

TRANSCRIPT WITH COMMENTARY
Do I Really Have Internal Monologue?
Ryan Langdon Interview 7:
DES Sampling Day 7

Below in black is a word-for-word transcript of the July 6 interview with Ryan Langdon that is available on YouTube at <https://youtu.be/ZDD9msttyX4>. 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
AK = Alek Krumm
Ryan = Ryan Langdon

0:00 Ryan: Alright, so ready to go?

SAMPLE 7.1 DISCUSSION STARTS HERE

0:02 RTH: Yep. Day seven number one.

0:05 Ryan: Yep. All right. I was at the, so I was traveling. So the first beep happened when I was sitting, waiting for my flight. Um, and I was trying to put the beeper in my pocket. Like I was struggling to get it in my pocket. And I, when I looked up, the woman that was sitting across from me was looking at the beeper, and I said in my head in internal monologue, "It's for a psychology experiment," because I had an unsymbolized thought about how she might be suspicious of this weird device at an airport. Um, and I was also struggling to get it in my pocket, 'cause my wallet was there and I was focused on working through that as well at the same time.

0:49 RTH: So what of that is in your experience at the moment of the beep?

0:53 Ryan: Uh, the, the words and then me struggling to get it in my pocket. So the, so I had like a, a feeling, like a unsymbolized feeling that like, I, her facial expression was like confusing. Like what was the thing that I was like putting in my pocket. Um, and then I said, "It's for a psychology experiment" in my brain.

1:16 RTH: And was the, was the noticing her expression and the unsymbolized thinking about that, is that before the beep? [Ryan: Yeah.] So at the moment at the beep, there is the struggle to put it in my pocket and the, the, uh, "It's for a psychology experiment."
[Ryan: Right.] And anything more to be said about the internal monologue, which, what's that,

1:42 Ryan: Um, it wasn't anything unusual. It was probably 50%, uh, compared to putting, like, focusing on trying to like finagle my, the thing in my pocket. I was like aware that my wallet was in there too. Um, and I was like trying to work around it.

- 2:03 AK: And is that part of the struggling, like I'm struggling against my wallet. It's not like thinking *I got my wallet in there*.
- 2:10 Ryan: Yeah. I was trying to figure out what the angle to get in along, over like the top of the wallet. So it would like fit in, yeah. [Alek: Okay.] So that was like, I was, I was conscious of that happening as well as saying those words.
- 2:24 RTH: And I'm understanding that conscious of that as being, not a cognitive, think-y kind of a thing, but a active...
- 2:35 Ryan: Yeah. Like the physical act
- 2:39 RTH: ...motor act. [Ryan: Yeah.] Okay. So the chances are fairly good in this beep that you triggered the beep. If in the putting of it into your pocket, you may have bumped the wheel, the thumb wheel that's on the top. [Ryan: Mm hm.] One of the downsides of the, of this beeper design is that if you jiggle that wheel, you can make the beeper think that you just turned it off and back on again. And it comes on with a beep.
- 3:02 Ryan: Okay, good to know. I had a pretty long time before that happened, so I, I, I'm not sure. It could have been that.
- 3:13 RTH: Yeah. I don't, I don't know. I don't know for sure either, obviously. [Ryan: Yeah.] So I would say we're good with that. We should move on number two.

SAMPLE 7.2 DISCUSSION STARTS HERE

- 3:22 AK: Me too. Number two.
- 3:26 Ryan: All right. Um, so I was on the plane and we had taken off and we were in the air for a little bit and I was in like a small, a small plane, like a puddle jumper plane. And I was all the way in the back. So you could like feel the turbulence a lot. And the plane was shaking more than usual. And I was noticing everyone looking around (this isn't at the moment of the beep--this is leading up to it). I was noticing everyone looking around and I could feel my adrenaline. And I said in internal monologue, when it beeped, "This is out of your control." As in like, if something was gonna happen, there wasn't anything I could do anyways. So it was like to calm myself down, I guess. [Alek: Mm hm.] I wasn't necessarily like nervous I was gonna die, but like, I definitely felt the adrenaline.
- 4:13 AK: Mm hm. And what of all that, what exactly is caught in flight by the beep?
- 4:18 Ryan: Uh, me saying, uh, "This is out of your control," talking to myself.
- 4:24 AK: Okay. And then noticing the other passengers. Is that still going on for you?

- 4:28 Ryan: Oh, no. At this moment I was like looking out the window, like at like the wing, but I wasn't like focused on anything about that aspect of it. That's just where my eyes were directed.
- 4:40 AK: Okay. And how about the adrenaline? Is that present at the beep?
- 4:44 Ryan: Yeah, that's present. And that's just like, um, my heart was racing a little bit faster, just like a little more awake and aware.
- 4:44 Russ comments: As some insight into how the DES process works, we might note that by the end of this sample's discussion, Ryan says that he was *not* feeling his heart racing nor was he feeling awake and aware. Heart racing and heightened awareness were doubtless true as facts of the universe (were in fact happening in Ryan as a physical being), but not facts of Ryan's direct experience. See the discussion from 7:26 to 9:55.
- 4:54 AK: Mm hm. Okay. So I'm feeling this adrenaline, I'm, which I'm understanding to be like in the, like in the anxiety realm or something. I'm, I'm a little nervous about this. [Ryan: Yeah. Yeah.] Okay. And, and I'm saying to myself, "This is out of your control." [Ryan: Yeah.] Okay. And I, I don't want to talk you into the adrenaline part because I, you could totally be calming your anxiety with your inner voice, and really you're not even feeling it anymore. So I don't want to assume that's there. I feel like I may have led you in that direction.
- 5:27 Ryan: Oh, no, it was there. I, I, I wrote it in my thing that I was feeling the adrenaline. [Alek: Okay.] And then I said in internal monologue, "This is out of my control."
- 5:37 AK: Okay. And does it make sense to say that one of those aspects of my experience is more prominent? Or equal?
- 5:46 Ryan: Um, I don't think it's fair to say that either was more prominent.
- 5:54 AK: Okay. So the "this is out of your control." I'm understanding that to be an internal monologue thing, your voice [Ryan: Yeah.] Spoken?
- 6:02 Ryan: Yeah. It was similar to the first beep.
- 6:04 AK: Okay. Any particular tone or inflection or accent?
- 6:12 Ryan: No. Nothing notable. [Alek: Okay.] "This is out of your control." Just like there's nothing I can do anyway. So just stay here and wait it out.
- 6:20 AK: It's very healthy coping, good job. [Ryan laughs] And, uh, then the adrenaline, how, how exactly do you experience that?
- 6:29 Ryan: Um, I think we mentioned this in the, uh, prior beep. It's like a chest feeling. Um, uh, the other one was anger where we were talking about where, like, I felt like I could like

release it if I punched something. But this was just, I just like, felt tightness in my chest, like an energy still. [Alek: Mm hm.] I feel all my emotions and my chest. Is that normal?

6:52 AK: I think it is pretty common.

6:55 Ryan: I guess it's what they call a broken heart.

