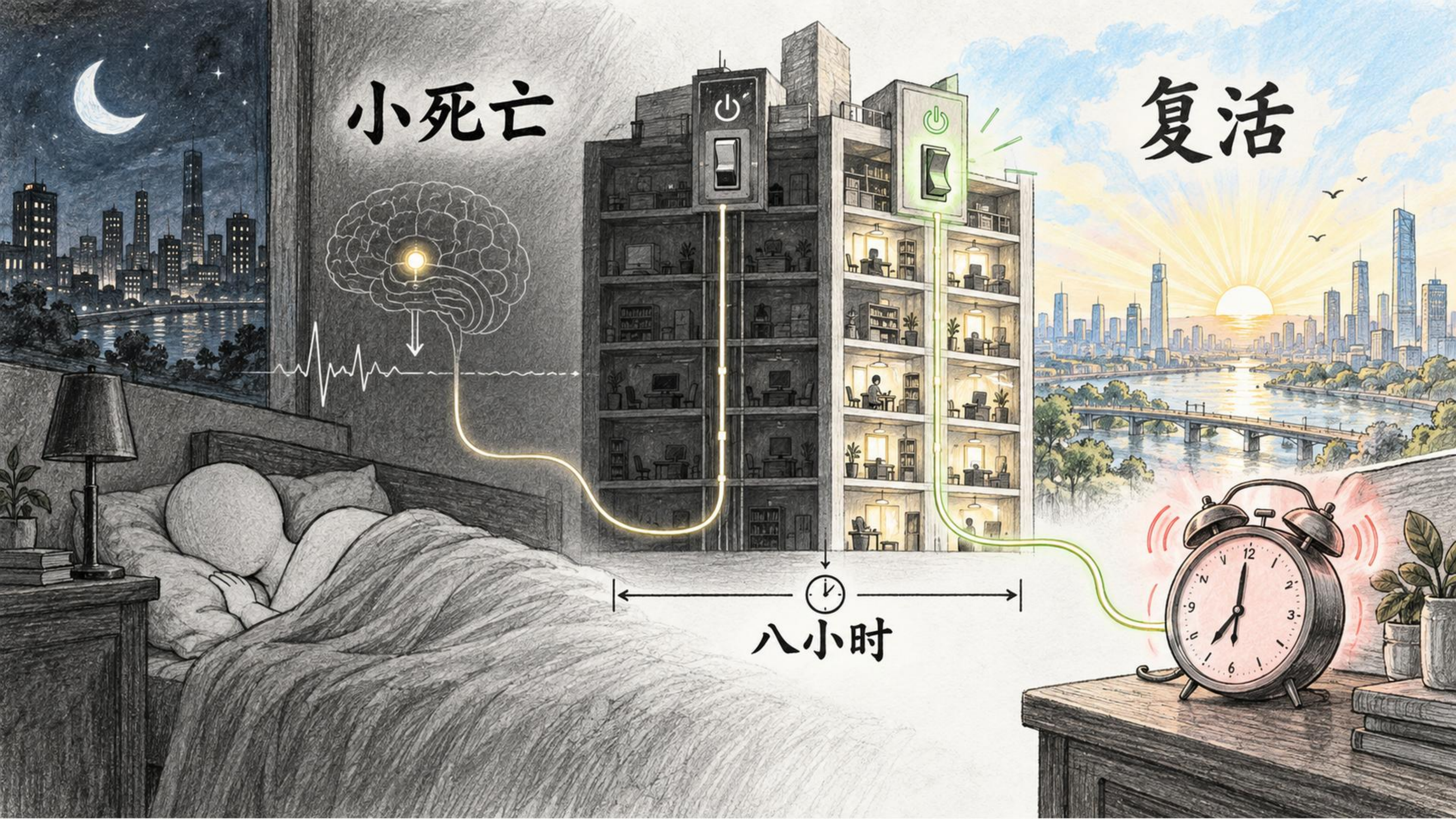


小死亡

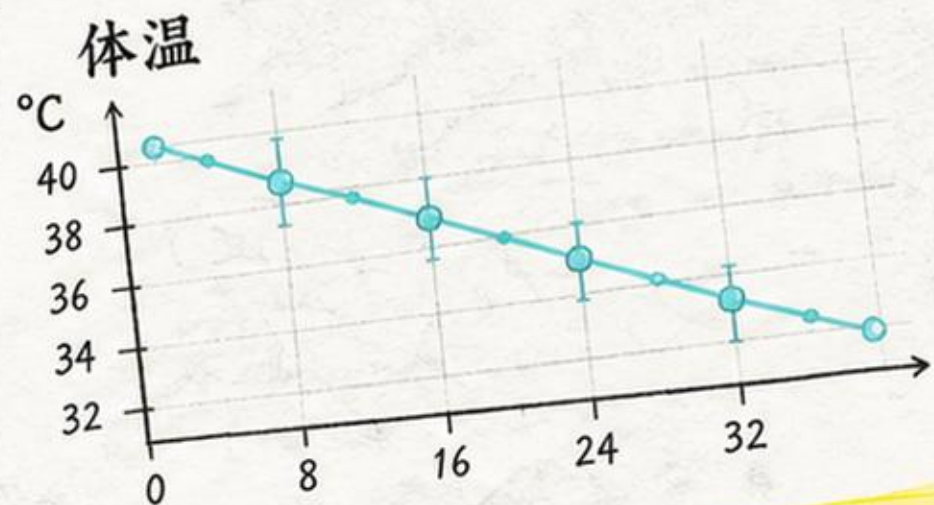
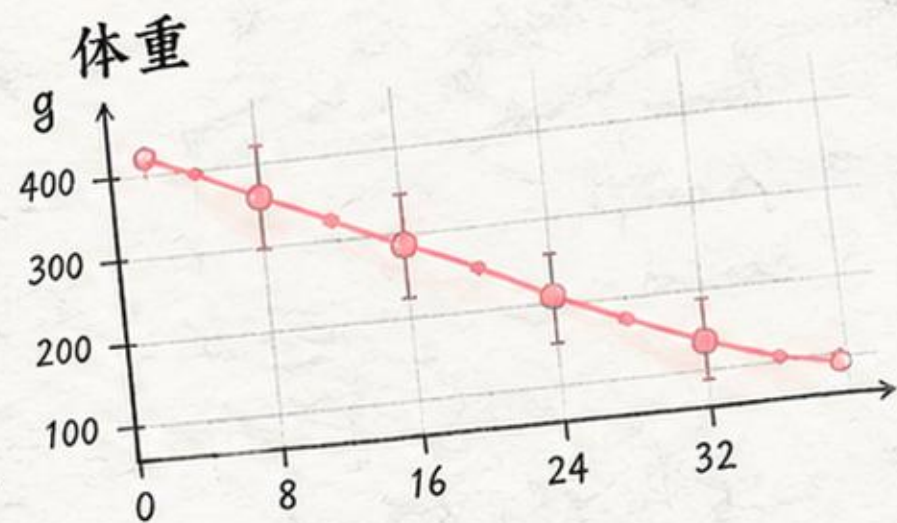
复活



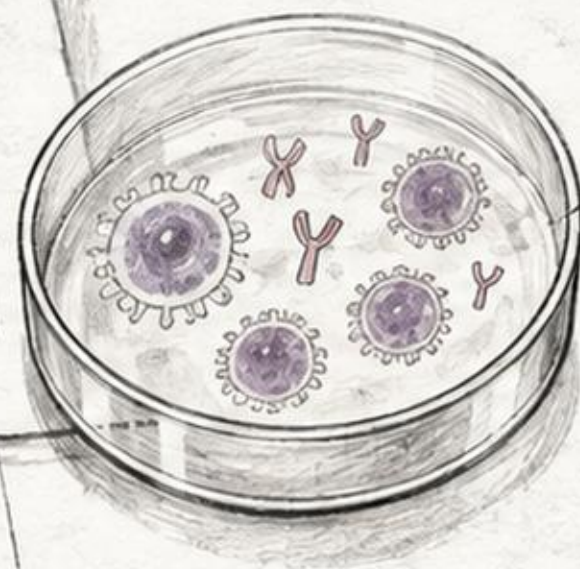
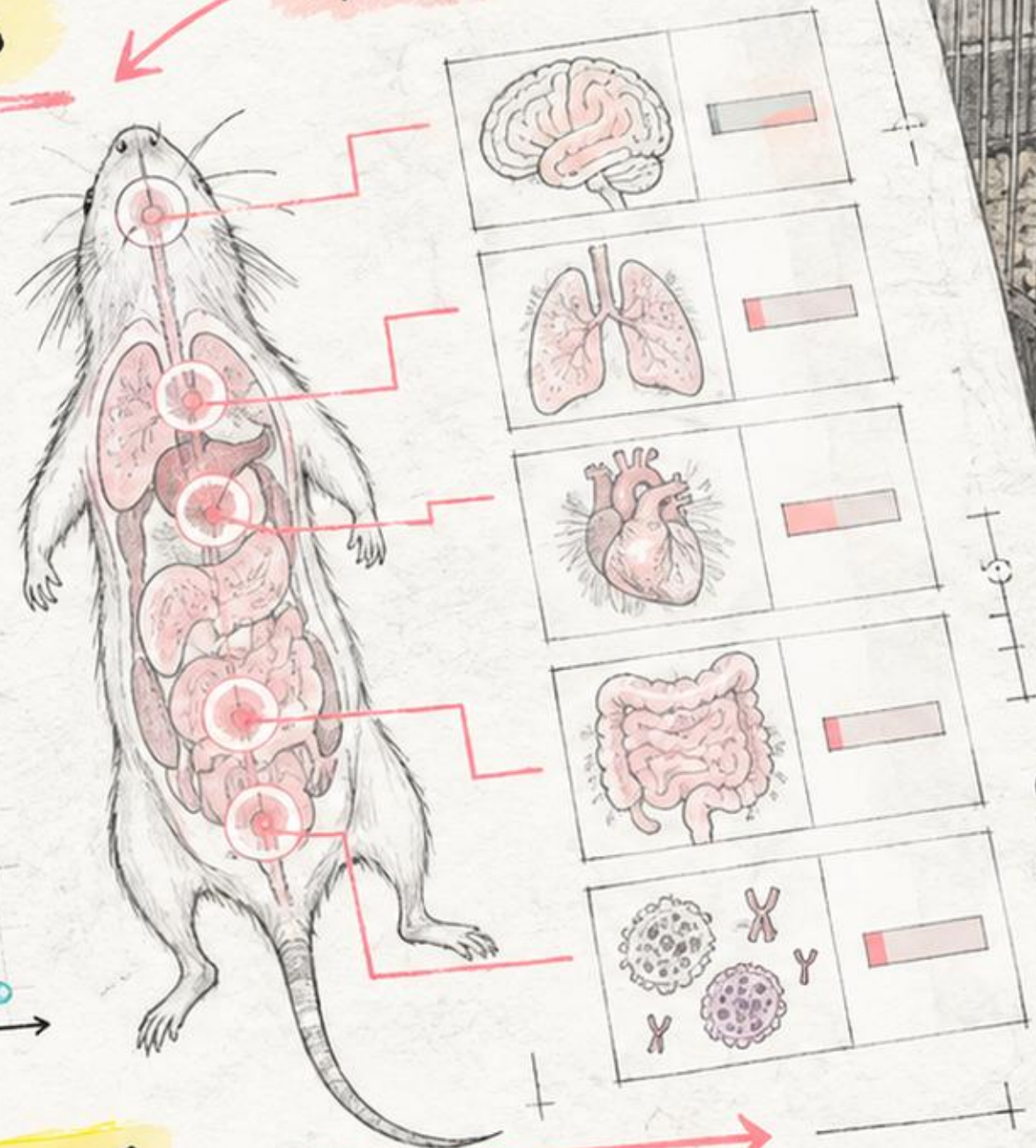
八小时

