

An Approach to Science: Awareness of Enaction

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INTRODUCTION

- How could embodied awareness, a potential phenomenological or contemplative approach, positively impact scientific process?

METHODS

- This is a theoretical study based on transdisciplinary theories. Its strength is in the number of domains included and the dynamics of a three-level approach.

2. Domain Selections	Primary Sources
Phenomenology	Husserl
Theoretical physics	Bohm
Theoretical biology	Maturana & Varela
Microphenomenology	Petitmengin
Human science	Bateson
Early Buddhism	Anālayo
Contemplative practice	Generic
Creativity studies	Fritz , Baer, Feldman, et .al.

3. Process

Coding:

- Constructivist grounded theory
- Theme: non-separation of matter and mind, pre-representational consciousness/experience

Levels of science & research

- Philosophical/theoretical
- Normative
- Methodological/technological

Systemic Theoretical Process:

- Why domains chosen
- Contributions and distinctions
- Integration

Integration:

- Gather and compare in cross-domain tables
- Winnnow or discriminate through imaginative variation of phenomenology

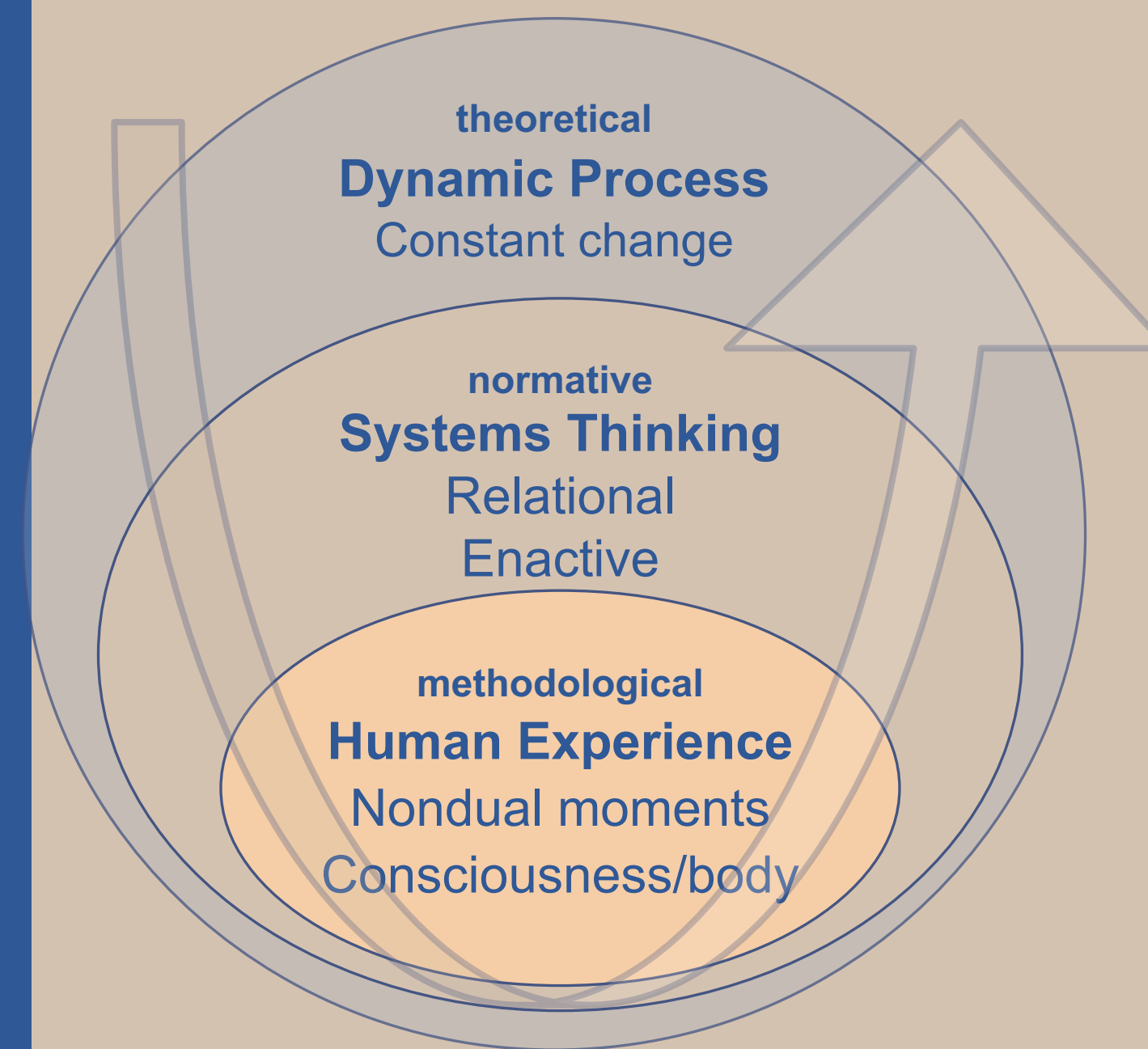
OUTCOMES

The results, a theory, include relational dynamics at all three levels of science that reinforce each other through dynamic processes grounded in contact with the biological and physical world.

