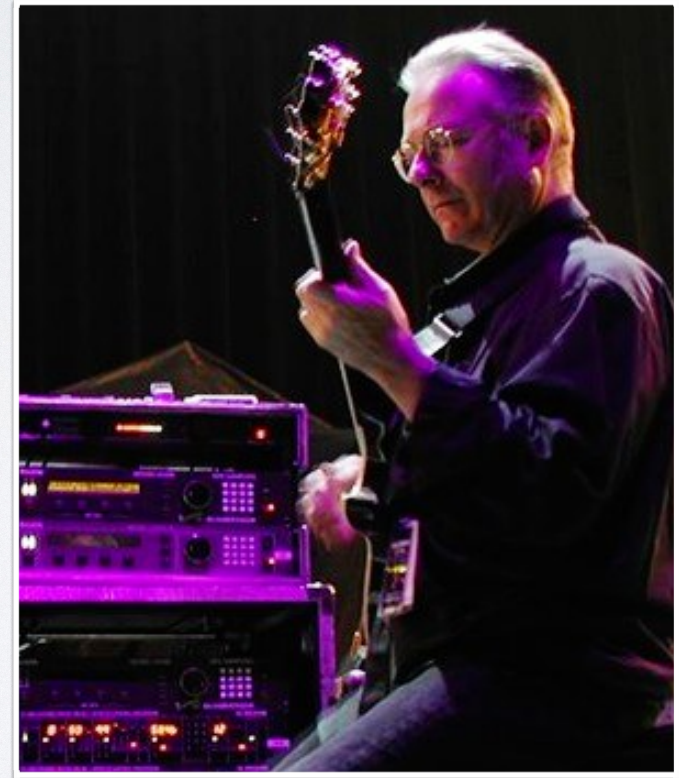


MEDITATION FOR DEVELOPERS

Dion Stewart
@DionAngelo
DevJam

ROBERT FRIPP

Life without the morning sitting is like trying to walk without legs. This is the beginning, the foundation, of strengthening personal presence. If we are absent, then life is all stuff. Nothing real happens.



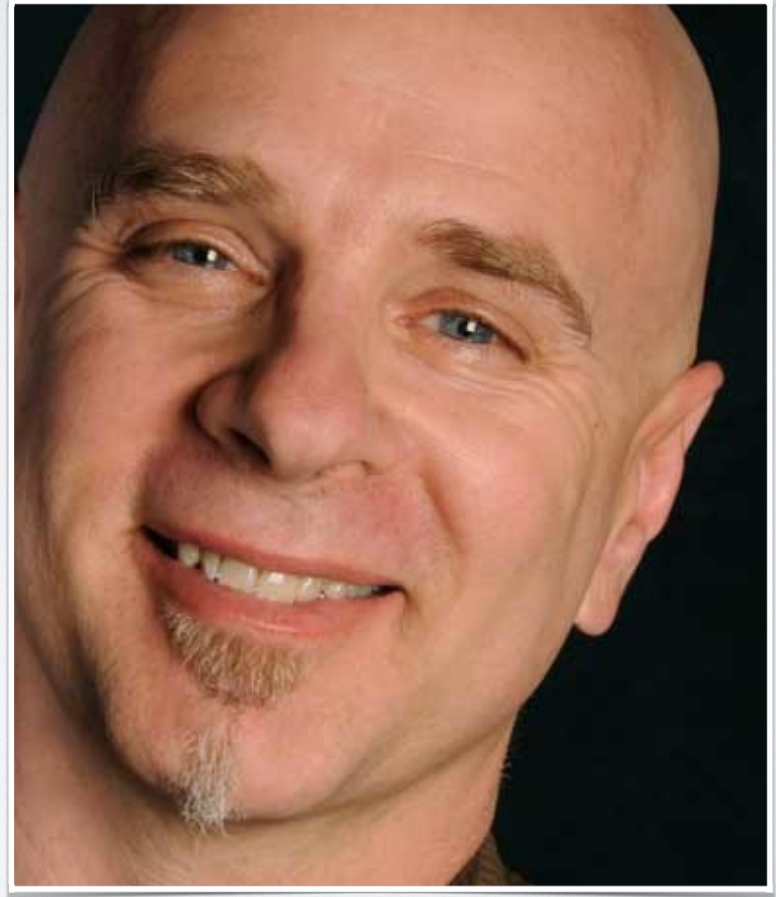
WHY PRACTICE THE MORNING SITTING?

Before we ask ourselves to do something, we begin by asking ourselves to do nothing. When our body is prepared to do nothing when we ask it to, perhaps it will do something when we tell it to: such as, integrating & co-ordinating specialized motor skills while playing a musical instrument.

Robert Fripp

MARC ANDERSON

When you have those moments when you're really playing music, you realize 'All I'm doing is tending to exactly this thing, and as soon as I start thinking about the chorus that's coming up, I'm not really playing anymore.' It's such a great training ground, and you wonder, 'Could I just walk through the world this way? Could I live moment-by-moment-by-moment this way?'