6:58 AK: Maybe, right. Maybe some people actually apprehend it as like, this is a heart organ thing. Or maybe some people mean chest. I'm guessing there's a real diversity of, of meanings there. And we all just nod and say, yeah, we know what that is when you feel it in your heart. But so for this, for you, this is a chesty sensation.

7:14 Ryan: Yeah. In like, it's just like, I was more like alert. Like it's just like, I mean, my nervous system was, was in high gear, I guess. I don't know.

7:26 RTH: So I've heard, I've heard sort of three different versions of this. The heart is beating faster; the it's in my chest, but not particularly about my heart beating; and I'm on alert--I'm sort of all over alert. Are there, is that, is that because this is a diffuse feeling and I'm not really sure? Or because those are three clear aspects?

7:51 Ryan: Um, I think that the, the heart beating faster is just like a res--it's obviously a response to, to like this, to a fight or flight response. And that's probably a full body experience, but it's like, it's more diffuse for the anxiety portion of it. But I can also like notice that my heart was like palpitating, but I [inaudible] separate things.

8:19 RTH: But I can...I *can notice*, and *I was noticing at the moment of the beep* are not necessarily the same thing. [Ryan: um.] So the question is: at the moment of the beep, am I feeling my heart? So I'm accepting that the adrenaline probably was causing your heart to beat fast. And as a fact of the universe, your heart rate had gone up or whatever. [Ryan: Mm hm.] But the question is whether that's in your experience at the moment of the beep, or whether that's a sort of a substrate.

8:50 Ryan: So I was like noticing in my experience something going on in my chest. I don't know if I could differentiate between it being just my heartbeat at the time, or if it was just like a diffuse feeling in the chest. I don't know if I remember at this moment [RTH: Okay.] to like accurately account for this.

9:12 RTH: Okay. And then the alertness,

9:17 Ryan: I guess that wasn't in my, the footlights on my consciousness at the moment like that I was alert. That was, that was probably a retrospect. That's, that's a retrospect thing, now that I think back at it.

9:30 RTH: So at the moment of the beep, I'm saying to myself, "This is out of your control," and I am feeling something in my chest [Ryan: Mm hm.] and I'm not exactly, I can't really say at the moment exactly what that is, [Ryan: Yeah.] but in the anxiety realm.

- 9:42 Ryan: Yeah. Like I wasn't like the most scared I've ever been in my life, but everyone was like looking around. So it stimulated some type of fight or flight response.
- 9:55 AK: And I guess I still want to understand, is this a, is this like a bodily feeling? Like this is an emotional experience? Like a like, an anxiety or worry [Ryan: Mm hm.] or whatever we want to call it, but it has some emotional significance and it's, I experienced it in my body? *Or* is this a bodily sensation? And then after the beep, I can tell you, Oh, that must be an anxiety thing.
- 10:21 Ryan: I was, I was aware of what was going on at the moment, like with my chest. Like, that was part of my experience at that time. Well, like I said, I can't differentiate, differentiate from memory if it was like a, a diffuse feeling or if it was palpitations that I was feeling.
- 10:40 AK: So, so I think I I'm with you on that. I guess what I'm trying to understand is whether this is an emotional kind of thing before the footlights of consciousness, this is an emotion and it's a bodily one. *Or* this is just, these are sensations. And if I have to slap a label on them, I think they're anxiety. Does that make sense?
- 10:59 Ryan: I'm slapping a label onto it. 'Cause I, I, gen, I, I generally speaking, I don't think about my emotions like in the present. So if I get beep, I wouldn't be like thinking about the emotions of the situation, but I was feeling the emotions. I don't know. I'm probably way off from answering your question.
- 11:21 AK: Okay. No, that's helpful. So I'm not particularly trying to ask, like, are you *thinking* about the emotion? Are you having, you know, I don't mean like, as Ryan in some kind of meta way, noticing that he's nervous. I do want to know if you're *feeling* nervous.
- 11:39 Ryan: Yeah, I am. I'm definitely, I'm definitely feeling, feeling it.
- 11:43 AK: Okay. So this is an emotional thing and it's the way it presents itself to me is a sensation of my body. But that sensation is anxiety/adrenaline/worry.
- 11:43 Russ comments: In the previous interview, Ryan asked:
How do you guys know that something is not happening, or a process that just like you guys *simply just can't fathom*, like that, like, it's just not part of your experience. So like there's no way that you could like figure this out, figure things out. Like it's just completely different to what you guys experience. Do you ever feel like you experienced that? (Ryan, Interview 6 at 35:46)
And RTH eventually answered:
You're gonna try to put it into words, and those words have a range of convenience and a center of the target and a penumbra around it or whatever. And you're going to do the best you can with the words that you've got to describe those, to describe your exper, experience. And then we're going to receive those words and, and, and we're, we're going to be reacting to all of those things. And if the, if the penumbra of the word seems off to the side from the denotation of the word, then we're going to say, "well, what the heck

did you mean by that, Ryan?” Right? “Do you, you *mean* that?!? You, you, you used this word and instead of having a halo all the way around this word, the halo’s all the way off to the side! Is that, is there something... is there something to that?” And we’re going to be asking that in whatever skilled way that we can. We’re not going to ask it exactly like that, ‘cause... But we’re going to, we’re going to say, well, “when you’re saying this, do you really mean that?” And “when you’re saying *this*, do you really mean *that*?” That kinds of, well, you’ve heard the kinds of questions that we ask. We’re asking those questions to ascertain the possibility, to play around with the possibility, that you are explaining something that we’re not accustomed to hearing. (RTH, Interview 6 at 40:46)

That was a fairly abstract, metaphorical answer. The present interchange can be understood as a concrete example. At 10:40, Alek asks whether the chesty thing is directly apprehended as anxiety, or whether it is apprehended as a chesty sensation that *later* can be understood as anxiety. That is, she wants to nail down whether (a) Ryan was directly experiencing an anxiety emotion (which happens to have chesty expression); or (b) directly experiencing a sensation in his chest (which, on retrospect, is understood as part of anxiety).

But at 10:59, Ryan responds what might be said as *off to the side* of that question—the connotation of his words suggests that he is responding more as if Alek had asked whether he had a *thought process about* that emotion. This kind of crossed communication is a common part of the human condition, and mostly it is either unnoticed or, if noticed, ignored.

However, the DES way is to be sensitive to such suggestions, so at 11:21, Alek, rather than ignoring it or letting it slide, tries to clarify the potential misunderstanding. Here, it turns out that the understandings can be resolved—Ryan was directly (a) experiencing emotion (not merely a chesty sensation). But if no resolution occurs, then the pursuit continues, perhaps about the present experience, perhaps across subsequent samples including across sampling days.

11:54 Ryan: Yeah. I got you. Then those words came out to stop those emotions.

12:02 AK: And is the stopping present to you? Or is that not there yet or.

12:07 Ryan: No, it wasn’t, not yet, at least.

12:14 AK: Then I’m good.

