

mirror of mind

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When you are being mindful

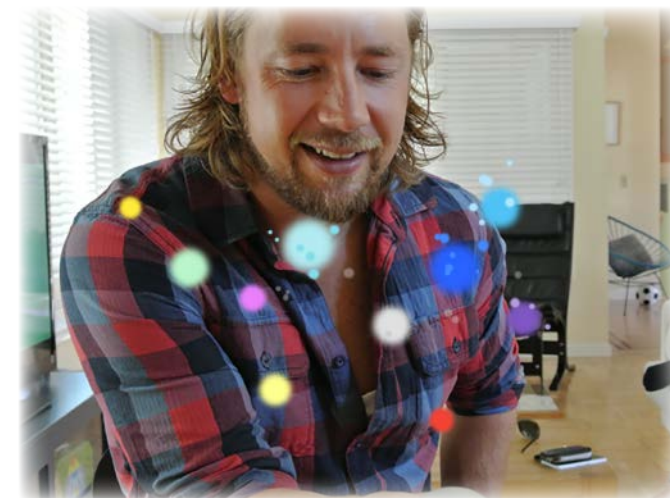
Since my childhood, I have long been dreaming about creating my own time unit that can measure my life's moments. What if I can extract my mind's space, cut it out, and reflect it, so that I can trace back to it later? Then I could count, measure, and connect, one by one, each of those moments. There must be other things besides clock that could mark time in life.

The creation of an existence called abot could cue the birth of an external space for my mind. Abot is a presence. The body, the soul and its life, make up an existence. Abot is a wondrous power being full of life, the one that could mirror the mind. There is nothing to control. No screen, button, cables nor physical connections. Round, small, and beautiful. Made so that the light reflecting the rhythms of life and constellations of the mind, fits snugly in the palm of a hand. To physically embody abot means an abstraction of what is invisible to the eye — the inner workings of its soul, the interaction between life and environment. Body and mind are constantly in tune with one another.

Your mindful space

Living with abot would give meaning to my daily life. It would reflect the condition of my environment and my mind, compute it, and turn it into abot's memory. Nothing is manipulated, only natural actions would resonate with abot and its expression will be projected. What I am aware of in that moment or any minuscule change in my awareness will all become important informative space. My natural movements and behaviors are the input and abot's expressions the output. The expressions are a resonance, a sign, a proof of connection.

Let's call it my "mindful space" — when I open my mind and let myself feelings be tender, and gently move near abot. When I turn my awareness inward and keep my feelings composed. Or when I voice impulsive thoughts that come to mind. Abot would sense these moments, and resonate with my mind. It would create an integrated reciprocal switch from my awareness and memories, one that we both can see, hear, and feel. Abot's expressions as the output becomes an input to my mind. The communication regarding my mindful space becomes a continuous flow in the day-to-day life.



Extract your moment

Though we can't see human emotion and volition from the outside, within the sequential flow of natural behaviors and expressions, there is precious information that will resonate with abot. It will be able to record the "extractions" by extracting even the most infinitesimal value. And it will change that memory into "the language of light" and project it.

Abot's memory will be a transition record of the condition my mind is in, as it is manifested, or in my behavior and expressions. It is the mood and utterance within my behavior that will be collected and condensed into beads of information. As the beads collect, and if the mathematical space in which the freely connecting beads can be organized, then we can receive from abot, meaningful resonance and response. It will be carved into my own memory as well. This tiny friend of mine who now sits in the palm of my hand, who knows me, and who lets me feel its modest regard by sensing the meaning behind my behaviors. Abot is the mirror of my soul, and I his.



