

TRANSCRIPT WITH COMMENTARY
Do I Really Have Internal Monologue?
Ryan Langdon Interview 9:
DES Sampling Day 9

Below in black is a word-for-word transcript of the July 20 interview with Ryan Langdon that is available on YouTube at <https://youtu.be/hQ5Dw5UhXc4>. 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

SAMPLE 9.1 DISCUSSION STARTS HERE

- 0:00 Ryan: Alright. Alright. So beep one, what's it, 9.1. Uh, there seemed to be nothing going on that I was able to pick up. My eyes were looking at headphones on my desk, but they meant nothing to me at the moment of the beep. It's almost like it caught me in between thoughts or something. There's just nothing going on that I was able to observe.
- 0:25 RTH: Okay. And when you say your eyes were aimed at the headphones, you're not actually seeing the headphones? Is that what that means?
- 0:32 Ryan: I mean, it was more of like, after the fact it beeped and I'm like, Oh, I was, I was, my eyes were directed at the headphones, but like, I wasn't, they meant nothing to me as in, I wasn't like, *Oh, those are headphones* or *I need those* or anything. They were just out. That's where my eyes were directed.
- 0:53 RTH: Okay. And so it's closer to say (this is a question) closer to say, *there was nothing in my experience* rather than *the headphones were in my experience*?
- 1:03 Ryan: The headphones were, that's just, that's more of an after-the-fact thing that I noted after the beep was that's where my eyes were directed. But at the moment of the beep, they, I wasn't even like picking them up. As it wasn't registering as something that I was thinking about.
- 1:21 RTH: Okay. And, and I gather there was *nothing* that you were thinking.
- 1:25 Ryan: That's what it appeared to be like.
- 1:28 RTH: Okay. Then I'm good with that.

SAMPLE 9.2 DISCUSSION STARTS HERE

1:31 AK: Yeah. Number two.

1:34 Ryan: Right. Uh, this one's a little more interesting than the first one. Uh, I was thinking about a restaurant in my city and I want to know if it was open at that time. It was like eight o'clock at night. Um, and my laptop was on my lap. Um, but I wasn't looking at it. And when it beeped, um, I was going to check their Facebook page and I had the thought to like, look at this restaurant's Facebook page simply by innerly seeing an undifferentiated blue color that I just attributed to Facebook. Um, I knew that the blue was Facebook and that I should look for it on my laptop that is in front of me, no words or anything. Um, I had inner words moments *before* the beep saying "Birds Nest," which is the name of the restaurant, but at the moment of the beep, it was just blueness. And I knew that I should check Facebook on that, on the laptop that was sitting in front of me. That's a lot.

2:35 AK: Okay. Well, it was very detailed and helpful. So. Okay. So I understand that I am seeing an undifferentiated blueness that I understand to be Facebook. [Ryan: Yeah.] And I mean, I want to hear more about that, but I want to understand if there is, if there, if this experience is just an inner seeing and implied in the inner seeing is something like *I got to figure out if this is open*, or I'm wondering if this restaurant's open. Or if there is both the visual *and* some separate kind of wondering think-y process going on about whether the restaurant's open.

3:16 Ryan: So I was thinking about the restaurant *before* the beep, just like I was like, "I wonder if Bird's Nest is open." Just, I don't remember exactly what the inner words were, 'cause it wasn't part of the experience at the beep, so I didn't write it down. Um, and then to find out, just like blue popped in my mind and I went to, and I just knew that that meant look on Facebook on my laptop. So it was kinda like an unsymbolized thought except there was a blue experience that just like I attributed to Facebook, 'cause that the color of the logo or whatever.

3:54 AK: So would it be accurate to say that the, the wondering kind of thought process, I guess you even said unsymbolized thinking, maybe is that still going on? Or has that sort of been replaced by the blue?

3:54 Russ comments: It is a general DES principle that it is much better for the interviewers to use the participant's terminology than for the participant to use DES terminology. Our use of "unsymbolized thinking" illustrates why this is important.

If you search our interview transcripts for "unsymbolized," you will find in the early interviews that "unsymbolized thinking" was never used directly with Ryan. The term appears only in transcript commentaries 1 and 3 where we discuss our *reluctance* to use that term with Ryan. For example, in a comment in Interview 3, we said:

Ryan has been struggling to describe a category of experienced thinking that does not involve words or visual images. Prior to sampling he would have said that such a category is impossible, and now it is difficult. The interviewers *could say*, "We know what you're talking about—it is called *unsymbolized*

thinking and Hurlburt has been writing about it for 20 years.” But they didn’t say that. Why not?

Because that is part of the art of bracketing presuppositions, which includes bracketing the *interviewer’s* presuppositions about unsymbolized thinking. Perhaps Ryan is describing a phenomenon that is *different from* unsymbolized thinking, or that overlaps with unsymbolized thinking but has a twist that is uniquely Ryan-esque. For such possibilities to emerge, we have to explore Ryan’s experience on his turf, on his own terms, using his own words, even if that is difficult for him (and for us). Then, if and when (eventually) Ryan settles on his phenomenal descriptions, we can judge whether it is or is not unsymbolized thinking, or whether we should tweak our understanding of unsymbolized thinking to match Ryan’s experience. (Interview 3, 17:50)

But there is another, equally important reason that interviewers should be reluctant to introduce DES terminology: it tends to muddy the waters. Ryan’s use of unsymbolized thinking is a good example.

We first used the term with Ryan himself during the informal Q/A at the end of interview 6. In that interchange, Ryan had moved from the role of DES participant to the role of journalist, and we had moved from the role of DES interviewer to that of the journalist’s source. That is, during the actual DES interview about sample 6.1, the term “unsymbolized thinking” was never used. But in the Q/A, which discussed the DES process in general, RTH described both what unsymbolized thinking was and his reluctance to use the term:

The questions that we’ve been having *with you* has to do with, well, like your first example today in our lingo—so now I’m going to take us behind the curtain a little bit. [Ryan: Fine.] In our, in our lingo, your first, your first example today, I think in the first example (the one about you shouldn’t take our word, take his word for it, people are ignorant about their own medical conditions or whatever that, that was), that is an example, pretty much a straight-ahead textbook example of what we call “unsymbolized thinking.” And, and it has, we, we have wondered for the last while, whether you have this phenomenon of unsymbolized thinking. And we didn’t say, on day two, when it looked like maybe this was going to be unsymbolized thinking, we didn’t say, “Hey, Ryan, that’s unsymbolized thinking! Why don’t you just call it!” [Ryan: Yeah.] *Instead*, what we said was, “Well, we’ll wait and we’ll get some examples to that until *Ryan* says, as he did at the beginning, “well, this was like that one over there” which Alek and I would have recognized being unsymbolized thinking. (Interview 6, 43:45)

That interchange provides a natural experiment in which to examine the effect of introducing the DES terminology. Ryan-the-DES-participant and Ryan-the-journalist are, of course, the same Ryan, and the Q/A of interview 6 brought the term “unsymbolized thinking” into the open. What happened?

In the next DES interview (interview 7), Ryan used the term “unsymbolized” twice in the first minute: “I had an unsymbolized thought about how she might be suspicious of this weird device at an airport” (Interview 7, 0:31); and “So the, so I had like a, a feeling, like a unsymbolized feeling that like, I, her facial expression was like confusing” (Interview 7, 0:56). The term apparently has an appeal because it promises to unveil an important insight for Ryan: he had thought it impossible to think without words. Now Ryan has discovered that he himself might experience such a thing.