不睡会死

系统崩溃

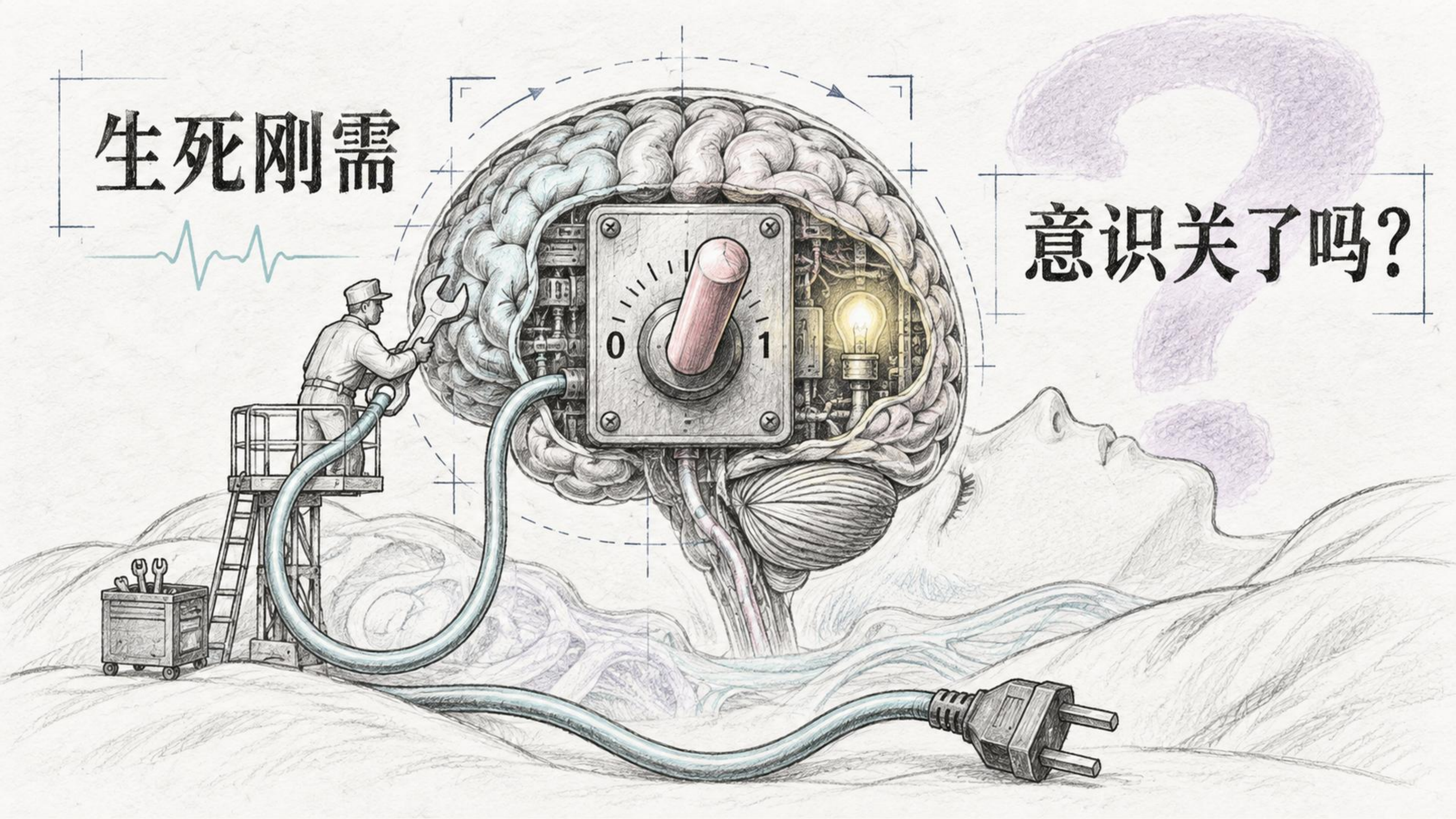


十一至三十二天



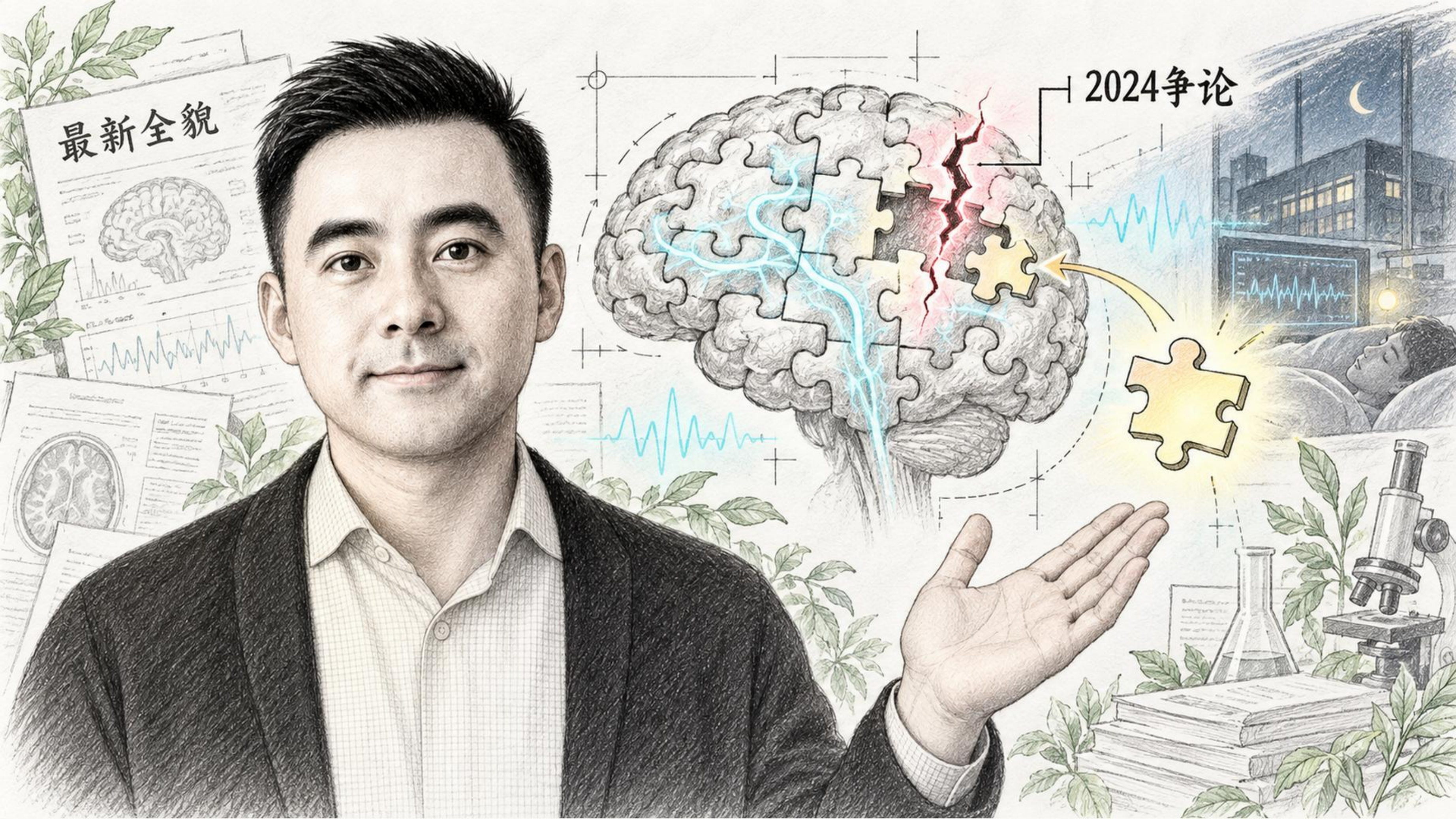
生死刚需

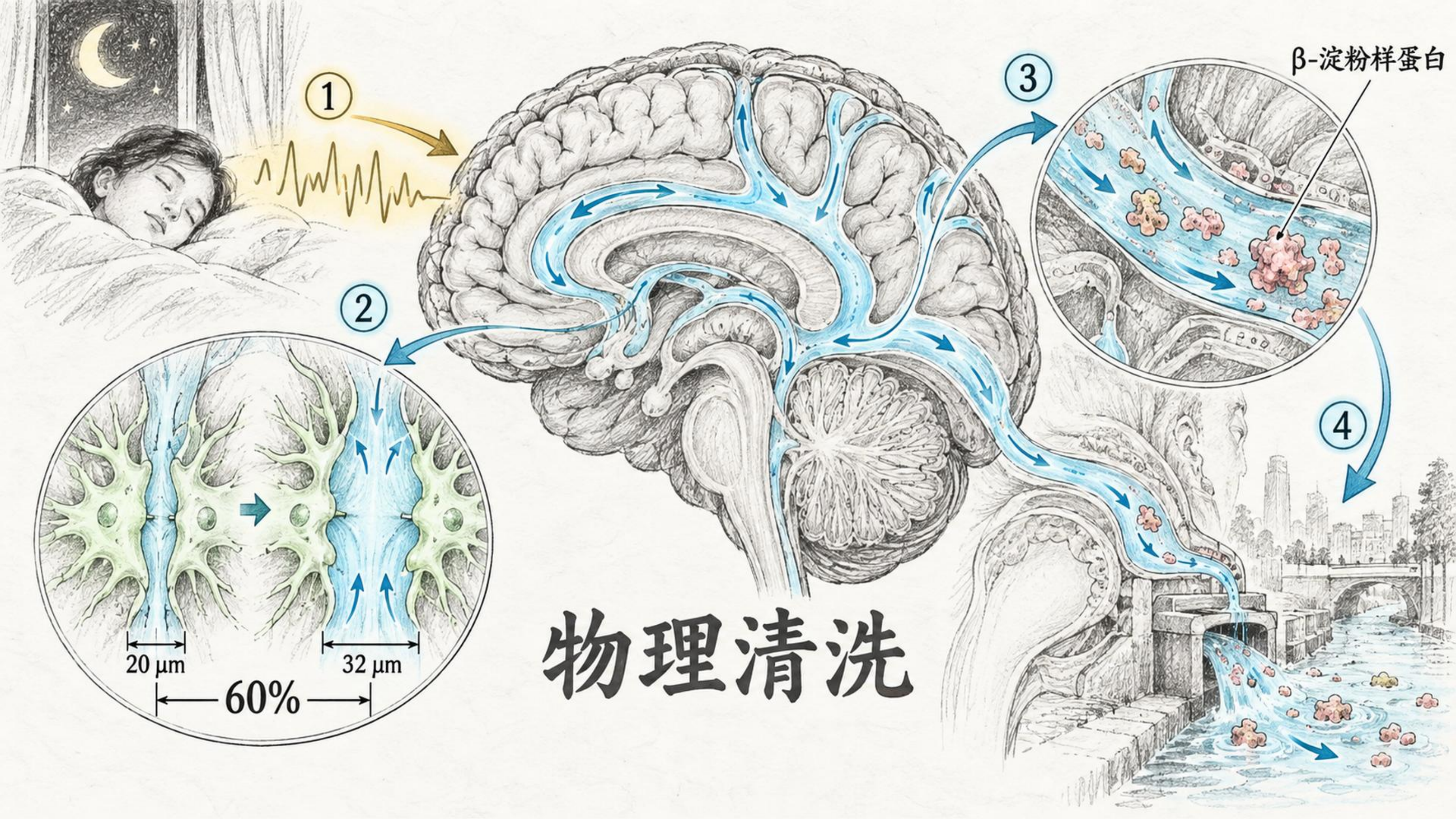
意识关了吗？



