

Episode Fifty-Nine - The Uses Of The Body Were Not Designed Before They Arose

Post by “Don” of March 3, 2021 at 8:05 AM

Just finished listening to this one. Seen to have skipped over it before 60.

Your discussion of snakes and baseballs immediately brought to mind Lisa Feldman Barrett's work. I'm still working through her How Emotions Are Made (that's the problem with having 12 books going at a time!). Seems I'm slowly becoming a Barrettian Epicurean when I've implied some other people are DeWittean 😊

According to Barrett's research, all of our experiences are counterintuitive to our understanding. With the snake, our mind compares our senses to our preconceptions and prior experience. We could never "respond" fast enough if we actually had to "react" after we consciously senses what our senses were showing us. And the whole system is built on our internal pain/pleasure and level of arousal of those, what Barrett refers to as our interoception and affect. Fascinating stuff!