



Zen & the Art of Digital Forensics: Enhancing Insight Through Mindfulness

Doug Metz,
Senior Security Forensics Specialist

Zen & the Art of Digital Forensics

Enhancing Insight Through
Mindfulness



Doug Metz, MCFE, GCFA, GCFE, GREM



- Joined Magnet in 2021
- Incident Response Manager
- HTCIA, Delaware Valley Chapter
- BakerStreetForensics.com
- *Dharma Bum*



doug.metz@magnetforensics.com

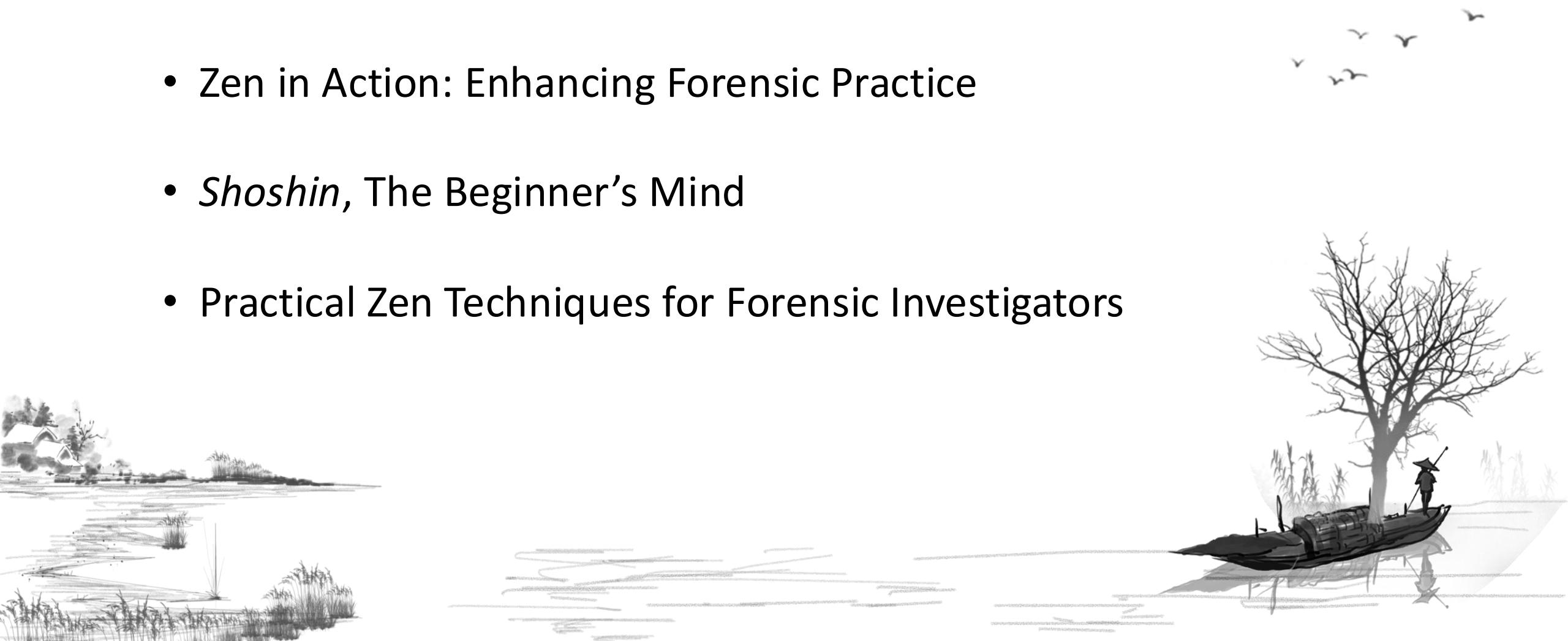
Cyber Unpacked
Exploring enterprise DFIR

 **HTCIA**
Delaware Valley - Philadelphia


BAKER STREET FORENSICS
D . F . I . R .

