

**Psychology, Phenomenology and the Amazonian being: my territory is body,  
my body is territory!**

**Psicologia, Fenomenologia e o ser-amazônida: meu território é corpo, meu  
corpo é território!**

**Psychologie, phénoménologie et l'être amazonien: mon territoire est mon  
corps, mon corps est mon territoire!**

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## **Abstract**

Phenomenological Psychology is an important and enriching perspective of thought, given its objective of understanding human experience in its entirety, taking into account the central role of consciousness and perception in the construction of the world. The objective of this study is to substantiate the view on psychology and the Amazonian being, the ancestral inhabitant of the Amazon. It is a study with a qualitative, descriptive, exploratory and reflective bias, in the format of a theoretical study. The following are considered important topics: Phenomenological Psychology, Origins and Foundations of Phenomenology in Psychology, Phenomenology in the Amazon, Amazonian Context and its Relevance for Phenomenology, The Amazonian Human Being: initial conceptions!, Cultural and Identity Characteristics of the Amazonian People, Contributions of Phenomenological Psychology to the Understanding of the Amazonian Being: a consubstantial look!, Phenomenological Approaches and Methods in Psychological

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Research, Challenges and Perspectives for Psychology in the Amazon, Sustainability and Interculturality in Psychological Practices or by way of final considerations. It is worth highlighting that the theoretical proposal of Phenomenological Psychology can effectively promote the mental health and well-being of communities, recognizing the intrinsic importance of the territory in the constitution of the human being and in their search for a full and meaningful life, after all, my territory is my body, my body is my territory.

**Keywords:** Phenomenological Psychology; Being-Amazonian; Psychological Practices; Territory; Amazon.

### Resumo

A Psicologia Fenomenológica é uma perspectiva do pensamento importante e enriquecedora, tendo em vista seu objetivo de compreender a experiência humana em sua totalidade, levando em consideração o papel central da consciência e da percepção na construção do mundo. O objetivo deste estudo é consubstanciar o olhar sobre a psicologia e o ser-amazônida, o habitante ancestral da Amazônia. É um estudo sob o viés qualitativo, descritivo, exploratório e reflexivo, sob o formato de estudo teórico. São considerados temas importantes para: Psicologia Fenomenológica, Origens e Fundamentos da Fenomenologia na Psicologia, A Fenomenologia na Amazônia, Contexto Amazônico e sua Relevância para a Fenomenologia, O Ser Humano Amazônida: concepções primeiras!, Características Culturais e Identitárias do Povo Amazônida, Contribuições da Psicologia Fenomenológica para o Entendimento do Ser-Amazônida: olhar consubstancia!, Abordagens e Métodos Fenomenológicos na Pesquisa Psicológica, Desafios e Perspectivas para a Psicologia na Amazônia, Sustentabilidade e Interculturalidade nas Práticas Psicológicas ou à guisa de considerações finais. Destaca-se que, a proposta teórica da Psicologia Fenomenológica poderá promover efetivamente a saúde mental e o bem-estar das comunidades, reconhecendo a importância intrínseca do território na constituição do ser humano e em sua busca por uma vida plena e significativa, afinal, meu território é meu corpo, meu corpo é meu território.

**Palavras-chaves:** Psicologia Fenomenológica; Ser-amazônida; Práticas Psicológicas; Território; Amazônia.

### Résumé

La psychologie phénoménologique est une perspective de pensée importante et enrichissante, car elle vise à comprendre l'expérience humaine dans sa globalité, en tenant compte du rôle central de la conscience et de la perception dans la construction du monde. Cette étude vise à étayer la vision de la psychologie et de l'être amazonien, l'habitant ancestral de l'Amazonie. Il s'agit d'une étude à la fois qualitative, descriptive, exploratoire et réflexive, sous forme d'étude théorique. Français Les sujets suivants sont considérés comme importants : Psychologie phénoménologique, Origines et fondements de la phénoménologie en psychologie,

Phénoménologie en Amazonie, Contexte amazonien et sa pertinence pour la phénoménologie, L'être humain amazonien : conceptions initiales !, Caractéristiques culturelles et identitaires du peuple amazonien, Contributions de la psychologie phénoménologique à la compréhension de l'être amazonien : un regard consubstantiel !, Approches et méthodes phénoménologiques dans la recherche psychologique, Défis et perspectives pour la psychologie en Amazonie, Durabilité et interculturalité dans les pratiques psychologiques ou à titre de considérations finales. Il convient de souligner que la proposition théorique de la psychologie phénoménologique peut promouvoir efficacement la santé mentale et le bien-être des communautés, en reconnaissant l'importance intrinsèque du territoire dans la constitution de l'être humain et dans sa recherche d'une vie pleine et significative, après tout, mon territoire est mon corps, mon corps est mon territoire.

