

"Going down into my body".

Excerpt of a micro-phenomenological interview

- At that point I go down into my body.
- How do you manage to go down into your body?
- I go towards the back of my head, that is to say, I move my center of gravity from the front of my head towards the back of my head.
- Which center of gravity are you talking of?
- My attention
- The center of gravity of your attention?
- Yes, which is rather, as often, at the level of the head, of the center of my head, just behind the eyes. I move it towards the back of the skull.
- When you move it back, what do you do?
- I press a little bit on the eyes with my lids. And by doing that it's as if I were deactivating the eyes, the gaze, I demobilize this area. I feel more the back of my skull, which becomes denser. And at the same time, quickly, this density moves down the whole back of the body, along the spine.
- When this density moves down the spine, what is moving down?
- I truly feel a small current that runs down the spine, it's like a little tingling, it feels nice, this area around the spine that is mobilized, and becomes denser. And soon, I heave a great sigh ... it relieves. It's as if my shoulders, my spine, my back, became alive again, were able to feel again. And when the sigh comes, the well-being extends to the chest, which aerates, which opens. Breathing also reanimates the front of the body.
- [...] When I open my eyes again, I no longer look with my eyes, I look from the back of my head.
- What consequence does that have for your gaze, for your field of vision?
- It is a different way of looking, of perceiving, than visual. It is no longer just visual, it is something vaster than the merely visual. It is as if I was looking with the back of my body. [...]
- How do you to look with the back of your body?
- This is not the same look at all. This look is a kind of feeling, of feeling space. I'm not focused on an object with the front of the head and eyes, it's the back of my head that looks, thus it's much vaster. The field is open to the maximum. There is less depth of field in fact. Let's say that there are no objects that stand out, this is flatter, in a sense, at least at this moment. At this point this is more in two dimensions than in three dimensions.

Lise, 15 March 2016