

# The Finders Course Experiments

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# Questions...

- Can a short, intense meditation and positive psychology program be psychologically beneficial for most people who take it?
- Can a short, intense meditation and positive psychology program assist people with the transition to O.N.E./PNSE?
- Can a short, intense meditation and positive psychology program assist people with the transition to O.N.E./PNSE across a range of 'Locations'?
- Is there a significant psychological difference between individuals who transition to O.N.E./PNSE during such a program?
- Are some people more disposed to be successful with a program like this than others? If so what might those factors be?

# Persistent Non-Symbolic Experience (PNSE)

- Persistent shift in your baseline state away from anxiety, fear, worries, etc. to a fundamental sense that everything is okay
- Fundamental 'okayness' or contentment
- Sense that you don't need to add anything to yourself, but that its okay to explore
- Reduced or eliminated mental chatter
- Increased or total freedom from thoughts impacting mood
- Increased or total focus on Now, rather than painful pasts and anxious futures
- Increased mental capacity/improved decision making and problem solving
- Increased sense of connectedness and possibility
- 'Life Flow' instead of 'Task Flow'

# PNSE, O.N.E., tNSE

- Persistent Non-Symbolic Experience (PNSE)
  - Ongoing NSE > 1 Year
- Ongoing Non-symbolic Experience (O.N.E.)
  - Ongoing NSE < 1 Year
- Temporary Non-Symbolic Experience (tNSE)
  - Temporary NSE, even just momentary

# PNSE Continuum



- Locations represent different types of PNSE
- Locations are best thought of as regions that have sub-locations with them
- Sub-locations are grouped within locations for convenience
- Some people stay in one spot, others move
- Generally a forward progression but not always

# Finders Course Experiments Premise

- Descriptive research revealed only a handful of methods that seemed to be most effective at producing O.N.E./PNSE
- It also revealed that not all methods worked for all people, and that no single method works for everyone
- Original idea of the Finders Course was to optimally help people explore these methods and find the one(s) that work for them.

# Two Halves

## First Half (~6 weeks)

- Hit positive psychology heavy for the first two weeks, keep with it through first half
- Begin meditating a fixed amount per day (at least an hour) right from the start
- Goal for first half is to raise and lock in wellbeing so it is high for when they begin the second half

## Practice intensive (~weeks 7 and 8)

## Second Half (~final 6 to 9 weeks)

- Introduce one new meditation method per week
- Use the week 11 practice intensive to integrate and experiment with cognitive awareness based methods.
- Use the week 15+ practice intensive to integrate and experiment with all methods from your protocol

# Three Phases

- Phase 1 (~first 2 weeks)
  - Positive psychology effects
  - Getting used to longer meditation times
  - Focus on somatic awareness techniques
- Phase 2 (~week 3 through 11)
  - Continue with somatic awareness techniques initially, phase out by week 10.
  - Focus on increasingly bringing in cognitive awareness techniques
- Phase 3 (~weeks 12+)
  - Other types of methods (cognitive contents and symbolic repetition)
  - Final integration



# Finders Course Experiments

- Attempt to take research data and apply it to initially produce O.N.E. that would make it past 1 year threshold to become PNSE.
- Self-funding, structured as an online class people pay to take
- Protocol initially worked out with individuals in 2013.
- Pilot group, Finders Course 1 (FC1), 2/1/2014 – 5/16/2014
  - 6 initial participants, 5 completed successfully
- Finders Course 2 (FC2), 8/2/2014 – 11/14/2014
  - 60 initial participants, 43 completed successfully
- Finders Course 3 (FC3), 11/15/2014 – 3/20/2015
  - 64 initial participants, 59 completed successfully
- Finders Course 4 (FC4), 1/10/2015 – 5/4/2015
  - Last experimental run of the Finders Course – 81 participants, 50-75 completed successfully