**Mots-clés:** Psychologie phénoménologique; Être amazonien; Pratiques psychologiques; Territoire; Amazonie

### **Phenomenological Psychology, an introductory proposal!**

Phenomenological Psychology is an important and enriching perspective of thought, given its objective of understanding human experience in its entirety, taking into account the central role of consciousness and perception in the construction of the world.

Based on the foundations of phenomenological philosophy, this psychological bias aims to describe and understand psychological phenomena based on the subjective experience of each individual, valuing the uniqueness and context of the subject. With an emphasis on understanding experience as it manifests itself, Phenomenological Psychology allows for a more in-depth analysis of the meanings attributed by the subject to the events and situations experienced, contributing to a richer, more comprehensive and deeper understanding of people's inner world (Castro, 2024; Castro & Meira, 2024; Training et al., 2024).

Through this perspective, it is possible to explore the most subtle and complex aspects of human experience, allowing for broader reflection on the meaning of life and the motivations that drive our actions and choices. Furthermore, Phenomenological Psychology offers a unique and singular way of understanding individual and collective subjectivity, highlighting the importance of intersubjectivity and the relationship between people in the construction of shared meanings (Silva et al., 2025). By promoting the appreciation of lived experience, this psychological

approach allows individuals to recognize themselves as active agents in the creation of their own realities, empowering them to make positive changes in their lives and in the world around them (Fernandes et al., 2025; Medeiros & Batista, 2023).

Phenomenological Psychology is an extremely valuable, profound and meaningful proposal that broadens our horizons and invites us to an even deeper and more meaningful understanding of human beings and their complexity. Understanding the human experience in its entirety, taking into account consciousness and perception in the construction of the world, is essential for an in-depth analysis of the meanings attributed by individuals to the events and situations experienced (Alves et al., 2024; Paula Bueno, 2023).

This perspective seeks to value the uniqueness and context of each subject, allowing for a broad reflection on the meaning of life and the motivations that drive actions and choices. Phenomenological Psychology also highlights the importance of intersubjectivity and the relationship between people in the construction of shared meanings, providing a deeper understanding of individual and collective subjectivity. This approach enables individuals to recognize themselves as active agents in the creation of their own realities, thus enabling positive changes in their lives and in the world around them.

With this, we can conclude that Phenomenological Psychology is an approach of immense relevance, which broadens the horizons of human understanding and invites us to an even more comprehensive and profound perception of the human being and its complexity.

### **Origins and Foundations of Phenomenology in Psychology**

The origin of Phenomenology in Psychology dates back to the works of philosophers such as Edmund Husserl and Martin Heidegger, who proposed a new method of investigating the human mind, distancing themselves from more objective and scientific approaches (Gabatz, 2023).

Phenomenology, in turn, emerges as an innovative and revolutionary approach, providing a broader understanding of psychological phenomena. It proposes the understanding of psychological phenomena based on the subjective experience of the subject, taking into account intentionality, perception and

consciousness as central elements in the construction of knowledge and experience (Castro, 2023; 2025). In this way, phenomenology seeks to transcend the boundaries of a Cartesian view of the world, exploring the different ways of being in the world and experiencing reality. By adopting a descriptive and analytical stance, phenomenology seeks to understand the meanings and experiences experienced by the subject, elucidating psychological processes and revealing the complexity of human subjectivity (Oliveira Silva & Santos, 2021; Caldeira, 2020).

It allows for an in-depth analysis of personal experiences, considering the individuality and particularity of each subject. Through phenomenology, it is possible to explore the richness of subjective experiences, understanding the variety of aspects that influence human thought, feeling and behavior. Furthermore, this approach provides a more holistic and integrative understanding of psychology, which goes beyond reductionist and mechanistic explanations (Freitas, 2024; Kirchner & Santos, 2021).

In this way, phenomenology in psychology contributes to a deeper understanding of individual and collective psychological processes, enriching knowledge about the human mind. By considering subjectivity as a fundamental research tool, phenomenology allows us to understand the multiple layers of meaning that permeate human experiences (Meira et al., 2025; Meira et al., 2024; Radicchi, 2022).

