

IOLEE Research Report

A NEW PARADIGM FIRST-PERSON CONTEMPLATIVE LEARNING FRAMEWORK AND PRACTICE TO INVESTIGATE CONSCIOUS EXPERIENCE

Carlo Monsanto^{1,2,3}, Andreea Petrus¹, Lokesh Agrawal¹

BACKGROUND

Through IOLEE, learners are guided to cultivate a non-anticipating, open, experiential understanding for whatever is experienced, subjectively and objectively. This study consisted in guiding a small number of participants through a 3-month transformational learning process. This process evolved through different stages which promote *mapping, decoding, and completing* once suppressed and repressed painful memories, upon which these are viscerally cleared, culminating in catharsis, mental clarity, and a sense of wellbeing. As a result of sustained practice, the learner's capacity to self-regulate, and internally and externally maintain stability, is gradually increased, reducing reactivity to former triggers, leading to a sense of mindful-presence, and purpose. This significantly impacts the learner's resilience within the context of his/her community, making more of who one is accessible in the present. IOLEE goes a step further to facilitate a combined interoceptive and exteroceptive process, which enables participants to attune to making visible subjectively motivated reactive patterns that would normally remain unseen to others. These reactive patterns can upset the natural balance in familial, social and work settings. Participants learned to cultivate an intelligence through which they could find purpose in communion, empowering their contributions towards greater resilience and realizing attainable objectives that restore their capacity to self-regulate.

VALIDATION

We have been developing IOLEE for over twenty (20) years (Monsanto and Petrus et al.); formalized IOLEE Ecosystem as a for profit company in New York State (USA) in 2019; and completed a preliminary study in collaboration with the Institute of Noetic Science (IONS) in California. After

¹ IoLee Ecosystem

² The Laszlo Institute of New Paradigm Research

³ Ronin Institute

taking a small number of participants through a three month interoceptive learning process, in their post-surveys, 90% shared that they had a meaningful experience and clarity, and profound insight. In the free-response comments, participants also shared their positive experiences. Even though these findings were positive, because of the small number of participants, they were not statistically significant. For example, the well-being score increased, and the pain score decreased, but they did not reach statistical significance. If we were to continue collecting pre- and post-survey responses for future workshops and merge them with this data, we would achieve greater participant numbers, resulting in greater significance. Though this preliminary study, we wish to encourage future research into the different areas that IOLEE covers.

Created with [Craft](#)

¹ IoLee Ecosystem

² The Laszlo Institute of New Paradigm Research

³ Ronin Institute