# Finders Course 2

- 60 initial participants
- 43 completed successfully (F=17, M=26)
  - Aged 23-75
  - 11 Single, 15 Married, 8 Significant Other, 6, Divorced, 3 Widowed
  - 38 USA, 2 Canada, 2 Western EU, 1 Australia
  - Wide range of professions, 1 homemaker, 4 students, 5 retired
  - 40 completed all entry and exit measures
- Short term data collection design
  - Pre, mid, and post measures
  - Weekly tracking and feedback surveys
- Used recorded FC1 videos, with some new videos including recorded Q&A
- 2 Mentored and 8 unmentored small groups of 6 people

# Finders Course 3

- 64 initial participants
  - 59 completed successfully (F=29, M=30)
    - Aged 23-81
    - 15 Single, 25 Married, 11 Significant Other, 4, Divorced, 2 Widowed, 1 Separated
    - 48 USA, 3 Canada, 5 Western EU, 1 Australia, 1 Asia, 1 South America
    - Wide range of professions, 11 retired, 3 unemployed
    - 56 completed all entry and exit measures
  - Short term data collection design
    - Pre, mid, and post measures
    - Weekly tracking and feedback surveys
  - Using recorded FC1 & FC2 videos, with some new videos including recorded Q&A
  - Groups of 6, all unmentored

# Finders Course 4

- 60 fully supported participants, 21 'lite' support participants
- Essentially the same demographics, data collection design, etc.
- Using recorded FC1, FC2, FC3 videos with some new Q&A videos
- Groups of 6
  - Mostly mentored groups
  - Special test groups (in-person group in India & a group of mostly spiritual teachers)
  - Lite support groups (groups with less access for asking questions)
- Significant confound resulting from experimenter's health condition
  - Post survey collection more difficult
  - Last Weekly Survey = 75 (probably the number of people who completed the course)
  - O.N.E. related post-questionnaire = 65
  - All Post Measures = 50

# After Finders Course 4

- Course has been turned over to Willow Group, Inc.
  - Renamed Finders Course O.N.E.
  - Primary experiment will be completed, but will continue to collect data
  - Run several times per year
- Can be found at [FindersCourse.com](http://FindersCourse.com)

# O.N.E./PNSE Results

## Finders Course 1

- Location 1: 1
- Location 2: 2
- Location 3: 1
- Location 4: 1

## Finders Course 2

- Location 1: 21
- Location 2: 3
- Location 3: 5
- Location 4: 1
- tNSE: 10
- No tNSE: 2

## Finders Course 3

- Location 1: 15
- Location 2: 16
- Location 3: 6
- Location 4: 4
- Location 4+: 2
- tNSE: 13
- No tNSE: 2

## Finders Course 4

- Location 1: 19
- Location 2: 10
- Location 3: 4
- Location 4: 10
- Location 4+: 2
- tNSE: ?
- No tNSE: ?
- Total: 65

Total O.N.E.: 122

Total Completed: 167

~73%

# Answers...

- Can a short, intense meditation and positive psychology program assist people with the transition to O.N.E./PNSE? – **YES!**
- Can a short, intense meditation and positive psychology program assist people with the transition to O.N.E./PNSE across a range of 'Locations'? – **YES!**

# Academic Measures

## Overall



# Happiness

\*\* = < 0.001; \* = <0.05

Measure	FC2				FC3				FC4				All			
	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig
<b>AHI – Overall H</b>	3.82	0.74	24%	**	3.69	0.48	15%	**	3.66	0.56	18%	**	<b>3.72</b>	<b>0.58</b>	<b>18%</b>	<b>**</b>
<b>FEQ – Happiness</b>	8.16	1.75	27%	**	7.98	0.97	14%	**	7.40	0.87	13%	*	<b>7.85</b>	<b>1.16</b>	<b>17%</b>	<b>**</b>
<b>FEQ – % Happy</b>	75.05	30.43	67%	**	65.8	15.78	32%	**	62.63	15.87	34%	**	<b>67.57</b>	<b>19.92</b>	<b>42%</b>	<b>**</b>
<b>FEQ – % Unhap.</b>	7.56	-10.33	-57%	**	8.66	-6.51	-43%	**	11.51	-9.42	-45%	**	<b>9.25</b>	<b>-8.46</b>	<b>-48%</b>	<b>**</b>
<b>FEQ – % Neutral</b>	17.42	-19.97	-54%	**	25.63	-9.22	-26%	*	25.63	-6.63	-21%	*	<b>23.15</b>	<b>-11.43</b>	<b>-33%</b>	<b>**</b>
<b>GHS – EnduringH</b>	5.82	1.4	32%	**	5.94	0.14	2%	.86	5.77	0.9	18%	**	<b>5.86</b>	<b>0.73</b>	<b>14%</b>	<b>*</b>
<b>SWLS – Wellbeing</b>	27.19	7.05	35%	**	27.75	5.39	24%	**	25.95	4.4	20%	**	<b>27.07</b>	<b>5.56</b>	<b>26%</b>	<b>**</b>
<b>PERMA – Happiness</b>	8.57	1.13	15%	.2	8.41	1.36	19%	**	8.05	1.51	23%	**	<b>8.34</b>	<b>1.34</b>	<b>19%</b>	<b>**</b>

