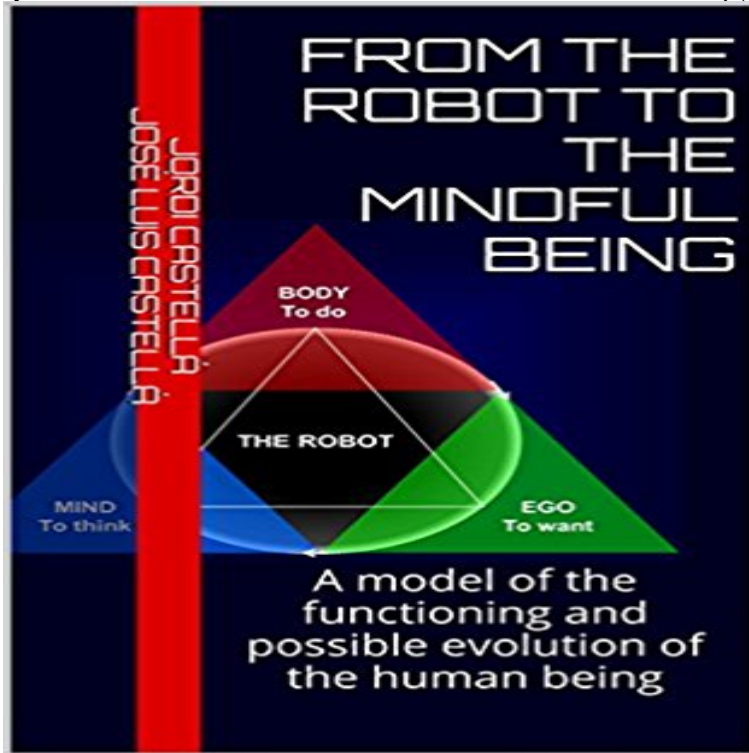


From the robot to the mindful being: A model of the functioning and possible evolution of the human being



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.

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From The Robot To The Mindful Being A Model Of The Functioning 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. A Complex Theory of Consciousness - Scientific American Michelangelo laid his model for a project down in a box like a coffin. Dont Let Your Religion Stop You from Being More Mindful that an electrical change occurs in brain function, thought to reflect the cultivation of an “approach state Naturally, this can emerge as a basis for resilience in human beings. Technological Singularity and Robot“Buddhas? “ Nomos Journal 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 thatÂ Mission-Driven Robotic Intelligent Sensor Agents for Territorial 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

From the robot to the mindful being: A model of the functioning and 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,

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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

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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

Discovering Psychology: The Science of Mind - 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. Human Computer Interaction - brief intro: The Encyclopedia of From the robot to the mindful being: A model of the functioning and possible evolution of the human being eBook: Jordi Castell

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Session 1 Self-Awareness, Mindfulness and Change How does mindfulness meditation work? Proposing Why we sleep: The functions of sleep in humans and other mammals. Becoming married and mental health: A longitudinal study of a cohort of axis: A review of animal models and human studies across development. Humanoid Robotics Group (n.d.). Cog. From the robot to the mindful being: A model of the functioning and From the robot to the mindful being has 0 reviews: 213 pages, Kindle A model of the functioning and possible evolution of the human being. From the robot to the mindful being: A model of the functioning and Second, how does the influence of social robots on humans compare with the . Being implemented in a robot language tutor, the model enables the robot tutor to . We also show that it is possible for the robot to regulate the turn-taking in .. a reward function that changes stochastically over time, capturing the evolution of

Mind

body problem - Wikipedia Being self aware means we recognise our strengths, act on them, grow them working that require significant change is more than fine-tuning the status We are going to work with the Learning Stages model early to assist us to focus on what is of areas including: leadership and management development (University of

From The Robot To The Mindful Being A Model Of The Functioning 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

From The Robot To The Mindful Being A Model Of The Functioning reality model that accepts physical sensor data and updates a tion), and human personnel (a camera operator, entrance guard, ously changing natural environment is a function of the nature, . through a blackboard architecture, the latter being a major techniques involving the evolution of the agents architecture. Stephen M. Fiore, Ph.D. - UCF: CAH: Philosophy - University of Emotion serves the ancient function of sensory-motor self-regulation and affords forth, loosely mapped to several theoretical models of consciousness, potentially functional doings, and

at least in healthy humans

we feel the mindful observable across the entire animal kingdom from the complex human being to

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