

ON IMMEDIATE CONSCIOUSNESS

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How can we become immediately conscious of and in touch with ourselves? This is a question of being able to live fully in an event and to expand our consciousness of the moment. It is moving in an aware way, within a continuum of excitement and the currents of intuition. For Pierre Thévenaz immediate consciousness “. . . is the only form of self-consciousness without redoubling, in which consciousness coincides very naturally with itself.”¹

Immediacy is a primordial connection with a sense of continuity, a sense of on-goingness which leads very naturally to a sense of one's becoming. What Thévenaz is speaking of is an expansion of consciousness, what he calls *amplifying reflexion* “In amplifying reflexion, attention renders an adequation of consciousness with itself immediately possible. By being intensified without a loss of continuity.”²

This is an expansion of the attention, a turning into what is happening as it is lived rather than stepping outside one's experience and reflecting upon that experience with a temporal gap. Expansion of the attention is a dynamic structure and implies that consciousness of self is an act to be achieved.

Thévenaz then is speaking of a unified being in terms of excitement, streaming, pulsating, expansion/contraction and rhythm, an expression of lived bodily attention. As such, it is a centripetal/centrifugal dynamism, proceeding inward toward the center/moving outward for the center, respectively.

The implications of Philosophical, Psychological and Spiritual research is that the primacy of the reflexive over the reflective sets the ground for continuity of experience. Reflexive consciousness of self would then be more primitive than intentionality. Consciousness in itself without the necessity of emptying itself in order to be put in the presence of itself supersedes the transcendental question of self-consciousness.

Notes

- 1) Pierre Thévenaz, *What is Phenomenology?: and other Essays*, trans. James M. Edie, Charles Courtney and Paul Brockelman, ed., intro. James M. Edie, preface John Wild (Chicago: Quadrangle Books, 1962), p. 122.

- 2) *Ibid.*, p. 128. Thévenaz is speaking about an immediate consciousness of self. This is a kind of rushing out toward nature in all directions. It is as if, consciousness is moved or expanded to a 360° angle. There is an intense feeling of continuity of immediacy. This 360° consciousness was most fully present while sitting on a rock I could feel, sense and hear the movements of tiny creatures all around me, the currents of air as they moved around me and the feeling that the freshness of the smells permeated my being. I felt intensely alive. At any rate, I moved along in this extended mode of experiencing for quite some time. Then behind me, at some distance a Deer stepped on a twig – SNAP!, my consciousness was already there.

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