

TRANSCRIPT WITH COMMENTARY
Do I Really Have Internal Monologue?
Lena Interview 1:
Introduction to the DES Method

Below in black is a word-for-word transcript of the February 13 interview with Lena that is available on YouTube at youtu.be/4PRujZ5LDj0. 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

Lena = Lena

What follows is a pretty typical first-interview introduction to the Descriptive Experience Sampling method.

Introductions

- 00:05 RTH: So what I thought we would do today is what we usually do, except that you've never met Alek before. [Alek: Right.] [Inaudible] And so I thought it might be a good idea for you to introduce yourself to Alek and Alek to introduce herself to you.
- 00:21 AK: Yeah, I can start. [Lena: Okay.] I'm a clinical psychology PhD student, and I've been working with Dr. Hurlburt for... [to RTH] this is my fourth year doing this? [RTH: I think.] Um, yeah.
- 00:31 Lena: That's really cool. [Alek: It is very cool.] Um, I am a mother of three and a wife. And um, my husband finished law school, so I said, okay, it's time for me to go finish my undergrad in psychology. And I'm a little bit of an overachiever, and I'm minoring in neuroscience and biology, [Alek: Um hm.] so I'm really slapping it on there. [Alek: Cool.] Um, and my goal is to eventually go to PhD in whatever it is (I don't know yet) as the goal.
- 00:59 AK: Right on. Cool.

Background of the interviews

- 01:01 RTH: And Lena came because I think... ([To Lena] You can tell me whether this is the correct version of what I remember the story.) So I've met Lena one time and, uh, which was last week. And, uh, and she came saying, I think (I'm paraphrasing what that, what that story was like as I recall it), but something like she had been sort of interested in consciousness or whatever for a while. And then the last week (or two weeks ago) kerfuffle about the inner monologue thing that's been on the internet has sort of reawakened that interest. And there was a conversation, uh, in Dr. Hines's class, and

she talked to him, and he, he sent her to me. [Lena: Right.] And, and uh, my recollection is, ([to Lena] and I would like you to correct me if I'm mistaken about this recollection) is that your, you have a self-, your, your characterization of your own inner experience is you have a lot of inner monologue ...

01:57 Lena: That's how I perceive it, yup.

01:57 RTH: ...and, and, uh, [to Alek] and I don't really care whether she has a lot of inner monologue or not, but, but that's, your self-characterization [Lena: (nods affirmatively) Um hm.] as I, as I recall. [To Lena] And one more thing that, that I don't know that I've told you. So we had a conversation of 45 minutes or an hour or something like that (and I forget exactly).

02:20 But the [pause] but at the, at the same time and, and, and maybe for parallel reasons, Alek and I had a conversation, of well, it might be worthwhile to do these interviews, do a set of these interviews entirely transparently and put 'em up on YouTube and let everybody see exactly what it is that we do. 'Cause people want to know what we do and they don't, they don't understand what we do. And I think we brainwash people, and whatever. And so we oughtta let people in on it. And I actually have done what I think is a pretty good job of that. I've got lots of quotations in books that I've written and I run a website where there's a lot of video out there, so...

02:59 But what there *isn't* is a sort of a complete set (from the very beginning to the very end) of what, what might happen in this, in this interview situation. And so Alek and I thought it would be a good idea to put, put something out there. And at the same time [to Lena] you came into the picture. And so it seemed like, well we should see whether that happens. So I suggested that to you. You thought about it for a while and decided that was sort of a good idea. And so that's how we have come, come here. [Alek: Um hm.]

03:31 And I would say beyond that, [to Alek] obviously you and I have had a relationship for three or four years and [to Lena] you and I have had a relationship for an hour, and I haven't characterized all those details, but, but basically that's the, that's the deal. We don't really know too much about each other [Lena: Correct; Alek: Um hm.] and uh, other than what's what I've just said, we have just said [all nod in agreement].

The "rules of engagement"

04:01 So the "rules of the engagement" from my point of view are that we're going to videotape this and, and we all have 51% of the vote in this. Usually I say that [to Lena] you have 51% of the vote, but in this particular situation, I think everybody should have 51% of the vote, in the sense that if we get into it or for whatever reason you push my buttons, I push her buttons or whatever, we should be able to say "that shouldn't be on YouTube for the rest of the existence of YouTube."

04:29 And so we need to be careful about that in some way. But, and, and we're always careful. Well, we always video and, and so [to Lena] for the person in your chair

always owns the video in the sense that if you were to say something, but *Oh my God, I shouldn't have said that* or whatever, we would erase the video or something with no questions asked. We want... You have a, something that we're interested in, namely your inner experience. And that is totally your property, private to you. There's no way that we ever can get access to that unless you tell us about it. And so we want to be very careful to make sure that you not only *have* control but *feel like* you have control over the, over the process.

05:19 AK: And we really mean that. Like we know for any participant, regardless of the situation, that you can't really know what you're going to be telling us about because the very nature of what we do is just to kind of let it unfold. [Lena: Yeah.] And so we absolutely stand by that erase it, get rid of it, whatever. That's not just lip service.

05:39 Lena: I feel very much inside that you guys are genuine. So I didn't question it too much. I mean I did as you recommended, I spoke to family members and um, I don't feel like I could say anything criminalizing. [all laugh] I don't have any inner weird vibes or secrets. [Alek: Yeah.] so I feel open to the whole thing.

The overall aim of the investigation

05:58 RTH: So the rules, the rules in general is that we're going to give you a beeper, and, and which you obviously know, but we're going to give you a beeper and it's gonna beep, and we're gonna ask you to tell us about what was in your experience at the microsecond just before that beep occurred.

06:14 Lena: Do you want... Am I supposed to write it down when the beep occurs? Am I supposed to journal that [RTH: Yes.] exactly what I'm going through?

06:20 RTH: We're going to give you a notebook (which I haven't brought with me and I hope we have one here), [Lena: Well, I have like a hundred notebooks. (inaudible)] But yes, we want you to jot down notes about the, about your experience. [Lena: Um hm.] And the experience that we're interested in is actually like one microsecond just before the beep began. And it's not really a microsecond, but we want to know when we would sometimes call "one microsecond before" or sometimes we call it "the last undisturbed moment just before the beep occurs." And sometimes we call it "the moment of the beep." What we're interested in is what Lena's experience is like if there were no beeper and there was, there was no Russ in no Alek and whatever. We want to know what you're like at in, in the wild so to speak, [Lena: Yeah.] and as you go about doing your day, whatever it is that you do. [Lena: Um hm.]

07:09 We don't think that it's possible for you to retrospect about that and tell us what it was like yesterday, or for the year, or for your whole life (which is what most people ask about), or whatever, but... So we wanna, we want to ask about a particular moment. And we would like to know that moment just before, just *before* it's disturbed by anything. Now we know that's not possible because it *is* disturbed by something, and the beep is going to come and then it's going to change your world before you report.