12:15 Ryan: It was pretty aggressive shaking in case you were wondering, it was like up and down. Um,

12:21 RTH: So I’ve got one more question about the, about the speaking. Uh, we have used words like “initiation” or whatever, and you asked last time, whether there were things that we didn’t understand about. And I would say that is one of those. So how does this, does this inner speaking have anything? Does it tell us anything about initiation?

12:21 Russ comments: There are two aspects here that illustrate the iterative process in action. First, by mentioning “initiation,” RTH is referring to a term that Ryan has used frequently since the first interview, a term that Ryan has deemed important since the start: when he first mentioned it, it was prefaced with “Yeah. I’m going to try to explain something just like for the future, ‘cause it might happen again” (Interview 1, 39:22). Six sampling days later, we are still on the track of trying to elaborate the initiation phenomenon.

Second, by mentioning the “things we didn’t understand” about Ryan, RTH is referring to a question of Ryan’s from the previous interview: “Is there anything that I have been saying or doing that’s similar to that situation where like, you can’t quite figure out what I’m talking about and it may be a little bit different? Or am I pretty square?” (Interview 6, 43:05). This illustrates the seriousness with which RTH treats Ryan as a co-investigator—RTH is trying to make the DES process transparent to Ryan.

12:49 Ryan: So this one is me initiating it. Um, like it’s, it’s, self-talk, I’m talking to myself specifically where, um, that’s initiating it. And then there’s other times where I’m not necessarily talking to myself, um, and it, it becomes out more of like a daydream where like, I’m not trying to say these things. It’s just like a thought that infiltrates that like will distract me from a situation. Um,

13:19 RTH: So the first, the first beep today: “it’s for a psychology experiment.” What is this, how does this fit in this *initiation*?

13:29 Ryan: Um, that one is that one is similar. Those, the one and two were similar. Um, there’s going to be one in three that is going to be more of it just like coming in, and you’ll see why, because it’s pretty important. Pretty fascinating.

13:48 RTH: So, so this, the first one isn’t spoken to *yourself*, really? You’re just in your imagination, speaking to the woman across the way.

13:57 Ryan: Um, yeah, but I had like an unsymbolized thought for that whole thing. And then, like, I said those words in like anticipation to like that, those feelings. [RTH: Right.] Just like I said those words anticipation to these feelings. Uh, it’s more of like, I was feeling uncomfortable and the self-talk helped me. I don’t know. We’re gonna have to do more beeps, I think.

14:27 RTH: Well, this is exactly how these things happen. So it seems like the initiation *doesn’t* necessarily have to do with self-directedness. It’s something related to that, but not directly about that.

14:42 Ryan: Correct.

14:44 RTH: First beep today is initiated, but not self-directed. [Ryan sighs.] It’s self-referential, you’re talking about something that you’re doing the *aim* of it is at the woman.

- 15:00 Ryan: I'm starting to second guess my memory now, if the first beep, I *try* to say it. 'Cause the second one, like I went out of my way to like say it, where I don't know if I did for the first one. So we're going to have to put a bracket around that first one, because the more I think about it, I don't think I forced myself to say it.
- 15:24 AK: And that's what *initiated* means? So you really mean like the dictionary definition? Like I'm, [Ryan: Self-driving] driving these words purposefully. Okay. [Ryan: Mm hm.]
- 15:33 RTH: But not just driving it, but *purposefully* driving it. [Ryan: Yeah.] [Alek: Mm hm.] Driving the words on the first one, too.
- 15:39 Ryan: Let me read it over again to put me back to the moment. Okay. Yeah. The second one, I know for sure. But the first one, now I'm starting to second guess it a little bit. So,
- 15:58 RTH: So the good news is that the way the process works is: we are, we're going to say, well, we don't, we just don't know about it. We are, we are trying to fill in the blanks about something. And we are, and the first task of that is to identify that there are blanks. [Ryan: Mm hm.] And so we have, we have a question mark about what this self-initiation or what the initiation is. And, and we don't have an answer yet, but we, we're refining the question. And by the, sooner or later we'll get the question adequately refined. And when we do that, we'll probably know what the answer is. But the good news about it is that we don't have to fret too much about it. The, the fact that we weren't ready to answer that question on the first beep, well, then we'll, maybe we'll find it out, out of the next beep or, or tomorrow or whenever. And so I'd say we oughtta go on to number three.

SAMPLE 7.3 DISCUSSION STARTS HERE

- 16:52 Ryan: Alright. I've been thinking about the two, trying to like figure out how to explain the difference. Because I know to myself just from doing this, that there there's a difference between those two, um, inner speeches. But I I've been thinking about in the moment, like when they're happening, and I'm trying to, to try to figure that out myself, just to better help explain it. Um,
- 16:52 Comment (continuing the 12:21 comment on the iterative process in action): We noted that our understanding of "initiated" has been evolving since Interview 1. Today, we clarified some phenomenological aspects of what Ryan means by "initiated": Initiated speech (we tentatively think) is purposeful, not necessarily directed at self, not necessarily complete sentences. Perhaps even more importantly, we established that Ryan himself is genuinely invested in understanding the distinction between initiated and non-initiated speech; that interest is alive and will be (presumably) sharper in skill each time the beep interrupts him during inner speech.
- 17:21 RTH: That's exactly how the procedure is supposed to work. So that's, that's good. And, and we're not trying to answer it really as a sort of a general thing until after we understand it in, in the specific: this is the way it was at this moment; it *wasn't* this way at that moment; it *was* this way at this moment; but it *wasn't* this way at *that*

moment, then we'll have a pretty good understanding. I think of what the, *that* is that we're talking about.

17:43 Ryan: Because the, the reason why I think about this so much is because the one that's *not* like initiated myself that just like happens is what is distracting to me when I'm trying to focus on things. Like if I'm trying to read and then just like words, other things are being said in my head *while* I'm reading that's that pulls me away from what I'm trying to focus on. And that's the frustrating part. Where the other one I'm I am initiating it myself.

18:13 AK: Hmm.

18:16 Ryan: And I don't know if that helps at all, but yeah,

18:18 RTH: That might, that might help. So it's there. Yeah. [Alek: Interesting.]

18:23 Ryan: So this, I don't know, you've, you've probably had this--for beep number three. Uh, you've probably had something similar. I don't know, but I was actually asleep when the beep went off. And I was dreaming. Have you ever had that? Yeah,

18:39 RTH: Well, we have occasionally we're, we're not sleep study people, but [Ryan: I know.] But if, if it's clear to you what the experience was, we might as well go for it.

18:47 Ryan: Yeah. I know exactly what the, I wrote it down immediately, so I didn't forget it. Um, so I was asleep and then woke up to the beeper during a dream. Um, I was involved in a *is there a doctor on board* situation where like someone was having a heart attack and I saw myself in third person. So from my seat that I was sitting in, I was in the aisle seat and I had a vantage point down just like towards the front of the plane. And what I was seeing was out of that vantage point of where I was sitting and I saw myself down further, um, in the middle of the plane on one knee pointing back to the seat that I was sitting in. Um, uh, and I said, uh, "It's in the second biggest pocket. Oops. I mean the second smallest pocket" in reference to my stethoscope. Um, and then it beeped in, I woke up from the beep.

