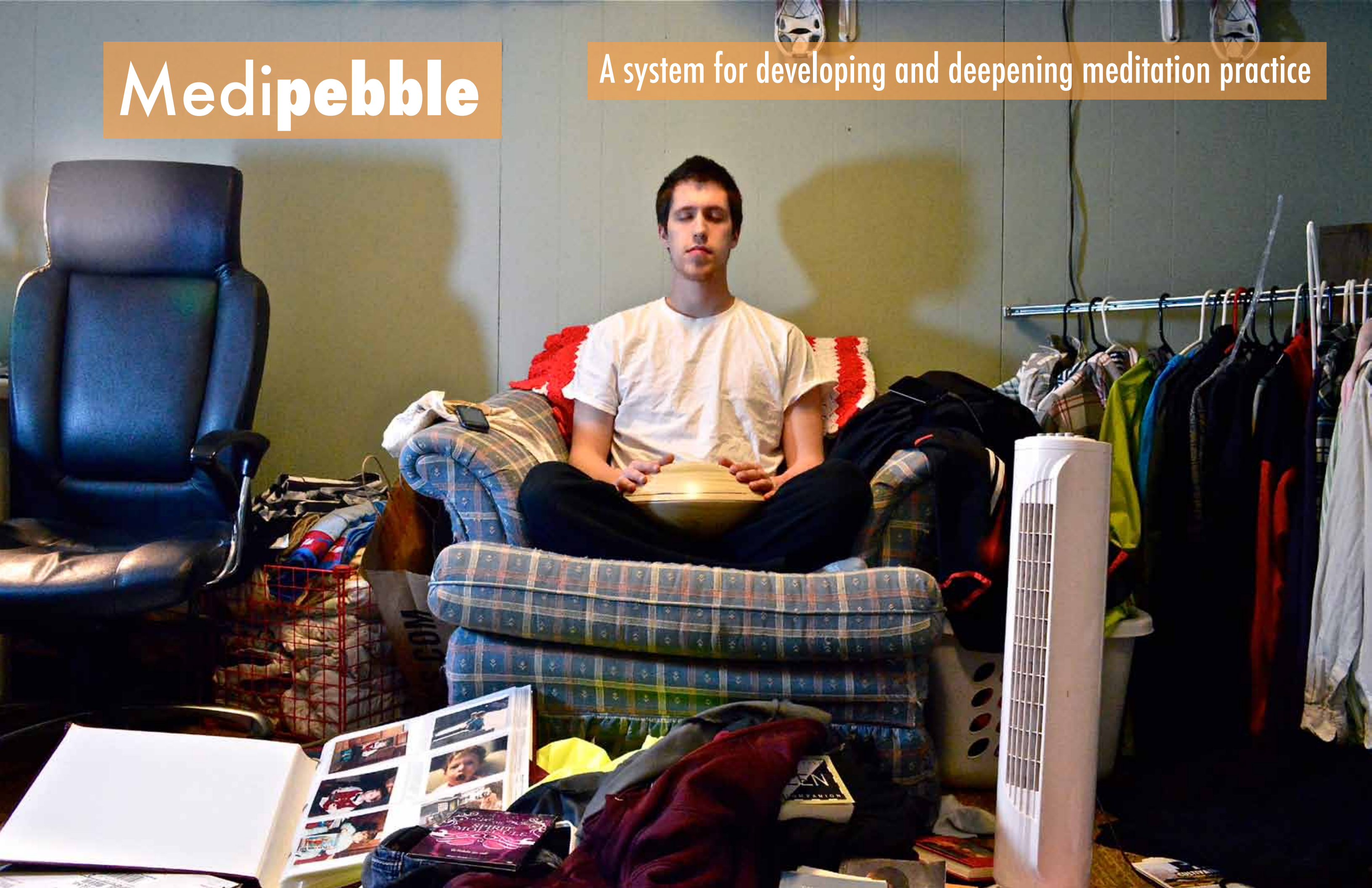


Medipebble

A system for developing and deepening meditation practice



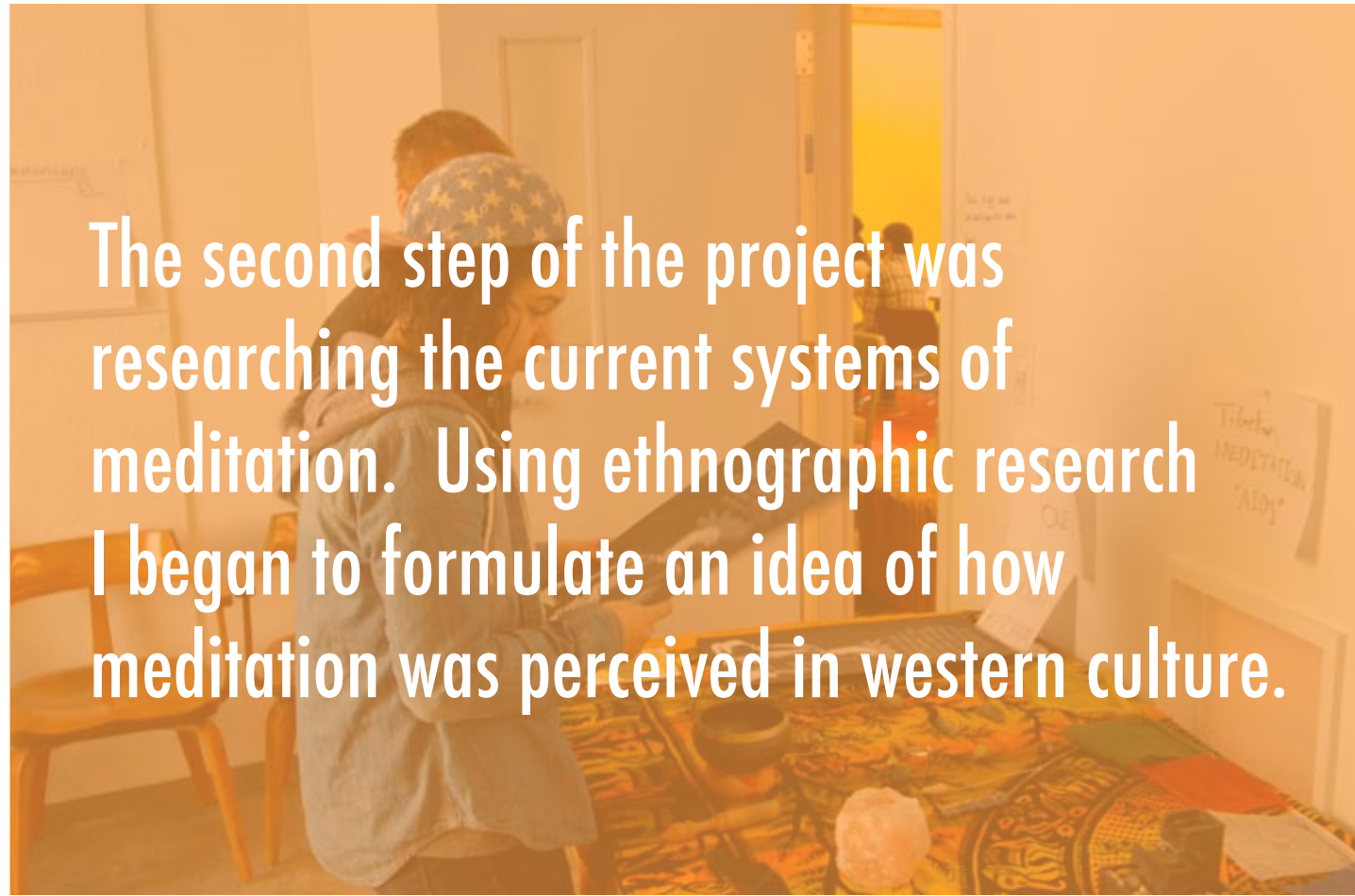