- 07:38 Lena: You should be able to remember what you were experiencing the second before the thing went off.
- 07:44 RTH: Well, maybe. We don't even want to say that's really even true. We think it's true for most people most of the time. But maybe for you it's not going to be, maybe the beep is not a good device for you. And if that's the case, I'm, we're happy to find out about that. [Lena: Yeah.] And then maybe, maybe that would be more interesting than just knowing about your experience. And why this process doesn't work for you is equally as important, or interesting, or valuable, or whatever to us as just telling us about your experience. But what we *don't* want is for you to make it up [Lena: Right.] Because that's just a waste of time. [Lena: Right.] This is, we have a heavy-duty investment in time and it's, you, you have a heavy-duty investment. We have a heavy-duty investment.
- 08:23 There's no sense doing it [Lena: Right.] unless we're going to try to do it right. So we, we want you to tell us in, in Technicolor, so to speak, about your experience that was going on right there just before the beep occurred. And if you can't do it, or you don't want to do it, or, or you ran out of time to do it, or whatever, then we should just say, "I don't, I don't, I don't want to do that anymore." I want us to be here only if we all want to be here, all individually want to be here [Lena: (has been nodding in agreement) Right.] and all to be sort of dedicated to this task, which I think is an interesting task. [Lena: Um hm.] I think finding out about your inner experience is about as interesting as the world gets [Lena: Right.] because you're not me, and I'm not you, and you're not Alek.
- 09:10 And we'd all get a chance to see, to get a glimpse of somebody else's point of view. And that's a rare and beautiful and valuable and whatever thing. [Lena: Um hm.] And we want to do it right—as right as we can, which is less than perfect because the beep *did* disturb you. And then you *do* have to look back and that is maybe going to screw something up or warp something or something. But it's as good as we know how to do, short of being able to reach inside and pull your experience out somewhere, somehow, which we don't know how to do.
- 09:43 Lena: Right.
- 09:47 RTH: But *you* control this whole process. And, and so if we're going to talk about a beep, we want you to be forthcoming about talking about that beep, [Lena: Um hm.] which means if the beep occurs at a time when you don't want to talk about, then you should say, "I don't want to talk about that."
- 10:05 I've got things that are none of your business. I presume you've got things that are none of my business. And if a beep happens at that time, you should say, "Let's skip this beep. I don't want to, I don't want to talk about that beep." But if you *do* agree to talk about a beep, then we should feel free to ask you anything about that, that beep. So that, that's the sort of the price of admission. If you, if you're willing to talk about a beep, we should be able to ask you everything about it. And if you don't want to do it, then we shouldn't have, we shouldn't be able to ask you about it. So, and, and that's not an artificial rule. It's about, we want to be able to get what we think is a

Technicolor, or high fidelity is what we usually call it, a high-fidelity view of your inner experience. And if you're holding back something—I don't want to talk about this aspect of my experience because it would whatever—then we're likely to just oscillate around trying to get at it. And you're going to hide and we're going to try to get at it and you're going to hide and we don't know you're hidin' and you don't know where to over trying to get at. And we're just gonna go around. So we would, we would much rather have you say, "It's none of your business. Let's go on to the next beep."

11:12 Lena: Yep.

11:15 RTH: But all, all of that is part of the.... What, what makes this, what makes this interesting is that we, we would like to do whatever it is that we can do to get as high fidelity a view as we possibly can of your experience.

11:37 Lena: I see this as an opportunity to have a very meaningful experience in my own self. So I'm going to, I'm choosing to make this as honest as possible, and genuine. Um, it was like I said to you when we first met, consciousness has always been something, whatever is, I have thought about [Alek: Um hm.] since as early as, I don't know, maybe 13 is when I started to really think about that kind of stuff and came at the expense of choking on a piece of bread and I thought I was gonna die, but I'm here. So thank God. And, um, just since then I've, and I feel, and I could be totally wrong, but I feel like I have a lot going on in there. [Alek: Um hm.] So this is a good opportunity for me to figure it all out. Um, so that's how I'm looking at it. [Alek: Um hm.] So I hope that in some way lets you guys know that I'm here genuinely and authentically.

12:24 RTH: Well, I, I think what you just said is more or less typical of what other people say [Lena: Um hm.] in the, in our, in our studies. Some people come in and say, well, you know, I'm here for the credit or whatever. And then they *develop* that kind of an interest over the, over the course. Because I think you will find that we're pretty good at asking questions, and you're going to be able to tell us about your experience, and that'll teach us how to ask better questions. And then you'll be able [Lena: Yeah.] to get better answers. And that *most* people do (more or less as you just articulated) find that a valuable thing [Lena: Yeah.] 'cause they, they learn something about themselves, which they didn't know or at least didn't know at that level of detail. And, and most everybody finds that interesting. There are some exceptions to that, [Lena: Um hm.] but I would say the modal response is that people find it interesting. But that's, we're not guaranteeing that, y'know. That will unfold as we go.

13:20 Lena: Well, I will appreciate this experience. Normally in social situations, I'm asking all the questions and I'm very curious by nature. So it will be nice to reverse that a little bit. Plus I have three kids, so it's always me trying to figure them out. [Alek: Um hm.] Y'know, now I get to [inaudible].

13:35 AK: Well it's probably [Inaudible] a little bit.

13:37 RTH: Well we can... It'll, it'll still be sort of you asking the questions because it's, it's a joint effort. We, we would refer to you if we're gonna if, if... We put you into a category as

a co-investigator because it requires.... This, this adventure requires the three of us [Lena: Um hm.] to be more or less, well, co-investigators. I was going to say equal, but it's not equal. We're not, we're not equal in this situation. *You* are in the situation of having access to the experience, which we don't have at all. So we're obviously not equal there. [Lena: Um hm.] *We* have some skill and experience of how to ask these kinds of questions, probably better than you would do on your own. So we're not equal in that regard either. So we're,... when what I think we can do is to band together and do something together that we couldn't any one of us do on our own. We couldn't do *anything* without you. You *probably* couldn't do it very well without us. But together we can...

14:38 Lena: ...make something happen.

14:43 RTH: ...make it happen. Maybe, maybe not. It may very well occur that this process, for whatever reason, because we have a personality conflict or because you freak out about something or I freak out about something, or Alek says whatever, but this situation might not work. [Lena: Yeah.] And that's totally okay with us. What we don't want to do is to *pretend* about something, because then we might as well just go home.

15:09 Lena: Yeah, well I still feel like I'm ready to go. And so as far as the beeper and the notepad and all that, you said it would be most beneficial to come back within a 24-hour period. [RTH: Yes.] So I could come back tomorrow morning to bring the beeper back if that or, or not. What do you think?

Using the beeper

15:30 RTH: So what we're gonna, what we're going to do is I'm going to tell you how to, today we're going to tell you how to operate the beeper. And then we're going to pick a day when we're going to meet again (and that'll, that's going to be a negotiation as to when we're available and whatever). And then within the 24-hour period back from that, then we'll want you to wear the beeper. And that *may* be tomorrow. Oh, well actually it's not going to be tomorrow because I'm busy all day tomorrow and then I'm out of town for the weekend or whatever. So it's going to be next week. So we're gonna pick a day next week. Monday is a holiday, so maybe it's going to be next Thursday or Tuesday or whenever. Whenever we can decide. Maybe we should decide that now. When can we...

