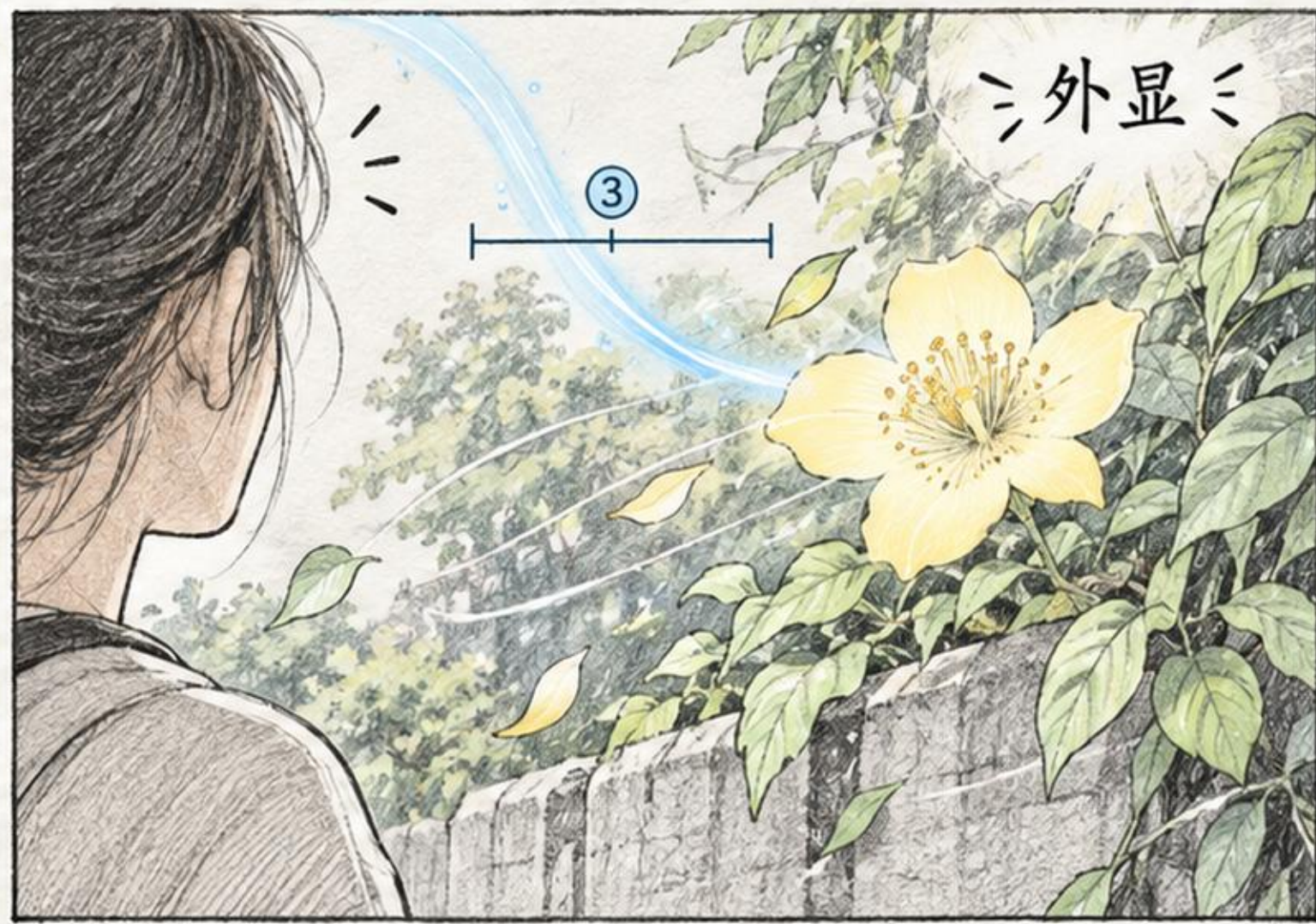
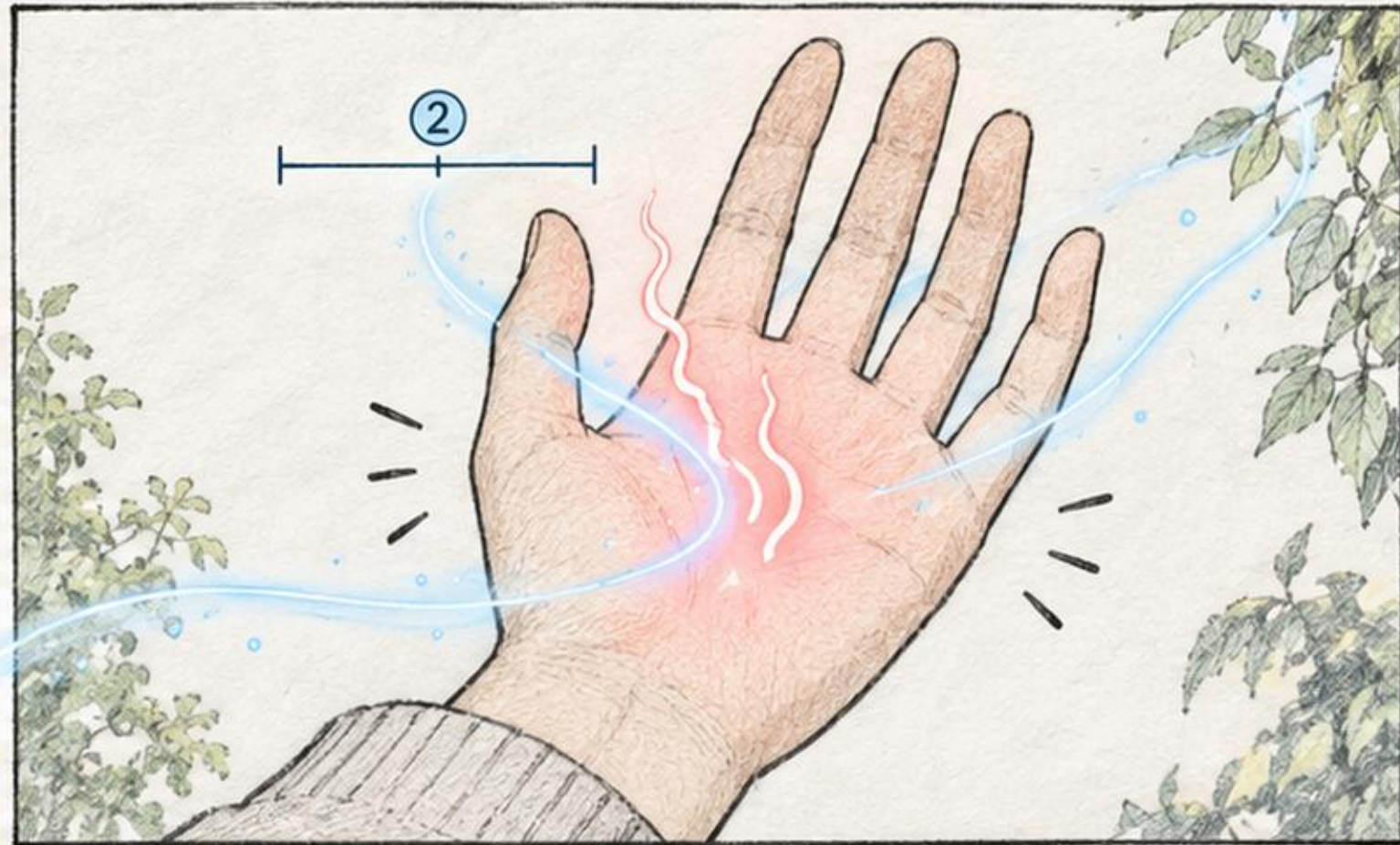
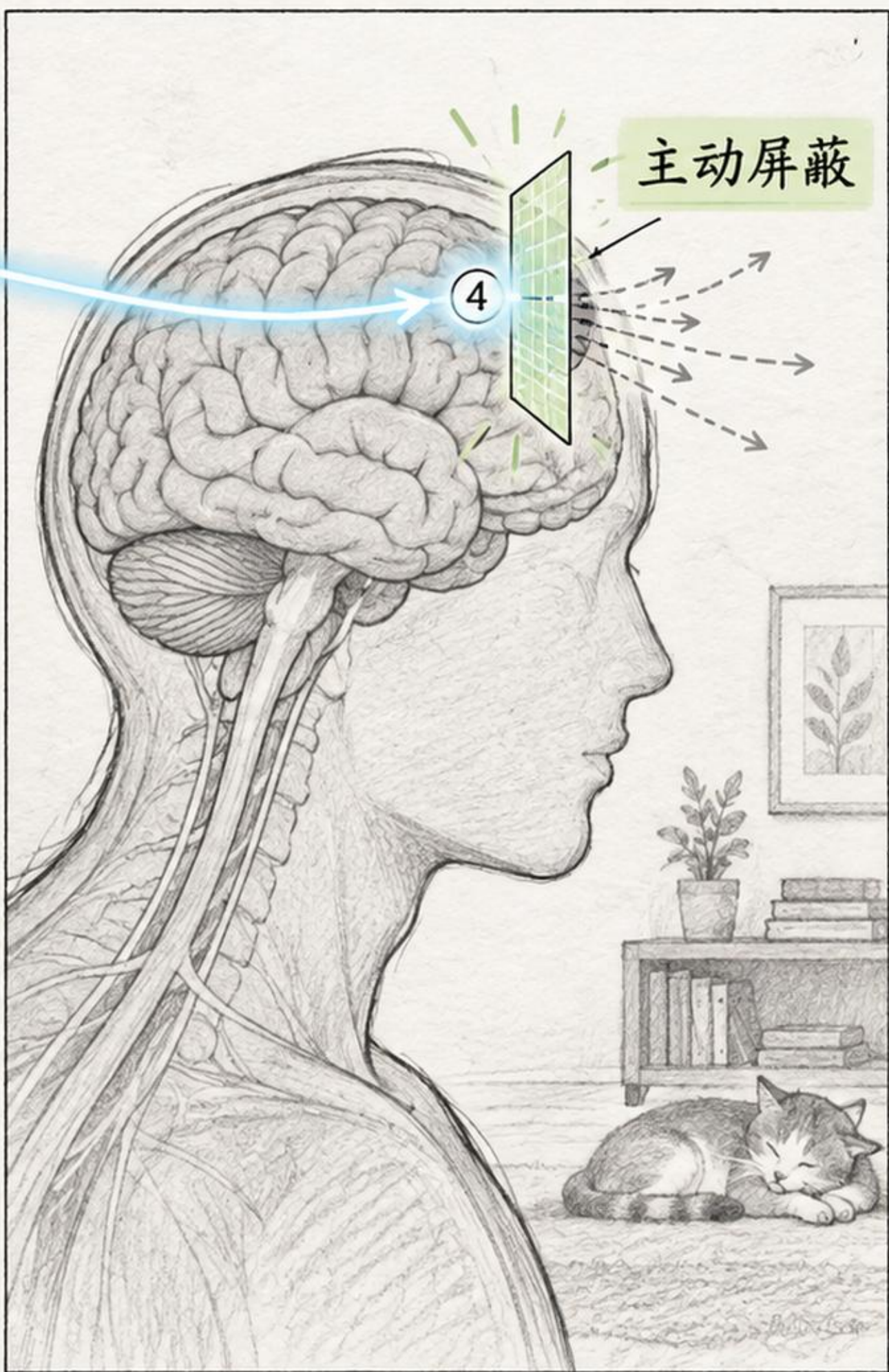
