



# Your mind at *rest*?

The science behind mindfulness

Have you ever felt that is impossible to put your mind to rest?

Have you found yourself immersed in mind wandering and completely forgotten what you were doing?

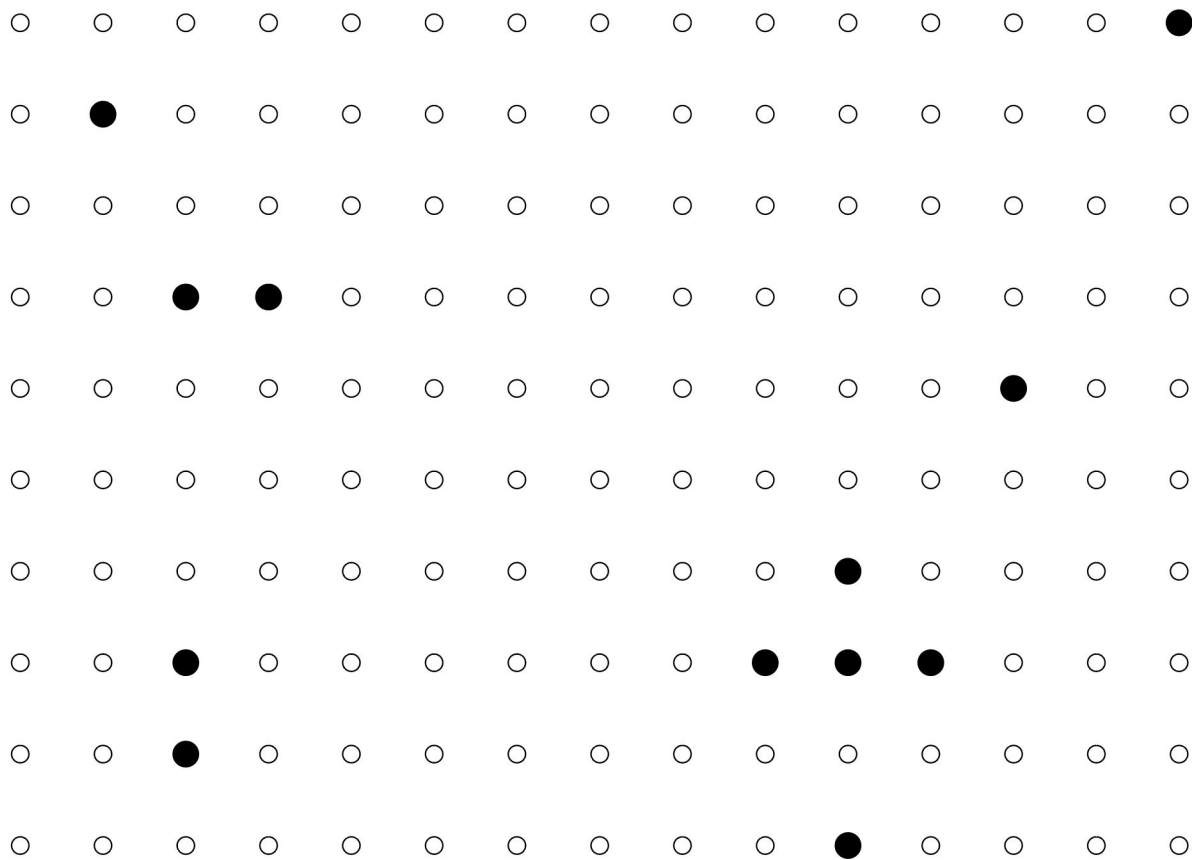
Do you sometimes come up with ideas or solve problems when commuting?

Do you go over your whole day after going to bed or plan what will you be doing the next day?

## **PART 1**

Grab the grid paper and leave a  
pen next to you.

Memorize the location of each dot in the grid  
(1 minutes)



Mark the dots that you remember  
(fill in, cross, check, etc.)

