Occularization – the Over-Visualizing of the Mind



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Sometimes you feel things so much, so intensely, it becomes a new kind of numbness, the Oblivion of overstimulation. - *Author: Leah Raeder*

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Much of the content of this PowerPoint is from the excellent YouTube channel, Academy of Ideas. Please click the link below to watch this excellent video:

https://www.youtube.com/watch?v=cwqbu0slcc0&ab_channel=Academyofldeas



Over-stimulated by the visual system

We have lost connection with the world around us by excessive reliance on the visual system – no longer do we adequately allow our bodies to experience the world around us in 3D using all of the five senses.

In [an] ocularcentric [or sight-centred] society, not only does the individual become a passive receptor of images coming from the media; relationships between people also come increasingly to be mediated, even produced, by images.

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Sight is usurping touch. Images are deposing bodies. Virtuality is replacing reality. . . And now the fear of being contaminated by the COVID virus has further reinforced the tendencies toward decorporealization, dematerialization, and social isolation, at least in terms of body-to-body relationships.

The other becomes an image for me – and I an image for the other.

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We no longer experience the "real thing."

We become disembodied from ourselves

In such a society, the more embodied, participatory, and "immersed" kinds of visual experience are replaced by passive forms of "seeing": a disembodied witnessing of mere images and representations.

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And how does this effect good patient care?