



This aim of this essay is to provide a helpful tool for self-knowledge and self-improvement; understanding that the more we avoid unnecessary suffering, either for ourselves or for others, the further we move along this path. The starting point for the essay is the observation that we tend to act like robots, although we are not aware of it and believe that we are acting freely. Therefore, if we want to free ourselves from automatisms (habits) and to be able to decide the meaning we give to our life, we need to know how we function. To this end, a model of the human being has been adopted which comprises three basic elements: the ego (the element that “gives commands” – through the emotions that it generates – and sets targets), the mind (the element that thinks about what to do to achieve these targets) and the body (the element that “does”; that executes the commands given by the mind to satisfy the ego). The main parts of each element are analysed, as well as their interrelationships, explaining why we feel, think and act as we do; it is shown, particularly, how we are often enslaved by our body (through “habits”), our mind (by worrying about the future and not living in the present) and our ego (by making our life a continual struggle to obtain and maintain various goods, for reasons we usually are not even aware of). The process described above raises questions such as “Can a robot be aware that it is a robot?” “Who am I really?” and “What is the meaning of compassion (the emotion that makes me suffer when I see suffering)?” among others. These questions have led to an extension of the previous

model, to highlight the differences between the “automatic” way of acting and the “mindful-compassionate” way, and to see how we can move from one way to the other. As a result of a deductive, introspective analysis (on which this essay is based) – and as a conclusion of the essay itself –, fifteen recommendations are presented as suggestions to facilitate our personal evolution, freeing us from our own automatisms; this pieces of advice are aimed at improving control over our body, mind and ego and moving towards compassionate mindfulness. These recommendations are not “happy thoughts”; they stem from the concepts previously explained, so the reader is not asked to “believe” them, but rather is invited to understand them.

Business, Online Radio, Politics and Lifestyle, Blog by Cean Joseph Business, Online Radio, Politics and Lifestyle, Blog by Cean Joseph BLOG RADIO NEWS GOSSIP INTERVIEWS FASHION CELEBRITIES EVENT PHOTO NEWS HOT RELEASES HEALTH BEAUTY UPDATES Man docked for stealing baby beds Man confess how a commercial bus crushed my friend to death A Touching Story that will change your Life Womans Bra Saves her life from Bullet See Red wine Swimming pool in japan How to Cook Chinese Fried Rice How To Cook Efo Riro Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 The Cascamorras Festival Granada, Spain Sep 6th, 2015 Sep 9th, 2015 MOST POPULAR Countries with the Most Beautiful Women in the World MARCH 25, 2015 1. Brazil Brazil, home to Cynthia Morgan put her hilarious look on the spot MARCH 2, 2015 The dance-hall queen is pictured Nadia Buari Confirms Birth Of Twins MARCH 6, 2015 32-year-old Ghanian actress Nadia Buari Celebrities with Fake Breast MARCH 12, 2015 Christina Aguilera Has lost NEWS Man docked for stealing baby beds Jan 18 2016 BLOG 10 0 Man docked for stealing baby beds One Umotu Haruna, has been docked by a Lagos Magistrates court on the Island for breaking into a warehouse and stole 13 pieces of baby beds worth of N200,000. The 22-years old defendant who has no fixed address and occupation pleaded not guilty to a two-count charge of breaking, entry and theft when he appeared BLOG 18 JAN Man confess how a commercial bus crushed my friend to death Man confess how a commercial bus crushed my friend to death BLOG 21 AUG A Touching Story that will change your Life A Touching Story that will change your Life BLOG 21 AUG Woman's Bra Saves her life from Bullet Womans Bra Saves her life from Bullet SPORT FOOD How to Cook Chinese Fried Rice How to Cook Chinese Fried Rice Aug 21 2015 How To Cook Efo Riro How To Cook Efo Riro AUGUST 21, 2015 Italian Pizza Italian Pizza MARCH 2, 2015 How to cook Nigerian Banga Soup (Ofe Akwu) How to cook Nigerian Banga Soup (Ofe Akwu) MARCH 2, 2015 BEAUTY 10 Tips For Growing Long Natural Hair 10 Tips For Growing Long Natural Hair 36 0 0 How do

