



Panel: Embodied Ways of Knowing



How do you recognize your friend in the street? How do I know how to ride a bike? How come some people have savoir-faire (competence) and others are clueless? How does intuition work? The short answer is embodied knowledge. Join this session to explore this fascinating topic.

**TOP EMBODIMENT TIP:** Go outside, put your hands in the earth, and pay attention to what you feel.

Dr. Kat Austen: **What else do we need to know, to make us act?**

- Dr. Kat Austen focuses her artistic practice on environmental issues melding disciplines and media, creating sculptural and new media installations, performances, and participatory work.
- When it comes to climate change, we have plenty of data reporting and an overwhelming scientific consensus, not only on the phenomenon but also on our part in it. But we're not only reluctant to act but seem to be incapable of it at an individual level, all the way up through to policy.
- **Our perceptions of ourselves change when we explore the permeability of the self;** Just as we fail to engage with climate change when it happens on a scale too big for us to see. (Austen)
- Embodied knowledge is doing without representing. The knowledge is imprinted in the body. The knowing subject here is the mind and body or the embodied mind.

Dr. Hui Wilcox:

- A Sociologist of Dance whose research focuses on Ethiopia, Embodying the nation in Ethiopia: a case study.
- **What happens in a country when dance culture is defunded and removed from institutional society?**
- Dance in Ethiopia reflects the unique negotiation of modernity in Ethiopia.; To the extent that Ethiopia is the only African nation that has not been colonized by European powers, you see very little influence of ballet training.
- How to bring our embodiment into activism or teaching? Boxes have to be broken. -Wilcox

Prof. Shogo Tanaka:

- Theorist of embodied cognition and phenomenology, professor of psychology and philosophy at Tokai University in Japan.
- A significant part of knowledge is actually based on knowing *how* rather than knowing *that*. Integrating embodied knowledge into the traditional concept of knowledge is a very important task.
- **Newly developed embodied knowledge brings in a “new mode of the self.”** In other words, it expands the horizon of / *can*. For example, when you learn how to swim, you will enjoy the water as a new environment to which you extend yourself into.
- In contrast to the conditioned self, the embodied-knowledge-based self has a skill for ecological flexibility. Body schema opens up the endless dialogue between the self and the environment, for the self and the world.

Resources:

- ❖ **References:** Gilbert Ryle: [Concept of the Mind](#)
- ❖ **Discussion Paper** that attempts an initial mapping of Embodied Ways of Knowing:  
<https://www.embodiment.org.uk/topics/ewk.htm>



**Dr. Kat Austen**



**Dr. Hui Wilcox**



**Prof. Shogo Tanaka**





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