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Untitled. Photographer: Pawel Kadysz (<https://stocksnap.io/photo/OZ4IBMDS8E>).



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or in game studies terms, as a transition out of the magic circle constituting the diegetic game environment. Media scholar Sabine Harrer writes

“...losing [in video games] has mostly been used to represent temporary failure on the way to eventual mastery –potentially hindering but never entirely threatening the player. Game over is yet another moment in an infinite circuit of trial and error, subverting the meaning of death as end of life by using it as a sanctioning mechanism for ill-performed player interaction.” (Harrer 2013, 610)

Because “dying” is an element of the activity and space of play, players can recognize the end of their gamic avatar without the end of their material body. Any sense of threat of material death is nullified because there is no intimate physiological relationship to the machinic reality of the game.<sup>1</sup> Death and dying can affect the player in plenty of other ways, however. For example, if we read the death mechanic as the interruption of the “flow of experience” of the gamic world and action, then the death mechanic is the interruption of that flow. In that sense, including the death mechanic in games is a way to make them feel more “life-like” but on the most intuitive rather than abstracted existential level. Not to mention the frustration caused by gamic interruption (death) can lead to increased arousal that some have connected to hostility and aggression (Williams 2009).

Yet it is rare for these gamic moments of death to contribute to any embodied anxiety about one’s finality. Though I might experience implicit anxiety about zombies chasing or capturing me, I do not experience explicit concern that a zombie might actually chew off my arm or gorge itself on my flesh. This is even more surprising for video games that take advantage of virtual reality technologies, as the level of embodied immersion; the feeling of actually *being there*, or affected by, the digital video game world, is far more intense in VR than in other video game modalities (Slater and Sanchez-Vives 2016, 5). This affective capacity of VR is best

exemplified in the 2017 research experiment "A Virtual Out-of-Body Experience Reduces Fear of Death" performed by Pierre Bourdin, Itxaso Barberia, Ramon Oliva, and Mel Slater.

**The Barcelona Experiment**

The experimental method of the University of Barcelona researchers involved establishing "virtual embodiment", a sense of feeling one's body in a digitally simulated environment as a result of developing an intimate correspondence between the participant's physical body and digital avatar. To achieve the effect, participants donned the Oculus Rift headset, which displayed a virtual environment (VE) consisting of a digitally simulated room with some simple furniture and a human sized digital avatar. Unlike *Arizona Sunshine* in which the only visible aspects of a diegetic avatar were my two floating hands, the Barcelona researchers crafted an experience in which the participant's VE perspective was tied to the perspective of digital female avatar for a 1-to-1 ratio that acted as a substitute for their own material body. Directly in front of the participant's digital viewpoint was a mirror that reflected the digital avatar with a direct correspondence so that the participant could receive a fuller perspective over the movements in the digital environment. This idea was inspired by work done on a phenomenon called the "body ownership illusion", or "proprioceptive drift" (Rohde et al. 2011, 1), which has been explored further in various studies involving phantom limbs. The researchers were insistent that

"(w)ith real-time motion capture the virtual body can be programmed to move synchronously with the person's real body movements. Moreover, if something is seen to touch the virtual body, the setup can include vibrotactile stimulation on the person's real body synchronous with the seen touch. Such multisensory stimulation typically leads to the perceptual illusion in people that the virtual body is their own, even though they know that this is not the case." (Bourdin et

al. 2017, 2)

This whole-body synchrony is a key element separating this experience from many current VR games like *Arizona Sunshine*, which at best only offer partial virtual synchronicity. To be fair, to achieve the type of “illusion” that the researchers achieved required a more expansive tactile feedback system than what current consumer VR systems typically include. It also involved a multistage process. They designed the first stage to trigger the “body ownership illusion” and establish actual-body to digital-virtual-body ownership using vibrotactile devices attached to the wrists and ankles of the participants. The researchers used digital bouncing balls that provided vibrotactile stimulation to achieve “synchronous visuomotor correlation between real and virtual body movements, and visuotactile synchronous correlation.” (2017, 3) The second stage involved moving the digital perspective of the participant, associated with the first-person camera view of the digital simulation, above and away from their digital body. This camera-perspective movement shifted the sense of perception from where they were imagining their material body to be (intimately tied to their digital body) to a viewpoint behind the digital body, thus creating an OBE that resulted in their former digital-material body to become an “empty shell” (ibid., 3). According to the results of an after-experiment questionnaire in which participants were given various options for describing the spatial-locative experience of their body during the experiment, a significant portion of participants claimed to have experienced a sensation of being outside of their actual (material) body. When asked how this affected their fear of death, participants of the digital-OBE were 50% more likely than the control participants to admit a reduction in fear. The researchers concluded that their “results open up the possibility that virtual OBE experiences provide an implicit learning that consciousness in the sense of the center of perception can be separate from the physical body, and that therefore death of the physical body is not necessarily the end of consciousness” (ibid., 14).<sup>ii</sup>

That digital technology can induce conscious states otherwise reserved for psychedelic drugs or experiences of nearly dying is a relatively new phenomenon. Yet, what makes this particular case significant has less to do with OBE's and their effects, and more so that the researchers have shown how relatively easy it is for virtual reality technology to implicitly shape beliefs about the world in ways typically found in religious discourse and practice. What is it about VR that allows for these types of experiences so relatively easily compared to other types of video game technology? I contend that the best way to make sense of these results is to recognize them as a unique ability of VR technology to affectively intensify the human religious tendency for fabulation as it was initially conceived by the philosopher Henri Bergson.