19:53 RTH: So there was a correction, there. Was that a correction in your dreams? So the quote, say again what the quote was. "It's in the second..."

20:02 Ryan: "It's in the second biggest pocket. Oops, I mean the second smallest pocket." It was accurate too. It's like, I caught myself in my dream being wrong. [Alek: Cool.]

20:16 RTH: And, and what, and what about the word "books"? Is that,

20:22 Ryan: Uh, never say anything about books--I said "oops" O-O-O-P-S.

20:26 RTH: Oh! Oops. Oops. Alright. So the quote is "It's in the second biggest pocket. Oops. I mean the second smallest pocket."

20:34 Ryan: Correct. In reference to pointing someone, to get my stethoscope.

- 20:44 RTH: Huh. And, and so you see yourself [Ryan: Yes.] and you hear yourself. [Ryan: Yes.] And this, and this view is from the seat where you are currently asleep, but in your, the Ryan in the dream is of some number of rows ahead of you.
- 21:01 Ryan: Yes. And I don't necessarily see my face and the voice doesn't come from the person down at the end. It comes from the vantage points that I was seeing the thing happen from.
- 21:16 RTH: So the voice is from this, in the seat. [Ryan: Yes.] Not on the knee.
- 21:21 Ryan: But I knew the person on the knee was saying it. [Smiles wryly] Sometimes your dreams are not reality. [Alek: Mm hm.]
- 21:30 RTH: Sometimes inner experience in general is not reality. So it's, So I see the persons, I see that Ryan on his knee speaking, and I hear Ryan in the seat speaking, but he's speaking what Ryan on his knee is saying.
- 21:54 Ryan: Correct. It's almost like I was in both places at once.
- 22:03 AK: And this is a hearing thing. Like I don't experience myself as the speaker. I'm hearing the words?
- 22:08 Ryan: No, I'm experiencing myself as a speaker saying it, but from me sitting in the seat, not from supposedly me down at the end of the, the aisle.
- 22:08 Russ comments: This interview doesn't clarify an important experiential distinction. We have established that the inner speaker is Ryan-in-his-seat (not Ryan-on-his-knee). But we have *not* established whether the speaking-Ryan is *in the dream* or whether the speaking-Ryan is Ryan-the-dreamer. So the unanswered question is whether there are two dreamt Ryans (one on the knee pointing and one in the seat speaking) and one dreaming Ryan; or whether there is one dreamt-Ryan and the speaking Ryan is the dreaming Ryan.
- 22:20 AK: And so speaking in the same-ish way as beeps one and two? Or is it somehow different from those?
- 22:27 Ryan: Ah, it's a little bit more like rushed and urgent.
- 22:30 AK: Okay. But the phenomenon is really the same, but my words are coming out faster? Is that...
- 22:34 Ryan: It's a dream, so it was, it was very, very vivid.
- 22:37 AK: Okay. But I'm speaking these. Ryan in the seat is speaking these, but they're the words of Ryan on the knee? [Ryan: Correct.] Okay.

22:51 RTH: And you see Ryan on his knee. Does that mean his back? His back is basically to you, but he's twisted around pointing back.

23:01 Ryan: Um, so say if... I didn't see the, the person that was having a heart attack. I just like vaguely saw a person on their knee, but I knew it was me. Um, and I was like facing one of the seats. So like the side of my body was towards the vantage point.

23:25 RTH: The right side of the left side?

23:28 Ryan: Um, I was seeing the left side.

23:33 RTH: So you're pointing with your left arm back?

23:37 Ryan: Yes. Yeah. It's like that on, on the left knee pointing with the left arm.

23:41 RTH: Okay. And, and is this seeing clear? You, you see this scene clearly?

23:52 Ryan: Yeah, it was, it was very clear. Yeah. I didn't really see my face or anything.

23:59 RTH: And is that because your face was out of the frame so to speak or just because you didn't articulate the face?

24:05 Ryan: I think I just that's wasn't what, like, my eyes were directed to it. It was more so that being on the knee that like I was my eyes, my eyes were directed to, towards.

24:19 AK: And how about, do you see the rest of the plane? And.

24:22 Ryan: I see the seats leading up to it, like the rows up to it.

24:25 AK: Any people?

24:28 Ryan: Um, I knew that there were people in there, but I didn't like look like I didn't gaze over there during the dream, so I didn't see it.

24:43 RTH: So does this beep tell us anything about the concept that we were talking a little bit ago, about *initiation*? There's inner speech going on...

24:53 Ryan: I just don't think it's fair to compare. 'Cause it's a dream. I genuinely don't. I it's a completely different experience, like...

25:03 RTH: Okay. That's fine. That's how you find out what's in the experience, is to find out what's not in the experience. [Ryan: Mm hm.] So what would, what we just find is that it is possible to have inner speech that is clear, that is not initiated, and is not even in the realm of initiation.

25:17 Ryan: Yeah. Yeah. I mean, it was coming from my vantage point. So like, obviously, I don't know. I can't break down the dreams. That's not my job.

25:32 RTH: That's fine. Then I'm good. [Alek: Me too.]

SAMPLE 7.4 DISCUSSION STARTS HERE

25:37 Ryan: Sigmund Freud. Um, beep four. Um, this is, oh I said, this is going to seem insanely coincidental, coincidental, but it beeped like exactly when the wheels touched down. Um, uh, and I was looking at the flap of the wing, uh, 'cause like when the planes like land, like the flaps come up and I was, I was looking at that, um, and then felt, noticeably felt the thud. Uh there's no visual or internal monologue. Just assessing the smoothness of the landing. Like I wasn't, I don't know. Okay. I, I was like feeling the, the landing. I was looking at the wing, like watching the whole process unfold, but I wasn't like thinking about anything like directly.

26:38 AK: Okay. So when you say assessing the landing, do you mean that as a kind of cognitive analytical thing? Or a I'm taking in these sensations, I'm looking at the flap, I'm feeling the thud and all of that is smooth.

26:52 Ryan: What do you mean by like an analytic? Like, can you give me an example of what it would be like if it was analytically? If I was analytically assessment.

27:00 AK: Yeah. Well I guess what I'm trying to understand is if there is a, before-the-footlights-of-consciousness thought, like there is a cognition here about, this is a smooth landing. Or I'm just taking in this smooth landing. I don't have to have a thought about it. It's it's implied in the thud and the flaps.

27:18 Ryan: Well, it wasn't really a smooth landing. I like, like I said, I felt like the felt the thud, like it smacked down. So I wasn't like, um, it wasn't, I wasn't like, Oh, I'm gonna see how good this landing is. I was just like feeling, going with the motions and, and, and feeling it, I guess. [Alek: Okay.] Well that one was a bad explanation.

27:43 AK: Well, I think it gets us a little closer. I think you're, you're, you've been saying this isn't really a think-y thing. This isn't like an unsymbolized thought [Ryan: Un huh (negative)] about the landing.