16:06 AK: What days are generally good for you? Um, because I guess you're not on campus every day.

16:10 Lena: No, no. Uh, so obviously on Monday we're no school, so that's done. Um, I could come... Wednesday I have class, I could come, I could come Tuesday morning. I could come Thursday morning next week. And um, also Friday, I'm usually pretty good.

16:34 AK: I could do Thursday morning.

16:36 Lena: Next Thursday morning.

16:38 AK: Yeah. I'm free between 8 and 10.

16:40 Lena: Okay. So do you want to just stick with the 9:30 next Thursday?

16:44 AK: We'll need an hour, right? 'Cause this will be the first interview.

16:50 Lena: You need to be done by 10.

16:50 AK: Yeah, we have somebody else coming at 10. So if you could do 9: [Lena: Yeah. Yeah.] [to RTH] Could you do 9 next Thursday? That's the 20th. [RTH: Yeah.] Okay. So should we plan for that? [Lena: Yeah.]

17:00 RTH: So. Thursday the 20th we're going to meet and we're going to talk about the first batch of beeps. So what that means is that we would like you to wear the beeper on the 19th. Sometime during the 19th, we would like you to pick a three- or four-hour window where you can wear the beeper. And then, we don't want you to do anything special in that. We would like you, I'm going to put it on the beeper and then I'm going to do whatever it is that I'm going to do in that situation, which is going to the grocery store, or taking care of the kids, or reading a book, or watching TV, or any ac..., whatever it is that you, that you were going to do. We don't want you to sit there waiting for the beep. [they laugh] I *don't* want you to say, "Well, I'm only going to wear this beeper when I'm watching TV because that's the easiest time for me to wear it." [Lena: Right.] We want you to, we would like to catch Lena in her everyday...

17:45 Lena: So I have a question. So look, we meet next Thursday to discuss the beeps. [Alek: Um hm.] That means Wednesday I'll be in class. I don't want to disturb people with the beeps.

17:54 AK: You won't because they're coming in through an earphone. You can be really discreet. We'll show you. Like you're gonna put in your pocket, string it up through your shirt. Nobody's even gonna know.

18:01 Lena: Okay. Alright. I can do that.

18:02 AK: So you won't have to worry about it.

18:03 RTH: And it could be in class or not in class...

18:04 Lena: Is there a vibration setting, by any chance?

18:07 AK: No. [Inaudible].

18:07 Lena: Okay. Cool.

- 18:07 RTH: So the, and the, there's the... All of these things are not accidental. So we're going to ask you to, we're going to ask you to use uh, an earphone which is going to be this earphone [unwraps the earphone]. Well, this is, this is the beeper. This is the way the beeper looks. And it's got a clip on it, and you can clip it to your, or put it in a pocket, or however you want to use it. And this is in an old-fashioned earphone. You can use your own earbuds if you, if you prefer. I don't really care what earphone you use. We do want you to use an earphone. And the reason for that is that we want to *inject* the beep, the sound of the beep, sort of as best we can [inaudible, laughter] directly into your brain as fast as fast as you can get there. [Lena: Cool.] And the, the beeper itself has a, will beep out loud through a speaker. [Turns on the beeper.] So the beep sounds like that.
- 18:59 Lena: Like more of a siren?
- 18:59 (RTH explains the siren-y sound at 19:31.)
- 19:04 RTH: Well, yeah, that's... It won't sound like that. I shouldn't, yeah, ...
- 19:08 AK: That that sort of has a slow rise. But when you actually get a beep as we'll explain in a minute, it's going to be [snaps fingers] a much faster onset. It's going to pretty suddenly be there.
- 19:16 RTH: It'll sound like [demonstrates a square-wave beep] that.
- 19:18 Lena: Oh, okay. Like just "beep." [RTH: *Beep.*] Okay, got it. Got it.
- 19:21 AK: And that's intentional so that we can be very precise about the moment. Because we don't want you to be wondering like mmm at what point is that the beep. We want it to be [snaps fingers] very clear. That's the beep!
- 19:30 Lena: That's the sound!
- 19:31 RTH: When you... The deal is when you turn on the beeper for the first time, there's a capacitor in there. And the capacitor has to charge itself up. And when it does that the beep goes waahhh. [Lena: Got it.] But after the beeper is on, then that doesn't happen, and the beep will [snaps fingers] have a really crisp onset.
- 19:31 Note that RTH and Alek are not following a script or a set procedure, because they think that following a script is an undesirable scientific procedure. Instead, they try to convey to Lena in a genuine, forthcoming manner what the study is about and why, and they try to answer Lena's questions to the level of depth and interest that Lena displays. That is, they treat Lena as a peer, as an integral part of the process ("co-researcher" is the DES term).
- 19:44 Lena: Is there like a final beep that um, where I, I know that's the final beep? Or do I keep track of the numbers of beeps? So I know that I hit the 16...

- 19:54 RTH: Six beeps. [Lena: Six beeps.] We want you to get six beeps.
- 19:57 Lena: Okay. Six beeps.
- 20:01 RTH: And, uh, and *no*, there's not a final, final beep. The machine itself decides when to beep. When you turn it on it decides, well I'm going to be 27 minutes from now or something like that. We don't decide. It's not a schedule that we make, and it's not a schedule that you make. The beeper itself decides when it's going to beep. And it could be as, as much as an hour later and it could be a minute later or anywhere in between.
- 20:22 Lena: Okay. As long as I record six of my inner experiences to six of those beeps, [RTH: Yep, you're done.] that's when you say it's enough [inaudible]....
- 20:30 RTH: Yeah, you're done. There's nothing magic about six. If you only got five and then something happens where I just can't deal with this or whatever, that's okay. [Lena: Okay.] [Alek: Right.] The reason that we use six is only because it's... usually in an hour we can talk about six beeps. And sometimes we don't get done with six beeps, in which case we only will talk about four. Sometimes we'll be done with six beeps in 45 minutes, in which case then we'll be done in 45 minutes. [Lena: Um hm.] But so six beeps is sort of the target. [Lena: Okay].
- 20:54 So you put the beeper on, you put the earphone in your ear, you do whatever it is that you're doing and some number of minutes, randomly chosen, the thing beeps. And your task is—yes (now I'm going to answer the question from a bit ago), is jot down some notes about what's going on. And those notes, we conceptualize as being from you to you. We're not going to ask to see the notes, probably. (Every now and then we get into a conversation where we'd like to see what the notes are about.) But mostly the notes are, are designed to be your, designed to help you to tell us about your experience at the moment of the beep. [Lena: Um hm.] What we care about, and it's the *only* thing we care about, is what was in your experience [snaps fingers] one microsecond before this beep occurred. And we're going to ask you some questions about it. And we want you to be in a position to answer those questions. [Lena: Um hm.] Most people find it's a good idea to take notes. If you want to dictate it into your phone, dictate it into your phone. If you want to draw pictures on the wall and then take pictures of that, well do that, too. [Alek laughs.] Most people find jotting down notes to be the best way, the best way to do it. But, but that's not a, an essential feature and... There's only *one* essential feature and that is that we're interested in your experience, and we would like you to convey it to us in a way that we can understand it.
- 20:54 This is another example of treating Lena as a peer (“co-researcher”). RTH has not *instructed* her what to do. He has *suggested* some aspects of the procedure, and straightforwardly acknowledged that he hopes that Lena will be on the same team that is trying to apprehend her experience.