THE OPPORTUNITY

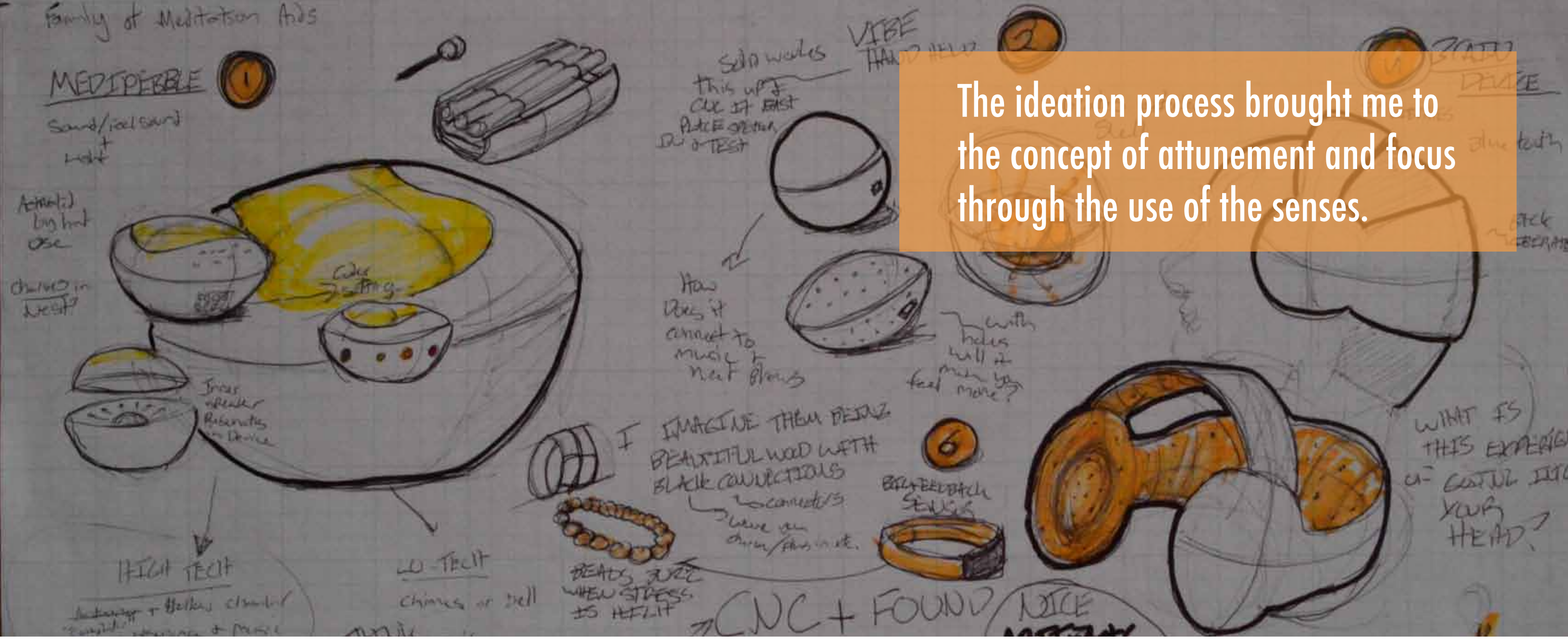
“We spend half of our lives *lost in the thoughts racing around our minds.*”