What's Ahead

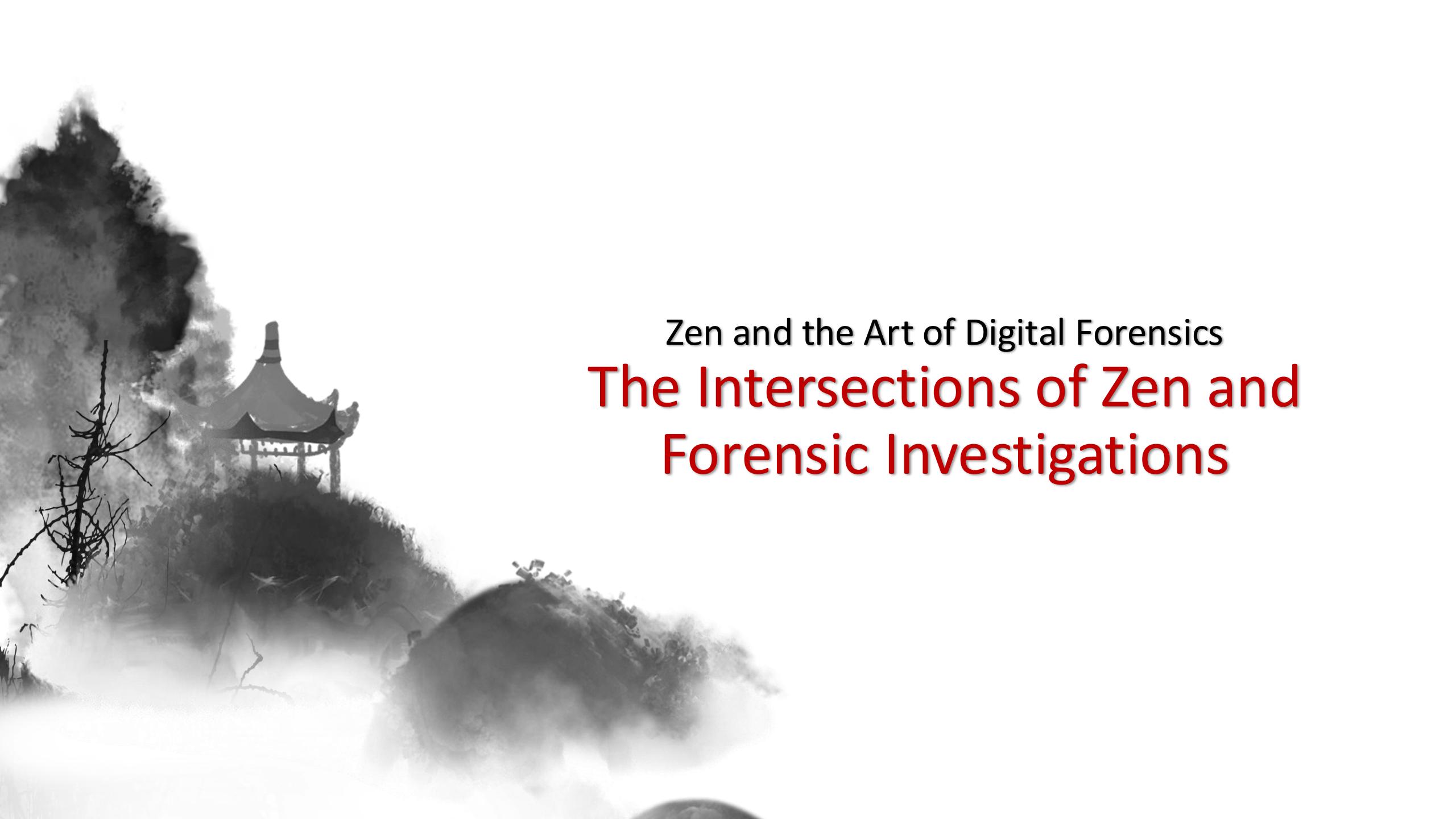
- The Intersections of Zen and Forensic Investigations
- Zen in Action: Enhancing Forensic Practice
- *Shoshin*, The Beginner's Mind
- Practical Zen Techniques for Forensic Investigators



breathe







Zen and the Art of Digital Forensics

The Intersections of Zen and Forensic Investigations



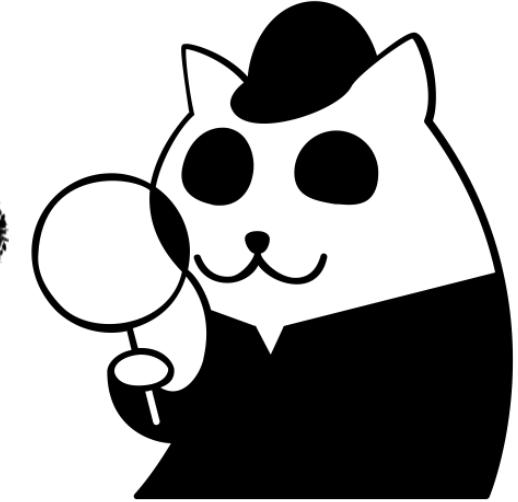
Digital Forensics

- Intense
- Detail Oriented
- Accuracy
- Efficiency
- Stress
- Burnout



Zen

- Mindfulness
- Simplicity
- Presence



Investigator

- Manage stress
- Maintain focus
- Approach *the work* with clarity

- Precision



- Attention to Detail

- Think clearly under pressure

- Mindfulness

- Non-attachment

- Direct experience

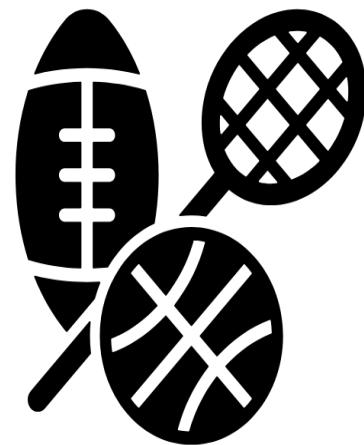
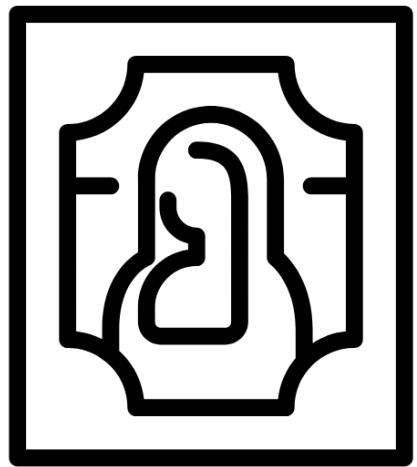