Hint: there are 12

Transfer the marks to the piece of fabric

Thread the needle.



Connect the dots that you marked by  
stitching them in any order

Continue stitching freely through the fabric. You could finish a shape that the connecting dots formed.  
*(You have 12 minutes)*

## **REFLECTION**

Did you find any difference while  
doing each step so far?

# REFLECTION

If we think of two main categories:  
**task-oriented** and **non-oriented**. How would  
you divide these following steps?

MEMORIZING  
THE DOTS

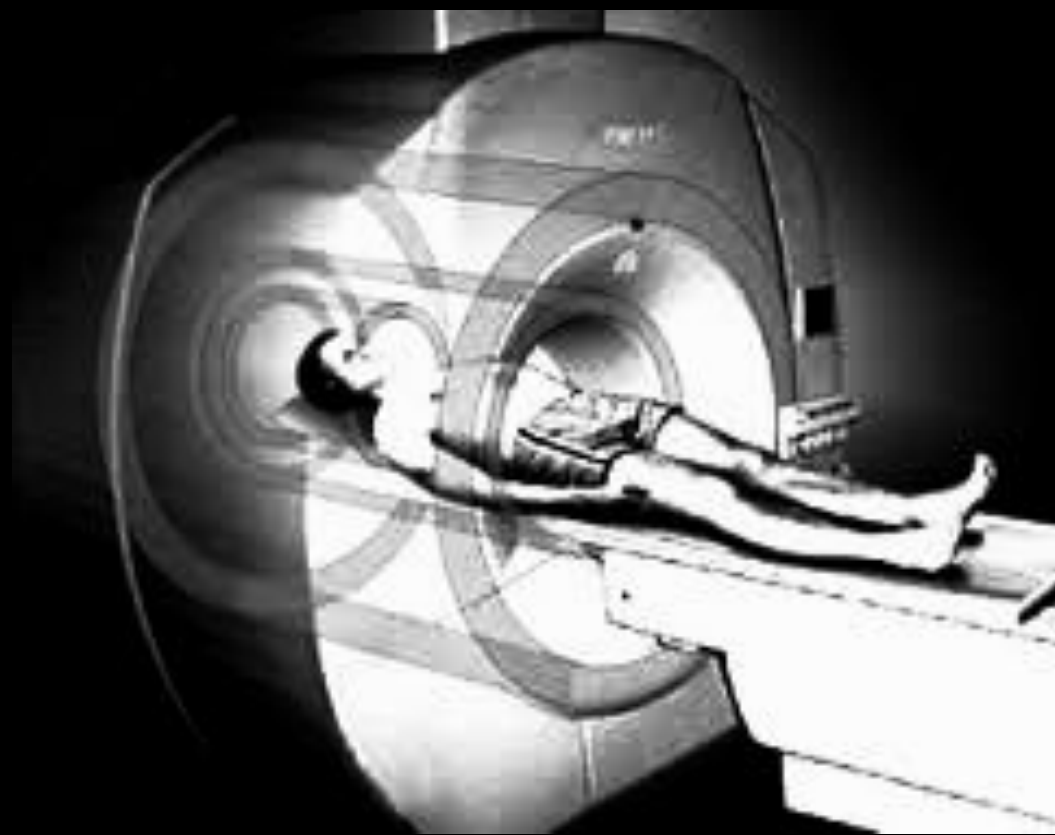
COPYING THE  
DOTS

THREADING  
THE NEEDLE

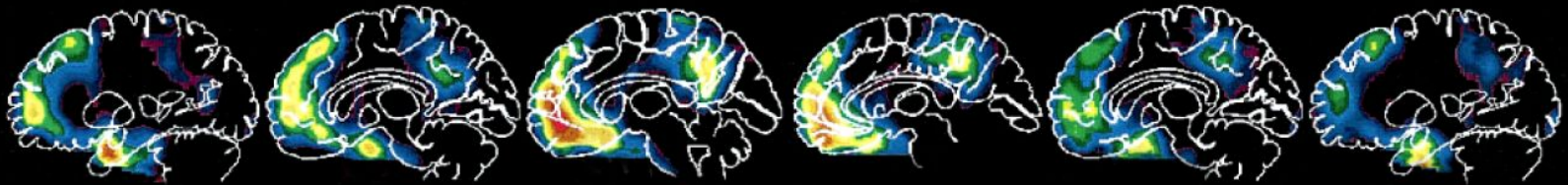
STITCHING A  
RANDOM SHAPE

PAYING ATTENTION  
TO THE ACT ITSELF

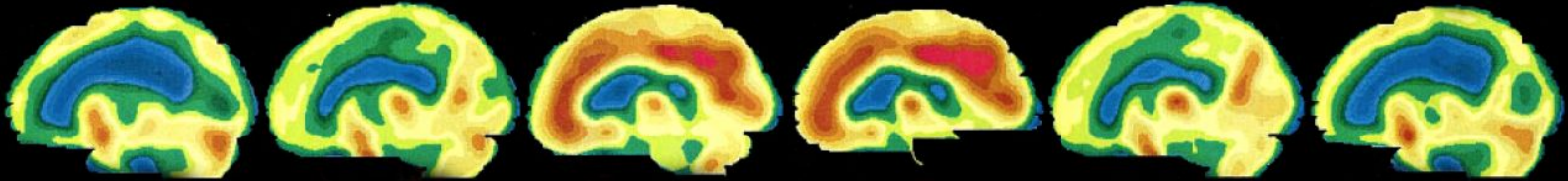
STITCHING BY  
CONNECTING



A or B



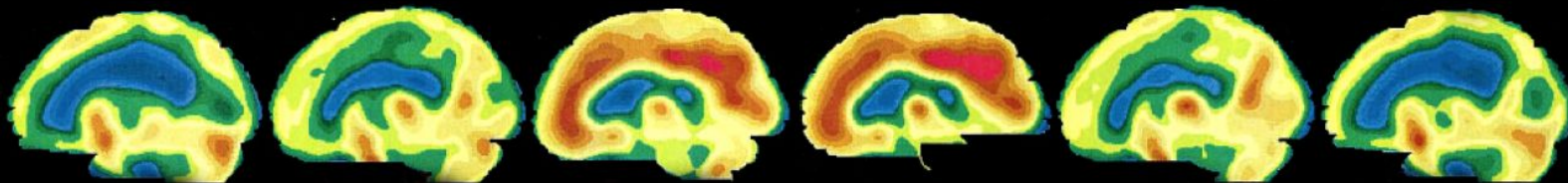
Hint: low energy consumption



Hint: high energy consumption

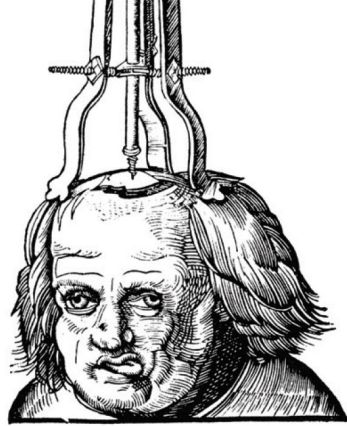
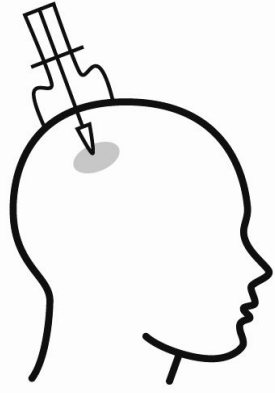