Thus, phenomenology is essential for understanding human psychology. By exploring the subjective experience of the subject and revealing the hidden meanings behind experiences, it allows us to delve into the complexities of the human mind and invites us to rethink traditional concepts of objectivity and scientificity. With this, phenomenology offers an opening for a deeper and more human look at psychological phenomena, contributing to a more inclusive and integrative psychology (Medeiros, 2022; Araújo, 2021).

### **Phenomenology in the Amazon**

Phenomenology in the Amazon stands out for its unique and innovative nature, taking into account the entire Amazon context, its geographic, environmental, and cultural particularities. The Amazon region is truly a natural and

cultural treasure of immeasurable proportions, full of mysteries and singularities that constantly enchant and intrigue researchers and scholars from all over the world.

Including phenomenology to reflect on the Amazon aims to understand more broadly the experiences lived by the people who inhabit this region. The Amazon, with its unprecedented magnitude, represents a true open-air laboratory for phenomenologists, as it offers a wealth of information and situations that enable a more comprehensive understanding of complex human relationships and the deep interaction between human beings and their environment (Cordeiro, 2021).

By exploring the phenomena present in the Amazon region, researchers can deeply perceive how the synergy between sovereign nature and diverse cultural wealth directly influences the experiences and subjectivity of the people who live there. The vastness of the Amazon territory, with its unparalleled exuberance, the imposing rivers that run through it, the different ethnic groups that are home to ancient traditions, all contribute to a broader vision of human existence in this unique ecosystem (Castro, 2009).

Life itself manifests itself exuberantly in these territories, presenting unparalleled biodiversity, where plants, animals and microorganisms coexist in perfect symphony. This natural diversity is also reflected in the cultural richness of the Amazon, expressed in the different languages, beliefs, rituals and arts of the people who inhabit this region. It is a true mosaic of experiences, knowledge and forms of expression that intertwine and complement each other, giving life to a unique cultural scenario (Castro, 2009). Furthermore, in my view, it should be noted that Phenomenology in the Amazon is also concerned with giving an active and collective voice to traditional communities, which unfortunately are marginalized and forgotten in many scenarios. These communities have deep ancestral knowledge about the forest and its intricate relationships with the environment, knowledge that can offer valuable contributions to the full and integrated understanding of human life in its entirety in this unique region. Therefore, it is clear how Phenomenology in the Amazon presents itself as an essential approach to investigate and understand the specificities and peculiarities of this unique region on the planet, an approach that stands as a solid bridge between science and philosophy, allowing the unveiling of the deepest secrets of this exuberant forest and, in this process, valuing and



extolling in an inestimable way the ancestral wisdom and rich culture of the communities that generously inhabit it. The Amazon body-territory therefore presents itself as an authentic window of opportunity to explore still unexplored horizons of human knowledge, allowing us to achieve a deeper, more reflective and integral understanding of our inextricable relationship with nature and, consequently, with ourselves in all our complexity and singularity (Silva, 2024).

### **The Amazonian Context and its Relevance to Phenomenology**

The Amazonian context, known as the largest tropical territory in the world, is extremely relevant to phenomenology due to its impressive cultural, environmental and social diversity. The indigenous, riverine and non-riverine populations that inhabit the Amazon have an intimate connection with nature, manifested in their spiritual practices, sacred rituals and traditional ways of life. Yes, even large cities have among their inhabitants communities of ethnic character that continually hold events related to their ancestry. These deep and multifaceted aspects shape human experiences in the region in a truly unique way (Castro, 2020).

To fully understand the Amazonian context and the possibility of intertwining it with the phenomenological framework, it is essential to overcome the barriers of the ethnocentric view and adopt an intercultural perspective. The cultural richness present in these territories invites us to explore the multiple conceptions of time, space, existence and existentiality that permeate this region, significantly enriching the field of phenomenology. Amazonian spirituality, in particular, challenges Western concepts and awakens a deeper understanding of the relationship between human beings and the world around them. The sacred rituals performed by Amazonian communities, involving songs, dances, medicinal herbs and ceremonies, give a transcendental dimension to the experiences lived in the territory (Gouvêa, 2024).

These ancestral practices allow us to reflect on the interconnection between all living beings and the importance of a balanced and honest relationship with the territory. In addition, the diversity of Amazonian ways of life, such as fishing, hunting, traditional agriculture and gathering wild fruits, illustrates the deep connection

between local communities, that is, they are the epitome of territoriality (Souza & Brasileiro, 2024).

