

Teaching Tools

“Embodied Self-Reflexivity”

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Discussion Questions

1. What model of self-reflexivity is usually used in sociological literature? Offer two points in which the model suggested in the paper differs from this classical model.
2. Give examples from your everyday life to self-reflexive practices. Why are they self-reflexive? To what extent are these practices “embodied” and to what extent “discursive”?
3. Explain why the body has a natural reflexive capacity. How does meditation practice make use of this capacity?
4. Why does the author claim that embodied self-reflexivity is not pre-social? What are the different ways in which we can find the social in the practice of meditation and in embodied awareness in general?
5. Give an example to the move of a self-reflexive event from the embodied end of self-awareness to the discursive end. How does sensory experience change once we use words?