Task-oriented



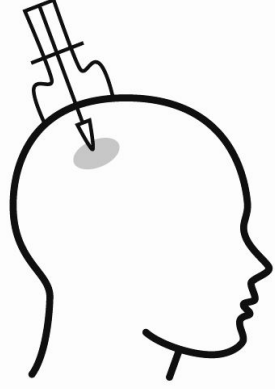
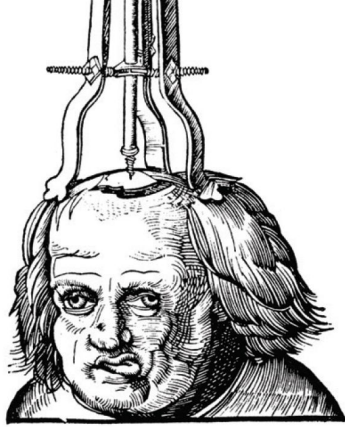
Non-oriented

## Neolith





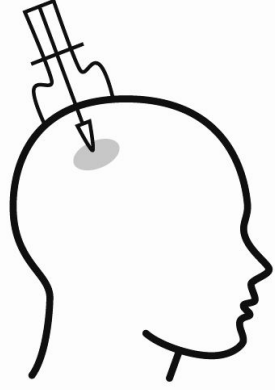
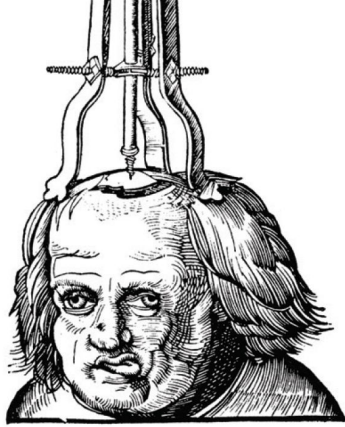
Neolith



160 a.C.



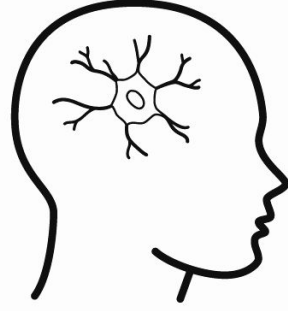
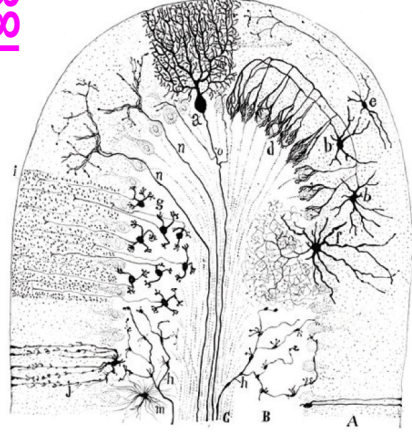
Neolith



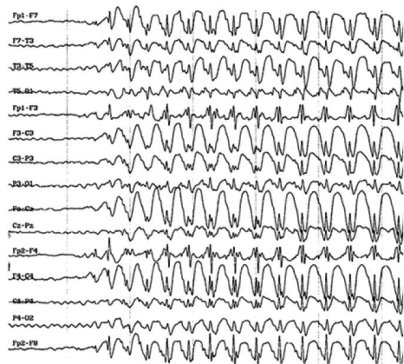
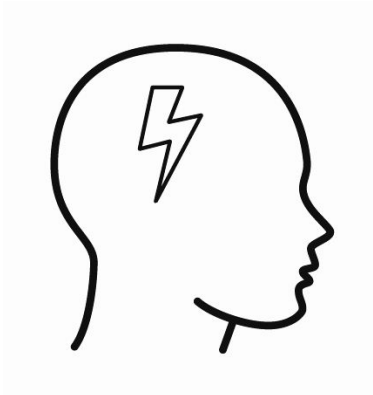
160 a.C.



