Persistent Non-Symbolic Experience & The Finders Course Experiments

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Persistent Non-Symbolic Experience (PNSE)

Catchall phrase for <u>persistent</u>…

• Plateau (vs. Peak) Experience (Maslow)

• Enlightenment

• Mystical Experience

• Nonduality

• Cosmic/God/etc. Consciousness

• (and about 200 other terms, worldwide)

• Not limited to spiritual or religious people.

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

Study #1 - Approach

- 'Gold standard' self report measures
  - Example: Batch 1 - Modified M-Scale, DES2, STAI, SWLS, BFI, TAS, and Modified MUMEX
- In-depth interviews (6-12+ hours)
  - Focused on Cognition, Affect, Memory and Perception
  - Extracting and refining testable psychological claims from self reports
    - Example: "Loss of self" …what does this actually mean?
    - Clearly talking to someone who's saying "I did X"
- Physiological measurement
  - HRV, SPV, breath, etc.
  - EEG, fMRI, …
  - DNA, blood, and other bio soon…

What we learned…

PNSE/O.N.E

- 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 sense of connectedness and possibility
- 'Life Flow' instead of 'Task Flow'

Psychological Correlates
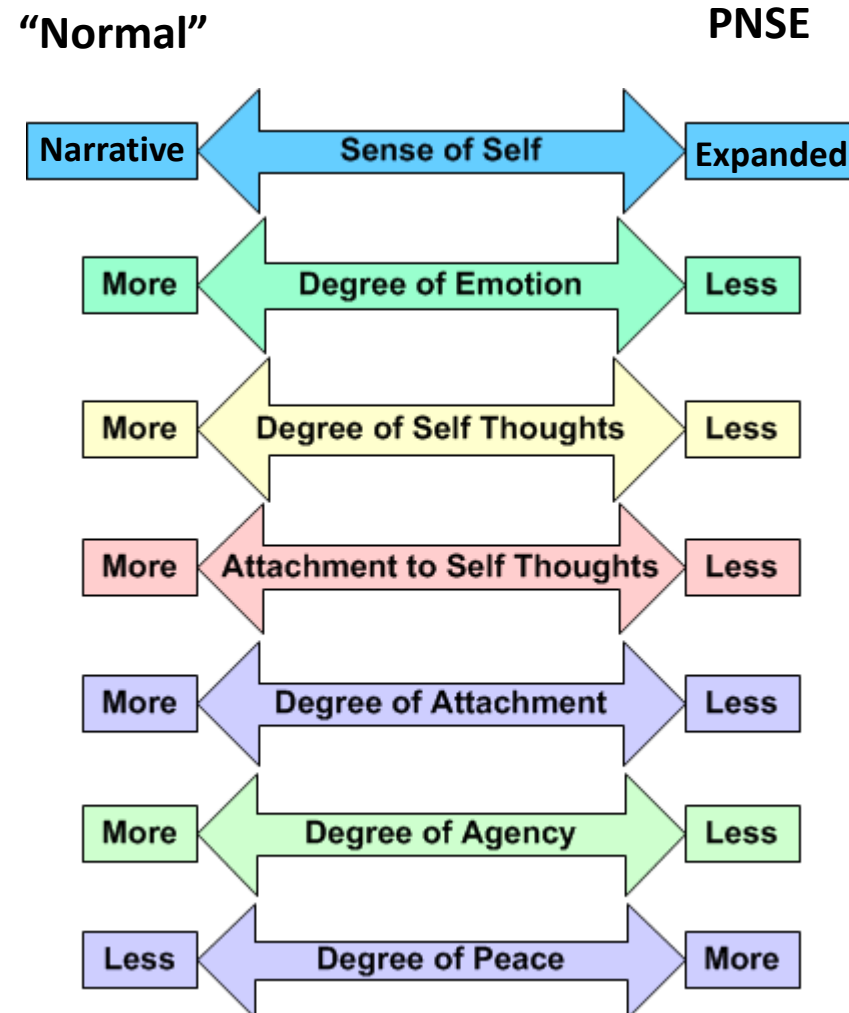
Deeper patterns emerged…

PNSE Continuum

Location 1   **Location 2**   **Location 3**   **Location 4**

- Locations actually represent 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

PNSE Continuum

Location 1

- Expansion of sense of self
- Much less affected by 'self' thoughts
- Distance from but still have positive and negative emotions
- Deep peace but can be suppressed by triggered conditioning
- Effects from perceptual triggers fall off quickly
- Deep peace and beingness feels more real than anything previous
- Trust in 'how things are'
- Personal history less relevant, memories less