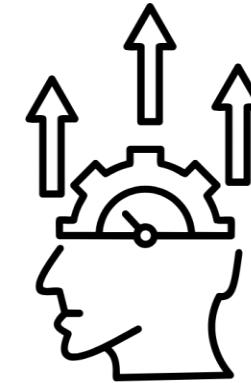
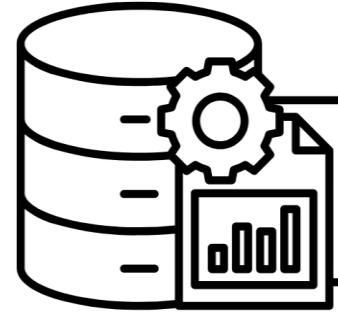
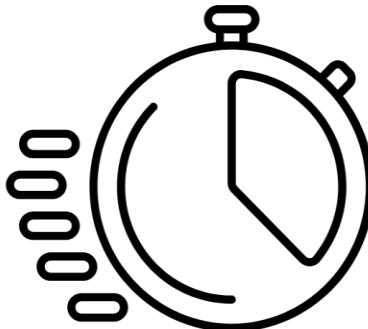
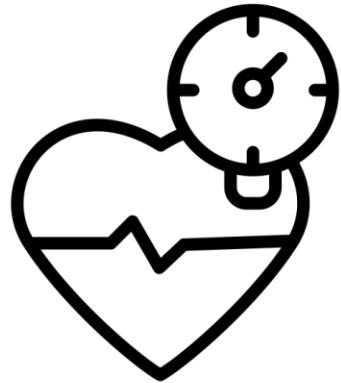
ZEN

- Mindfulness
- Balance



- Patience
- Simplicity





Forensic Investigations

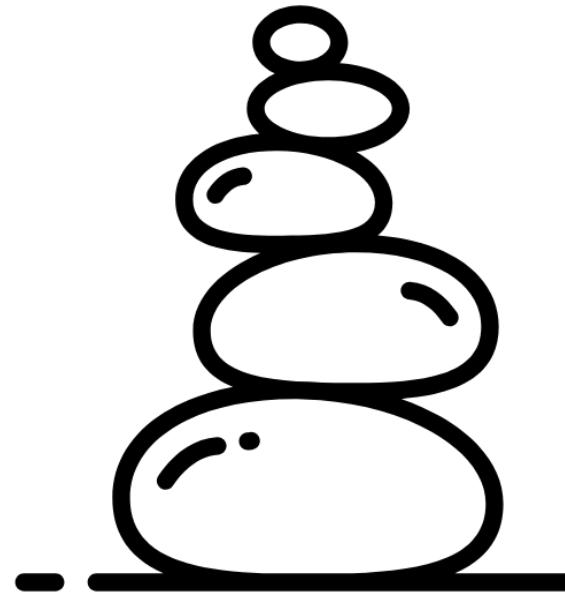
- Collection
- Analysis
- Interpretation
- Reporting
- Testimony



Zen and the Art of Digital Forensics

Zen In Action: Enhancing Forensic Practice

Mindfulness 念 (Nen): Staying Present



Being present on the task at hand



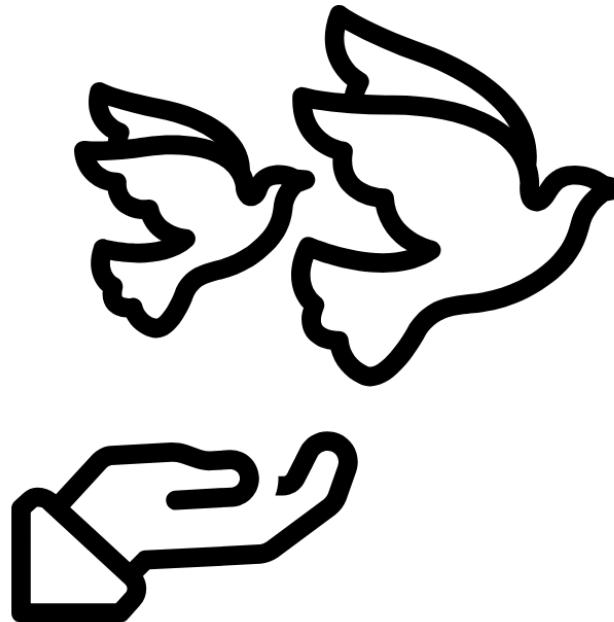


One bite byte at a time

Mindful Observation

- Awareness
 - Close attention
- 
- Subtle details
 - Case integrity

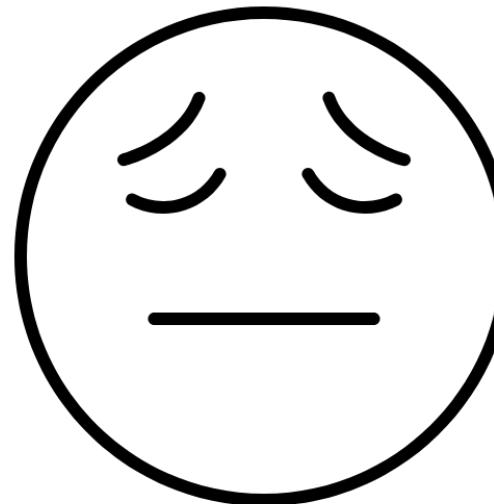
Non-attachment 無我 (Muga): Letting Go of Bias



Facts guide the analysis

Emotional Detachment

- Emotion
- Biases



- Facts
- Objectivity



JULY 23 · 1 HR 33 MIN LEFT

Justice for Nikki

Dateline NBC

► Resume

When a young woman is found dead in a field on the outskirts of Green Bay, Wis., a fitness tracker helps detectives solve the mystery. Andrea Canning reports.