But his uses reveal that he has an overgeneralized understanding of unsymbolized thinking, as DES uses the term. In the DES lexicon, “unsymbolized” is used in only one way, to describe a directly apprehended thinking experience that does not involve words, visual imagery, or any other symbols. It would not occur to a DES practitioner to refer to an “unsymbolized feeling” as Ryan does in his 0:56 sentence, because feeling, as DES uses the term, *never* involves symbols. Saying “unsymbolized feelings” would be akin to saying “unsymbolized symbol-less experience.”

We sketch a Venn-diagram-ish schematic of the situation in Figure 1, and we paint Ryan’s version red to illustrate the lure of the topic.

But this presents a problem for DES, as arises in the present interview (9). Ryan describes experience 9.2 as “kinda like an unsymbolized thought” (3:43), to which Alek replies “you even said ‘unsymbolized thinking’” (4:01). The problem is that Ryan’s usage reflects the red meaning of Figure 1, whereas Alek’s usage doubtless reflects the black meaning.

The aim of DES is to apprehend and describe Ryan’s experience in high fidelity, and the difference in the two understandings presents a problem for DES. We could slide past the difference, in which case we would block off that way of accessing Ryan’s experience; or we could try to clarify the distinction between the DES definition and Ryan’s definition, in which case we would be quibbling about term definitions, *not* trying to refine our grasp of Ryan’s experience.

Suppose we had *not* introduced the term unsymbolized thinking. Then Ryan’s 3:43 description would have been something like “kinda like that beep about broken ribs” [referring to sample 6.1]. Then we could have asked something like “How is the present sample similar and different to 6.1?” and the ensuing conversation would have been aimed entirely at samples 9.2 and 6.1, *not* at the definition of unsymbolized thinking.

The foregoing should not be taken as a criticism of Ryan or of the interviewers—people and situations are complex and motivations are not perfectly single-minded: Ryan would like to discover his inner experience *and* learn something about DES; we would like to discover Ryan’s inner experience *and* discuss some general issues that might be of interest to the eavesdropper on this process. The point is that these crossed purposes *do* have ramifications on the DES endeavor.

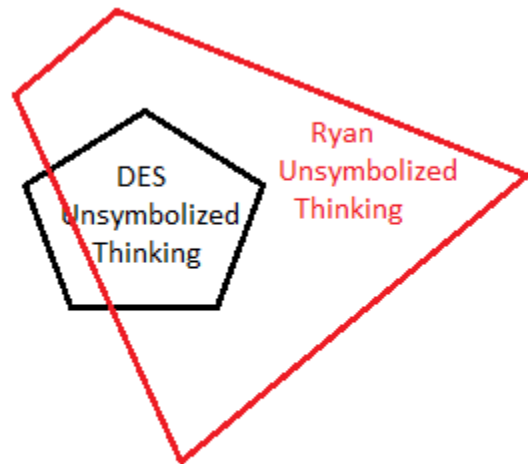


Figure 1: Schematic of two different definitions of "unsymbolized thinking"

- 4:10 Ryan: It all seemed to be together. Like it was part of the experience. Like I knew at the moment that the beep and I was trying to find out the answer to my question, which was, is this place open, which I could have Googled, I don’t know why my brain went to Facebook, but.. [Alek: Hmm.].

- 4:28 RTH: So we, we had a discussion about a beep that included *knowing* last time. And I don't think we every quite resolved it. So can I have, can I ask a few questions about this? [Alek: Um hm.] So the description of knowing is a complicated thing, 'cause there's a lot of things that I know, y'know. I know the Potomac River goes through Washington, DC; and I know that e equals MC squared; and I know a bunch of stuff, which doesn't mean that any of that stuff is actually in my direct experience at any particular moment. [Ryan: Um hm.] So the question is, is the *knowing that I'm gonna go to Facebook*, and I know I'm going to try to find out what the, what the, what, whether the restaurant's open. I want to know whether that's in my direct experience, or is that just a fact of the universe that I know, like a lot of other things. So I'm understanding that in my *direct* experience is blue color. That's the Facebook blue. [Ryan: Um hm.] And I know enough about myself to know that that means, well, I'm going to go look at Facebook and find out what the deal is here. The question is whether there is beyond that seeing of the blueness an explicit before-the-footlights-of-consciousness think-y kind of thing, which is, *well, I should go check it on Facebook*.
- 5:53 Ryan: Yes. And that's why I attributed it to being kind of like an unsymbolized thought, where it was... I knew, like it was something that I was thinking about that I knew that I would go look on Facebook. Um, but there's also blue at the same time of that. So it's not unsymbolized if there's blue, but it's not like a fact of the universe. It was, it was at the moment of the beep, I was thinking that I should go on Facebook. [RTH: Okay.] It wasn't like an after the fact thing or something that I knew. It was, I was aware of what I was doing at the moment and what the beep or what I was thinking about. And it was going on Facebook and looking at their hours. But it was all like encapsulated once. Like I say, like just pops in, it was similar to that. Except there was blue attached to a, but very vague blue. It wasn't like super present, but I knew that it was like Facebook blue.
- 6:55 AK: Hm. Well, can we, should we go to the blue then? What, what exactly do you see?
- 7:02 Ryan: Uh, it's tough to describe, uh, it's, it's just, it's just blue. I don't know. It's, it's not like a blue square. It's, it's just innerly knowing or innerly seeing just like vague blue, but I just knew what that blue meant. Kind of like the white lab coat situation [Ryan is referring to Interview 3, 29:35ff] where the white wasn't, it wasn't like super differentiated, but I knew that that white-ness was the white coat and the white around, it was like an ER room. Like it was, it wasn't super specific. It's there.
- 7:44 AK: Does the blue have any particular shape or does it make sense to give it a size?
- 7:48 Ryan: It's diffuse across my whole imaginary visual point of view? I don't know.
- 7:56 AK: And is this like, I'm seeing, uh, like the Facebook homepage or something? Or is it not even that differentiated? It's just like, this is the blue of Facebook and that's it.
- 8:05 Ryan: I had trouble describing this because it was similar to like the Twitter thing where, how, like, I didn't actually see the Twitter feed, but I saw the colors that represented it

in that I knew that that meant it was the Twitter feed. Just like this. I knew that it meant Facebook.

- 8:24 AK: Okay. And the Twitter feed one, if I recall, was a bit more differentiated than this, like there were some differences in color where like a photo would be and words would be [Ryan: Yep.] and things like that, [Ryan: Yep.] but this is no differentiation. It sounds like.
- 8:37 Ryan: Not, no. And it's not like it's all blue, it's it was just like diffuse blue. And I don't know if I have the ability to pick out where the blue was and wasn't.
- 8:51 AK: Okay. And, um, are you into the blue for, I don't know. I don't want to lead you into that. So I understand that the blue is a Facebook thing. Like the blue is Facebook really, as far as my experience is concerned. But am I also drawn to the blue for its blueness? Am I into the color of it?
- 9:19 Ryan: Not really. I just knew that the blue meant Facebook, so I'm down at my laptop, and I use it to go find the hours. I wasn't, it wasn't like a long experience. The beep happened relatively quick, right at that moment.
- 9:35 AK: Okay. Okay. So I'm understanding, and tell me if I've got this. I'm, I'm thinking about going to Bird's Nest and I'm wondering if it's open, [Ryan: Um hm.] And I've been thinking about this for a little bit. And now I am still engaged in that unsymbolized-ish thought process, but it gets a little symbolized 'cause I also see the blue of Facebook and I know that means I'm, I'm going to go on Facebook. I'm gonna look this up.
- 10:01 Ryan: Yeah. It's like, it was almost like a premonition, like, like a sudden realization that I could use the laptop that's in front of me to figure out the answer that I was thinking about.
- 10:11 AK: And is the laptop directly present to you in any way?
- 10:19 Ryan: Um, I mean, I just knew that the blue meant, I should look on the laptop that's in front of me. I don't know how other way I could describe it or if I could even in more detail.
- 10:32 AK: Hmm. So does that mean that in the, in the explicit, directly-present-to-me understanding that I'm going to look on Facebook? It's not just, I'm gonna look on Facebook. It's I'm going to open this laptop and look on Facebook. Okay.
- 10:45 Ryan: Yeah. It's like, Oh, I could use this in front of me to figure it out.
- 10:49 AK: Okay. Yeah. Then I think I'm good.
- 10:53 RTH: I have one more question, I think, or a series of them. So we've been saying that there's a vague blue and I want to know what the "vague" applies to. Does that mean that the blue itself is not particularly clear? Or does it mean that the blue is Facebook blue, but *where it is* is not particularly clear.

