

MIND & LIFE
EUROPE

ICP 2024 Workshop Programme

Friday 4 October

Welcome to the workshop 18:00 pm

Dinner 19:00 – 20:00 pm

Saturday 5 October

Breakfast 7:00 – 9:00 am

Morning 9:00 - 12:30 am

Introductions (30 minutes)

2 presentations of 30 minutes each

Guðbjörg R. Jóhannesdóttir

Exploring the experience of beauty in nature

In my presentation I would like to present some preliminary results of microphenomenological interviews on the experience of beauty in nature. My hypothesis that I have developed from some pilot interviews I have done, is that the experience of beauty involves experiencing the blurring or even disappearing of the boundaries between subject and object.

Litzuli Zarate

"Seeing our future together." A phenomenological approach to the indigenous self-organization for the collective common good.

The hegemonic perspective suggests we are incapable of self-organizing for the common good. Nevertheless, there are a few successful groups that share one characteristic I state as they "see their future together". This infers a perception of reality as interdependent which seems to act as a trigger for collaboration. I interviewed 19 Indigenous-women from a successful group applying a hybrid methodology using micro-phenomenology and ethnography, a microphenomenological-ethnography.

Break (20 minutes)

2 presentations of 30 minutes each



MIND & LIFE

EUROPE

Katrin Heimann

Becoming aware in the museum

It has long been argued that aesthetics was the primary medium in which privilege and oppression are experienced and upheld and that art institutions due to their historical as well as current setup support existing divisions. Still, in 2022, ICOM's updated definition of a museum stated: "Open to the public, accessible and inclusive, museums foster diversity and sustainability." In my presentation I will present two case studies indicating that such ambitious agenda might be helped by micro-phenomenological interventions. Precisely, I will portray how MP interviews with visitors and employees of two established art institutions in Denmark and Switzerland allowed for the detection of unexpected intersectional differences in the art experiences explored and outline the institutional reflections and processes initiated by this exposure.

Marcus Weisen

Alive place: becoming aware of the space in-between

Becoming aware of person-place intertwinement in situated architectural encounter shows par excellence that "inner" experience requires non-dualistic descriptions. This completed PhD research project brings micro-phenomenology and contemporary architectural phenomenology into dialogue. It shows, that in encounter the largely lost intimacy between self and the world is rekindled. Designing from a relational place of embodied thinking, experience, knowledge and imagination is the ethos for designing environments fit for living beings.

Break (10 minutes)

Presentation of 4 posters (5 minutes each)

Caroline Preller

Embodied learning: Changing perspective through theatrical masks

Mask work requires a shift in the way performers experience their senses and interact, due to "facelessness", a reduction of visual input, and a compensatory increase in kinesthetic and auditory modes of perception. By analysing micro-phenomenological interviews with mask experts, I hope to be able to show the phenomenological experience of interacting while performing with a theatrical mask, particularly in relation to perspective-changing. I would then see what these findings could bring to the context of a transdisciplinary, enactive pedagogical framework, such as second-language learning through masked drama.

Christine Sorsana

How do children testify to their lived experiences of the emergence of an idea in conversation?

This research project aims at: (1) comparing the results of the first-person and third-person analyses conducted with children in a problem-solving situation, and (2) detecting the testimony of the potential role of social interaction within the micro-moves of thinking accomplished when a cognitive obstacle occurred, such as children can describe it in a micro-phenomenological interview.



MIND & LIFE

EUROPE

Lucia López González

Insights on the study of new understandings through micro-phenomenological interview

The study has tried to verify whether through the micro-phenomenological interview new understandings or awareness of the experience that is evoked or related to it are obtained, using the micro-phenomenological interview itself as a method. Focusing on the cases in which this has occurred, the objective has been to find out what resources facilitate these new understandings and how this happens. In addition to confirming aspects that were already known, new elements/insights have emerged that could open up different lines of research. We will focus on some of them and mention others.

