

Meditation for Intellectual Development in the Digital

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Abstract

This academic article aims to present an analysis how meditation enhances intellectual development in the digital age, enabling learners to effectively utilize digital tools and foster intelligence. The use of meditation in conjunction with digital communication is crucial; digital education is incomplete without mental control skills. Integrating meditation as an intellectual enhancement tool helps learners manage technology. Meditation improves the efficiency of brain functions related to memory and learning. Practice of meditation significantly enhances intelligence and learning by calming the mind, improving memory, information absorption, and emotional control, directly leading to better academic performance. Regular meditation also reduces stress and improves work efficiency. Therefore, meditation helps calm the mind, improve emotional control, reduce stress, and enhance work performance and sleep. Regular meditation practice offers comprehensive benefits to the body, mind, and improves learning potential, concentration, and memory. Furthermore, digital-age education is adapting learning methods with technology and innovation as core elements, emphasizing borderless access to information anytime, anywhere.

Keywords: meditation; intellectual development; digital

Introduction

Meditation is about building "mental and brain immunity" amidst the stimuli of the digital world. It helps transform vast amounts of information into knowledge and wisdom, creating a protective barrier. Meditation improves the function of the prefrontal cortex, fostering mindfulness and preventing one from becoming enslaved by the overwhelming amount of information and stimuli online. When the mind is calm and focused, the brain can efficiently organize, analyze, and synthesize vast amounts of information into deep knowledge and understanding. This enhances the ability to concentrate, filter information, and self-regulate learning effectively. Meditation is a fundamental basis for learning in the digital age. Mindfulness training creates a shield against external stimuli, increases concentration, transforms vast amounts of information into deep knowledge (wisdom), and reduces attention deficit caused by consuming multiple media simultaneously. In an era of information overload and rapid technological advancement, education is no longer confined to the classroom, which is filled with distractions. Applying "meditation" to learning has become a crucial skill for enhancing intelligence. Consistent meditation practice develops the prefrontal cortex, which is responsible for decision-making, emotional control, and memory, making learners less easily distracted, enabling them to prioritize tasks and manage their online lives systematically and participating in mindfulness meditation training resulted in a statistically significant reduction in depression (Jardngoen, 2000).

The ultimate goal of meditation in Buddhism is the development of wisdom and liberation from suffering. The practice is divided into two main paths, as described in the scriptures: Samatha Bhavana (calming the mind) and Vipassanabhavana (cultivating insight). Digital-age education will not be complete without mental control skills. Using meditation as a tool to enhance intelligence will help learners control technology instead of becoming slaves to it, and learn sustainably (Sawing & Phrakhru Soontornndhammanithas, 2026) state that Buddhist meditation is the process of focusing the mind until it achieves a single, virtuous focus. There are three levels of meditation: 1) Khanika Samadhi, or temporary concentration, which is the basic level that people can use to improve their daily lives; 2) Upacara Samadhi, or near-steadfast concentration, which suppresses the five hindrances; and 3) Appana Samadhi, the highest level of concentration, which is unwavering and profound. The practice of meditation is considered a process of training the mind by focusing the mind on a specific object. Digital intelligence is a group of social, emotional, and cognitive abilities that enable a person to face the challenges of digital life and adapt to it.

Digital intelligence encompasses the knowledge, skills, attitudes, and values necessary for living as a member of the online world. On the other hand, there are eight key skills for using media and socializing online:

- 1) Skills in maintaining a positive self-identity.
- 2) Skills in critical thinking and analytical judgment.
- 3) Skills in maintaining personal security in the cyber world.
- 4) Skills in protecting personal data.
- 5) Skills in managing screen time.
- 6) Skills in managing information left behind online.
- 7) Skills in dealing with cyberbullying.
- 8) Skills in using technology ethically.

Applying mindfulness principles to enhance digital intelligence skills includes

1) Mindfulness for awareness in creating and managing a positive self-identity both online and in the real world

2) Concentration for the ability to differentiate and allocate time

3) With mindfulness, focus and mental strength increase, leading to improved awareness and the ability to intelligently deal with online harassment and intimidation

4) Mindfulness, being vigilant and aware, enhances the ability to protect information by building strong security systems and preventing data theft or online attacks.

5) Mindfulness in recognizing and modifying one's own behavior. This will generate mental power that contributes to wisdom and sound judgment in managing personal information, protecting the privacy of both oneself and others.

