

An Approach to Science (phenomenological and contemplative)



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OBJECTIVE

The purpose of the theoretical study was to describe a potential phenomenological or contemplative approach to science, and to conscientious creating in an

RESEARCH QUESTIONS

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

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

What are the characteristics of pre-reflective, non-representational consciousness? How is such consciousness accessed?

TRANSDISCIPLINARY THEORETICAL 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

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

Levels of science & research

- Philosophical/theoretical
- Normative
- Methodological/technological

REFERENCE

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). Retrieved from <https://search-proquest-com.tcsedsystem.idm.oclc.org/pqdglobal/docview/2387996628/7A4A202DF4614DF1PQ/1?accountid=34120>

CONTACT

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PHILOSOPHICAL/THEORETICAL SCIENCE

Constant Change

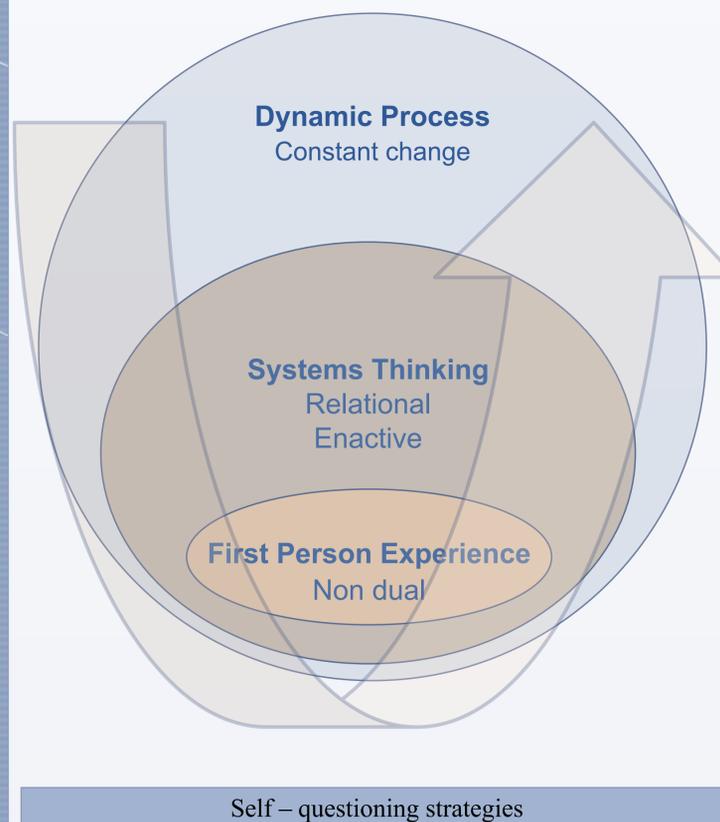
(changing one's thinking)

Core essentiality of science

A priori condition that makes science a science

- A continuous co-arising of matter and mind
- Knowing as awareness of experience:
- An embodied approach
- Integral impact of personal perspective
- Space or emptiness, insubstantiality, making change possible
- Focus on process and dynamics rather than outcomes
- Holistic

DYNAMIC INTERACTIVE METAMODEL



- 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 stepping off contingency or clinging to 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?

NORMATIVE SCIENCE

System Thinking
Relationality - Enaction

(discovering patterns across domains)