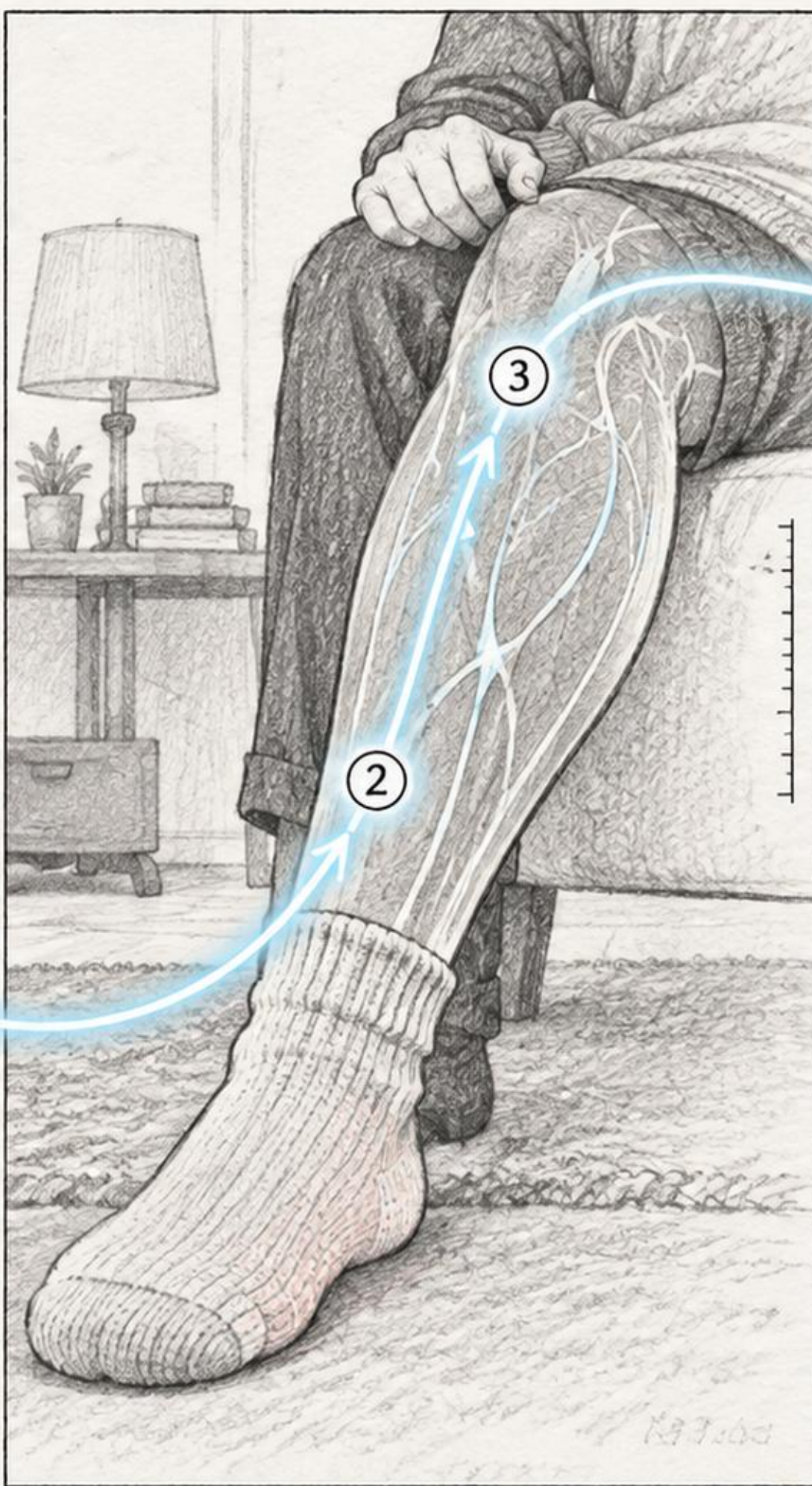
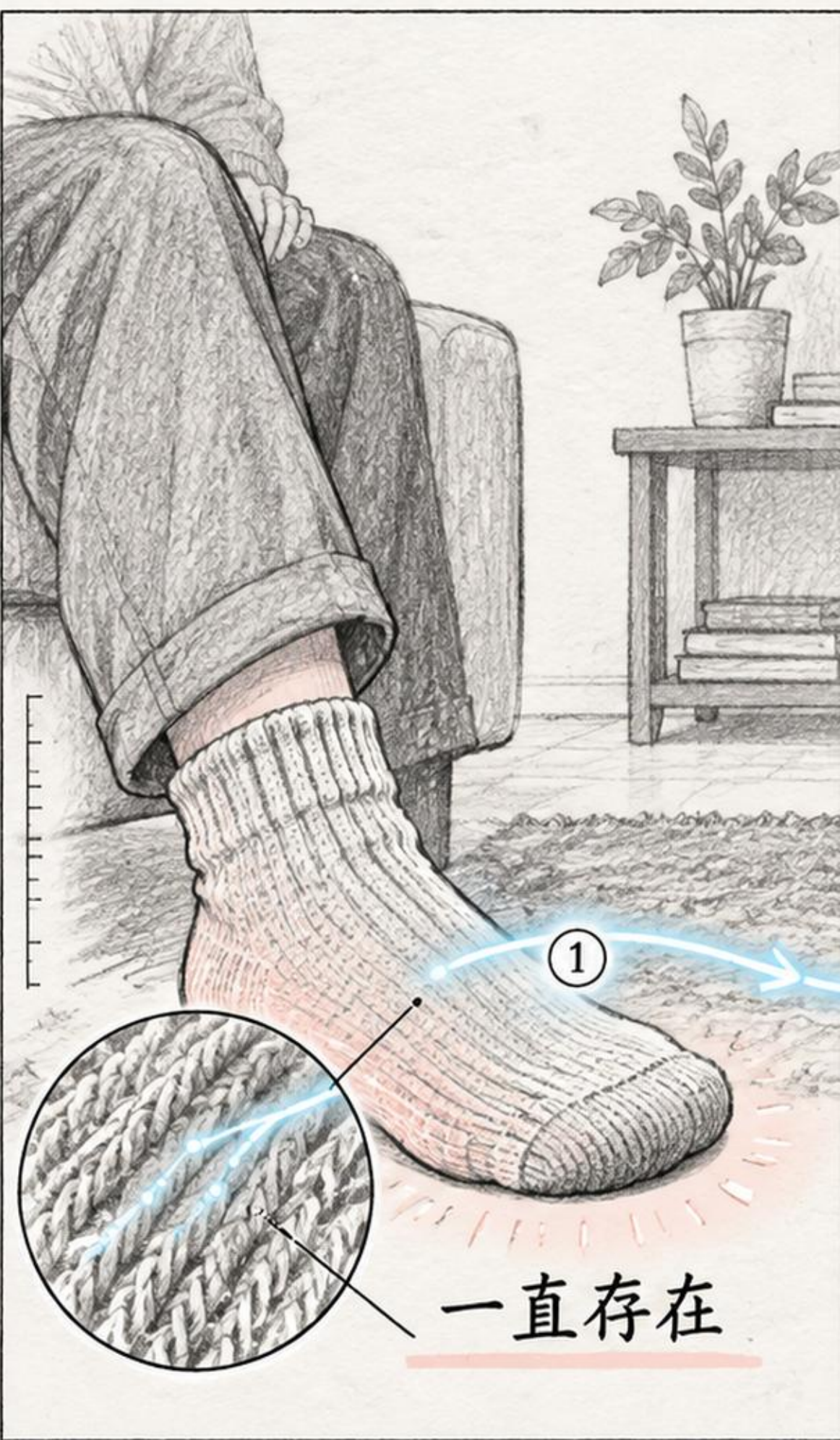


