

# Perceptual Awareness And Perceptual Glitch

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Just by being aware of such terms as ‘perceptual awareness’ and ‘perceptual glitch’ one can begin to reflect on them, their aspects, and their realities.

In our day to day lives, we have a significant amount of perception, that is what we ascertain of the external and the mental worlds. Perception is also a thing to itself, and can be reasoned about. We should work on perception and perceptual awareness, to make sure that we are part of an unfolding reality and world-space that is realistic and something to work with. We should see clearly what our givens are, and what we determine from the external and mental worlds.

A perceptual glitch might be that a shift occurs in perception and perceptual awareness such that we emphasize one thing or the other too much, or become part of a space that is remote from the actual world, before us. This can lead to action that is a bit different than we otherwise would take, or conclusions that are a bit different from those we otherwise would determine. Yet these may be partial states, and other aspects of our perception may be just fine, or we may retain a strong logic and reasoning faculty. So we should be aware of our perception and perceptual awareness.

Some of the antipsychotics seem to shift mental networks tied to awareness-of-subjects-and-action. What if the individual could shift entire mental networks himself or herself, without meds. Just by being aware of them, and taking steps. What if the individual already had the direct ability to switch this or that mental state, or to pick up new ones – given impetus, or direction or feedback (communication). That is, already the ability to work with awareness-of-subjects-and-action, and switch.

This is realistic (I know this – it has been the case, for me, in spite of the psych unit response, and theory/praxis; and perception, perceptual awareness, and action are actualities and realities for many of us).

So we see the potential (and I feel often actual or kinetic) importance of communication and feedback; and this may also help describe the importance of the dialogic, and how open dialogues works, at its basis.

We also see the importance of working with perception and perceptual awareness – as things to reflect on and study, and to work with in our everyday lives. It leads to action, givens, and determinants.

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