- 11:18 Ryan: Are you... Let me just clarify. Are you asking if the color and the prominence of the blue was clear? Or if the location of the blue wasn't clear?
- 11:32 RTH: I'm asking both of those and one more. So I wanna, I want to know first off whether the color was what you take to be the Facebook blue. [Ryan: Yes. It was.] Accurate, accurately [Ryan: Yes.] depicted as far as you know. [Ryan: Yes.] And with the same intensity and whatever that's like Facebook usually displays its blue? [Ryan: Yes.] So it's not that the *blue* is vague, it is where... The blue itself is clear. Where it is in my visual field, I guess, is [inaudible].
- 12:03 Ryan: Yeah. And just like, what it represents is like what's the shape of it is not, it's almost irrelevant. I just knew...
- 12:11 RTH: So I see a Facebook blue. There's no question about that. [Ryan: Yep.] This is Facebook blue.
- 12:16 Ryan: Yep. And I also felt that I should look on my laptop.
- 12:21 RTH: Got it. Then I think I'm good.
- 12:23 Ryan: Does that make sense? All right. Um,

SAMPLE 9.3 DISCUSSION STARTS HERE

- 12:33 Ryan: I read, I was reading a book, and the phrase that I was reading when it beeped was "my dream," "My dream placed me at the center of Being (B E I N G with a capital B) itself." "My dream placed me at the center of Being itself." Um, it felt as though I was speaking the words in my head, uh, I had a slight visual of a dome-shaped cathedral that was extremely undifferentiated. Um, kind of like the last one that I was just saying, it was more of just a vague rustic color than anything. Um, because he was, the author was describing his dream earlier, and I kind of got like a slight visual that I formed myself to like what he was describing. And then when I read it again, it just kind of flashed quickly of, back to that cathedral image that I made in my head before.
- 13:43 RTH: So I'm reading [Ryan: Um hm.] and I'm speaking the words that I'm reading.
- 13:49 Ryan: Yes. "My dream placed me at the center of Being itself."
- 13:56 RTH: And does it seem like the beep comes at some particular place in there? Or is it just seemed like it's at the end of that phrase?
- 14:01 Ryan: Yeah. I don't remember which one it is. I just included all the words, just, just in case, but it was somewhere within that, within that.
- 14:11 RTH: Okay. And, and I am speaking these words in my own voice. [Ryan: Uh, yeah.] And any characteristics of, of the speaking?

14:25 Ryan: Um no, but it was like, we were describing last time. It was more of my center of attention was focused on saying these words as a, uh, I guess, opposed to hearing them or passively hearing them, like I was saying before.

14:44 RTH: So “center of attention” is slightly different wording than we used last time, we talked about “intentional,” I think, last time. Is that, Is that right?

14:57 AK: Initiation and intensity, I think were both things we talked about.

15:01 RTH: Self-initiated.

15:02 Ryan: Yeah, it was, it was something I was trying to say. I was trying to read the words and how I read is by hearing myself talk the words.

15:14 RTH: So “center of attention” is another way of saying what we were talking about yesterday as being “initiated.”

15:20 Ryan: Yeah. It’s like that’s... Yes. Um, yeah, I guess we could say that.

15:28 RTH: I’m not trying to talk you into it. I’m like,

15:30 Ryan: I know, um, I’m thinking back to the passive [inaudible]. ‘Cause that’s, it’s not, I’m not saying that that’s not like my main focus when I have like the passive hearing, but it’s not like what I’m trying to focus on is what I’m saying. But this one I’m trying to focus on this and I was actively engaged with the words here.

15:56 RTH: So I’m not sure I grasp what you said there. So I’m, I’m understanding that this is *not* hearing. [RTH’s phone rings] Sorry about that. [Ryan: It’s okay.] The, uh, so this is not passive.

16:16 Ryan: No, this is, I’m reading the words and I’m really focusing on, on this. Like that’s the, my main focus, is these words.

16:26 RTH: So when I was trying to figure out, I guess, as whether the, whether “focused on” is, is another way of being “not passive.” So last time we sort of differentiated between “initiated” and “passive.” Maybe there’s a “focused upon” and “passive” differentiation that we’re making today, that’s a little bit different from the,

16:46 Ryan: I think I’m, I think either myself or all of us together might be trying to overthink the difference and I’m not sure where that’s happening. Um, it’s just like one is a daydream and one is not. I think that’s like the most simplistic way I could describe the two vocal characteristics.

17:11 RTH: So, still... It seems like there’s two kinds of vocal characteristics. There’s one that is passive. And there was one that sometimes we could call initiated, then sometimes we could call center-of-attention. Yeah.

17:11 Russ comments: These are apparently two kinds of inner speaking phenomena for Ryan. One is passive, a daydream, distracting (earlier called “hearing”). The other (by contrast) is initiated, center-of-attention, focused on, trying to produce words.

17:19 Ryan: Yeah. My, my focus is on, on that, like trying to produce it.

17:30 RTH: Okay. And, and so about this one, “my dream placed me at the center of Being itself.” I’m *saying* that. [Ryan: Um hm.] And are, is there a hearing feature to this or not?

17:46 Ryan: You, you asked that last time. And I’ve been trying to think about it and I’ve, it’s... They’re words. And I *think* I could say I hear them, but I don’t, I can’t differentiate like a sound, if that makes sense. Like, I know for a fact, like there’s something that people hear, but it’s, it’s something that’s not real. So like, you can’t contribute a sound to it. I can’t personally, at least. Um like, I don’t hear my voice. I don’t hear someone else’s voice, but I know that it is voiced characteristics of words that I’m hearing.

18:20 RTH: So I’m speaking voiced [inaudible], voiced words, but I don’t really hear the vocal characteristics of them.

18:29 Ryan: I think it would be unfair to, uh, describe them as a sound,

18:35 RTH: Even an imaginary sound.

18:37 Ryan: Yeah. It’s more like a ghost than it is like a real, like I,

18:44 RTH: Okay. That’s fair. [Alek: Mm hm.]

18:48 Ryan: And I don’t know if you’ve interviewed other people and try to do the same differentiation, which I’m sure you have, if they’re actually genuinely think that they’re sound, but there’s not. ‘Cause I’ve been like really trying to think about this and it’s... There’s no sound, but they are words that I’m hearing somehow. I’m not seeing anything, but I’m hearing them as words as a cadence or a rhythm, speed as speech. [Alek: Mm hm.] [RTH: Okay.].

19:26 AK: Sorry, just to be...

19:27 Ryan: [inaudible] the interpretation of your questions are just wrong or I don’t know. Do you feel as though that may be a possibility?