1880



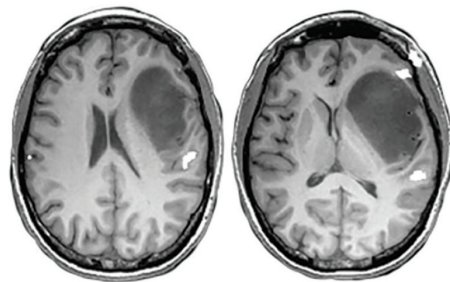
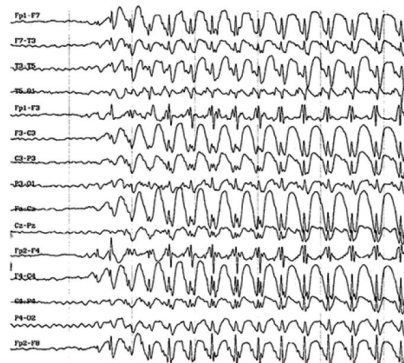
1900



1900



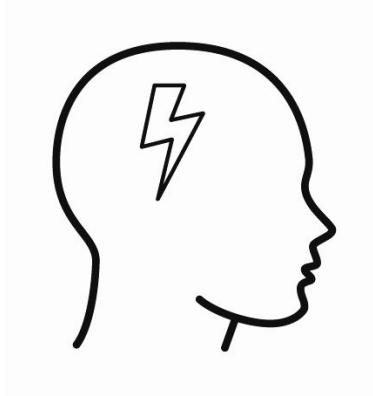
1900



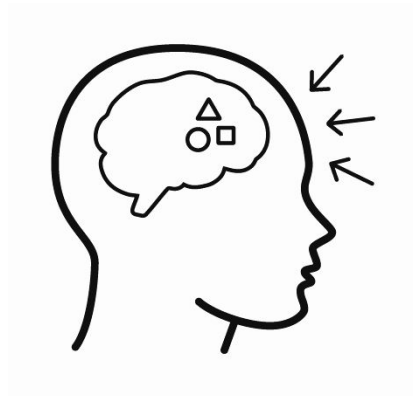
finger tap

listening

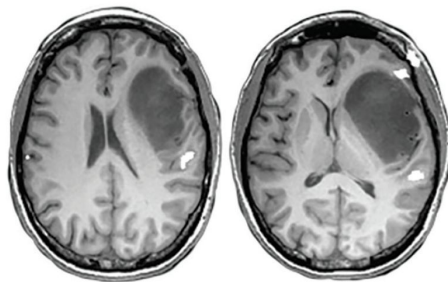
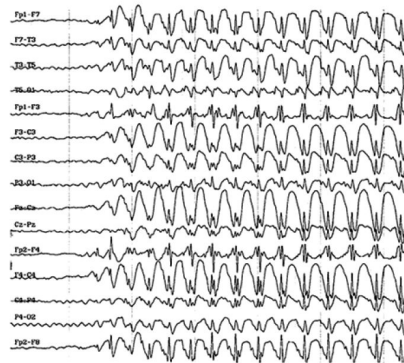
1900



