



# Microphenomenological Interviews:

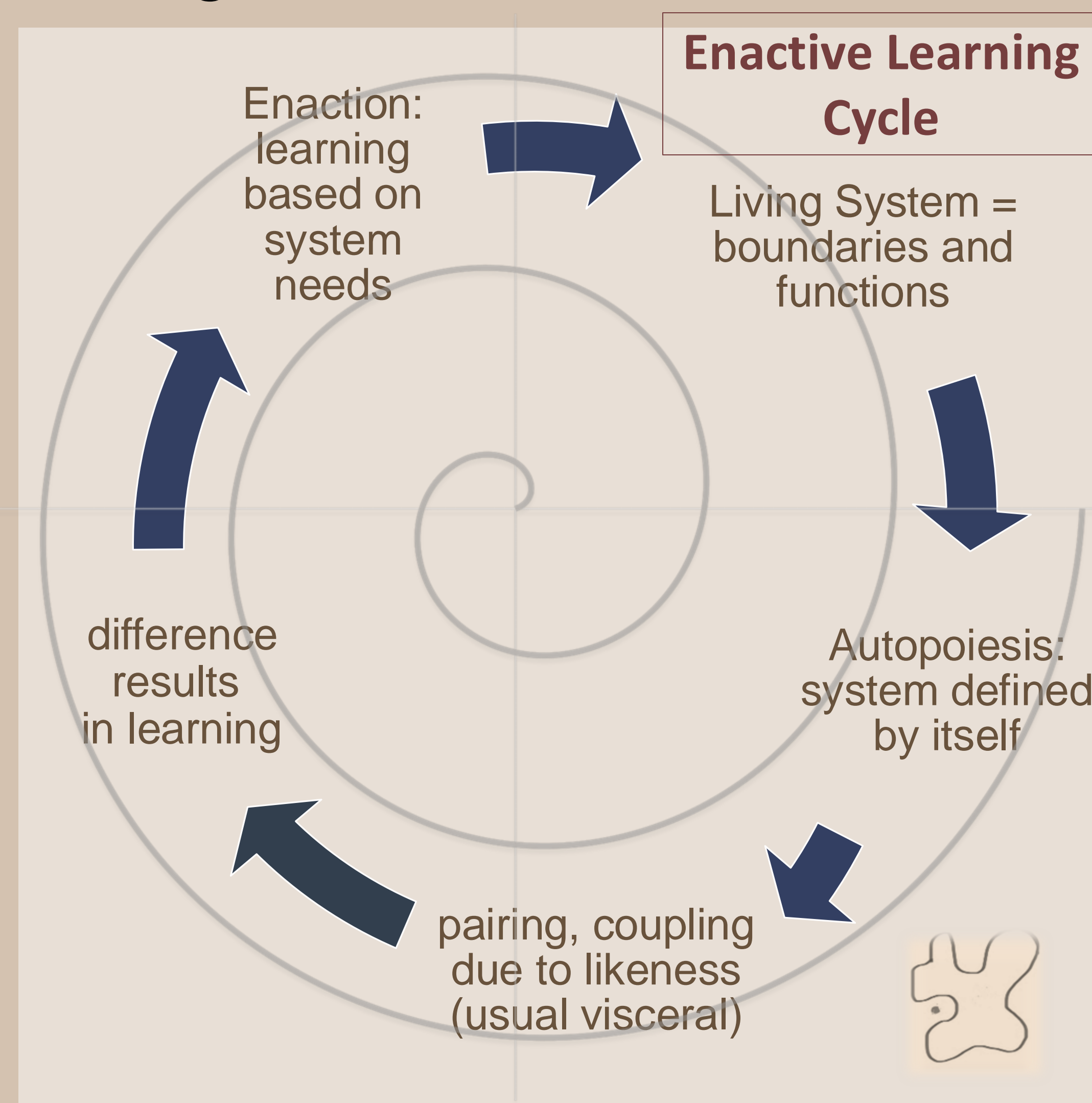
An Experiential Method for Approaching Science as Enactive, Fostering Awareness of Emergence, and Developing Skill as a Contemplative Scientist  
ICP 2024, Le Reposoir, FR



**Proposal** Microphenomenological interviews provide skillful means for exploring experiential awareness of the dynamics of all living systems, including our own. We explore emerging resonances as transcendental rather than transcendent

## The Theory\*

1. Results of human fear and lack of awareness are likely devastating to our planet, despite good intentions. We learn to:
2. Face, recognize, accept constant change and absence of absolutes
3. Explore systems thinking (relationality) at all system levels and across domains
4. Recognize and foster awareness of subtle mind/body experiences



### Awareness of unnoticed (prereflective)

- Consciousness arising undifferentiated from matter
- Amoebic responses
- Enactive Learning cycle
- Dynamic processes, constant flow, relationality

### Some categories of experience to explore

- Satipaṭṭhānas, aggregates (*vedanā, feeling tone*) (Analayo 2003)
- Transmodal experience (Petitmengin 2007)
- Analysis of active and passive synthesis (Husserl 1920-1926/2001)
- Differences that make a difference (Bateson 1979/2002)

### Awareness of emergence, dynamism, resonations

- Emergence as transcendental rather than transcendent
- Sudden and gradual
- Dynamism: Husserl genetic phenomenology, David Bohm generative order, Macy Mutual Causality

### Methods

- MPh interview
- Generic contemplative practice
- Noting practice of subtle experience

Contemplative or Enactive Science

Theoretical/Philosophical  
Dynamic Process  
Constant change

Normative/Domain  
Systems Thinking  
Relational  
Enactive

Methodological/  
Technological  
Human Experience  
Nondual moments  
Consciousness/body

Emergence as Dynamic and Transcendental vs Transcendent

5. Open to possibilities arising from embeddedness in the natural world and creating in relationship to the planet and other living beings.