6) Initial mindfulness practice is crucial for developing concentration. When mental power is strong, wisdom is ready to function, enabling the ability to analyze and distinguish between correct and incorrect information.

7) Steadfast concentration leads to intelligent perception, resulting in the ability to understand the nature of life in the digital world, recognizing that information traces are always left behind, and understanding the potential consequences.

8) Concentration that generates quality mental power, steadfastness in morality, and compassionate virtues enables empathy and understanding of the feelings of others online. Applying Buddhist principles, which have universal and timeless value, to the learning process promotes holistic human development, or what is called Holistic Learning, according to the concept

of Rattanasathian (2017), which covers three main dimensions: 1) Intellectual Wisdom (Knowledge): In the dimension of intellectual wisdom, Buddhist learning innovation emphasizes promoting deep understanding in learners, not just rote memorization of content, but the use of Yonisomanasikara, which is skillful thinking and using wisdom to consider things rationally and comprehensively. Buddhist learning focuses on three key aspects: 2) Interpersonal Skills: This involves recognizing the relationships between things and applying that knowledge to real-world situations. It also includes developing analytical, synthetic, and problem-solving skills, which are fundamental to learning in all disciplines. Principles such as the Four Noble Truths (suffering, origin of suffering, cessation of suffering, and the path to cessation of suffering) or the Three Characteristics of Existence (impermanence, suffering, and non-self) serve as tools for understanding the world and life. 3) Morality (Virtue): This is a core element that distinguishes Buddhist learning from conventional learning. Moral development focuses on cultivating virtues, ethics, and responsibility in learners, providing them with guiding principles for life and interactions with others in society, especially in the digital world. Principles such as the Five Precepts (no killing, no stealing, no adultery, no lying, no drinking alcohol) are fundamental for peaceful coexistence. Furthermore, it promotes other virtues such as loving-kindness, compassion, sympathetic joy, and equanimity (the Four Sublime States), empathy, honesty, and mindfulness in action—all essential for being a good digital citizen. 4) Concentration (Mindfulness): This final dimension involves developing the mind through meditation and mindfulness practice. Concentration helps learners develop a calm, stable, and mindful mind, which is a crucial foundation for effective learning and life. Meditation practice improves focus, reduces distractions, enhances the ability to learn new things, and improves emotional management. Furthermore, it develops mindfulness, a key component of using digital technology responsibly and safely, preventing one from falling victim to misinformation or mindlessly immersing oneself in the online world. Therefore, educational institutions should incorporate mindfulness training to restructure the brain, reduce stress, and increase focus. Applying this principle in the workplace significantly reduces distractions and develops emotional skills.

This academic article will cover the application of meditation in the workplace, preparing the body and mind before work, ethical work practices, obstacles in the workplace, types of emotions, and key characteristics of successful individuals. The practice of meditation aims to train the mind to achieve calmness, mindfulness of emotions, and the development of wisdom. The

benefits range from reduced stress and improved mental health to enhanced quality of life. Those who benefit are the practitioner, those around them, and society as a whole.

The Meaning of Meditation

Whenever discussing meditation, it's important to understand that it's not solely the domain of hermits or ascetics, nor is it practiced only by monks. Meditation is about training and cultivating the mind, developing its stability, steadfastness, and overall mental well-being. In Buddhism, meditation can be practiced for the benefit of a happy life for those still living in the household, and for monastics, it serves as a path to liberation. Meditation is a state of mind that is focused, still, calm, and concentrated on one thing for a period of time. It helps prevent mental wandering, promotes relaxation, and forms a crucial foundation for developing mindfulness and wisdom in perceiving the true nature of reality.

Meditation refers to the ability to control the mind and emotions, achieving unified focus and inner peace.

Chulacharit (2003) explained the concept of "Buddhist-based mind management in daily life" as the training of the mind (mental cultivation or meditation) to be mindful and aware of emotions, focusing on its application in daily life to improve quality of life and manage various problems. He stated that the purpose of practicing meditation (Samma Samadhi) is to cultivate mindfulness in a single, simple task (Ekaggata), or "being mindful of only one fundamental aspect of mindfulness." This involves training and controlling brain function to be mindful or attentive to the sensation of breath entering and exiting the nostrils continuously and for an appropriate duration, without being affected by other information, without becoming distracted by wandering thoughts, and without falling asleep. The meaning of meditation can be explained both in terms of its resulting effects and in terms of practice. For example, meditation is a state of calmness, comfort, and profound happiness that humans can create for themselves. It is something prescribed by Buddhism as a practice for living a happy, mindful, and wise daily life—something that is not beyond anyone's reach and can be easily practiced.