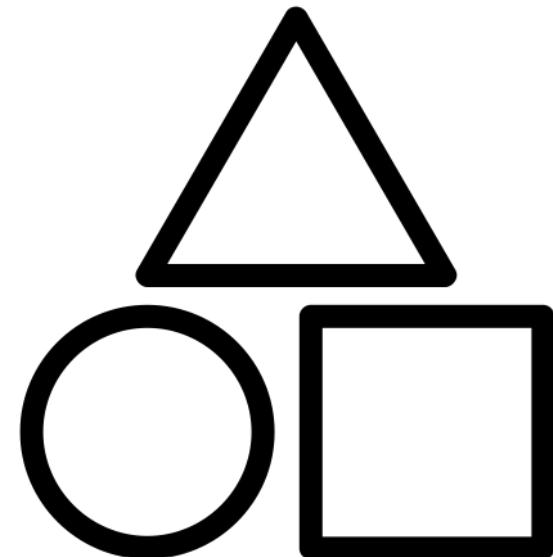
Listen to Andrea Canning and Dennis Murphy as they go behind the scenes of the making of this episode in 'Talking Dateline': https://link.chtbl.com/tdl_justicefornikki

Episode Webpage



RESOLUTION

Simplicity 簡素 (Kanso): Focusing on the Essential



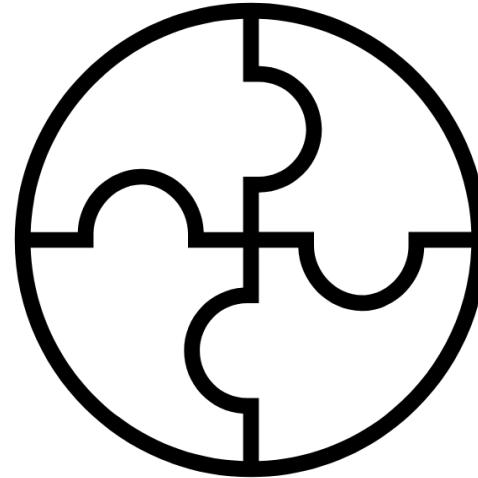
Prioritize by relevance



M

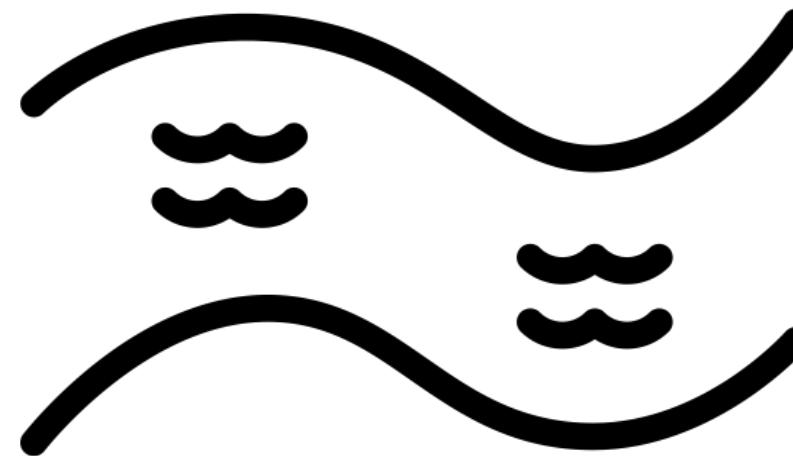


Patience 忍耐 (Nintai): Embracing Perseverance



Let the puzzle come together

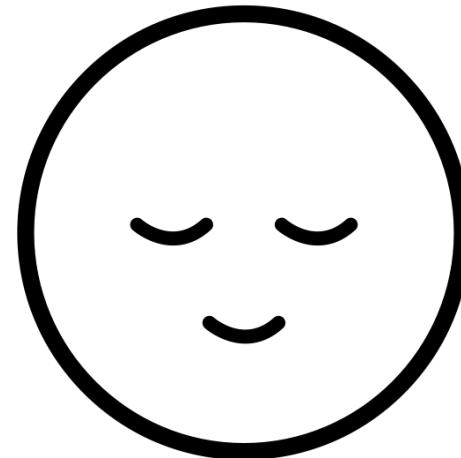
Impermanence 無常(Mujō):



