

# Embodied Thinking in the Practice of Qualitative Inquiry

Anna Riikka Airiina Armanto<sup>1</sup>  and  
Alina Siru Maria Armanto<sup>2</sup> 

World Futures Review  
2024, Vol. 16(1-2) 90–92  
© The Author(s) 2024



Article reuse guidelines:  
[sagepub.com/journals-permissions](https://sagepub.com/journals-permissions)  
DOI: 10.1177/19467567241262039  
[journals.sagepub.com/home/wfr](https://journals.sagepub.com/home/wfr)



## Abstract

With this mixed media collage I explore embodiment in the practice of qualitative inquiry. In my doctoral research, I study anticipation in climate-wise farming and sometimes I tend to struggle with Words. Writing about someone else's futures is a delicate matter and the feelings of getting nowhere often embrace me. As I am sitting in front of my desk, staring outside of the window, trying to conceive how, (and sometimes why), I see the coniferous green, typical Finnish forest growing around our house. There is a need for me to get out, to come and go. I need to re-work the pattern of working as typing with stillness. To have a move and a movement to extend what can be thought as researching. What can be thought as working? Could I wander-around-wonder? I put on my rubber boots and went outside, looking for mushrooms. The first modest attempt to somehow let myself to be immersed rapidly flourished into joyfully thinking with the forest. I was what I found, the embodied personal anticipations right there in the existence and the golden yellow chantarelle (*Cantharellus cibarius*) popping through the mass of moss like insights. It felt right. So, this piece emerged from the need to do differently. It works as an opening to the process of thinking with movement, to allow and appreciate bodily acts (more-than-typing) as integral to thinking and writing science. What is it to think with drawing, handwriting, walking, ice swimming, visualizing, watching skateboarders, with the forest, on the road, in the airport? Creating the collage of layered materials with my sister auto-manifests that thinking with is dynamic, and I keep on moving to stay again. With my acts I anticipate, and become as what I already am.

## Keywords

anticipation, embodiment, movement, qualitative inquiry, thinking with

## Intro: All life is Anticipatory

In performing qualitative inquiry, I move to think. I study climate-wise farming by thinking farmer interviews with theory of anticipation (Poli 2017) and process-relational perspective (Damhofer 2020). With farmer interviews as performative accounts I am thresholding for becoming-questions (Jackson and Mazzei 2022). The diffractions and entanglements (Barad 2007) with theories and performative accounts keep challenging me.

---

<sup>1</sup>Finland Futures Research Centre, Turku School of Economics, University of Turku, Finland

<sup>2</sup>School of History, Culture and Arts Studies, Faculty of Humanities, University of Turku, Finland

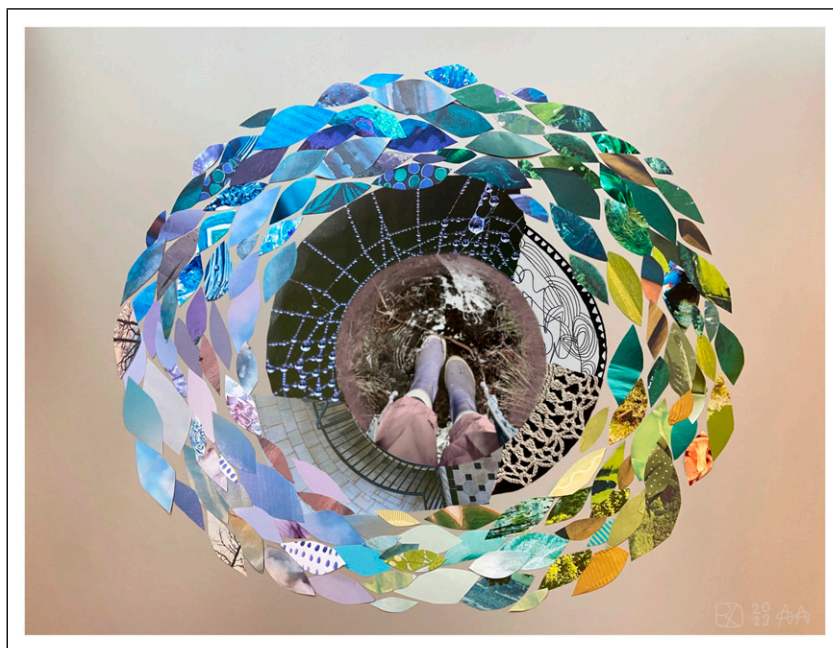
### Corresponding Author:

Anna Riikka Airiina Armanto, Finland Futures Research Centre, University of Turku, Turku School of Economics, Turku 20014, Finland.

Email: [araarm@utu.fi](mailto:araarm@utu.fi)

I am constantly entangled, diffracted by temporalities and passings. It is messy and unpredictable to be in the middle of it all, sensing and anticipating while sensing and anticipating. A self-referential loop of becoming with what I am. What is it that I anticipate of all this work?

I work in the room that used to belong to my little sister, who is now accompanying me to embody what research could be. With these momentary layers the movement is made up in me, the anticipations for thinking with.



:::: kysy-nevä:::: ask-able (2023). Collage, mixed media

## All Action is Interaction: Afterwords

This collage is composed of a cumulative body of material that I have been collecting over the years. The oldest pieces of paper have been with me through life and several apartments from 2007 when I was in senior high school. Some of them are even older than me: one piece has been picked up by my grandmother, say in the 60s, and then by me when cleaning up her apartment after moving. Another one is an old tapestry from a vintage cabinet we bought few years back. The funny thing is that some of the pieces are now back in the house they were originally collected when I was a teenager.

## Declaration of Conflicting Interests

The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

## Funding

The author(s) disclosed receipt of the following financial support for the research, authorship, and/or publication of this article: This work was supported by the Koneen Säätiö (202104682).

## ORCID iDs

Anna Riikka Airiina Armanto  <https://orcid.org/0000-0001-6738-7869>

Alina Siru Maria Armanto  <https://orcid.org/0009-0006-7030-6314>

## References

- Barad, Karen. 2007. *Meeting the Universe Halfway: Quantum Physics and the Entanglement of Matter and Meaning*. Durham: Duke University Press.
- Darnhofer, Ika. 2020. "Farming from a Process-Relational Perspective: Making Openings for Change Visible." *Sociologia Ruralis* 60 (2): 505-528. doi:[10.1111/soru.12294](https://doi.org/10.1111/soru.12294).
- Jackson, Alecia Y., and Lisa A. Mazzei. 2022. "Thinking with Theory in Qualitative Research." In *Thinking with Theory in Qualitative Research*, 2nd ed., 1-160. London: Routledge.
- Poli, Roberto. 2017. "Introduction to Anticipation Studies." In *Anticipation Science. Vol. 1. Anticipation Science*. Cham: Springer International Publishing. doi:[10.1007/978-3-319-63023-6](https://doi.org/10.1007/978-3-319-63023-6).

## Author Biographies

**Riikka Armanto** is a doctoral researcher in Finland Futures Research Centre (UTU) focused to study futures thinking and action in

climate-wise farming. Thematics of participation, anticipation and relationality are elemental in her research. She is very interested in experimental and explorative participatory futures methods and how futures are used (e.g. imagined, contested, created, and pursued). As an ecologist by her background and holobiontic complexity that dances, Armanto is appealed by the diversity of biosphere, ways of knowing, and embodiment in research.

**Alina Armanto** is a master's student in School of History, Culture and Arts studies, University of Turku. Majoring in art history, she is especially interested in the interactive and intra-active processes of art and nature, from the points of views of new materialism and posthumanism. One important premise in her work and studies is that 'nature' and 'culture' cannot be separated from one another, but should be understood as continual dynamism of forces working together. As a master's student Armanto is still on the way of finding her own path in her field.