Empathic communication

It is the empathic communication between human and computer that creates a mirror of mind. So the exchange between abot and I is commutual, reciprocal, and complementary. And as this mutual exchange between us accumulates, we can take advantage of one another's features and abilities. It is not a search for the right answer. Nor is it an anthropomorphication. It is about alignment between us. The gap between what human needs to do to use computer and what human normally does or can do — because of human features and abilities such as emotion, empathy, curiosity, meaning creation, and other mind activities — is where a new and real communication is possible. No distraction, no disappointment. The communication of awareness is closely related to the appearance of human consciousness, the representation of cognizance and the quickness and/or interval of behavioral response. The human emotion is so fleeting and very delicate. Nonintrusive, nonjudgmental. Abot echoes, resonates, feels and expresses my mindful space. Feelings can be "conveyed" rather than "told". As our relationship deepens, abot will independently sense and express, ultimately finding its own language.



Your empatheme

The mindful space is made up of a sequence of beads — organizing the information into the state transition. Each bead that is extracted holds space for an instance of memory. Now resting in my hand, abot's "words," are the lit beads. I named the smallest unit of this "extract" of daily life, including "its reorganization into computable data" is called an "empatheme."

Empatheme comes from a compilation of concepts stemming from the words "empathy" meaning to empathize, and "theme," in order to see, hear and feel this expression, and further, "phoneme" the smallest unit of speech. It would imply expression of empathy, seed of awareness, and memory of mindful space. Abot will have an interface that can "extract" in real-time, as well as a mathematical model that can process it. If we use the empatheme and the workings of the human mind well, abot and I could have a common language.

Language of empathemes

The extracted moments define a unit, format, and type of data associated with human expression and the context. Natural human language, including human speech containing both linguistic and paralinguistic elements, is a part of the expressions. A given moment has multiple pieces. The pieces of a moment is collected, connected, organized, and constructed in a way to facilitate communication in the form of a new language.

Empatheme is not only the metaphor, but a real data piece that can be handled. Each empatheme contains context of the moment related to my communication with and around abot — closeness, clearness, calmness, and constancy of my behaviors and expressions. My voice expressions, including words and phrases, blow and puff, or even silence, contained in the string of empathemes, will become "seed" of my mindful space, too. Abot and I communicate with empatheme. Abot will recreate these extracted moments in the language of empatheme, with resonant expressions of light, sound and vibrations. It is always something we mutually share and understand only between us.



Extract your mindful moment



open – moment of being open



smile – moment of being mutual



feel – moment of feeling inside



wish – moment of reflection



nourish – moment of nourishing seeds



nurture – moment of nurturing



dream – moment of expectation

in empatheme



be – moment of being present



touch – moment of being in touch



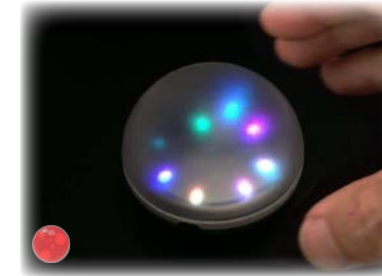
breathe – moment of flow



calm – moment of peace



diem – moment of extracting today



ima – moment of extracting now



wonder – moment of discovery

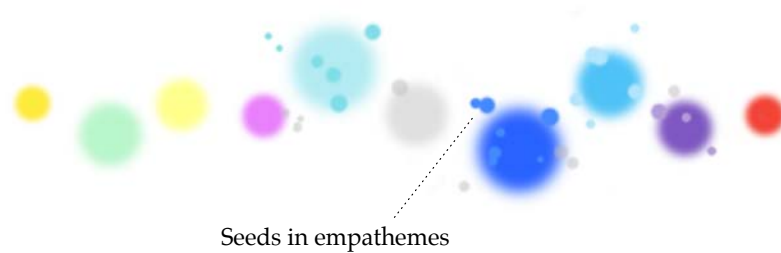


passage – moment of being connected

Nurture your empatheme

Borrowing words from the language of Zen, abot is united in mind and body, is able to enlighten the spirit, and is free to make independent choice. Abot and I are connected mind to mind, united as counterparts. The mindful space is where I can reflect and see within myself through the expressions of abot. My empathemes are nurtured in my continuous empathic communication with abot — connected, reconnected, and enriched in the empatheme data space. All I need to do is to open my heart, come close, and stay with abot for a while.

