



International Graduate School
Resonant Self–World Relations in Ancient and Modern
Socio-Religious Practices



Invitation to lecture and discussion

Dr. Alan Schink (WeinStadt / Salzburg)

Mindful Observations: Reflections on Embodiment and Introspection in Ethnographic Research and Modern Mindfulness Practice

Mindfulness is often perceived as a self-centered and introspective technique within modern society's consumer culture. Yet the epistemological characteristics and implications of mindfulness practice are worth studying from an anthropological perspective. Looking at mindfulness from the angle of first-hand engagement in the framework of participant observation and (auto-)ethnography offers some interesting insights into methodologies of modern social research. The cultivation of an embodied awareness, practices of interactive introspection or the critical deconstruction of ordinary perception are not just part of right mindfulness in early Buddhist literature as well as in the modern contemplative movement but provide the bedrock of reflexivity for a well conducted fieldwork.



24th May 2023, 15:15 - 16:45
seminar room Goethestr. 28/I, „Alte Geschichte“
online: <https://uni-graz.zoom.us/my/roomakrieger>

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IGS „Resonant Self-World Relations“

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