

# **Embodied and Situated Cognition: from Phenomenology to Neuroscience and Artificial Intelligence**

## **PRE-REFLECTIVE SELF-CONSCIOUSNESS: ON BEING BODILY IN THE WORLD**

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Empirical and experiential investigations allow the distinction between observational and non-observational forms of subjective bodily experiences. From a first-person perspective, the biological body can be (1) an "opaque body" taken as an intentional object of observational consciousness, (2) a "performative body" pre-reflectively experienced as a subject/agent, (3) a "transparent body" pre-reflectively experienced as the bodily mode of givenness of objects in the external world, or (4) an "invisible body" absent from experience. Pre-reflective bodily experience relies on sensori-motor integrative mechanisms that process information on the external world in a self-relative way. These processes are identification-free in that the self is not identified as an object of observation. Fundamentally, observational self-consciousness must be grounded on such identification-free processes and pre-reflective forms of bodily experience.