- 22:13 We might have to work out how to do that. 'Cause it could be that maybe writing it down doesn't work for you and you need to videotape something or whatever. [Lena: Um hm.] We would... And we would be happy to do that. We're.... [pause]
- 22:28 This is not about the method. It's about your experience. Some people, some people find it useful to record [gestures as if using a microphone] because they feel that they can, they can say more about their experience. Totally fine with us. Some people jot down, some people jot down one word and they say that's enough. A lot of the science of psychology is about the, the evaluating words, it's or kind of, kind of counting the features of the, of the verbal description. We don't care about that. We, we want to know about your experience. Only. Period. That's it. [Lena: Um hm.]
- 23:06 So. You go about your everyday life. The thing beeps. Your task is to freeze your experience, so to speak, to take whatever it is that you would call a mental snapshot of whatever was going on just before the beep. Turn the beeper off, stop the beep by pushing the button on the top of the beeper. And uh, and then jot down some notes about it. And then continue on doing whatever it is that you were doing. And then 2 minutes later, or 79 (or not 79 but) 59 minutes later, or whatever, the thing is going to beep again. And you do the same thing again. And that should be on the 19th.
- 23:41 Lena: Yes, so hang onto [Alek: Um hm,] the beeper until next Wednesday, set myself up with the start of my day. I just turn it on and it knows to beep. [RTH: Yep.] Okay.
- 23:51 RTH: So it'll come on beeping. You're going to press the white button to quiet that. And then you're in business. It's on. It's not going to look like anything's happening, but you're going to wait for a beep. And then when a beep comes, you're going to use that white button again to turn it off. But we do generally recommend that the beep comes, you pay attention to your experience first, and then worry about turning it off. [Lena: Okay.] Right. If you were kind of.
- 24:15 Lena: Worry about the beep last.
- 24:15 AK: Yeah. If you're really focused on, I got to find a button and turn it off, you might kind of lose the experience. Yeah. [Lena: Got it.]
- 24:22 RTH: But even that is, is up to you? We have a subject or two who for whom that's not true, who want to get their experience now while it's beeping, because they feel like the act of turning it off disturbs something for them. Fine with us. We don't really care about... The essential.... I, I agree with Alek that most of the time most people think it's a good idea to freeze the experience and turn it off. And then jot. I would say 99% of our people do it that way. But that's *not* uh, an essential feature. We want you to do whatever it is that you have to do in order to grab your experience in a way that you can then talk to us about it on the 20th. [To Alek] 20th? 20th.

Operation of the beeper

25:04 So let me give a spiel about the beeper. So you can, so this is, this isn't the way...
 [Moves to sit next to Lena.] This is the beeper. And so the beeper, you turn the beeper
 on by twisting this button there and it'll...[Lena turns on the beeper]. There we go. So
 it comes on beeping and it'll beep more or less forever until you... (and through this
 speaker), until you stop it by pushing the white button. [Lena pushes the button and
 stops the beep.] So now you have decided, or *it* has decided, when it's going to beep.
 It might be a minute from now and it might be 47 minutes from now. And it might be
 29 minutes from now. At some random, random time, it's going to beep. [Lena: Okay.]
 So your task is to put on an earphone. [Unwinds the earphone wire.] Are you going to
 be a left ear person or right ear person? I don't really care.

25:53 Lena: Probably a right ear.

25:53 RTH: So this is going to go in your right ear. This is going to be like this. [puts the hook on
 the earphone] And you're going to put that in your right ear. [untangles cord.] This
 new batch of earphones have a longer set of cords than we really need, but that's
 what we got. So you're going to put that in your ear. And we're going to plug this into
 here. And then if you push the white button down here and *hold* it down, hold it
 down, keep holding it down. It's making a square, beep [pause] beep. [Lena: Yes.] The
 object of that is for you to make sure that it's on. That's what, that's what it's doing....

26:42 Lena: Check to make sure.

26:42 RTH: ...if, if you can.... Yes. And you can check the, you can adjust the volume. [Lena: Okay.]
 So if you're in a quiet place, you don't want the beep, you don't want the beep to be
 so loud that it startles you. And yet you don't want the beep to be too soft so that is
 that the beep? Is that the beep? Is that the beep? Oh yeah, that's the beep! Because
 then you've lost the....

26:59 Lena: [Inaudible].

26:59 RTH: So whenever you want to, you can push that button and hold it down and, and adjust
 the volume. This is a volume control. [demonstrates]

27:07 Lena: Hmm. Got it. Perfect.

27:11 RTH: And the beeper, the beeper has one, uh, several but one... There's a flaw in the way
 the beeper is constructed. And that is that when you're playing around with this
 wheel, you can trigger it to beep. And if that happens.... So if you're playing around
 with this thing and it beeps, just forget about that beep.

27:31 Lena: [inaudible] sometimes.

27:31 RTH: Okay. What happens is that the, the, the wheel has an on/off switch in it as well as the
 volume control. And if, and if you wiggle the wheel just right, it thinks that you've
 turned it off and then back on again, and then it comes on beeping.

27:46 Lena: Got it. Cool. So, um, do I have to charge this thing? [RTH: Nope.] So it should be totally good to go.

27:52 RTH: It should be good. You can turn it off.

27:56 Lena: Ooop. It's still on. [They adjust the beeper.]

28:05 RTH: Okay. Well I'm gonna, I'm gonna take this back 'cause I want to show you one more feature of the beeper in a little bit. So I'm going to turn it *on*...

28:12 Lena: Alright.

28:16 RTH: ...and it's beeping.

28:17 Lena: It's giving me that long beep that it did, yeah?

28:20 RTH: Right. And now I'm going to set this aside because I want you to know about one more feature of the beeper. And that is: the beeper is going to be for a long time (like a couple of minutes) and then, to save its battery, it's going to stop beeping. And I want you to know what happens when it, when it stops beeping, because it goes into what we call the 'chirp' mode. Well, I want you to hear a chirp, so that, then sometime when you hear that chirp, you can know that it's....

28:43 Lena: ... activating. [RTH: Yeah.] Okay. Once after it's done chirping, then it goes silent. And then that's when the stuff happens.

28:52 RTH: Well, what happened, what'll happen is that... So it's beeping right now and we can't hear it, maybe [Lena: Sorta kind of.] It's beeping, and in a minute or so, it's going to stop beeping and go into chirp mode. And it's gonna go 'chirp' and then it's gonna wait for 30 seconds and go 'chirp'. And then it's going to wait for another 30 seconds and 'chirp' again. And it's doing that to save its battery. And so when, so what that means is you, when you hear that little chirp, what that means is: It's beeped. I forgot or didn't notice or whatever to turn the, to push the white button. [Lena: Okay.] And what you *do* in that situation is to turn it off and turn it back on again. Or turn it off and then turn it on when you're ready to do it. [Lena: Okay.] But you don't want to respond to a chirp as if that were the beep. [Lena: Right.] Now let's going into....