19:38 AK: I mean, I think that what you’re describing--that it feels like I’m speaking voiced words, they have speech-y characteristics, but I don’t *hear* them necessarily--I think that’s *possible*.

19:51 Ryan: It’s not that like, I don’t hear them. It’s just, I, I do hear them. I just, they’re, no, you can’t, I can’t describe a sound attached to it, but I do *hear* the words. Just insane to try to describe, but I think I’m doing the best I can. [RTH: And what...] [Alek: So I do hear there, sorry.].

- 20:15 Ryan: I'm also tone deaf as hell. So like, I, I, that might be the issue. Is that just, it all sounds monotone to me. So I can't describe any changes in that. Even me speaking right now doesn't sound like what I hear when I go to record or [inaudible] the recording. It doesn't sound the same.
- 20:38 RTH: Well, last time we had an exercise where we talked about dropping a pencil and the sound that, that makes; and a truck going by and the sound that that makes; and you hear music play; and so all of that stuff is *hearing* phenomena. And we agreed that, that we knew what that meant to *hear*. This was, [drops pencil on desk] that's a clicking sound.
- 21:00 Ryan: Yeah. And this sounds like speech, but there's no tone or pitch or anything. [RTH: Okay.]
- 21:09 AK: So I don't want to muddy the waters any further, but so does that mean, I hear something that is monotone?
- 21:24 Ryan: I *guess*. I could like hear your voice repeating that in my head if I wanted to, but when it's my it's, I don't like have my voice that I hear right now that I'm speaking out loud or the one that I hear in a recording, but I have the ability to hear speech. Like, if I can think of Morgan Freeman's voice, I could do that. But this isn't my, it's not necessarily my voice that I speak in the real world.
- 21:55 RTH: So when you're speaking out loud here today, [Ryan: Mm hm.] do you hear that?
- 21:59 Ryan: I hear that, but it doesn't sound like what I hear when I watch these videos back.
- 22:09 RTH: And does that mean that my voice sounds to me different when I hear it played back than it does when I'm speaking it? But in both cases, I'm hearing it--it just sounds different?
- 22:17 Ryan: Yeah. I'm hearing it. It's just sounds a different pitch. Like I'm tone deaf. Like it doesn't, it doesn't sound the same coming out as it does in a recording.
- 22:25 RTH: So, so that's, that's very common. A lot, most people, I would say, say that voice sounds different when they hear it coming back to them when they're doing the [inaudible]. [Ryan: And that's...] So the question is not whether it's the same voice, the question is whether there's *hearing* involved. So when, so what I hear you saying *now* is I hear my voice when I'm speaking aloud; and I hear it when I'm, when it's coming back out of a tape recorder; and, and the it's different--my voice sounds different to me--but in both cases, there's a sound I hear. I hear it. But I haven't heard you say that *clearly* about your inner speaking.
- 23:02 Ryan: So all three, feel the same, or, I mean, listening back, it doesn't feel the same. All three sound the same, same cadence. Um, they may all have different pitches and tones, but they all represent speech in one way or another. Whether I can discern what I'm hearing exactly is I can't tell you. Sorry.

- 23:33 AK: And do all three involve hearing?
- 23:35 Ryan: Yeah. I mean, yeah. I don't know how to answer that. Like when I'm speaking, do I hear myself speaking? [Alek: Yeah.] Yeah.
- 23:46 RTH: And [Alek: inaudible] when your innerly speaking, do you hear yourself?
- 23:49 Ryan: Absolutely. I know for a fact, I do. I just can't tell you that there's a pitch to it. [pause] Sorry. [Alek: No!]
- 24:14 RTH: It's, it's a, it's a complicated thing because obviously you're the only guy that's got any access to this. And so we, we have to work to try to make sure that we can figure out as best we can, what it is that you're trying to say.
- 24:24 Ryan: You can say that I can hear the words. Like that, that I know for a fact, it's just, I can't explain if, if there's actually like tone to it or anything. There's just, I know it's like a shell of speech. It's like an outline [inaudible]. There's no tone, but every word is individual. I'm hearing every word, but I don't know how I'm hearing it or like at what it sounds like. I can't describe the sound specifically.
- 25:03 RTH: And yet there's hearing involved.
- 25:06 Ryan: For sure. I've come to that conclusion. But I can't describe, like you said, you could drop the pencil and hear the different pitches. I can't hear different pitches, but I could definitely know that it's the cadence and rhythm of speech.
- 25:23 RTH: So the key that's the, that's the hard part right there. The cadence and rhythm is something which can be *heard*--I can hear a rhythm--and it's also something that can be *felt in the speaking*--I can, I can be, I can feel myself speaking with a cadence and a rhythm, regardless of whether I can hear that or not. So the present, presence of cadence and rhythm, doesn't say it doesn't does *not* imply that there's hearing involvement.
- 25:50 Ryan: Let me, maybe this description can, uh, help a little bit. So I read on the internet that someone responded to, like one of the videos saying that they, they have an inner voice, but it has an accent, like a Scottish accent or something. I can tell that when I'm speaking in my head is American accent. Like it's, it's like clear words, it's speech. But it's just, the sound is impossible to describe. It's not a sound to me. It's like a ghost. I dunno. I can't.
- 26:28 RTH: So then, so the question is if it's not a sound to you or just a ghost, why do you say that it's *hearing* as opposed to, *I just feel the rhythm*, I feel a, the cadence.
- 26:38 Ryan: Because I, I hear the words and the enunciation of each word and down at the end of like an F sound like, like, I know that's a thing that's going on.

- 26:54 RTH: And the question is whether I *hear* that, or whether that is a characteristic of the *act* of *speaking*. I put the F sound at the end of speaking, and that's a active thing, which I do because I'm speaking, or whether I actually *hear* it as well.
- 27:15 Ryan: I don't think we're ever gonna to get there. I don't know.
- 27:19 RTH: I think you might be right. [Alek: That's fair.] So I think we ought to move on to the, so there's a seeing involved here. [Ryan: Yeah.] Also I see the domed cathedral vaguely and fleetingly.
- 27:19 Russ comments: We have spent the last 10 minutes (since about 17:41) trying to understand whether Ryan's experience involved *hearing*, and we have not reached a definitive answer. If one conceives of the DES project as if it were a measurement of inner phenomena, that the task is to say *Yes* or *No* to the question "Was Ryan innerly hearing his voice at the moment of the beep?", then this effort has been unsuccessful. But if one conceives of the project as being descriptive, as trying to grasp Ryan's experience with fidelity, then we have made some progress. It turns out that Ryan's inner speaking does not easily include or exclude the hearing aspect. There is rhythm and cadence, which could either be heard or otherwise felt.
- 27:33 Ryan: Yeah, I it's what kind of like the last one where I just knew that it represented the original, um, visual that I made when I was reading about his dream in like the page before. Um, and I made a visual at that time. But at this time it was completely like undifferentiated. It would have been a waste of time to redo the entire visual that I made. So it was just vague, rustic color that I knew was that original one.
- 28:14 RTH: Hmm. So here the distinction is this seeing, is that there's no question about that I'm *seeing*, but what I'm seeing is undifferentiated.
- 28:29 Ryan: Yes. Correct. I'm there's like a rustic, um, more dark maroon-looking color, but it wasn't like differentiated or detailed or it was just, I knew that that's what it meant. That's what it was.
- 28:49 RTH: And does that color have a shape to it sort of domey-shaped? Or...
- 28:53 Ryan: Yeah. Kind of like a circular, rustic color.
- 28:58 RTH: So the, there is a domey thing, a rusty color domey thing that I see, but it's not fully differentiated as it was before.
- 29:06 Ryan: Not at all. It's just like happened real quick. Like it was unnecessary to visualize the whole thing again, Like I could, I could have, I could visualize it right now if I tried to the original thing that I thought of, but I didn't have to do that when I was reading the book. So I didn't do it. I just, it popped into my head and it like reminded me as I was reading. And that happens when I read a bunch of words that I know.