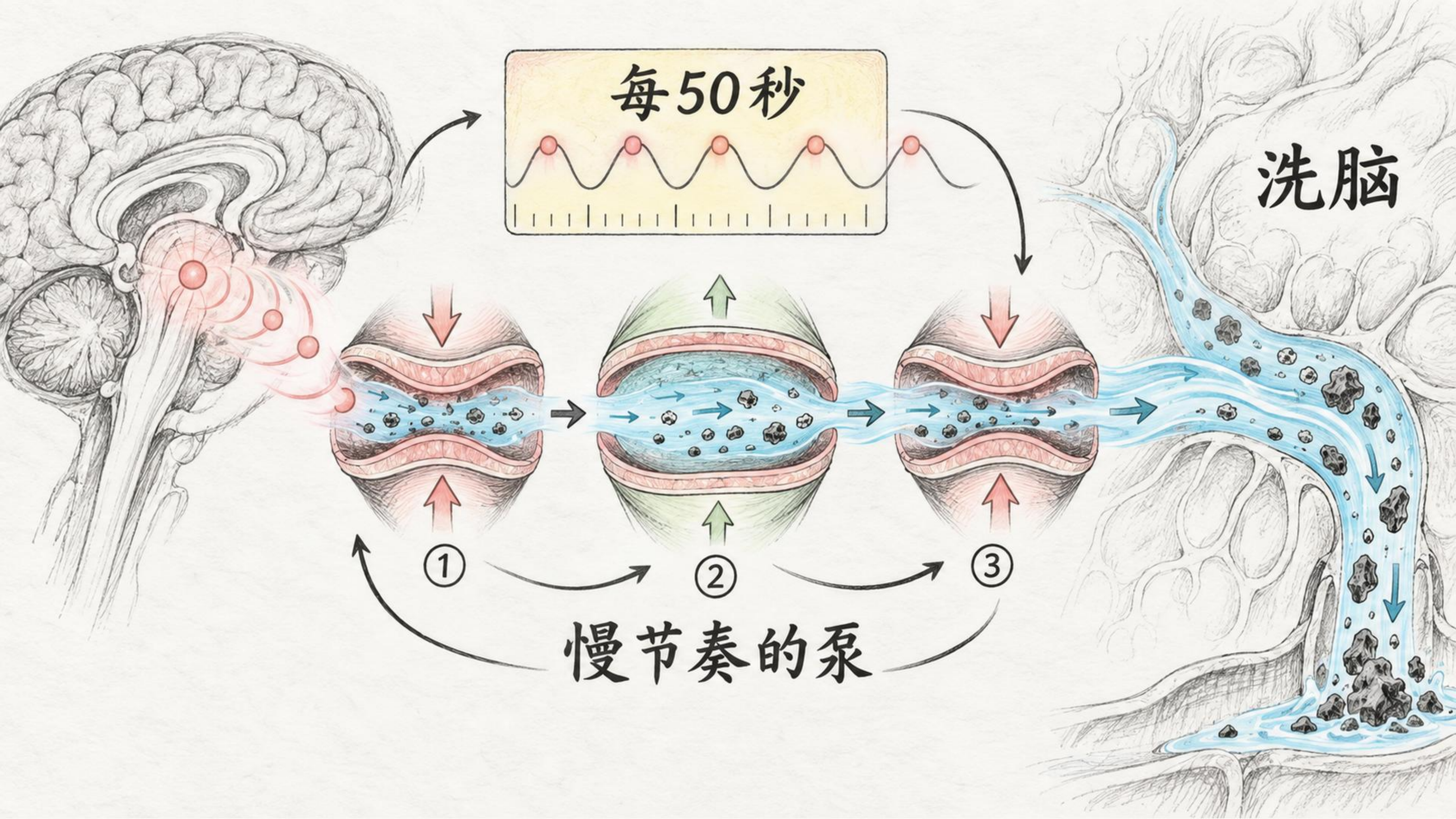
最新全貌

2024争论



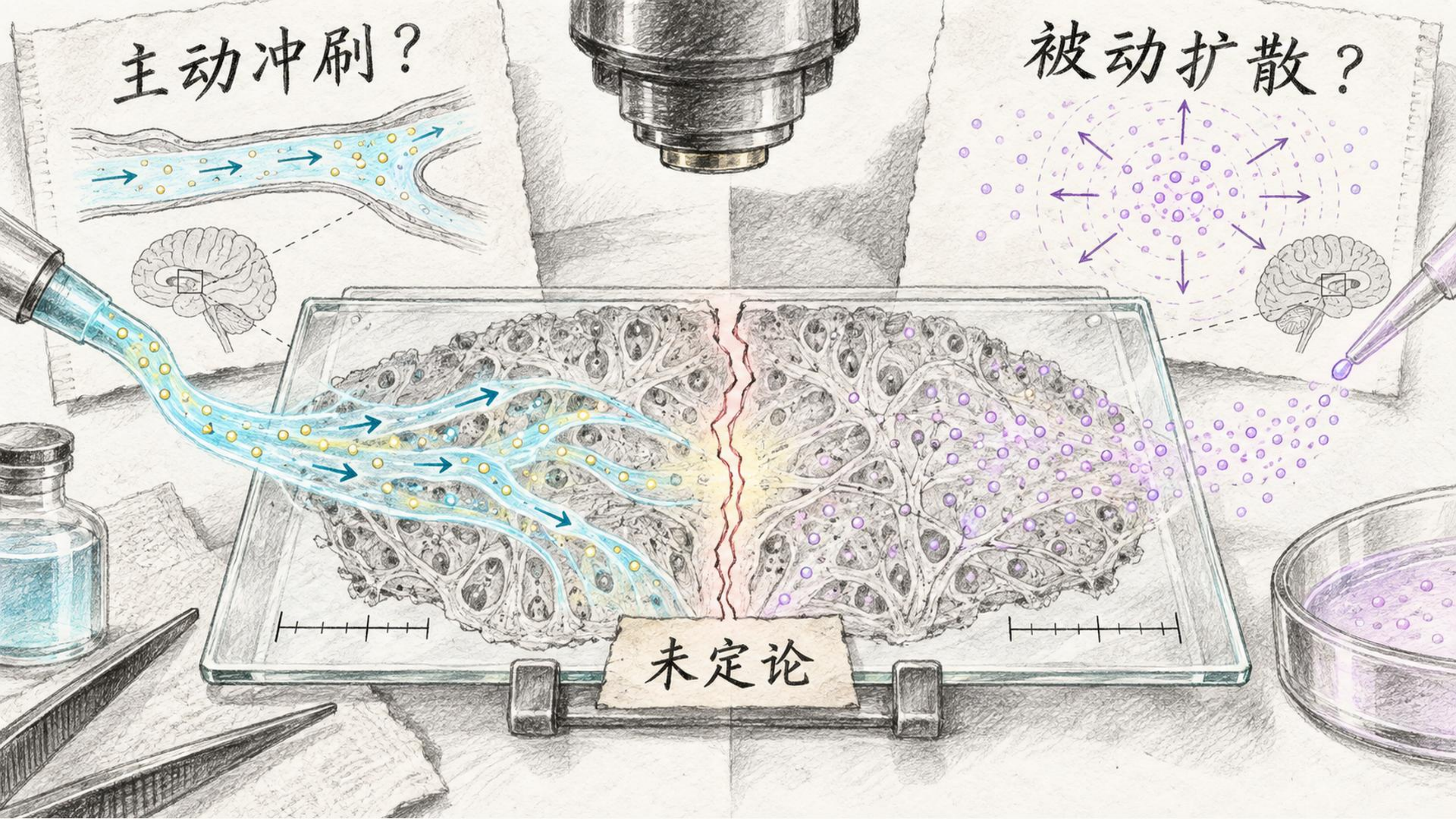


物理清洗

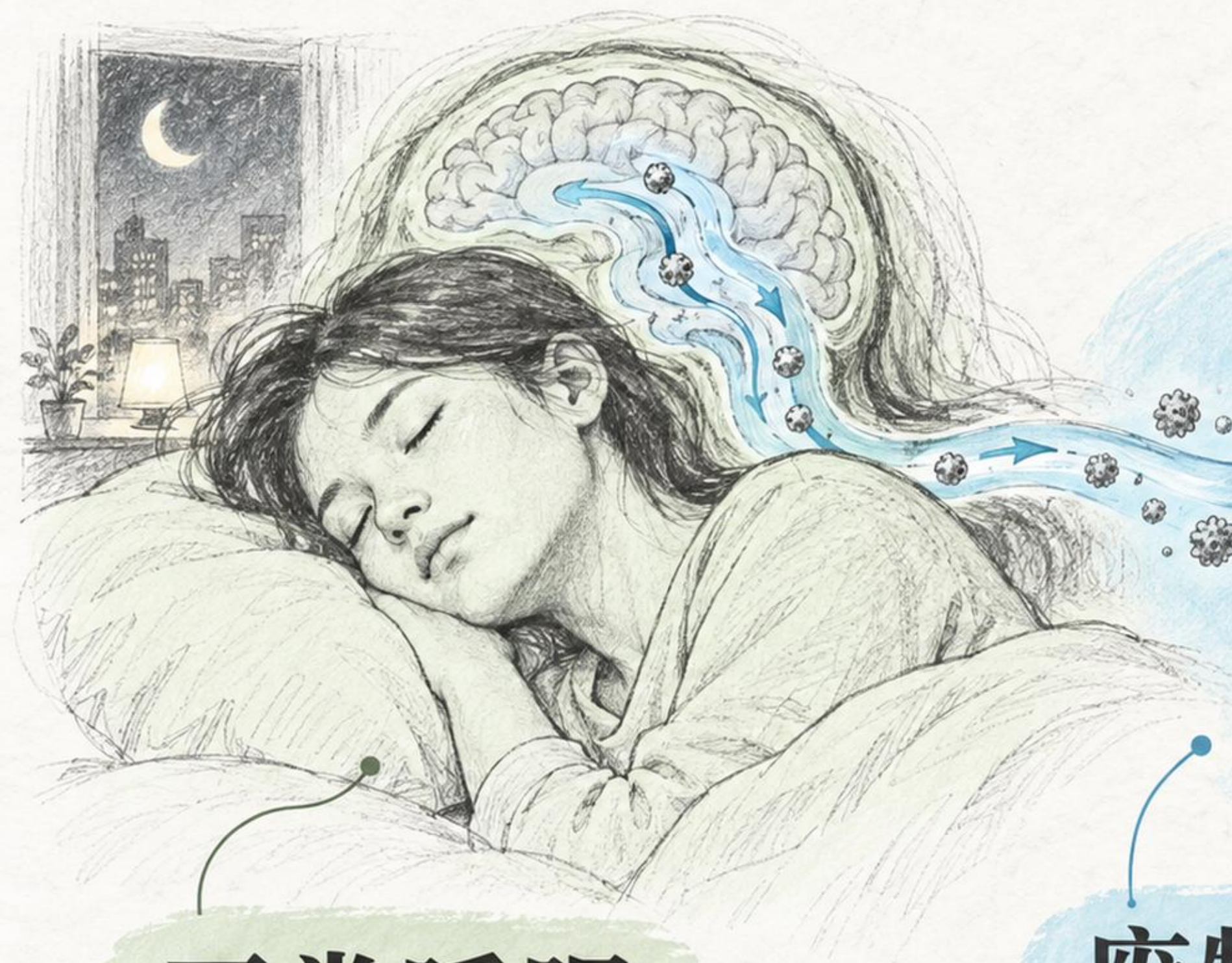


主动冲刷？

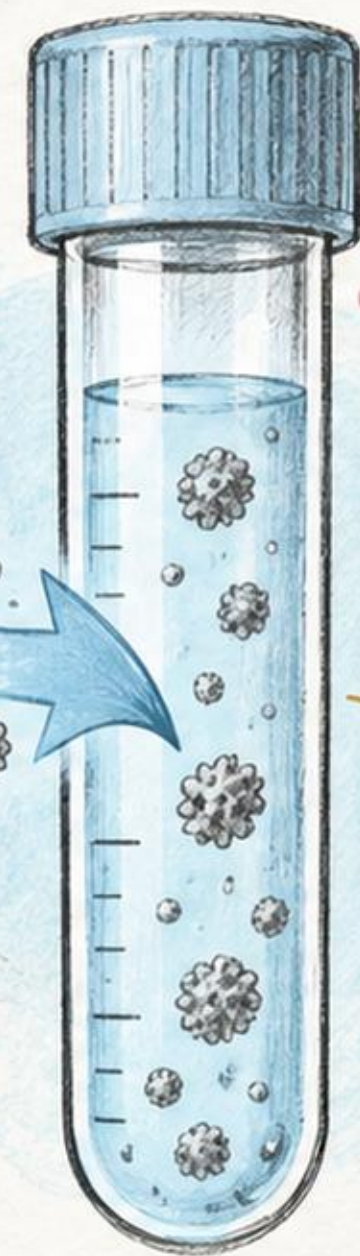
