



Title: How we experience time: The bodily self in ordinary and altered states of consciousness

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Abstract : I will discuss recent empirical findings within the embodiment framework suggesting that physiological changes of the body, the basis of our feeling states, form an internal signal to encode the duration of external events. The entanglement of self-reflective body awareness and the experience of time are prominently disclosed in altered states of consciousness, i.e. in meditative states and during Floatation-REST, under the influence of drugs as well as in many psychiatric and neurological conditions. This body of work on the intricate relationship between the self and time will be presented.