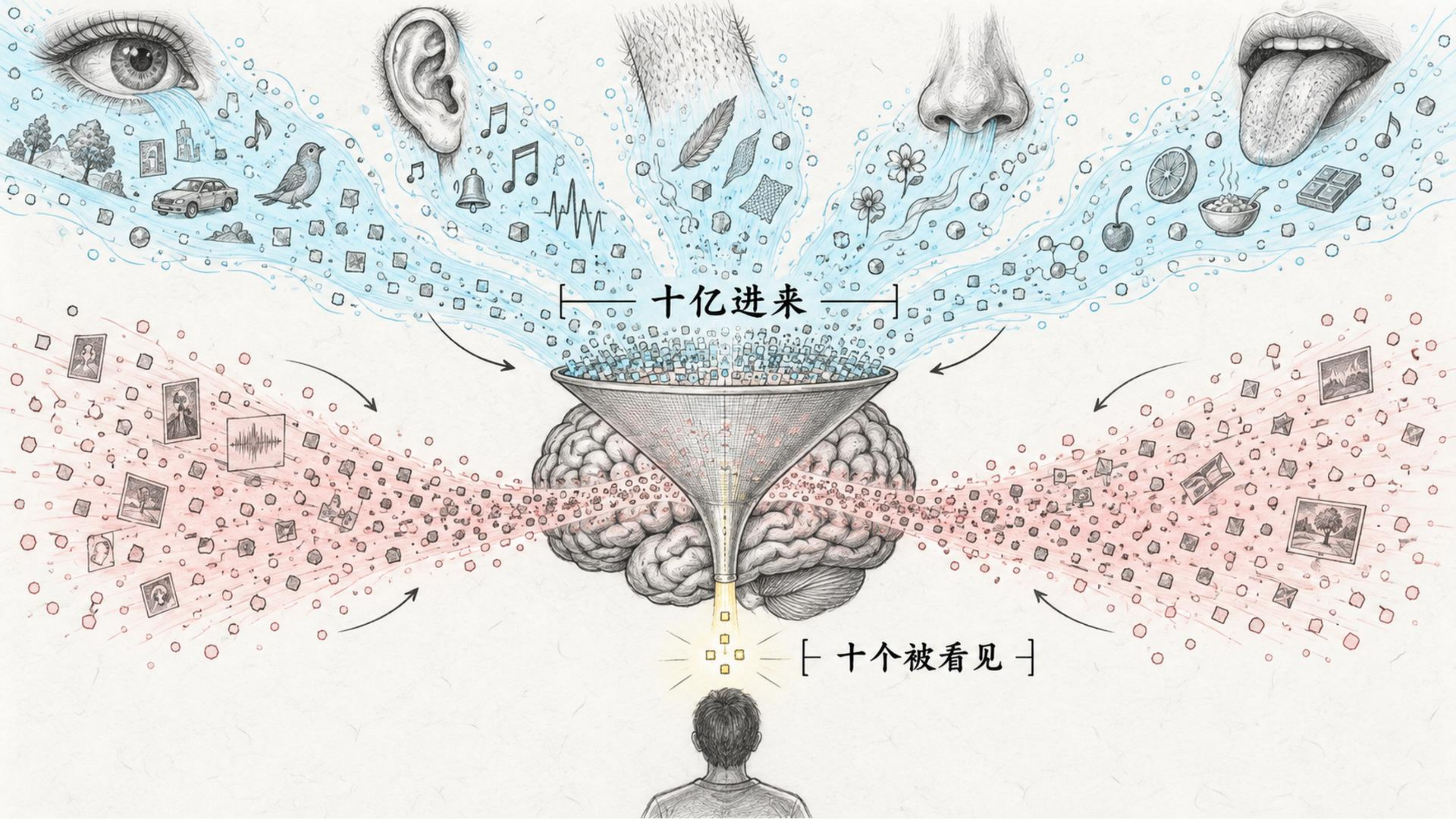




外显

从这里切进去

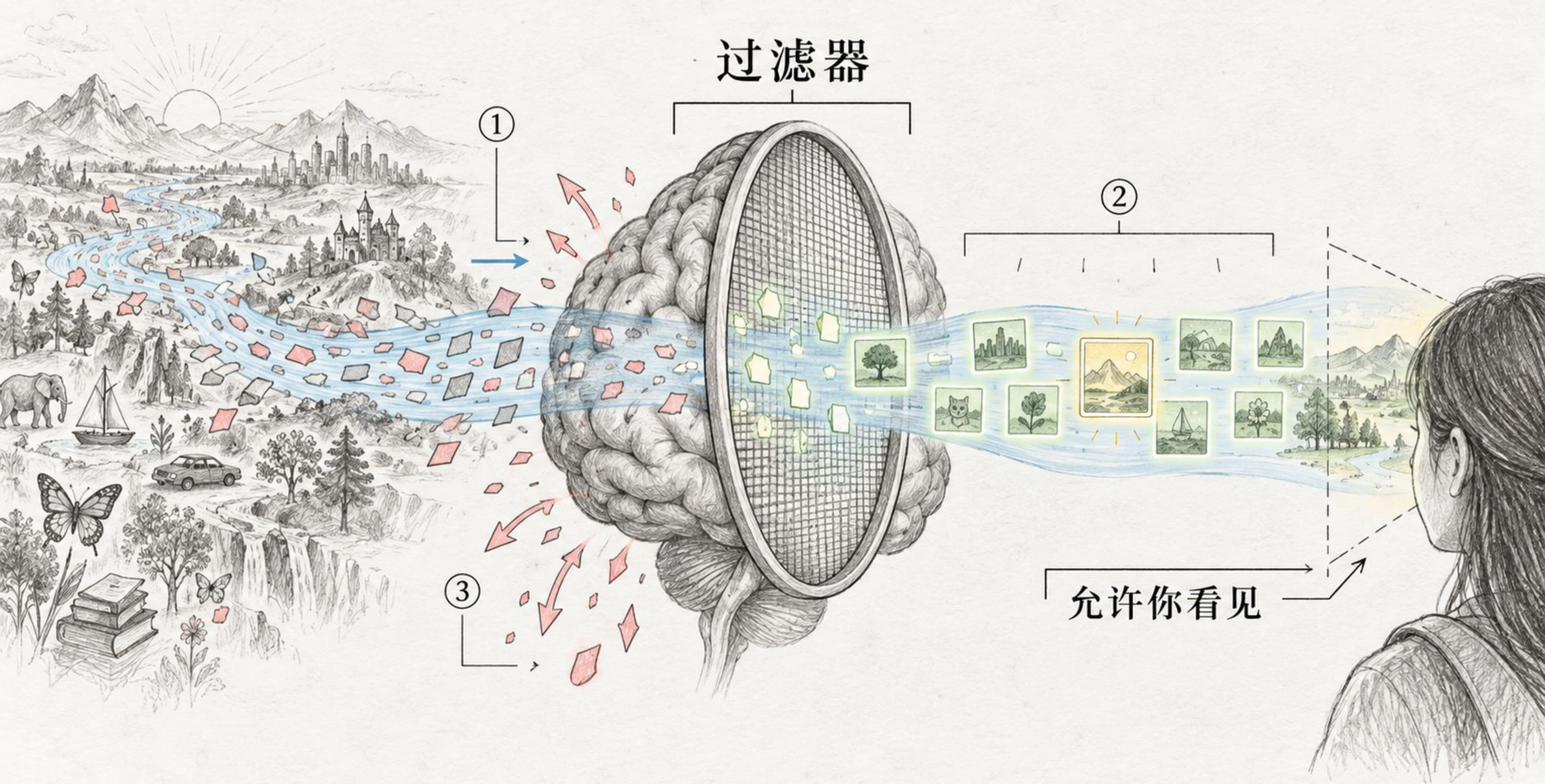


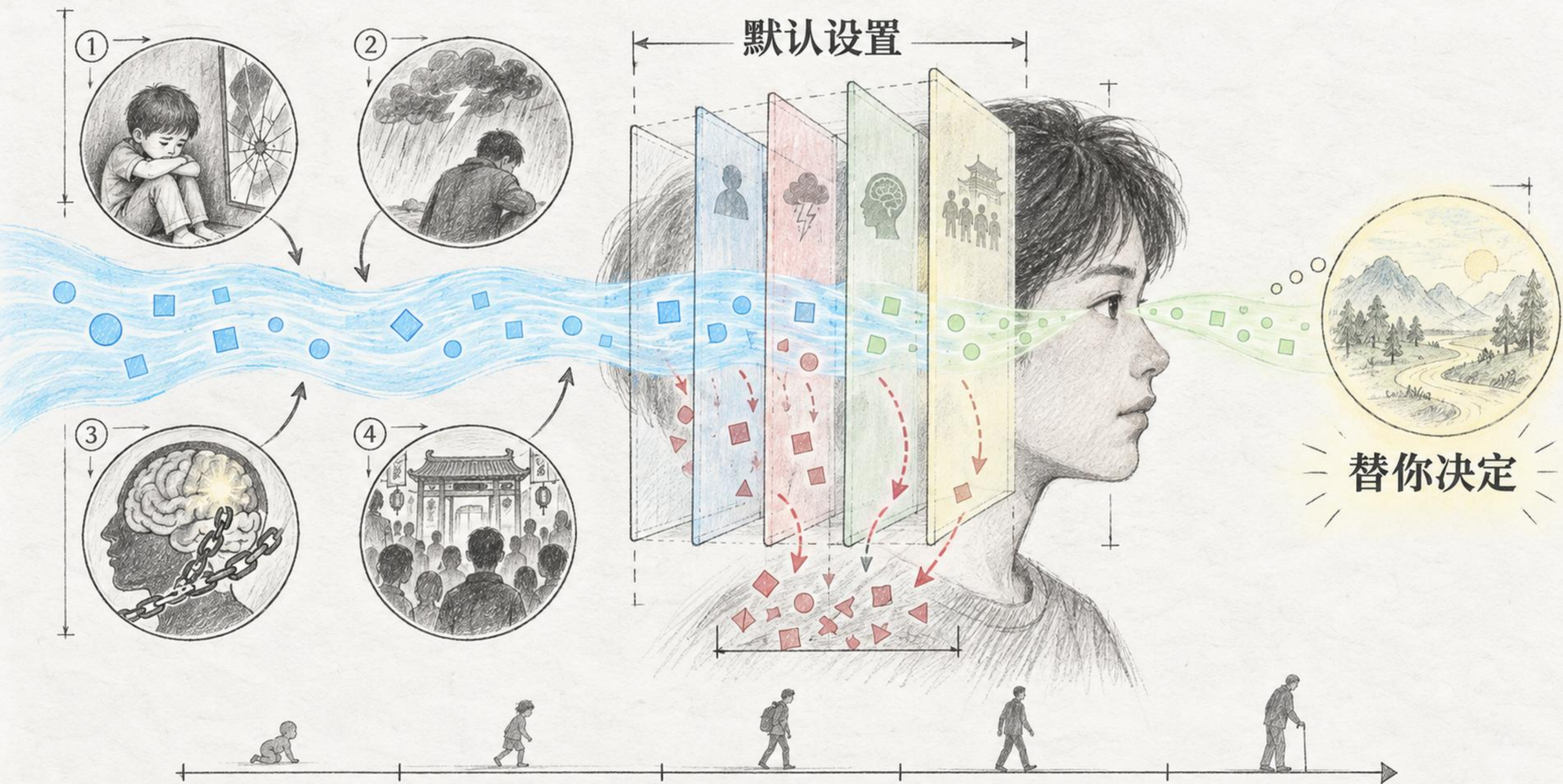


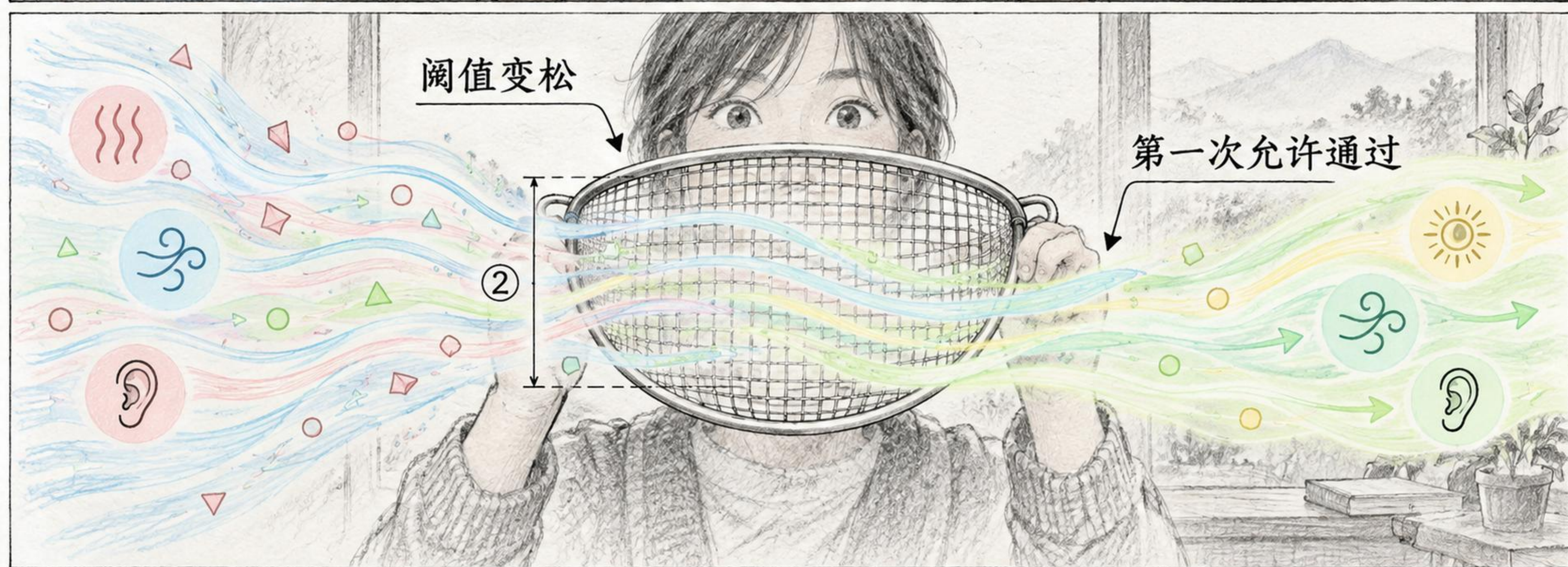
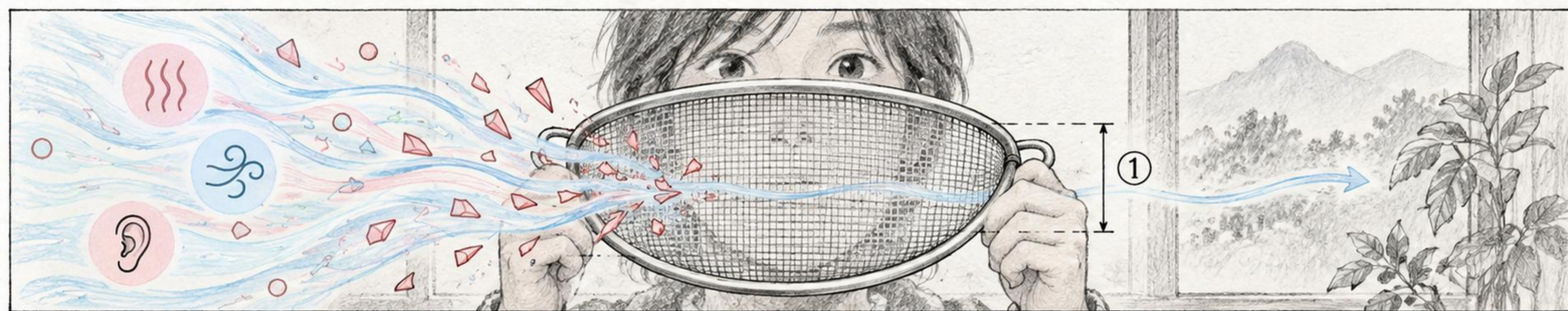
十亿进来