27:53 Ryan: No. Yeah. But unsymbolized thoughts would have like more of like a, like a specific meaning behind what I was like experiencing, but I wasn't...

28:03 AK: Sure. Okay. So I'm looking at the flap and I feel the thud.

28:07 Ryan: Okay.

28:09 AK: And about the flap is, are you drawn to anything in particular or I'm just watching it flap.

28:16 Ryan: Before the beep there was like a bunch of like gears in there. And I was like looking at that, and that was more of like an analytical thing. But like at the moment of the beep it was more of like the thud of, of it.

- 28:31 AK: Okay. I'm more interested in the thud at the moment, the beep. [Ryan: Yeah.] And does that mean the flap is really totally gone? Or I'm [inaudible] still present to me."
- 28:46 Ryan: I don't know. Like I said, yeah, I, I was looking at it and I know that just 'cause I'm looking at it doesn't mean it's in, but I don't know. I don't think, I think it was just more of everything combined that it, that, like, when you go to land a plane, you just, I was like aware that they were landing the plane and that's kind of like what I was just like feeling happened. I dunno.
- 29:14 AK: Yeah. Okay. So I want to understand that. So sometimes it sounds like this is kind of a specific experience. Like there's the flap and there's the thud. Those sound like I've sort of picked out two aspects of the landing. [Ryan: Mm hm.] But then sometimes it sounds like this is a whole landing thing. I am engaged in the landing and taking it in and that's seems like a more general... Is one of those more accurate, and
- 29:42 Ryan: The latter, because the reason before the beep I looked out, so the person that I was sitting next to didn't have their window open. So I looked across the aisle and looked out,... Oh, wait, am I sorry? They did have the window open. But it, we were coming down really fast. And I like thought about how fast we were coming down. And then at that point I was like assessing the landing, I guess. I don't know, but there's no words or visuals, just like the whole process of the plane landing.
- 30:18 AK: And *assessing* is like a physical thing
- 30:23 Ryan: Ah, yeah, uh [squints]...
- 30:26 AK: Or like, I mean, I don't care. I don't want it to be [inaudible].
- 30:29 Ryan: Yeah. I know. I know. I'm trying to,
- 30:31 AK: Sounds so analytical to me. And I guess I'm just hung on that.

30:31 Russ comments: I take the occasion of Alek's saying "Sounds so analytical to me. I guess I'm just hung on that" to highlight important aspects of the DES procedure. It seems to me that Alek *is* hung up on the supposed analytical nature of Ryan's experience at beep 7.4, and it may be instructive to consider the ramifications.

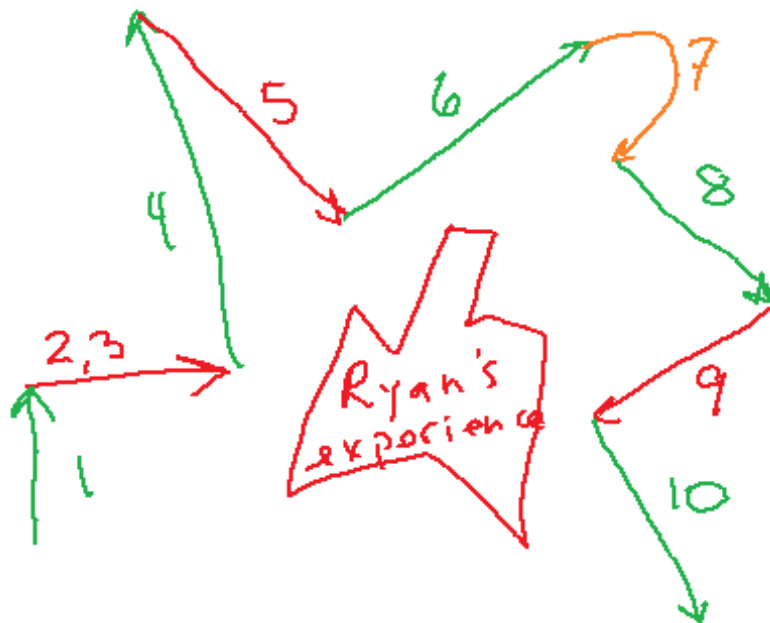
This portion of the interview began at 25:48 when Ryan said:

This is going to seem insanely coincidental, coincidental, but it beeped like exactly when the wheels touched down. It beeped like exactly when the wheels touched down. Um, uh, and I was looking at the flap of the wing, uh, 'cause like when the planes like land, like the flaps come up and I was, I was looking at that, um, and then felt, noticeably felt the thud. Uh there's no visual or internal monologue. Just assessing the smoothness of the landing. Like I wasn't, I don't know. Okay. I, I was like feeling the, the landing. I was looking at the wing, like watching the whole process unfold, but I wasn't like thinking about anything like directly. (Ryan 25:48)

This should be thought of as Ryan’s gesturing at his experiencing, which was related to the plane’s landing. Here is RTH’s retrospective attempt to reconstruct how he understood it during the interview:

	Ryan says	RTH’s (reconstructed) understanding
1	This is going to seem insanely coincidental, coincidental, but	Ryan is reassuring us about a potential reporting trap, which he did <i>not</i> fall into. Good!
2	It beeped like exactly when the wheels touched down.	Ryan knows with precision the experience he’s about to describe. Good!
3	Um, uh, and I was looking at the flap of the wing,	Probably experiential, but maybe context...
4	uh, 'cause like when the planes like land, like the flaps come up	Context/explanation—RTH can forget about that
5	and I was, I was looking at that, um, and then felt, noticeably felt the thud.	Seems straightforwardly experiential: two parts—seeing and sensation
6	Uh there’s no visual or internal monologue.	Differential references to Ryan’s frequent kinds of inner experience—good discrimination
7	Just assessing the smoothness of the landing.	Gesture of returning to the description. #7 is essentially a double-negative. #6 was a single negative: <i>my experience is not X</i> . #7 negates #6: <i>I’m not any more saying that my experience is not X</i> .
8	Like I wasn't, I don't know. Okay. I	Ryan conveys nonspecific insecurity about what he has said.
9	I was like feeling the, the landing. I was looking at the wing, like watching the whole process unfold,	He returns to the straightforwardly experiential: two parts—seeing and sensation.
10	but I wasn't like thinking about anything like directly	And like #6, Ryan makes a good discriminative denial of the experience of thinking.

To RTH’s ear, that is a highly skilled description. Here’s my schematic of it:



Ryan's experience is the idiosyncratically shaped red region. With the possible exception of #4 and #8, this description is either aimed directly at experience or is providing important distinctions/clarifications. Utterance #1 is a methodological reassurance: Ryan wants us to rest assured that he has not cherry-picked the most interesting moment in the vicinity. It's not aimed at his experience but is preparatory thereto. Utterance #2 tells us exactly when the beep occurred. Utterances #3, #5, and #9 are very consistent descriptions of experience: Ryan was seeing flaps and feeling a thud. All those utterances *are* aimed directly at Ryan's experience. #4 is context, orthogonal to or somewhat away from experiential description. #6 and #10 are descriptions of NOT-experience and are therefore orthogonal to or somewhat away from experiential description, but they provide useful distinctions: Ryan is assuring us that he is *not* confused about or overlooking previous kinds of experiences. That is, #6 and #10 are skillful delimitings of Ryan's experience.