PNSE Continuum

Location 1   Location 2   Location 3   Location 4

- 'Self' thoughts continue to fade
- Peace increasingly harder to suppress/conditioning fades
- Shift towards increasingly positive emotions, until only very positive emotions remain
- Nondual
- More likely to feel that there is a correct decision or path to take when presented with choices
- Higher well-being than location one

PNSE Continuum

Location 1   Location 2   Location 3   Location 4

- Only single positive emotion remains
- Feels like a combination of universal compassion, love, joy, ...
- Classic end of Christian mystical tradition
- May be divine or panpsychic
- Higher well-being than location 2

PNSE Continuum

Location 1   Location 2   Location 3   Location 4

- No sense of agency
- No emotions
- No 'self' thoughts
- Perceptual triggers at their bare minimum
- No sense of divine or panpscyhic consciousness
- Life is simply unfolding and they are watching the process happen
- Memory deficits/scheduled appointments, etc.
- Highest well-being reported

PNSE Continuum

Location 1

- Expansion of sense of self
- Much less affected by 'self' thoughts
- Distance from but still have positive and negative emotions
- Deep peace but can be suppressed by triggered conditioning
- Effects from perceptual triggers fall off quickly
- Deep peace and 'beingness feels more real than anything previous
- Trust in 'how things are'
- Personal history less relevant, memories less

Location 2

- 'Self' thoughts continue to fade
- Peace increasingly harder to suppress/conditioning fades
- Shift towards increasingly positive emotions, until only very positive emotions remain
- Intermediate levels of perceptual triggers increasingly fade
- More likely to feel that there is a correct decision or path to take when presented with choices
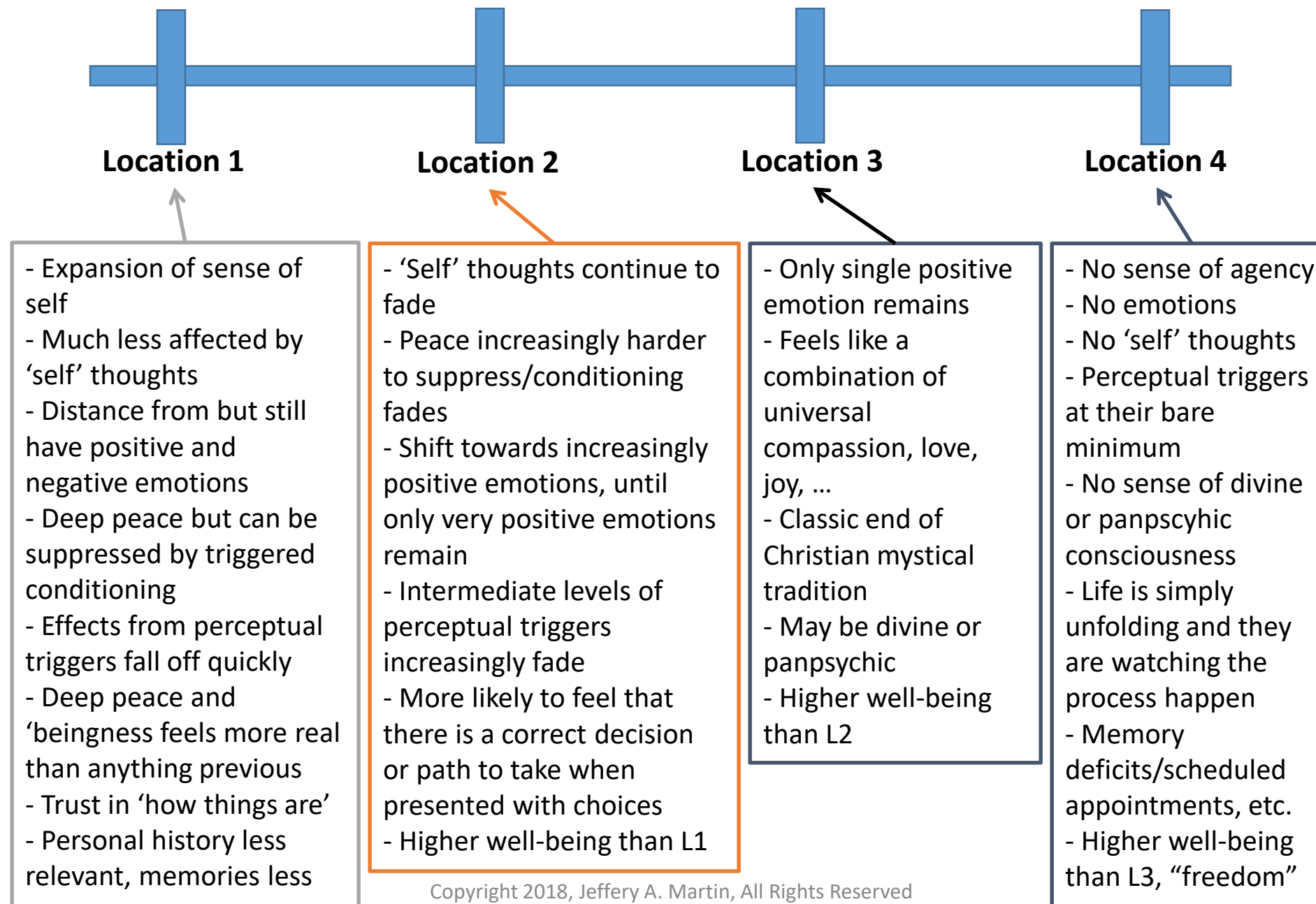- Higher well-being than L1

