

Candidate Interest #3

Aphantasia and Embodied Cognition

Embodied Cognition is a theory that suggests that our body, as well as our environment, are part of our mind and aid us to think and feel.

Aphantasia is a condition in which some people are unable to have mental visual imagery, or “seeing” visual stimuli in their mind’s eye. It is on a spectrum of the complete inability to see such stimuli, at the extreme end where no visual stimuli are perceived in the mind.

I want to probe the correlation between embodied cognition and aphantasia, as well as how aphantasia is different from other cognitive processes, such as memory and perception (although it does draw upon them).

What are the restrictions of embodied cognition in relation to aphantasia, and how can we draw upon the theory of embodied cognition to better understand the condition? Does memory and perception feed into aphantasia through an embodied cognitive perspective?