Lunch 12:30 – 13:30 pm

Afternoon 14:30 - 18:00 pm

Exercise or meditation or walk or discussion... (to be decided) 20 minutes

2 presentations of 30 minutes each

Raphaël Julliard

Researcher-As-Obstacle Framework: A Methodology for the Study of Creativity While it Happens

This presentation introduces the Researcher-As-Obstacle (RAO), a framework relying on micro-phenomenology interviews to study artistic creativity, specifically the interactions between artists and their artworks during the creative process, the "creative engine". RAO positions researchers in an experimental setting as the assumed primary obstacle for the artist's creativity. Adopting this position facilitates real-time exploration of the creative engine. Multimodal data is collected on the artwork's graphical progression and the artist's behavior, alongside insights gained through micro-phenomenology interviews. We will present results from case studies showing how asking questions as the experience unfolds, corroborated by the graphical progression, enables researchers to immediately deepen their understanding of the artist's relationship with their creative engine.

Break (20 minutes)

2 presentations of 30 minutes each

Bruna Petreca

How do we repair clothing? Investigating the path to repair with hobbyists and expert repairers

The rise of fast fashion has distanced people from practices of caring for and valuing clothes, such as making, mending, and understanding materials. Circular Economy principles advocate for recovering these values to keep clothing in use and reduce consumption. This study uses micro-phenomenology interviews with repairers to examine their decision-making upon first encountering a damaged garment, revealing insights into repair practices, skills, tools, and



MIND & LIFE

EUROPE

community structures. These insights inform the development of tools to support clothing repair practices.

Yannick Prié

Modeling experiences from micro-phenomenological interview data: some considerations, a tool and an example study

First, I focus on interpretive research, considered as a process of constructing models by interpreting data in a principled way (method), that makes use of tools and representations. I discuss the relations between the models, their representations, and the tools that are used, insisting on the importance of the meta-models of digital tools in the shaping of what can be described. I then turn on the presentation of the uPMT tool we have been developing since 2017 for modeling micro-phenomenological interviews diachronically and synchronically. uPMT allows 1- to annotate a transcription of an interview to decide which excerpts to keep, 2- to define a diachronic structure of moments, and 3- to further describe them using shared synchronic categories. I discuss future developments of the tool, notably with regards to facilitating collaboration between analysis, in the context of a project funded by EVA / Mind & Life Europe on intersubjectivity in micro-phenomenological analysis. Finally, I illustrate the use of the tool by presenting the models and the results of recent study we have been conducting on the experiences of breaks-in-presence in Virtual Reality.

Break (10 minutes)

Poster session (5 posters) 40 minutes

Dinner 19:00 – 20:00 pm

Sunday 6 October

Breakfast 7:00 – 9:00 am

Morning 9:00 - 12:30 am

Exercise or meditation or walk or short interview... (to be decided) (30 minutes)

2 presentations of 30 minutes each

Amir Freimann

Exploring the Experience of Being – a constant, stable and ever-present experience

In my presentation I will use a half-hour compilation of video-recorded excerpts from MP-inspired interviews I conducted with spiritual exemplars of different traditions. I will discuss the phenomenological characteristics of the Experience of Being – described as an "overarching, phenomenologically distinct... awareness of self and reality" (Dorjee, 2016) and an "all-enveloping sense of reality and of being rooted in a world" (Ratcliffe, 2020).



MIND & LIFE

EUROPE

Christian Suhr

Allowing the heart to open: Using ethnographic film and microphenomenology to understand the experiences of Muslim, Christian, and Buddhist practitioners

I will share our current analysis with the microphenomenological community in order to receive further guidance and ideas for the next stages of our research. I will include three video excerpts and three specific analyses (diachronic and synchronic) and a generic analysis (based on these three and other examples).