Location 3

- Only single positive emotion remains
- Feels like a combination of universal compassion, love, joy, …
- Classic end of Christian mystical tradition
- May be divine or panpsychic
- Higher well-being than L2

Location 4

- No sense of agency
- No emotions
- No 'self' thoughts
- Perceptual triggers at their bare minimum
- No sense of divine or panpscyhic consciousness
- Life is simply unfolding and they are watching the process happen
- Memory deficits/scheduled appointments, etc.
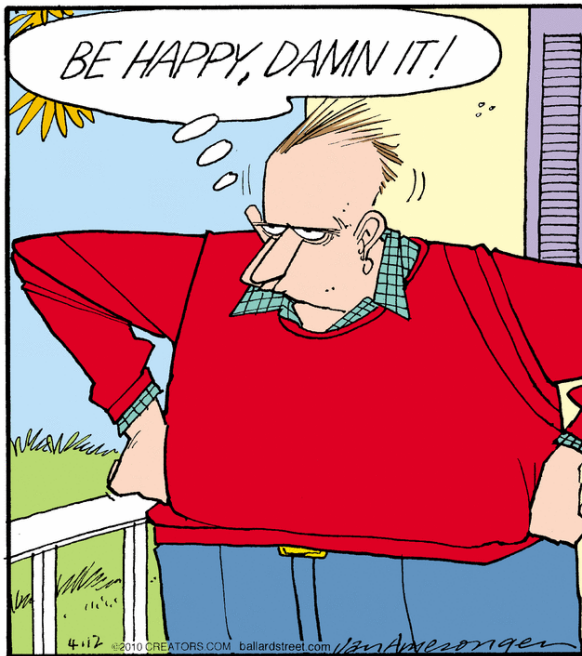- Higher well-being than L3, "freedom"

Location 5 and later

- Fork in the road
  - Path of Freedom -> Continues like L4
  - Path of Humanity -> Return to emotion, Might become "Fluid 5+"
- Things get stranger
  - PSI (L5-L9)
  - PK (L10+)
- Transitions can be dramatic, and even potentially dangerous
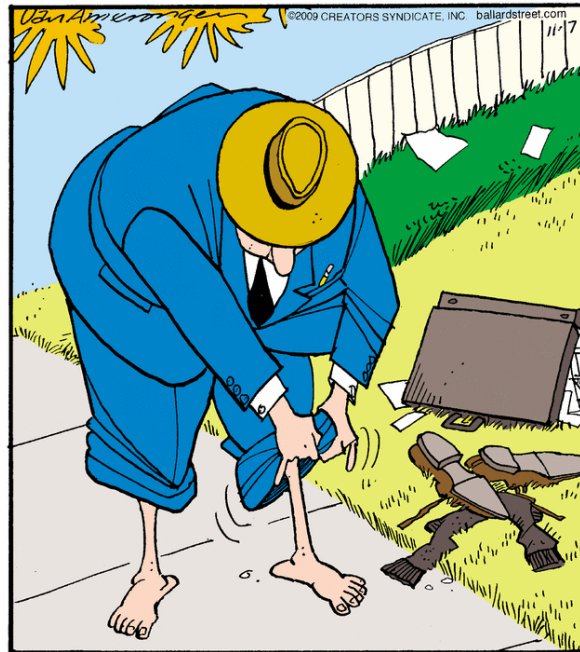- L9 = "It feels like it's just the universe looking out my eyes"

How does it happen…?

How Does it Happen?

Purposeful Effort   **Self Objectifying Event**   **?**

It's the morning things started to slip away from Corley.

Troy can now see he's out of the normal flow of things.

STUDY #2
The Finders Course Experiments

World's Largest Crowd Sourced, Crowd Funded PNSE Consciousness Experiment

$1,000,000+
in total support

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?

- Can we find location specific differences?