十个被看见

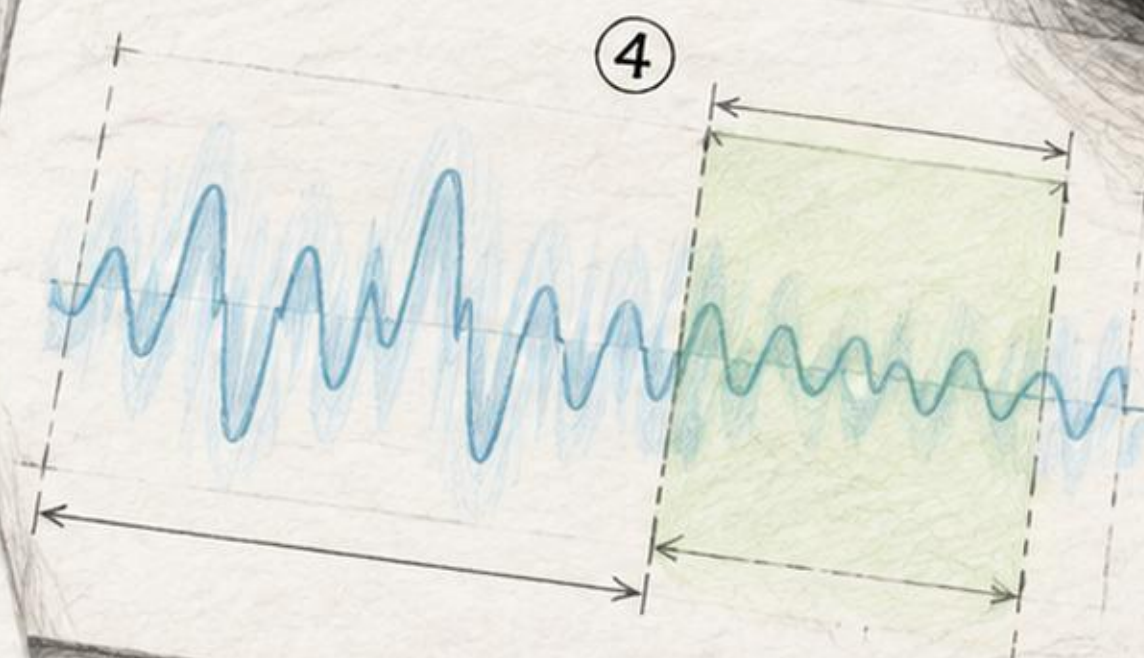
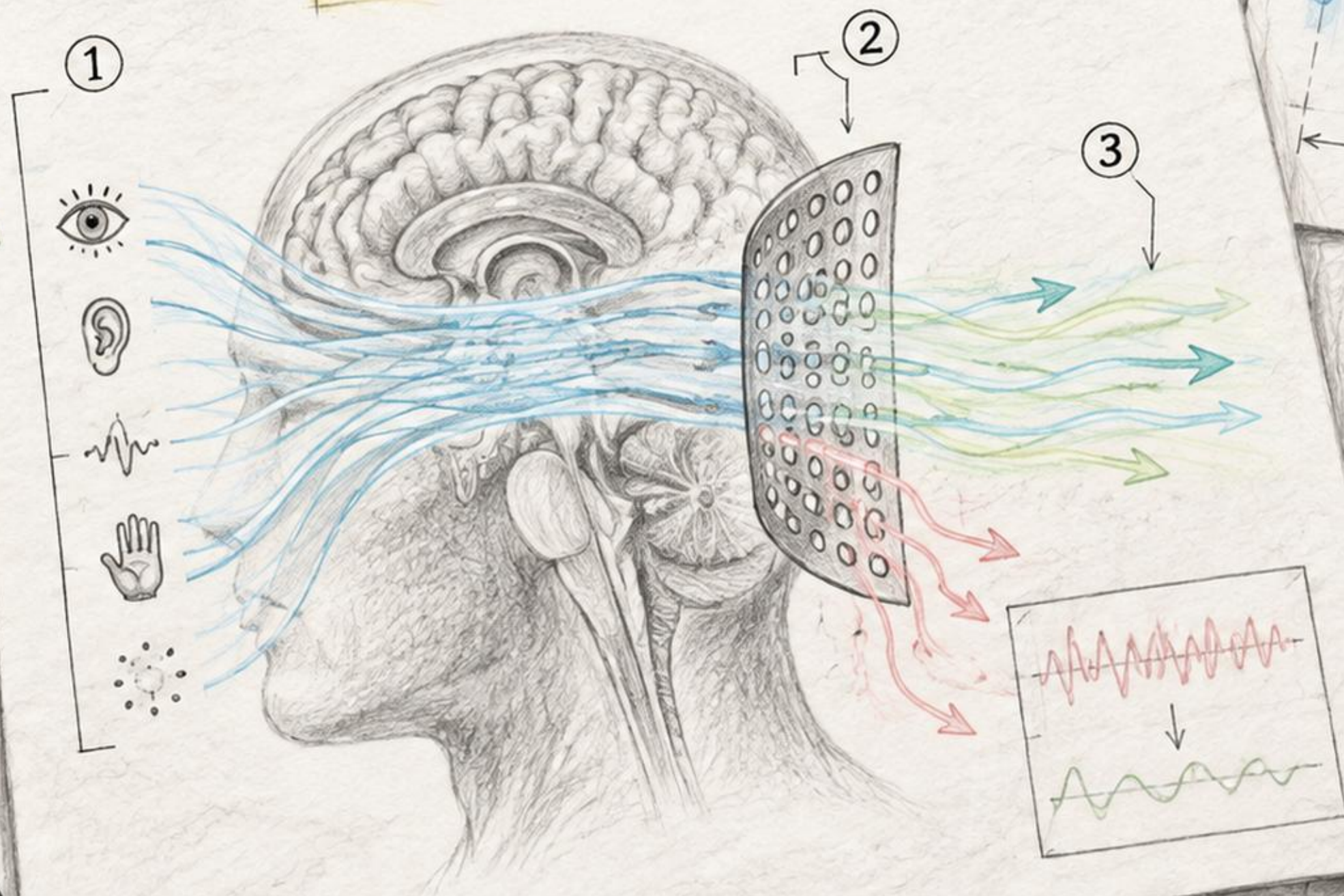
过滤器







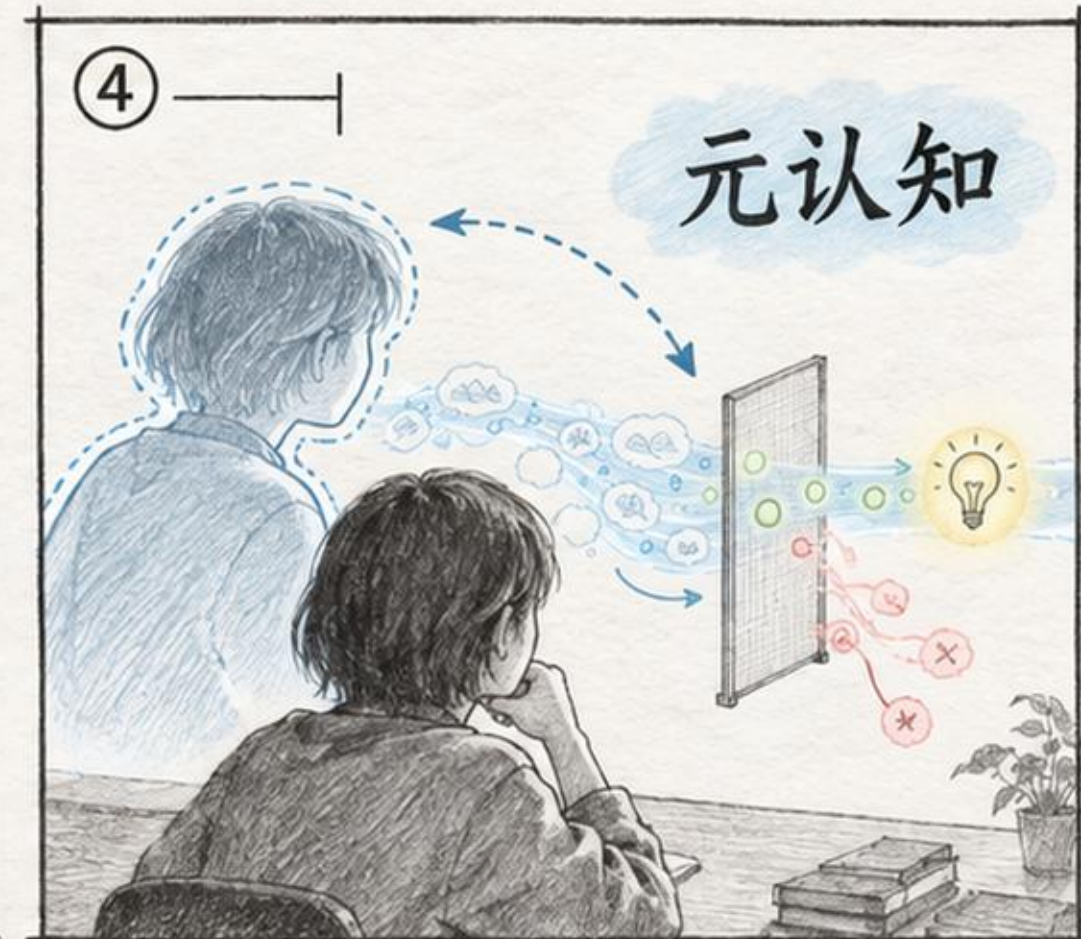
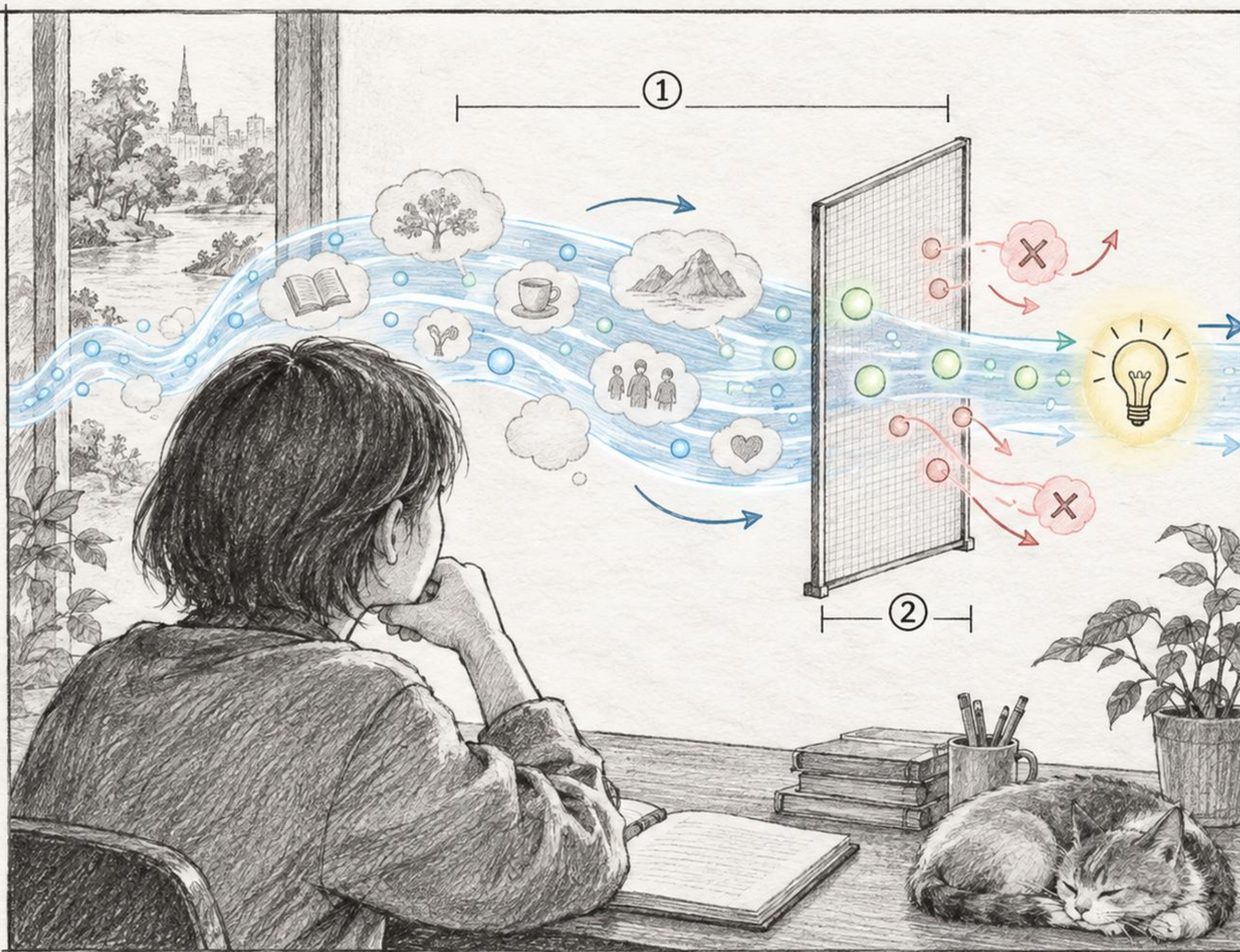
感觉门控