That leaves #7 and #8. The "just" of #7 (as it seems to RTH) indicates that #7 is primarily a blunting or delimiting of #6's excursion—it shows that #7 says *I'm done with this NOT-experience stuff and am ready to return to experiential description*. If at #7 Ryan had omitted the *just* and simply said "*I'm assessing the smoothness of the landing,*" I would take it as a stand-alone description of experience, but the *just* makes it essentially a modifier or terminator of the #6 reference to visual or monologue experience. At #8, Ryan expresses some dissatisfaction with what he was saying at #7 (or perhaps his entire description).

Alek's response (at 26:38) to Ryan's description was, "Okay. So when you say assessing the landing, do you mean that as a kind of cognitive analytical thing?" That response aimed, to my ear, at the wrong part of Ryan's description. Ryan had said (pretty clearly, as it seemed to RTH) that the heart of his experience was the seeing of

the flap and the feeling the thud, but Alek asked about “assessing.” It will take the interview nearly 9 minutes (until 34:40) to straighten it out.

DES, like all highly skilled human endeavors, is an imperfect human endeavor. Ryan at #7, in the midst of a highly skilled interchange, says two things that are not true, at least when analyzed according to the usual linguistic conventions: he was not “assessing” anything, and the experience was not about smoothness. Had Ryan used different terminology (perhaps saying “just experiencing the jolt of the landing”) the interview would likely have been substantially more direct. Or if Alek had recognized that #7 was mainly meant as a terminator of #6 rather than as a description of beeped experience, then the interview would likely have been substantially more direct.

- 30:35 Ryan: Yeah. I’m trying to think of the right words to describe it. Um, so it was the whole process that I was aware of, but the thud is what I was like, I, is what was on my mind when the thing beeped. It was like the thud, the feeling of the thud. But I knew that the whole thing encapsulated landing the plane. Right.
- 31:08 AK: So I’m being carried along, carried within the landing. I’m engaged in the landing, taking it in [Ryan: Mm hm.] and at the moment of the beep I’m mostly into the thud. Is that
- 31:21 Ryan: Yes, [Alek: Alright.] I was just, I was, I was in during the process. I was, I was feeling the landing. I don’t know.
- 31:29 AK: I like that. And during the process of landing, that’s good. Okay. And, and the thud, do you mean thud as like an auditory thing? Like I hear a thud or I feel a thud, or both?
- 31:40 Ryan: Like a, [pounds on the table with his fist and rocks his body forward] like a sudden jolt. It was a hard landing.
- 31:45 AK: Okay. So it’s, I both hear it and I feel the jolt [Ryan: Mm hm.] and all of that I’m calling thud. [Ryan: Mm hm.]

31:45 Russ comments: In the view of RTH, Alek is on the wrong track here, and again RTH thinks it is the result of being captured by a word. Ryan has said (RTH thinks) pretty consistently since the beginning that the thud is a physical jolt. However, RTH accepts that “thud” has either physical or auditory significance, so it is possible that he has overlooked the auditory nature of “thud.” Therefore when Alek asked (at 31:32) “and the thud, do you mean thud as like an auditory thing? Like I hear a thud or I feel a thud, or both?” RTH thought that was a pretty fair question (although he thinks it would have been more even handed if she had slightly emphasized the option that opposed her supposition—that is, if she would have asked “Like I feel a thud or I hear a thud, or both?” putting the favored hearing option last.

Ryan’s answer (at 31:40) was to pound the desk with his fist and rock his body suddenly forward while saying “a sudden jolt.”

Alek summarized that by saying, “Okay. So it’s, I both hear it and I feel the jolt [Ryan: Mm hm.] and all of that I’m calling thud. [Ryan: Mm hm.]” RTH thinks that

Ryan's answer to her fair question is unidimensionally physical: he slams his fist and jolts his body—he says with his entire bag of bones that the thud was a physical jolt. So RTH thinks that Alek's "So I both hear it.." is for some reason a reflection of Alek, not a reflection of Ryan. That is, RTH thinks that Alek has gone down the wrong track and taken Ryan with her.

DES uses multiple interviewers for just this reason. RTH might not be captured by the events in the same way as is Alek.

31:52 RTH: Okay. So that, isn't how I understood it. So is this, is this a hearing thing or a bodily thing or both?

31:52 Russ comments: RTH asks a fair question. Note that he has put the least-favored option (the hearing that has aroused his skepticism) first.

31:59 Ryan: Oh, it's a bodily thing.

31:59 Russ comments: RTH takes the relaxed speed and confidence of this reply, as well as the fact that he has stepped over the first-offered hearing option, as evidence that Ryan's core is communicating that the experience was bodily, not hearing.

32:00 [Ryan continues] The thud, sorry. [looks quizzical] "Thud" is a sound word. [Alek: Okay.] Um, it's both, it's both. I wasn't thinking about it, but at the moment, but it obviously made a noise. Um,

32:00 Russ comments: The word "obviously" demonstrates that "I wasn't thinking about it, but at the moment, but it obviously made a noise" is a statement of theoretical inference rather than experiential description, expressing the logic that *if I used a word with a sound denotation, then I must have been experiencing the sound*. Everything that Ryan has said and done (as RTH apprehends it) is consonant with a bodily apprehension at the moment of the beep. So we will have to undermine this theoretical "obvious" direction.

32:11 RTH: So it can make a noise, but the question is whether you *hear* the noise.

32:15 Ryan: Yeah, well, I heard, I heard the noise. Like I said, it was the whole process of landing, but the thud is like the, the thing that was on my mind. And now I don't know if I was thinking about the sound, but that was definitely feeling a feeling of the thud.

32:30 RTH: So this was a jolt. [Ryan: Yes. I just can't...] Maybe I was hearing and maybe I wasn't. Clearly the sound of the, the sound of the wheels hitting the pavement and whatever is in my ears. That, that's there, whether I'm paying attention to that or whether I'm into the jolt of it is up in the air, I guess, so to speak.

32:54 Ryan: Yeah. It was moreso into the jolt. [Alek: Okay.] I just don't know if I would have thought about writing down if I heard the feeling of landing. That's that's my issue is

that it very well could have happened, but I don't remember. [RTH: Okay.] It would be weird if I didn't hear it, though. That's why I'm confused.

32:54 Russ comments: Ryan's bag of bones is trying to tell us it was about the physical feeling. "I just don't know if I would have thought about writing down if I heard the..." starts out as a fair statement—maybe he would have just overlooked the sound of the landing. So *if* the conclusion of that sentence was "...writing down if I heard the *sound* of the landing," I would have credited that as a potential limitation of the comp[lateness of the DES method. But what he actually said was "...writing down if I *heard the feeling* of landing." *Hearing the feeling of landing* is nonsense: you can hear the landing, or you can hear the sound of the landing, but you cannot hear the feeling of the landing. That signals to RTH that this utterance reflects a theoretical presupposition of what *must be* at the expense of what is experienced.

