A Transformational Approach to Science Through Awareness of Enaction

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IINTRODUCTION

How could embodied awareness, a potential phenomenological or contemplative approach. positively impact scientific process? to conscientious creating in en

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.

TRANSDISCIPLINARY THEORETCAL STUDY

Domain Selections
- Phenomenology
- Theoretical physics
- Theoretical biology
- Microphenomenology
- Human or cognitive science
- Early Buddhism
- Contemplative practice
- Creativity studies

Primary Sources
Husserl
Bohm
Maturana & Varela
Petitmengin
Bateson
Anālayo

TRANSDISCIPLINARY SYSTEMIC METHOD

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
- Winnow or discriminate through imaginative variation of phenomenology

OUTCOMES

The results include a harmonization at all three levels of science that reinforce each other through dynamic processes grounded in contact with the biological and physical world. I invite collaboration in testing the outcomes, using these methods and self questioning strategies in any domain of study.

RESULTS
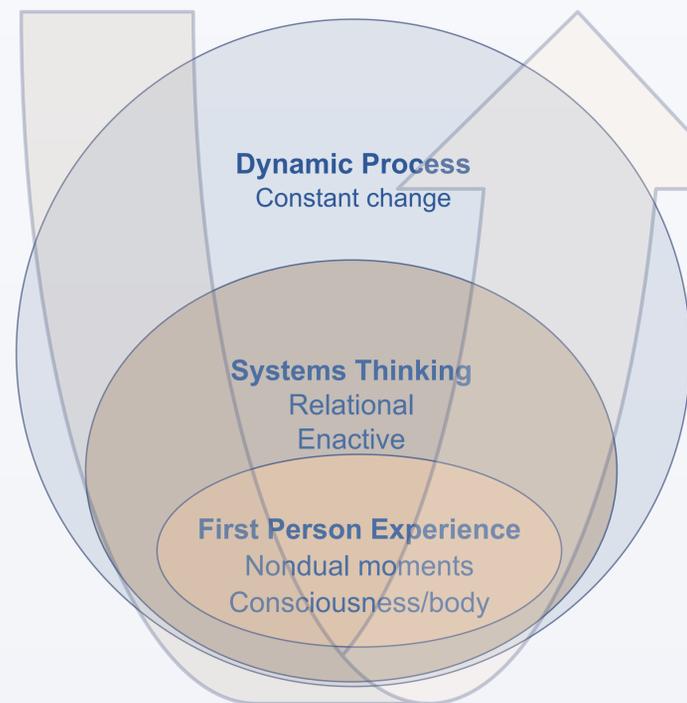
PHILOSOPHICAL/THEORETICAL SCIENCE

What lawfulness is entailed in pre-reflective (transcendental) phenomenological philosophy?

(changing one's thinking)
Core essentiality of science
A priori condition that makes science a science
ontology