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

Finders Course Experiments and Results

- 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

- Last group FC10b in todays data

- 11 groups overall in parts of this data

	n	% of total
Location 1	142	31%
Location 2	92	20%
Location 3	48	11%
Location 4	26	6%
Location 5+	11	2%
No NSE Reported	48	11%
Temporary NSE	87	19%

	n	%
Total ONE	319	70%
Total Participants	454	
Est. Dropout Rate	30%	

Answers…

- Can a short, intense meditation and positive psychology program assist people with the transition to PNSE? – **YES!**

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

Academic Measures
Overall

Happiness

Measure	n	Pre	Post	Dif	%Dif	Sig
AHI – Overall Happiness	388	3.17	3.71	0.5	17%	*****
FEQ – Happiness	387	6.86	7.92	1.1	16%	*****
FEQ – % Time Happy	388	49.82	67.21	17.4	35%	*****
FEQ – % Time Unhappy	387	16.34	8.97	7.4	-45%	*****
FEQ – % Time Neutral	386	33.8	23.58	-10.2	-30%	*****
SWLS – Wellbeing	385	22.41	27.09	4.7	21%	*****
PERMA – Happiness	388	6.96	8.25	1.3	19%	*****

Emotion

Measure	n	Pre	Post	Dif	%Dif	Sig
CES-D – Depression	386	10.71	5.71	-5	-47%	*****
PANAS – Positive Affectivity	190	32.19	34.93	2.7	9%	****
PANAS – Negative Affectivity	190	13.65	11.59	-2.1	-15%	*****
PERMA – Positive Emotion	389	6.68	7.99	1.3	20%	*****
PERMA – Negative Affect	389	3.29	1.89	-1.4	-43%	*****
PERMA – Loneliness	389	3.02	1.6	-1.4	-47%	*****
CLS – Compassionate Love	190	4.89	5.19	0.3	6%	*****
STAI Y1 – State Anxiety	399	33.82	27.43	-6.39	-19%	*****
STAI Y2 – Trait Anxiety	399	38.02	30	-8.02	-22%	*****
STRESS	399	19.71	13.06	-665	-34%	**

PNSE/O.N.E.

Measure	n	Pre	Post	Dif	%Dif	Sig
MNETI	389	61.7	76.19	14.49	24%	*****
MUMEX	389	15.28	20.56	5.28	35%	*****
M-Scale	389	119.43	131.79	12.36	10%	*****
M-Scale – Introvertive	389	45.4	49.95	4.55	10%	*****
M-Scale – Extrovertive	389	26.85	31.04	4.19	16%	*****
M-Scale – Interpretive	389	47.17	50.79	3.63	8%	*****

Meaning

Measure	n	Pre	Post	Dif	%Dif	Sig
PERMA – Meaning	389	7.22	8.31	1.1	15%	*****
MILQ – Presence	388	23.39	25.52	2.1	9%	*****
MILQ – Search	388	21.13	16.89	-4.24	-20%	*****

Personality

Measure	n	Pre	Post	Dif	%Dif	Sig
NEO-FFI						
Neuroticism	394	17.96	12.35	-5.61	-31%	*****
Extraversion	394	25.75	27.59	1.87	7%	*****
Openness	394	35.26	35.27	0.01	0.03%	--
Agreeable	394	36.23	37.64	1.41	4%	*****
Conscientious	394	31.57	32.98	1.41	5%	*****

Misc.

Measure	n	Pre	Post	Dif	%Dif	Sig
TGS – Gratitude	387	36.72	39.2	2.5	7%	*****
PERMA – Relationships	389	6.88	7.96	1.1	16%	*****
PERMA – Accomplishment	389	7.44	8.26	0.8	11%	*****
PERMA – Engagement	389	7.35	8.12	0.8	11%	*****
CDFS1 – LifeFlow	355	3.2	3.56	0.36	11%	*****
CDFS2 – TaskFlow	355	3.51	3.84	0.33	9%	*****
PERMA – Health	389	7.36	8.07	0.7	10%	*****

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

Happier	~16-19%
Wellbeing	~21%
% Time Happy	35% (>67% of time)
% Time Unhappy	-45% (<9% of time)
Positive Emotions	~ 9-20%
Negative Emotions	~ -15-43%
Compassionate Love	6%
Anxiety – State	-19%
Anxiety – Trait	-22%

Stress	-34%
Depression	-47%
Mysticism	~ 10-35%
Meaning	~ 9-20
Gratitude	7%
Relationships	16%
Engagement	11%
Neuroticism	-31%
Extraversion	7%

O.NE. vs 'Normal'