29:39 Lena: I heard the chirp. It's a lot higher...

29:41 AK: Yeah. This may not happen to you, but sometimes people do get confused. And they'll come in and say something like, those beeps were coming really fast, like 30 seconds after the other. And we'll realize that they had forgotten to turn it off. And those were actually chirps.

29:55 Lena: Okay, perfect.

29:58 RTH: So I've taken the earphone out now. So the thing is now chirping through this, through the speaker.

30:04 Lena: [The beeper chirps] Oh yeah.

30:04 RTH: And when you hear that...

30:05 Lena: That's not a beep.

30:05 RTH: ...that's a chirp, [Lena: Yeah.] not a beep. [Lena: Yeah.] [Alek: Yeah.] So when you, when you hear that, you turn it off. [Lena: Okay.] And then you turn it back on and it comes on beeping just like it *always* does, and then you push the white button like you *always* do.

30:17 Lena: [Inaudible]. All right.

30:18 RTH: So the chirp is just battery saving.

30:21 Lena: Okay, alright.

The Descriptive Experience Sampling process

30:23 RRH: So these are yours [Lena: Cool.] for the duration. And so you're going to keep the beeper until we're done.

30:30 Lena: With the whole thing?

30:31 AK: With the whole thing. Yeah.

30:31 Lena: How many sessions do you think? You said typically between five and six or so?

30:35 RTH: I think that's, that's in the ballpark.

30:37 AK: Yeah, that's what I was thinking.

30:39 RTH: We don't...

30:39 Lena: I have no limitation. So...

30:42 AK: Cool. Yeah, we do always keep that a very organic, like we return to that often. You know, if people want to keep going, we have a discussion about that. If they want to stop early, we have a discussion about that as well. We sort of kind of prescribed like we're aiming for this many, but I don't think we're ever rigid about that.

30:59 Lena: Okay.

- 31:00 RTH: It depends, you know. If on the fourth day you're saying... maybe all your beeps are exactly the same. I'm talking to myself; and then the second beep I'm talking to myself just like I was on the first beep; and then the third beep I'm talking to myself just like I was on the second beep and the first beep. Well, there's no reason to do that for six days, [Lena: Right.] you know, if that's, if that's the way it is.
- 31:17 Lena: Question. So I, I write down what's happening inside of me. Um, I tell you that. [Alek: Um hm.] And what are you searching for exactly? You're just searching to understand what it's like to be me? Are you, is there something specific in what I'm doing that, you're looking for to document? Like what exactly is the thing that you're looking for in my experience?
- 31:40 RTH: It's pretty close to "we want to know what it's like for you to be you," but slightly less than that. [Lena: Okay.] Because we're, we don't feel like we can get to the *essential* Lena. That's not our goal. [Lena: Yes.] Our goal is to find out what it's like for Lena to experience her experience the way Lena's experience is. *That's* the goal. And there's, there's nothing more than that. Nothing more nor less to it than that. [Lena: Okay.] We would, if we could get inside and experience your experiences, we would do it. But we don't know how to do that. And so we have to have you tell us about that. [Lena: Yeah.] So... But there's no hidden agenda. There's no theory. There's no [pause] We're, we're not looking for anything *except that* we are looking for whatever it is that's *there*. And we want to see that or experience that--the word we use is "apprehend" that. We would like to *apprehend* that in as high fidelity as we can get.
- 32:36 Lena: So when you do this experiment to hundreds of people, are you guys able to draw similar conclusions between people's experiences? Are you able to say, Oh, even though everybody has different perception of the world and reality and what they're experiencing, are you, is there something in that that makes it not the same, I should say, [Alek: Um hm] but in some way connects the human experience [RTH: Yes.] That you could draw into the whole consciousness?
- 33:02 AK: That's a good question.
- 33:02 RTH: We think, we think... That that is a good question, and we think the answer to that is yes. [Lena: Okay.] And, and we would probably rather tell you more detail about that answer after a bit. [Lena: Okay.] And the reason for *that* is that, that, we don't really want to pollute the pond [Lena: Sure.] or poison the well [Lena: I get that.] or whatever that exper, whatever that expression is.
- 33:22 Lena: I was trying to explain to my brother, who also is a consciousness enthusiast, um, what this was. *I don't know* how to describe what they're looking for, 'cause I didn't really ask. [Alek: Yeah.] I just, I knew generally what it was. [Alek: Yeah.]
- 33:34 RTH: Yeah, well we, we very often get two groups of people. One group was with a particular, with a particular external characteristic and another group who *doesn't* have that characteristic. And then we sample with these guys and we try to figure out whether there's a difference between those two groups. [Lena: Yeah. Okay.] And

that, those kinds of experiments are important. But they're secondarily important to whether you can describe experience at all. [Lena: Um hm.] And there's a lot of science, a lot of psychological or behavioral science, that says, well you just can't do what it is that we do. And so we spend a fair amount of our time trying to make the case that it is possible to do this. So that then if you really wanted to know the difference between this group and that group, then you could use a method like this (or better) that, to, to explore those differences. [Lena: Um hm.] So our, our interests... we, we are entirely interested in whether there's a difference between this group and that group. But we think, we think that the science needs to work out how you find out about those differences. As it is right now, the way those studies almost always work are with questionnaires, where you give a set of questionnaires to this group and the same set of questionnaires to that group and then say, well, these people responded to those questionnaires different from that [inaudible].

34:54 We don't think people know what they're doing when they talk about questionnaires, and therefore we don't think we know that the scientists know what they're doing when they, when they spot a difference between them. [Lena: Okay.] Or maybe they do, and that would be fine too. But it seems to us that if you are interested in experience, this is sort of the, this is the best that we know how to do. If we could, if... Maybe in the course of doing this, *you'll* come up with a new idea and you'll say, you know, you guys shouldn't be using a beeper, you should be whatever. For example, you said a little bit ago, you should be using a vibrator. And the vibration isn't good enough. We have, I've built vibration devices before there were vibration devices, and tried them. And they're not good enough because they have a slow rise time. [Lena: Yeah.] Is that the vibration? Is that the vibration? Yeah, that's the vibration. Well, it's too late by then. [snaps fingers] So the beep is the best that we've been able to figure out. But we're not proposing that as the ultimate way of investigating experience, either. It's, it's the best that we've been able to do, but maybe you'll have a better idea, and we would be open to that.

Note that throughout this discussion RTH has treated Lena as a peer ("co-researcher" is the DES term).

36:00 Which leads me to say a few more things about that, about the question. So you're going to, you're going to jot down some stuff. We're going to get together and we're gonna talk about it. And we're going to ask a question, which is always going to be exactly the same question, which is basically "What's in your experience, if anything at the moment of the beep?" And then you're going to tell us some stuff and we're going to try to figure out what you mean. But the, but the question is always the same question. "What was in your experience, if anything at the moment of the beep." That's what we're interested in.