The key principles derived from studying this approach are as follows: Mindfulness practice through Anapanasati (mindfulness of breathing), training the mind to focus on the awareness of inhaling and exhaling, reduces distractions, calms the mind, and promotes concentration; emotional awareness, helping practitioners become calmer, more rational, and able to control their emotions and make informed decisions; and using wisdom to solve problems, as a calm and orderly mind

leads to realistic analysis (developing wisdom), letting go of attachments, and reducing stress from daily life.

Saita (2010) stated that meditation has many benefits for those who practice it, in terms of work, career, education, and daily life, enabling mindfulness, reducing desires and suffering, and ultimately leading to happiness in society. However, meditation is universal; it's not only for Buddhists, but also for those of other religions. The emphasis on practice is on hands-on experience, as this allows practitioners to see results firsthand and provides opportunities to ask knowledgeable experts about practical aspects, based on their own experiences. While theoretical explanations of meditation exist, practical application is crucial. How can mindfulness and memory training lead to greater freedom? To reduce anxiety, pressure, and improve well-being, we are all familiar with the saying, "Live in the present," which is excellent advice. However, trying to push away negative memories may not always yield positive results, as no one is truly happy living solely in the present. Sometimes, dwelling on present events that cause distress, or reliving happy past memories, can negatively impact our happiness. It may help alleviate that suffering. People often misunderstand mindfulness meditation as "eliminating thoughts from the brain," but in reality, mindfulness meditation is completely different. We simply "observe" what is happening within the mind—thoughts, emotions, physical sensations, or memories—without judgment. Mindfulness meditation doesn't require special clothing, equipment, or music; it focuses on accepting the reality of the situation, regardless of whether the environment is perfect.

Phra Maha Suriyant Sattayakumbha (2012) defined "Anapanasati" as a meditation that focuses on the breath, both inhaling and exhaling. It is a practice of mindfulness to maintain a normal state of mind, meaning a light and comfortable state that prevents the mind from wandering to other thoughts, keeping the mind focused solely on the breath.

Meditation and mindfulness are key to modifying the lifestyles of online users by reducing screen addiction, building emotional resilience against comparing one's life to others, and improving the ability to focus effectively on real-world tasks. The application of meditation to improve digital lifestyles can be analyzed and recommended as follows: Mindful Awareness: Practicing meditation helps one become aware of mindless scrolling and understand the impact of content on emotions, allowing for timely breaks to rest the eyes and brain. Managing Stress and Comparisons: Reduce the psychological impact of seeing others' success on social media. Meditation helps shift your perspective back to valuing your own life and increase your concentration at work (Deep Work): Thought control training can help reduce ADHD symptoms

caused by rapid information processing online, allowing you to focus better on tasks requiring deep understanding.

The Importance of Meditation

A calm mind is essential for all aspects of life. The mind possesses energy similar to sunlight; just as light can be focused by a convex lens to create fire, a unified mind has immense power. If our minds are focused, we can miraculously unlock our inner potential. We will excel in our studies, have better health and personality, look fresher and more attractive, and find happiness in everything we do. Therefore, we should practice meditation daily to maintain mental balance. Even before sleep, if our minds are restless, we are more likely to dream about unrelated things, leading to incomplete sleep and a lack of freshness upon waking, affecting our studies and work throughout the day.

Phra Brahmakhunaporn (P.A. Payutto) (2018), stated that the Buddhist principle of "Trisikha," comprising morality, concentration, and wisdom, is a conceptual framework highly aligned with the holistic development of learners. Trisikha is a system of education and self-training that encompasses all dimensions of humanity. Morality (Sila) is the foundation for controlling physical and verbal conduct to maintain good discipline, directly related to the development of the affective domain in terms of ethics and virtue. Concentration (Samadhi) is the training of the mind to be of high quality, stable, calm, and focused, which is essential for effective learning and as a shield against external stimuli that undermine concentration in the digital age. Wisdom (Prajna) is the development of thinking processes to gain knowledge and understanding of all things as they truly are, enabling the ability to analyze, differentiate, and solve problems correctly.