Stress and anxiety are the core causes of disharmony in our life. We must look at health *holistically* by taking care of ***mind, body and soul.***

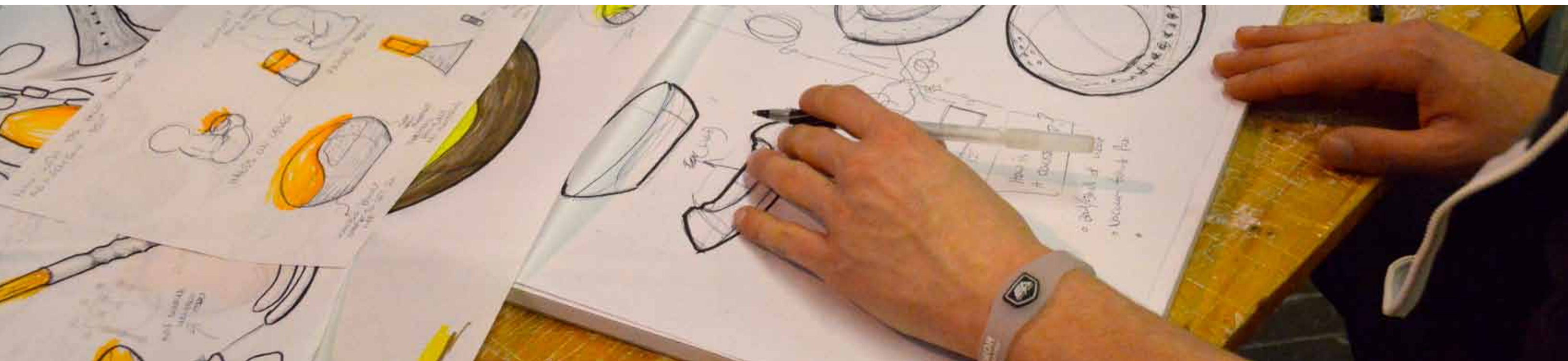


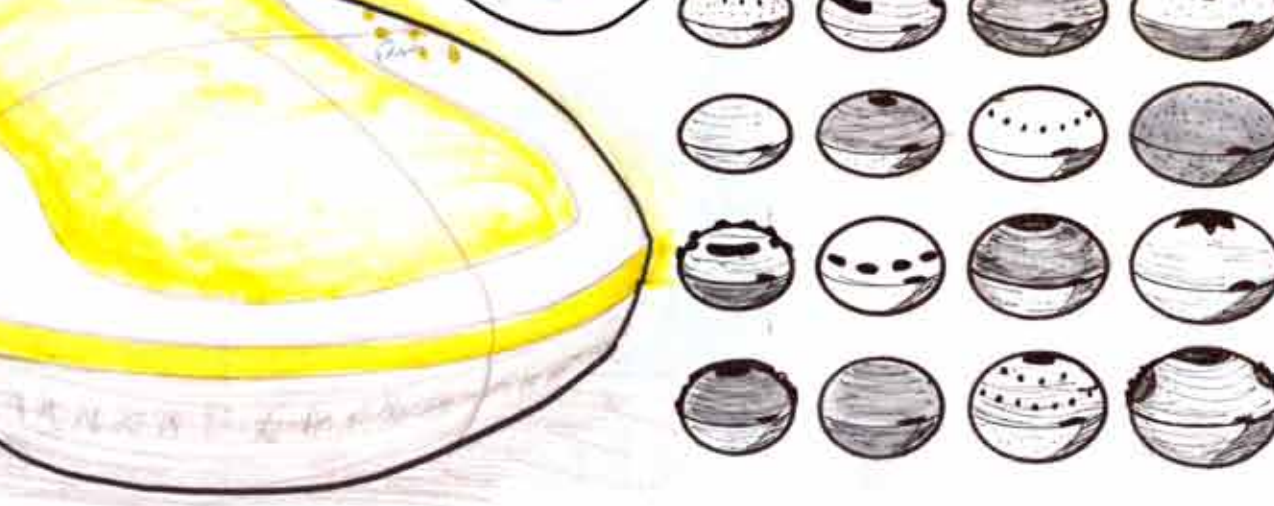
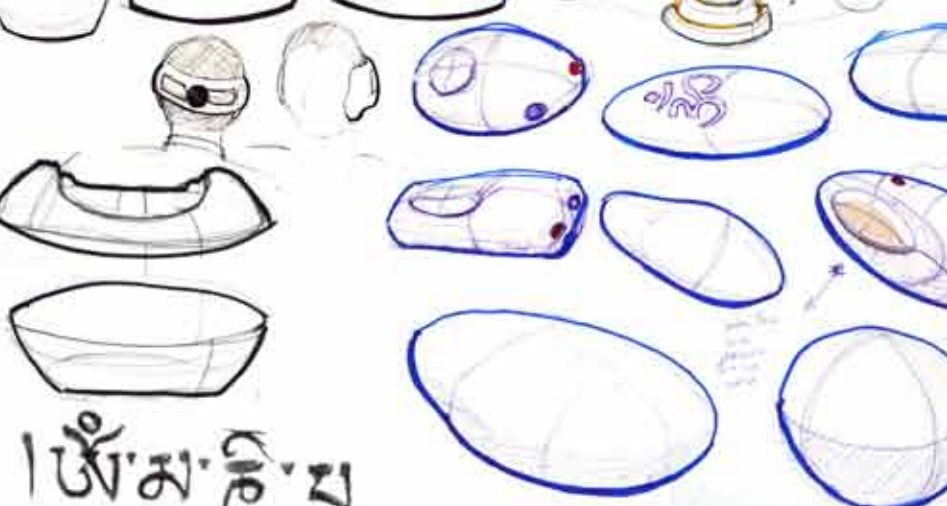