Constant Change

DYNAMIC INTERACTIVE METAMODEL

Dynamic Process
Constant change

Systems Thinking
Relational
Enactive

First Person Experience
Nondual moments
Consciousness/body

Self-Questioning Strategies

Do I focus on process rather than final outcomes?
Do I hold concepts loosely?
Am I open to change? To continuous unfolding process?
Am I clinging to or blinded by a view, a theory, rather than walking the razor's edge, neither falling to one side or the other of dichotomizations?
Is there resonance of environment and inner visceral dynamics?
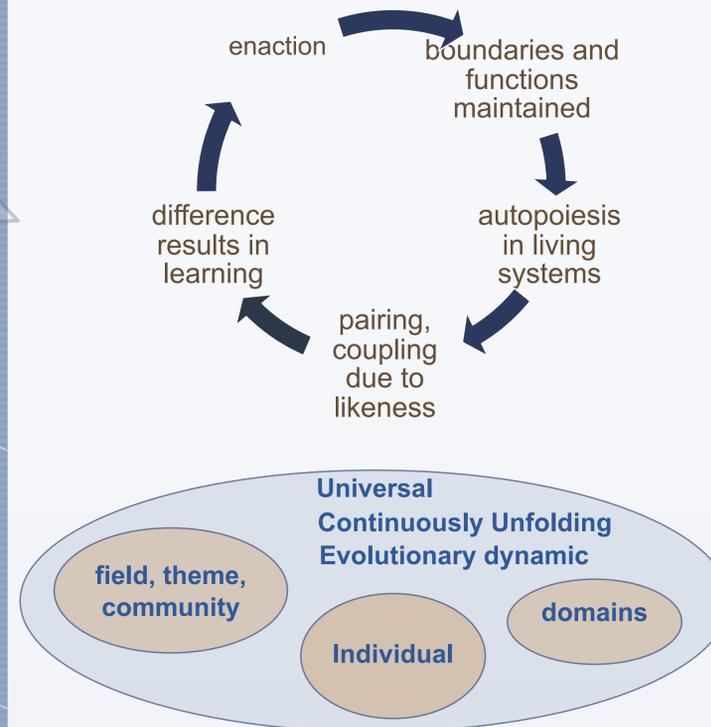
RESULTS

NORMATIVE SCIENCE

Is there cross domain support, in observable patterns, for the value and capacity of accessing pre-reflective consciousness?

(discovering patterns across domains)
Systematic description of core essentiality
Establishes the values of a science to satisfy as a science
epistemology

Systems Thinking
Relationality - Enaction

AWARENESS OF TRANSFORMATIONAL PROCESS

enaction → boundaries and functions maintained
autopoiesis in living systems
pairing, coupling due to likeness
difference results in learning

Universal Continuously Unfolding Evolutionary dynamic
- field, theme, community
- Individual
- domains

Self-Questioning Strategies

Have I incorporated potential insights and further research based on outliers and white noise?
Do I consider systems from their perspective, functioning, and flexibility of their boundaries and function? At multiple levels?
Do I reset my work into the dynamism and dynamic aspects of the contexts in which they reside?
Do I attend to what is implicit, tacit, emergent?

RESULTS

METHODOLOGICAL/TECHNOLOGICAL SCIENCE

What are the characteristics of pre-reflective, non-representational consciousness? How is such consciousness accessed?
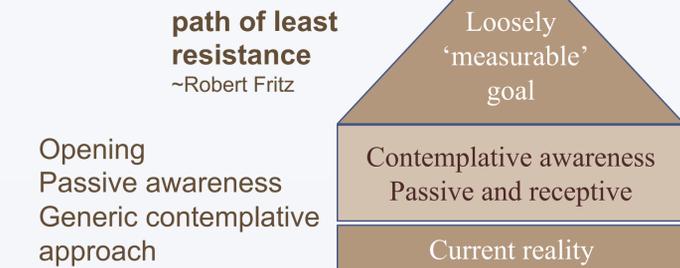
(uncovering what has been unnoticed)
implementation in given domain,
fits within theory & normativity, suggests modification in theory
axiology

First Person Experience
Non-separation of matter and mind

Characteristics of pre-reflective consciousness

Consciousness may arise undifferentiated from matter
Dynamic processes, constant flow
Enactive

path of least resistance
~Robert Fritz

Loosely 'measurable' goal

Contemplative awareness
Passive and receptive

Current reality

Opening
Passive awareness
Generic contemplative approach

Accessing unnoticed consciuosness - awareness

Receptivity of processes: opening to what is arising
Embodied awareness or proprioceptive knowing
Noting and epoché
- Phenomenology
- Microphenomenology
- Human science
- Satipaṭṭhāna esp. *vedanā*

Self-Questioning Strategies

Have I (or have I consistently) explored subtle levels of experience (subjective universals) as described in various models (such as transmodal experiences, the satipatthāna, Husserl's active and passive analysis)?
Can I rest in awareness of the founding stratum, the pre-personal flow of embodied experience?
Can I develop awareness of the arising, stabilizing, decaying, and dissolving of any or all phenomena?