

(Left) Tangible user interface that visualizes individuals' heartbeats.  
(Top Left) Pillow that gradually warms up as users engage in meditative activities.  
(Top Center) Entire experience with interface and pillow. (Top Left) concentric rings.

## Mindful Chakras

### A TANGIBLE MEDITATION EXPERIENCE AND THE SEVEN CHAKRAS

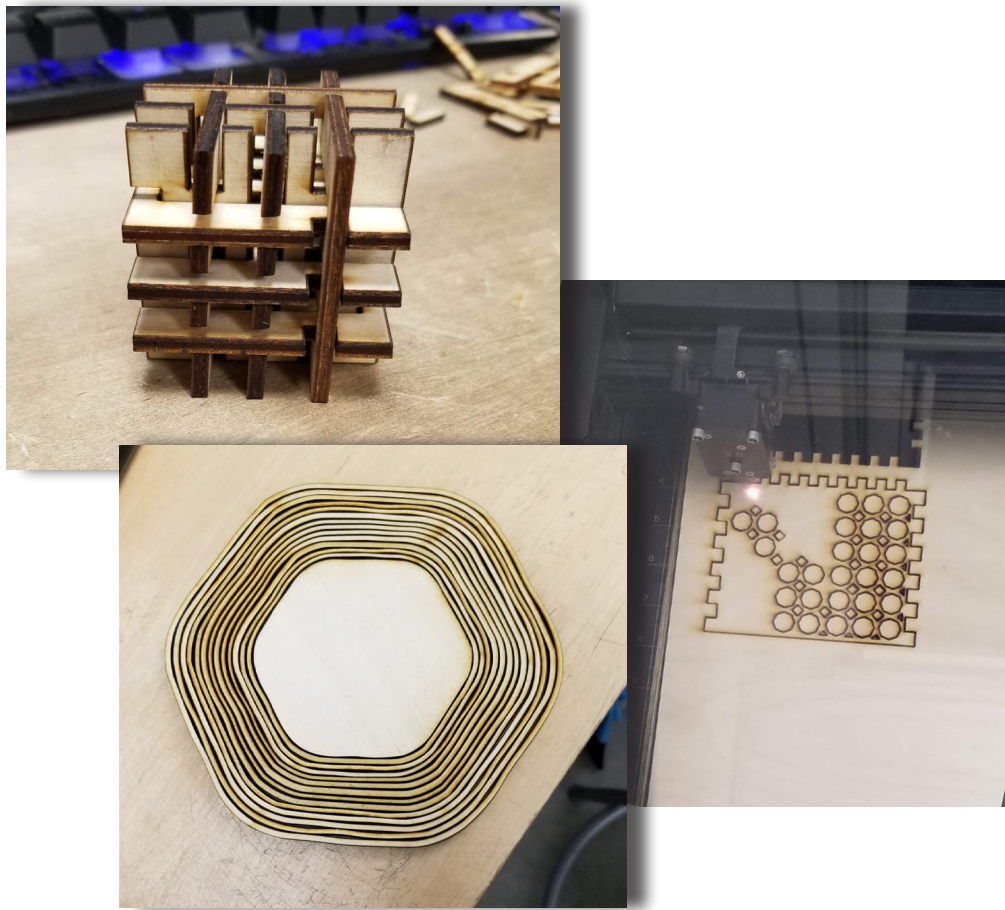
Mindful Chakras is a tangible user interface that visualizes individuals' internal processes (i.e. heartbeat) as a means of cultivating mindfulness. This device tracks heartbeats and maps these heartbeats to a platform on which individuals stack hexagonally-shaped rings, so as to symbolically reach an inner balance.

To reach this balance, individuals must take deep breaths to decrease their heart rates and by extension, the rate at which the platform moves. Additionally, multiple users can engage with this device (i.e. one individual has their heartbeat mapped to the platform while another stacks rings), in order to explore how individuals can help one another achieve a state of mindfulness.

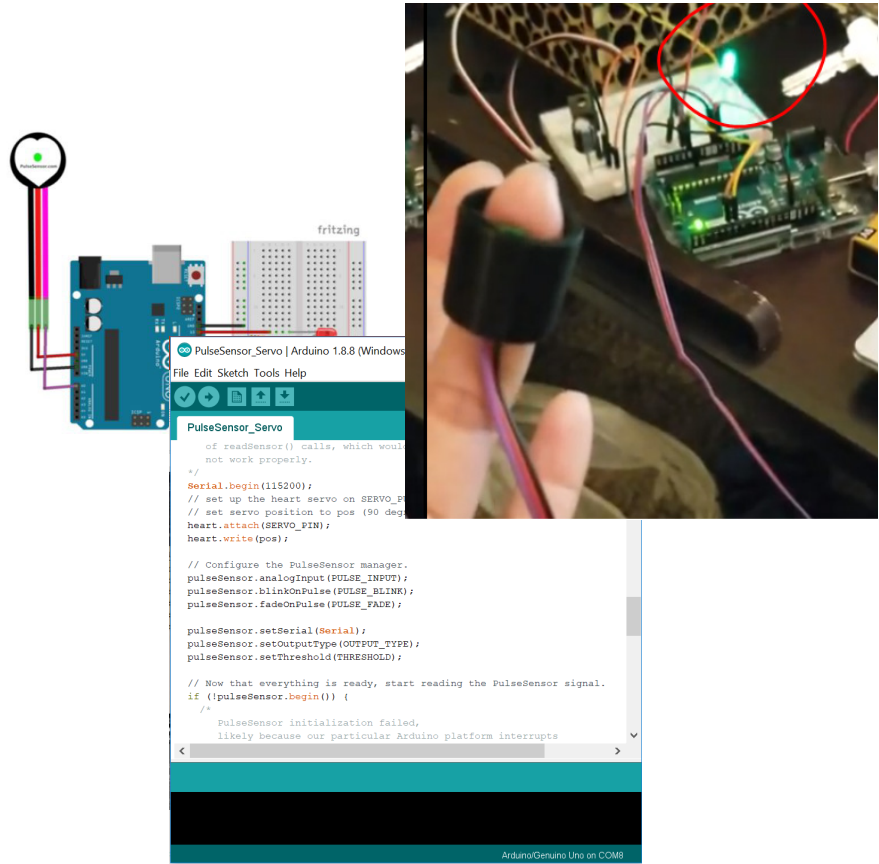
The device employs a pulse sensor which maps users' heartbeats to a servo motor. I created the designs of the platform by using a laser cutter.

The project was presented at the UC Berkeley School of Information showcase.





Used a laser cutter to create early stages of idea, design of platform, and hexagonally-shaped concentric rings.



Arduino code that detects heartbeats through a pulse sensor and maps heart rate to the platform of interface and to a green LED. The sensor is attached to the ring finger.



Users interacting with interface at UC Berkeley School of Information Tangible User Interface Showcase.

## PROJECT INFORMATION

Client: Class Project  
 Date: November - December 2018  
 Role: Interactive Designer  
 Collaborators: Azin Mirzaagha, Ameena Golding