33:16 RTH: And so I'm accepting that the jolt comes from the landing, jolt slash thud comes from the landing. But I haven't yet figured out whether I am experiencing the landing or I'm experiencing the jolt, the landing being sort of a bigger process and the jolt being a right-now process. Or maybe that's an impossible question to answer. It's just different perspectives on it.

33:49 Ryan: Like I keep wanting to say that it was the whole process of landing and that the jolt was part of that experience. And seeing the wing flap was part of the experience too.

34:03 AK: Okay. Well, that's fine. I think sometimes, I mean, we try to get to the edge of possible and maybe that's where we are now and that's good for me.

34:14 RTH: And I think this particular one has several different level layers of perspective. It's the jolt of landing. It's not some random jolt it's [Alek: Right.]

34:24 Ryan: Yeah. Well, I was anticipating before the beep I was, I was anticipating the wheels touching down. So like, I, I knew it was going to happen, but like I was, when it beeped, I was like actually feeling the thing happening. It happened.

34:40 RTH: Right. Well, I think I'm good. Number five.

SAMPLE 7.5 DISCUSSION STARTS HERE

34:46 Ryan: Um, so because of COVID, my plane had to go to Chicago first and then down to Charlotte, which made no sense. But, uh, Chicago airport's huge. And I had like 30 minutes to get off the plane and then to my next flight. And, um, I was walking towards the, um, terminal of my next flight (is that the word, "terminal"?). Um, the gates are. And uh, and I said "K 20" in my head and then saw K20 vaguely. 'Cause that was the gate I needed to go to. So I was walking, rushing, um, and I said the word "K 20" and then vaguely saw K20 at the same time.

35:43 RTH: And so at the moment of this beep, is this primarily a speaking experience or a hearing experience or a seeing experience?

35:51 Ryan: Um, it's primarily they're, one in the same, I think, uh 50-50 seeing-saying.

36:00 RTH: Okay. And let's start with the seeing then. What exactly do you see?

36:06 Ryan: Uh, it's not like a well differentiated *K20* specifically, but it was kind of like when I was describing how I study and like I remember, um, that I know that I'm, I'm looking at my notes, but it's not like a well differentiated thing. It was similar to that where it was a visual experience, but it wasn't well differentiated yet. I still knew what it was. I still knew it was the *K20* on my ticket that I saw.

36:38 RTH: So you're not seeing the *K20* of the gate. You're seeing the *K20* of the ink on the ticket.

36:45 Ryan: Yup. And the *K20* was, um, like in the upper right hand corner of the ticket. And like I had like the spatial awareness aspect with it too. Just like when I was saying when I remember the notes.

36:58 RTH: So I'm, I'm basically, I'm seeing my ticket in some kind of an inchoate or schematic-y kind of a way. And I see in the upper right hand corner of it...

37:12 Ryan: What represents *K20*.

37:14 RTH: ...what has to have been *K20*, even though I don't see the letter *K* and I don't see the letter *20*, but I see the space where *K20* is, and I recognize it to be *K20*. [Ryan: Perfect.] So I am looking at *K20* on my ticket and I am seeing an indistinguishable ticket with an indistinguishable *K20* on it. [Ryan: Correct.] [Alek: Okay.] But this is clearly a *seeing* experience. This is a not a, *I know as a fact that my ticket has K...*

37:45 Ryan: Oh, yeah, it's visual, it's definitely present in my experience that like I'm searching for it visually where it is.

37:54 RTH: And present in my experience as a *seeing*, as opposed to, as a fact-checking thing.

38:00 Ryan: Correct. I was trying to remember the gate and then I had to use my visual memory to remember what it was. And then I repeated it to myself. [Alek: Mm hm.]

38:11 RTH: Okay. So then I am also saying, "K 20."

38:17 Ryan: Yeah, that one was forced. Um, for sure, because I was saying it to reinforce the, the, the visual.

38:29 RTH: And does "forced" and "initiated" mean the same thing?

38:29 Russ comments: The upcoming exchanges (through 43:07) illustrates the relentless but open-minded tenacity that DES uses to acquire its concepts. We have been interested in "initiation" since the first sampling day, as well as earlier in the present interview. We will again refine the concept here. In the upcoming segment, notice

RTH's relentless referral to specific samples of experience—his object is to create a description of actually-occurring phenomena, not (at least, not initially) a theory Ryan's experience. Note also his efforts to help Ryan adopt that same connection-to-actual-experience attitude.

- 38:32 Ryan: Yes. Yes. When I say forced and I say initiated, I mean the same thing.
- 38:46 RTH: So what forced and initiated means in *this* situation is *I am purposefully saying to myself as a sort of an instruction to myself* or something like this. *I am by explicit design, uttering these words for my own benefit.*
- 39:11 Ryan: Mm hm. And then like, after the beep, I like kept saying "K 20," like every two minutes, just like, so I didn't forget. And I didn't have the visuals after that, if that helps.
- 39:27 RTH: You did or did not?
- 39:28 Ryan: I did not. So I use like the visual memory to, to remember what it was. And then once I knew what it was, I was just saying, "K 20." [Alek: Mm hm.]
- 39:41 RTH: And is the speaking "K 20." Is that a clearly apprehended thing?
- 39:48 Ryan: Yeah, but it's...Wait, w at the moment of the beep or after?
- 39:54 RTH: At the moment of the beep.
- 39:54 Ryan: Um, yeah, it was like, it was a clear sentence "K-20." Or not a sentence, but it was just clearly being said by me.
- 40:05 RTH: Okay. In your natural voice. [Ryan: Yes.] So this is not a, unlike the visual experience, which was of K20 but sort of inchoate, this is an explicitly spoken, clearly stated "K 20."
- 40:26 Ryan: Like I said, I've been like trying to be aware of the inner speech and differentiating it. And like sometimes er, when I am initiating it, it will be like a full sentence. But sometimes when I'm not initiating it, it doesn't need to be a full sentence. But I know that, like I could say just like a few words, but I know it's like a full thing, I know the full sentence meaning.
- 40:52 RTH: But that's even while it's initiated as well. So there's no full sentence here and yet it's initiated.
- 40:57 Ryan: Well, So I guess this was a bad example for that, but if, like I'm saying, like for, um, the second beep where I said, uh, "this is out of your control." I said, every single one of those words where like, if that's something that like, if I'm daydreaming and it just like, my mind is wandering, I could, I could just say "out control" and [RTH: Right.] it's a sentence to me. [Alek: Hmm.]

41:25 RTH: Right. I think I understand that. But what I was, what I was saying out loud was, you had said, well, if it's, if it's self initiated, it's a full sentence. But that's not, I don't think, really true, because you could have said as a full sentence, "My ticket says K 20," or "My gate is K 20," or whatever, which you didn't.

