



# Mind as Code

Mindfulness for developers and knowledge workers

Markus Wittwer | Agile Coach | Mindfulness Trainer  
[www.markuswittwer.de](http://www.markuswittwer.de) | @MarkusWittwer

# Flow of the talk

1 What is mindfulness about?

2 Practice

3 The science

4 Closing

# Definitions

## Meditation

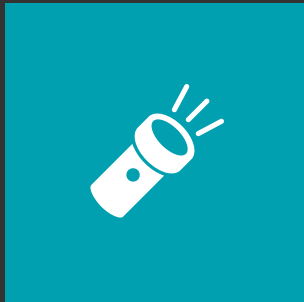
Cultivation

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?



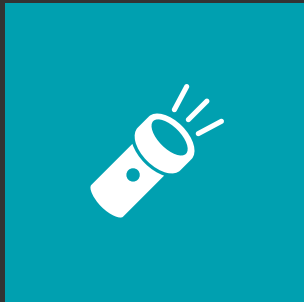
Technical analogy



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

# Concentration

First skill of mindfulness



Focus on whatever you find important now



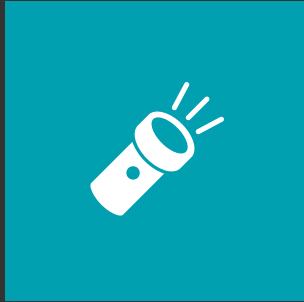
Setting breakpoints



Attention is your most precious resource

# Clarity

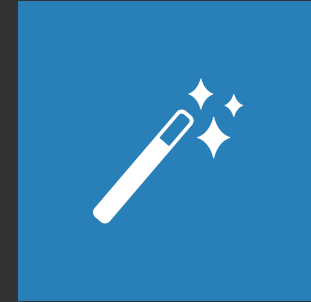
Second skill of mindfulness



Experience the present moment  
with increased resolution and  
lower latency



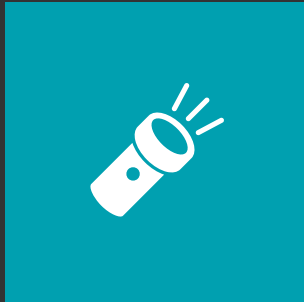
Reading variables and states of  
objects



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, wearing dark sunglasses, a red t-shirt, and blue denim shorts, is sitting cross-legged in a field of tall green grass. He has his hands raised in a meditative gesture, with his fingers curled. The background consists of a dense line of green trees under a bright sky. A semi-transparent white box is overlaid on the image, containing the word "Practice" in a black, sans-serif font.