1900

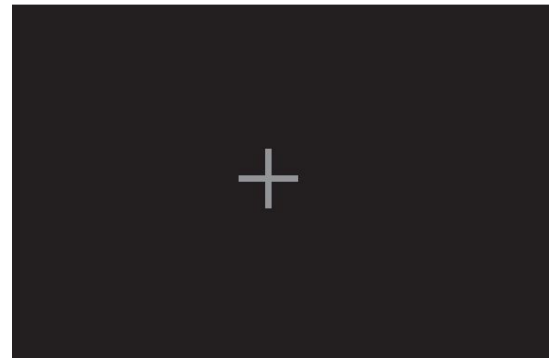


2001



finger tap

listening

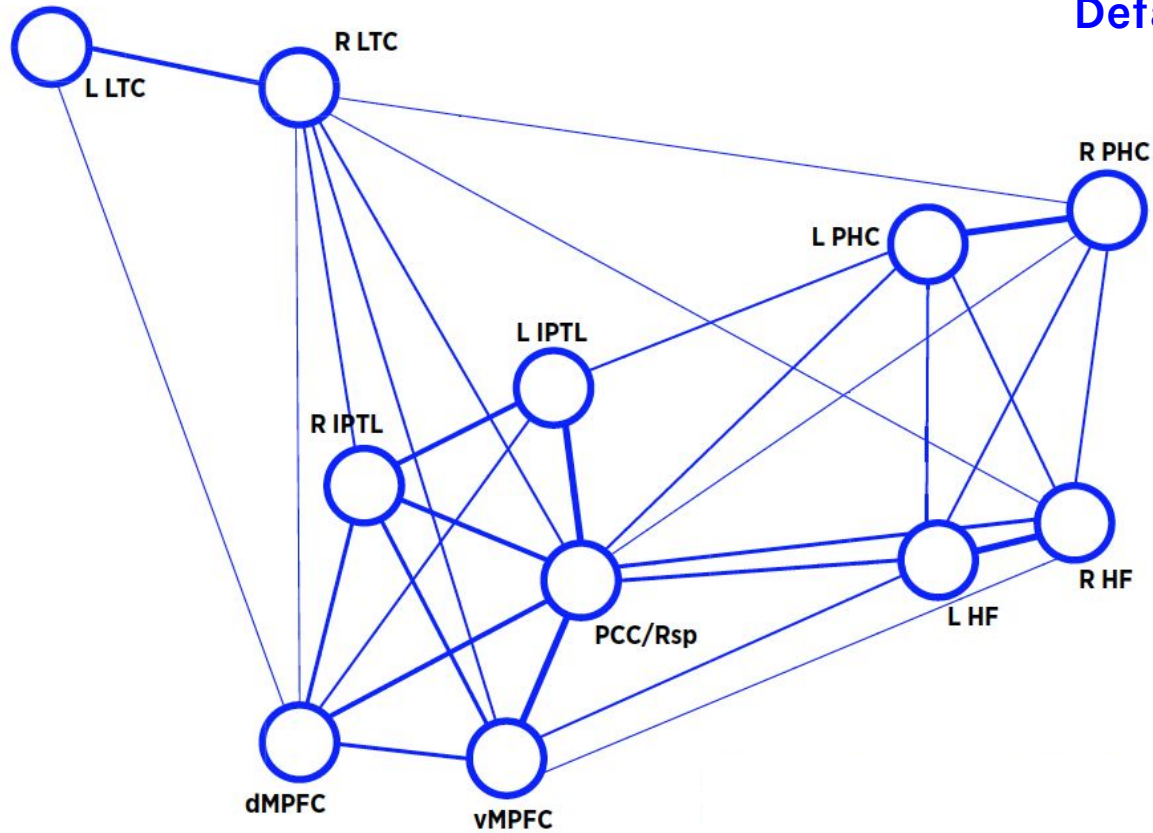


“The fact that the body is lying down is no reason for supposing that the mind is at peace. Rest is... far from restful.”

– Seneca, 60 A.D.

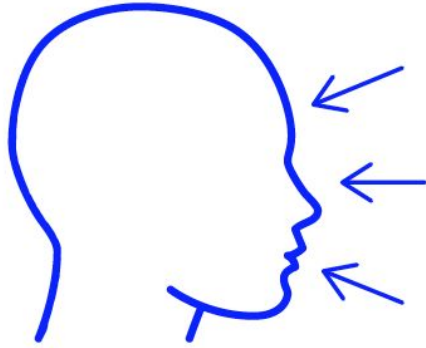


## Default Mode Network



*(Buckner et al, 2008, p. 13).*





**External driven research**



**Internal driven research**

<https://vimeo.com/229759469>

<https://vimeo.com/229760065>

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Have you found yourself immersed in mind wandering and completely forgotten what you were doing?

Do you sometimes come up with ideas or solve problems when commuting?

Do you go over your whole day after going to bed or plan what will you be doing the next day?

Have you ever feel that is impossible to put your mind to rest?

Yes, everybody feels that because it is impossible.

What can we do to rest then?