41:45 Ryan: That's true. That's true.

41:47 RTH: So, so there, it is, the full sentence-yness is not a constitutive factor of the initiation phenomenon.

41:56 Ryan: Correct. But when I said "K 22," that's all I wanted to say. Like, I didn't, it didn't have like a broader meaning to it. Like if I said...

42:08 RTH: Right. Yeah. So there's nothing left out, but it's not a full sentence, so, [Alek: Correct.]

42:13 Ryan: Correct. Like there's, my mind is not filling in any blanks where the other one is filling in the blanks without having to say it. [RTH: Right. Yep.] [AK: Cool.] And that's a newer, that's a newer, uh, like I've, I've noticed that more recently, the more that I've been doing this and, and thinking about it.

42:36 RTH: Well, we'll have to maybe we'll see some beeps where, where we have non-initiated inner speech, and....

42:41 Ryan: It's probably happened, but I never knew how to like, notice it or point it out. So it's, it's, it's likely to have happened before. And I just interpreted it as a full sentence. So I told you guys the full sentence, [AK: Hmm.] instead of explained to you that it was like choppy and the rest I just filled in the blanks. I don't know.

43:03 RTH: Well, that's why we do this more than once.

43:06 Ryan: Okay. That makes a lot of sense. Number six.

43:10 AK: Number six.

43:10 Ryan: I'm sorry. I only have five. Do you want me to be doing six? Haven't I always been doing five? 'Cause the last time you asked me if I had six.

43:17 AK: We usually do six, but I mean, it's not a major loss to do five. But if you can get six, we usually have time to talk about six.

43:25 Ryan: Huh. Okay. Yeah. Only five. Next time I'll do six.

43:30 RTH: There's nothing magic about six, except that it usually takes us about an hour to talk about six.

43:35 Ryan: We've done like four that took an hour and 20 minutes once. But I think we're...

43:41 AK: Yeah, sometimes at the beginning, it can be, you know, 70 minutes to get through three or something. Yeah.

43:49 RTH: All right. Well, shall we do this again?

INFORMAL Q/A STARTS HERE

43:51 Ryan: Yeah. I mean, I feel like it's helping. Um, I talked to Alek about this...

43:57 AK: [inaudible] to him briefly.

43:59 Ryan: ... potentially doing a documentary for like my whole experience of writing the article, making the video, coming in contact with you and then finding this field of science that is drastically under-appreciated. And I feel like it's a good way to get noticed for what you've been doing for the last 40 years.

44:24 RTH: So I'm totally in favor of that. I would say I'd be happy to participate and assist whatever in that.

44:32 Ryan: Okay. Um, because obviously I wouldn't want to make something that you didn't want to be a part of or be in. Um, it wouldn't be any time soon either. Obviously I want to keep doing this and finish this and see how the whole process. But I do think it's an interesting story of, of what happened to me and stuff. So,

44:53 RTH: So I do think it's an interesting story. And Alek and I have talked, not in a, too far distant past, about the desirability of making some kind of a documentary. We haven't gotten any farther down the road, except it would be interesting to do that. [Alek: Mm hm.] So if you're interested in doing it, that's great, as far as we're concerned,

45:14 Ryan: Because like almost every single person that I've told about you guys and like what you do, it's just, it's a really fascinating thing. And it's not like voodoo science. Like this is reproducible science where you could do it and see results and see trends and stuff. So like, obviously like, like you said, scientists, don't like when it's not like quantifiable with numbers and stuff, but you obviously have proven that you could see the same results with different people and stuff through your experience. Correct?

45:50 RTH: I think that's true. [Alek: Um hm.] And I would also say that the, um, you, you said a little bit ago, something like, "well, I wouldn't want to tell a story that wasn't exactly your story or your way" or something like that. And, and I think you gotta tell them, you gotta, if you're making a documentary, you gotta tell documentary *your way*, and I'm happy to participate in that. I'm, I'm guessing Alek is as well. [Alek: Mm hm.] But, and, and, and if you were to tell a story that that sounded wrong or bad or whatever from my point of view, then I would probably have some, have to take some forum to say, "well, you know, that's what he said, but I didn't see it that way" or, or whatever. So basically, basically what I'm saying is, is, you're a free agent as far as this is concerned. And I'm happy to help you be as free an agent as, as you can be.

- 46:50 Ryan: Yeah. Well, obviously I would, if I did it, I would want you in it explaining everything because it's what you've been doing. And they would be a part of explaining that.
- 47:02 RTH: And I'm happy to do that. And I, and I have been in situations where people have taken the words that I've said out of context and maybe made things that don't correspond with what I, what I think. And I'm not worried about that. I would be hoping that you would say something obviously that I would agree with, but [Ryan: Yeah, I don't...]
[inaudible] I would, I would have whatever forum that I could find to say "Well, that's not what I saw happen."
- 47:02 Russ comments: RTH is trying (rather clumsily) to say here that if Ryan finds it interesting enough to consider creating a documentary, he should make that documentary convey what *he finds* interesting. He should *not* try to convey what *he thinks RTH finds* interesting. Presumably those two points of view have substantial overlap, but RTH is encouraging Ryan to explore his own point of view. If any of that offends one or another of RTH's sensibilities, then he would feel free to say that in some forum.
- 47:30 Ryan: Well, obviously I would want you to be an active part in it and watch it and see how it unfolds and, and tell me if things are inaccurate or accurate and stuff like that. I don't want to make something that's not correct. [RTH: Alright. Good.] [Alek: Good.] You are my best interest when I'm doing this, like yeah, it's for it's for the science, you know, it's not for me.
- 47:56 RTH: Sounds good to me. [Alek: Cool.].
- 47:59 Ryan: Oh, and I also told Alek about how, like, this has helped me, like declutter my thoughts a little bit. Like I can categorize them. Instead of just like having a whole bunch of things going on, I'm more aware of, of identifying, I guess, the thoughts. So it kind of helps declutter and I can be a little bit more focused in situations. I don't know if anyone has ever told you that, but...
- 48:28 RTH: Yeah. I would say that's fairly common. Different people have different ways of being. [Alek: Mm hm.] So, so by "decluttering," what exactly do you mean by "decluttering"?
- 48:47 Ryan: Like, before I did this? Just like I thought that everything that was happening was all just, that's just one, that's just how thinking is. I didn't but now, like I realize that there's different things that I use for different situations. Like I said, like if I'm trying to remember something or do something for school, it's usually a visual-spatial thing. So like, if I'm, if I want to study something, I know that if I use visual-spatial, that I will remember it better just because just from doing this, I've noticed that I've noticed that trend. If that makes sense.
- 49:29 RTH: All right. Well, I would say we should do this a few more times and see whether those trends continue.
- 49:35 Ryan: Alright.

49:37 Ryan: Great. Alright, Ryan, I'll reach out to you about the next date. [Ryan: Sounds good.]
Cool.

49:44 RTH: Alrighty. Thank you very much. That's sounds good to me.

49:46 AK: Bye everybody.

49:47 Ryan: Have a good one.