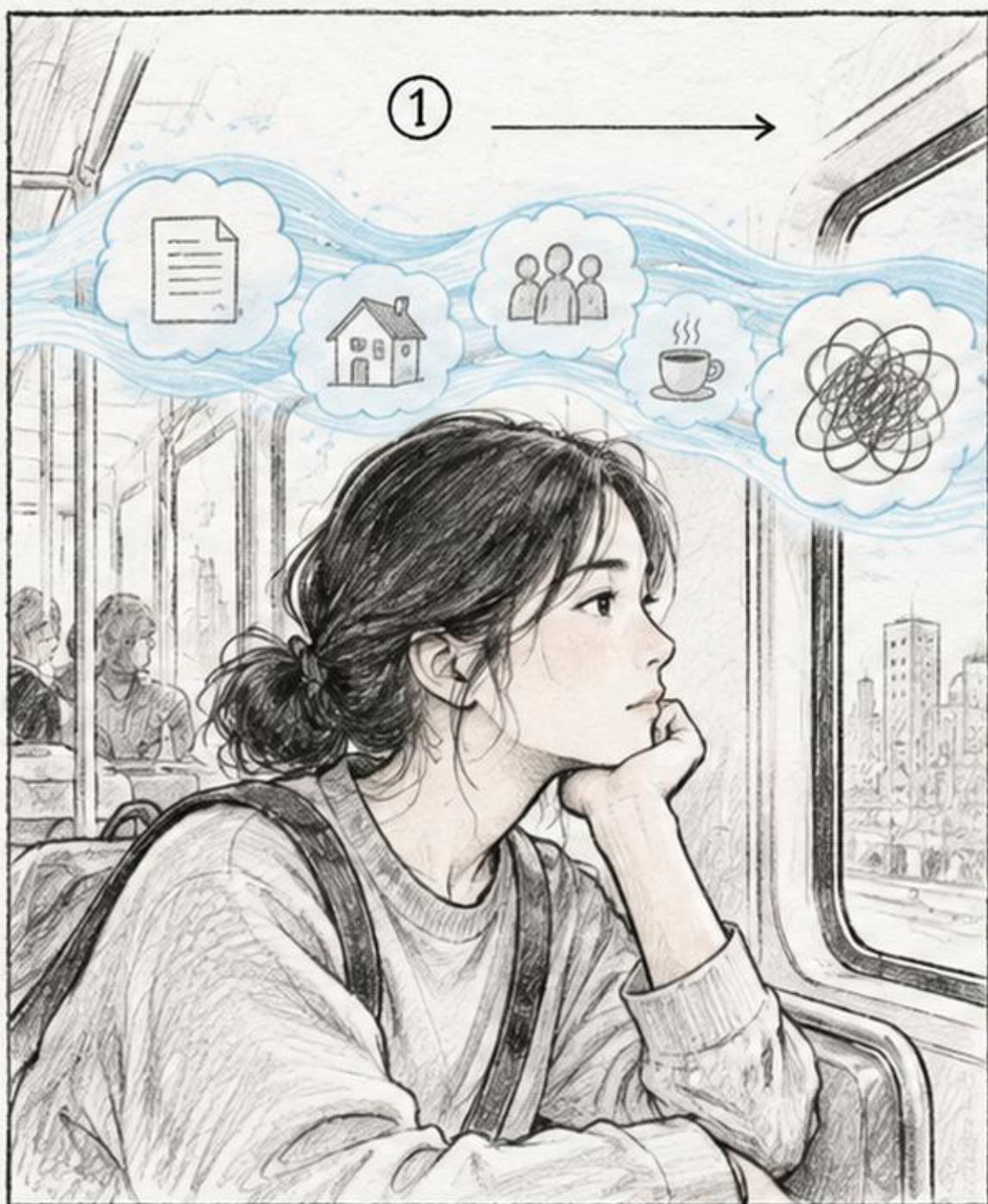


为什么会变松？

不是唯一方式









1

2

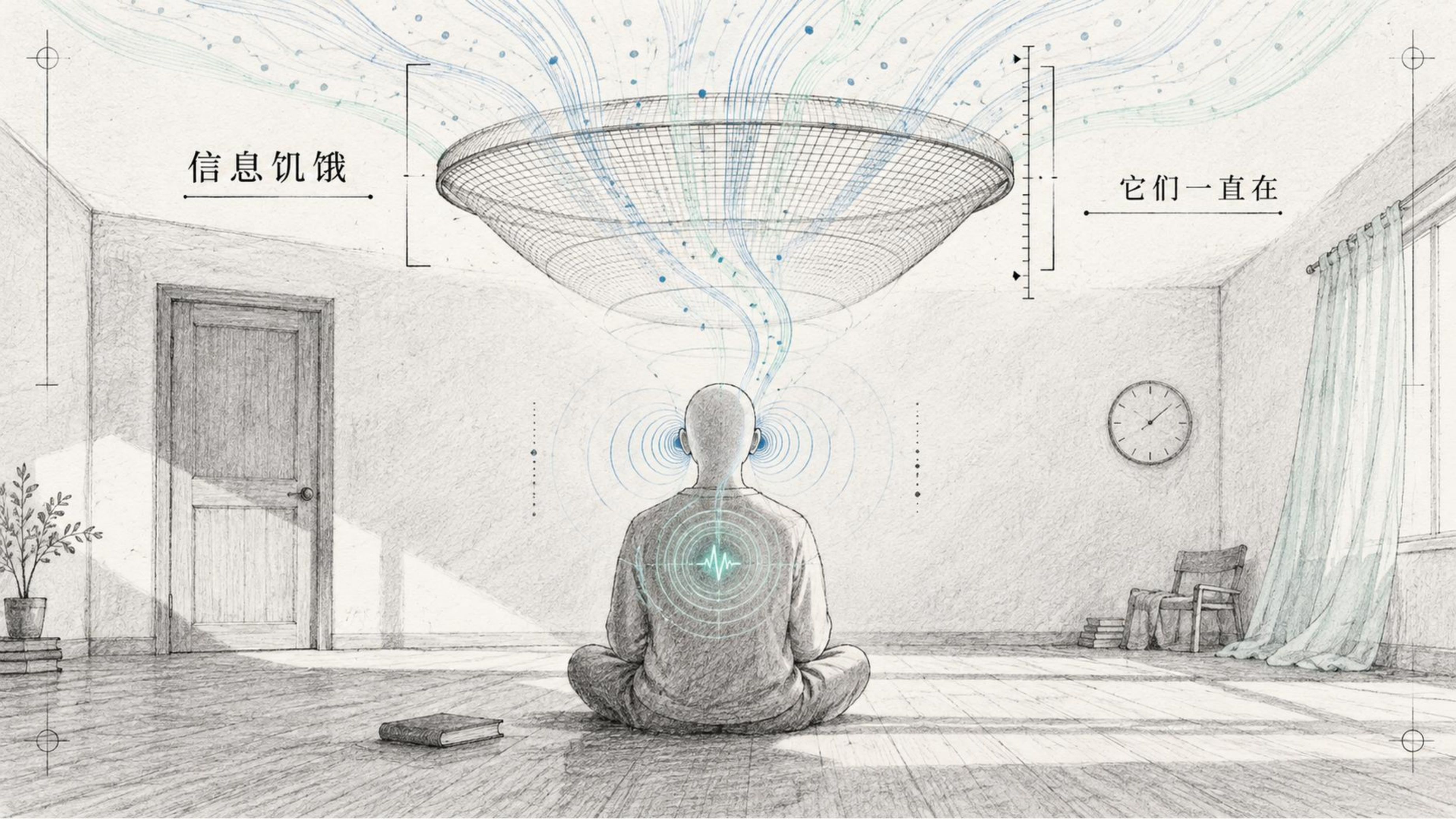
旧规则失效

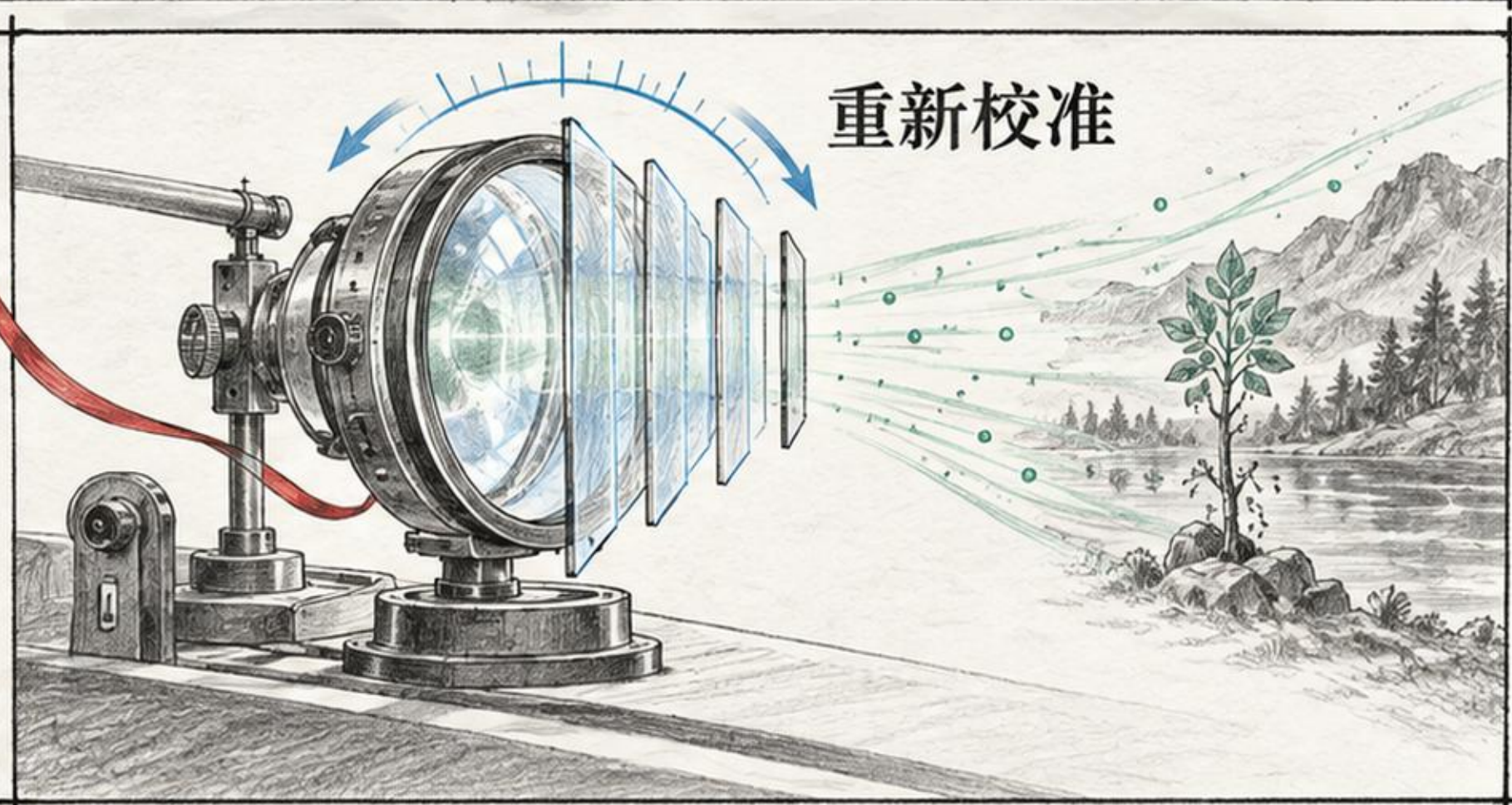
3

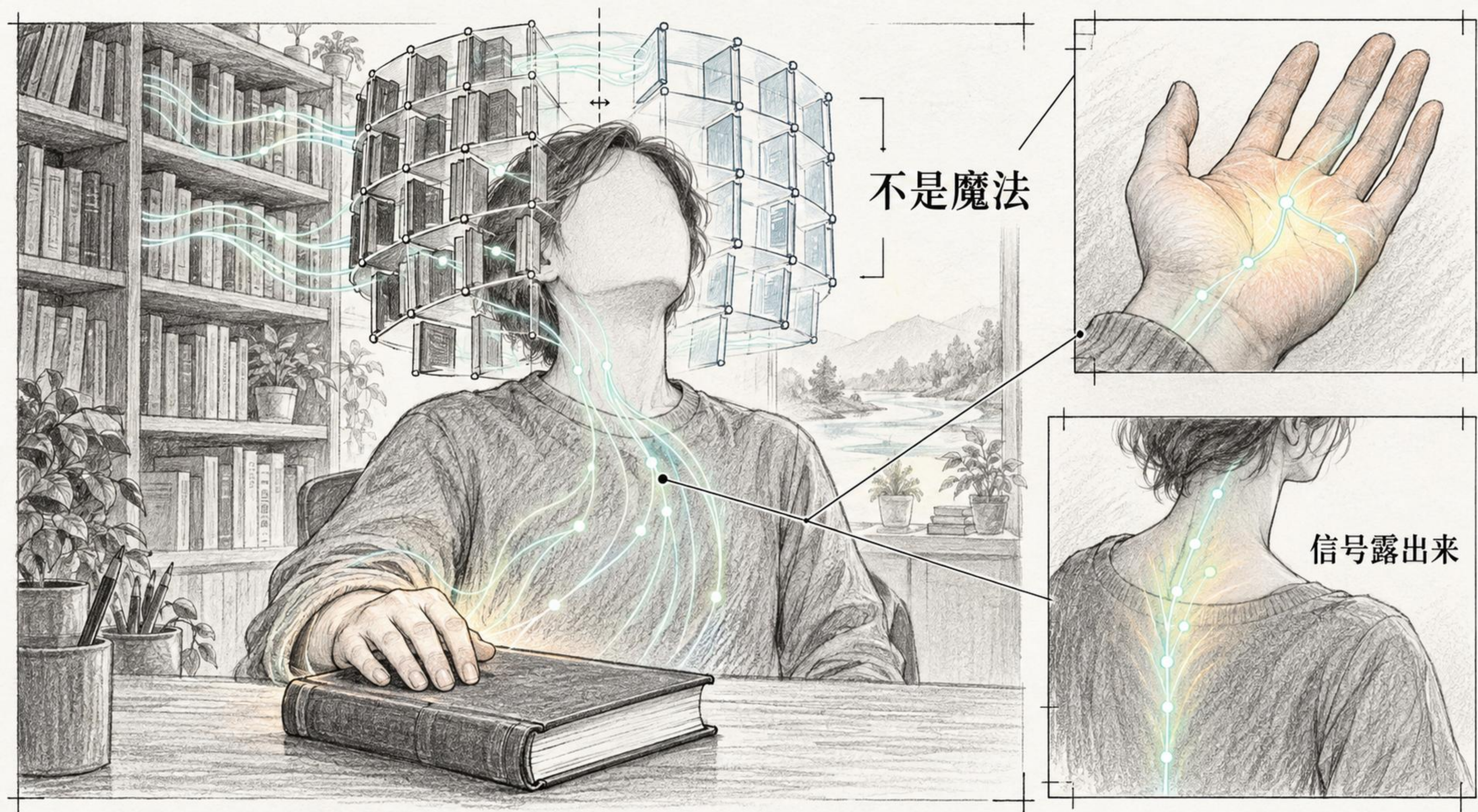
窗口期