# Emotion

Measure	FC2				FC3				FC4				All			
	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig
<b>CES-D – Dep.</b>	6.67	-7.45	-53%	**	5.64	-5.9	-51%	**	6.44	-4.77	-43%	**	<b>6.19</b>	<b>-5.99</b>	<b>-49%</b>	<b>**</b>
<b>PANAS – PAff</b>	37.67	6.48	21%	**	35.08	2.46	8%	*	34.65	2.72	9%	*	<b>35.73</b>	<b>3.67</b>	<b>11%</b>	<b>**</b>
<b>PANAS – NAff</b>	11.35	-2.98	-21%	**	11.61	-1.54	-12%	*	11.88	-2.4	-17%	*	<b>11.63</b>	<b>-2.20</b>	<b>-16%</b>	<b>**</b>
<b>PERMA – PEm</b>	8.22	2.09	34%	**	8.18	1.36	20%	**	7.82	1.6	26%	**	<b>8.08</b>	<b>1.64</b>	<b>25%</b>	<b>**</b>
<b>PERMA – NEm</b>	2.35	-1.17	-33%	**	1.93	-1.16	-37%	**	2.09	-1.39	-40%	**	<b>1.82</b>	<b>-1.51</b>	<b>-45%</b>	<b>**</b>
<b>PERMA – Lnlly</b>	1.45	-2.43	-63%	**	1.78	-1.24	-41%	**	1.71	-1.50	-47%	**	<b>1.67</b>	<b>-1.65</b>	<b>-50%</b>	<b>**</b>
<b>CLS – Complv</b>	5.49	0.41	8%	*	5.08	0.33	7%	*	5.12	0.42	9%	**	<b>5.21</b>	<b>0.38</b>	<b>8%</b>	<b>**</b>
<b>STAI Y1 – Ast</b>	73.4	-9.98	-16%	**	73.71	-6.10	-9%	**	71.26	-5.4	-8%	*	<b>72.88</b>	<b>-6.98</b>	<b>-11%</b>	<b>**</b>
<b>STAI Y2 – Atr</b>	70.72	-11.5	-19%	**	71.12	-7.37	-12%	**	68.4	-6.44	-10%	**	<b>70.18</b>	<b>-8.25</b>	<b>-13%</b>	<b>**</b>
<b>STRESS</b>	12.58	-9.35	-43%	**	11.75	-6.41	-35%	**	13.79	-5.95	-30%	**	<b>12.60</b>	<b>-7.10</b>	<b>-36%</b>	<b>**</b>

\*\* = < 0.001; \* = <0.05

# Disassociation/Absorption

Measure	FC2				FC3				FC4				All			
	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig
<b>DES-II</b>	31.35	8.03	34%	*	30.41	7.51	33%	**	33.67	7.26	27%	*	<b>31.66</b>	<b>7.58</b>	<b>31%</b>	<b>**</b>
<b>Amnesia F.</b>	2.9	1.4	93%	.09	2.64	1.15	77%	*	2	0.2	6%	0.8	<b>2.52</b>	<b>0.91</b>	<b>56%</b>	*
<b>Depersonal/ Dereal F.</b>	4.43	1.08	32%	.08	5.15	2.32	82%	*	6.47	3.26	101%	*	<b>5.35</b>	<b>2.25</b>	<b>73%</b>	<b>**</b>
<b>Absorpt. Fact.</b>	11.5	3.15	38%	*	9.34	1.56	20%	*	9.37	0.72	8%	0.6	<b>9.96</b>	<b>1.75</b>	<b>21%</b>	*
<b>TAS – Absorpt.</b>	99.1	9.7	11%	.06	114.2	16.9	17%	*	108.51	4.14	4%	0.5	<b>108.23</b>	<b>11</b>	<b>11%</b>	*