被动扩散？



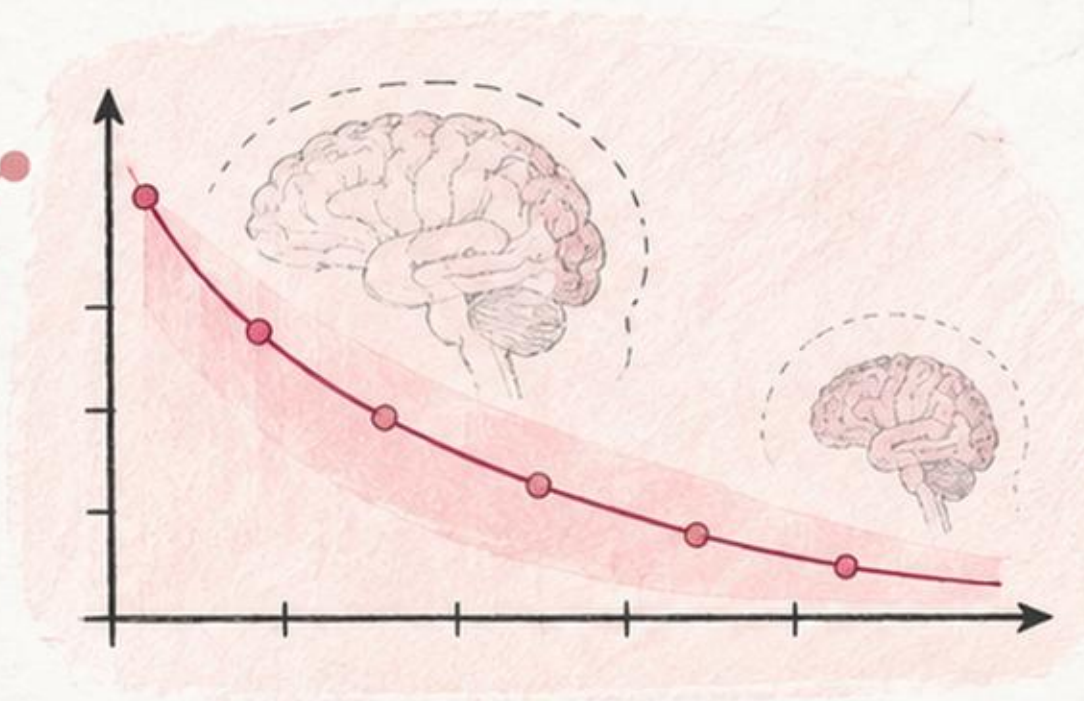
未定论



正常睡眠



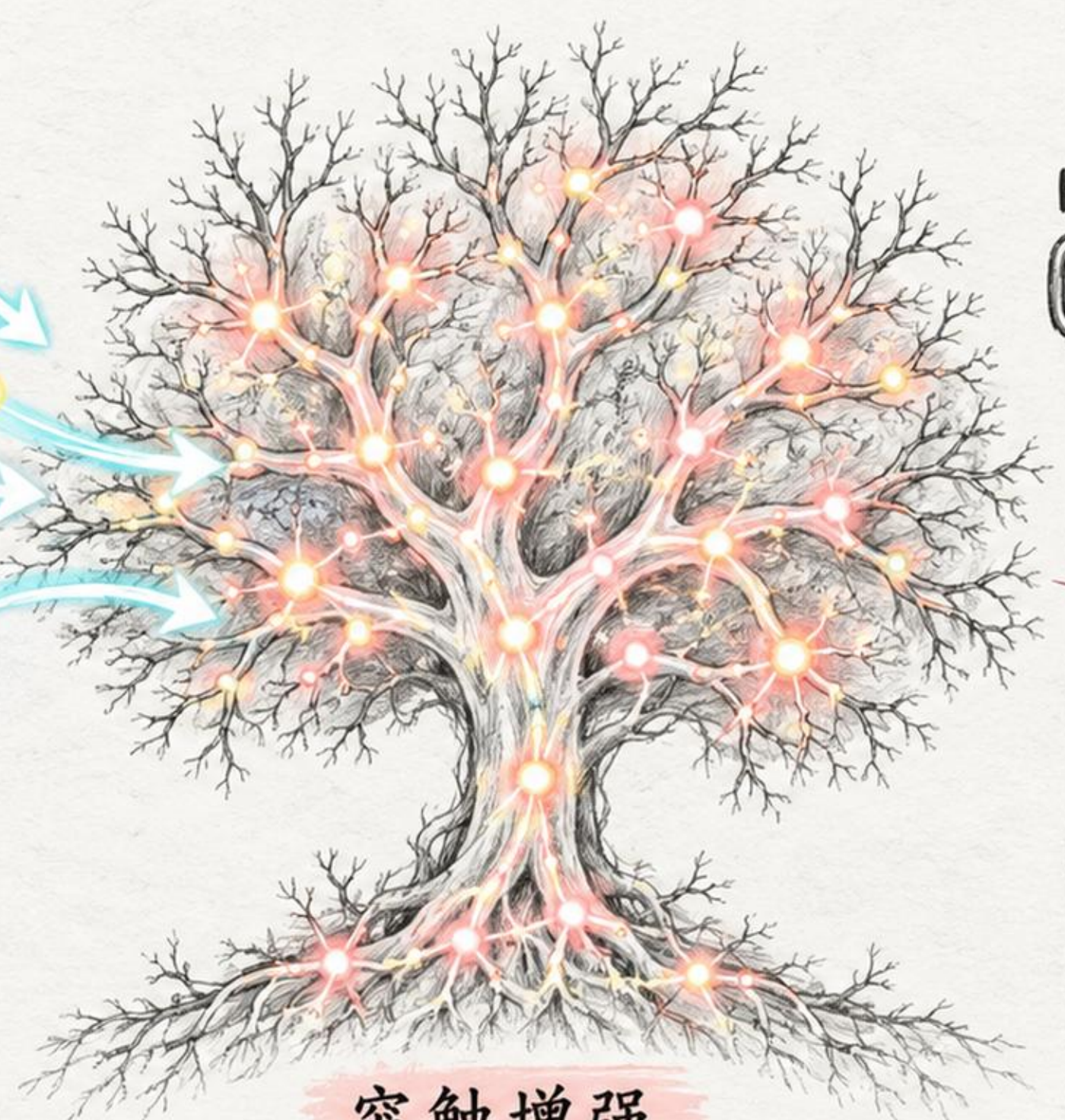
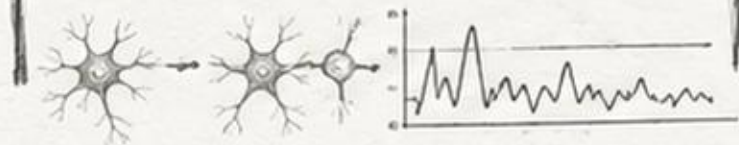
废物转运



