



Mind as Code

Mindfulness for developers and knowledge workers

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Flow of the talk

1 What is mindfulness about?

2 Practice

3 The science

4 Closing

Definitions

Meditation

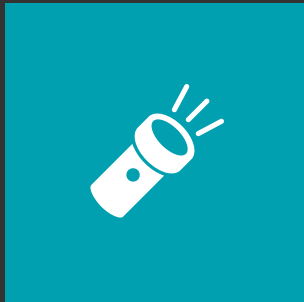
Cultivation

Practice

Exercise

Three skills of mindfulness

“The buddha was the first hacker. And he hacked the most advanced computer that nature had ever created: the human brain.”



What is it?



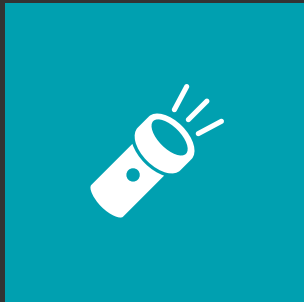
Technical analogy



One of the benefits of it in an
(agile) life

Concentration

First skill of mindfulness



Focus on whatever you find important now



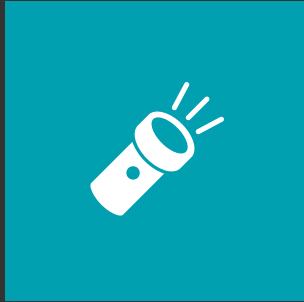
Setting breakpoints



Attention is your most precious resource

Clarity

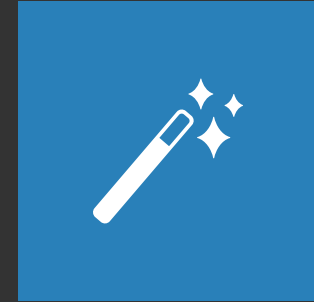
Second skill of mindfulness



Experience the present moment
with increased resolution and
lower latency



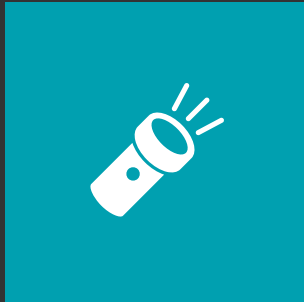
Reading variables and states of
objects



Act smarter on the input I have
Appreciate life more

Equanimity

Third skill of mindfulness



Suffering = Discomfort *
Resistance

Resistance = 1 / Equanimity



Refactoring code so it runs with
less resources



Deal better with uncertainty and
change

Living and working with more ease and
fun

A young boy with short brown hair is sitting cross-legged in a field of tall green grass. He is wearing a red t-shirt with a logo that says "Camp" and "52" on the left chest, and blue denim shorts. He is wearing dark sunglasses and has his hands raised in a meditative gesture, with his fingers slightly curled. The background is a dense line of green trees under a bright sky. A semi-transparent white box with the word "Practice" is overlaid on the image.