Break (20 minutes)

2 presentations of 30 minutes each

Liudmila Gamaiunova and Nicolas Pellerin

Microphenomenological exploration of self-transcendent experiences in the framework of one-year intensive Buddhist

We conducted microphenomenological interviews with eight intermediate Buddhist practitioners about their self-transcendent experiences at the beginning and end of a one-year intensive meditation training. We will present an analysis of the synchronic and diachronic structure of their experience and the dynamic of change in the description between the beginning and the end of the training.

Willeke Rietdijk

A micro-phenomenological study of meditative processes in meditators of two insight meditation traditions

It will be a report on a completed micro-phenomenological study of experiential shifts into deeper meditation during insight meditation practice of 11 meditators in two traditions (Western Theravada practices and the Goenka tradition). Synchronic and diachronic patterns identified in the interview data will be shown, specifically about experienced self-boundary alterations, which featured strongly without this being the focus of the interviews. Some detail about the analysis process and classification of the data will also be presented, although this is not the main focus of the presentation.

Break (10 minutes)

Presentation of 5 posters (5 minutes each)

Hanne Bess Boelsbjerg

Discovering God. Exploring spiritual peak experiences and daily contemplative practices with ordained priests in Denmark

Five Danish priests were invited to explore a spiritual peak experience and a well-known contemplative practice. In the MP interviews some reported to discover new features related to



MIND & LIFE

EUROPE

the presence of God. By presenting two cases, I illustrate how becoming aware could be experienced as a rediscovery of features ascribed to God.

Jacob Spinks

The Micro-phenomenology of Subtle Sensations within the S.N. Goenka Vipassana Tradition

In Goenka-style Vipassana meditation, a somatosensory phenomenon that marks the meditator's development is labeled within the tradition "subtle sensations." These sensations are often described as energetic vibrations, and they arise from prolonged attention being applied systematically throughout the body. Our study seeks to examine the nature of these sensations and especially the connection of their emergence to shifts in both spotlight attention and background awareness. Towards these aims, we've adopted a researcher-as-participant paradigm, using micro-phenomenology to investigate one of the researcher's experience of subtle sensations. Thus far, the method has facilitated our awareness of a fuller array of its sensory components, highlighted the ambiguous role of agency in a dynamic interplay between active/passive engagement, and has provided a foundation for understanding the micro-dynamics of how subtle sensations unfold. An additional component of future studies will be the exploration of how best to manage the unique challenges the evocation state poses to meditation research, specifically how the blurry line between the evocation and actualization of the subtle sensation experience can be utilized to examine that experience closer to its real-time unfolding.

Aislinn O'Donnell

Turning to the world: Practices of open attention.

This short presentation will describe and discuss an ongoing practice of working with materials to make contact with experience. It involves a daily practice of open attention through walking and sitting, and then seeing what wants to emerge from this practice. As a self-interview process, I will work with drawing and/or with clay each day as a vehicle or mediator to help to make contact with the experience as lived. I will audio-record the experience involved in this process of making. This will be followed by a piece of writing, again working with micro-phenomenological questioning and prompts, to explore through writing the experience of making in response to the experience of practices of opening to the world and to see whether this allows for a deepening and more immersive experience of contact with the lived reality of the experience.

Kilian Thaa

Embodiment of self-related thoughts, how de se thoughts relate with our experience

The aim of this study is to explore the changes of inner phenomenological representations with the arising and ebbing of self-referential thoughts, as to learn about the structure of this process and gain clues about nature of the self. For data generation micro-phenomenological interviews are being conducted. To facilitate the data generation subjects with meditation experience or other introspective background are being recruited for the interviews. To provoke self-related experiences interviewees are shown a paper with the words "I am . . ." and asked to perceive what arises in their experience for a short amount of time. In the interviews fine grained descriptions of the process of the arising, holding, and fading of self-descriptive thoughts as well as simultaneous aspects of the experience are collected. When a distinct perception of self



MIND & LIFE

EUROPE

arises, this will also be explored. Microphenomenological analysis will be used on the interview data to construct possible structures of the process of the arising and fading of self-referential thought.