\*\* = < 0.001; \* = <0.05

# PNSE/O.N.E.

Measure	FC2				FC3				FC4				All			
	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig
<b>MNETI</b>	78.31	10.22	15%	**	87.14	14.17	19%	**	85.70	12.58	17%	**	<b>84.38</b>	<b>12.64</b>	<b>18%</b>	<b>**</b>
<b>M-Scale</b>	131.22	13.22	11%	*	139.39	15.47	12%	**	129.02	9.67	8%	*	<b>134.03</b>	<b>13.08</b>	<b>11%</b>	<b>**</b>
<b>MUMEX</b>	23.64	8.19	53%	**	23.07	6.81	42%	**	22.33	5.84	35%	**	<b>22.99</b>	<b>6.87</b>	<b>43%</b>	<b>**</b>

\*\* = < 0.001; \* = <0.05

# Health

Measure	FC2				FC3				FC4				All			
	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig
<b>PERMA – Health</b>	8.09	0.74	10%	.08	8.33	0.73	10%	**	8.09	0.72	10%	*	8.19	0.73	10%	**
<b>PILL</b>	1.9	-0.07	-4%	.06	1.77	-0.05	-3%	.1	1.77	-0.04	-2%	.4	1.81	-0.05	-3%	*
<b>Sick Days</b>	1.13	-0.68	-38%	.2	1.73	0.36	26%	.6	0.63	-0.49	-44%	.3	1.23	-0.19	-13%	.6

\*\* = < 0.001; \* = <0.05

# Meaning

Measure	FC2				FC3				FC4				All			
	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig
<b>PERMA – Meaning</b>	8.83	1.41	19%	**	8.37	1.1	15%	**	8.26	1.2	17%	**	<b>8.46</b>	<b>1.22</b>	<b>17%</b>	<b>**</b>
<b>MILQ – Presence</b>	26.91	2.10	8%	**	25.97	2.34	10%	*	24.98	2.7	12%	**	<b>25.96</b>	<b>2.38</b>	<b>10%</b>	<b>**</b>
<b>MILQ – Search</b>	15.93	-6.65	-29%	**	13.24	-5.59	-30%	**	18.37	-2.6	-12%	*	<b>15.56</b>	<b>-4.99</b>	<b>-24%</b>	<b>**</b>

\*\* = < 0.001; \* = <0.05

# Misc.

Measure	FC2				FC3				FC4				All			
	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig
<b>TGS – Gratitude</b>	39.02	3.4	9%	**	38.8	3.02	8%	**	39.37	2.51	7%	**	<b>39.09</b>	<b>2.97</b>	<b>8%</b>	<b>**</b>
<b>PERMA – Rela.</b>	8.21	1.62	25%	**	8.21	1.2	17%	**	7.68	0.95	14%	**	<b>8.05</b>	<b>1.24</b>	<b>18%</b>	<b>**</b>
<b>PERMA – Accomp.</b>	8.54	1.28	18%	**	8.29	0.85	11%	**	8.08	0.8	11%	**	<b>8.30</b>	<b>0.95</b>	<b>13%</b>	<b>**</b>
<b>PERMA – Engage.</b>	8.30	1.13	16%	*	8.11	0.081	11%	**	8.11	0.78	11%	**	<b>8.16</b>	<b>0.89</b>	<b>12%</b>	<b>**</b>
<b>CDFS1 – LifeFlow</b>	--	--	--	--	3.61	0.44	14%	**	3.44	0.27	9%	*	<b>3.54</b>	<b>0.37</b>	<b>12%</b>	<b>**</b>
<b>CDFS2 – TaskFlow</b>	--	--	--	--	3.88	0.33	9%	*	3.81	0.32	9%	*	<b>3.85</b>	<b>0.33</b>	<b>9%</b>	<b>**</b>

