

The Mindfulness Coin: Dont trust, verify

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Abstract

The Mindfulness Coin (MFN) is an open-source cryptocurrency created in December 2017 that focuses on accessibility, mindfulness and transparency. The Mindfulness Coin uses a public ledger to record transactions while new units are created through a process called mindful activity.

1 Why Mindfulness?

Mindful employees save businesses money. In a study by Aetna that's been running since 2012 the productivity gains alone amounted to \$3,000 per employee¹, an eleven-to-one return on its investment: mindfulness = money.

2 Why Blockchain?

Before blockchain there was no practical way at scale to automate and stream value without crippling transaction fees. With an ERC20 or Waves token, and platforms like the Raiden network² we're able to stream value, rewarding people in real-time for their behaviour. Game theory tells us real-time rewards result in greater satisfaction and engagement.

For too long there's been a disconnect between an action and a reward. Now with MFN we can ensure mindful behaviour is rewarded immediately. Staff can reward each other directly with MFN and will be rewarded for the following mindful behaviour:

- Hours spent at work each day;
- 10 minute guided meditation;
- Lunch in the park;
- Consistency of routine;

¹<https://news.aetna.com/2014/09/journey-personal-organizational-wellness/>

²<https://raiden.network/>

- Total number of steps taken throughout the day;
- Total number of interactions with their phones while in meetings;
- Total number of interactions with their phones across the day;
- Hi 5's received/given;
- Walking meetings;
- Tone of voice in interoffice communications;

3 Real value of MFN

At the time of writing one MFN has a market value of 0.0001 Bitcoin on the Distributed Exchange (DEX), until MFN is traded for more or less Bitcoin it will remain tied to the value of 0.0001 Bitcoin: \$2 AUD.

MFNs have real monetary value, as much as a Euro or a USD. Each of which are based on a shared inter-subjective belief (something that exists because we all subjectively believe in it), that means they do have value. Nothing else validates or proves a MFN, Euro or USD has value other than you and those around you. It is a much about belief as any religion.

4 Conclusion

It is clear, MFN coins will disrupt the way we behave at work by rewarding mindful behaviour in real-time. Blockchain and cryptographic hashing will enable us as a team to not only sustain but to grow the MFN market value all through the simple act of mindful activity.

Disclaimer

This is a speculative project. We created it as a mechanism to fully explore and develop our own blockchain application and its implications. Please don't take it seriously, even though blockchain might well change your children's lives.