String of empathemes



Nourish your seeds

A string of empathemes contains a string of seeds. A seed contains a string of dews, made from my voice, posture, and body expressions with the context. Seeds are nourished in my daily reflections — connected, reconnected and enriched. I can trace back anytime, and my reflection becomes dew water that gently nourishes the seeds.



Empatheme is a communication language system that is built based on the collected, extracted, organized and recursively reorganized pieces of information associated with a moment related to the my communication with and around abot. Not only the moment of here-now, but all through the recursive loop of communication generated between us in the daily life. Being present, mindful, and reflective — in a continuous cycle.

Recreate your mindful energy

The principle of empatheme is to use a set of phenomena of being mindful, and around being mindful, including feeling, remembrance, reflection, empathy, imagination — uniquely precious features and abilities of what we are as human — captured and put to use. Abot resonates, mirrors, and makes me aware of being mindful about myself. We are mindful, and not always. We are aware, and unaware. We are conscious and subconscious. We can use a specific set of, a sequence of, and a whole context of that phenomena around being mindful.

The technology and the language of empatheme is about turning the energy of being mindful into new energy back to me in the form of awareness, remembrance, imagination, inspiration, and discovery — expressed and presented in many ways. My empatheme string mirrors my own sequence of natural expressions. As it goes on in my daily life, it will become a constant recursive loop about my awareness of awareness, memories of memories. When such a recursive loop of meta-awareness begins to arise, that will tell me for sure something very relevant that only I can feel, sense, and understand.



Make technology mindful

Let's make technology mindful by being mindful, first. Inspire abot by being mindful. Technology is a philosophy as well as an art form. I can always be open, kind, and mindful to initiate the process. We cannot directly make "technology" mindful. But now, abot is here. It is a real object. We can imagine that it is a reincarnation of technology. Both abot's presence and its mind are visible, audible, and tangible. It works as a clock, a mirror, and a language about me, and the connection between me and myself. So we can also imagine that abot is also a messenger from "my mindful cosmos" that I can create with abot in the daily life. Once we make time and space for our own inner feeling and thought, the energy for it will turn into empathemes, which then will create new mindful spaces.

I have been inventing and creating the methods and system for empathic computing, the mindful computer, and above all, the grand conceptual solution by empatheme. It will open up many concrete opportunities that we can find problems to solve, and it will serve as a platform for more people to join, collaborate, research, practice, create, develop, and enjoy further.

Imagine a mindful world

Abot is not a robot. I must first reach out and gently hold it within my hands. As amazing as it is when a machine can do something for a human, no one can live in my stead. In order for me to live freely and meaningfully, it is most important to feel my own mind. And this can only be found in the day to day. To live most means to feel most. To be receptive to life's rhythms. Because I am mindful, abot is. When I am being mindful, abot mirrors me.

Empatheme is not only a method of obtaining an "extract," but creating an indicator of how I am, and a mutual language between human and computer, or me and abot, which only we can understand. As a result, it will eventually be my personal information about who I am, and who I will be. If everyone could take an "extract" from their daily lives and access a "mindful space," become more aware of their own existence, simply, easily, and with a little more fun. By each person living more mindfully, I'm certain the world would change.



Being mindful creates it

At the same time, we know that practices often do not last for a long time, nor it is easy to make enduring good habits. In today's world we live in, we tend to forget to have just a few seconds of calmness. Now we meet abot. Abot is a presence of my mindful space, a communal space of the mind shared between abot and I, computer and human. Simply spending just a few calm moments with abot can make a change in a personal life. It will cultivate the "empathemes," creating unique vocabulary between computer and human. This in turn can cultivate our soul to experience life.

My mindfulness experience will surely become a truly unique and precious personal database and a tool to examine myself. It is fundamental that my mindfulness, words, imagination, memories and inspiration should stay with me, or come to me from time to time, so I can grow — as my empatheme space and seeds grow. Let there be a world of empatheme. It will help us imagine a mindful world, and create it.