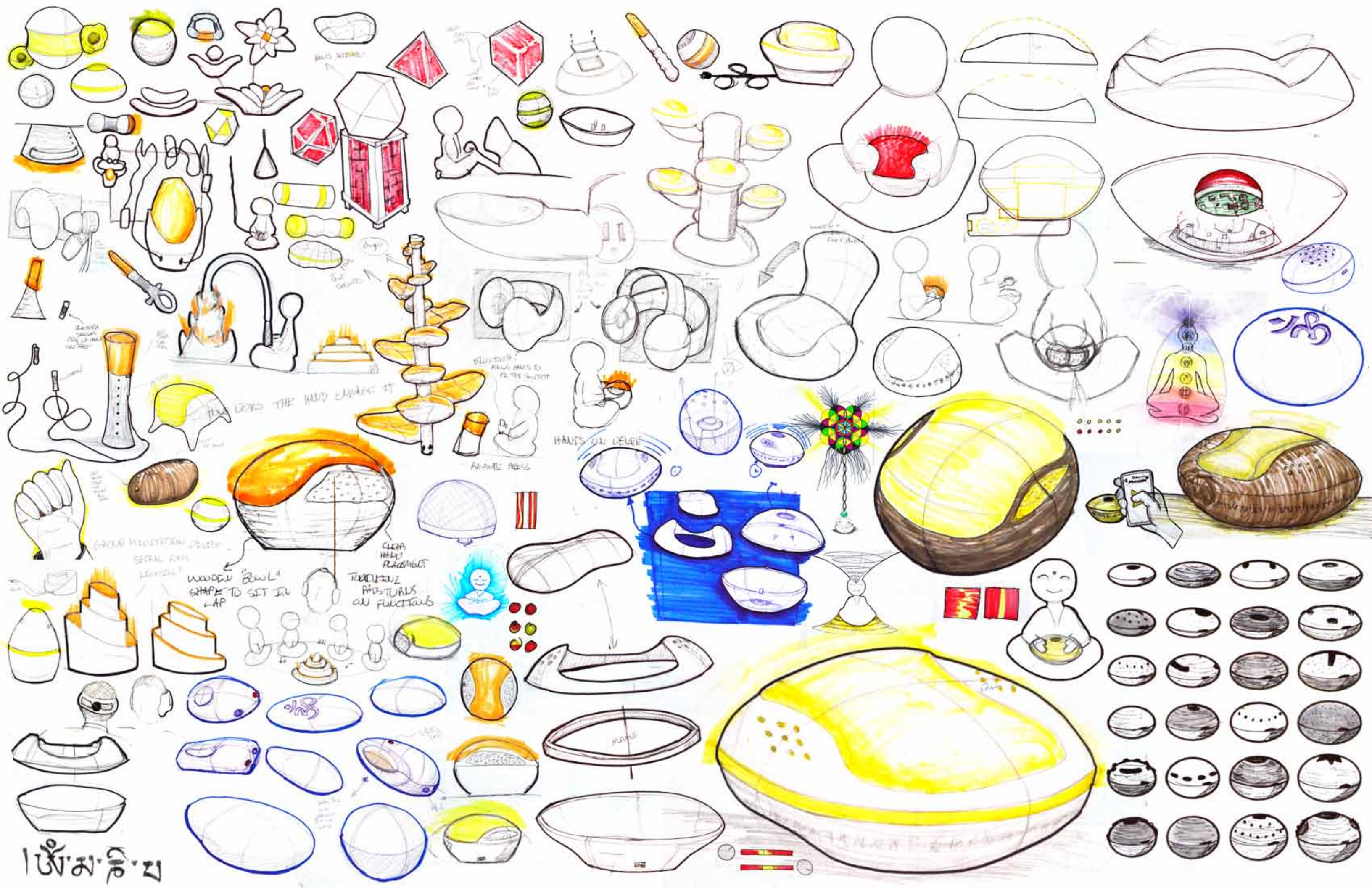
The second step of the project was researching the current systems of meditation. Using ethnographic research I began to formulate an idea of how meditation was perceived in western culture.