36:26 And, and you're not, if you're like most (almost all) people, you're not going to be very good at answering that question on the first day. And you're going to tell us about things which are not really experienced and things that were not really at the moment of the beep and whatever. That's the way it is. And then we're going to ask you some questions and it's gonna occur to you probably, well, I wasn't paying attention adequately to answer that kind of question. And then the second day, maybe you're

going to be better at it than you were the first day or maybe not--that would be fine too. But the, the process depends on our making a sort of a good faith attempt on the first day with the recognition that you're not going to be very good at answering the questions and we're probably not going to be very good at asking the right kinds of questions for you to answer.

- 37:12 So then we're going to get better at that maybe so that the second day you'll have paid better attention to your experience, and you'll be more prepared to answer the questions, and we will have heard the kinds of responses that you give and know more about how to ask, and we'll be better at it the second day. And then the third day is probably going to be better than the second day. So, so there's something that is inherently frustrating about the process. We don't want to tell you how to do it because to tell you how to do it would be to tell you what to look for and we don't want you to look for [Lena: Anything in particular.] anything. That's right. We, we don't have a favorite kind of experience and, and so we have to, what we would call a sort of wade into the water and, and there is going to be some, well, shh., If I had known you were going to ask that question, then I would have paid better attention to it. But that, and that's not a personal failing of yours. And it's not a personal failing of ours. It's the way the process has to work if you want to get at a high-fidelity view of experience.
- 38:15 Lena: Do you notice that in doing this, I mean I don't know if this is going to pollute the pond as you said, so you don't have to answer the question and if that's the case, but do you notice that in doing this with some people, um, some are more hyper aware of their experience that's happening inside of them versus maybe some more and more passive in their experiences and their awareness?
- 38:38 RTH: I would say some people seem to be better at it than others and... but I would also say that that is not necessarily.... That the confidence going in is not a good predictor of that. So a lot of people think they know exactly what their experience is and they're, and they're quite mistaken by their own lights by, after we have a half a dozen days of sampling. They would, they came in and they said, well, you know, I thought it was an X, but it turns out that's not true. Other people said, I thought I was X and then that's the way it was. Either one of those is fine. We're not trying to disprove something or, or, or prove something. We're trying to get at it.
- 39:18 Lena: Do you think awareness of our experience is part of (I don't know if this question is going to make sense), but our awareness of our inner experience has something to do or relates to consciousness as we're trying to figure out. Like maybe I'm not saying that the more aware you are getting an experience means you're more conscious. Therefore you're more tapped into whatever secret juice there is out in the world. But is there, um, I guess that's a hard question to answer. [Alek: Um hm.] [Laughs] I guess I just answered it myself. [Alek: Um hm.]
- 39:53 RTH: So the, the word consciousness is a very problematic [Lena: Right. How you define it and measure it.]. And so I don't consider myself a consciousness scientist. Quite a few people consider me a consciousness scientist. [Lena: Yes.] I don't really care whether I'm considered or not a consciousness scientist. I, it seems, it seems to me, and to us, I

believe that that what we do ought to be a major feature of what a consciousness scientist would be interested in [Alek: Um hm.] and maybe, and maybe they would also be interested in some in some other stuff, too, which would be fine. But it's, it would seem that consciousness science ought to start or, or at least be fueled in some fundamentally important way by what's actually going on in people's direct experience. So we're trying to get that right, and then we'll let the countries of scientists or the neuroscientists or whomever do that, use, use that stuff.

- 40:55 But it turns out it's an enough of a challenge to try to get that right that we haven't spent much time in consciousness theorizing. Which is not to say that consciousness science isn't important. That's not the point. [Lena: Right.] The point is I, I would say that we think that many people, many consciousness scientists, have mistaken impressions about what's going on in people's actual everyday in-the-wild experience. And that would seem to us to be a problem for some consciousness theory.
- 41:34 Lena: According to Dr. Hines, he says he feels or believes that if there's anyone closest to the idea of consciousness it would be you. [laughs] I thought it was a nice thing to say.
- 41:46 RTH: Well, that is a nice thing to say. I appreciate that. And whether that's true or not, I, I, I don't know. I don't actually know the answer to that. And I don't, I don't too much care about the answer to that. I what I, I've been doing this for 50 years now or something and uh, and I'm, I'm totally interested in what your experience is going to be like. It's going to be, unless tomorrow is different from the last many days, it's going to be totally fascinating to me to find out about your inner experience. And that to my way of thinking is sort of enough. [Lena: Yes.] And that won't mean that your experience is necessarily spectacular, or.... [Lena: Right.] But it will be sort of personally Lena's [Alek: Um hm.] and that is, that's the [inaudible].
- 42:50 Lena: The unique aspect of it.
- 42:50 AK: As good as it gets.
- 42:52 Lena: Oh, cool.
- 42:53 RTH: So do you have any other questions? Let me see whether we have a notebook of the kind that we have thought is good.
- 43:00 AK: Check in there, too.
- 43:01 RTH: Yeah. [Leaves to find a notebook.]
- 43:05 Lena: I'm like a notebook fanatic.
- 43:05 AK: When you said you have a hundred notebooks. I was like, girl, I relate!
- 43:11 Lena: Yes. Target is not my, especially the notebook [inaudible].

43:14 AK: It was so good and it's getting better. [Lena: Inaudible] It's getting better and better. Yeah. [Inaudible].

43:21 Lena: Consumer suicide. [Alek: Yes, for sure.] Yeah. Do you plan on doing clinical psychology? [Alek: Um hm.] Is this the kind of field you want to get into? Is or,

43:32 AK: I would love to do this forever, and you can only really do it here.

43:36 Lena: Oh, really?

43:37 AK: Yeah, like he's the guy for this. So I don't know what I'll do, but.... [RTH returns and gives Lena a notebook.]

43:46 Lena: I might need a bigger book, so if I don't use this, I'll bring it back.

43:41 AK: We'll take, no offense, but it is, it's handy in that it's really easy to carry around with the beeper.

43:51 RTH: Well, it's the same size as the beeper. But if, if that... There's no rule that says you have to use that. If, if, if you would prefer to use a eight and a half by 11 notebook and carry that around with you, it's fine with us. [Lena: Okay.] We, the, and, and we're now probably never even going to look at that, and you'll get to keep that as a souvenir or whatever. [Lena: Right.] But that, yeah, whatever it takes for you to capture your experience in a way to answer the detailed questions. 'Cause we're going to answer, we're going to ask detailed questions. [Lena: Okay.] And, and if that requires you writing a thousand words, I guess you have to write a thousand words. If it requires you writing one word, then one word is, is good enough. And, and we don't and we don't expect you to know how to do it. That's why we have to do it more than once.

44:42 Lena: Do you guys, I mean you said this, this kind of like what you guys do, this is the bread and butter right here. Do you participate in like bio neuro feedback type stuff to analyze moods in relation to the experience? Or is that too difficult? Is that,

44:58 AK: Well, he's been part of some work in that kind of, domain.