Have you ever feel that is impossible to put your mind to rest?

Have you found yourself immersed in mind wandering and completely forgotten what you were doing?

Probably yes, when we know how to do something we rapidly disengage from the activity and leave space for our wanderer minds.

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The DMN is extremely connected with creativity and without it we wouldn't be able to imagine, reflect and make connections of all we go through in our lives

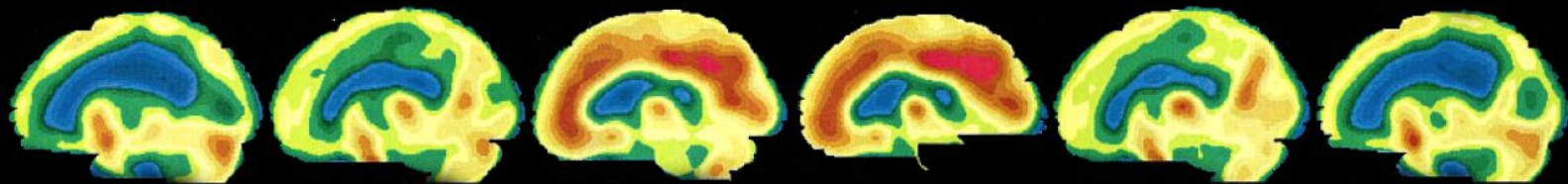
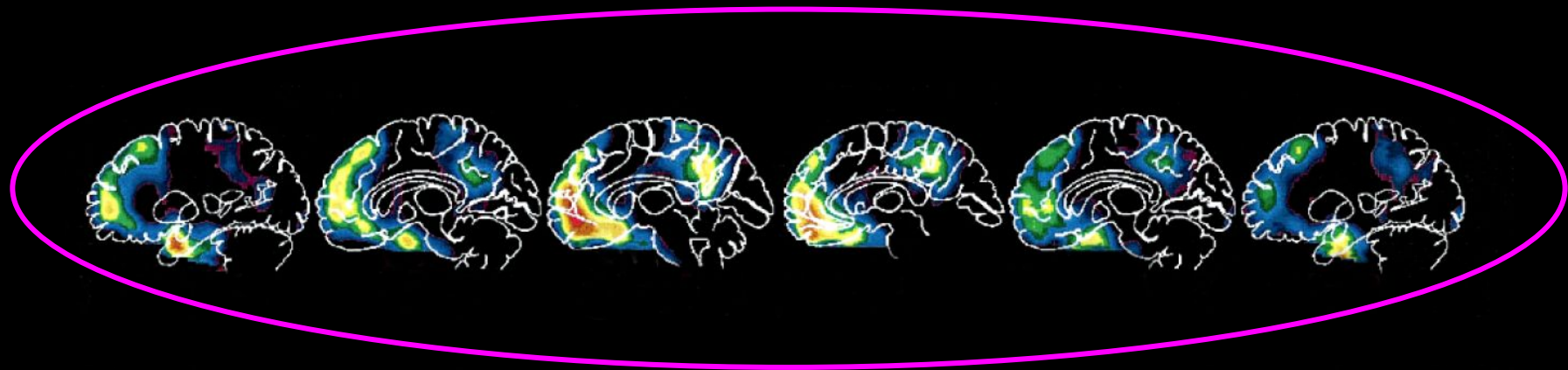
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The most important activity of the DMN is to connect past with future in order to decide present.





## References:

[Default stories interactive experience](#)

[Marcus Raichle interview](#)

[Default interactive installation](#)

[Autopilot: the art and science of doing nothing - Andrew Smart](#)

A close-up photograph of a textured surface, possibly a rug or fabric, featuring a dense pattern of small, multi-colored, rounded shapes in shades of red, orange, yellow, green, and blue. The background is dark and out of focus, showing some dry grass or straw. The text "Your mind at rest..." is overlaid in white, sans-serif font, centered horizontally and slightly above the middle vertically.

Your mind at rest...