The only constant is change

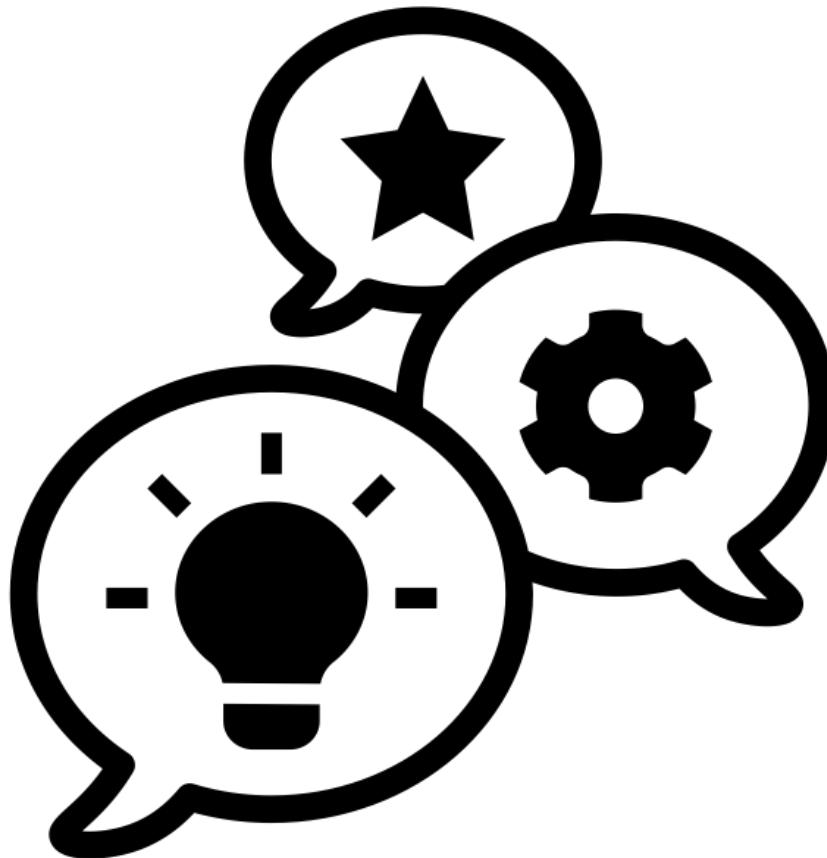
Calm Amidst Chaos

- Deadlines
- Emotionally charged cases



- Mindful breathing
- Equanimity

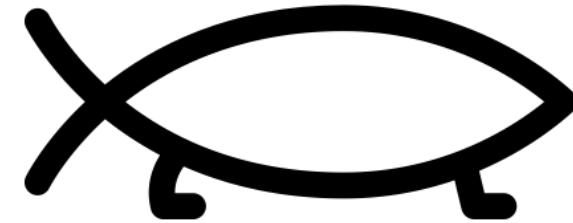
Collaboration



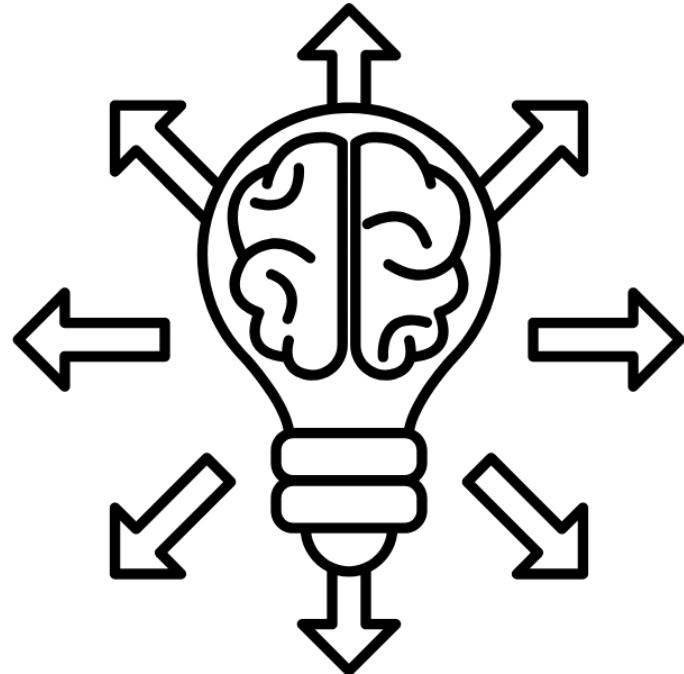


Zen and the Art of Digital Forensics
Shoshin: The Beginner's Mind

Beginner's Mind 初心 (Shoshin): Staying Open to New Possibilities



Beginner's Mind



- Curious
- Humble
- New insights
- Creative solutions

You don't know what you don't know