### **Bergsonian Fabulation**

Bergson's conception of fabulation is most fully developed in his work *The Two Sources of Morality and Religion* (1935), as he expands his philosophy of the virtual to make a case for the philosophical and psychological roots of morality and religion. In a core section of the book, he conceptualizes fabulation as a psycho-social function of human consciousness that highlights the affective potential of otherwise subjective virtual images. In other words, it provides humans with the faculties for conceiving of "semi-personal powers" or "efficient presences" (ibid., 196). The philosopher James Burton argues that what Bergson is implying is that fabulation is the human ability to attribute spirit and mind to other bodies for the purposes of stronger social bonding and is the core faculty from which arises more advanced faculties' like imagination, fictionalization, mythologization, hallucination, etc.<sup>iii</sup> Paraphrasing Bergson, Burton writes that

“(f)abulation enables belief in non-actual forces and entities with the power to support humans in overcoming physical threats, to punish the pursuit of

individual self-interest at the expense of the group, and to suggest the reassuring existence of the soul beyond bodily death. Such beliefs form the basis for the development of religious customs (which may eventually be formalized as laws) that help maintain the stability of the group.” (Burton 2008, 267).

As Bergson lays out in the *Two Sources*, an evolutionary consequence of human intellect is the ability to recognize one’s own individuality apart from the group, which can result in instabilities. When this self-conceptualizing individual confronts the cold, hard, limitations of the world, it recognizes its own finality and responds with fear and selfish tendencies and negatively affect social relations. In response, nature proceeds in developing a ‘virtual instinct’ of human consciousness that manifests itself most prominently in religious thinking and persists as a defensive reaction to the “dissolvent power of the intellect” (Bergson 1935, 122) as it conceives of its own demise. The virtual instinct produces an “image of a continuation of life after death” that opposes “the idea of inevitable death” (ibid., 131). And the tools of this ‘virtual instinct’ are psychological, the primary being the human capacity for fabulation.

In conceptualizing fabulation, Bergson was seeking explanatory power for the source of religion, which itself consist of two tendencies, one towards openness and the other closeness. He limits fabulation primarily as an impulse of what he calls closed, or static, religion, as a means of producing gods to which a society submits itself to in order to maintain group stability.<sup>iv</sup> For example, when speaking about how ancient cultures created and encountered gods, Bergson points out that it was unsurprising that belief came so easily, as these types of belief-events are a core attribute of human consciousness. In effect, these gods were “real, but with a reality that yet hinged in some degree on the human will” (ibid., 199). As evidenced by these effects of static religion, fabulation is a ‘partial anthropomorphism’ that imbues the world





and then coupled the digital-body-image to the actual tactile-image of the material body (through proprioceptive drift). It is a similar (though not exact) process to what happens when we see our reflection in a mirror. Our reflection is the virtual-body-image of our actual-tactile-image (our material body). In other words, the researchers took advantage of the technological affordances of VR technology to replace the participant’s virtual image (the combination of the visual and tactile image that an individual considers to be their “self”) with a digital-body image. Then, given the durational and perceptive freedom afforded by the digital-virtual environment, the researchers were able to separate the actual tactile-image from the digital-body-image (by manipulating the in-VR camera perspective). This manipulation reinforces the relaxed perspective of “soul” (visual-body image) and body (actual-tactile image) while intensifying their separation, thus highlighting VR’s ability to engage the imagistic aspect of human consciousness in what we now call proprioceptive drift and visual-tactile synchrony. All of which highlights the homo-religious tendential response to death: that we implicitly believe our actual-tactile-image may exist in excess of our visual-body-image. That we can *feel* things without being able to visualize our embodiment (not just our body).

That the out of body experiences of the participants in the study would reinforce a belief in the persistence of the soul (visual-body-image) is unsurprising, as the function of the soul is fabulative, and in service to society as a whole. An individual for whom death is less frightening displays a host of prominent positive traits that society would encourage, such as feelings of calm and peace (Blanke and Falcon 2009). What is more compelling about this experiment is that it highlights VR technology’s ability to amplify what Bergson would call the religious tendency of fabulation. The experiment exposes the ways our experiences in VR environments are the direct result of the human capacity for religion.





Games Festival.