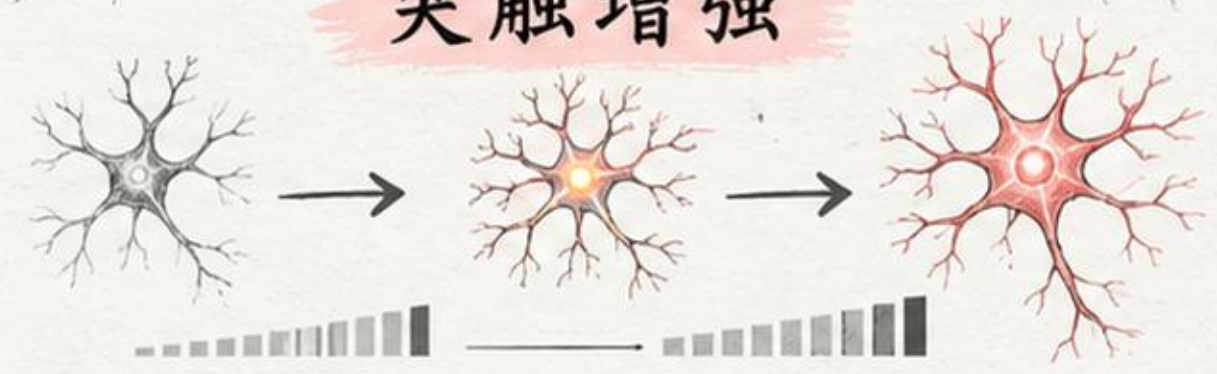
离线维护



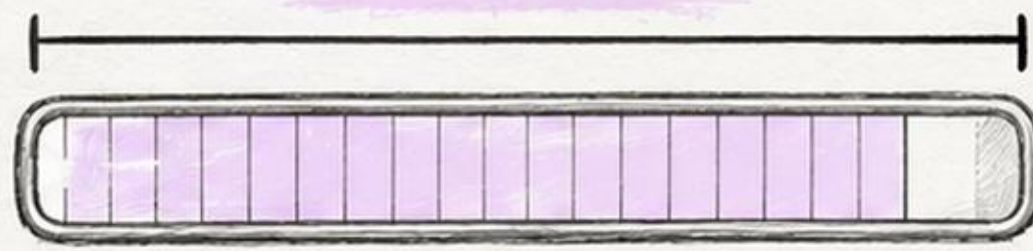
托诺尼与奇雷利



突触增强



内存快满



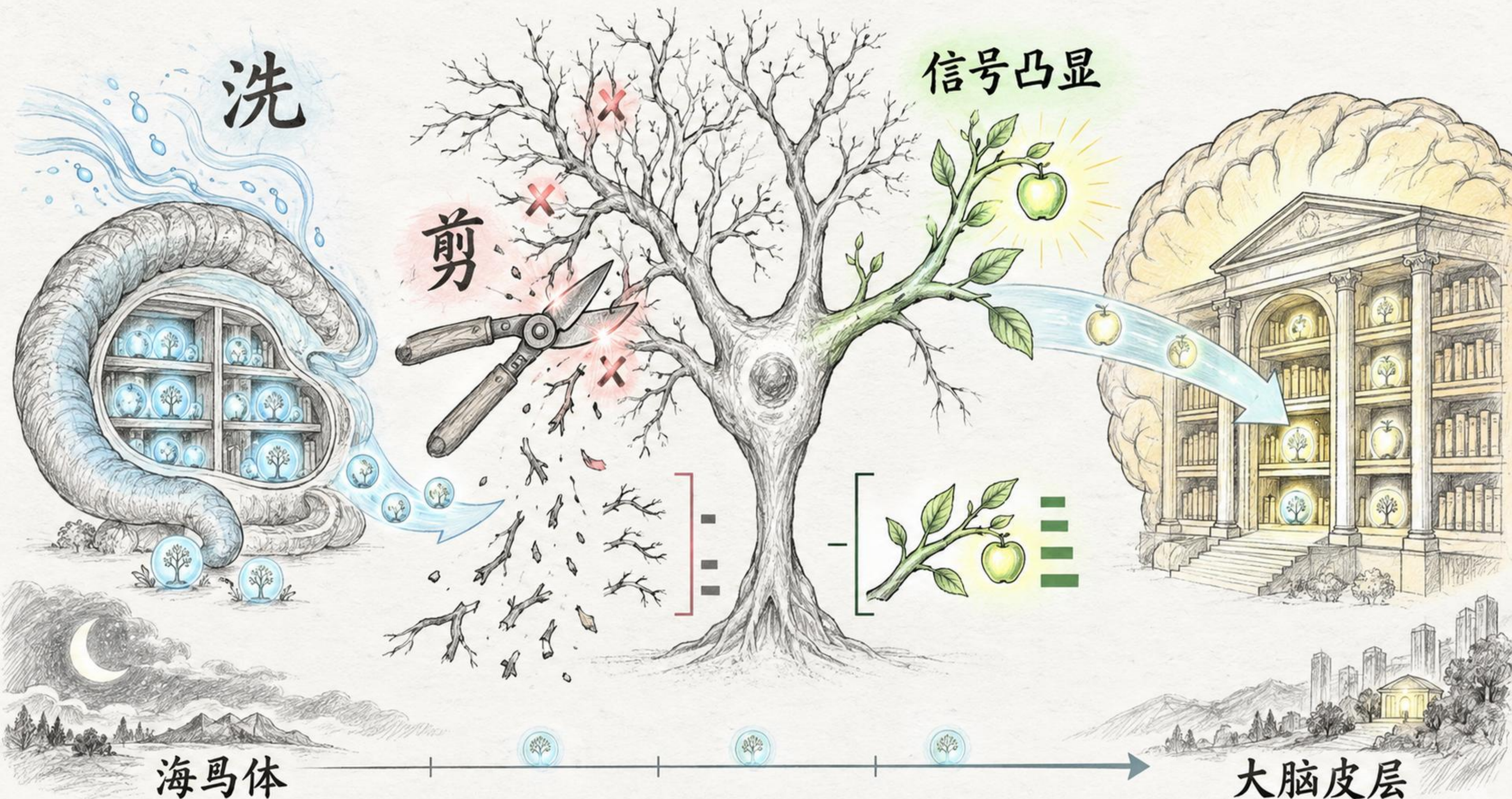