You don't know what you DO know

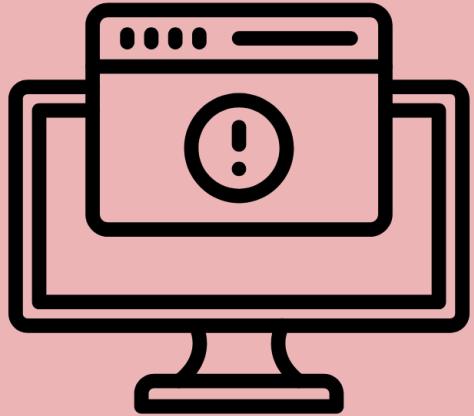


Zen and the Art of Digital Forensics

Practical Zen Techniques for Forensic Investigators



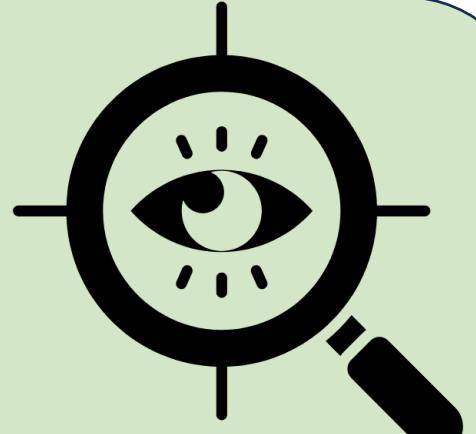
Pressure



Errors



Zen
Techniques

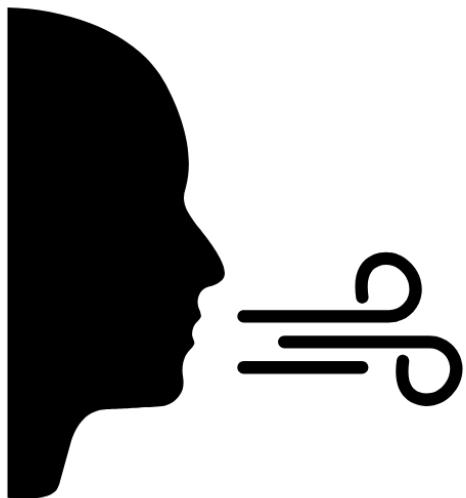


Focus &
Observation

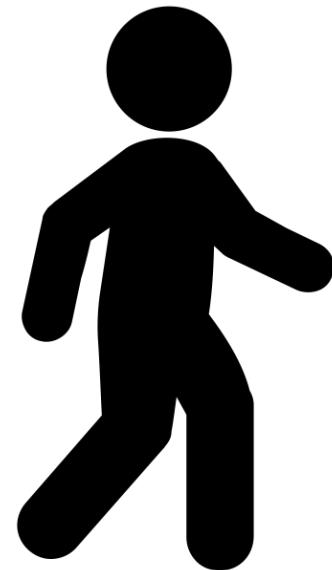
Practical Techniques



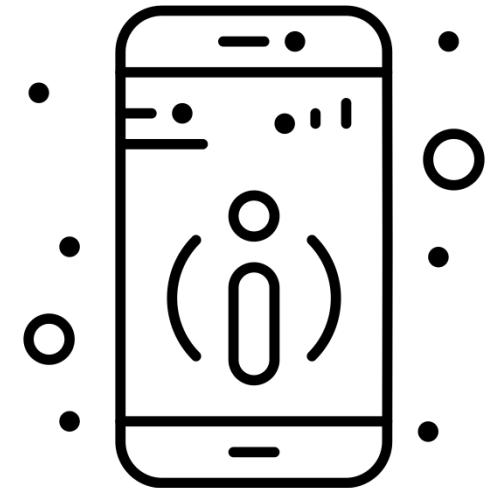
Meditation



Breathing
Techniques

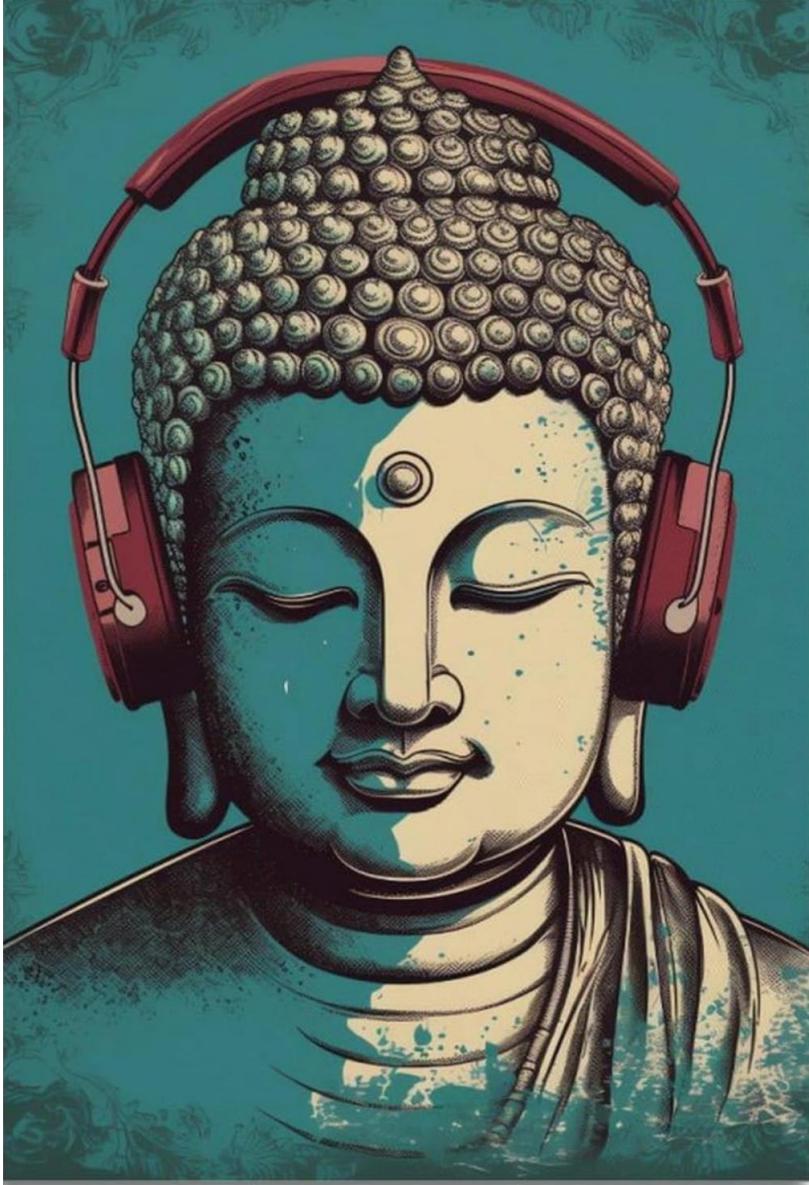


Mindful
Walking