These daily practices are a concrete manifestation of the harmony between human beings and the territory, transmitting ancestral knowledge intergenerationally. Therefore, when considering phenomenology in the context of the Amazon territory, it is essential to value the diversity of experiences and perspectives present in the region.

An approach with this intercultural characterization is fundamental to understanding the multiplicity of ways of being and existing in the world in the Amazon territory, allowing a more comprehensive understanding of phenomenology itself. It is only through recognition and respect for ancestral wisdom and the deep connection with the immanent territoriality that we can truly understand the phenomenological richness of the Amazon (Castro, 2020).

### **The Amazonian Being: initial conceptions!**

The Amazonian Being is characterized by its deep connection with its territory and strong intrinsic cultural identity. I characterize, at this moment, the Amazonian being as the person belonging to the Amazonian habitat, considering here the social, cultural, historical and political niches. The Amazonian occupies the territory or territories where he inserts his life, his body, invests himself with corporeality based on a cosmology very specific to each ethnic group, of each social segment present there. From there, he conceives the world, life, himself and the other, experiencing communities, forests, rivers, in short, the territoriality inherent to his origin.

The Amazonian being, a singular people, has a unique relationship with his territories, valuing his traditions, folklore, sacred rituals and ancestral customs, which make up the vibrant fabric of his existence (Castro, 2009). It is no exaggeration to say that this intense connection with the territory transcends every aspect of the Amazonian people's lives, merging with their deepest beliefs and permeating their daily practices (Castro & Meira, 2024).

The Amazonian community, recognized throughout the world for its hospitality, solidarity and genuine collectivism, has an incredible cultural richness, which unfolds in an infinity of traditions and celebrations that fill the lives of each of



those who participate in this social locus. The Amazonian being shares his cultural heritage, transmitted intergenerationally, enriching it with the accumulation of wisdom and experiences over time. In this way, the Amazonian culture gains precious nuances with each new experience, becoming increasingly complex, especially when it comes to looking at the land as territory, as a constituent part of themselves. My territory is body, my body is territory (Castro, 2020).

Spirituality, intrinsic to their existence, plays a crucial role in the lives of Amazonian beings, guiding them in their worldview in tune with the natural elements and reflecting their daily practices in a singular and unique way. Through sacred rituals and revered ceremonies, Amazonian beings transcend their own being, connecting with higher forces and incessantly seeking balance between humanity and the immensity of the territory in which they live (Rodrigues & Castro, 2020; Silva et al., 2024).

The territory and/or territories, with their mysteries, are considered sacred places, where Amazonian Beings feel not just mere observers, but an integral part of something infinitely greater. Through preservation and the deepest respect for the territory, the Amazonian being leaves an indelible mark of his importance, teaching and demonstrating to the world the vital need for harmonious coexistence between human beings and the environment that surrounds them (Castro et al., 2025).

The existence of the Amazonian Being is, therefore, a living, vibrant and inspiring example of how the intrinsic connection with nature and the invariable appreciation of ancestral culture can shape and positively influence not only the community, but the world as a whole, giving humanity back a glimpse of the true wisdom and harmony essential for planetary survival itself.

The relationship of the Amazonian being with his territories transcends human understanding, engaging in ancestral rituals that connect the community with divine beings and enchanted spirits of the Forest, rivers, lakes and streams. At each celebration, the environment is filled with vibrant colors, energetic dances and chants that echo through the dense vegetation, filling the atmosphere with contagious energy.

The sacred rituals, passed down from generation to generation, involve ritual purifications, offerings to the gods and healing ceremonies, further strengthening

the bond between the Amazonians and their sacred territory. Each daily practice is permeated by meaningful rituals, from food to personal hygiene care (Meira et al., 2024; Rodrigues & Castro, 2020).

Spirituality is present in every action, guiding the choices and behavior of the Amazonian being. The connection with nature is also manifested in the traditional skills that they acquire throughout their lives. They are masters in the art of fishing, agriculture and the use of natural resources with wisdom and respect. These skills are transmitted through a practical and oral learning system, ensuring that knowledge is preserved and passed on to future generations. Furthermore, nature is an inexhaustible source of inspiration for the artistic expression of community members. Their paintings, sculptures and crafts reflect their deep connection with the territory and portray the richness of the beings that inhabit it (Castro et al., 2025). Through these forms of expression, they share their worldview, transmitting a message of harmony, respect and preservation of this territory-body. Amazonian culture is a unique treasure that must be valued and protected. By preserving its traditions, and by recognizing its importance, we can learn valuable lessons about the relationship between human beings and nature and the importance of living in balance with the environment that surrounds us. The Amazonian being is the guardian of ancestral wisdom and offers an example of how it is possible to live in harmony with the territory it inhabits.

