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Mindfulness Based on the Perceptive Consciousness as Pedagogical Link Between Technology and Education

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Additional information is available at the end of the chapter

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Abstract

Our research is focused on the effects of an experimental study that examines in depth the discovery of a new methodological paradigm of teaching and esthetic-visual deconstruction, called Mindfulness Composition in Cervantes. Our research line is based, on the one hand, on the esthetic processes of contemporary art by Cervantes of persuasive graphic and visual communication. On the other hand, it is based on Mindfulness as a sophisticated method that allows us to find a way to calm and rescue the potential and maximize the value and effects of communicative and artistic compositions. Innovative analytical method of the communicative process of visual artistic communication establishes, and raises, in our chapter, a connection with sophisticated concepts of Mindfulness applied to visual and graphic composition, efficient, and its application to contemporary art in the theme of Cervantes.

Keywords: Mindfulness, perceptive research, meditation

1. Introduction

The result is an innovative teaching methodology that develops the fundamental conceptual keys to achieve serene, conscious, and profound processes in efficient communication with the receiver. Therefore, the objective of the chapter is positioned in the development of the main inferences and conclusions, qualitative and quantitative, of a transforming method of production of conscious production and its application in contemporary art. In the present study, the main keys of the composition Mindfulness in Cervantes are presented, based on the communicative efficiency and the parameters of creation, that try to connect with the perception of the authentic communicative parameters.

The four essential pillars of the conceptual temple of our investigation are:

1. Explanation of the research Mindfulness and conscience applied to Cervantes_MBCP.
2. Application of the MBCP program. Part of the MBSR program of Mindfulness-Based Stress Reduction Dr. Jon Kabat-Zinn of the University of Massachusetts Medical Center [1].
3. Purpose of application study: Svetlin Vassilev, Bulgarian illustrator who gives some inspiring illustrations of the work Don Quixote de Mancha [2].
4. Investigate the application of the MBCP program to the perceptive consciousness, and the comprehensive depth of the art inspired by Cervantes [3]. **Figure 1** shows an illustration of the effects of meditation. Prefrontal cortex lateral dorsum.



Figure 1. Effects of meditation. Prefrontal cortex lateral dorsum. Own elaboration.

2. Purpose of study

Our object of study for the application of our program MBCP is the illustrator Svetlin Vassilev. The illustrator was born on May 14, 1971, in Rouse, Bulgaria. He has illustrated more than 20 books. During his artistic trajectory, he has illustrated a wide variety of picture books, some of the classics and some of the modern authors. In 2004, he was awarded the State Child Honor Award for the illustration of Don Quixote de la Mancha.

The artistic exhibitions of Svetlin, which will focus our research for the application of our program MBCP, are 10 illustrations on the subject of Don Quixote de la Mancha. **Figure 2** shows 10 illustrations chosen for the applied research of our MBCP program.



Figure 2. Composition of the 10 pieces analyzed in the application of our MBP research. Own elaboration.

3. Mindfulness

Mindfulness is a quality of the mind or rather the intrinsic capacity of the mind to be present and conscious at a given moment, in an instant in which body and mind are totally tuned in a single lightning of present reality. Full presence and open awareness are combined in one moment in our mind/body/spirit. It is that quality that is unique to any human being but has been the subject of study mainly in the Eastern paradigm. Experience fully focused on the moment. Mindfulness focuses on the formalization of directing our attention to the process, carrying out a technique of energetic awareness. The sacred conscious process between stimuli, whether internal or external, and responses, internal or external. Creating a suggestive time to respond more appropriately. Much more skillfully, much more virtuously, and much more just. And the levels for perceiving and esthetic deepening are much more transcendent. Therein lies the essence of our program given that when our mind is calm in a perceptive process of maximum serenity and self-connection, the perceptive and compositional processes penetrate into a state of full consciousness that allows for a series of measurably high and conscious effects.