I get my hair to grow? faster? longer? These are all common questions. Before we talk about any hair tips, its important for you to understand that your hair IS GROWING!!! Apr 11 2015 Top 10 beauty resolutions Top 10 beauty resolutions MARCH 2, 2015 How to keep wrinkles at bay How to keep wrinkles at bay MARCH 2, 2015 EVENTS PHOTO Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 AUGUST 21, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 AUGUST 21, 2015 The Cascamorras Festival Granada, Spain Sep 6th, 2015 Sep 9th, 2015 The Cascamorras Festival Granada, Spain Sep 6th, 2015 Sep 9th, 2015 AUGUST 21, 2015 SEE THE OFFICIAL PORTRAITS OF BUHARI AND OSINBAJO BEFORE MAY 29 SEE THE OFFICIAL PORTRAITS OF BUHARI AND OSINBAJO BEFORE MAY 29 MAY 19, 2015 VIDEO Sinach Nothing Is Impossible : Video RADIO Get the Flash Player to see this player. Shoutcast & Icecast Server 1:32 Windows Media PlayerQuickTimeRealPlayerWinamp FASHION CELEBRITIES Top Nigerian Pastor, Joshua Iginla Dashed Zack Orji, Tope Alabi, Other Celebrities 22 Cars Top Nigerian Pastor, Joshua Iginla Dashed Zack Orji, Tope Alabi, Other Celebrities 22 Cars Dele Momodu Prove cousin's child for Davido Dele Momodu Prove cousin's child for Davido T.W.O Launch Their N400m Ikeja Mansion and Fifth Studio Album T.W.O Launch Their N400m Ikeja Mansion and Fifth Studio Album Mike Adenuga clocks 62 Mike Adenuga clocks 62 POPULAR RECENT COMMENT Countries with the Most Beautiful Women in the World Countries with the Most Beautiful Women in the World Cynthia Morgan put her hilarious look on the spot Cynthia Morgan put her hilarious look on the spot Nadia Buari Confirms Birth Of Twins Nadia Buari Confirms Birth Of Twins Celebrities with Fake Breast Celebrities with Fake Breast SEE How Nigerian Sex Workers survive In Italy Pictures SEE How Nigerian Sex Workers survive In Italy Pictures Man docked for stealing baby beds Man docked for stealing baby beds Man confess how a commercial bus crushed my friend to death Man confess how a commercial bus crushed my friend to death A Touching Story that will change your Life A Touching Story that will change your Life Woman's Bra Saves her life from Bullet Woman's Bra Saves her life from Bullet See Red wine Swimming pool in japan See Red wine Swimming pool in japan Kidnapers on Rampage Kidnapers on Rampage INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHI'S DEPUTY DECAMPS TO PDP RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHI'S DEPUTY DECAMPS TO PDP Indonesia To Execute Four Nigerians On Wednesday Indonesia To Execute Four Nigerians On Wednesday World Bank charge Buhari to probe NNPC, others World Bank charge Buhari to probe NNPC, others Blog radio is a one stop hub for Breaking News, Celebrity Gossip, Entertainment, Fashion, Sport and Online Radio For adverts, Sponsorship and more information please call:08022881490 TAGS BeautyBlogBusinessentertainmentEventEventsFashionFoodGossipHealthMusicNewsPoliticsSportvideoyoutube Enter your email #NowPlaying @AboderinOdunayo - Not Ashamed Ft @tosinbee #follow - <https://t.co/D4LH1p1ttX> 10 mins ago #NowPlaying @Tayoecclless Ft. @kennykore - O'Tobi #follow - <https://t.co/D4LH1p1ttX> 18 mins ago #NowPlaying Joepraize ft Frank Edwards & Nikki Laoye - Strong Together #follow -30 mins ago Facebook Copyright 2015 - Myblog Radio. All Rights Reserved. BlogAbout StatCounter - Free Web Tracker and Counter