\*\* = < 0.001; \* = <0.05

# Personality

Measure	FC2				FC3				FC4				All			
	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig	FV#	Dif	%Dif	Sig
<b>NEO-FFI</b>																
<b>Neuroticism</b>	7.78	-6.23	-44%	**	7.39	-4.13	-36%	**	8.35	-3.6	-30%	**	<b>7.79</b>	<b>-4.57</b>	<b>-37%</b>	<b>**</b>
<b>Extraversion</b>	19.30	1.78	10%	**	19.36	2.27	13%	**	18.05	1.21	7%	*	<b>18.94</b>	<b>1.81</b>	<b>11%</b>	<b>**</b>
<b>Openness</b>	23.35	0.18	1%	.7	32.27	0.56	2%	.2	21.13	-0.02	0%	0.9	<b>23.25</b>	<b>0.27</b>	<b>1%</b>	*
<b>Agreeable</b>	25.75	1.38	6%	*	25.14	1.03	4%	*	25.56	1.16	5%	*	<b>25.44</b>	<b>1.17</b>	<b>5%</b>	<b>**</b>
<b>Conscientious</b>	19.48	1.78	10%	**	18.47	1.29	7%	*	18.44	0.12	1%	0.7	<b>18.73</b>	<b>1.07</b>	<b>6%</b>	<b>**</b>

\*\* = < 0.001; \* = <0.05



Answer: Is a short, intense meditation and positive psychology program psychologically beneficial for most people who take it? – **YES!**

Happier	~15-20%
Wellbeing	~26%
% Time Happy	> 30% (>60% of time)
% Time Unhappy	> -40% (<10% of time)
Positive Emotions	~8-20%
Negative Emotions	~ -11 to -45%
Compassionate Love	> 7%
Anxiety – State	> -8%
Anxiety – Trait	> -10%

Stress	> -30%
Depression	> -40%
Mysticism	~8-53%
Meaning	~8-18%
Gratitude	> 7%
Relationships	> 14%
Engagement	> 11%
Neuroticism	> -30%
Agreeable	> 4%

O.NE. vs 'Normal'

# Happiness

\*\* = < 0.001; \* = <0.05

Measure	FC2,3,4 – O.N.E.					FC2,3,4 – NOT O.N.E.					0%D	Significance	
	Pre	Post	Dif	%Dif	Sig	Pre	Post	Dif	%Dif	Sig		Pre	Post
<b>AHI – Overall Hap.</b>	3.21	3.9	0.69	21%	**	2.94	3.21	0.27	9%	**	<b>22%</b>	*	**
<b>FEQ – Happiness</b>	6.99	8.19	1.2	17%	**	5.86	6.89	1.03	18%	*	<b>19%</b>	*	**
<b>FEQ – % Happy</b>	52.03	73.97	21.94	42%	**	35.24	49.41	14.16	40%	*	<b>50%</b>	**	**
<b>FEQ – % Unhap.</b>	15.30	6.9	-8.41	-55%	**	24.41	15.92	-8.49	-35%	*	<b>-57%</b>	*	**
<b>FEQ – % Neutral</b>	32.51	19.05	-13.47	-41%	**	40.35	34.81	-5.54	-14%	.2	<b>-39%</b>	0.1	**
<b>GHS – Enduring Hap.</b>	5.51	6.23	0.71	13%	.1	4.06	4.82	0.76	19%	*	<b>29%</b>	*	**
<b>SWLS – Wellbeing</b>	22.49	28.69	6.2	28%	**	18.76	22.49	3.73	20%	*	<b>28%</b>	*	**
<b>PERMA – Happiness</b>	7.44	8.83	1.39	19%	**	5.76	6.95	1.19	21%	*	<b>20%</b>	**	**