Marianne Berlie

The epistemological ground for the grasping of lived experience in micro-phenomenology. A study on the Husserlian concept of Reflexion

Micro-phenomenological interviews are based on the fine description of the lived experience. This modality of experience is conceptually reached through Reflexion, which is the epistemological and methodological key in Husserl's phenomenology (Ideen I, §77). As an antagonist moment to the „unreflected life“, Reflexion allows a subjective access to the lived moment. The reflexive attitude (Einstellung) proceeds insofar to a „modification“ of the unreflected life in order to grasp and describe it. This paradoxical activity of „reflecting“ consists of „stepping back“ from experience in order to understand and theorize it. This epistemological ambiguity finds a practical response in the embodied application of micro-phenomenology.

Lunch 12:30 – 13:30 pm

Afternoon 14:30 - 18:00 pm

Exercise or meditation or walk or discussion... (to be decided) 20 minutes

2 presentations of 30 minutes each

Aude Cardona

The impact of mindfulness meditation on voice production

This study aims to examine the quality of attention (affective valence) to internal sensations (interoception) and its potential impact on physical action (voice production) facilitated by mindfulness meditation training. Using a neurophenomenological approach, the study will investigate the effects of nonjudgmental, nonreactive attention versus judgmental, reactive attention on motor learning in voice production.

Camila Valenzuela

Towards a multidimensional approach to presence: somatic and expressive practices and the study of experience (MAPS)

MAPS is an ongoing action-research initiative aimed at placing the state of presence at the forefront of experiential investigation from an enactive and embodied perspective. Its goals are to enhance understanding of various experiences by capturing subjective and intersubjective dimensions and to foster self-awareness. The initiative uses tools like micro-phenomenological interviews, somatic exercises, and expressive techniques. MAPS emphasizes participants' active role in exploring their experiences, creating a dynamic framework for mapping experiences collaboratively.

Break (20 minutes)



MIND & LIFE
EUROPE

2 presentations of 30 minutes each

Yair Dor-Ziderman

Avoiding awareness of one's mortality: neural mechanisms and experiential invariants

Our group has recently developed and validated a neurocomputational task that indexes prediction-based mechanisms of death denial operating at the level of perception. At the heart of the task is an unconscious mechanism that 'pushes' death away from the self and onto the 'other'. Here we explore whether a parallel pre-reflective mental act can be identified in the experience of 8 participants when contemplating their own death. Our aim is to identify underlying synchronic and diachronic experiential invariants and to explore the feasibility of using these data in a neurophenomenological research setup. I will introduce the death denial neurophenomenological project as a whole, the role of micro-phenomenology in it, then present the results from the preliminary micro-pheno data, and (hopefully) show how these results can be used to constrain neural data.

Christopher Allen

Integrating Micro-phenomenology, Neuroimaging and Psychophysics to investigate the dynamics of experience

The combination of complete micro-phenomenological and magnetoencephalographic analyses suggests that the dynamics of moments of experience occupy a range of durations that map onto the broad spectrum of brain oscillations, in contrast to several established theories of temporality. In relation to this, and other similarly structured experiments (also with complete data), I will present the results and my steps toward developing a framework for integrating micro-phenomenological outcomes with neuroimaging data. Additionally, presenting these will illustrate some of the methodological challenges I have encountered and am keen to discuss (e.g. dealing with and tracking the boundaries of perception and the development of automaticity).