The Theory

1. Results of human fear and lack of awareness are likely devastating to our planet

2. We can learn to face, recognize, and accept constant change and absence of absolutes



4. Foster awareness of the subtle experiences humans share with all living systems

Awareness: accessing unnoticed experience

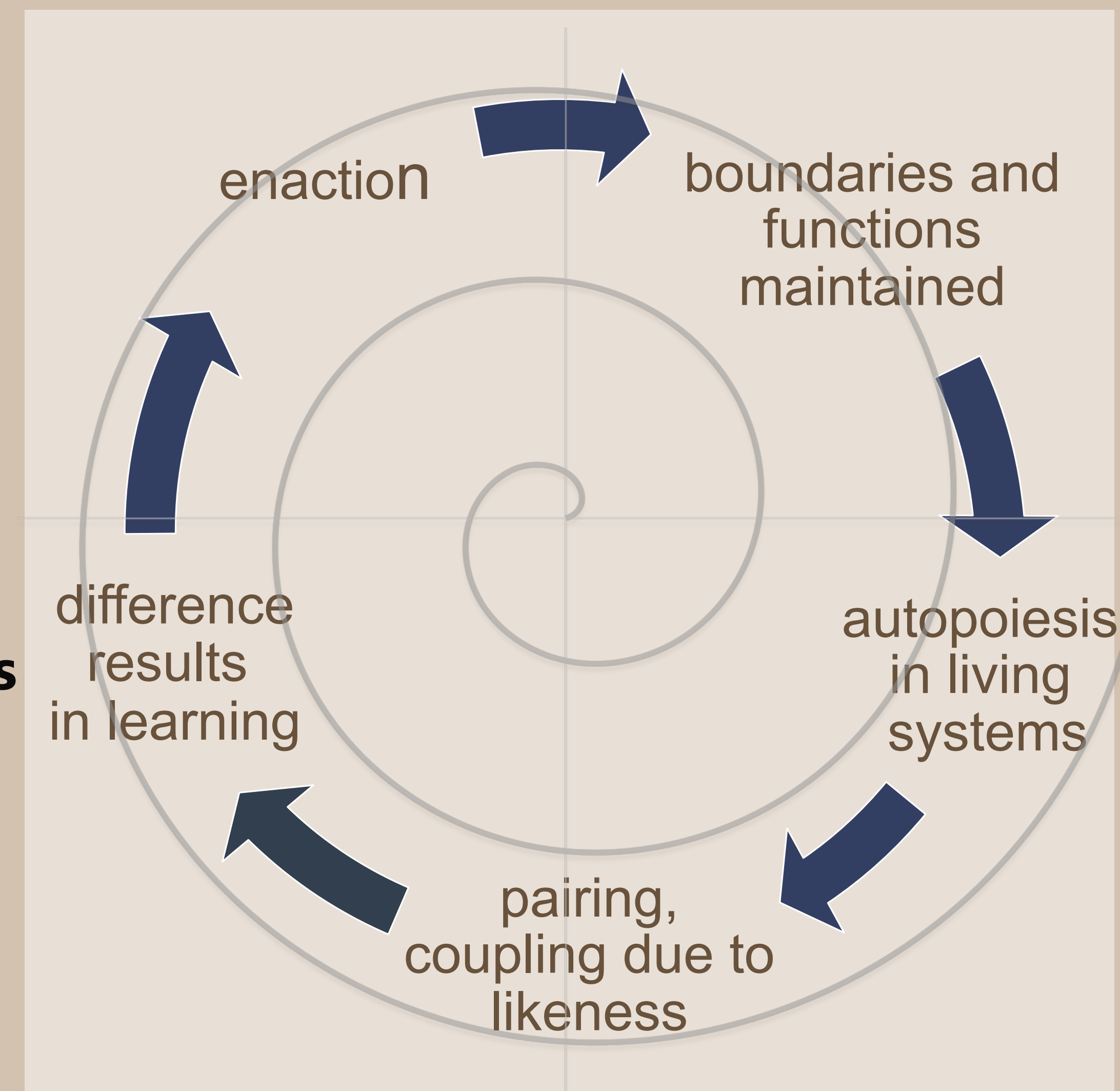
- Generic contemplative
- Noting subtle experience



Particular categories of experience

- Analysis of active and passive synthesis
- Transmodal experience
- Differences that make a difference
- Satipaṭṭhānas (esp. *vedanā*)