The ideation process brought me to the concept of attunement and focus through the use of the senses.

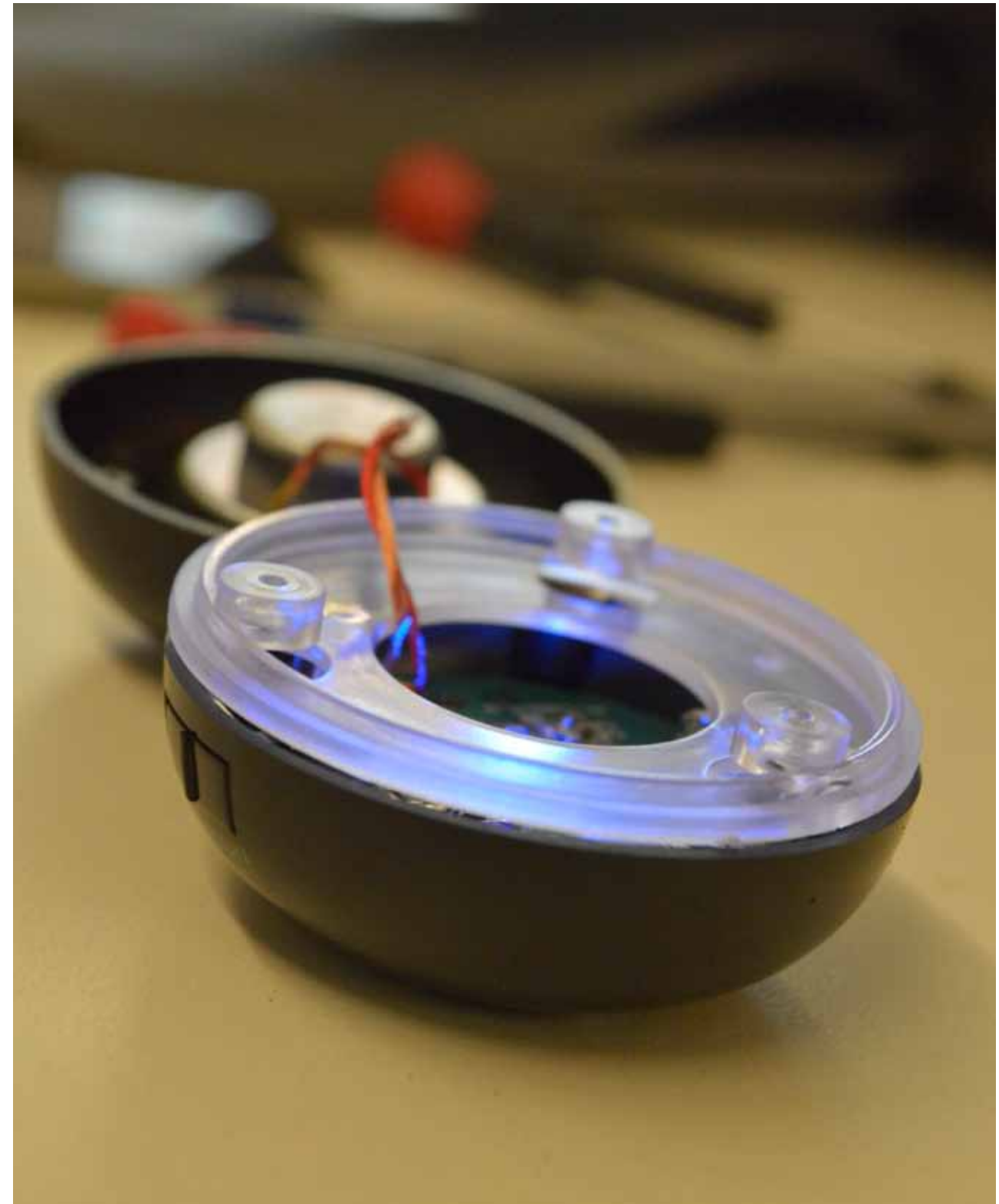