**Death and VR: *Deep Sea***

On the surface, *Deep Sea* is a game about surviving a deadly creature attack in a broken-down submersible, leagues under the sea. But more appropriately, *Deep Sea* is a simulation game that attempts to recreate the feeling of a slow and suffocating death. To enhance the immersion into the gamic world, the developer has players wear a special head-mounted-display (HMD). Rather than the traditional and semi-comfortable ergonomics of an HTC Vive, or Oculus Rift HMD, players are offered a repurposed gas mask that looks like something from a WWI horror film. The eyepieces are obscured and its ventilators inhibited so that the players' ability to take full breaths is physically limited, functioning as a different form of tactile immersion. Without any visual cues, the player must base their gamic decisions on audio cues from an NPC engineer using a malfunctioning radio and the sounds of the creatures rushing around their submersible. To complicate matters, the creatures are attracted to the sound of the player's respirator, so careful management of breath is key (not to mention the players breathing can be a distraction from hearing where the creatures are). The game also has no win-scenario. Players are simply tasked with seeing how long they can stay alive or keep playing before their fear of death overwhelms them and they are forced to remove their mask. In *Deep Sea*, the game does not merely use "death" as a mechanism for finality, but, rather, simulates dying and survival.

What makes *Deep Sea* relevant is the way it highlights two important facts about virtual reality: first, that VR games do not necessarily need elaborate sets or procedures to achieve virtual-embodiment (Kondo et al. 2018), and second, the



## Conclusion

What the Barcelona experiment highlights is VR's capacity for achieving a more intimate embodied connection between the visual and tactile images of our bodies via the fabulative impulse than other media types like film, photography, and even non-VR gaming.<sup>vi</sup> This connection can lead to positive changes in psychological traits for VR users given certain experiential criteria. Situating this argument in a broader context and following Bergson's tying together fabulation and static religion, a larger consequence of this VR fabulative potentiality is that, like religion, VR can be taken up for moralities and societies of closure and openness. In the services of closure and stasis VR might build solidarity among communities, "whose members hold together, caring nothing for the rest of humanity, on the alert for attack or defense, bound, in fact, to a perpetual readiness for battle" to quote Bergson. Or perhaps VR might ultimately be an important tool in what Gilles Deleuze called societies of control, which seek to make more docile and loyal citizens for maintaining structures and institutions. An individual for whom death is less frightening displays a host of prominent positive traits that society would encourage, such as feelings of calm and peace. Perhaps the military might find use for soldiers for whom a reduction in their fear of death might make them more capable on the battlefield. Or perhaps these types of VR experiences would find use in hospice care or as part of end of life treatments.

Nevertheless, there is escape from the fabulative pessimism of closed societies via Deleuzian lines-of-flight through the dynamic fabulative potentialities of VR gaming. As much as the fabulative properties of VR have the capacity to work for Bergsonian static religion, they might be taken up in the equal and inverse tendency of dynamic religion and moralities of openness. For example, VR games and experiences can channel affects in digital-technical assemblages capable of creating new subjectivities

and solidarities. Alternatively, VR games and experiences can help us recognize the fragility and persistence of subjectivity. That our self-images are always being molded, uncoupled, and reattached to dynamically micro and macro unstable bodies. Some of the most high-profile examples of this can be seen in Chris Milk’s *Clouds Over Sidra* (2015) and the *Machine to be Another* art collaboration. Games like *Arizona Sunshine* with their enhanced digital body immersion can offer radically different bodies for players to inhabit and perform that raise questions about identity in ways not available through other media. Though it is important to keep in mind, as Liam Jarvis points out, that we should be careful about (mis)recognizing the digital bodies we inhabit in culturally appropriating ways, as we can never actually be another (Jarvis 2017). I believe Bergson would agree. We are only ourselves, but we might become different.

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<sup>i</sup> Though pop culture has made a trope out of the concept “if you die in the game, you die for real” like in the 2006 film *Stay Alive* or 2017’s *Jumanji: Welcome to the Jungle*, and even in anime like *Sword Art Online*.

<sup>ii</sup> Though it is still not clear what role religious conviction might play.

<sup>iii</sup> Imagination he considers to be “any concrete representation, which is neither perception nor memory.” While fictionalization functions as “a very clearly defined faculty of the mind, that of creating personalities whose stories we relate to ourselves” (Bergson 1935, 195).

<sup>iv</sup> Societies that tend towards closure and stasis display a morality concerned with obedience, compulsion, and preservation, developing cohesion in what he calls “static religion.” While those societies that tend towards openness display a morality of aspiration, joy, and creativity encouraging a more “dynamic religion” (Bergson). The first, static religion provides closure and consistency through laws, obligations, and codes. In contrast, he argues, dynamic, mystical religion inspires and contaminates affectively, resulting in zealous and creative activity. Neither form of society or religion exists in a pure state, as individuals and collectives flow through one nor the other, as compulsion for general socialization blurs the borders.

<sup>v</sup> This fabulative activity is similarly conceived in the philosophical systems of both Nietzsche and C. S Peirce where it functions as truth making rather than falsifying.

<sup>vi</sup> In terms of mediating technologies, it is interesting to note that Bergson himself was very critical of film. For someone who’s project put emphasis on duration and movement, he found film to be too immobile and therefore illusory, producing an image of time that was too Cartesian. Deleuze’s Cinema books are a response to Bergson’s thinking on film as a virtual medium.