My talk explores two ancient Indian theoretical treatments of the pushes and pulls of disgust. The first is from a theorist on aesthetics and dramaturgy (Bharata) who theorizes the refinement of disgust into the aesthetic savoring of the macabre. The second is Buddhaghosa’s program of meditation exercises on loathsome objects, and their liberating benefits. The talk will demonstrate a methodological stance I call “ecological phenomenology.”

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