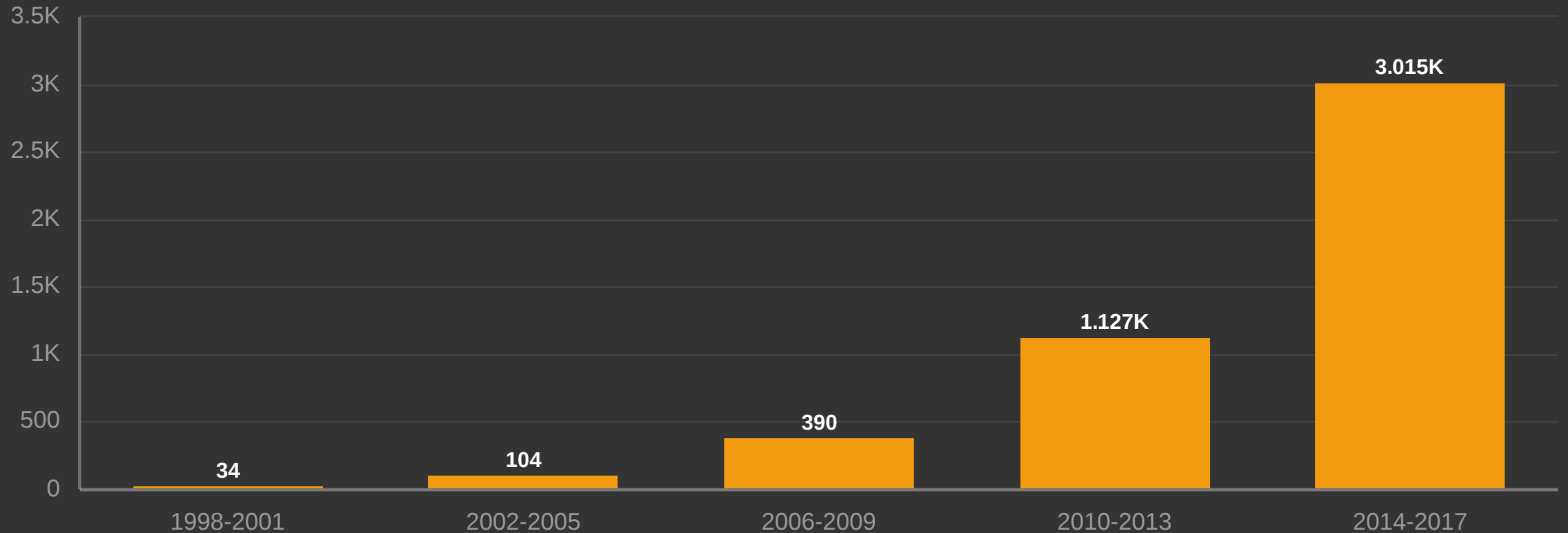
Practice



The Science

Research on mindfulness

Number of articles on mindfulness in 4 year periods / Source: PubMed



Effects of meditation



Intelligence and Memory

Increased scores in college admission tests

Effects of meditation



Body

Less sense of stress and less inflammation markers

Effects of meditation



Social skills

Less stress in social situations

More compassionate behaviors

Effects of meditation



Brain changes

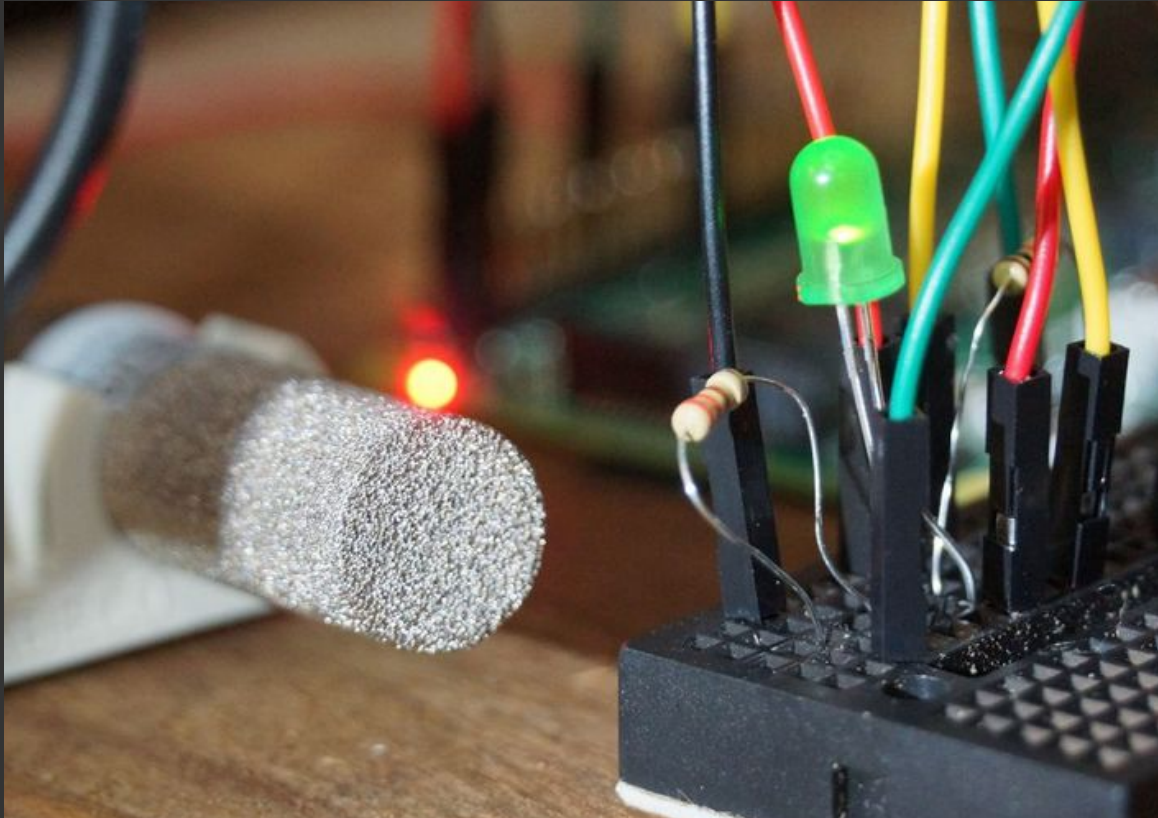
Less stress, higher rate of recovery from stressful events

Amygdala hijack

Video

Why am I doing this...

Mindfulness is the best researched way to hack your mind for deep happiness



Curiosity / Power



Kindness / Happiness



Thanks!

More info & learning materials:

bit.ly/MindasCode



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xing.to/wittwer

Ask me about how to bring mindfulness practices into your company.

And also: No cat was harmed creating this presentation