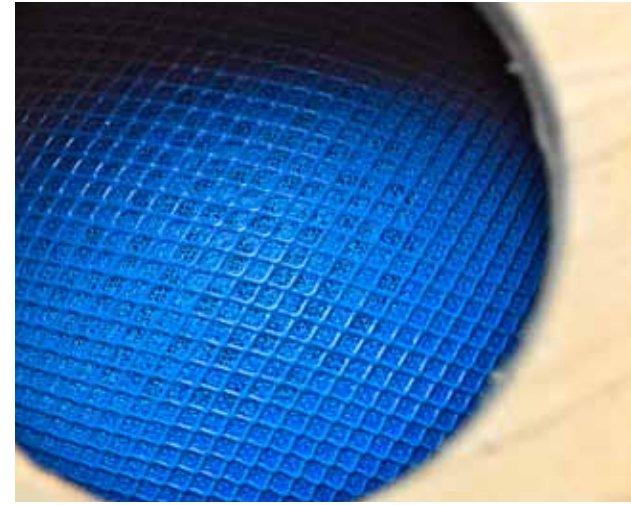
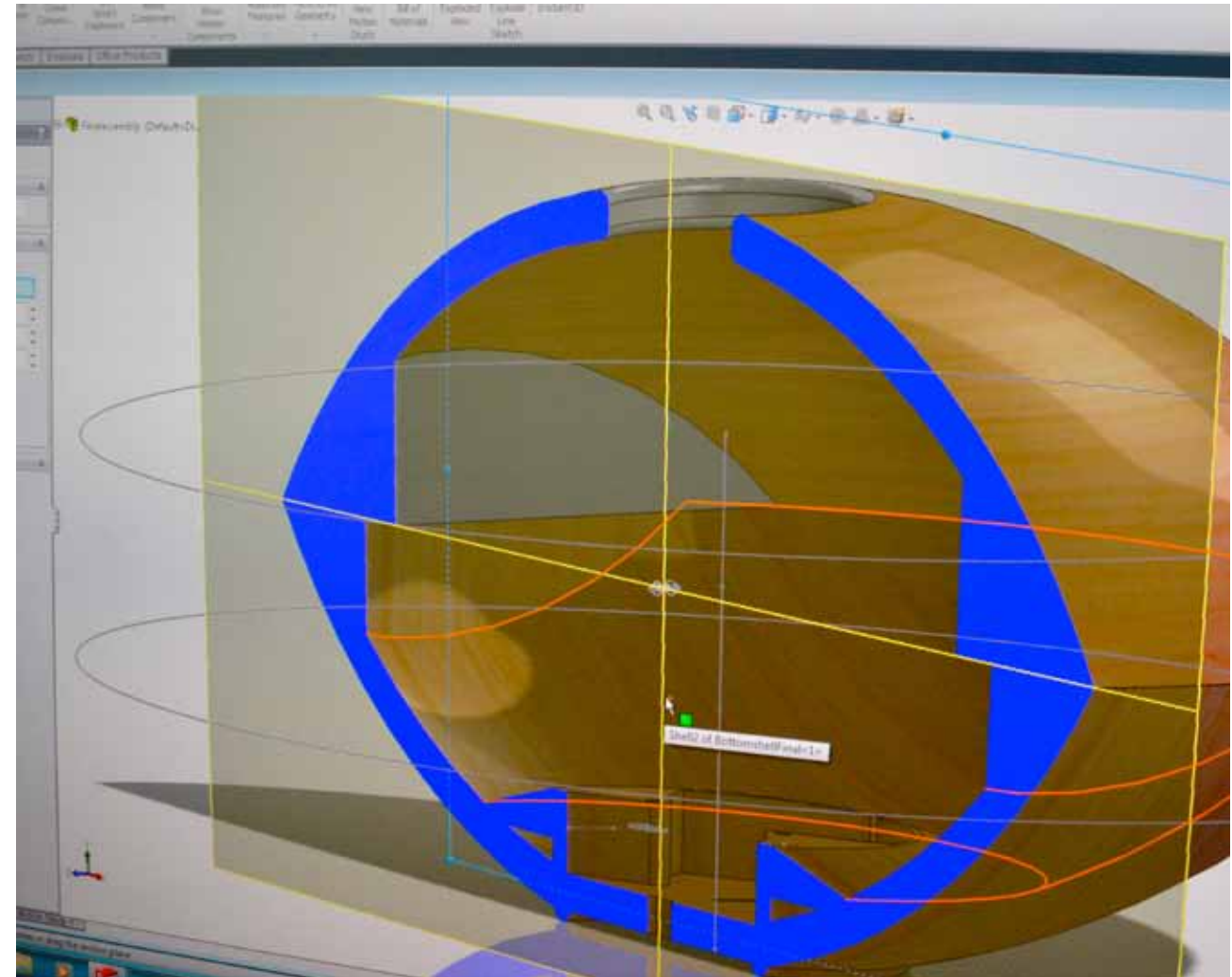
ॐ नमो भगवते वासुदेवाय