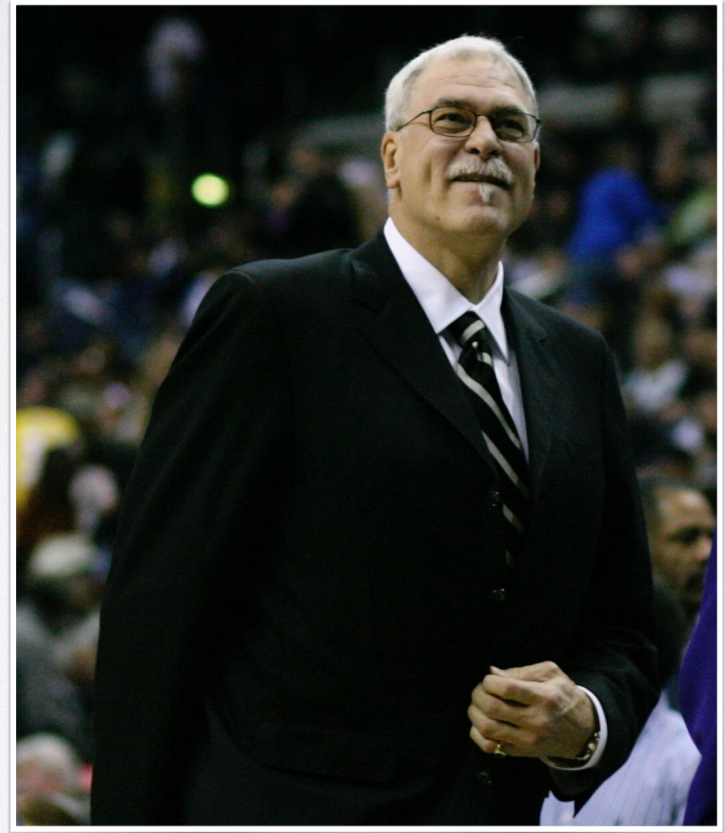
STEVE HAGEN

Meditation begins and ends with your intention. If you lose track of your intention to be awake, you're no longer in meditation. If you intend to meditate, then you must do your meditation now. Meditation is simply to be here now. If you want to meditate, meditate now—even as you read this. . .



PHIL JACKSON

What I discovered after years of meditation practice is that when you immerse yourself fully in the moment, you start developing a much deeper awareness of what's going on, right here, right now. And that awareness ultimately leads to a greater sense of oneness—the essence of teamwork.



Though mindfulness meditation has its roots in Buddhism, it's an easily accessible technique for quieting the restless mind and focusing attention on whatever is happening in the present moment. This is extremely useful for basketball players, who often have to make split-second decisions under enormous pressure.

Phil Jackson

BENEFITS OF MINDFULNESS

- Increased ability to focus
- Increased emotional regulation
- Increased social skills
- Increased self esteem
- Increased sense of calmness, relaxation and self-acceptance
- Increased quality of sleep
- Increased working memory, and planning and organization
- Decreased test anxiety
- Decreased ADHD behaviors-specifically hyperactivity and impulsivity
- Decreased negative affect / emotions
- Decreased anxiety
- Decreased depression
- Fewer conduct and anger management problems

AWARENESS

PREPARING TO MEDITATE

- Stand straight, as if you were suspended by a wire from the back of your head.
- Heels about a fist width apart.
- Left thumb inside fist (helps retain awareness of our hand, non-aggression), right hand covering.
- Head up, eyes cast downward at a 45 degree angle.

SITTING

- Sit on the chair, towards the front edge, not all the way back. (There are several positions for sitting on a cushion. For pragmatic reasons, today we'll sit on our chairs.)
- We want stability in our posture - to remain alert and to quiet down (without becoming drowsy)
- Place your hands on your knees.
- Breath out, lean to the right. Breath in, come back to center. Repeat to the left side. Do this three times, leaning less each time, aware of your center of gravity.
- Maintain a lumbar curve in your back.

HANDS

- Open in your lap, palms up.
- Place your left hand over your right, touching the tip of the left index finger to the base of your right index finger where it joins the palm. Lay the rest of your fingers in your left hand over the corresponding fingers in your right hand.
- Bring the thumbs gently together, making contact until they're just touching.

JUST COME BACK

- Maintain focus on the breath. When the mind wanders off, simply return your attention to the breath.
- Eyes open, cast down at a 45 degree angle.
- Mouth closed naturally (lips and teeth closed), no tension, quietly breath through the nose. Place tongue on roof of mouth behind teeth.

A SIMPLE CHEAT

- Count the breath. Count “one” on the in breath, “two” on the out breath, “three” on the in breath. Continue counting in this manner until you reach ten and then start over.
- Let go of this as soon as you can. Counting the breath can become a distraction.

ENDING MEDITATION

- Move slowly.
- Place your hands on your knees.
- Breath out, lean to the right. Breath in, come back to center. Repeat to the left side. Do this three times, leaning more each time, aware of your center of gravity.

STEVE HAGEN

Three Guidelines

1. Regularity
2. Sit with others
3. Non-judgement



NON-JUDGEMENT

- It's easy for developers to “go meta”.
- Just return to the breath.
- Stopping thinking is NOT the goal.
- Judgmental mind is the antithesis of a meditating mind.
- Be wary of “goals”.



THANK YOU

RESOURCES

- <http://dharmafield.org/meditation/online-meditation-instruction/>
- <http://dharmafield.org/resources/books/>
- <http://m2foundation.org/>
- <http://www.amazon.com/Eleven-Rings-The-Soul-Success/dp/0143125346>
- <https://www.dgmlive.com/diaries.htm?entry=18304>

CREDITS

- By Sean Coon from Greensboro, USA (robert fripp) [CC BY-SA 2.0 (<http://creativecommons.org/licenses/by-sa/2.0>)], via Wikimedia Commons
- "Steve Hagen" by Jose Palmieri - Steve Hagen (copyright owner). Licensed under CC BY 3.0 via Wikimedia Commons - http://commons.wikimedia.org/wiki/File:Steve_Hagen.png#/media/File:Steve_Hagen.png
- By Keith Allison from Baltimore, USA (RO9A3387) [CC BY-SA 2.0 (<http://creativecommons.org/licenses/by-sa/2.0>)], via Wikimedia Commons