- 29:37 RTH: And there, and there's no question about this, that this is a *seeing* experience. I *see* a rusty colored domey thing.
- 29:45 Ryan: For sure. And I knew exactly what it meant, too, and what it was. [RTH: Okay.]
- 29:53 AK: And is it related to what you're reading at the moment? Or does it just pop in for no apparent reason?
- 29:59 Ryan: It popped in for no apparent reason. It said "my dream placed me at the center of Being itself," and when I read "my dream," that popped in, like, it was reminding me what his dream was about and it was being in a domed cathedral, or whatever it was. And I made a visual at that time. And then when I got to the words, "my dream," it popped up to like refresh my memory without trying.
- 30:24 AK: Okay. So this has some relevance to the author's dream. [Ryan: Mm hm.] Okay.
- 30:33 Ryan: Just adding, I learn better. I absorb things with visuals. And it was, it's just like a helpful thing that happens.
- 30:46 AK: Hmm.
- 30:50 RTH: I'm good. Number four. [Alek: Me too.].

SAMPLE 9.4 DISCUSSION STARTS HERE

- 30:52 Ryan: Number four. Um, this one is good, too. I was writing a text to my brother about the book that I was reading, um, 'cause he bought it, too. Um, and I was telling him not to be overwhelmed about the overture of the book, uh, when he was reading it. Uh, I said because, and I said, these words in text (I was typing this) "because it talks a lot about" and then it beeped. Um, but I was going to say "philosophy": "it talks a lot about philosophy," but then it beeped, cut me off. Um, and I was thinking in an abstract way about using the correct verbiage to not like insult his intelligence, which I wasn't like trying to do, but I was definitely like walking on eggshells. Like I felt like I *was* doing that, which I wasn't trying to do. And like, I felt that. Uh, and I was simultaneously conscious of that as I was typing it. Like, I didn't want him to think that I thought he was stupid, which is not what I was trying to do. I wanted him to not get overwhelmed by that because it's like, the rest of the book is not as philosophical or whatever.
- 32:10 AK: Okay. Okay. So I think I get the, the gist here, but I wanna understand what exactly is before the footlights of consciousness. What exactly is present at the moment? So I'm, I am in the act of texting,
- 32:27 Ryan: I'm texting it.
- 32:29 AK: And is that in your direct experience?
- 32:31 Ryan: Yep. I said because, and I was saying in my head, "because it talks a lot about," and then it beeped.

- 32:37 AK: Okay. So I am innerly saying these words as I type them?
- 32:40 Ryan: Yeah. Almost like every other beep that we had where I was texting. I'm saying words and typing them at the same time. [Alek: Okay.] Same speed as I'm typing, I'm saying them. [Alek: Okay.] And then, uh, and I also like, *felt* like I was insulting him. So it was like an uncomfortable feeling of like choosing my words wisely. But like, without saying that I had to do that, I just knew that I was, I, I should, I should do that.
- 33:12 AK: Okay. So I've heard your, describe that part, the not wanting to tell your brother part, a few different ways. Like, I think you called it, like, I'm thinking abstractly, how to word this. I'm walking on eggshells. I feel like I'm insulting him.
- 33:24 Ryan: It's more of a feeling than it is any other thing. There's no visual or anything. There's no words. It's more of a, I *feel uncomfortable*, like and I knew that why I felt uncomfortable. It was because I was walking the line of insulting him.
- 33:43 AK: Okay. And so "feeling" is a tricky word for us. Some people, when they say feeling, they mean this is an emotional thing. Some people mean I just have like a sense of something.
- 33:54 Ryan: It was a sense, it was like a physical sensation in my body, but it...I can't, you're going to ask where and under, I don't know where.
- 34:04 AK: [laughs] I am going to ask where? [Ryan: (inaudible)] So, so let me just, let me just be clear about this. So I am worried about offending my brother. I'm trying to word this so I don't insult his intelligence. [Ryan: Mm hm.] And that is at least in part, a bodily or physical... By physical, did you mean in my body? [Ryan: Mm hm.] Okay. And in my body kind of thing.
- 34:30 Ryan: Yeah. There's a, I guess sensing is the, a good word.
- 34:37 AK: Um hm. And sensing as in like a sensation? Or sensing as in just, there's something vague there?
- 34:43 Ryan: I was very aware of what that feeling meant, if that makes sense. Like I knew I was thinking about how he would interpret it. Um, so that was like telling me that I needed to, to word it correctly. It was just like all happening while I was typing. And there was no like words or visuals or anything. [Alek: Okay.] About that part. [Alek: So...] Words about me typing when I was typing.
- 35:12 AK: Okay. So I get the context. I mean, I can, I can see how you will not want to offend your brother and therefore be carefully wording this text. [Ryan: Mm hm.] And there's been sort of a lot of ways we've said that, like, I don't want to insult him. I'm thinking about how he's going to interpret it. I'm self-conscious. I'm... You know, are, is all of that present? [Ryan: All of it.] Is there a specific focus of it at the moment of the beep? Like at the moment of the beep, it's really about how to word this. Or at the moment, have

the beep it's really feeling uncomfortable. Or do you know what I mean? And it doesn't have to be [inaudible].

35:48 Ryan: It was all, it was just, it was all encapsulating. All of the things that I mentioned about me wording it correctly, about how *he* would perceive it. And it all happened at that, that it presented itself as that, that feeling. Like I felt all of that. That probably worsens what you were thinking, but...

36:15 AK: No, I mean, I think that's just as well. I don't, I don't have a preference. I just wanted to make sure that we weren't, um, getting like lazy about the timeline, you know, that these had been, uh, a sort of a series of, you know, now I'm thinking about the words and then I'm worrying, he's going to interpret it. And we're sort of clumping all of those, but it sounds like you're saying they're all really present to me.

36:36 Ryan: Yeah. It's all at once.

36:40 AK: And it's a *feeling*, which I haven't yet understood what we mean by that. Does this have like emotional significance? As in directly-before-the-footlights-of-consciousness emotional significance to me?

36:57 Ryan: Um, I mean, I just know just like in retrospect that like, he could've thought that I was insulting him. So like, I know that like he is sensitive to things like that. So I was aware of that when I was typing that. [Alek: Yeah.] Yeah.

37:20 RTH: So at the moment of the beep is the main aspect of this part of my experience, the feeling of uncomfortableness? And when I have to tell you guys about it, and I'm gonna say, "Well, you know, I, I was feeling uncomfortable because I was trying not to offend my brother." Or is there a feeling of uncomfortableness in my chest and *at the same time*, I'm thinking about how to word this so I don't have to offend my brother.

37:51 Ryan: The latter.

37:51 RTH: So it's both a feeling and some kind of a cognitive...

37:55 Ryan: Typing and feeling, and then I'm typing the words in correlation to the feeling that I'm feeling. I'm trying to like address that issue with the words that I'm saying, like ...

38:11 RTH: That's exactly what is the hard part of this conversation. So I feel it. And my, and my word choice is, uh, is being altered by it. [Ryan: Yes. Correct.] Or I feel it, and I think as a separate thought, *Oh, I got to pick some good words here*.

