of a hassle [laughs] , and writing things down... So I had to re up a deal where, where he could do that with his feet. And so I'm happy to, I'm happy to try to do that, if [Phil laughs] that's whatever is required.

30:30 Phil: We'll see how it goes. Okay.

30:38 RTH: So there's one more thing that you should know about the beeper, and that is that if the beeper beeps, and you don't push the button (because you've set it down on your desk or whatever and walked away from it or whatever, [Phil: Mm-hmm.] then it'll beep for about a minute or a couple minutes or something, and then it'll stop beeping to save its battery. So the thing doesn't use much battery except when it's beeping. And when it's beeping it uses battery. So when it, if that happens, so it beeps, you don't press the button, it stops beeping, it goes into what I call the *chirp mode*.

31:11 Phil: Ok.

31:12 RTH: In the *chirp mode*, it'll emit a little thing called a *chirp*, and then a 15 or 30 seconds later, I forget what I did, it'll *chirp* again and then after a bit it'll *chirp* again. And if that happens, what that means is, well it beeped and I didn't press the button. So turn it off and turn it back on again. And you're back in....

31:31 Phil: Just start again. Okay.

31:33 RTH: So the what, when generally people hear that is in the middle of the night, they, they've taken the beeper off and they forgot to turn it off or whatever, and then they go to sleep. And in the middle of the night, they hear this *chirp* and they wonder *what the heck is that?* [Phil laughs] It sounds more or less like a, like a smoke alarm, I don't know, smoke alarm when the battery goes low or whatever, sometimes chirps. It's the same, sort of the same deal but softer. And, but if that *happens*, just turn the beep off and then turn on again.

32:03 Phil: Yep. I made a note of that.

32:05 RTH: And, and don't try to respond to that as a, as if it were a beep.

32:10 Phil: Right. Right. [laughs],

32:13 RTH: That would be tough.

32:19 Phil: Okay. Okay.

32:21 RTH: So do you have other questions or comments or...?

32:25 Phil: Or, um, no, I think I should be ready to go. Uh, but should we schedule a time right now?

32:35 RTH: We should. We should schedule a time.

32:37 Phil: Okay.

32:37 Russ comments: They match calendars.

35:15 RTH: And, and I'm, it might be good for me, and maybe for you, if I have one of my graduate students sit in on these things. Is that alright with you?

35:23 Phil: Oh, sure. Yeah.

35:25 RTH: Um, and I, it's training for them, and shares some of the work involved for me [they discuss some administrative details] and, and, and, but basically as far as you're concerned, probably wouldn't matter if they're involved, they would be asking you questions, but I would be looking over their shoulder asking, ask questions. If I didn't like their questions, I'd be interrupting them and asking the questions.

36:33 Phil: Okay. And we'll meet on, on on.... So you'll send me a Zoom link, I presume,

36:39 RTH: But then let's use the same Zoom link [Phil: Yeah.] that we're talking on, that we're talking on now...

36:44 Phil: Okay.

36:45 RTH: ... and, uh, until further notice.

36:50 Phil: Okay. Sounds, sounds good. I look forward to, I look forward to turning this guy on, [holds up the beeper] on, uh, on Monday.

37:01 RTH: Sounds like, it sounds like a plan. And I will, I will send you a reminder on Monday that's part of my procedures.

37:10 Phil: Sure.

37:11 RTH: So to review: your task when, on Monday or Tuesday, is to pick a time when you're gonna wear the beeper. And I don't, y'know, I, it doesn't really matter to me. If you wear the beeper for a while and then take it off and then go back and wear the beeper again, that doesn't *really* matter. I generally prefer one long block because otherwise it makes it too easy for you to be concentrated on the *beeper*, y'know, putting the beeper on and off and on and off and on and off makes the beeper sort central, central. [Phil: Mm-hmm.] But, but I don't, I don't really care about anything except what happens in that moment right after the beep. [Phil: Okay.] And, and you can, you can use the beeper wherever you want to use it, except it doesn't like to get wet, so I wouldn't go swimming with it, but...

37:54 Phil: Right.

37:54 RTH: ...or take a bath with it. But, uh, but other than that, y'know, go to the grocery store, ride your bike, [Phil: Yeah.] whatever, [Phil: Yeah.] whatever it's that you do, go to a meeting, y'know, whatever, whatever it is that, that happens in your existence, do it!

38:15 Phil: Yeah. The can, I think it might also not be a good idea to take, I wouldn't wanna take it camping cause uh, it's could rain, my clothes could get wet, I could fall in some snow. I'm planning to do some fishing, so there's gonna be water around. I'd rather just keep the beeper safe.

38:32 RTH: That's, that might be, be, might be smart.

38:35 Phil: Yeah.

38:38 RTH: All right. And if, and if you've got question after, whatever, whatever after this, if you send me an email or a text or we can Zoom again or whatever. [Phil: Yep.] There's, I'm, I'm not a believer in protocols. I don't think protocols are useful, actually. And, uh, so, uh, what I think is important is that we have some kind of a joint, uh, intention to

try to get as good as we can get at grasping your inner experience and, and we'll do whatever we have, whatever we have to do to do that. If you require that I stand on my head in the corner while we have our interviews, [Phil laughs] if that, if that seems to work, then that's what I would do. [they laugh]

- 39:20 Phil: Much appreciated. But I just, yeah. I'm just, I'm just looking forward to it. And, um, and I wanted to say thanks again for having me as a participant. I was, I was quite pleased to get that email from you suggesting, uh, suggesting to do that. So,
- 39:37 RTH: Well I'm, I'm, I'm, I'm glad you took me up on it. [Phil: Yeah.] So I'm, I'm looking forward to it. Hope the chemotherapy is good and the family situation or whatever does what it has to do.
- 39:49 Phil: Thanks very much.
- 39:52 RTH: All right. Anything else we should do today?
- 39:55 Phil: Um, I think, I think that should be good. I think that should be good. I'll let y'know if, um, if anything comes up in the meantime.
- 40:03 RTH: Okay. Fair enough. So you're, you're gonna email, email me your telephone number and I will text you back...
- 40:10 Phil: Yep.
- 40:11 RTH: ...and, uh, that way we'll have that option available to us. If, if we need like, like the, if we had, if we had had your phone number, we probably could've solved the, the Zoom issue a few minutes faster [Phil: Right.] this morning because texting then is probably than email. [Phil: Right.] Alright. I'm looking forward to, I'll see you next Tuesday, if not before.
- 40:37 Phil: Yep. Okay. Have a good day. Thanks again.
- 40:38 RTH: Thanks. See ya.
- 40:40 Phil: All right. Take care. [RTH: Bye.] Bye bye.