Happiness

Measure	O.N.E.						NOT O.N.E.							Significance	
	n	Pre	Post	Dif	%Dif	Sig	n	Pre	Post	Dif	%Dif	Sig	0%D	Pre	Post
AHI – Overall Hap.	271	3.27	3.9	0.63	**19%**	5*	117	2.92	3.26	0.34	**12%**	5*	**20%**	**5***	**5***
FEQ – Happiness	271	7.11	8.25	1.14	**16%**	5*	117	6.3	7.15	0.85	**14%**	5*	**15%**	**5***	**5***
FEQ – % Happy	271	53.77	73.64	19.87	**37%**	5*	117	40.67	52.53	11.65	**27%**	5*	**40%**	**5***	**5***
FEQ – % Unhap.	270	15.30	6.9	-8.41	**-55%**	5*	117	24.41	15.92	-8.49	**-35%**	4*	**-57%**	**3***	**5***
FEQ – % Neutral	269	31.58	19.54	-12.04	**-38%**	5*	117	38.89	32.82	-6.07	**-16%**	2*	**-40%**	**2***	**5***
SWLS – Wellbeing	269	23.38	28.92	5.54	**24%**	5*	117	20.19	22.91	2.72	**14%**	5*	**26%**	**4***	**5***
PERMA – Happiness	271	7.28	8.73	1.45	**20%**	5*	117	6.23	7.15	0.92	**15%**	5*	**22%**	**5***	**5***

Happiness

Measure	O.N.E.					NOT O.N.E.							Significance	
	n	Pre	Post	Dif	%Dif	Sig	n	Pre	Post	Dif	%Dif	Sig	0%D	Pre	Post
AHI – Overall Hap.	271	**3.27**	3.9	0.63	19%	5*	117	2.92	**3.26**	0.34	12%	5*	**20%**	**5***	**5***
FEQ – Happiness	271	**7.11**	8.25	1.14	16%	5*	117	6.3	**7.15**	0.85	14%	5*	**15%**	**5***	**5***
FEQ – % Happy	271	**53.77**	73.64	19.87	37%	5*	117	40.67	**52.53**	11.65	27%	5*	**40%**	**5***	**5***
FEQ – % Unhap.	270	**15.30**	6.9	-8.41	-55%	5*	117	24.41	**15.92**	-8.49	-35%	4*	**-57%**	**3***	**5***
FEQ – % Neutral	269	**31.58**	19.54	-12.04	-38%	5*	117	38.89	**32.82**	-6.07	-16%	2*	**-40%**	**2***	**5***
SWLS – Wellbeing	269	**23.38**	28.92	5.54	24%	5*	117	20.19	**22.91**	2.72	14%	5*	**26%**	**4***	**5***
PERMA – Happiness	271	**7.28**	8.73	1.45	20%	5*	117	6.23	**7.15**	0.92	15%	5*	**22%**	**5***	**5***

Emotion

* = p < 0.05; ** = p < 0.01; *** = p < 0.001, **** = p < 0.0001; ***** = p < 0.00001

Measure	O.N.E.						NOT O.N.E.							Significance	
	n	Pre	Post	Dif	%Dif	Sig	n	Pre	Post	Dif	%Dif	Sig	O%D	Pre	Post
CES-D	268	9.81	3.9	-5.91	**-60%**	5*	117	12.7	9.87	-2.83	**-22%**	4*	**-60%**	**2***	**5***
PANAS–PAff	136	33.06	36.72	3.66	**11%**	5*	53	30.34	30.26	0.08	**-0.3%**	--	**21%**	*	**5***
PANAS–NAff	136	13.11	11	-2.11	**-16%**	5*	53	15.09	13.13	-1.96	**-13%**	*	**-16%**	**5***	**5***
PERMA–PEm	271	7.02	8.5	1.48	**21%**	5*	117	5.93	6.8	0.87	**15%**	5*	**25%**	**5***	**5***
PERMA-NAff	271	3.07	1.47	-1.6	**-52%**	5*	117	3.78	2.89	-0.89	**-24%**	5*	**-49%**	**2***	**5***
PERMA–Lnly	271	2.78	1.15	-1.63	**-59%**	5*	117	3.53	2.65	-0.88	**-25%**	3*	**-57%**		**5***
CLS – Comp. Love	136	4.94	5.31	0.37	**8%**	5*	53	4.74	4.88	0.14	**3%**	--	**9%**	--	**2***
STAI Y1 – State Anxiety	268	32.17	24.74	7.43	**-23%**	**	113	37.37	33.47	3.9	**-10%**	*	**-26%**	**5***	**5***
STAI Y2 – Trait Anxiety	268	36.02	27.06	-8.97	**-25%**	5*	113	42.21	36.59	-5.62	**-13%**	5*	**-26%**	**5***	**5***
STRESS	268	18.45	10.8	-7.65	**-42%**	5*	113	23.31	18.12	-4.19	**-19%**	5*	**-40%**	**4***	**5***