### **Cultural and Identity Characteristics of the Amazonian People**

The cultural characteristics of the Amazonian being reflect their close relationship with their territory, such as their dependence on forest resources for their daily subsistence and the conscious preservation of deeply rooted ancestral traditions, which are intrinsically linked to the rich biodiversity of the local flora and fauna. In addition, the Amazonian identity is marked by ethnic and cultural diversity, with numerous indigenous, riverine and non-riverine communities, each of them possessing unique and authentic traditions, which contribute to the cultural richness of this emblematic territory (Castro, 2009).

It is through vibrant and engaging music, expressive and meaningful dances, exuberant cuisine and diverse artistic expressions that the Amazonian identity

manifests itself, playing a central and essential role in the preservation and expression of a valued and revered cultural heritage.

These forms of cultural expression transcend physical boundaries, connecting people of all cultural backgrounds to their shared heritage, while strengthening community bonds and fostering social cohesion, conveying a sense of belonging and unity to the entire Amazonian community. The magnitude and depth of this Amazonian cultural heritage is truly captivating. The cultural practices of indigenous and non-indigenous peoples are rooted in centuries of traditions, passed down from generation to generation, preserving a unique connection with the territory-body. It is in this setting that Amazonian culture reveals itself in all its magnificence (Souza & Brasileiro, 2024).

Music, as we have seen, is a form of expression deeply rooted in Amazonian identity. The rhythmic melodies transport listeners to a world filled with the unmistakable sounds of the forest and the waters. These melodies, often sung in traditional indigenous languages, convey stories and teachings passed down from generation to generation.

Amazonian music is a celebration of ancestral roots and connection with nature, allowing people to express their deep connection with the environment. Traditional dances also play a fundamental role in the culture. Each movement is loaded with meaning and symbolism, transmitting deeply rooted stories and beliefs. Amazonian dances are the manifestation of the festive spirit and joy that permeate life in the region. It is through these dances that Amazonian communities celebrate their history, their achievements and life itself (Jochimsen & Silva Rodrigues, 2024).

Amazonian cuisine is a gastronomic treasure that reflects the abundance of the region's natural resources. With fresh, native ingredients, the dishes are an explosion of flavors and textures. The recipes are passed down from generation to generation, carrying with them centuries of tradition and knowledge. Each meal is a unique sensory experience, capable of transporting anyone to the essence of the Amazon Rainforest (Marely et al., 2024; Castro, 2009).

Artistic expressions also play a prominent role in the region's culture. Visual arts, sculpture, ceramics and weaving are just some of the forms of expression that are part of the region's rich cultural heritage. Amazonian artwork and crafts are vivid

examples of the creativity and skill of local artists, who use natural materials to create true works of art (Silva, 2023).

Ultimately, Amazonian culture is an intricate tapestry of traditions, stories and values passed down through the centuries. It is a vivid expression of the deep relationship between the people and the environment around them. The richness of this unique culture transcends borders and connects people from all over the world, arousing admiration and respect. The preservation and promotion of Amazonian culture is essential to ensure that its traditions and values continue to inspire and delight future generations.

### **Contributions of Phenomenological Psychology to the Understanding of the Amazonian Being: the gaze consubstantiates!**

The contributions of Phenomenological Psychology to the understanding of the Amazonian being reside in its ability to deepen and explore in detail the intricate and complex plot of the life experience of these people who inhabit the region (Castro, 2019).

Phenomenological Psychology, from its perspective, allows the understanding of the multiple layers of perceptions, emotions and meanings attributed in a personal, genuine and authentic way by the Amazonians to their reality. This perspective not only favors the appreciation and full recognition of the subjectivity and cultural diversity present in the territories and their peoples, but also provides a conceptual and methodological framework that, in turn, enables the investigation and in-depth understanding of the psychological, emotional, and social particularities of the Amazonian being, this human being intrinsically connected to his or her territoriality (Assis & Castro, 2019; Porto & Castro, 2019). It is essential to note that through the phenomenological perspective, Phenomenological Psychology offers enriching knowledge about human diversity, contributing to the continuous expansion and evolution of the understanding and appreciation of all forms of being and existing in our region. In this transcultural context, we are invited to further explore the complexity of the individual experiences of the Amazonian being, delving into the depths of the multiplicity of perceptions, emotions, and meanings present therein. By uncovering the layers of this reality, we are led on a

journey of self-knowledge and a deeper understanding of the nature of human beings and their inextricable connection with the environment around them. It is an opportunity to broaden horizons and enrich minds with knowledge that transcends scientific knowledge, expanding the worldview and appreciation for the diversity and individuality of the Amazonian being (Rodrigues & Castro, 2019).