洗

信号凸显

剪

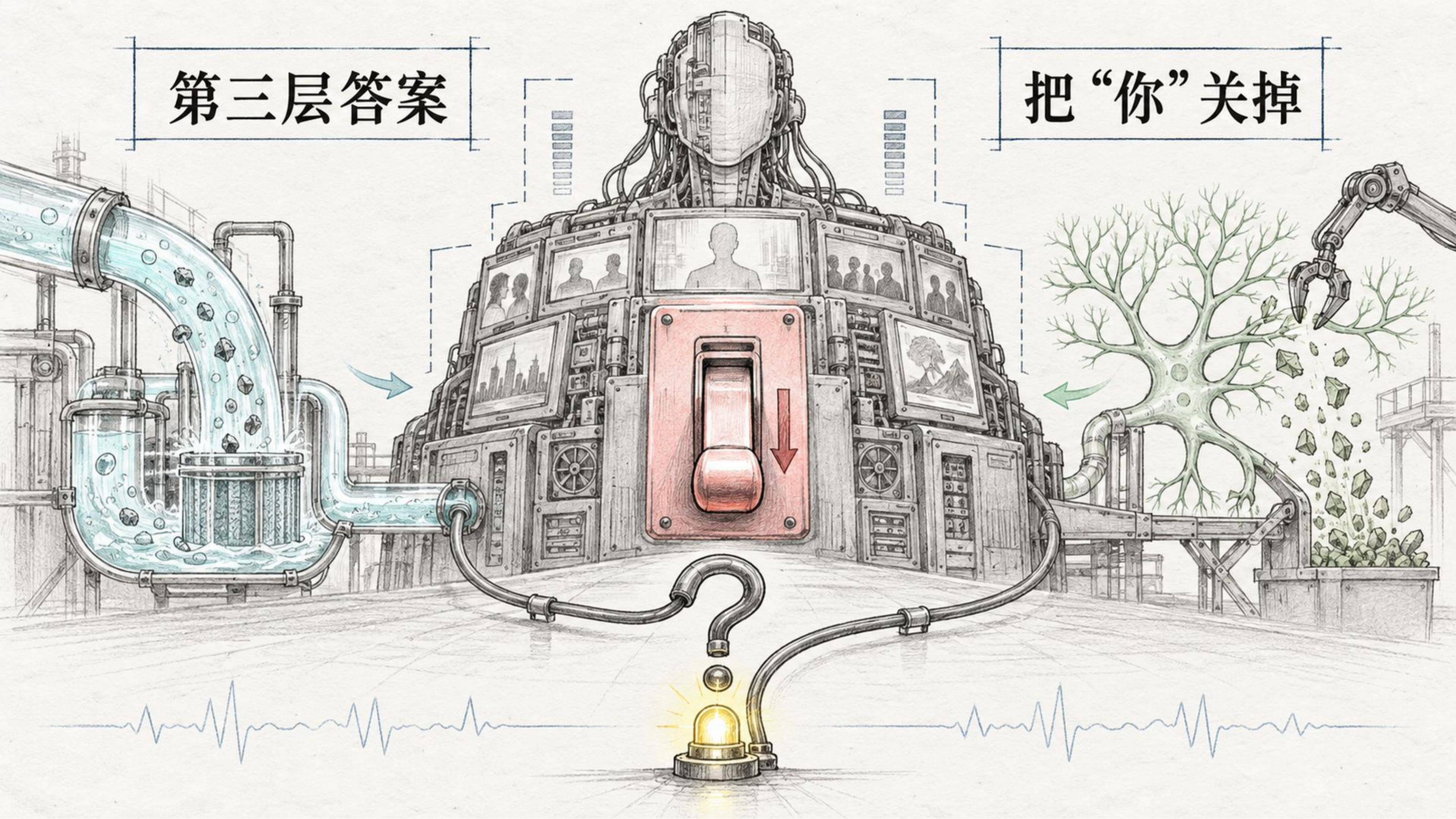
海马体

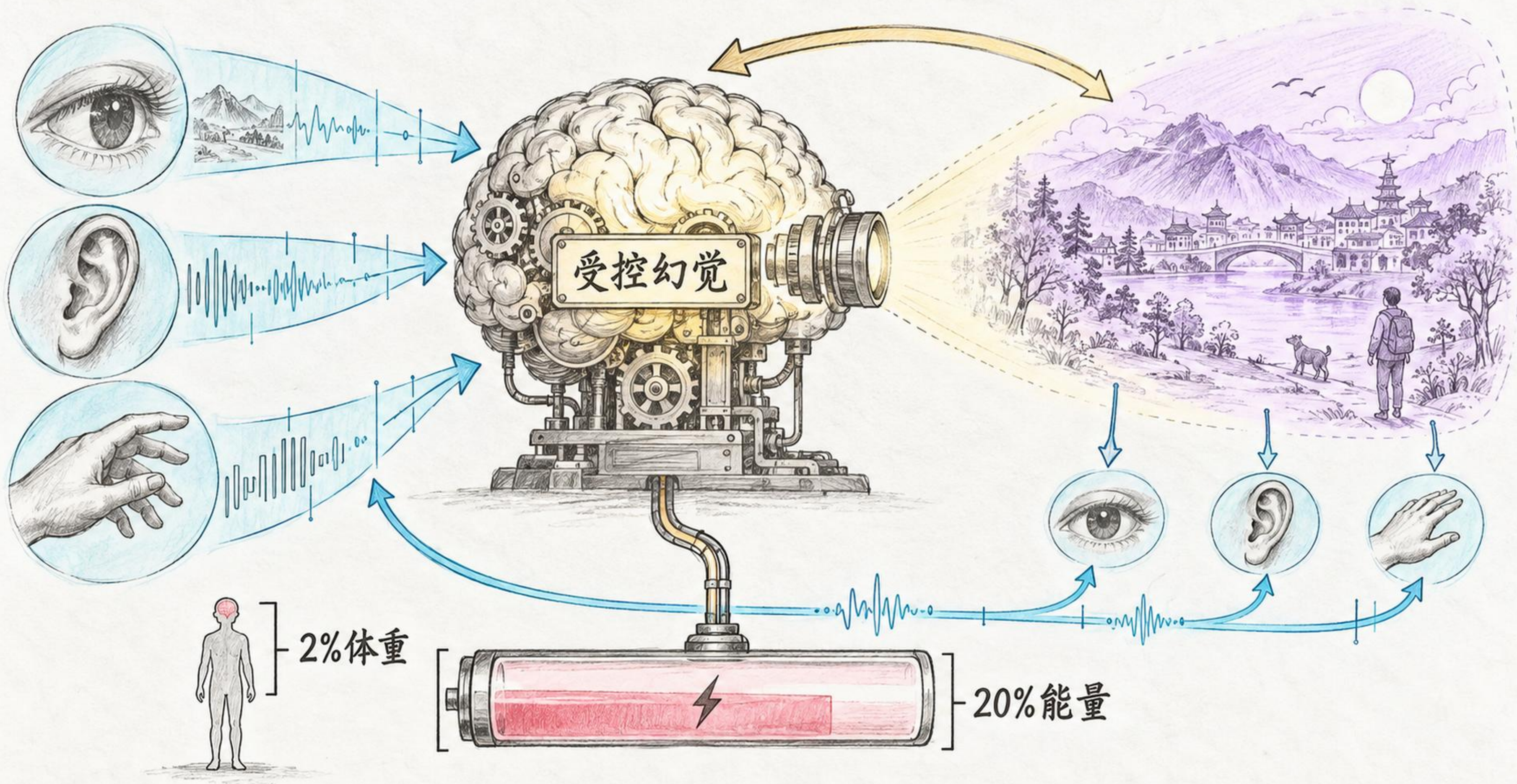
大脑皮层



第三层答案

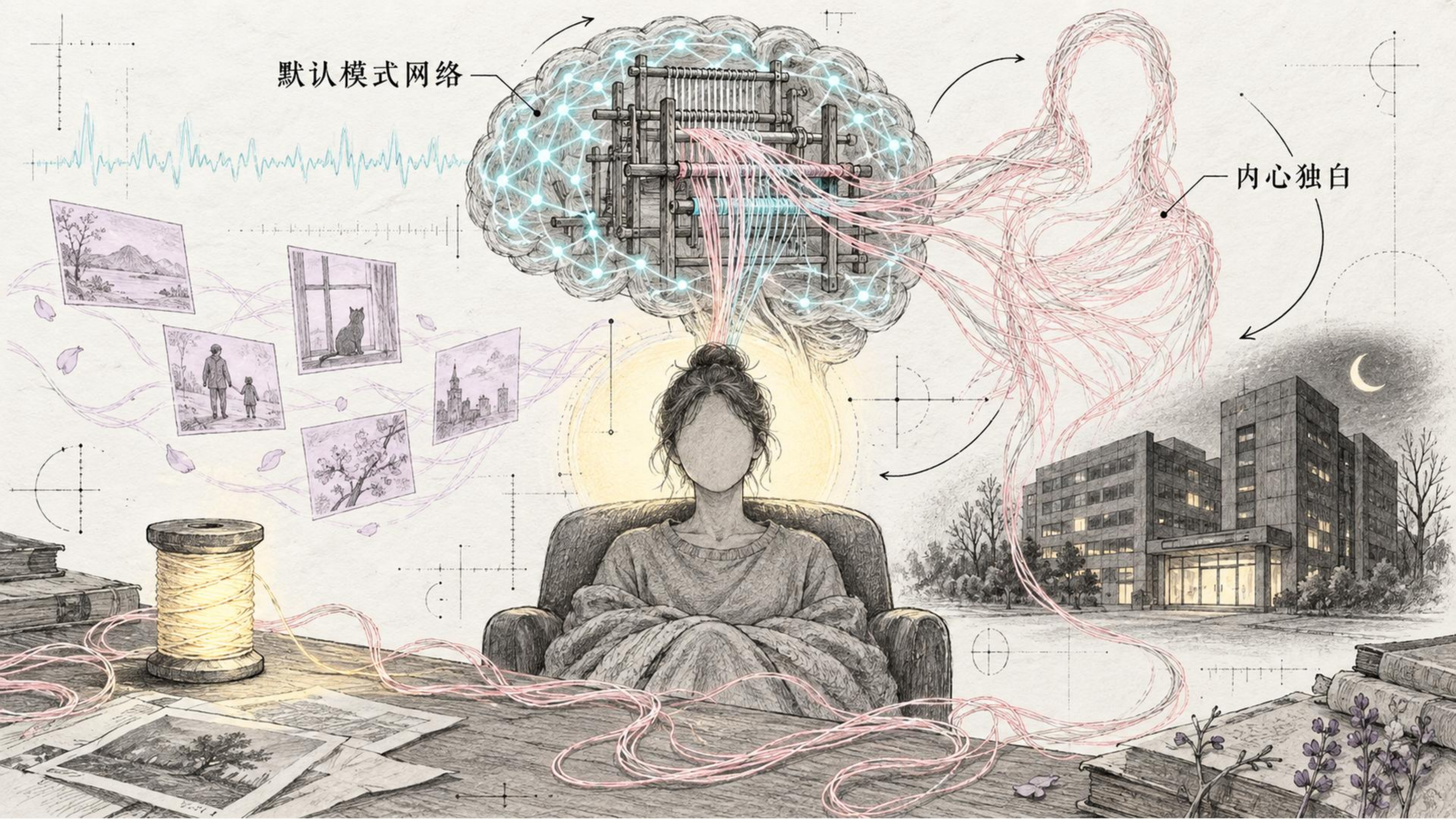