38:30 Ryan: No, it was the first one where I was feeling it. And I was typing too, as an antidote, the words I was choosing to try to fix that feeling, going to, to address the issue, which I knew exactly what that feeling meant without having to say it or

38:50 AK: So I feel it. And I skillfully, whatever, change my wording, but it's not that I have a separate thought about how to word it.

- 38:59 Ryan: No, they're all together. Like I knew that I was feeling that because of what I was typing and I knew that I had to type something else or at least choose my words carefully because of that feeling. It's like, all one is they're all together. They all work off each other.
- 39:19 AK: So then it's, it's the *knowings* again, that, that I want to understand. Right. So you said something like, "I feel it," or "I'm typing it, and I *know* that it doesn't sound good and I feel uncomfortable and I *know* that I have to reword it." So the question is, are those knowings, are those directly before the footlights type of things? Or are those going on somewhere in my neurons and I'm doing what they call for, I am changing the wording, but it's not explicit to me. Oh, I've got to reword that. And I don't know, gentler, or...
- 39:49 Ryan: It's in the footlights that I, why I'm feeling this way and why I need to, to fix the words. It's, it's, it's definitely the footlights, for sure. It's just tough to explain. 'Cause it's not anything, I don't think we've ever beeped something like this either. So.
- 40:10 AK: Hmm. And does that mean that you wouldn't even call this an unsymbolized thought?
- 40:22 Ryan: [pause] It has like the same characteristics as like there's so much that I know, yet there's nothing like telling me why, or I'm not explaining it. It's just, I know all of this at once. But I'm also *feeling* uncomfortable about it. So, I mean, I don't think I can say that it was an unsymbolized thought that made me feel that way; therefore, I wrote, I adjusted my words. I don't think I can. I'm not, I don't think I've been capable of telling you exactly...
- 40:59 AK: Well, we're not into the causation either. We don't care in what direction, these things,
- 41:03 Ryan: I just think it might help just like to clarify everything.
- 41:09 RTH: So in beep two, you said, "I see blue and I know that means I should check Facebook to find a restaurant time." And in beep four (or whatever the current beep is), you say, "I feel uncomfortable and I know I should check my word carefully, check my word, my word-choice carefully."
- 41:34 Ryan: I see where you're going. I see where you're going. Okay. So four... They were similar like sensations, I guess, but four felt more important and more emotional than, than the other one. So like, I felt like it was more of an emotion in four, where two was more of an instinct. I don't know if that makes sense *at all*, but,
- 42:01 RTH: So I understand, I understand that four [inaudible] felt more important, I guess. I got no problems with that. Um, my question is about the *knowing* aspect. Is the knowing aspect the same?
- 42:12 Ryan: Yeah. Like I said, it's like an unsymbolized thought where it's just like all encapsulating a whole bunch of different things without having to explain it or describe it. And if I want to describe it, I would have to put into words. And

42:24 RTH: In both cases, it's in front of the footlights of my consciousness.

42:24 Russ comments: Recalling the discussion in the comment at 3:54, we're not sure that we have a shared understanding of the phenomenon of unsymbolized thinking during the last several minutes (since about 40:10). So it is likely that we were not communicating adequately about the think-y aspect of this sample.

42:28 Ryan: Absolutely. Yeah. Okay. Okay. I said that this never happened before, but maybe it did on the same day. Um, are we, are you good with this or...?

42:41 RTH: I'm good. Number five. [Alek: I'm good.].

SAMPLE 9.5 DISCUSSION STARTS HERE

42:44 Ryan: Um, I was reading still and was reading the words "yin and yang." Uh, no image of it was produced, although I did produce an image earlier in the book when I read it for the first time. Um, I was really locked in and like in the zone and able to read quicker and more efficient without having to like avoid the distract, the distraction, um, that I usually get, like if I read, like I get pulled away often and I have to like say focus and just get it. But then I was just reading a lot. And then it beeped when I read "yin and yang," and I felt engaged with the book, I guess is what I'm saying.

43:29 RTH: And when you say you read "yin and yang," is what's that experience like?

43:40 Ryan: Uh, it was almost like I read "yin and yang" all as one thing, instead of saying the words individually, like "yin" "and" "yang," like in speech. It was more like "yin-and-yang" were just grouped together. And then I moved on, but then it beeps. So it'd be there. Like I was in the zone.

44:04 RTH: So yin-and-yang seems more like one word than three. Is that what you're saying?

44:09 Ryan: Yeah. Like I was, my brain was able to like associate all three of those words together in a chunk instead of slowly reading each word, which I usually do when I can't focus.

44:24 RTH: And, and was there innerly speaking involved? Or, do you get these words without, even, [inaudible]?

44:30 Ryan: It was much faster than it usually is. How I was, I was going pretty quick. But I was engaged, which I'm assuming what it's like for normal person to read. But, um, unfortunately I can't do that often.

44:46 RTH: Well, I would say a lot of people read and don't experience the words at all.

44:50 Ryan: That's amazing. That's the dream! How do I get there?!?

44:56 RTH: [they laugh] Um, I don't know the answer to that. Wish I did!

44:59 Ryan: You would make a lot of money if you could figure that out.

45:03 RTH: Yeah. So, so there are, so I am speaking these words, and I'm speaking them fast, and I'm speaking to more or less as a clump, "yin-and-yang," as opposed to three individual words.

45:15 Ryan: Yes. It's like, my eyes saw all three and I was able to say "yin-and-yang" instead of my eyes at "yin," my eyes at "and," and my eyes at "yang." It was all together. "Yin-and-yang." Like I said, I'm sure that's how I should be reading, but yeah.

45:36 RTH: And, and so does that mean like in number three when we were reading "my dream placed me at the center of Being itself," is that I'm reading one word at a time?

45:46 Ryan: Yeah. I was reading that much more slowly. 'Cause that was much more complicated material than it was here in five. So like I had to actually read slowly to absorb it. Like I said, in the beginning of the overture was like very philosophical, using like a lot of philosophers' names and all of this. So I had to like slowly read to make sure I understood it, where this was more elementary, and like I was able to read it quickly.

46:15 RTH: So reading it slowly and reading it one word at a time, seemed like they might be different things.

46:21 Ryan: Yes. Um, although I am still saying the words in both. But one is much faster than I'm saying the words. Like there's times where if there's like a comma, I will actually like pause in my brain and then read like how it's supposed to be interpreted. For this, I was just zooming through, but still able to absorb it.

46:21 Russ comments: It appears that Ryan understands RTH's question as if he had asked, "So reading it *quickly* and reading it one word at a time..."

46:47 RTH: Okay. And I'm gathering that there's nothing else in your experience other than I'm reading it and that's it.

46:54 Ryan: Yeah, nothing else. I was, I was locked in. it was everything. If you ever get into a good book and you're just really focused. Yeah. That's [inaudible].

47:05 RTH: Okay. Then I'm good.

47:05 AK: Cool. Me too. Number six.

SAMPLE 9.6 DISCUSSION STARTS HERE

47:09 Ryan: Uh, number six was a little bit different. I feel like we're gonna hit a roadblock here, but I'm gonna try my best. [Alek: (inaudible)] I have two remotes, one turns on the TV and does the volume and stuff. And then the other one is for like Netflix and like choosing things on the, um, (what's it called?), uh, Amazon Firestick. And I was looking at the table and saw one of the remotes and I was, I didn't like actively *think* like, where's the other one, but I felt that it was to my right side on the couch, which it was. And like, I just like felt its presence there.

