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Embodied Attention and the Intensity of Becoming: For a Practice of Creative Agency

The cultivation of embodied attention constitutes a privileged entry point into the dynamics of self-formation. Anchored in a phenomenological and Deleuzian perspective, I propose to approach attention not as a faculty of cognitive selection, but as an intensive modulation of sensation — a force that configures the body's affective tonality and orients subjectivation. Attention, here, is not directed outward toward objects, but inward toward the pre-reflective flows of breath, posture, and internal rhythm — a mode of attunement that precedes representation.

Drawing on long-term immersion in the practice of Ashtanga yoga — a structured somatic discipline grounded in repetition, alignment, and breath — I examine how such regimes of bodily practice activate a relational, processual mode of becoming. The repetition of forms, the micro-adjustments of alignment, and the inward-oriented perceptual field are understood not as operations of control, but as generative constraints fostering variation. In this context, embodied attention functions as a technique of self that opens a creative margin within the subject — a site of negotiation between intensity, form, and force.

Such an approach allows for a rethinking of creativity, no longer as expression of a pre-given self, but as the self-shaping of agency through bodily modulation and affective experimentation, suggesting a micro-political reconfiguration of agency beyond normative models of autonomy or control.