

# Contents

## *Editors' Introduction*

- Francisco J. Varela and Jonathan Shear** 1  
First-Person Accounts: why, what, and how

## *Introspection*

- Pierre Vermersch**, Introspection as Practice 15  
**Claire Petitmengin-Peugeot**, The Intuitive Experience 43  
**Carl Ginsburg**, Body-image, Movement and Consciousness:  
Examples from a somatic practice in the Feldenkrais method 79

## *Phenomenology*

- Natalie Depraz**, The Phenomenological Reduction as *Praxis* 93  
**Francisco J. Varela**, Present-Time Consciousness 95  
**Andrew R. Bailey**, Beyond the Fringe: 111  
William James on the transitional parts of the stream of consciousness 141  
**Jean Naudin et al.**, The Use of the Husserlian Reduction  
as a Method of Investigation in Psychiatry 155

## *Contemplative Traditions*

- B. Alan Wallace**, The Buddhist tradition of *Samatha*:  
Methods for refining and examining consciousness 173  
**Jonathan Shear and Ron Jevning**,  
Pure Consciousness: Scientific exploration of meditation techniques 175  
189

## *Peer Commentary and Responses*

- James H. Austin**, Six Points to Ponder 211  
**Bernard J. Baars**, There is Already a Field of Systematic  
Phenomenology, and it's Called 'Psychology' 213  
**Guy Claxton**, Moving the Cursor of Consciousness:  
Cognitive science and human welfare 216  
219

Francisco J. Varela and Jonathan Shear

*First-person Methodologies:*

*What, Why, How?*

<b>David Galin</b> , Separating First-personness From the Other Problems of Consciousness, or 'You had to have been there!'	222
<b>Shaun Gallagher</b> , A Cognitive Way to the Transcendental Reduction	230
<b>E.T. Gendlin</b> , A New Model	232
<b>William S. Haney II</b> , Pure Consciousness and Cultural Studies	238
<b>Piet Hut</b> , Theory and Experiment in Philosophy	241
<b>William Lyons</b> , On the Metaphysics of Introspection	244
<i>Response to Lyons from P. Vermersch</i>	247
<b>Bruce Mangan</b> , The Fringe: A case study in explanatory phenomenology	249
<b>Eduard Marbach</b> , Building Materials for the Explanatory Bridge	252
<b>Gregory Nixon</b> , A 'Hermeneutic Objection': Language and the inner view	257
<i>Response to Nixon from J. Shear</i>	267
<b>Ian Owen and Neil Morris</b> , The Husserlian Phenomenology of Consciousness and Cognitive Science: We can see the path but nobody is on it	269
<i>Response to Owen and Morris from F.J. Varela</i>	272
<b>John Pickering</b> , Words and Silence	273
<b>Jean-François Richard</b> , Object, Limits and Function of Consciousness	276
<b>Jonathan W. Schooler and Sonya Dougal</b> , The Symbiosis of Subjective and Experimental Approaches to Intuition	280
<b>Rachel Henley</b> , Distinguishing Insight from Intuition	287
<i>Response to Schooler, Dougal and Henley from C. Petitmengin-Peugeot</i>	290
<b>Jeffrey M. Schwartz</b> , Mental Force and the Advertence of Bare Attention	293
<b>Mark Sullivan</b> , Does Psychiatry need the Husserlian Detour?	296
<i>Response to Sullivan from J. Naudin</i>	298
<b>Max Velmans</b> , Intersubjective Science	299
<b>Francisco J. Varela and Jonathan Shear</b> , Editors' Rejoinder to the Debate	307
<i>End-matter</i>	
<b>Index</b>	312
<b>About Authors</b>	314