This aligns with the development of the cognitive domain. Although technology is often seen as a cause of distraction, if used purposefully, technology can be a powerful tool for training and managing the mind to achieve calmness and stability. This is a skill that is absolutely essential in the age of information overload. (Wongwanich, 2020, cited in Phra Maha Viroj Akkapanayo, 2025).

Summary concentration is the training and development of a mind that is stable, focused, and calm. A focused mind is powerful, ready for use, and conducive to intellectual development. In education, concentration is a fundamental state crucial to the learning process, especially in an era filled with distractions and information that can easily divert attention. Practicing concentration

helps learners focus on what they are studying, enabling them to perceive and process information to their full potential, reducing distractions and stress, and creating a mental state ready for higher-level analytical thinking.

Types of Meditation

Meditation is divided into several types according to the principles of practice and the depth of the mind. The main groups can be categorized as follows:

1. Momentary Concentration (Khaṇika Samādhī): This is the initial or momentary level of concentration where the mind remains focused on something for a short period. It is suitable for maintaining mental stability during work and daily life.

2. Intermediate Concentration (Upacāra Samādhī): This is a more steadfast level of concentration where the mind begins to calm down and overcome hindrances (obstacles to peace).

3. Deep Concentration (Appanā Samādhī): This is the highest or most profound level of concentration, where the mind is deeply unified and completely still. This includes entering various

4. Right Concentration (Sammā Samādhī): This is the correct way of focusing the mind, characterized by a calm, undistracted mind, free from sensual desires and unwholesome states. The mind's foundation is within the body, and it can reduce various defilements. This is the right path of concentration, leading to wisdom that understands things as they truly are.

5. Wrong Concentration (Micchā Samādhī): This is the wrong way of focusing the mind, or a mind fixated on what is wrong, clinging to sensual desires, hatred, and unwholesome states. It is based outside the body. It is about placing the mind in the wrong place, setting the mind in the wrong position, which cannot lead to wisdom and liberation from suffering. It is a form of meditation that brings anxiety.

In summary, Meditation is a practice that trains the mind to focus and calm. Its main benefits include reducing stress, improving emotional control, and promoting better sleep. However, if practiced incorrectly, it can have drawbacks, such as increased distractibility or, if excessive, becoming a form of avoidance of reality.

Benefits Improved mental health: Helps reduce anxiety, balances emotions, and stimulates the release of happy hormones. Enhanced brain function: Improves concentration, memory, and decision-making. Good for physical health: Helps lower blood pressure, reduces chronic pain, and strengthens the immune system. Improved self-control: Allows you to be aware of your emotions and avoid impulsiveness.

The disadvantage is that forcing or tensing too much can prevent concentration and lead to increased stress or distraction. Misuse: Meditation solely for psychological effects (such as visions) can be a waste of time and lead to a loss of focus from real-life mindfulness practice. Time and Discipline: The results of meditation are not immediate; consistent practice is required. Avoidance of Problems: Meditation can sometimes be used as a way to escape reality or confront problems without the accompanying mindfulness.

Benefits of Meditation

Puangkot and Rangrisatrasmi (2012) notes that the benefits of meditation as follows:

1. It allows the body to relax deeply, reducing the strain on the heart and lowering the heart rate.
2. It improves air circulation to the lungs, leading to better and easier breathing, and can help alleviate and treat asthma.
3. It increases skin resistance because it reduces stress-related chemicals such as cortisol and lactate.
4. It reduces free radicals, blood pressure, cholesterol, anxiety, depression, and irritability.
5. It improves brain function and coordination for various activities, enhancing learning and memory abilities.
6. Regular meditation leads to increased emotional stability, reducing mood swings, fear, panic, and anger, as the brain areas associated with positive emotions and thoughts function better, increasing alertness and reducing stress, while calming the brain areas that center negative memories.
7. It slows down the aging process.
8. The mind gains power over matter, creating a balance of health. It can solve various health and problem-solving issues. For example, a woman with uterine cancer practiced meditation at a nunnery to calm her mind before leaving this world. The result was that she recovered from cancer because meditation calms the mind and makes one feel more comfortable as the body releases endorphins. The adrenal glands stop releasing adrenal hormones, and the hypothalamus signals white blood cells to become stronger, increasing immunity. The process of eliminating cancer cells then occurs.
9. If ill, recovery is faster than normal or there are fewer side effects from medication compared to those who are anxious, as their immune system is weakened.