Phenomenological Psychology opens doors to a new understanding of the psychological universe of the Amazonian being and allows us to unveil the experiences of those who are there, in their habitat. With its contributions, this theoretical perspective invites us to delve into a world of possibilities, challenging prejudices and expanding knowledge about the psyche of the Amazonian being. In this scenario, we are invited to explore the nuances and peculiarities of the human experience in the Amazon, discovering the multiple meanings and senses attributed to this region (Castro, 2019).

Through the phenomenological lens, we are led on a journey of self-discovery and mutual understanding, where each new revelation leads to a deeper understanding of ourselves, others, and the world around us. It is an opportunity to transcend our own limitations and truly connect with the cultural and natural richness of the Amazon, expanding horizons and enriching our understanding of the human essence. In this way, Phenomenological Psychology invites us to embark on a journey of discovery and exploration, where each new insight invites us to a deeper appreciation of the complexity of the Amazonian being and its unique connection to its territory of origin. It is an invitation to delve into the depths of the human mind and the mysteries of existence, discovering the wonders that await us in this region full of challenges, achievements, and revelations (Castro, 2020; Pereira & Castro, 2019; Castro, 2019).

The knowledge acquired through Phenomenological Psychology provides us with a renewed understanding of the Amazonian being and its unique life experience. It allows us to contemplate the cultural and emotional richness present in the Amazon, delving into the complexities and synergies that exist between the people and the natural environment in which they live. This theory enables us to go beyond superficial appearances and connect with the essence of being and existence in the Amazon region. We discover the importance of recognizing and

valuing individual and collective subjectivity, understanding cultural diversity in all its breadth and appreciating the complexity of being an Amazonian (Rodrigues & Castro, 2019).

From this solid foundation of knowledge, we are driven to continue exploring and understanding the challenges and opportunities that unfold in the daily lives of Amazonian beings. We understand the intricate web of social relationships, psychological phenomena, and emotional experiences that shape the existence of these peoples. Through careful observation of details and analysis of individual and collective narratives, we advance in understanding the Amazon as a living and vibrant entity, where people coexist in harmony with their territories and their cycles (Castro, 2019).

Phenomenological Psychology encourages us to unravel the secrets of consciousness and perception, to discover the underlying meaning of behaviors, and to appreciate the unique beauty of the mental processes that shape the lives of Amazonian beings. We are led on a journey of inner discovery, where we question our assumptions and worldviews in order to embrace a richer and more compassionate perspective on human beings and their infinite possibilities of existence and existentiality (Castro, 2023; 2020; 2019).

Through Phenomenological Psychology, we learn to embrace the unknown, to open ourselves to the new, and to recognize the complexity and diversity that permeate the human experience in this region. By exploring the deepest corners of the Amazonian psyche, we uncover a universe of emotions and meanings that reveal to us the depth and authenticity of life in the Amazon. We are captivated by the richness and power of individual narratives, which show us the interconnection between human beings and their territory. And this teaches us to listen actively, to open ourselves to the subjectivity of others, and to value the uniqueness of each Amazonian life story. In this way, it enriches our understanding through the subtleties and nuances of human expression and allows us to recognize the importance of the cultural, social, and environmental context in the constitution of the Amazonian identity (Pereira & Castro, 2019). In our view, Phenomenological Psychology plays a fundamental role in expanding the understanding of the Amazonian being and the complexities of life consolidated there. Its approach leads



to a deep dive into the mind and experiences of the Amazonian people, making it possible to understand the diversity, individuality, and cultural richness of the region. Through it, we are invited to expand our horizons and truly connect with the essence of the human being and nature in one of the most mystical and enigmatic places in the world: the Amazon (Castro, 2019).

### **Phenomenological Methods in Psychological Research**

At this point, we need to reframe the reflection to phenomenological methods. Yes, it is broader than you imagine. Psychological research, the different phenomenological approaches and methods – yes, there are several – play a fundamental role in understanding subjective experience. These approaches and methods emphasize the importance of total immersion in the reality of the other and the complete suspension of prior judgments.