45:03 RTH: We've done some, we've done some stuff. It's sort of hard to do what, what in the, in the state of the scientific world, there is a under appreciation, I think it's fair to say, an under appreciation for what experience is like as it actually occurs for people. [Lena: Right.] And that I guess has been my goal for, for however many decades that I've been doing this kind of thing is to try to elevate, elevate that. And every everybody else has questions though, you know, well what's the difference between this group and that group and can you correlate this with mood or something like that. And those are important questions, but they're secondary to getting the experience right in the first place (it seems to me).

- 45:50 Lena: Do you think it's too difficult to um, take a person's inner experience and relate it to specific moods or types of behavior? Like if I write in the journal, Oh, I was experiencing anxiety and this is why. And do you, um, say that the inner experience is due to the mood or is it the mood that [inaudible]
- 46:20 RTH: Well, it's a, those are great questions and the, and, and what we're going to try to do is, is to separate out what your opinion is about why things happen. You say, I was, I was, I was in, I was anxious and the reason I was anxious was whatever. We're going to try to keep that separate. So we're going to get, we're going to try and get the experience of it and then you have some opinion about why that is the case. And those opinions might be true. It might, might not be true and, but that's not our primary interest.
- 46:50 Lena: Got it.
- 46:52 RTH: If we, if we were interested particularly in mood, whatever, then we would probably try to get you good at taking at, at grasping or what we call apprehending your experience as it happens. So four or five days of sampling like this, and then we might send you out in that. Okay. Now let's chart mood at the same time. [Lena: Yeah.] But you got to go through the sort of four- or five-days worth of let's get good at grasping experience, because otherwise what happens is you have a theory about what your, what the effect of your mood is. And that, that's your folk theory about it. And it might be 100% true or 0% true or anywhere in between. But, but unless we tear those things apart, all the sampling is going to do is to reify that theory, reify that theory, reify that theory, because you're going to tell us, well, I was in this mood and this is why I was in this mood. And I was in that mood and this is why I was in that mood.
- 47:46 Lena: You can't argue it.
- 47:47 RTH: You can't argue it [Alek: Yeah.] and can't do it, can't do anything about it.
- 47:49 Lena: So how do you separate out a person's perception of their experience versus the reality of their experiences that just....
- 47:59 RTH: We're going to find out whether we can do that, [Lena: That's the point of it!] whether you can, whether you can do that. That's the point of it. [Lena: Oh, Alright.] And maybe [Alek: It's the art of it for sure.] [Lena: Okay.] And maybe you can't, in which case that's fine. We would like to, we would like to know about that. I would say most people find that they can do that. But that might be because most people aren't like you. And, and your uniqueness might be well like that's not possible for me to separate out my experience from my theory of my experience. [Lena: Right]. Or whatever. And, and we would find that interesting as well.
- 48:33 Lena: Do you guys record your inner experiences and like kind of do this to yourself?
- 48:39 AK: We both have or done a bunch of, [Lena: Okay.] I'm sure he's done way more than I have. I've done like 37 days of this.

- 48:49 RTH: In 1976 I wore the beeper from the morning, from the, when I got up in the morning until when I got to bed at night for a year. [Lena: Oh wow. And that was when I was trying to figure out how to do this, how to do this stuff. It seemed like it was important. You should know this, you should know this kind of stuff and what to do about it. It wasn't clear. And in the process of doing that, I decided two things. One is it wasn't, it was interesting and I should do it. And second, I shouldn't ever again do it on myself because I shouldn't have a favorite experience that I would then impose on you. I don't want to, I have to, I have to figure out (I thought in 1976) that there, how to ask you about your experience without infecting that with my own experience. And so I've worked pretty hard at not wearing the beeper again. One time a few years ago the students [to Alek] (you might've been here for that or down, maybe it was before you) twisted my arm and said, you know, you really do have to wear the beeper. And I did for a day. But uh, but that's the exception that proves the rule. I, it's our job to keep us out of your experience as hard as you should try to keep yourself in your experience. We got to work on keeping yourself, keeping ourselves out. And that, and the other thing is that, that we're going to teach you how to attend to your experience and keep out all the, all your own theories and whatever about your experience, which are interesting and maybe right, but not part of your experience. So we're going to try to keep that [inaudible]. But we would rather, we would rather have that sort of unfold across the day, across the sampling rather than us to tell you, well, you got to do this and this and this and this and this, because maybe those things don't have anything to do with your experience.
- 50:43 We, we would rather have you make a mistake, so to speak, and, and, and, and confuse your experience and your theory about it your way. And then for us to have a conversation and say, well, this seems to be experience and that, that's not, and you would, you might say, well, that's exactly my experience. And then we'd have to revise our questioning. Or you might say, well, you're right, that was a theory and this is my experience. And then we would gradually over the course of time get better at you keeping your experience separate from your theory and us keeping our questions better.
- 51:19 Lena: Okay. I feel more informed. Cool. Yes. Cool.
- 51:26 RTH: Cool. But what I would also say, my guess is that at the end of the first day, you're going to say, well, I wasn't very informed. And that's, that's the way it always is. It's not a failing of yours nor failing of ours. It is actually a fundamental characteristic of the process.
- 51:45 Lena: I have no theories. I'll just [inaudible]
- 51:46 RTH: Alright. So we have decided next Thursday at nine o'clock. And if that changes for whatever reason, [Lena: I'll reach out.] everything is, everything is up for grabs here except the attempt to get at your experience. I don't, we don't care about whatever it is that we do. If we have to stand on our head in a corner to get to talk to you and then that's what we're going to be doing. And that includes when we're going to meet again or whatever except that that we are interested in the high-fidelity view of your experience and try to figure out how to do it.

52:25 Lena: Okay. Alright, well I'm going to put it in my calendar next Thursday at nine o'clock I'll put the beeper on. I drop my kids off at eight o'clock so I figure the best thing to do is to wait until I park and then put this on so I don't have to write my experiences and driving. So

52:41 RTH: I think that's fine. And it doesn't have to be necessarily at the very beginning of the day. If you would prefer to do it in the afternoon or whenever....

52:46 AK: Any kind of three-hour chunk that feels like you can do it. [Lena: Okay.]

52:48 RTH: And, and the only reason that we ask for a three-hour chunk is that we want to get about six beeps. The beeps on average should be about a half an hour apart, [Lena: Okay] but it could be that your beeper will decide to make those closer together or farther apart. So it might take four hours, it might take two hours. [Lena: Okay.] And if, if for whatever reason you got three beeps, say, and then something happens where I just can't deal with the beeper, my kid is screaming and pulling on my beeper or whatever and, and, and then stop it and start over again. There's nothing magic about that. We think it's better to do it sort of all in one shot because if you're doing it, the alternative extreme would be to get one beep and then turn it off and then come back. Well I've got another beep, I'll turn it on and get another. That sort of maximizes the intrusion of the beeper.

53:40 AK: The waiting for the beep feeling.