10. Desires are more easily obtained because allowing the mind to be empty or letting go reduces resistance to incoming things to a minimum, thus attracting the good things one desires into life.

The Benefits of Practicing Mindfulness in the Digital Age

Reducing distractions, notifications, and short video clips rapidly stimulates the brain. Concentration helps learners be mindful and able to filter out distractions to focus on core content, developing digital intelligence skills. It helps learners to be critical thinkers, avoid becoming victims of fake news and online bullying. Deep thinking: Concentration helps transform superficial information reception into analysis, synthesis, and the application of knowledge to create new wisdom.

Phra Brahmagunabhorn (P.A.Payutto) (2013) stated that in the digital age, where technology is changing rapidly, society faces changes in many dimensions, especially youth, who are a key population group affected in terms of behavior, society, and politics. Digital technology is extremely important as a key driver that transforms lifestyles, work, and the economy. It is the foundation for increasing the efficiency of communication, creating new innovations, and enabling us to access information quickly and without borders. As a result, everyone needs to adapt in order to keep up with the modern world.

The Office of the Secretariat of the Council of Education (2023) noted that being a digital citizen involves knowing how to create a good online identity, emphasizing lifelong learning from children, youth, working adults, to the elderly, and maintaining the security of personal data, digital creativity, the ability to use technology to create new innovations, designing and managing data effectively, and cross-ministerial integration linking the government sector (e.g., the Ministry of Education, the Ministry of Digital Economy and Society), the private sector, civil society, and educational institutions.

Analyzing the Enhancement of Intelligence through Meditation in the Digital Education Era

Meditation in the digital age is a key tool for restoring attention span reduced by media consumption and for the critical application of technology. This is achieved by balancing the rapid flow of information with the development of inner intelligence. In the era of the digital technological revolution, human development has become essential to keep pace with the rapid changes and

new challenges in the digital world. Therefore, human development is a process that requires adaptation to trends and phenomena related to society and technology in the digital age. (Kongkawong, 2020) as the following

1. Digital Workforce: The increasing use of technology enables faster and more efficient work. Humans must develop skills to work with automation and artificial intelligence. Online learning platforms are becoming increasingly popular as a crucial tool for developing new skills and knowledge needed in the digital age.

2. Lifelong Learning: Humans must continuously learn to adapt to rapid changes. Online and automated education are becoming increasingly popular.

3. Human–Tech Collaboration: Humans and technology work together in various aspects to create better and more efficient results. The use of information and communication technology is essential in work and daily life. Learning to use and apply these technologies develops key competencies.

4. Skill Development: Humans must develop skills related to technology and work in the digital age, such as programming, data understanding, and problem–solving. The use of artificial intelligence and natural intelligence to solve complex problems and create innovative solutions is becoming more important in the digital age.

5. The Importance of Humanity (Human–Centric Approach): Changing circumstances highlight the immense importance of humanity. Maintaining privacy, the ability to communicate, and connecting with people are becoming increasingly crucial.

6. Adaptability: Humans must be able to adapt to rapidly changing situations and cope with uncertainty in the digital age. The ability to build relationships and connect with people is therefore extremely important in this technologically advanced digital world.

7. Maintaining Work–Life Balance: The use of technology to enhance work efficiency can impact human work–life balance. Maintaining a balance between personal life and work is crucial. Preserving humanity in building relationships and connections with people is especially important in the technology–filled digital age. This aligns with the academic paper by Boontavee (2025), which studied "Buddhist Learning Innovation Applied to the Development of Digital Literacy Skills among Secondary School Students." The study found that applying Buddhist innovations combined with active learning approaches and information technology can enhance analytical and rational thinking skills, ethical use of technology, responsible digital communication, and a positive attitude towards lifelong learning. Furthermore, learners developed a mindful awareness of using technology

responsibly and avoiding becoming enslaved to the online world—a key aspect of becoming a "Quality Digital Citizen"—one who can coexist peacefully, ethically, and critically use information in the digital society. This study reflects that integrating Buddhist principles with digital learning is not merely the preservation of religious concepts, but also an educational innovation that sustainably develops learners' academic, ethical, and life skills in the modern world.