In the investigation of the Amazonian being, the use of detailed phenomenological interviews, rigorous participant observation and meticulous analysis of diverse narratives allows for the detailed and in-depth capture of essential aspects of the cultural and psychological experience of this group in its peculiarities. Consequently, phenomenological hermeneutics, due to its breadth and methodological rigor, as well as phenomenological reduction, carefully applied in all stages of the research process, play a fundamental role in understanding the world experienced by the Amazonian being, providing valuable and revealing insights. Furthermore, such practices allow for the understanding of the meanings attributed by the Amazonian being, offering a comprehensive understanding of all the nuances and complexities present in their complex, multifaceted, and intricate psychological reality (Correa, 2022; Castro, 2020; Costa, Pereira & Castro, 2019).

In this way, phenomenological research provides an expanded, amplified, and enriching view of this very particular reality, allowing for a greater understanding of the experiences and experiences of the Amazonian being in all their complexity and diversity (Castro, 2019).

Through the careful exploration of these techniques, researchers can delve even deeper into the cultural identity, beliefs, values, and practices of the Amazonian people, revealing even deeper layers of their unique psychological richness. With a

deeply reflective approach, it is possible to unravel even more mysteries about the complexity and essence of the lives of those who inhabit the Amazon. Through this process, a more complete, comprehensive and human understanding of the challenges, aspirations and needs of this group emerges in its singularity (Barreto, Oliveira, Rosa, Meira & Castro, 2020; Pereira & Castro, 2019).

By promoting an intimate dialogue between the researcher and the Amazonian being, phenomenological research allows a connection with their subjectivity, contributing to a more precise and genuine understanding of their life experiences. By immersing ourselves in the world of the Amazonian being, we are able to capture the complexity of their cultural and psychological identity, and thus enrich our knowledge about human diversity and the many ways of living and existing in the world. In this sense, phenomenological research becomes an essential tool for promoting empathy and understanding among peoples, contributing to a more tolerant, inclusive and respectful world with regard to cultural and subjective diversity (Rodrigues & Castro, 2021; Zacarias & Castro, 2019).

This theoretical perspective will possibly make it possible to reveal the Amazonian being, their culture, their being-in-the-world, revealing the richness and complexity that goes beyond what has been disseminated. Through phenomenological research, it will be possible to open the window to unique experiences and perspectives, understanding their stories and narratives in an even deeper way. In doing so, a bridge is created between different worlds, building a path to improved understanding and mutual respect. The search to understand the life of the Amazonian being is a journey of discovery and constant learning, opening our eyes to the complexities of this group (Missiatto, 2024; Mata, Zanetti, Meira & Castro, 2020).

Phenomenological research invites us to delve into the depths of the mind and soul of each Amazonian individual, unraveling the mysteries that surround them. It allows us to see beyond superficial appearances and connect with the deepest and most essential aspects of their life experience. In doing so, we encounter the diversity and complexity of the human condition, reinforcing our understanding that, although each person is unique, there are bonds that unite us

as human beings, the Heideggerian being-with (Castro, 2023; Assis & Castro, 2019).

In this complex web of experiences, emotions, and perspectives, we are challenged to transcend our own prejudices and find common ground of understanding. Through phenomenological research, we are invited to discover a new world of meaning and understanding, where diversity is valued and celebrated. In this way, we can gain a deeper insight into the Amazonian being, honoring both their individual aspects and the multiple layers of their collective identity. (Castro, 2025; Castro, 2019; Neves & Castro, 2019).

### **Challenges and Perspectives for Psychology in the Amazon**

Psychology in the Amazon region faces unique and extraordinary challenges due to the vast cultural, geographic, and environmental diversity present in this immensely rich territory (Castro, 2020). The lack of adequate infrastructure and resources constitutes a significant challenge, making access to mental health services extremely difficult. In addition, the primary need for integration between traditional knowledge, deeply rooted in Amazonian communities, and conventional psychological practices becomes crucial to effectively and, at the very least, satisfactorily meet the needs of these populations (Neves & Castro, 2019).

The prospects for overcoming these challenges and achieving real progress include the implementation of sustainability programs that consider the intrinsic relationship between mental health and the environment, as well as the training and qualification of highly qualified professionals who are sensitive to local cultural particularities and are capable of working in an intercultural, respectful, and productive manner (Porto & Castro, 2020).