53:42 RTH: We want, we want you to not have to worry about the beeper at all, but most people take a while to adjust to that. And you can, by the way, if you want to wear the beeper for a day between now and then just to get practice at wearing the beeper and how to deal with the, how to deal with the mechanics, that's fine with us, too. And I would also say that Alek alluded to, but didn't... A lot of people find that it's convenient to wear the wire for the beeper inside your shirt cause the collar will keep the wire stable,

54:12 AK: Keeps it like it won't snag on stuff. It makes it easier. [Lena: Okay].

54:15 RTH: But whatever, however you want to do it, it's really up to you.

54:27 Lena: I will make it a very fashion statement. [All laugh.].

54:27 AK: Lookin' good, with the wire.

54:27 RTH: And the beeper, the beepers, the beepers are pretty indestructible except they don't like water. So no showers...

54:34 Lena: I won't wear it in the shower.

54:34 RTH: ... or whatever. But other than that if you want to run or whatever? That'd be fine. [Lena: Yeah.] The earphones on the other hand are fairly breakable. And if, so if an

earphone breaks then we'll give you another earphone. So, or wear your iPod earphone or whatever. If you do wear your own earphones, those earphones are probably stereo so they're only going to beep in one of them. [Lena: Oh, okay.].

- 55:00 Lena: So I'm just going to stick to the protocol and do it solid to what you've given me and make it as, as close to what you guys need it to be. So you can see your flaws in this experiment.
- 55:14 RTH: Okay. And we will send you a reminder the day before. And that's part of our protocol. [Lena: Yeah, perfect.].
- 55:21 AK: We'll exchange numbers and all, I'll do take care of all that scheduling stuff.
- 55:25 Lena: 'Cause email, you know, sometimes...
- 55:25 AK: It's easier to just be able to shoot a text if you're late or whatever. [Lena: Yeah.].
- 55:30 RTH: And if you have questions, so now it's next Tuesday or Wednesday or whenever it is that you're gonna wear the beeper and, and you have a question you should call me or call Alek or whatever. You know how to find us.
- 55:42 Lena: And this is where we'll meet? In this office?
- 55:42 AK: Yep. Just like this. Yeah.
- 55:47 Lena: Cool. Cool.
- 55:48 RTH: Oh, and one other thing. So what I'm, what I'm intending later on today to make a video of what we've done here and post it to a private YouTube link and I'll send you the link and I'll send you the link and you should look at it. [Lena: Okay.] And, and then I haven't yet, I haven't yet decided whether I should make this link public.... So let's say you look at it, and you say, "Oh, that's fine, that's what happened and it's okay with me." The question is whether we should hold all these things until the end? Or whether we should let ...
- 56:24 AK: Roll 'em out.
- 56:24 RTH: Roll them out one at one a week.
- 56:25 Lena: Maybe after each session like could you know we can jointly decide, Oh, okay. I feel good [Alek: Yeah.] that we could put that out there in the world.
- 56:34 RTH: Well that would be the minimum. That we'll ...
- 56:35 AK: We'll definitely do that.
- 56:39 Lena: Okay. Yeah. [inaudible] yeah.

56:42 RTH: For sure we will do that.

56:42 Lena: Or we could start the whole thing private and then after the whole thing is closed and done, I can say I feel really great about these [inaudible], share it with the world and then you guys can make that decision on yourselves as well. I mean I can go either way.

56:56 AK: Yeah.

56:56 Lena: It's just, do you want to look at the whole thing as a whole or do you want to look at each session as a piece?

57:01 RTH: The [inaudible], there are advantages and disadvantages there. The advantages of waiting until the end is that that gives, that, that makes the privacy issue prominent. [Alek: Um hm.] It means that were not going to turn your inner experience loose into the world until we're sure of what the end of this process is. That's a sort of a vital thing for us.

57:25 Lena: Um hm.

57:27 RTH: The countervailing thing is that we would like, I would like, we would like the, the process to be recognized as being an honest, transparent, this is what happened, [Lena: Right.] process. And that would say well we should, we should have already made this, you know, this would have been a live broadcast or something like that. [Lena: Oh, I hear you.] And, and I don't know exactly how to balance that.

57:52 Lena: Well, if we upload it after the whole process, the tapes itself will be honest. You,, you can't like go back into tape and edit my words or anything.

58:02 RTH: We could.

58:03 Lena: Oh you think other people might say, [Alek: They might wonder.] "Oh no they staged it" or... Oh I see where you're coming from... I'll let you decide as the lead. 'Cause I've already condoned to knowing. And if I say something in the moment, I can say, "Oh I don't really want that out there." Then you'll choose to delete that for me. 'Cause we agreed, you know, whatever. But I don't personally feel any hesitancy in terms of sharing this experience, sharing what I go through my day or whatever. So, um,

58:38 RTH: Well, there might be a compromise here. [To Alek:] We should talk about it more.

58:40 AK: Yeah, we'll talk about it ore, but we'll definitely share today's thing [RTH to Lena: with you.], Right. And, and get everybody onboard. Yeah, we'll never, even if we decide we're rolling them out, we won't roll one out if after it you or I or whoever says "Didn't like that one." It just [inaudible.]

58:55 RTH: Rolling it out would be, we'll roll it out to you first. [Alek: Yes.] [Lena: Okay.] And when you say it's okay, then we'll, [Alek: yeah.] make it public. [Lena: Okay.]

59:03 AK: So yeah, let's just start with today's.

59:06 RTH: And maybe ...

59:08 Lena: Well, that could be the thing, like you send it to me, but without, as you say, I say yes and you say, okay, boom, publish. And we can do that each time after every encounter if that's okay.

59:18 RTH: Right now, I'm, a, a compromise is appealing to me. And that is that we, I'll send this link to you later on today, hopefully, and we, and, and we won't make it public. And then we'll do the first sampling day or maybe even the first two sampling days. [Alek: Yeah.] And so after you have a chance to see what this process is like ('cause so, so far we've told you about it but you haven't done it), [Alek: Yeah.] [Lena: Yeah.] then we can decide whether to roll it out. That seems like sort of a [Lena: Meet in the middle] compromise that...

59:46 AK: ...gives you a chance to actually say "I'm good with this." You know, having a little taste of what this is. [Lena: Okay.].

59:54 RTH: We have said, and I think we're right about that, that the people don't know the characteristics of their own inner experience. And if you take that seriously, we shouldn't be asking you to consent to something that [Alek: Yeah. You might not know anything...] you might not know about. [Lena: Okay.] So let's, let's, let's have that as a sort of a plan A and then we can...

1:00:18 Lena: ...detail it later. All right, so cool.

1:00:22 RTH: One last thing. We've, we've agreed to do this, but you should feel free to say, I have changed, I'm changing my mind. I don't want to do it anymore for whatever reason, without prejudice. Yeah. You don't need to explain the reason. You can explain it if you want to explain it or whatever. But you should be able to, and we too, but we should be able to say that for whatever reason, I don't think I want to do this anymore. [snaps finger] That's it.

1:00:51 Lena: Okay. [Alek: Awesome.] That's good.

1:00:55 AK: I'm looking forward to it.

1:00:56 Lena: Yeah, me too.

1:00:57 AK: Great. I'll get you your number.

1:01:00 Lena: Thanks for your time again.