信息饥饿

它们一直在

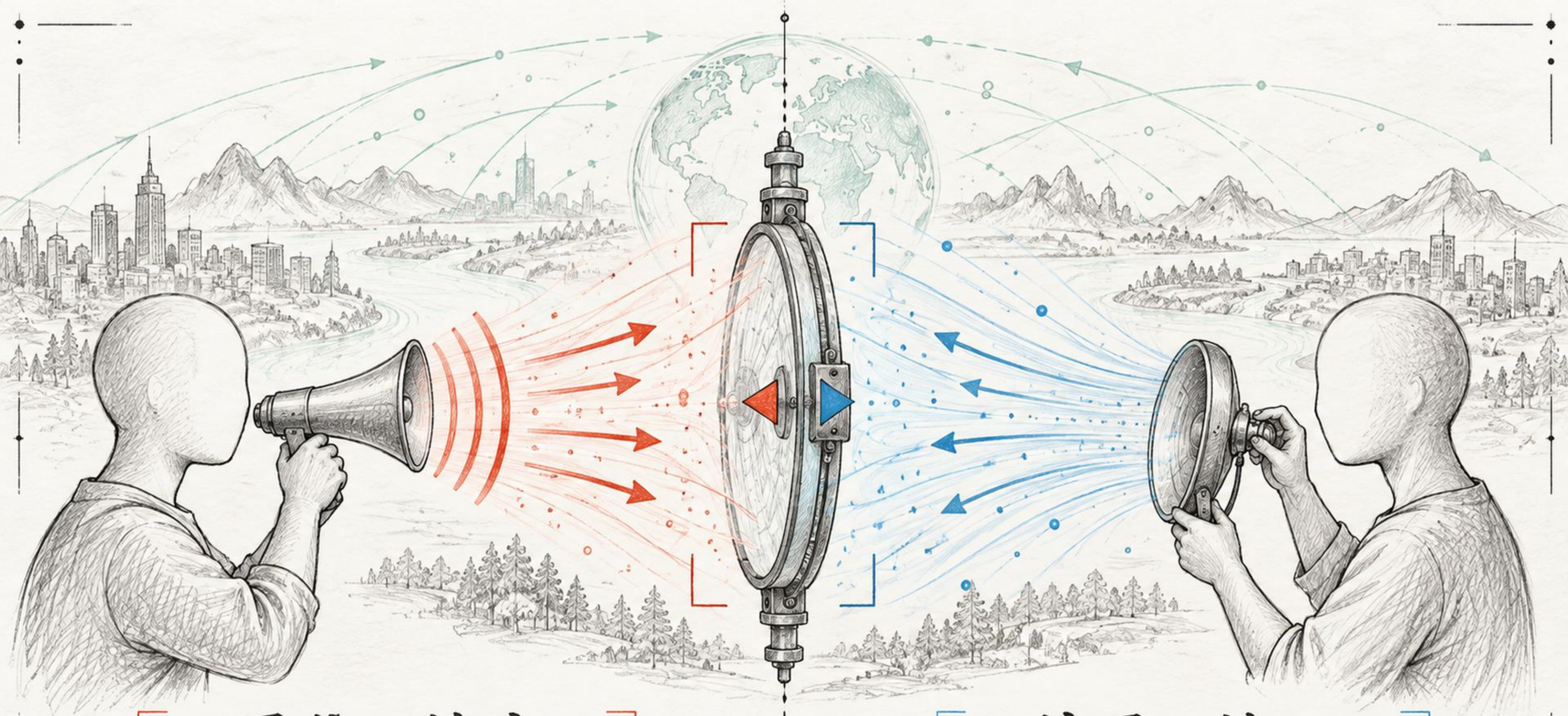






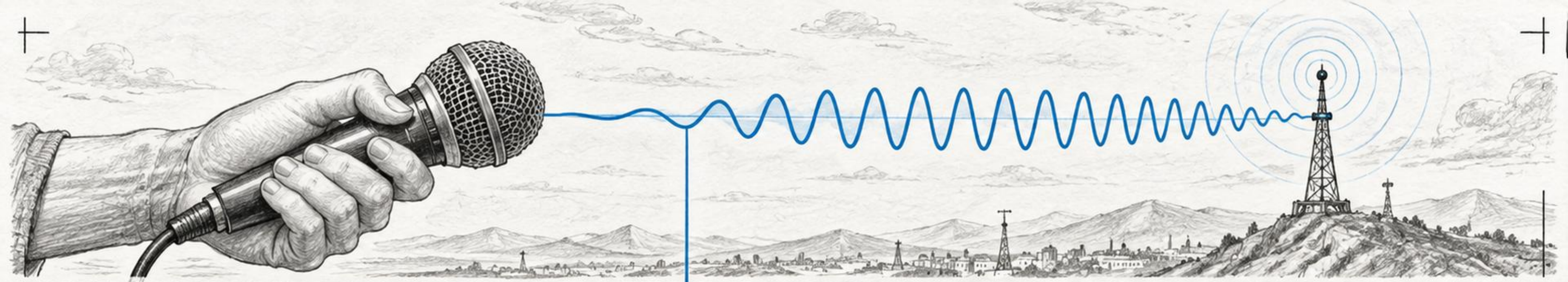
不是魔法

信号露出来



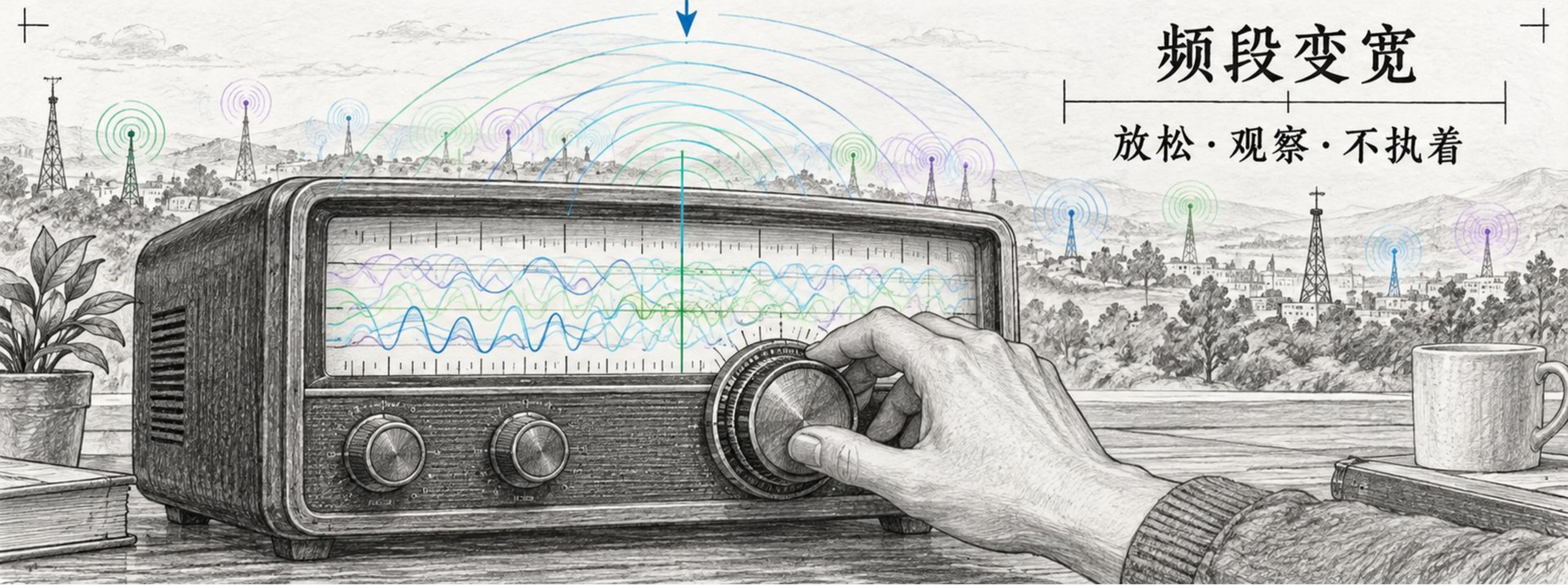
显化：输出

外显：输入



频段变宽

放松 · 观察 · 不执着



八触