把“你”关掉

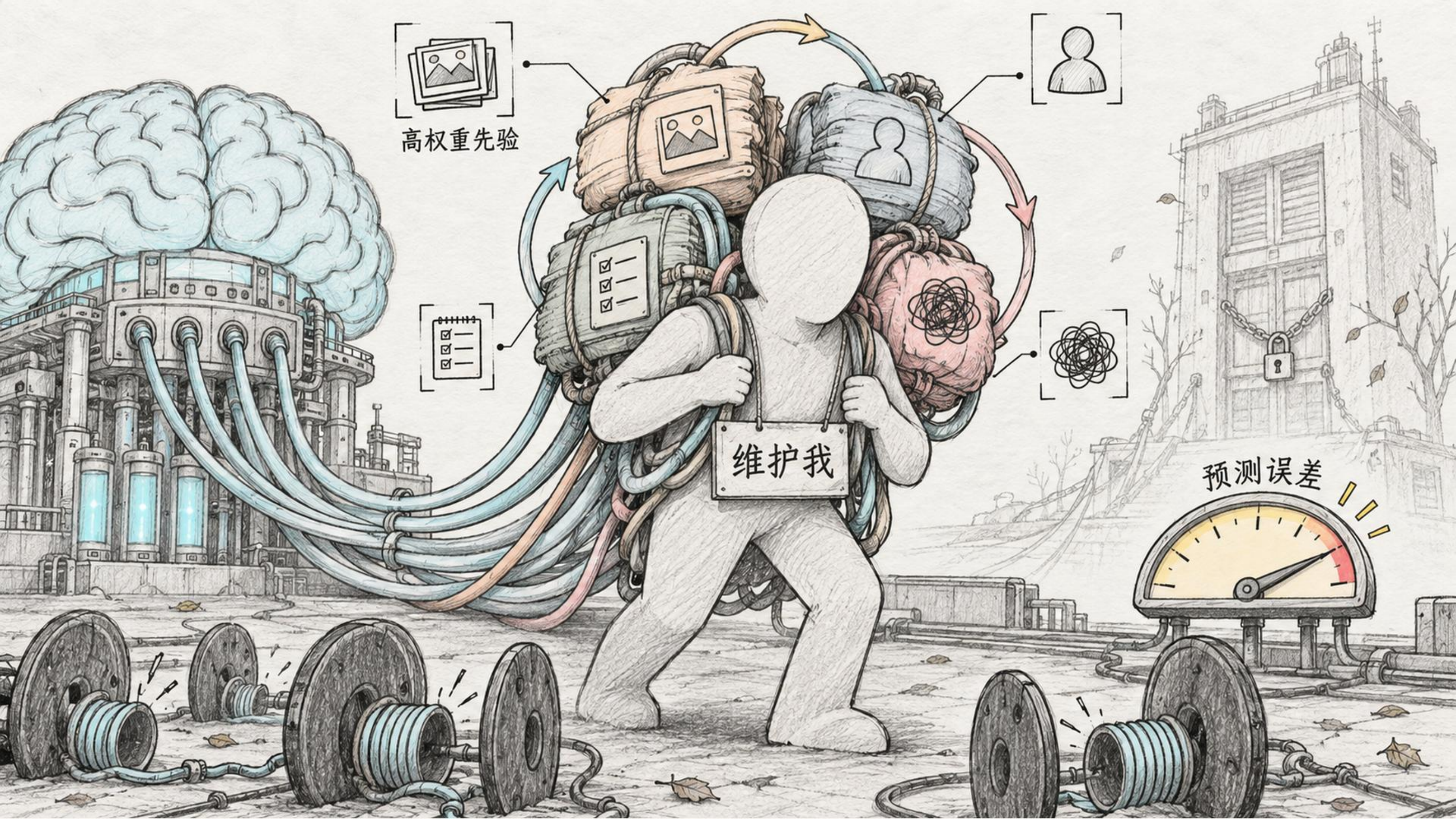




默认模式网络

内心独白





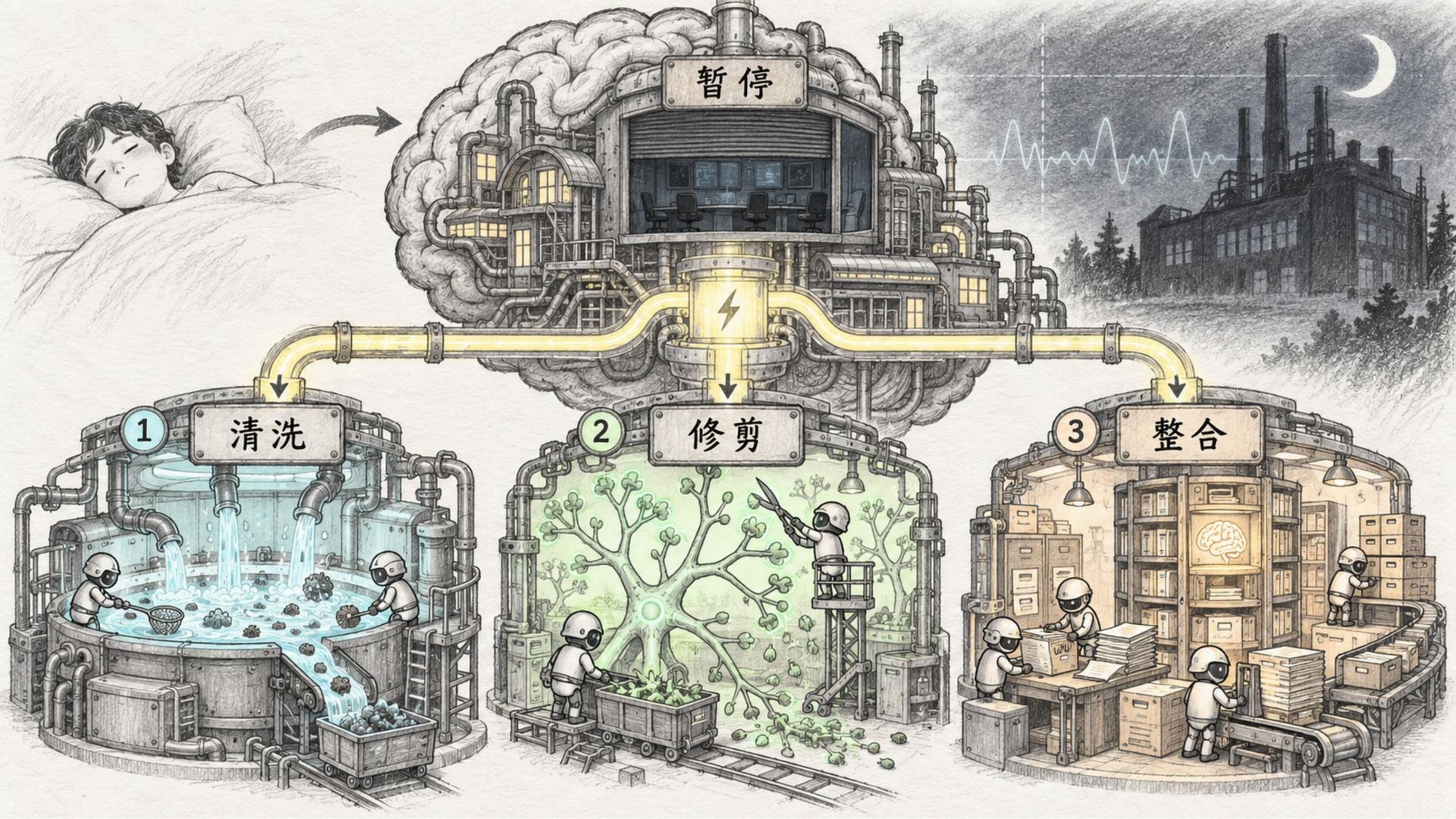
高权重先验



维护我

预测误差





