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September 2021

The Phenomenological Basis of Embodied Agency

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Citation of this paper:

Lee, Yen-Tung, "The Phenomenological Basis of Embodied Agency" (2021). *Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity*. 91.

<https://ir.lib.uwo.ca/inspiringminds/91>

The Phenomenological Basis of Embodied Agency

Embodied agency and bodily awareness are closely interrelated. How one experiences one's body "from the inside" via proprioception or interoception plays a crucial role in one's bodily actions. A controversy underlying their relationship is about whether bodily awareness, especially proprioceptive awareness, is necessary for bodily action. One important account has proposed that the capacity for ordinarily bodily action requires the capacity for proprioception. However, the proposal relies on a susceptible interpretation of controversial pathologies. My research aims at defending this account from another tradition. I argue that the resources from phenomenology fasten the significance of bodily awareness for bodily actions. Not only that phenomenology provides theoretical basis for the necessity claim, but the up-to-date experimental evidence also supports the dependence of bodily actions on bodily awareness. Moreover, this avoids relying on the undetermined pathological cases. If my argument works, the claim that embodied agency requires bodily awareness can be met.

Word count: 150