47:56 AK: Mm hm. And is it the, am I understanding that it is the felt presence of the other remote that is what is in my direct experience at this moment? [Ryan: Yes.] And you said, I'm not, you said something like, "I'm not explicitly *thinking* about where it is." By that did you mean to say this is not a cognitive thing? This is not, there is not a *thought*.

48:20 Ryan: Um, I, I wanted to know where the other one is, but I didn't like turn my head to look, but I just felt its presence, and then it beeped. And then after in retrospect I looked and it was right there and I, and I, I knew it was there, but it, you know, a feeling instead of a knowing. [Alek: Okay.] Instead of knowing where I put it, I felt it there.

48:46 AK: So is this, then, different than other times that we have called things a knowing? Like in the last beep, or the, like beep four, for example, when we said, um, you know, you, you knew you needed to reword the text and were being mindful of your brother's feelings.

49:03 Ryan: It was similar to that. Um, as it did feel like a physical feeling of its presence next to me, almost like, have you ever had a feeling of like, someone's looking at you and you look up and they're looking at you, so it was kind of similar to that feeling, except it was just, I knew that the, the, the remote was next to me, like without actually thinking about it.

49:03 Russ comments: It seems that this communication is somewhat crossed here. Ryan said that the remote experience was *not* a knowing (at 48:38 and then again at 48:42). However, Alek's question at 48:46 focuses on knowing. Ryan's "it was similar" reply (at 49:03) is not an answer to the question about knowing; he was replying as if Alek had asked him about feeling—he has apparently (and quite reasonably) understood the conversation to be about feeling since 48:38.

49:27 AK: So tell me, tell me about the feeling let's just go there. What, how do you, how do you feel the presence of the remote?

49:34 Ryan: Uh, like I just feel it's like energy. I don't know how to explain it. Like it was radiating energy and I could like, feel, feel it next to me. I know this is gonna take us into a dark. [they laugh]

49:49 AK: I think it's going to be okay! Um, okay. So I feel the remote next to me. It's, does it make sense to say, I, I feel this in my body? Or I feel this in the space between my body and the remote? Or I somehow feel the remote, even though I'm not touching it, it's just imaginarily I feel its energy? Or something else?

50:12 Ryan: Um, I feel it in, in my body, that it is next to me

50:20 AK: Specifically in your body, like, does this have a location?

50:28 Ryan: No, maybe towards the side that it was at, but it was like feeling it's just presence next to me. I don't know.

50:41 AK: And I don't want to have talked you into, so you said I feel it in my body, but then you said I feel the presence of the remote.

50:49 Ryan: Well, that's why I can't, I can't differentiate it from memory right now, but I it's like when I described that as like radiating and like, I could feel it there, that seems to be more accurate, than that feeling in my body, but like, I would have to feel it I'd have to feel it in my body to feel it there, I guess.

51:11 AK: Well, let's, let's bracket that. I don't, I don't know if that's true. I don't, I don't think you can feel the remote's energy, [laughs] you know, in reality period. So the imagination can do whatever it wants.

51:24 Ryan: Yeah. It's not like a real thing that's happening, but yeah. I,

51:28 AK: It sounds like there's no question: I somehow feel a sense that, the remote is to my right.

51:33 Ryan: Correct. And it was there. [Alek: Mm hm.] Almost like, I didn't know it was there, but I like in my head without actually saying it, I was wondering where the remote was. I felt it to the right. And then it was there.

51:52 AK: And is the wondering where it was? Is that a separate phenomenon from the feeling it to my right?

52:01 Ryan: Yeah, that happened before.

52:03 AK: Okay. And before, as in, before this beep or still caught by this beep?

52:13 Ryan: Um, so like I said, I was sitting on the couch. I looked down at one remote on the table and I felt like they should be together so I was feeling it next to me instead of right in front of me.

52:30 AK: Hmm.

52:32 Ryan: I can't, I can't, I don't know.

52:37 RTH: So [Alek: (inaudible) Go ahead.] a little bit ago Alek asked you whether the, whether the knowing that the remote was to the right was the same thing as the knowing that I should word the text properly to my brother. [Ryan: Mm hm.] And you answered that question Yes, I believe.

52:37 Russ comments: RTH's and Ryan's communication here is crossed in the same way and for the same reason as the original conversation that began at 48:46. (See the comment at 49:03.)

- 53:01 Ryan: Just because it was like a sensing feeling in the sensing meant two different things. Like it was same that I was sensing *something*, but it's what the sensing meant that was different.
- 53:18 RTH: So in this, I'm still trying to figure it out. I'm still, I understood this to be a bodily sense that my body somehow is recognizing the remote's to the right [inaudible] thinking that, sensing the remote's to the right. So that's a bodily thing.
- 53:37 Ryan: Yeah. And so it was the other one.
- 53:38 RTH: [pause] Huh. So my recollection of what we had said about number four was that it was a think-y kind of a thing.
- 53:38 Russ comments: Having now reviewed the transcript, it seems that RTH was mistaken here. Sample 9.4 was ambiguous about the think-y aspect.
- 53:50 Ryan: It was, I was feeling this, these, this feeling that I needed to reword it. I think I said that word for word.
- 54:05 AK: Well, you did say that. I mean, I, I think about that other one, I, I understood it as there's a feeling which had some kind of bodily component, but it wasn't very specific,
- 54:16 Ryan: But it was strong.
- 54:18 AK: Mm hm. And then I guess, I think I'm in agreement with Dr. Hurlburt. I thought there was also a, um, like a think-y thing, like a cognitive process going on about, okay, I shouldn't hurt his feelings. I gotta reword this.
- 54:30 Ryan: Well, I don't know how to, else to explain it. I was feeling that and that feeling meant something. So that's, I don't know if my definition of a cognitive think-y thing is, is off base, which it appears to be. Um, I was aware that I needed to focus on changing the words because of this feeling.
- 54:59 RTH: I don't know that I would say the word off base. I think we're trying to figure out some, some con, concepts that have been sort of private and we're, we're trying to elaborate them. There have been times in the past (that I can't remember what they are at the moment) that were where I thought you, we had determined that you were in fact thinking about something pretty explicitly cognitively, even though there were no words at all, [Ryan: Yeah.] I'm pretty sure.
- 55:31 Ryan: Absolutely. And this, the sensing feeling rarely happens. So it's wild that it happens on the same day, like the same gathering or whatever I was doing. Um, the, the unsymbolized thought is, is different than this. Um, similar in the way that it's meaning a whole bunch of things without explicitly just focusing on one thing. It's just like a group of things that I would have to use words to describe where like, I would just like suddenly think of a good idea for a book or a movie. But if I want to tell someone, I would have to translate that into words, where this is I'm translating right now. I'm

currently translating the feeling of what that feeling meant to you in words. I'm trying to be as articulate as possible.

56:34 RTH: Right. And I appreciate that. We're trying to...

56:38 Ryan: I feel like I'm being too articulate to the point where like I'm describing my own experience, like *too good*.

56:50 AK: What do you mean by too good?

56:51 Ryan: Good? Like, it's like very detailed and specific. I don't know how many people you've sampled in like the way that they describe things or how they're able to comprehend what they were experiencing. And I just feel like I'm decent at it, and I'm good at putting words to everything, but sometimes some people don't, I don't know.

57:15 AK: What do you think you're being more detailed or more clear or something than the experiences themselves, um, warrant?

57:24 Ryan: Being more clear to the experience. Um, like, am I like adding details to the experience? Is that what you're asking?