Break (10 minutes)

Poster session (5 posters) 40 minutes

Dinner 19:00 – 20:00 pm

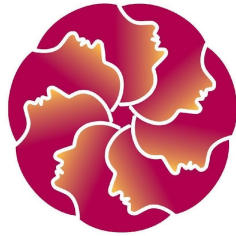
Monday 7 October

Breakfast 7:00 – 9:00 am

Morning 9:00 - 12:30 am

Exercise or meditation or walk or short interview... (to be decided) (30 minutes)

2 presentations of 30 minutes each



MIND & LIFE
EUROPE

Jeanne Catherine Gray

*Doorways into Sudden Psychological Change Among Men in a UK Prison:
Examples of the Micro-Phenomenology Method in Action*

I have conducted 18 microphenomenological interviews with men living in a UK prison. These men self-identified a single moment of insight, where they experienced a significant and sudden positive psychological change. This study provides a clear overview of the MP interview and analysis method with results that inform psychology, criminology, and future investigations into the neuroscience of insight.

Sunniva Rivedal

Mothers with young children's experience of presence and relations to health

The aim of the offered presentation is to explore 1) How do mothers with young children experience presence? and 2) How does their mode of presence relate to vulnerability to stress and exhaustion? Preliminary findings from the micro-phenomenological interviews reveals fine-grained and at the same time substantial changes in the women's bodily experience, sense of presence, focus, and attunement when their children enter the nearby surroundings.

Break (20 minutes)

2 presentations of 30 minutes each

Cristian Rodriguez

Digital Entanglement: how students and devices come (and stay) together

Digital devices and learners cannot be seen as separate entities but as a functional entanglement that come (and stay) together in a performative encounter. This research explores the nature of this entanglement using a complementary mix of micro phenomenology and micro ethnography methodology. The findings identified how the structure of the experience intersects with a series of articulated actor-narratives as students construct their identities by navigating, locating themselves, or being located within the repertoire of these emplotted stories.

Julien Putz

A micro-phenomenological approach to the study of diagrammatic reasoning

I report on a pilot study investigating the experiential micro-dynamics of diagrammatic reasoning. Four graduate students were asked to examine a proof-without-words diagram, and then to participate in a micro-phenomenological interview about this experience. Analysis of the transcripts revealed preliminary generic structures, such as covert manipulation of diagrams.

Break (10 minutes)

Presentation of 4 posters (5 minutes each)



MIND & LIFE

EUROPE

Inès Leferme

Phenomenology of Perception in Extreme Environments: A Case Study of Apneic Experience in a Hyperbaric Setting

Through a program of micro-phenomenological and physiological descriptions of a freediver's deep-sea diving experience, the aim is to develop a phenomenology of perception in hyperbaric environments as a method for describing extreme experiences. This approach seeks to understand the philosophical implications of this mode of relating to the world.

Suneetha Saggurthi and Hanne Bess Boelsbjerg

Slowing down in the context of research

In this project, using micro-phenomenology we explored the experience of slowing down in the context of academia/research. We anticipate that slowing down would lead to more embodied and engaged research. The interviews shed light on how realizing the need to slow down resulted in an actual slowing down that facilitated concentrated and creative cognitive processes.

Jie Gao

Where do I end, and we begin? Intersubjectivity in Micro-phenomenology

Phenomenology seeks to understand how it is possible for anyone to experience the world. Yet, this raises a fundamental question: whose experience are we exploring? When conducting micro-phenomenological (MP) interviews, am I aiming to uncover your experience, our shared experience, or something that emerges from the dynamic interplay between us? In this presentation, I will share ongoing reflections on intersubjectivity in MP, drawing from my doctoral project that integrates MP into a methodological framework aimed at understanding and facilitating young people's learning in emotional and ethical domains. By adopting an intersubjective outlook on MP practices, I reflexively examine my actions—which may reflect my philosophical and cultural heritage as someone navigating between Eastern and Western perspectives—and the normative goals I hold for developing capabilities. I will then discuss which aspects of the practice might allow us to better embrace the transformative quality of coming into contact with human experience.

Mary Rees

Microphenomenological Interviews as Support for the Integrity of Scientific Research

I offer a three-level approach to science and self-questioning strategies at each level which serve as reminders to be thorough in our approach and enhance integrity of our work (Rees, 2019).

