

UNCONSCIOUS ECOLOGICAL ALIENATION AND ITS IMPACT ON
THE PSYCHESOMA: A STUDY IN PSYCHOPHYSIOLOGY AND
HERMENEUTIC PHENOMENOLOGY

by

Sonera Jhaveri

A Dissertation Submitted to the Faculty of
the California Institute of Integral Studies
in Partial Fulfillment of the Requirements for the Degree of
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California Institute of Integral Studies

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PREVIEW

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UNCONSCIOUS ECOLOGICAL ALIENATION AND ITS IMPACT ON
THE PSYCHESOMA: A STUDY IN PSYCHOPHYSIOLOGY AND
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ABSTRACT

Although there have been studies on the nocuous effects caused by human destruction of nature and the oppression of the man-made environment, there is scarce mention of the subliminal dimensions of this ecological alienation, or the dissociation or lack of self-reflexivity regarding one's embodied responses to the surrounding world. This inquiry explores the dissonance between documented psycho-physiological responses and psycho-emotional disconnection. It bridges the registers of the pre-reflective and reflective; conscious and unconscious. The study is of mixed method design and was conducted in Mumbai, India. Data gathering occurred by recording psycho-physiological responses to experimental stimuli consisting of randomized images of normalized ecological destruction with the aid of physiological monitoring, and through semi-structured interviews using the hermeneutic phenomenological method. It was found that often, individuals defensively organize around being unaware and split off from their psychesomas, when confronted with ecological destruction.

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PREVIEW

Dedication

Dedicated to the cosmos and the web of life that supports and nourishes us all.

PREVIEW

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