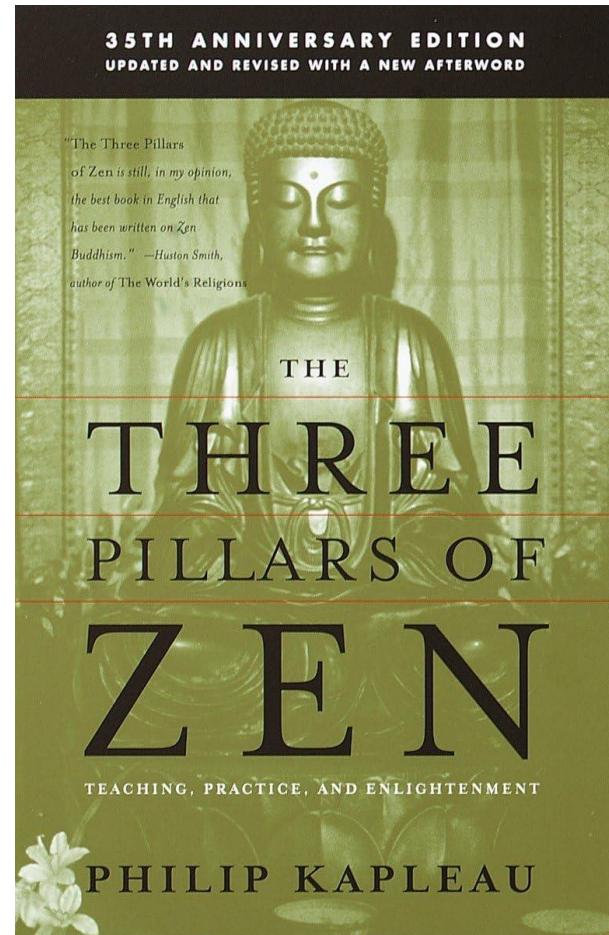
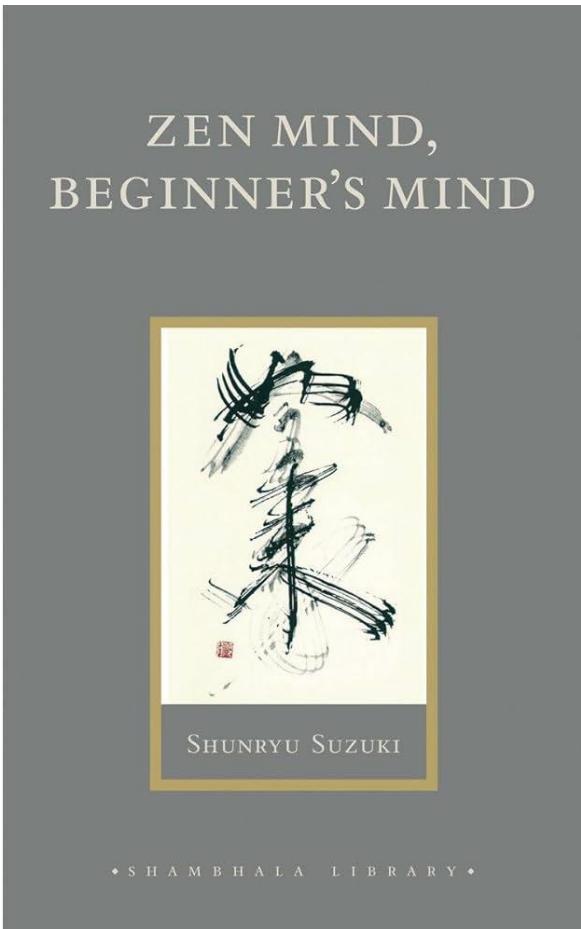
Attention to
Detail

Make the time
to unwind



A Quiet Place of Your Own





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New year.
Breathe in.
Let's go.

Decrease stress and increase happiness in just 10 days with Headspace meditations, sleep resources, and more. Join our Ready, Set, Reset Challenge now.

Try 14 days free

A screenshot of the Headspace mobile application showing various meditation and relaxation programs.

