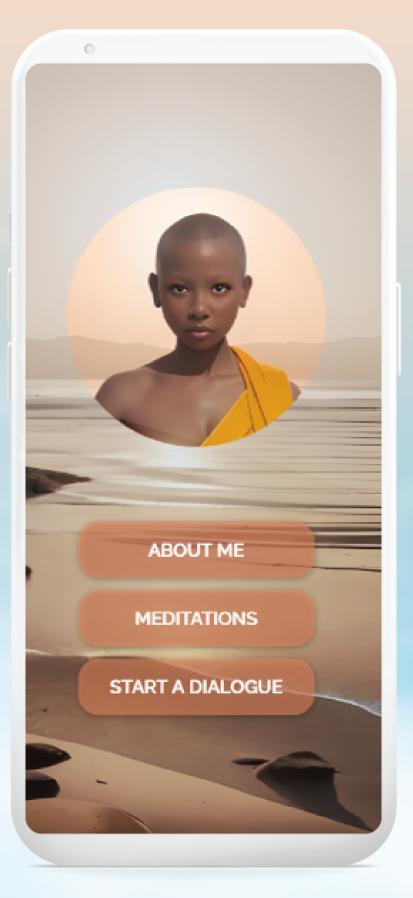
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One parable from the Pali Canon that may be relevant to achieving peace of mind is the Buffalo Parable. In this parable, a buffalo is carrying a heavy load of mud on its back. The weight of the mud causes it to be tired and unhappy, even though it is not aware that it can simply shake the mud off to become lighter and happier.

To achieve peace of mind, it is important to identify and release any self-imposed "mud" that we may be carrying. This can include negative beliefs about ourselves or others, harmful habits or behaviors, or attachments to material possessions.

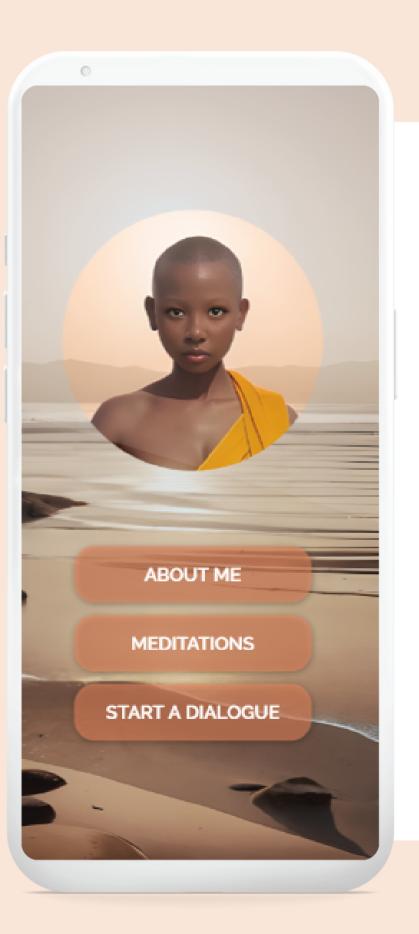
Reflect on what may be causing you feelings of unrest and try to find ways to release negativity and cultivate positivity. Are there any negative thought patterns or actions that you frequently engage in that may be contributing to your unrest? And how can you work towards releasing these patterns to foster greater peace of mind?

I hope this helps! Do you have any other questions about achieving peace of mind?

What do I need to achieve peace of mind?

# hari a guide to calmness





Hari is a personified Al interlocutor, created in the image of a Buddhist nun.

Communication with hari helps to relax, calm your thoughts and reflect on topics far from the daily hustle and bustle. hari can lead a supportive conversation or be a guide according to the Pali Canon – the oldest Buddhist text.

hari reacts to the interlocutor's messages according to his mood.

hari does not let the dialogue stop – asks questions that help the user to open up and get carried away with the conversation. What do I need to achieve peace of mind?

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I hope this helps! Do you have any other questions about achieving peace of mind?



# TARGET AUDIENCE

#### Student (aged 18-24):

They are ready to try new things, have a high intellectual load and need support.

#### Office employees (age 25-45):

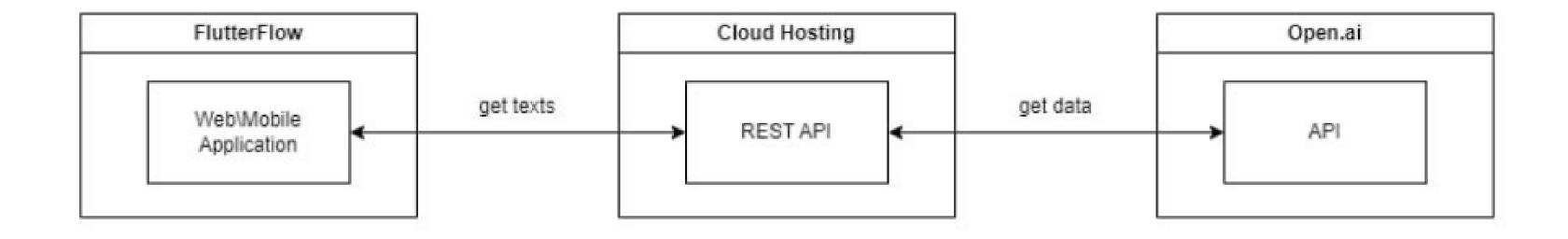
Looking for a way to relax and reduce stress during their working day.

and housewives (ages 25-35): They are looking for a way to relax and take time for themselves without breaking away from the family for a long time.

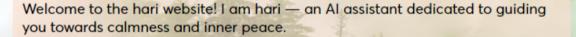
# **Mothers on maternity leave**



# How is this done?







Whether you seek to deepen your understanding of Buddhist teachings or simply desire a compassionate companion to talk to, I am here to assist you.

Copy message



# WHY BUDDHISM?

Buddhist texts contain information on how to effectively cope with stress, anxiety and other psychological difficulties and set you up for contemplation and calmness – which corresponds to the main task of hari.





## WHAT DO USERS WANT?

I did a little research by interviewing reddit users. In addition, I conducted a closed testing of the first version of the application and collected feedback.

Based on the responses received, some changes were made, and a development plan was drawn up.

### DEVELOPMENT PLAN:

**Customization of hari's person:** narrative style, level of initiative (how often hari asks questions, sets the topic of the dialogue), length of replicas, etc.

Audio meditation function: generation of meditation in real time, taking into account user settings, such as meditation style, duration, duration of silence during the session, musical accompaniment

**Animated avatar of hari** which will visualize the facial expressions (speech) of hari in real time



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Click on the button below if you want to use it as soon as possible.

Yes, I want

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