Chapter 11: Temporality and the Living Present (312-359)

- 1. Intro: concept of neurophenomenology
- 2. Experience and the Flow of Action (312-317)
 - a. M-P and soccer playing: consciousness is absorbed skillful action; temporal flow but with modifications (heightened intensity / attention in penalty box; a sort of "force field" at line of penalty box, etc)
 - b. Dreyfus ignores pre-reflective self-awareness; for him all self-awareness is reflective self-objectification. Pre-reflective self-awareness is "direct acquaintance with body subjectivity." We can make this explicit, but that shows it is there implicitly.
- 3. Time Consciousness and Pre-Reflective Self-awareness (317-329)
 - a. Time cness is both cness of objects and of experience; temporal width of present.
 - b. Husserl:
 - i. impression-retention-protention;
 - ii. retention =/= recollection; protention =/= expectation as those are intentional acts, hence re-presentational.
 - iii. Time-constituting "absolute" time-cness (325).
 - c. Zahavi:
 - i. pre-reflective self-awareness is inner time-cness;
 - ii. absolute flow is living present = pre-reflective self-awareness.
- 4. Neurophenomenology and Time-consciousness (329-338)
 - a. Varela: synchrony patterns of neural activity allow integration corresponding to width of living present (330);
 - b. 3 temporal scales: 1 = integration; 1/10 = elementary acts; 10 = descriptionnarration (331).
 - c. neuronal relaxation time provides width of living present (334).
 - d. Emergence and self-organization dependent on context (this can be extended to political contexts, hence "political affect") (336).
- 5. Experimental Neurophenomenology (338-349)
 - a. Intro
 - b. Perception and ongoing subjective mental activity
 - c. Waves of consciousness
- 6. Neurophenomenology and the Neural Correlates of Consciousness (NCC) (349-356)
 - a. NCC from neurophenomenology stance is about structure, not contents (350)
 - b. Unified field model vs building blocks; large scale integration via phase synchrony
- 7. Neurophenomenology and Naturalism (356-359)
 - a. Nonlinear sciences allow for advances on Husserlian veto of naturalism, as autopoiesis allows advances on Kantian veto of "hylozoism"
 - b. Not just structural isomorphism of neurodynamics and experience, but mutual enlightenment of phenomenology and neuroscience; phenomenology is a "way of seeing the inner life of biological systems," that is, makes sense of relations of life, mind and consciousness (359).

c. Hence, we transform idea of nature from that of physical reduction base to that of lived body which is essentially mixture of phenomenal and physical or subjective and objective (359).

Chapter 12: Primordial Dynamism: Emotion and Valence (360-381)

- 1. Protention (360-362)
 - a. Retention and protention linked in self-organizing motivations. Protention is "unfulfilled": its objects are not yet present but are anticipated; emotion.
 - b. Spinoza and Jonas: life's concern to keep going.
- 2. Enactive emotion (362-366)
 - a. Emotion is "prototype whole-organism event": mobilizes and coordinates nervous system, endocrine system, psychological experience, behavioral response.
 - b. Dynamic systems models of emotion: intentional outreach (WJ Freeman).
 - c. Freeman: self-organizing action-perception cycle response via modulating of ongoing endogenous activity
 - d. LeDoux: heteronomous input-output triggering of circuits
- 3. A Neurodynamical Model (366-370):
 - a. Freeman's model
 - i. Body:
 - 1. Motor loop
 - 2. Proprioceptive loop
 - ii. Brain
 - 1. "space-time loop"
 - 2. "control loop"
 - 3. "reafference loop"
 - b. Freeman and Varela: consciousness as "global dynamic activity pattern that organizes activity in brain. "State variable constrains chaotic activities of parts by quenching local fluctuations."
- 4. Emotional Self-organization (370-381)
 - a. Nice chart at 372
 - b. Lewis model: 4 stages: trigger, self-amplification, self-stabilization, learning
 - c. Husserl: passivity = being pre-cognitively affected; receptivity = response by noticing what has precognitively affected you.
 - d. Micro-scale of events: Varela and Depraz: "At the Source of Time": switches of attitude in flow are emotionally driven and manifest themselves as "dynamic fluctuations of affect."
 - i. Precipitating event
 - ii. Affective salience: sense of meaning of precipitating event
 - iii. Feeling tone: valence or complex pleasure / displeasure looping
 - iv. Motor embodiment: action tendencies preparing and executing action
 - v. Visceral-interoceptive embodiment: physiological changes and neural feedback of them
 - e. Meso-scale of moods
 - f. Macro-scale of personality-formation

Chapter 13: Empathy and Enculturation (382-411)

- 1. Intro
- 2. Intentionality and Open Intersubjectivity (383-386)
- 3. The Phenomenological Concept of Empathy (386-393)
- 4. Affective and Sensorimotor Coupling (393-395)
- 5. Imaginary Transposition (395-397)
- 6. Mutual Self and Other Understanding (398-401)
- 7. Moral Perception (401-402)
- 8. Enculturation (402-411)