Emotion

* = p < 0.05; ** = p < 0.01; *** = p < 0.001, **** = p < 0.0001; ***** = p < 0.00001

Measure	O.N.E.						NOT O.N.E.							Significance	
	n	Pre	Post	Dif	%Dif	Sig	n	Pre	Post	Dif	%Dif	Sig	O%D	Pre	Post
CES-D	268	9.81	3.9	-5.91	-60%	5*	117	12.7	9.87	-2.83	-22%	4*	-60%	2*	5*
PANAS–PAff	136	33.06	36.72	3.66	11%	5*	53	30.34	30.26	0.08	-0.3%	--	21%	*	5*
PANAS–NAff	136	13.11	11	-2.11	-16%	5*	53	15.09	13.13	-1.96	-13%	*	-16%	5*	5*
PERMA–PEm	271	7.02	8.5	1.48	21%	5*	117	5.93	6.8	0.87	15%	5*	25%	5*	5*
PERMA-NAff	271	3.07	1.47	-1.6	-52%	5*	117	3.78	2.89	-0.89	-24%	5*	-49%	2*	5*
PERMA–Lnly	271	2.78	1.15	-1.63	-59%	5*	117	3.53	2.65	-0.88	-25%	3*	-57%		5*
CLS – Comp. Love	136	4.94	5.31	0.37	8%	5*	53	4.74	4.88	0.14	3%	--	9%	--	2*
STAI Y1 – State Anxiety	268	32.17	24.74	7.43	-23%	**	113	37.37	33.47	3.9	-10%	*	-26%	5*	5*
STAI Y2 – Trait Anxiety	268	36.02	27.06	-8.97	-25%	5*	113	42.21	36.59	-5.62	-13%	5*	-26%	5*	5*
STRESS	268	18.45	10.8	-7.65	-42%	5*	113	23.31	18.12	-4.19	-19%	5*	-40%	4*	5*

O.N.E./PNSE

Measure	O.N.E.						NOT O.N.E.							Significance	
	n	Pre	Post	Dif	%Dif	Sig	N	Pre	Post	Dif	%Dif	Sig	O%D	Pre	Post
MNETI	267	**64.57**	81.66	17.09	**27%**	5*	107	54.88	**62.93**	8.05	**15%**	5*	30%	**5***	**5***
MUMEX	267	**16.61**	22.78	6.17	**37%**	5*	107	11.88	**15.35**	3.47	**29%**	5*	48%	**4***	**5***
M-Scale	267	**123.94**	139.46	15.52	**13%**	5*	107	107.68	**111.87**	4.19	**4%**	--	25%	**4***	**5***
M-Scale – Introvertive	267	**47.11**	52.91	5.8	**12%**	5*	107	40.96	**42.17**	1.21	**3%**	--	25%	**4***	**5***
M-Scale – Extrovertive	267	**28.27**	33.21	4.94	**18%**	5*	107	23.42	**25.49**	2.07	**9%**	*	30%	**4***	**5***
M-Scale – Interpretive	267	**48.56**	53.34	4.78	**10%**	5*	107	43.3	**44.21**	0.91	**2%**	--	21%	**4***	**5***

Meaning

Measure	O.N.E.					NOT O.N.E.							Significance	
	n	**Pre**	Post	Dif	**%Dif**	Sig	n	Pre	**Post**	Dif	**%Dif**	Sig	**O%D**	**Pre**	**Post**
PERMA – Meaning	271	**7.51**	8.74	1.23	**16%**	5*	117	6.54	**7.29**	0.75	**12%**	3*	**20%**	**4***	**5***
MILQ – Presence	270	**23.83**	26.38	2.55	**11%**	5*	117	22.34	**23.52**	1.18	**5%**	*	**12%**	**2***	**5***
MILQ – Search	270	**20.15**	15.53	-4.62	**-23%**	5*	117	23.54	**20.14**	-3.4	**-14%**	5*	**-23%**	**3***	**4***

Personality

Measure	O.N.E.					NOT O.N.E.							Significance	
	n	**Pre**	Post	Dif	**%Dif**	Sig	n	Pre	**Post**	Dif	**%Dif**	Sig	**O%D**	**Pre**	**Post**
NEO-FFI	267						113								
Neuroticism		**16.54**	10	-6.54	**-40%**	5*		21.15	**17.73**	-3.42	**-16%**	5*	**-44%**	**4***	**5***
Extraversion		**26.44**	28.66	2.22	**8%**	5*		24.25	**25.16**	0.91	**4%**	*	**14%**	**2***	**5***
Openness	*	**35.68**	35.94	0.26	**0.73%**	--		34.23	**33.69**	-0.54	**-2%**	--	**7%**	*****	**4***
Agreeable	*	**36.66**	38.56	1.9	**5%**	5*		35.31	**35.5**	0.19	**0.54%**	--	**9%**	*****	**5***
Conscientious		**32.26**	34.24	1.98	**6%**	5*		29.91	**29.95**	0.04	**0.13%**	--	**14%**	**2***	**5***

Misc.