# Emotion

\*\* = < 0.001; \* = <0.05

Measure	FC2,3,4 – O.N.E.					FC2,3,4 – NOT O.N.E.					O%D	Significance	
	Pre	Post	Dif	%Dif	Sig	Pre	Post	Dif	%Dif	Sig		Pre	Post
<b>CES-D</b>	11.35	4.57	-6.78	-60%	**	14.54	10.78	-3.76	-26%	*	<b>-57%</b>	*	**
<b>PANAS–PAff</b>	32.97	37.54	4.57	14%	**	<b>29.49</b>	<b>30.59</b>	<b>1.11</b>	<b>4%</b>	<b>0.5</b>	<b>23%</b>	*	**
<b>PANAS–NAff</b>	13.07	11.08	-1.99	-15%	**	16	13.19	-2.81	-18%	*	<b>-16%</b>	*	*
<b>PERMA–PEm</b>	6.81	8.58	1.77	26%	**	5.39	6.66	1.27	24%	**	<b>27%</b>	*	**
<b>PERMA–NEm</b>	3.05	1.43	-1.62	-53%	**	4.14	2.95	-1.18	-29%	**	<b>-55%</b>	*	**
<b>PERMA–Lnlly</b>	3.11	1.31	-1.8	-58%	**	3.89	2.68	-1.22	-31%	*	<b>-51%</b>	<b>0.2</b>	*
<b>CLS – Comp. Love</b>	4.85	5.34	0.49	10%	**	<b>4.77</b>	<b>4.84</b>	<b>0.07</b>	<b>1%</b>	<b>0.6</b>	<b>10%</b>	<b>0.7</b>	*
<b>STAI Y1 – State Anxiety</b>	67.39	75.12	7.73	-11%	**	61.68	66.51	4.84	-8%	*	<b>-13%</b>	*	**
<b>STAI Y2 – Trait Anxiety</b>	63.83	72.64	8.81	-14%	**	56.54	63.22	6.68	-12%	*	<b>-15%</b>	**	**
<b>STRESS</b>	18.35	10.67	-7.69	-42%	**	23.51	18.08	-5.43	-23%	**	<b>-41%</b>	**	**

# Disassociation/Absorption

Measure	FC2,3,4 – O.N.E.					FC2,3,4 – NOT O.N.E.					O%D	Significance	
	Pre	Post	Dif	%Dif	Sig	Pre	Post	Dif	%Dif	Sig		Pre	Post
<b>DES-II</b>	25.48	34.95	9.48	37%	**	20.14	22.32	2.19	11%	0.4	56%	0.1	**
<b>Amnesia Factor</b>	1.82	2.93	1.11	61%	*	1.03	1.35	0.32	32%	0.4	117%	*	*
<b>Depersonal/ Dereal. Fact.</b>	3.64	6.49	2.85	78%	**	1.54	2.11	0.57	37%	0.3	208%	**	**
<b>Absorption Factor</b>	8.35	10.45	2.1	25%	*	7.78	8.57	0.78	10%	0.5	22%	0.6	0.1
<b>TAS – Absorption</b>	103.54	119.14	15.6	15%	**	79.32	77.27	-2.05	-3%	0.6	54%	*	**

\*\* = < 0.001; \* = <0.05

# O.N.E./PNSE

Measure	FC2,3,4 – O.N.E.					FC2,3,4 – NOT O.N.E.					O%D	Significance	
	Pre	Post	Dif	%Dif	Sig	Pre	Post	Dif	%Dif	Sig		Pre	Post
<b>MNETI</b>	74.58	89.06	14.48	19%	**	63.37	70.36	7.26	11%	**	<b>27%</b>	**	**
<b>M-Scale</b>	124.39	139.08	14.69	12%	**	110.83	119.17	8.34	8%	*	<b>17%</b>	*	**
<b>MUMEX</b>	17.82	24.74	6.92	39%	**	11.11	17.83	6.71	60%	**	<b>39%</b>	**	**

\*\* = < 0.001; \* = <0.05

# Meaning

Measure	FC2,3,4 – O.N.E.					FC2,3,4 – NOT O.N.E.					O%D	Significance	
	Pre	Post	Dif	%Dif	Sig	Pre	Post	Dif	%Dif	Sig		Pre	Post
<b>PERMA – Meaning</b>	7.47	8.85	1.38	18%	**	6.62	7.37	0.75	11%	0.1	<b>20%</b>	*	**
<b>MILQ – Presence</b>	23.7	26.83	3.12	13%	**	23.24	23.51	0.27	1%	0.8	<b>14%</b>	<b>0.7</b>	*
<b>MILQ – Search</b>	20.07	14.52	-5.54	-28%	**	21.92	18.51	-3.41	-16%	*	<b>-22%</b>	<b>0.3</b>	*