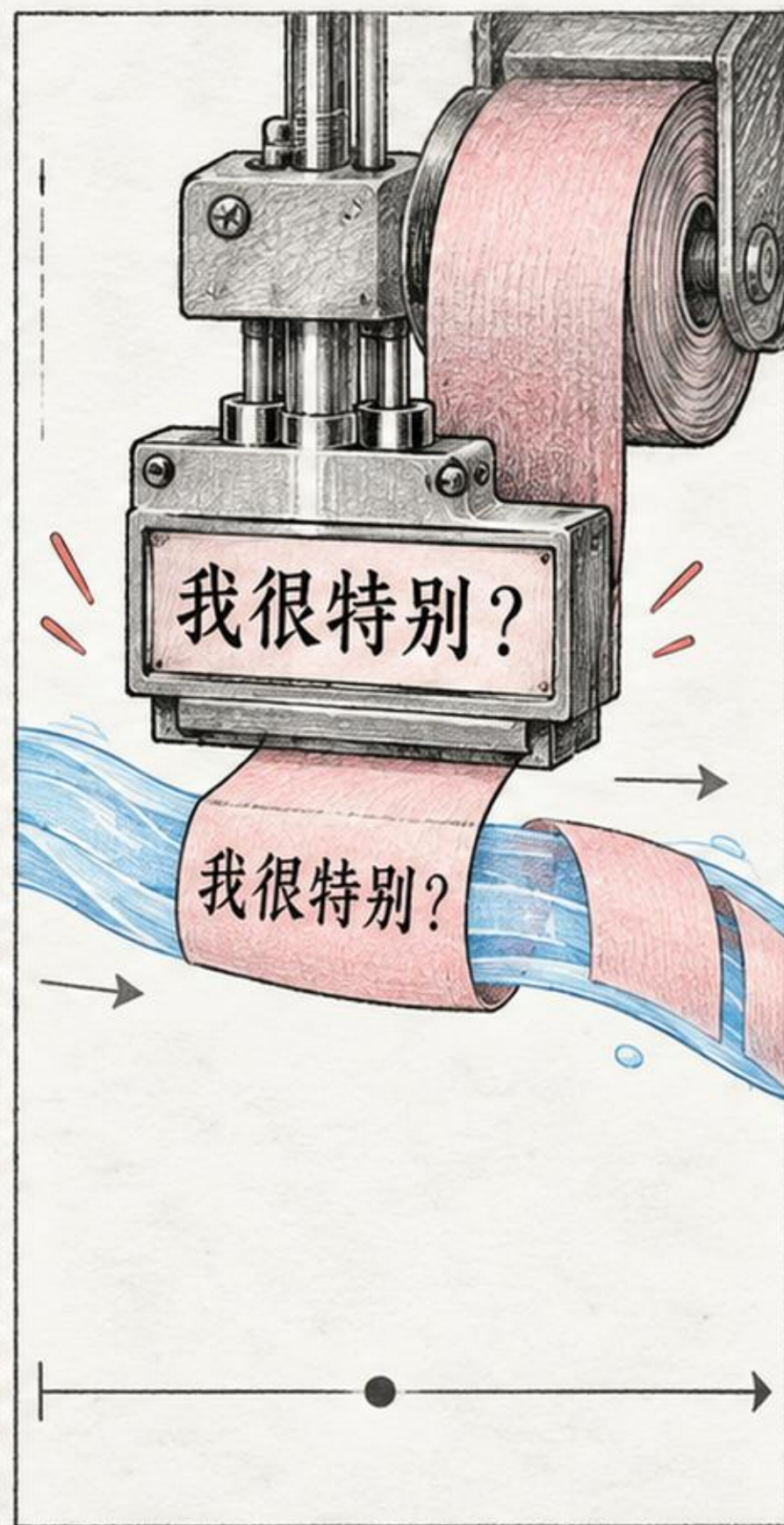
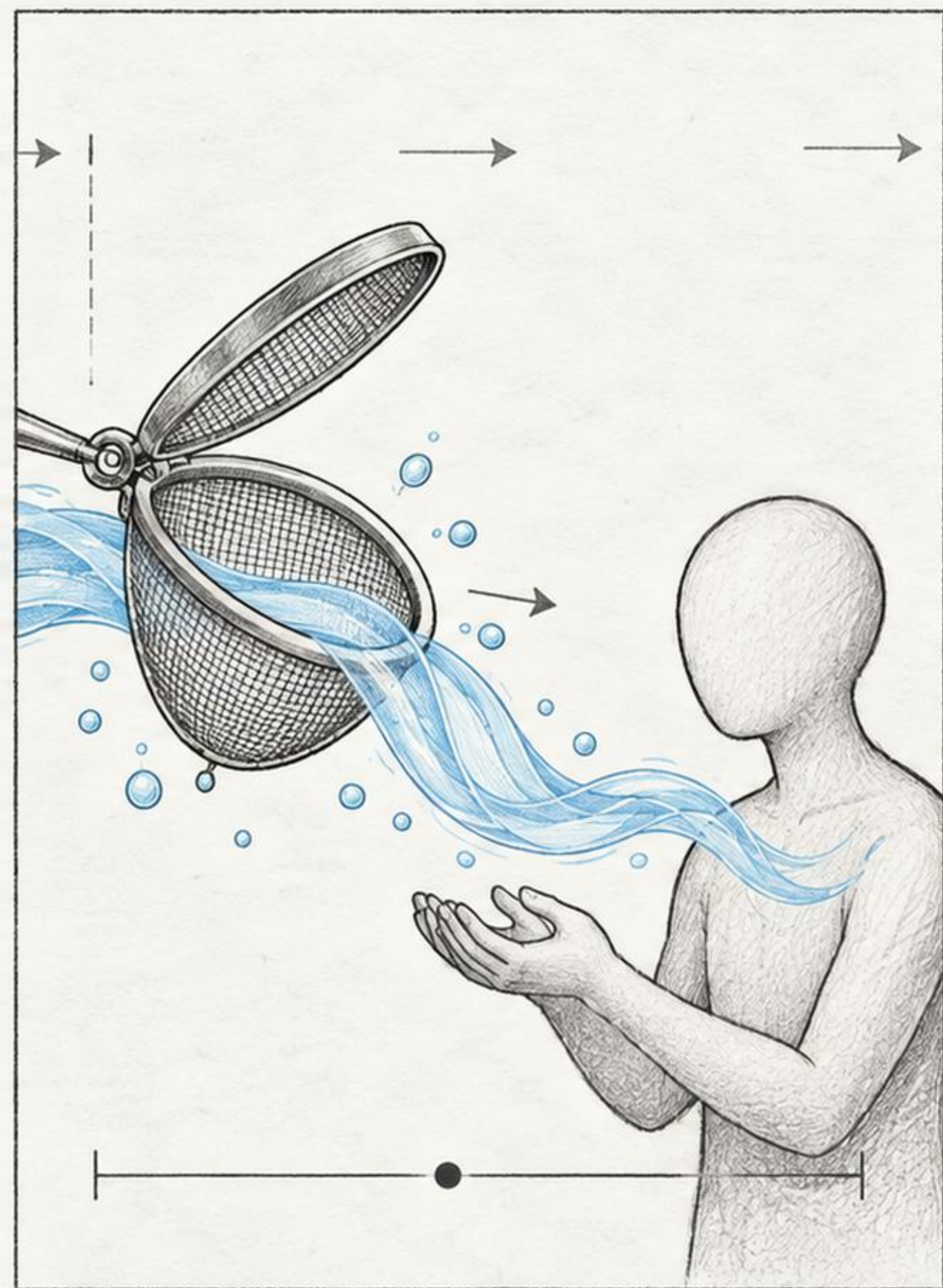
不是目的地

五十陰魔



不作圣解

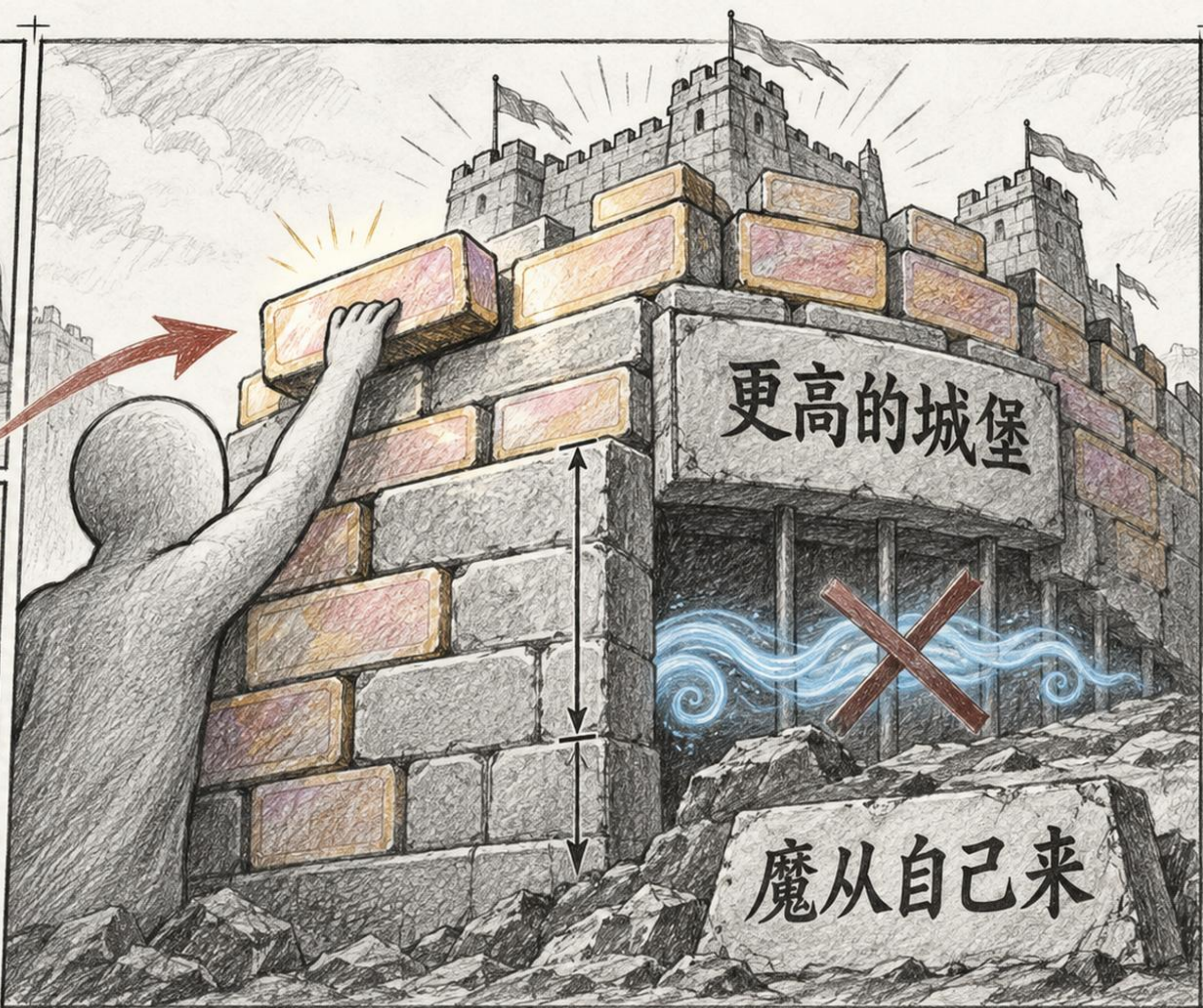






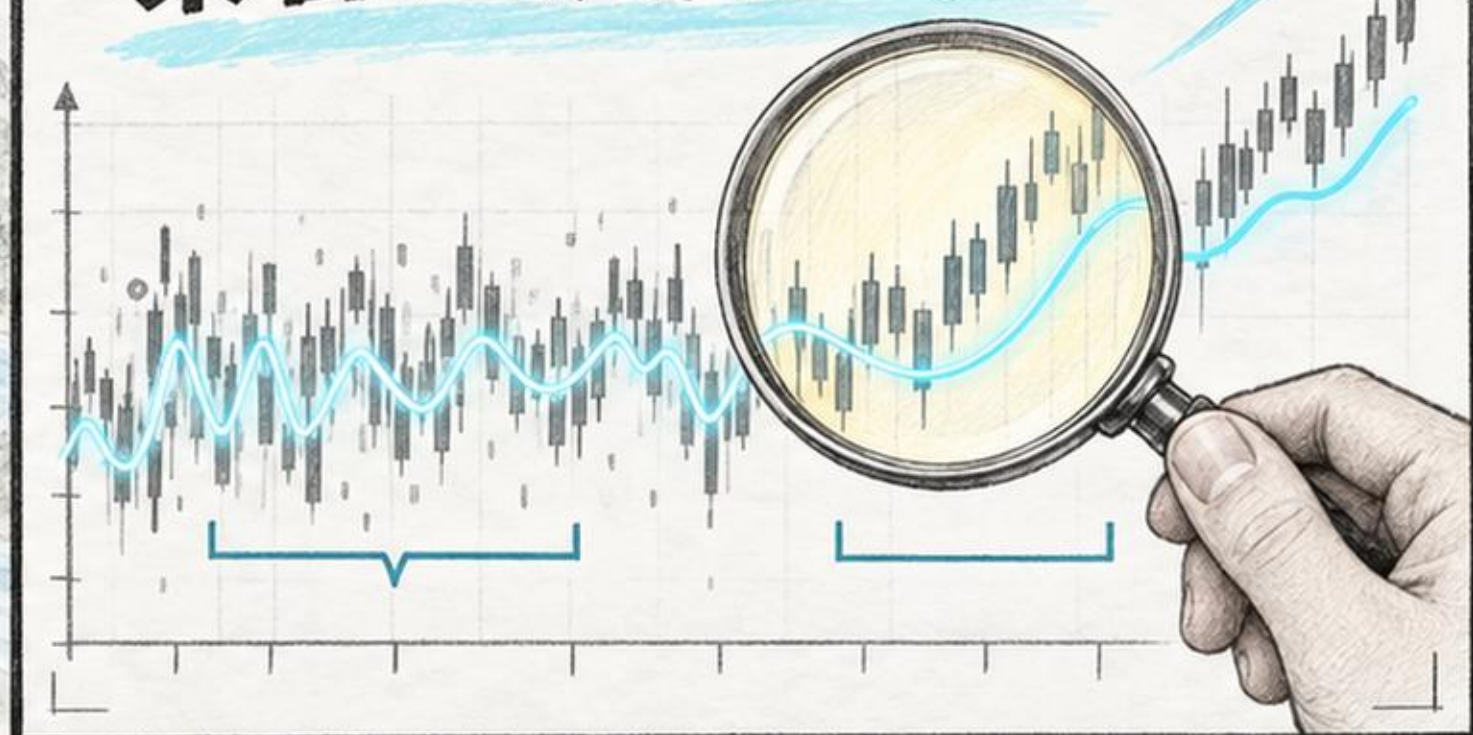
体验是真的

故事是加上去的





噪音还是信号?