Measure	O.N.E.						NOT O.N.E.							Significance	
	n	Pre	Post	Dif	%Dif	Sig	n	Pre	Post	Dif	%Dif	Sig	O%D	Pre	Post
TGS – Gratitude	269	**37.37**	40.2	2.68	**7%**	5*	117	35.16	**37.22**	2.06	**6%**	4*	**8%**	**3***	**5***
PERMA – Relationships	271	**7.12**	8.39	1.27	**18%**	5*	117	6.38	**7.01**	0.63	**10%**	4*	**20%**	**2***	**5***
PERMA – Accomp.	271	**7.64**	8.62	0.98	**13%**	5*	117	6.98	**7.42**	0.44	**3%**	2*	**16%**	**3***	**5***
PERMA – Engage.	271	**7.57**	8.46	0.89	**12%**	5*	117	6.83	**7.31**	0.48	**7%**	2*	**16%**	**4***	**5***
CDFS1 – LifeFlow	243	**3.3**	3.75	0.45	**14%**	4*	99	2.96	**3.13**	0.17	**6%**	2*	**19%**	**5***	**5***
CDFS2 – TaskFlow	243	**3.62**	4.01	0.39	**11%**	5*	99	3.29	**3.46**	0.17	**5%**	*	**16%**	**5***	**5***

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

Happiness/Wellbeing	~ 15 to 26%	Stress	-40%
% Time Happy	> 40% (74% vs 53%)	Disassociation	
% Time Unhappy	> -57% (7% vs 16%)	Depersonalization	
Depression	-60%	Mysticism	~ 25-48%
Positive Emotions	~ 21 to 25%	Meaning	~ 12-23%
Negative Emotions	~ -16 to -49%	Gratitude	8%
Compassionate Love	9%	Relationships	20%
Loneliness	-57%	Engagement	16%
Anxiety – State	-26%	Neuroticism	-44%
Anxiety – Trait	-26%	Extraversion	14%

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

What About The Locations?

Happiness

Measure	O.N.E.						
	nNSE	**tNSE**	**L1**	**L2**	**L3**	L4&Up	5+
AHI – Overall Hap.	**3.21** ***	**3.29** ****	**3.63** *****	**4.1** *****	**4.12** *****	4.26 ***	4.26 *
FEQ – Happiness	**7.05** **	**7.21** *****	**7.82** *****	**8.52** *****	**8.85** *****	8.62	8.75 *
FEQ – % Happy	**38.38** **	**41.95** ****	**45.9** *****	**54.97** *****	**65.44** *****	69.5 *	84.88
FEQ – % Unhap.	**15.26** **	**14.71** **	**8.81** *****	**4.84** *****	**3.54** ****	4.04 *	4.5
FEQ – % Neutral	**40.14**	**38.19** *	**37.58** *****	**29.94** *****	**24.07** ***	19.32	7.57
SWLS – Wellbeing	**21.04**	**23.75** *****	**26.67** *****	**30.61** *****	**31.32** ***	30.72 ***	31.38
PERMA – Happiness	**6.9** *	**7.28** *****	**8.3** *****	**9.05** *****	**9.17** ***	9.15 ***	9.38

Emotion

Measure	O.N.E.						
	nNSE	**tNSE**	**L1**	**L2**	**L3**	L4&Up	5+
CES-D	**10.05 (2*)**	**9.77 (2*)**	**5.26 (5*)**	**3.05 (5*)**	**2.4 (4*)**	2.23 (2*)	2.38
PANAS–PAff	**31.69**	**29.8**	**33.84 (2*)**	**38.91 (4*)**	**40.74 (*)**	37.81	40.83
PANAS–NAff	**14.38**	**12.72 (*)**	**11.49 (4*)**	**10.69 (4*)**	**10.32 (2*)**	10.71	10.5
PERMA–PEm	**6.58 (*)**	**6.92 (5*)**	**7.96 (5*)**	**8.77 (5*)**	**9.19 (5*)**	9.23 (3*)	9.21
PERMA-NAff	**2.84 (2*)**	**2.92 (5*)**	**1.91 (5*)**	**1.27 (5*)**	**0.87 (5*)**	0.92 (3*)	0.88
PERMA–Lnly	**2.74 (*)**	**2.6 (2*)**	**1.52 (5*)**	**1.03 (5*)**	**0.41 (3*)**	0.91 (*)	1.12
CLS – Comp. Love	**5.06**	**4.82**	**5.1 *******	**5.29 ****	**5.84 ***	5.46	5.43
STAI Y1 – State Anxiety	**34.88**	**32.7 *****	**26.68 *******	**23.42 *******	**23.02 *****	21.88 ***	23.38
STAI Y2 – Trait Anxiety	**36.9 ****	**36.42 *******	**29.79 *******	**25.05 *******	**24.45 *******	23.73 ****	24.25
STRESS	**18.95 ****	**17.67 *******	**13.05 *******	**9.72 *******	**8.01 *******	7.35 ****	8