Systematic description of core essentiality

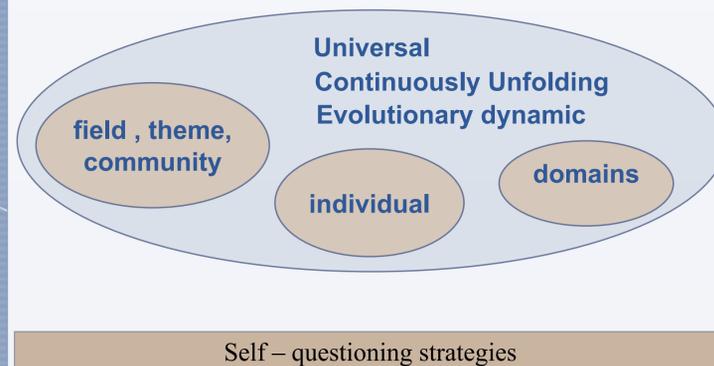
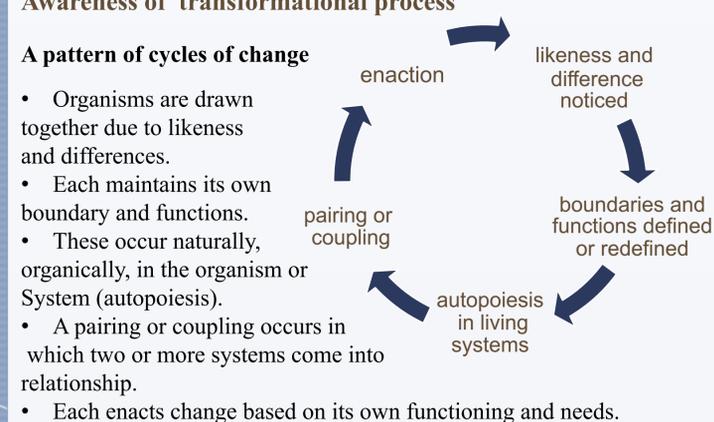
Establishes the values a science has to satisfy to be a science

1. Recognizing lawfulness of constant change
2. Dynamism and dynamic aspects within context
3. Primacy of the implicate and relationship to movement
4. Totality
5. Fusion, sedimentation, and formations
6. Causes and conditions, form & content based on context
7. Systems pair/couple due to likeness especially related to movement (difference that movement creates)
8. Learning occurs due to difference
9. Systems as totalities

Awareness of transformational process

A pattern of cycles of change

- Organisms are drawn together due to likeness and differences.
- Each maintains its own boundary and functions.
- These occur naturally, organically, in the organism or System (autopoiesis).
- A pairing or coupling occurs in which two or more systems come into relationship.
- Each enacts change based on its own functioning and needs.



- 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?

METHODOLOGICAL/TECHNOLOGICAL SCIENCE

First Person Experience
Non dual awareness

(uncovering what has been unnoticed)

implementation in a given domain, fits within theory & normativity, suggests modification in theory

Characteristics of pre-reflective consciousness: "default mode"

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

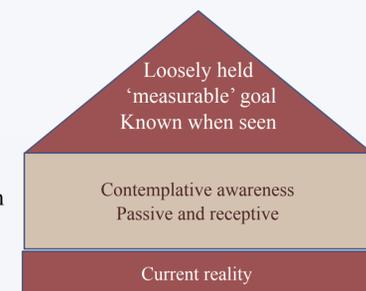
Accessing unnoticed consciousness - awareness of default mode

- Receptivity of contemplative processes – opening to what I arising
- Embodied awareness or proprioceptive knowing
- Noting and epoché
 - Phenomenology - epoché, reduction (static, genetic); active and passive analysis
 - Microphenomenology – first person experience, interviews, analysis, transmodal experience
 - Human science - awareness of difference; dialogue, relational meditation, thinking about thinking
 - Satipatthana especially vedanā feeling tone

Path of least resistance

Robert Fritz

Opening
Passive awareness
Generic contemplative approach



Potential outcomes

- Transformational creativity
- Human examples : Bohm and Einstein, Cohen, Dillard
- Marsalis
 - Adjust to changes without losing your equilibrium
 - Master moments of crisis with clear thinking
 - Live in the moment and accept reality instead of trying to force everyone to do things your way
 - Concentrate on a collective goal even when your conception of the collective doesn't dominate;
 - Know how and when to extend your individual energy. (Marsalis, 2008, p. 18)
- In research and practice
 - Relationship to the process
 - Letting go of focus on objects
 - Opening to wider awareness
 - Discovering subtle levels of experience
 - Consciousness in and of the body (human experience)

- 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?