3. Explore systems thinking at all system levels and across domains

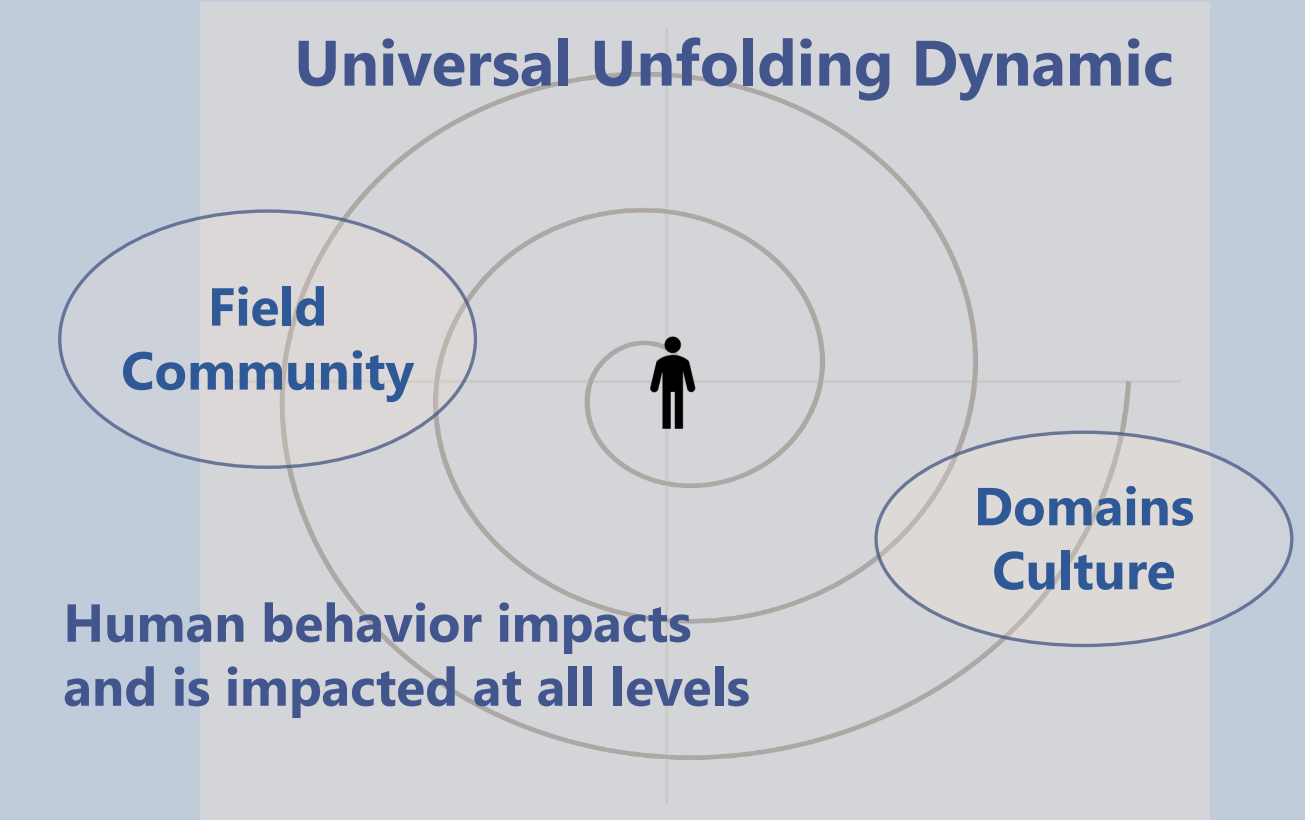


5. Through such awareness humans can open to possibilities arising from embeddedness in the natural world and create in relationship to the planet and other living beings.



Rees, Mary G.. (2019). *The Moment of Creation: A Meta-Model for Opening to Emergent knowing in Science* (Order No. 27739521). Available from ProQuest Dissertations & Theses Global. (2387996628)

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APPLICATION AND DEVELOPMENT

Characteristics of pre-reflective consciousness

Consciousness arising undifferentiated from matter
Dynamic processes, constant flow
Enactive

Accessing unnoticed consciousness

Receptivity of processes: opening to what is arising
Embodied awareness or proprioceptive knowing
Noting and epoché - **particular categories**

- Phenomenology (Husserl 1920-1926/2001)
- Microphenomenology (Petitmengin 2007)
- Human science (Bateson 1979/2002)
- Early Buddhism (Anālayo 2003)

Awareness through generic contemplative practice

Passive receptivity
Non-interfering observation
Active receptivity (volitional potential)
Seeing through
Accessing flow
Awareness of enactive capacities

Self-Questioning Strategies ←

Philosophically, Normatively, Methodologically
Please see handout for the brief list of self-questioning strategies at each of the three levels to apply these strategies in your own work and for opportunities to cooperatively assess their viability, impacts, and further potentials in your area of interest

Thanks to my dissertation committee at Saybrook University (2019)

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