Therefore, it is necessary to establish partnerships with indigenous communities and local organizations to develop innovative approaches that value ancestral knowledge and promote a deeper understanding of the social and cultural dynamics present in the Amazon region (Castro & Meira, 2024).

To achieve sustainable mental health in the Amazon region, it is essential to promote community engagement, strengthening support networks and encouraging people's active participation in decisions related to mental health. This requires the

creation of safe and inclusive spaces where everyone's voices can be heard and respected.

In addition, it is important to invest in research that explores the social determinants of mental health in the region, seeking to understand and address inequalities that may manifest themselves due to issues such as limited access to health services, poverty, marginalization and discrimination. Another key aspect is strengthening mental health training, ensuring that professionals are adequately prepared to deal with the complexity and diversity of the Amazon region. This includes developing specific knowledge about local cultures, traditional healing practices and the relationships between health and the environment. Furthermore, it is important to promote an interdisciplinary approach, involving professionals from different areas, such as anthropology, sociology, biology and others, to gain a broader understanding of the factors that influence mental health in the region (Castro, 2019).

To address the challenges of the Amazon region, a joint and coordinated effort is required from different stakeholders, including governments, health institutions, civil society organizations and local communities. Only in this way will it be possible to promote inclusive, equitable and sustainable mental health, capable of meeting the needs and values of the Amazon populations in an effective and satisfactory manner. Cooperation between these stakeholders must be strengthened, encouraging the exchange of information and mutual collaboration to identify and implement innovative solutions adapted to the reality of the region (Castro, 2020; 2019).

The creation of public policies aimed at mental health is also essential, aiming to ensure the adequate allocation of resources and the development of projects that meet the specific demands of the Amazon region. Furthermore, investments are needed to improve infrastructure and access to mental health services, especially in remote and hard-to-reach areas. Only through an approach that values cultural diversity and recognizes the importance of the environment for mental health can we achieve significant progress in the Amazon region.

## **Sustainability and Interculturality in Psychological Practices or by way of final considerations**

Psychological practices in the Amazon must integrate environmental sustainability and interculturality as fundamental elements to ensure the well-being of local communities. It is imperative to understand and value the traditional knowledge of communities, recognizing that they hold ancient wisdom about the relationship between human beings and nature.

We must promote practices that respect and promote harmonious coexistence with the environment, taking into account that the preservation of natural resources is essential for maintaining mental health. In this sense, psychological interventions must be developed in a way that considers the reality and specific challenges faced by Amazonian populations.

Psychology professionals must be sensitive to the cultural and environmental demands of the region, seeking strategies that strengthen the identity and empowerment of local communities. This implies adapting intervention methods according to the worldview and values of these populations, so that the process is effective and can contribute significantly to the promotion of mental health. Furthermore, it is important to understand that mental health is intrinsically linked to the socio-environmental dynamics of the Amazon region.

The challenges faced by Amazonian populations, such as deforestation, the unbridled exploitation of natural resources and the loss of traditional territories, can have negative impacts on people's mental health. Therefore, it is essential that psychological interventions consider these realities and seek ways to mitigate the negative effects, promoting a balance between socioeconomic development and environmental conservation.

It is essential to establish partnerships between psychology professionals and organizations focused on the protection and preservation of the Amazon, in order to create joint actions that can address these complex challenges. Furthermore, it is necessary to invest in research and studies that investigate the psychological specificities of Amazonian communities, in order to develop more effective therapeutic approaches adapted to their needs. This involves conducting surveys of the region's mental health demands, analyzing the risk and protective

factors present in this context, and seeking to understand the support and social support systems that already exist in the communities.

Furthermore, the training of psychology professionals working in the Amazon should include knowledge of ecology, sustainability and ethnopsychology, providing a solid foundation for understanding the environmental and intercultural aspects that permeate the region. This will allow for more qualified and sensitive work to the needs of Amazonian communities, taking into account their beliefs, values and practices related to mental health.

Therefore, psychological practices in the Amazon should be guided by environmental sustainability, interculturality and respect for nature. A deep understanding of the specific issues faced by Amazonian populations is necessary, as well as a sensitive approach adapted to the local culture and context. We realized during this study that Phenomenological Psychology inextricably meets these requirements. In this way, this theoretical proposal can effectively promote the mental health and well-being of communities, recognizing the intrinsic importance of nature in the constitution of human beings and in their search for a full and meaningful life. Hence, we consider that the territory is my body, my body is territory!

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