The stimulation of this space engenders a greater capacity to establish the most virtuous response. It is the intentional creation of a venerable fragmentation that distances us from automatic responses based on reaction and experiential rationality. Awakening an infinite and conscious firmament between the stimulus and the response allows us to evoke our ability to solve in a much more awake way, avoiding automated responses. Cognitive automotive that is based, fundamentally, on a dichotomous movement, whose base is purely hedonistic. Through the practice of Mindfulness, the ability to remain present with an unalterable equanimity in the face of all experience or stimulation (both pleasant and unpleasant, of internal and external origin) develops, so it stops responding with greed and aversion, remaining immobile, attentive, calm, and serene. It is, therefore, a stage of conscious improvement where

we do not let ourselves be dragged by our thoughts and emotions, it simply allows us to be present and attentive in that space of calm, to be able to emit the response in a much more lucid and virtuous way. In this space is positioned the innovative method of Creativity Mindfulness (CMF) that we present.

It is important to point out six key conceptual aspects that define “it is not Mindfulness” to be able to deeply understand its essence [4]:

- It is not a religion.
- It is not a new “new age” system.
- It is not about putting your mind blank. No one is capable.
- It is not a system to escape or be absent. The decisions you have to make are at this time.
- It is not an alternative medicine.
- It is not just relaxation.

Through daily meditation, our brain experiences large and measurable changes in 8 weeks of application. **Figure 3** shows a composition of the concept of Mindfulness.

A great deal of scientific research demonstrates the enormous interest of the scientific community in this interesting sphere of knowledge and its infinite spaces of application.

The eight essential Mindfulness attitudes to carry out your application are as follows:

1. Do not judge. Not to judge oneself, this is how one learns not to judge others. Do not judge the experience that is presented.
2. Patience. The complete opening to the moment requires patience, to accept that each event happens at its own pace.
3. Beginner’s Mind. Experience every moment and experience as if it were the first time.
4. Trust. Learning to trust oneself, without burdening with what has previously been lived.



Figure 3. Graphic composition of the concept of Mindfulness. Own elaboration.

5. Do not commit to the effort. Do not be dazzled in doing and giving more importance to being. Do not make an excessive effort that carries tension.
6. Acceptance. By not judging what we observe, thoughts, feelings, and experiences, we learn to accept them.
7. Release. Let it out. Do not cling to experiences or people of the past.
8. Kindness. Connecting with the frequency of kindness and compassion at every instant allows us to attract more kindness and perceptual abundance [5].

4. Mindfulness applied

We can locate infinity of spheres where Mindfulness can be applied. Among others, we indicate some of the spheres in which we can find an interesting application:

- Mindfulness applied to sport.
- Mindfulness applied to the academic sphere.
- Mindfulness applied to emotional intelligence.
- Mindfulness applied to leadership and managers.
- Mindfulness applied to creativity.
- Mindfulness applied to pain.
- Mindfulness applied to the company.
- Compositional Mindfulness. MBCP Program. Mindfulness based on the perceptive consciousness. **Figure 4** shows a graphic composition of Mindfulness applications.

We will focus on the deepening and pragmatic development of the last sphere of application: Mindfulness Composer. MBCP Program. Mindfulness based on the perceptive consciousness. An unprecedented and absolutely innovative program applied to artistic perception. A program that allows us to verify the quantitative and qualitative effects of the application of our program in the perception before a work of art. **Figure 5** shows a graphical composition of the experiment to 12 subjects in each research group.



Figure 4. Graphic composition of Mindfulness applications. Own elaboration.



Figure 5. Graphical composition of the experiment to 12 subjects in each research group. Own elaboration.

4.1. Mindfulness composer

MBCP Program. Mindfulness based on perceptive awareness. Our program has its origin in a previous research, which led to a doctoral thesis that demonstrated the importance of a series of perceptive parameters for the creation of an analytical program design to deepen the essence of graphic and visual creativity. A program to take perceptive awareness of the elements of construction of an artistic message. **Figure 6** shows a cover of the book of the doctoral thesis of Dr José Jesús Vargas Delgado.

Our research starts from the following general hypothesis: When we connect without judgment, attentively to the present moment, with neutral and observant mind with our thoughts, emotions, and sensations (body), our ability to delve into the prescriptive effects of a work of art is much more deep. **Figure 7** shows an image of the starting hypothesis in research.