Practice

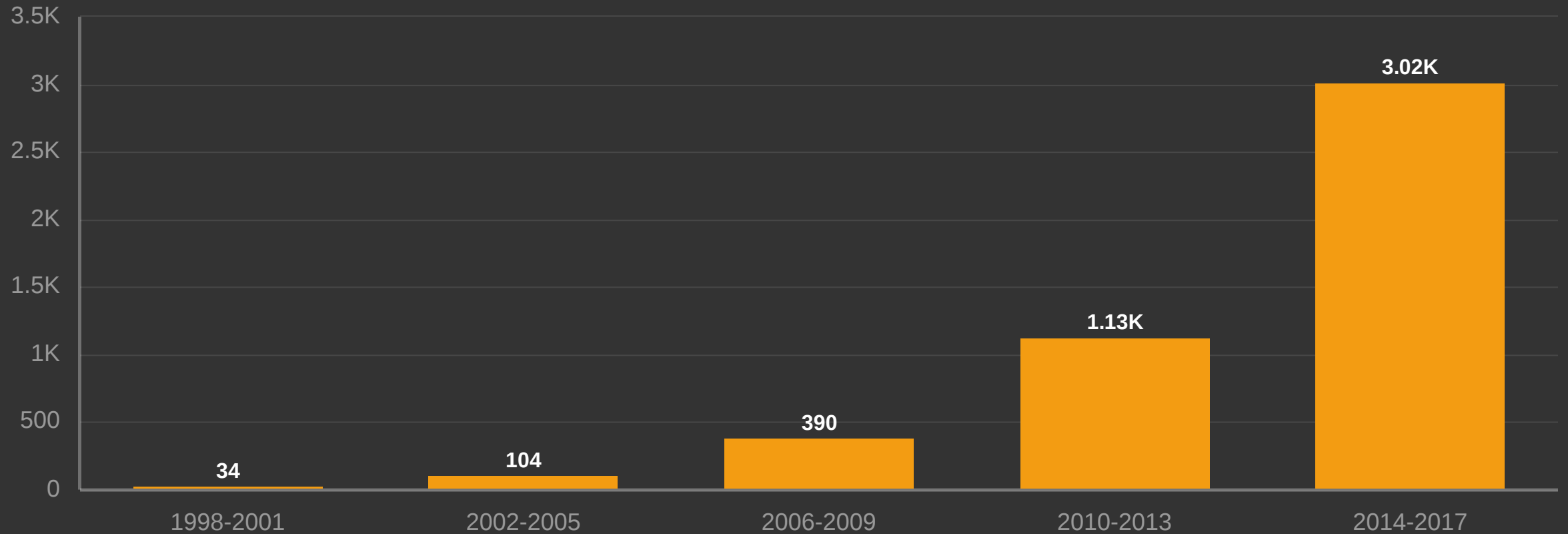




# The Science

# 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

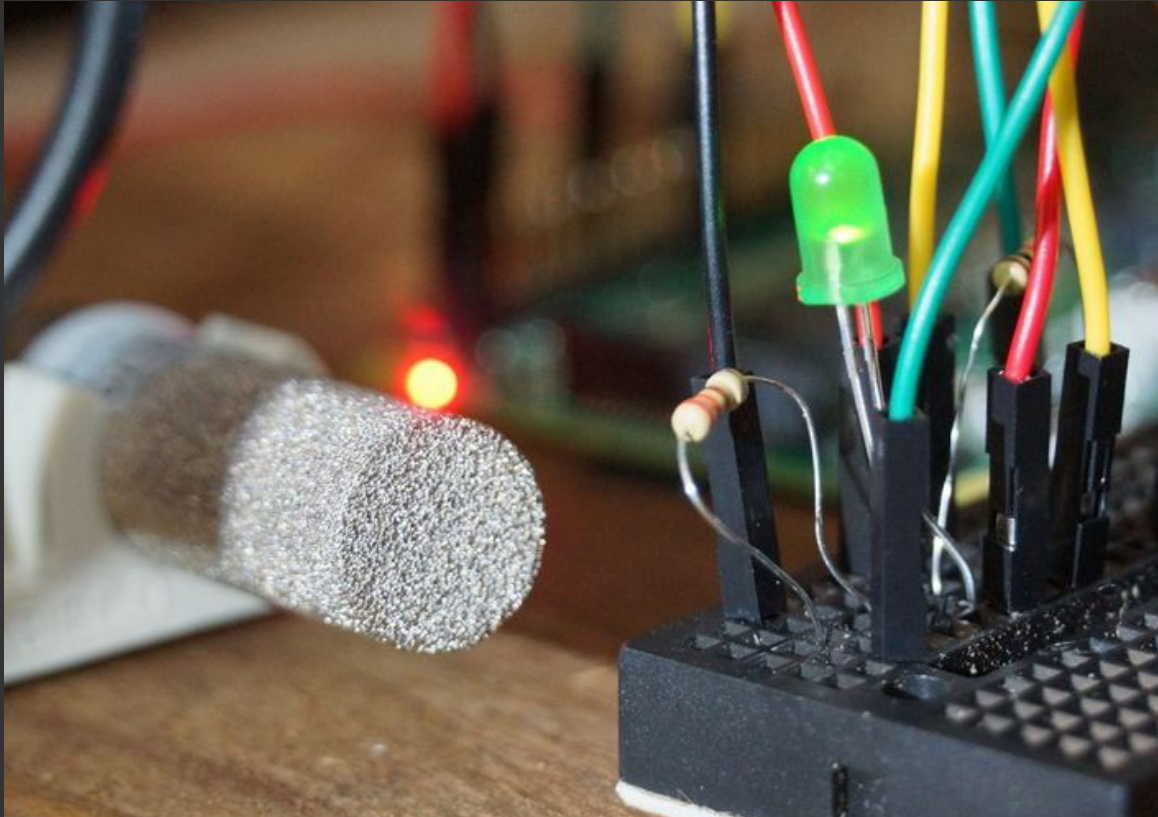
Less stress, higher rate of recovery from stressful events

# 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:

**<http://bit.ly/MindAsCode>**

 <https://www.markuswittwer.de>

 [info@markuswittwer.de](mailto:info@markuswittwer.de)

 [@markuswittwer](https://twitter.com/markuswittwer)

 <http://xing.to/wittwer>

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

And also: No cat was harmed creating this presentation