别急着定性



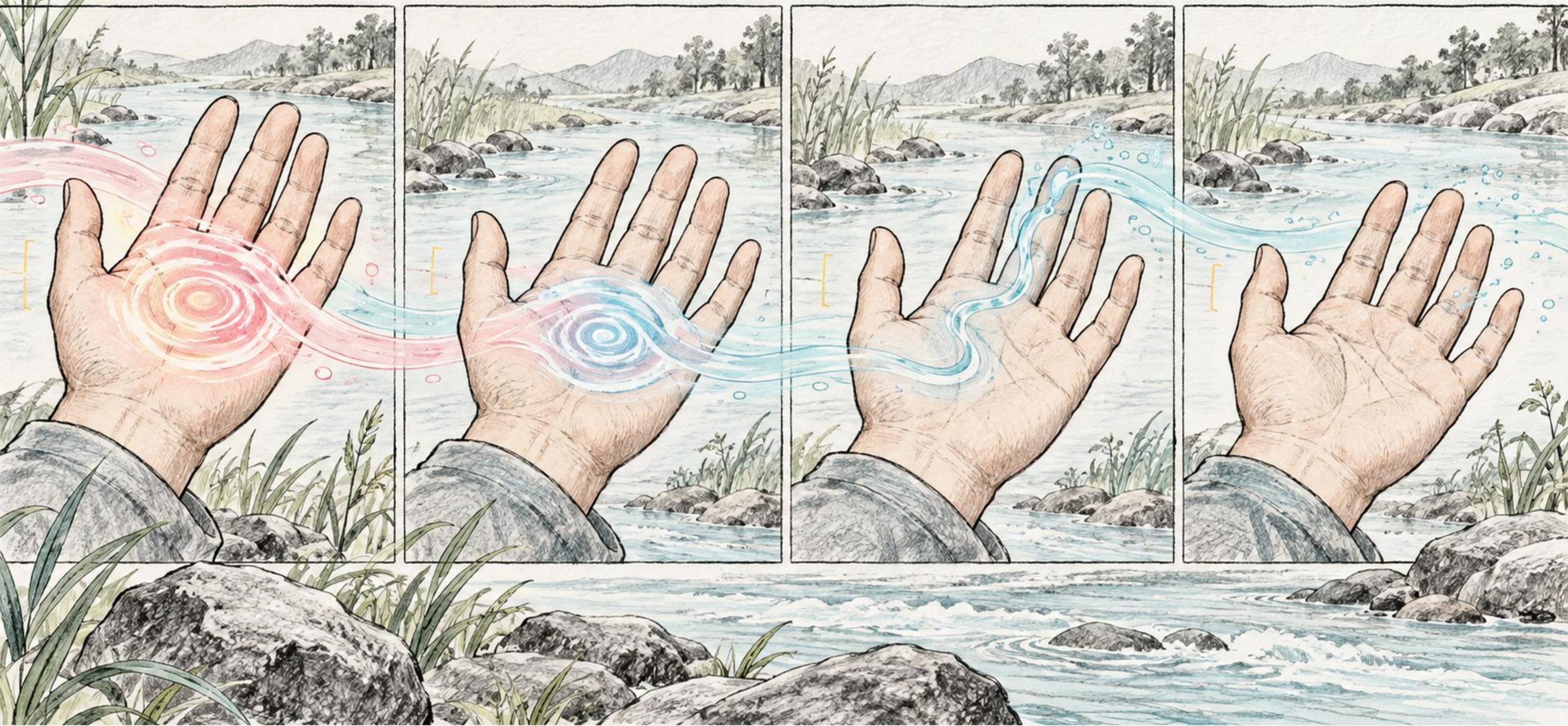
唯一要做的是观察

不定义、不放大、不压制



手掌上直接看见无常

感受不是东西，而是过程



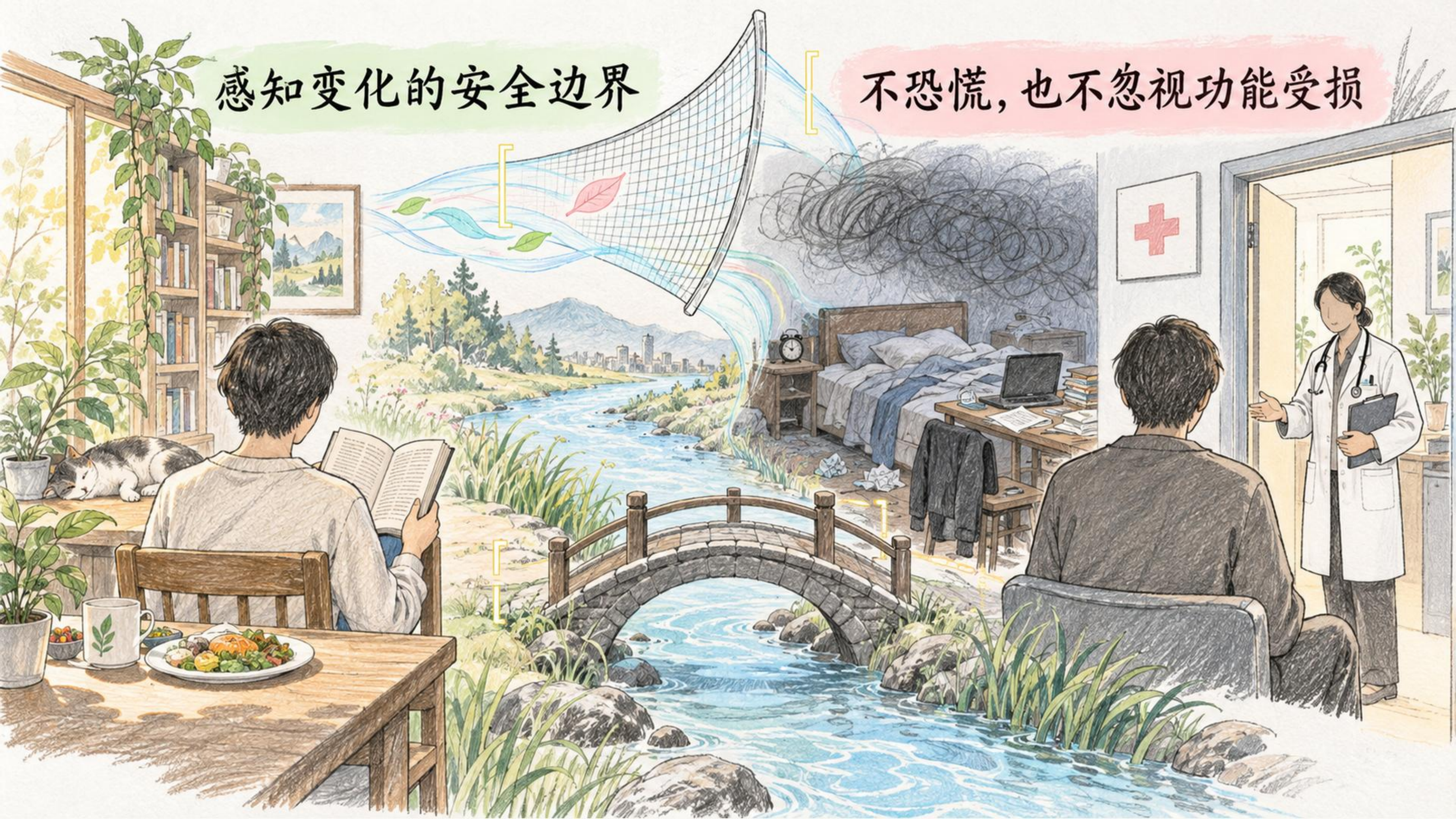
那个在观察的你是谁

比现象更深的一层



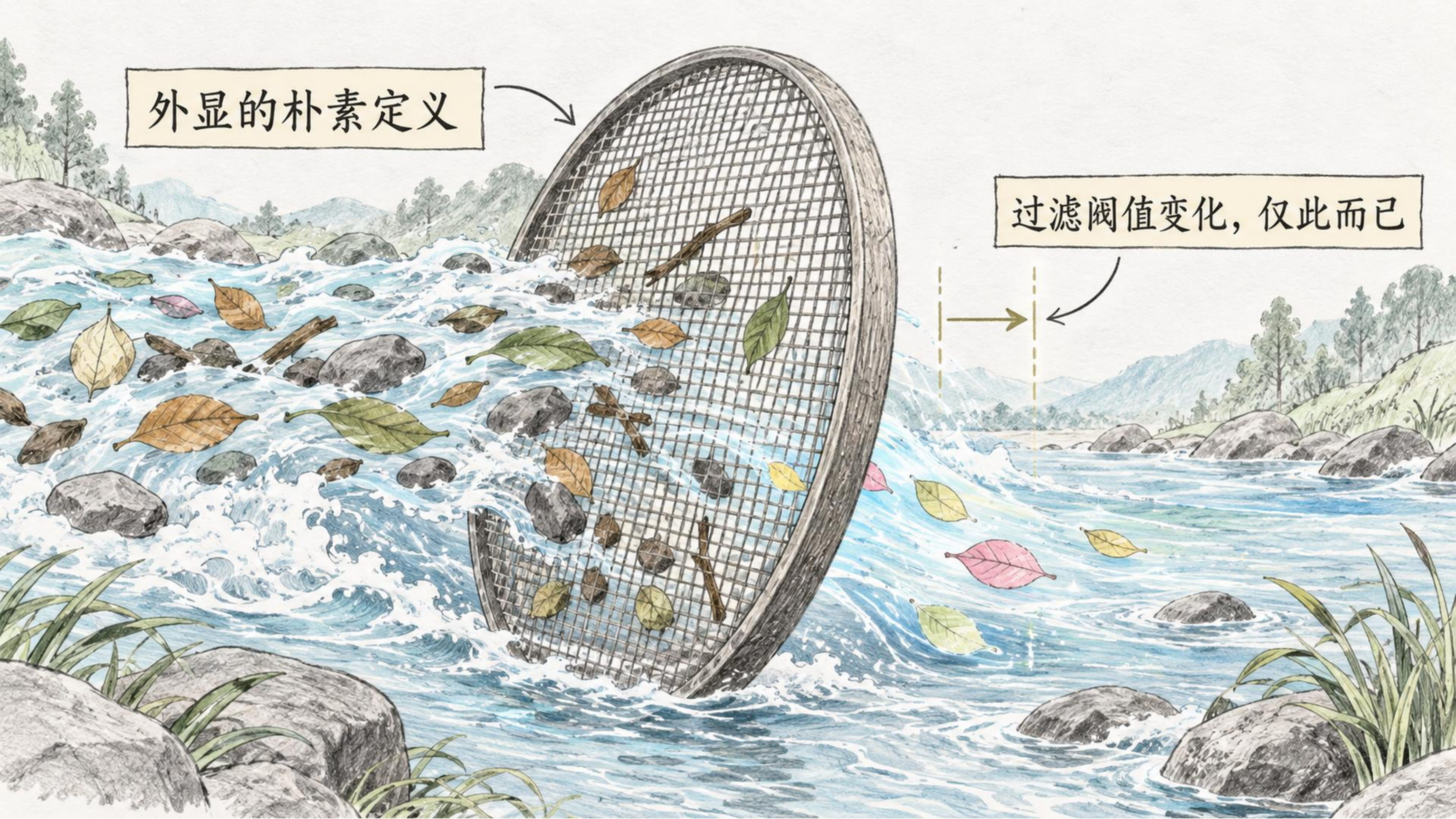
感知变化的安全边界

不恐慌，也不忽视功能受损



外显的朴素定义

过滤阈值变化，仅此而已



An illustration of a person with dark hair, seen from behind, sitting in a meditative lotus position on a rocky riverbank. They are wearing a simple, light-colored long-sleeved shirt and dark pants. Their hands are resting on their knees in a mudra. To their left, a large, empty woven basket sits on the rocks. The river flows gently around them, with several fallen leaves floating on its surface. In the background, a range of misty mountains is visible under a pale sky. The scene is framed by trees and foliage, with some leaves falling from the top left. The overall style is soft and painterly, with a focus on natural elements and a sense of tranquility.

让多出来的感受自己呈现

坐在河边，不抓住任何一滴水



你的感受是什么？

我们下期见