57:33 AK: Kind of, and I don't mean in like a, *Hey Ryan, quit duping us* way or anything. I just mean I'm trying to understand what you mean by too, like *too articulate*. And I think it is possible to put words on the experience that sound really clear and sound really like, I know exactly what this is when, when maybe you didn't, and that would be fine too.

57:54 Ryan: Almost like if you sampled someone for the first time and they don't know exactly what they're doing. So they use broad, vague terms without like individually noting different experiences at the same time, where at this point I feel like I can differentiate different things instead of grouping them together, if that makes sense. So I'm able to speak on different things more specifically. And I don't know, that's, I'm probably way off, but that's just what I meant.

58:28 RTH: So I've gone back and looked, and one, one example of what I thought was a clearly cognitive-y think -y thing was sample 6.1, where you were thinking that you shouldn't trust what people said about broken ribs. Somebody had said that my ribs, [Ryan: (inaudible)] and you...yeah.

58:53 Ryan: That wasn't a feeling. I didn't feel anything.

58:55 RTH: So that, that's an example of what we would call a cognitive think-y thing that's before the footlights or consciousness, I think. Are we in agreement about that?

59:08 RTH: Yeah, but can that happen at the same time as a feeling that you're getting?

59:13 RTH: It could, but, but it al, but it also could happen that a feeling could happen where some things are *implied without* those kinds of things. So, so let's, let's, if we're going to use the term *unsymbolized thinking*, let's let it, let's let it be *only* for about this kind of *you*

can't trust what people say about, uh, about medical conditions [Ryan: Yeah.] or whatever, where that is a dir, or in my understanding of that, that was a directly-before-the-footlights-of-consciousness *thought process*. [Ryan: Mm hm.] And it didn't have a really a bodily aspect and it didn't really have any other kind of an aspect. This was a *I'm thinking* [inaudible]. And there weren't any words involved or pictures, but I was *thinking you just can't trust what people say about their medical experience*.

1:00:05 Ryan: I, I, I still think that it's both happening at the same time, [RTH: And what...] the bodily sensation and thinking all of this stuff that is con I'm conscious of, of it thinking, saying, I can't, *I should use my words wisely--otherwise I will offend him*, except there's no words. I was aware of, like I was, it was there.

1:00:33 RTH: So, so in beep number four today, I'm writing to my brother. I *feel* uncomfortable. That's a bodily feeling. And at the *same* time, I am thinking in a cognitive way, *I got to choose my words carefully*. [Ryan: Yes. Correct.] So it's not just that I'm choosing my words carefully. It's that? I'm thinking that I should, that I *should* choose my words carefully.

1:00:59 Ryan: Yes. I paused in what I was texting after, like before or after, whenever this occurred, to like stop what I was saying and that made me feel like I was about to offend him. And I knew that I was about to offend him still at the same time. [RTH: Okay.] It was both. I am confident it was both.

1:00:59 Russ comments: At 54:48, Ryan described sample 9.4 as "I was feeling that and that feeling meant something. So that's, I don't know if my definition of a cognitive think-y thing is, is off base, which it appears to be." But now, at 1:00:06 Ryan described the same sample as "I still think that it's both happening at the same time, the bodily sensation and thinking all of this stuff that is con I'm conscious of, of it thinking, saying, I can't, *I should use my words wisely--otherwise I will offend him*, except there's no words. I was aware of, like I was, it was there." Those are quite different descriptions: one says the cognition is implied in the feeling, the other says there is a directly-experienced-before-the-footlights-of-consciousness thought. Which description should we accept?

Neither one. This is evidence that we still have work to do to distinguish between the implied and the directly experienced. Given that this is the ninth sampling day, it seems reasonable to conclude that there is something about Ryan's experience that makes that distinction difficult for him.

1:01:22 RTH: Okay. And then how about in number two, where I see blue and I understand that that blue means I should check the Facebook and see what time the restaurant opens. Is that, is there an explicitly-ongoing-directly-before-the-footlights-of-consciousness think-y kind of thing in, in that? Or is that the blue automatically means that the, um,

1:01:46 Ryan: Yeah, that one I can't differentiate. [RTH: Okay.] That one I saw blue, and then I knew that I should go on my laptop and go on Facebook to figure it out. So like, it's tough to, to differentiate those ones, that one.

1:02:04 RTH: Okay. How about a number six? Where the, the remote, I feel the remote's off to my right.

1:02:11 Ryan: There was less of a cognitive thing there and more feel

1:02:16 RTH: As in *no* cognitive...?

1:02:20 Ryan: As in, I guess after the fact after feeling it, I realized that it it's, it's, that's where it is. But when it beeped in that feeling, I wasn't like thinking about, I wasn't, it didn't mean, Hey, there's the remote next to you? Like specifically, it's just like, I felt it's presence.

1:02:38 RTH: So at the moment, at the moment of beep 6 I *feel* bodily the presence of the remote off to my right. [Ryan: Yeah. It was...] And I *don't* think in an unsymbolized way, *well, the remote's missing over there, it must be over there.*

1:02:53 Ryan: No, it was more like a [inaudible] sense is that it was next to me. Okay. I can't, I sound crazy right now. I said, it sounds crazy right now.

1:03:06 RTH: Not, not at all. So, so what we're, what we're doing here is we are trying to help you and help us differentiate the words, which you haven't had to differentiate before. And that just, it takes time and repetition. And that's just, that's just what it is. It's not crazy. And it's not stupid. It's we haven't had to differentiate it before. And so now I think we've done a pretty good job. It's taken us an hour, but we've done a pretty good job of differentiating what is a think-y kind of a thing where we've been a little bit sloppy in our use of about that in the past, and now we're getting better at it."

1:03:45 Ryan: I think it's not that I can't differentiate them. I just think I sometimes attribute to what happens after the beep as something that's happening at the moment of the beep, where after the fact, I, I think about the remote being there when in fact it was just the feeling at that time. But when it beeped, I combined the two on [inaudible].

1:03:45 Russ comments: We think that the differentiation difficulty and the attributing after the beep to the moment of the beep are two sides of the same coin. If Ryan were more skilled at the differentiation, he would not confuse what happened after the beep with what happened at the moment of the beep. And vice versa: more skill at identifying the moment of the beep would make the differentiation easier. That is why iteration is an essential feature of any method that seeks to apprehend inner experience in high fidelity.

1:04:12 RTH: Right. I think that's exactly right.

1:04:15 AK: Part of the art.

1:04:17 AK: Art it is.

1:04:20 RTH: So we're going to do this one more time, we've agreed. [Ryan: I think.] And then we're going to have a conversation about it. Do we want to have that at the same, on the same day?

1:04:28 Ryan: No. I think it should be separate. [RTH: Okay.] And I might send you like a list of questions or just like an outline of some things that I'm going to be asking about. So you could like maybe be prepared for, 'cause I'm want like some type of like results of some sort, um, of like, or how you were trying, what different things you were trying to work with me to get through, you know what I'm saying? Like what hurdles we faced, stuff like that, to really outline your perspective on your side of the camera. 'Cause everyone has seen my side and what I'm trying to do and struggle through, but no one knows like exactly why you're asking these questions and what you're looking for when you ask them.

1:05:18 RTH: Yeah, I think that, I think that's true. And, and I would say do it whatever, whatever way that you think is best and then we'll try to respond to that method, which might be, well, you know, I don't know how to answer that question or whatever. We'll have to flesh it out or whatever. But we'll figure it out. [Ryan: Alright.] Alright. So you all are gonna figure out when we're going to do this again and sooner or later, let me know and I will see you then.

1:05:46 Ryan: Okay. Sounds good.

1:05:48 AK: Alright. Bye everybody.