- Questions (used either through interview or self-interview) at three levels of science intended to impact one's contemplative or enactive capacity as a scientist, the means one might use in research, and one's way of reporting, as well as means to assess both works in process and the quality of a study as it is finalized.
- Microphenomenology interviews as part of exploration of an enactive learning cycle for all living systems (simple and complex) with special focus on organic learning due to difference. Pilot project done with university IRB committee approval - 2017.
- Data analyzed based on experience of three interview trained participants using a noting



MIND & LIFE

EUROPE

practice during formal meditation, then transcribing and self-reviewing or self-interviewing and revealing experience initially not noticed.

Lunch 12:30 – 13:30 pm

Afternoon 14:30 - 18:00 pm

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2 presentations of 30 minutes each

Deysha Poyser

The Sensitive Adjustment to the Materiality of Things: A Micro-Phenomenological and EEG Study on Visual Aesthetic Encounters

As Baumgarten defined it in 1735, aesthetics explores sensible knowledge and the nature of sensibility, emphasizing meaning creation over mere pleasure and decoration. It involves processes like assembling and resonating, highlighting its dynamic character. The current research examines aesthetic engagement in visual art using a neurophenomenological approach. Preliminary findings reveal complex emotions, multimodal sensory contributions, and an amplified sense of identity potentially linked to the putative engagement of the Default Mode Neural Network.

Anya Ermakova

Applying microphenomenology to study short-acting psychedelics: mapping 5-MeO-DMT subjective experiences

I would like to present results from the phase 1 clinical study looking at safety of a new psychedelic tryptamine, 5-Methoxy-N,N-dimethyltryptamine (5-MeO-DMT). I will be presenting results from 31 microphenomenological interviews of people who received 5-MeO-DMT as part of the trial, examining in detail their subjective experiences.

Break (20 minutes)

2 presentations of 30 minutes each

Emma Demšar

On becoming aware that one is dreaming: A micro-phenomenological investigation of signal-verified lucid dream experiences

I will present findings from a study of lucid dreaming that integrated neurophysiological measures during REM sleep with subsequent micro-phenomenological interviews. I will focus on a subset of 24 interviews that examined signal-verified lucid dreaming episodes, identifying distinct patterns of temporal progression and salient phenomenological structures characterizing pre-lucidity and the onset and maintenance of lucidity. I will consider the implications for future research into dream lucidity and discuss the prospects and challenges of using micro-phenomenology in the study of consciousness in dreaming and sleep.



MIND & LIFE

EUROPE

Damien Roy

Analysis of the microphenomenological and socio-anthropological survey of Out-of-Body Experiences (OBE): Self-perception

This study investigates the phenomenology of Out-of-Body Experiences (OBEs) through detailed interviews with 13 individuals, focusing on their first OBE. Participants varied in gender, age, and OBE experience, with contexts ranging from wakefulness to anesthesia. The study employed microphenomenological interviews analyzed synchronically and diachronically, supplemented by socio-anthropological analysis. Most participants reported increased lucidity and clarity during OBEs, and many developed spiritual or introspective practices post-experience. A consistent finding was the persistence of a sense of self and spatial awareness during OBEs, despite the dissociation from the physical body.

Break (10 minutes)

Poster session (5 posters) 40 minutes

Dinner 19:00 – 20:00 pm

Tuesday 8 October

Breakfast 7:00 – 9:00 am

Morning 9:00 - 12:30 am

James Sanders

Micro-phenomenology and the neurophenomenological study of short-acting tryptamines

We studied the experience of DMT and 5-MeO-DMT in naturalistic and lab settings using micro-phenomenology under Varela's neurophenomenological paradigm. This presentation will discuss our protocols for data collection and analysis, as well as giving results. We also highlight how neuro/micro-phenomenology can address common issues in psychedelic phenomenological methods.

Camila Valenzuela and Ema Demšar

Becoming aware through micro-phenomenology: issues and attempted answers

Discussion

Future projects

Lunch 12:30 – 13:30 pm