Calm

Try Calm for Free

☰

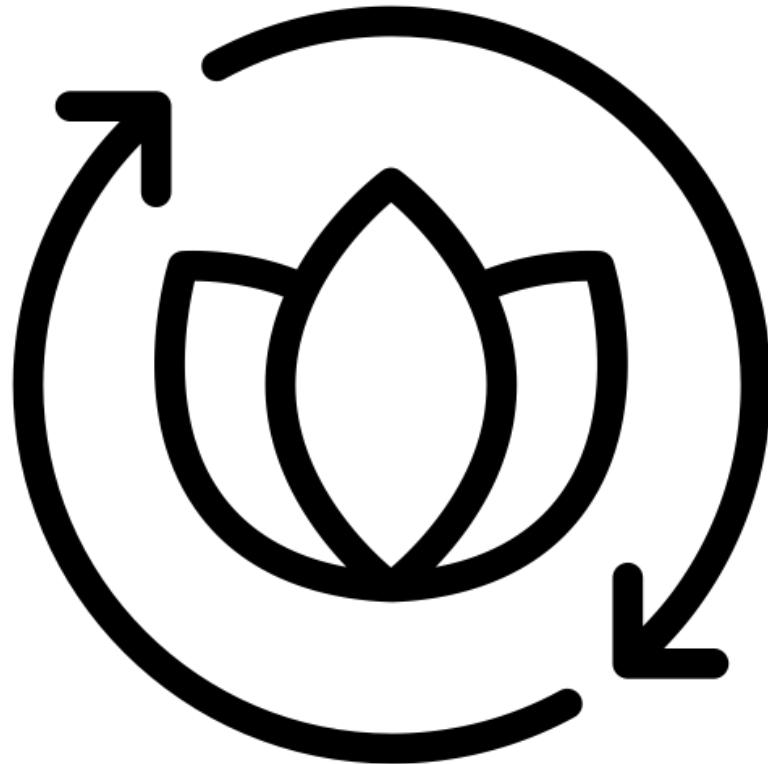
Calm your mind. Change your life.

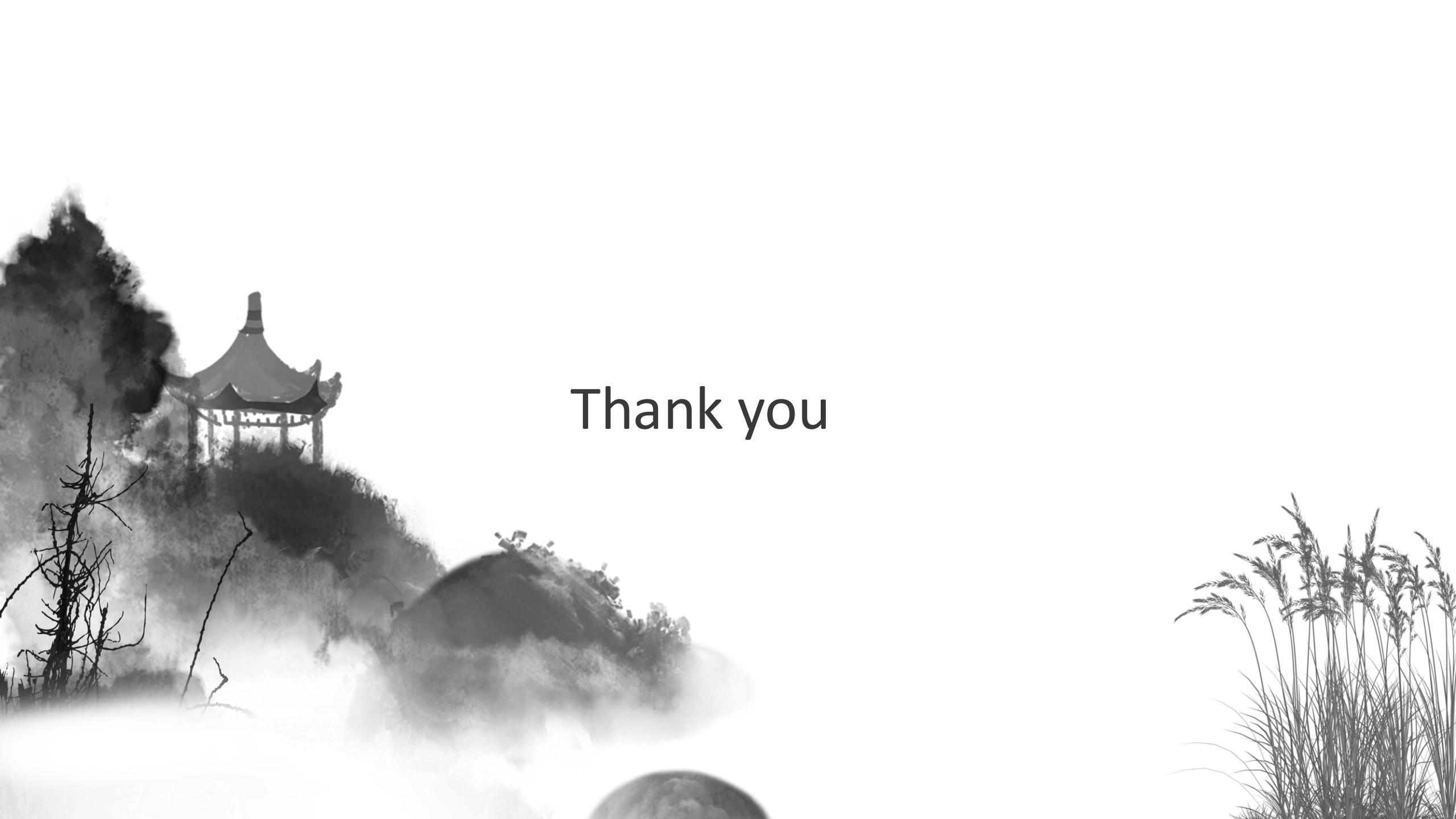
The #1 app for sleep, meditation and relaxation

A screenshot of the Calm mobile application showing a scenic landscape of a lake and mountains.

Zen & DFIR

- Objectivity
- Patience
- Clarity
- Persistence
- Open to the truth
- Constant change





Thank you



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Thank you!