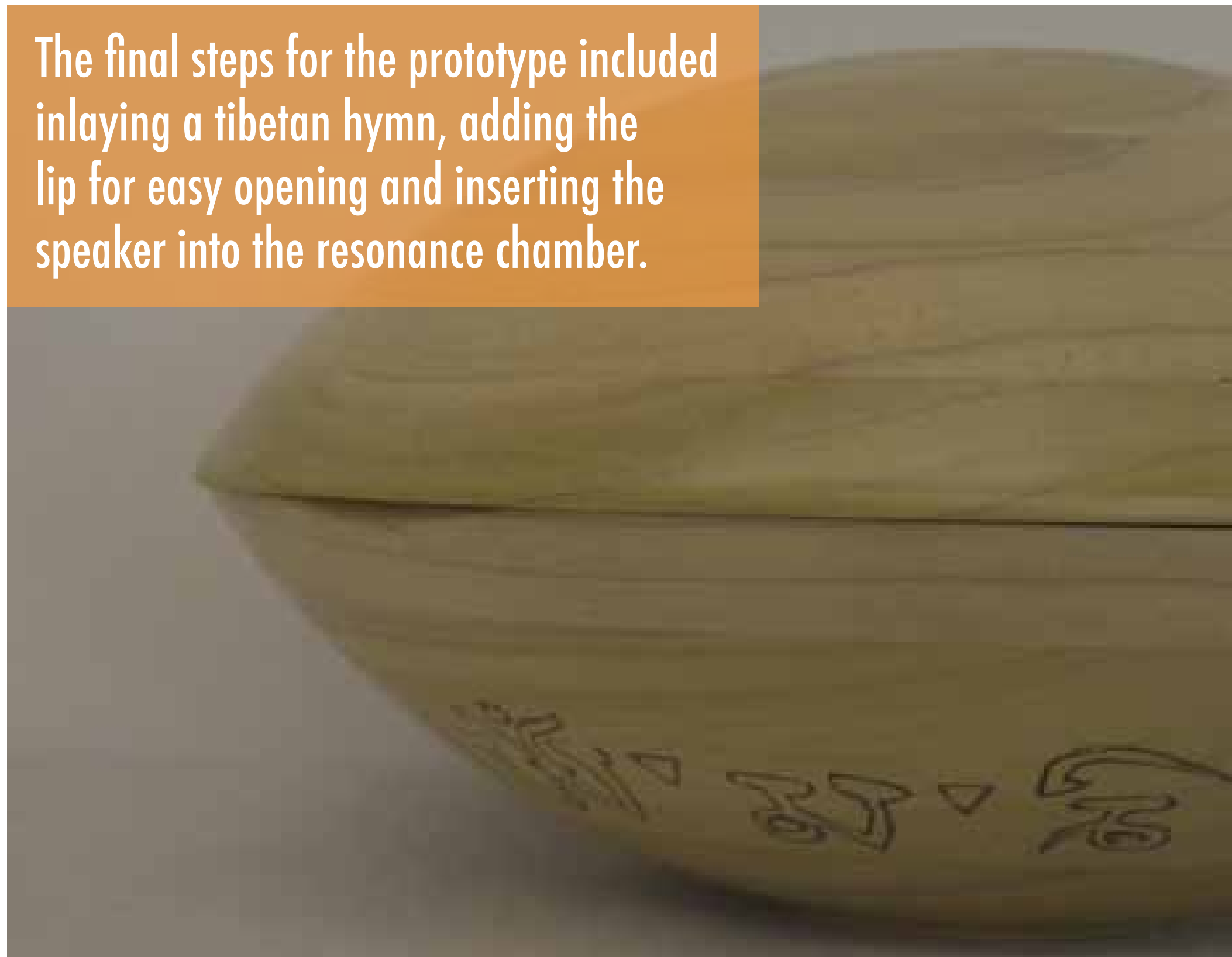
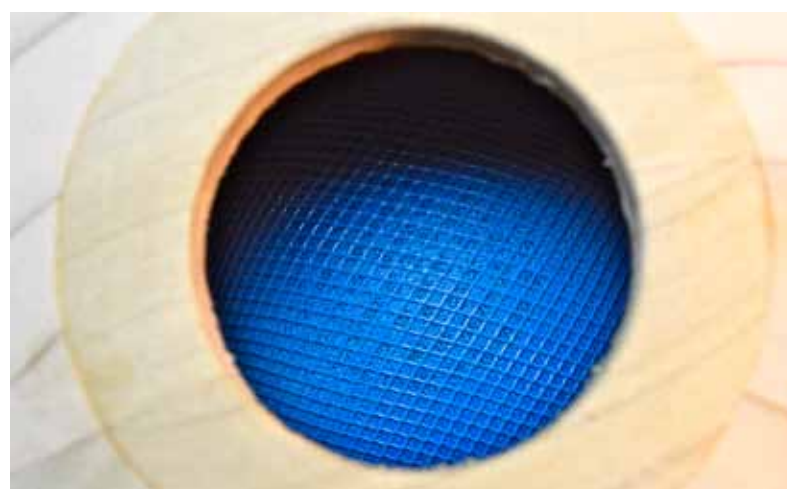
A key insight was that western culture was obsessed with gadgets. I took this concept and used it as a basis for the project. I wanted to use a physical device to bring people inward.



