

Article discussing interoception and the gut feeling

Post by “Godfrey” of August 13, 2021 at 2:09 AM

A very brief article on neuroscience for dummies, applicable to the Canon:

<https://bigthink.com/personal-growth/interoception-how-to-improve-your-gut-feeling>

The embedded video discusses feelings:

- Feeling is the process of perceiving what is going on in the organism when you are in the throes of an emotion.
- Feeling guides us in advance planning.

Post by “Don” of August 13, 2021 at 6:18 AM

Great find! There's another book to add to my infinite list 😊 This dovetails with Lisa Feldman Barrett's work, too (from my perspective)

Post by “Godfrey” of August 13, 2021 at 2:32 PM

Yes I agree it seems very similar to Lisa Feldman Barrett's work. 👍