Phrakhru Sunthornmahacatiyanurak (2024) said that human development in the digital age is a process focused on developing the skills and abilities of individuals that are essential in the digital age. It involves learning and developing modern skills such as analytical thinking, problem-solving, collaboration, and lifelong learning skills so that individuals can adapt appropriately to the rapid changes occurring in a technologically advanced environment. Therefore, human development in the digital age is a crucial pathway for creating and improving a more technologically advanced society efficiently and sustainably in the long term. The government, private sector, and various organizations are responsible for intensively and continuously promoting and developing digital knowledge and skills among the general population. Given the significant impact of the digital age on human development, adaptation is necessary to ensure sustainable development.

Phra Maha Viroj Akkapano (2025) studied the integration of technology based on the Threefold Training (Trisikha) in educational institutions in Samut Prakan province. The research found that the Threefold Training can be used as a philosophical foundation to guide the use of technology for holistic student development. This was synthesized into an integration model encompassing three aspects: 1) Morality (Sila): using technology to promote digital discipline and ethics through creative learning platforms; 2) Concentration (Samadhi): applying digital applications and tools to foster focus and reduce distractions in information reception; and 3) Wisdom (Prajna): using digital tools as a mechanism for searching, analyzing, and creating new knowledge. This model helps develop 21st-century skills alongside moral values to create quality digital citizens. However, implementation faces challenges related to disparities in infrastructure and teacher competencies. Policy recommendations focus on encouraging educational institutions in Samut Prakan Province to establish guidelines for the ethical-based use of technology and to promote the systematic application of the model by school administrators for sustainable success. This aligns with the academic article "Stepping into the Digital World: How Buddhism Cultivates Balance in the Minds of Youth" by Phramaha Noppadol Suwannamete & Phrakhusirithammabandi (2025) which points out that Buddhist principles can cultivate mental balance in youth in the digital age,

especially in the context of online politics and social change amidst ideological pressures and conflicts. Mindfulness, concentration, patience, loving-kindness, and wisdom are analyzed for their potential to help youth manage emotional and social problems. The article also explores approaches to disseminating Buddhist teachings in easily accessible formats, such as meditation applications, online courses, and digital content that aligns with modern lifestyles. Meanwhile, Somngam et al. (2025) had written an academic article on the topic digital competency development and work performance efficiency found that developing high-quality human resources is essential in the organizational world, whether in the public or private sector. Therefore, developing digital competencies will enhance the ability of personnel to fully utilize digital technologies, directly impacting work efficiency. Key approaches to developing digital competencies focus on three areas: education for higher-level theoretical understanding, training to enhance job-specific practical skills, and development emphasizing on-the-job learning for sustainable change. Developing these digital competencies impacts work efficiency in four areas: work quality, work quantity, work completion time, cost and resources.

Conclusion

The Importance of concentration in digital education: Concentration is key to enhancing intelligence and achieving optimal learning in the digital age, which is filled with stimuli, overwhelming information, and interruptions from stimuli-repelling technological devices. Technology sends hundreds of notifications daily, causing children and adolescents to lack focus. Meditation training helps improve media awareness and concentration, enhancing intelligence and creativity. Mindfulness training increases the brain's potential for connecting concepts, improving reading comprehension, understanding complex content, and solving problems creatively. Ngaosri (2022), accordance with Chuengchit (2014), stated that applying meditation to various aspects of daily life, such as mental, physical, and behavioral development, intellectual development, and social development, is evident according to Buddhist scientific principles. It has been proven that meditation can be used and is truly beneficial to all of humanity.

Building Digital Intelligence: The application of meditation promotes digital intelligence skills, enabling learners to be media-literate online, critically manage information, and not easily believe fake news. Flow State: Deep meditation helps learners enter a "flow state," which increases motivation and engagement in learning both in the classroom and online. Mental Well-being: Digital mindfulness practice combined with technology use helps reduce stress from screen

addiction and improves mental health among young people. This is accordance with Intanon, (2020) Application of Meditation Principles to Promote Digital Intelligence Skills on Online Communication Platforms, which found that meditation principles have two main goals: liberation (vimutti), and (2) The secondary goal of meditation is to apply meditation to develop various aspects of daily life.

In summary, mindfulness practice is not just about sitting still. It can be applied through digital mindfulness, by setting time limits for screen time, organizing information reception, and practicing focus on other learning activities to allow the brain to rest and foster true intelligence.

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