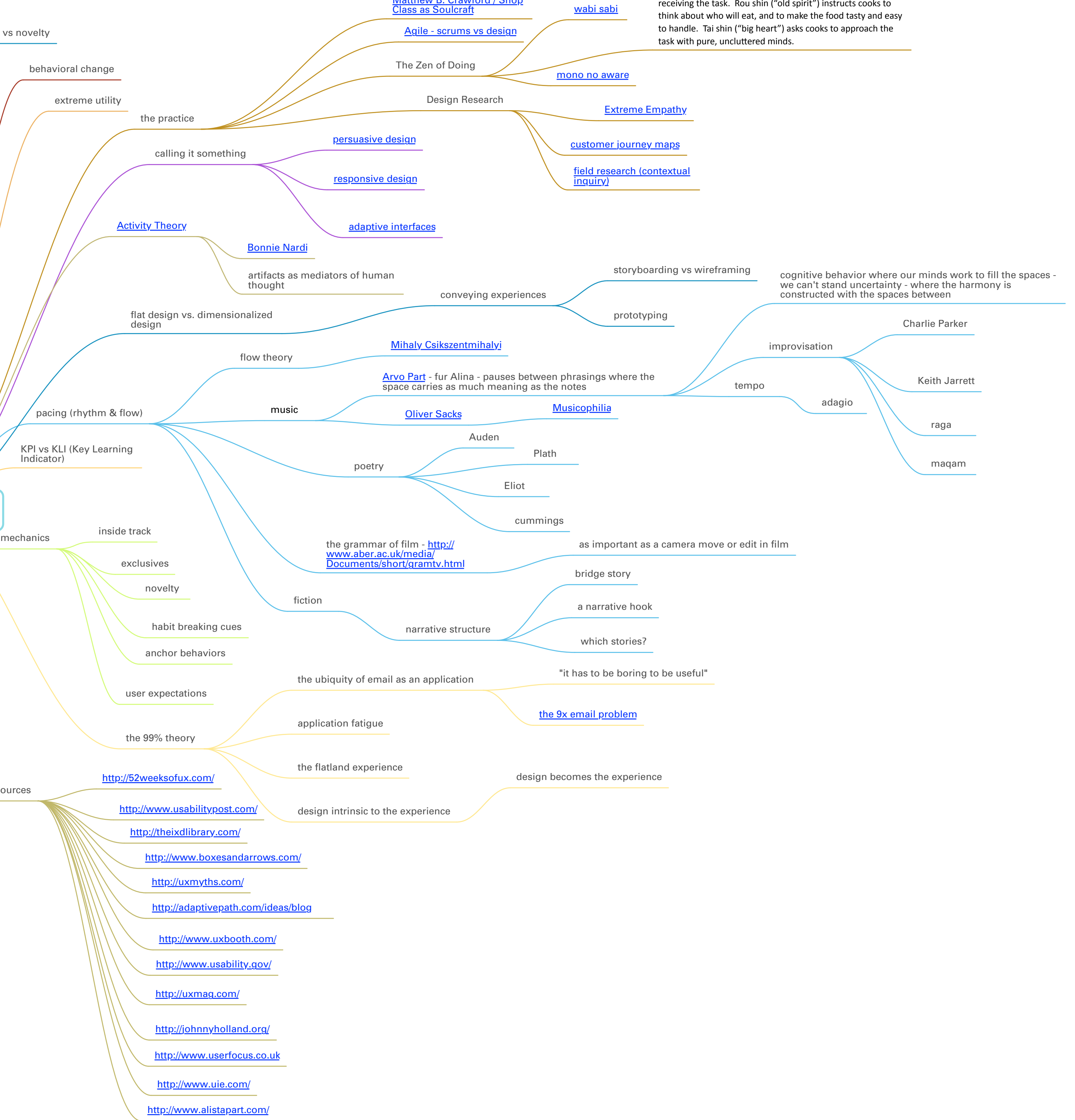
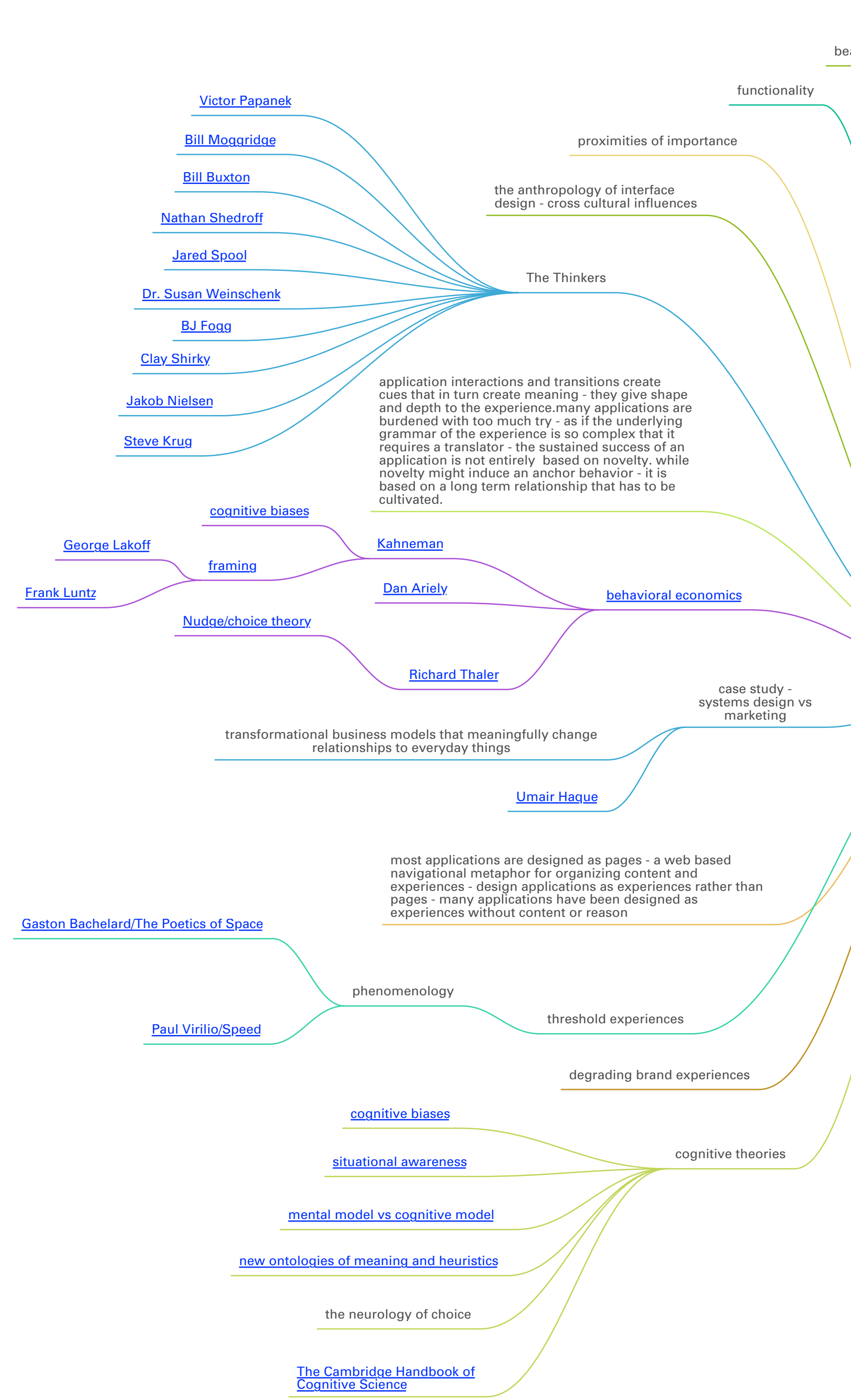


towards a unified theory of interaction design



Dogen, a famous monk who lived in the 13th century, wrote books covering almost every aspect of life in a Zen temple. His "Kitchen Instructions" list three spirits for cooks. Ki shin ("joyful spirit") emphasizes cooking with joy and gratitude for receiving the task. Rou shin ("old spirit") instructs cooks to think about who will eat, and to make the food tasty and easy to handle. Tai shin ("big heart") asks cooks to approach the task with pure, uncluttered minds.