O.N.E./PNSE

Measure	O.N.E.						
	nNSE	**tNSE**	**L1**	**L2**	**L3**	L4&Up	5+
MNETI	**59.86** ****	**64.49** *****	**73.18** *****	**85.94** *****	**91.08** *****	94.11 *****	92.38
MUMEX	**12.47**	**16.8** ****	**19.2** *****	**24.58** *****	**28.4** ***	25.56	25.62 *
M-Scale	**99.89**	**117.94** *	**129.61** *****	**146.97** *****	**152.18** ****	144.11	142.88
M-Scale – Introvertive	**37.14** *	**44.72**	**49.54** *****	**55.71** *****	**57.07** ***	54.11	53.62
M-Scale – Extrovertive	**22.06**	**27.23** **	**30.1** *****	**35.35** *****	**37.3** ***	35.26	35 *
M-Scale – Interpretive	**40.69**	**46**	**49.97** *****	**55.91** *****	**57.85** ***	53.19	54.25

Meaning

Measure	O.N.E.						
	nNSE	**tNSE**	**L1**	**L2**	**L3**	L4&Up	5+
PERMA – Meaning	**7.2** *	**7.34** **	**8.16** *****	**9.16** *****	**9.42** *****	9.19 ****	9.21 *
MILQ – Presence	**23.6**	**23.46**	**25.33** *****	**27.08** *****	**27.68** ***	27.27	28
MILQ – Search	**21.31** *	**19.48** ****	**16.62** *****	**15.37** **	**14.02** *	13.15 *	14.25

Personality

Measure	O.N.E.						
	nNSE	tNSE	L1	L2	L3	L4&Up	5+
NEO-FFI							
Neuroticism	17.66 *	17.76 *****	12.74 *****	8.66 *****	6.74 *****	5.85	5 **
Extraversion	25.07	25.21	28.02 *****	29.26 ****	30.1	27.73	28.88
Openness	33.63	33.72	35.29	36.5 *	36.55	36.5	38.38
Agreeable	35.66	35.42	36.88 ****	39.61 ****	40.48 *	40.58 **	40.62
Conscientious	30	29	32.96 ****	35.22 ***	36.12 **	34.58	35.88

Misc.

Measure	O.N.E.						
	nNSE	tNSE	L1	L2	L3	L4&Up	5+
TGS – Gratitude	37.31 ***	37.17 *	39.47 *****	40.34 *****	41.23 ***	40.12	41.12
PERMA – Relationships	7.02 *	7.01 ***	7.84 *****	8.6 *****	9.2 ****	9.06 *****	9.12 ***
PERMA – Accomp.	7.26 *	7.5	8.21 *****	8.84 *****	9.13 *****	9.05 **	9
PERMA – Engage.	7.21 *	7.36 *	7.99 *****	8.66 *****	9.14 ****	9.1 **	9.29
CDFS1 – LifeFlow	3.06	3.17 **	3.48 *****	3.86 *****	4.17 *****	3.9 *	3.97
CDFS2 – TaskFlow	3.42	3.48 *	3.84 *****	4.1 *****	4.32 **	4.03	4.06

Answers…

- Can we find location specific differences? **YES!**

After the program…

Do the effects last? What happens Later?

- Deconditioning
- Cycles
- Deepening within and between locations

	n	% T	% former
Location 1	25	18%	31%
Location 2	37	26%	20%
Location 3	7	5%	11%
Location 4	16	11%	6%
Location 5+	16	11%	2%
Not in NSE	22	15%	11%
Temporary NSE	19	13%	19%

	n	% T	% F
Total ONE	101	71%	70%
Total Participants	142		

What's next

- Transition FC to format for the public to use
- Continuing to work on FC data
  - Creating a new, shorter program
  - Method matching measure
  - Locations measure
  - Data mining
- Working on research and information regarding settling into ONE/PNSE

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