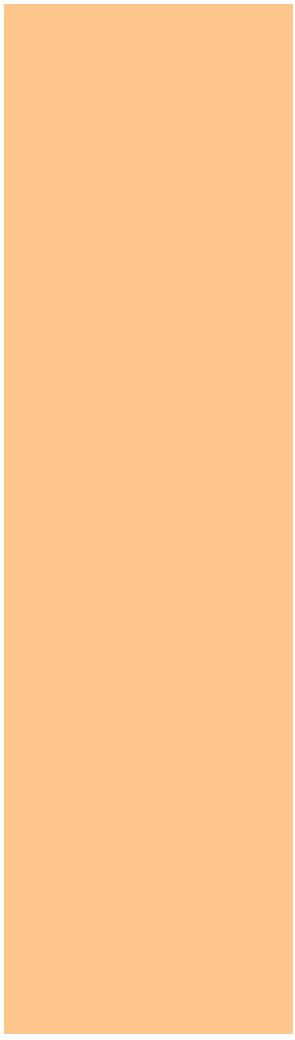
The prototype was constructed in Solidworks and then was cnc milled in two shells. The resulting product created an oscillation chamber which when paired with a speaker created a device that would sync your sense of touch and hearing to enhance focus while in meditation.



The final steps for the prototype included inlaying a tibetan hymn, adding the lip for easy opening and inserting the speaker into the resonance chamber.

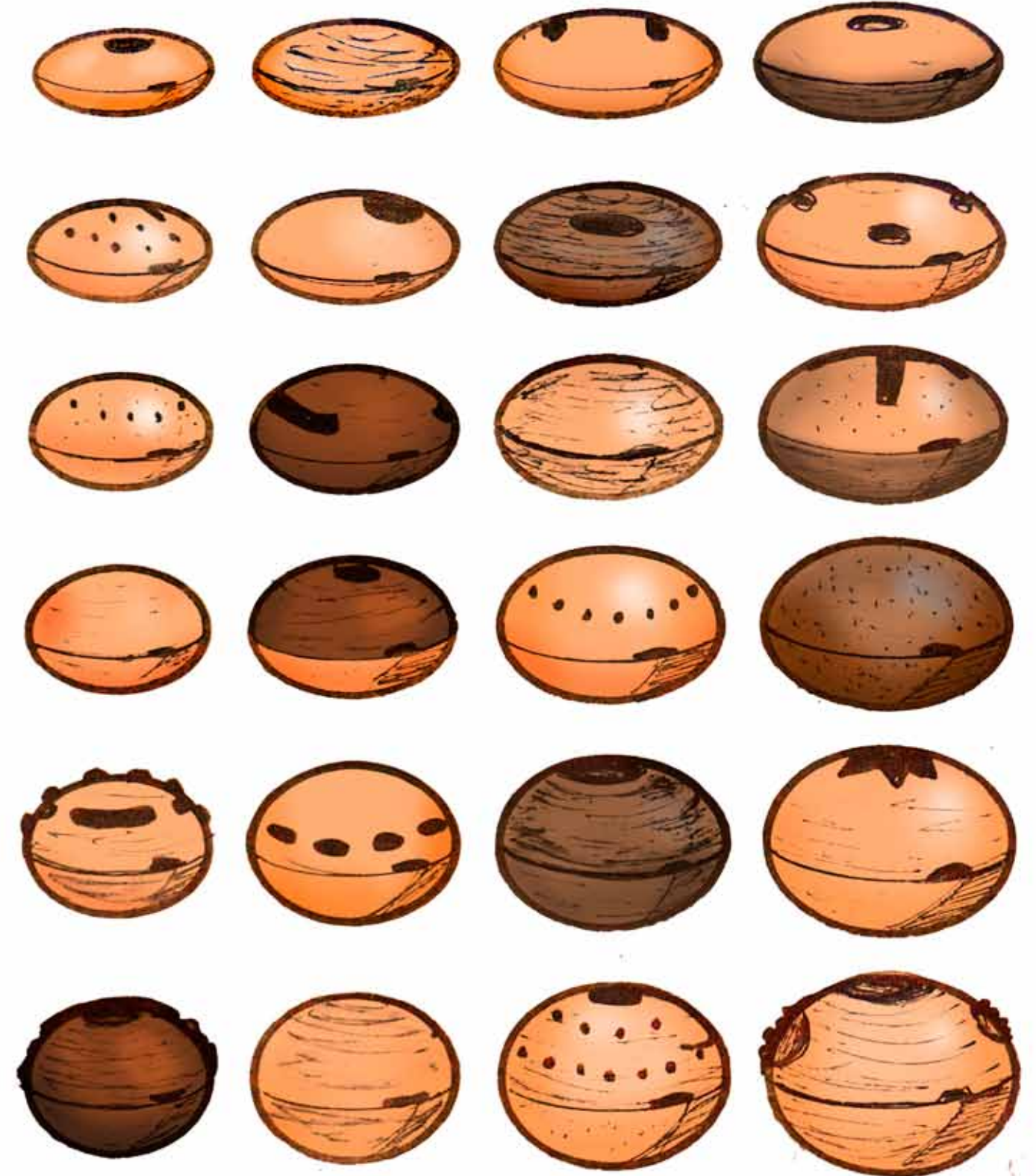


During the thesis show I obtained a great amount of interest in the tool.



I am currently in the phase of finalizing the design and creating a business for medipebble.

Customizing your own medipebble is one of the goals I want to make a reality. Users will be able to choose from different woods and glass for their own unique look.





Namaste and Thank you.