4.2. MBCP program level I

The application of our program is based on the creation of two research groups in which to apply our program: Mindfulness Composer. MBCP Program. Mindfulness based on the perceptive consciousness. Application to illustrations by author Svetlin Vassilev. Our research to demonstrate our hypothesis has created an experimental design through the application of two research groups.

- Group A: Control group, formed by 12 people, where the program is not applied but has important functionality in the experiment to control its application.
- Group B: Program application group (MBCP program application), consisting of 12 people (with sample representation), to whom the experiment is applied. **Figure 8** shows a graphical composition of the experiment to 12 subjects in each research group.

Through the application of MBCP program application, with a Taquitoscope that is shown to both group (A and B) the 10 illustrations with a time of 60 s. Technical data of the application of the research application: (1) 60 s per piece and (2) Application of the tachytoscope (60 s per piece)

Group A: Control group (without MBCP application).

Group B: Group application program (MBCP program application).

Quantitative and qualitative questionnaire to analyze:

- Variable attention.



Figure 6. Cover of the book of the doctoral thesis of Dr José Jesús Vargas Delgado. Own elaboration. Book Cover: VARGAS, José Jesús, Analysis of Graphic Advertising Communication: Deconstruction of graphic communication efficiency: innovative teaching method in the analysis and construction of advertising messages. Editorial: Vision Books. Madrid. 2012.

- Memory.
- Depth of perception. **Figure 9** shows a graphic image of experimental Group B.

hipótesis

Cuando conectamos **sin juicio, atentamente al momento presente, con mente neutral y observadora con nuestros pensamientos, emociones y sensaciones (cuerpo) nuestra capacidad para profundizar en los efectos preceptivos de una obra de arte es mucho más profunda**

Figure 7. Image of the starting hypothesis in research. Own elaboration.



Figure 8. Graphical composition of the experiment to 12 subjects in each research group. Own elaboration.

Application of research to Group A:

1. Brief explanation of the subjects to be known and a brief explanation of the experiment.
2. The MBCP program is not applied.
3. Projection of the 10 pieces of Don Quixote by Svetlin Vassilev.
4. 1 min per piece.
5. 10 s interval.
6. We passed a questionnaire to measure:
 - Thoughts.
 - Emotions.
 - Body sensations that have generated.
 - Transmissions of content of the work. **Figure 10** shows a graphic image of experimental Group A.

Application of research to Group B:

1. Brief explanation of the experiment and what is Mindfulness.
2. Apply 15 min of Mindfulness in breathing.
 - Attentional connection with thoughts.
 - Attentional connection with emotions.



Figure 9. Graphic image of experimental group B. Own elaboration.



Figure 10. Graphic image of experimental group A. Own elaboration.

- Attentional connection with bodily sensations.

4.3. MBCP program level II

1. Brief explanation of what is Mindfulness.
2. 4-week Mindfulness program.
 - Body scan_body_scan.
 - AOB (Awareness of Breath) Full attention on breathing.
 - Emotional regulation based on Mindfulness.
 - Formal practice: Daily meditation.
 - Informal practice: Mindfulness in everyday life.

4.4. MBCP program level III

1. Brief explanation of what is Mindfulness.
2. 8-week Mindfulness program.
 - Body scan_body_scan.
 - AOB Full attention on breathing.
 - Emotional regulation based on Mindfulness.
 - Formal practice: Daily meditation.
 - Informal practice: Mindfulness in everyday life.
 - Outline of the foot series. MBCP.

5. Conclusions

Once we have applied our research to both groups A and B and have been able to analyze the quantitative and qualitative questionnaires, we can reach the following conclusions:

- Mindfulness application for the enhancement of perceptual deepening.

- By connecting without judgment with our thoughts, emotions, and bodily sensations our capacity with the esthetic exterior increases considerably.
- Increase of 25% of the attention, memory, and understanding elements.
- Qualitative increase of the connection with the work through the thoughts.
- Qualitative increase with the work through the connection with the emotions. Qualitative perceptual depth.
- Qualitative increase of the connection with the work through the emotions.
- Quantitative perceptual depth. **Figure 11** shows a graphic image of the effects of the application of meditation in research.



Figure 11. Graphic image of the effects of the application of meditation in research. Own elaboration.

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