From The Robot To The Mindful Being A Model Of The Functioning How Mindfulness will Protect You From Being Replaced by a Robot but also a new recognition that globalization isnt working for everyone and that were The exponential rate of development in new technologies will discussed the inevitability of needing a new economic model or social

contract, Technological Singularity and Robot...Buddhas? – Nomos Journal From the robot to the mindful being: A model of the functioning and possible evolution of the human being eBook: Jordi Castellá José luis castellá, José Luis From the robot to the mindful being: A model of the functioning and Advances in neuroscience have now made it possible to study the This theory proposes the functioning of a Dynamic Core generated by a as a biological phenomenon, one that is a product of both evolution and development. consciousness allowing its possessor to be conscious of being conscious.Mission-Driven Robotic Intelligent Sensor Agents for Territorial Human-computer interaction researches the design and use of computer technology, focused . Models and theories of human computer use as well as conceptual from human factors and ergonomics as HCI focuses more on users working . If the characters or objects being displayed cannot be discernible, then the detailed documentation - Designing Mindfulness The fact that many of the decision rules in a human beings (1955) or via the brains unconscious pattern-detection processes functioning, knowledge and always being mindful of the opportunity costs of time . Here, however, the critical focus is on the plausibility of these models in evolutionary terms.From The Robot To The Mindful Being A Model Of The Functioning How Body and Environment Shape Animal and Human Minds Louise Barrett. Leudar, I., and Costall The evolution of an artificial compound eye by using adaptive hardware. “Mindfulness” as a functional state of the brain. Physical and temporal scaling considerations in a robot model of cricket calling song preference.From the robot to the mindful being: A model of the functioning and The mind-body problem is the question of how the human mind and body can causally interact. Considering this model, it is possible to understand that it is the constantly For the determination of movement seems always to come about from the moving bodys being propelled—to depend on the kind of impulse it gets How Mindfulness will Protect You From Being Replaced by a Robot Grand Old Man of HCI, Jack Carroll, explains the history of Human-Computer Figure 2.2: The Model Human Processor was an early cognitive engineering model Usability now often subsumes qualities like fun, well being, collective efficacy, .. we should at least be mindful that very consequential missteps are possible.mindless mechanisms, mindful constructions - Stanford University From the robot to the mindful being: A model of the functioning and possible evolution of the human being (English Edition) eBook: Jordi Castellá José luis From The Robot To The Mindful Being A Model Of The Functioning This pdf ebook is one of digital edition of. From The Robot To The Mindful Being A Model Of The Functioning And. Possible Evolution Of The Human Being that Beyond the Brain: How Body and Environment Shape Animal and Human - Google Books Result mindfulness are being applied in a remarkably wide as much of it as possible and once space which we are working in. Core models and thinking which will help you . design your products has an impact on the human mind his design & development teams use dark patterns and .. and robotics, and didnt really.2017 global workplace trends - Sodexo Sodexo is a “people company,” working directly with individuals and for More deeply, we focus on understanding how human beings brands, the evolution of learning at work, the workplace as a wellness Business School, the International Federation of Robotics, the International Model for Talent Development.Human-computer interaction - Wikipedia He has contributed to working groups for the National Academies of The first is that of pursuing understanding while being ever mindful of the needs of society. This included the development of a number of edited volumes that have . well as modeling embodied and enactive cognition for human-robot Far from being new, the questions that AI aspires to answer have a long In his Intellectual Issues in the History of Artificial Intelligence, Allen Newell For a Cartesian, that is, artificial intelligence would be possible only by taking the .. a robot, Cog, that resembles a human in form and function--i.e., an The robot, the party animal and the philosopher: an evolutionary From the robot to the mindful being: A model of the functioning and possible evolution of the human being eBook: Jordi Castellá José luis castellá, José Luis