\*\* = < 0.001; \* = <0.05

# Misc.

Measure	FC2,3,4 – O.N.E.					FC2,3,4 – NOT O.N.E.					O%D	Significance	
	Pre	Post	Dif	%Dif	Sig	Pre	Post	Dif	%Dif	Sig		Pre	Post
<b>TGS – Gratitude</b>	36.86	40	3.14	9%	**	34.03	36.51	2.49	7%	*	<b>10%</b>	*	*
<b>PERMA – Rela.</b>	7.06	8.47	1.4	20%	**	6.08	6.86	0.78	13%	*	<b>23%</b>	*	**
<b>PERMA – Accomp.</b>	7.52	8.7	1.18	16%	**	6.84	7.14	0.31	4%	0.4	<b>22%</b>	*	**
<b>PERMA – Engage.</b>	7.42	8.53	1.1	15%	**	6.84	7.13	0.29	4%	0.4	<b>20%</b>	<b>0.1</b>	**
<b>CDFS1 – LifeFlow</b>	3.29	3.70	0.41	12%	**	2.84	3.10	0.26	9%	0.6	<b>19%</b>	**	*
<b>CDFS2 – TaskFlow</b>	3.68	4.06	0.38	10%	**	3.1	3.25	0.15	5%	0.4	<b>25%</b>	*	**

\*\* = < 0.001; \* = <0.05



# Personality

Measure	FC2,3,4 – O.N.E.					FC2,3,4 – NOT O.N.E.					O%D	Significance	
	Pre	Post	Dif	%Dif	Sig	Pre	Post	Dif	%Dif	Sig		Pre	Post
<b>NEO-FFI</b>													
<b>Neuroticism</b>	11.3	6.43	-4.88	-43%	**	15.35	11.63	-3.7	-24%	**	<b>-45%</b>	**	**
<b>Extraversion</b>	17.66	19.7	2.05	12%	**	15.65	16.78	1.14	7%	*	<b>17%</b>	*	*
<b>Openness</b>	22.92	23.36	0.44	2%	.1	23.11	22.92	-0.19	-1%	0.4	2%	0.7	0.4
<b>Agreeable</b>	24.5	25.93	1.44	6%	**	23.62	24.03	0.41	2%	0.4	8%	0.2	*
<b>Conscientious</b>	18.17	19.49	1.31	7%	**	16.19	16.57	0.38	2%	0.3	18%	*	**

\*\* = < 0.001; \* = <0.05

Answer: Are some people more disposed to be successful with a program like this than others? If so what might those factors be? - **YES!**

Statistically significant differences during pre-measurement in:

- Happiness and Wellbeing
- % Time Happy vs Not
- Level of Positive and Negative Emotion
- Depression
- Stress
- Anxiety
- Depersonalization/Derealization
- Consciousness
- Absorption
- Mysticism/Mystical Type Experience
- Gratitude
- Flow
- Neuroticism
- Extraversion

Answer: Is there a significant psychological difference between individuals who transition to O.N.E./PNSE during such a program? – **YES!**

Happiness/Wellbeing	19 to 28%	Stress	-41%
% Time Happy	> 50% (74% vs 50%)	Disassociation	> 50%
% Time Unhappy	> -57% (7% vs 16%)	Depersonalization	208%
Depression	-57%	Mysticism	17-39%
Positive Emotions	23 to 27%	Meaning	20%
Negative Emotions	-16 to -55%	Gratitude	7%
Compassionate Love	10%	Relationships	23%
Loneliness	-51%	Engagement	10%
Anxiety – State	-13%	Neuroticism	-45%
Anxiety – Trait	-15%	Agreeable	17%

# Thank You!

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More at: [nonsymbolic.org](http://nonsymbolic.org)