1



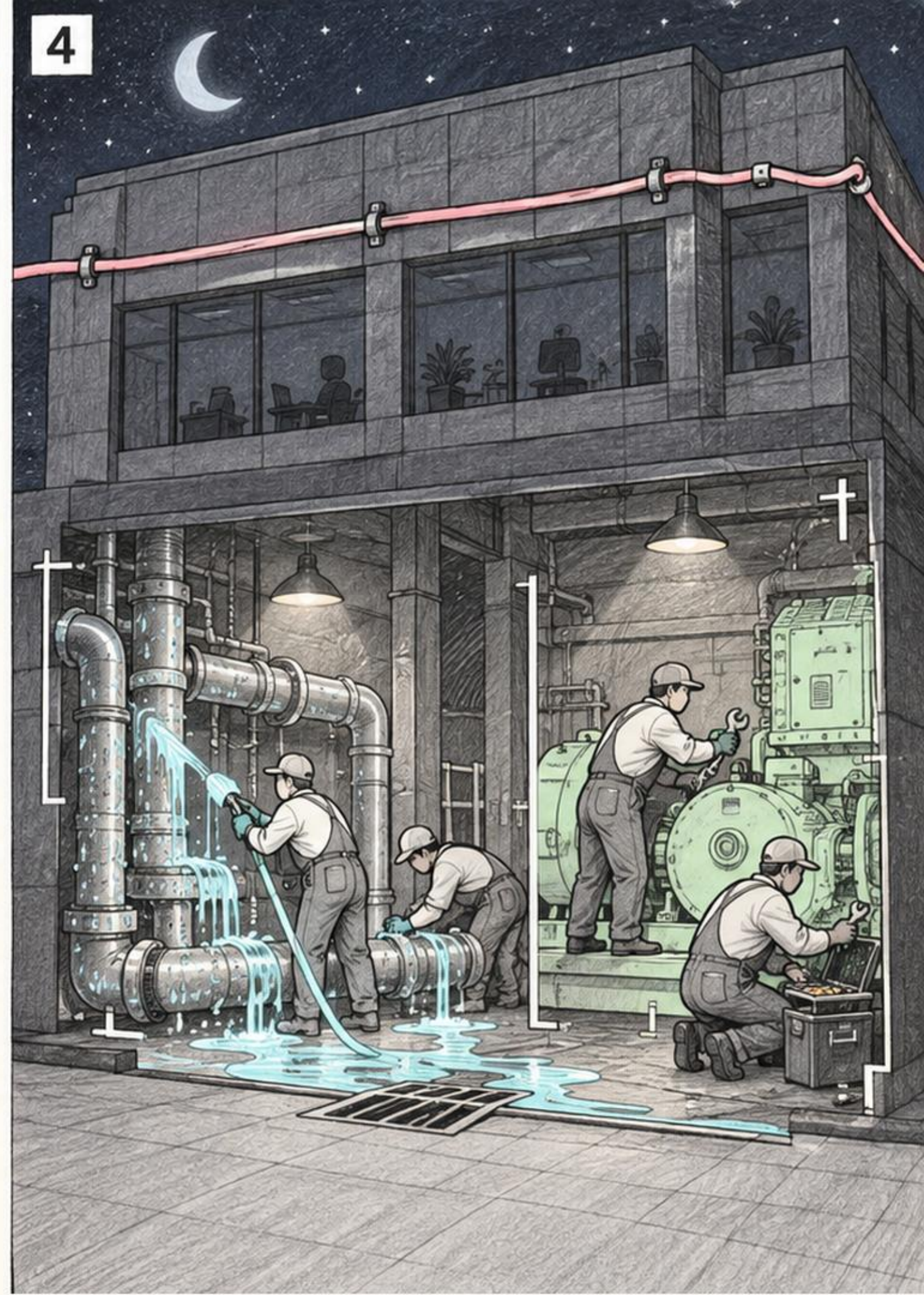
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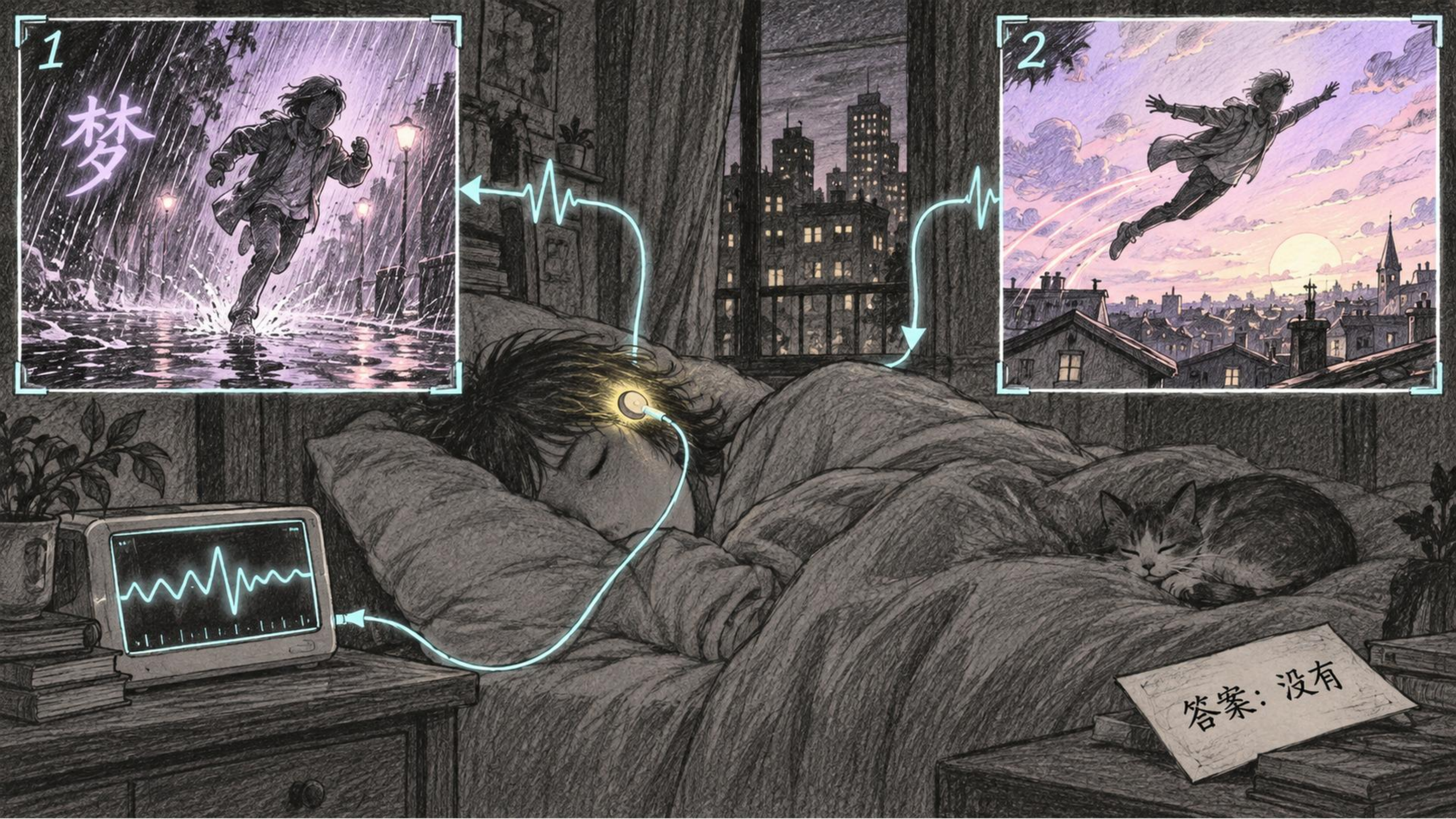


3



4

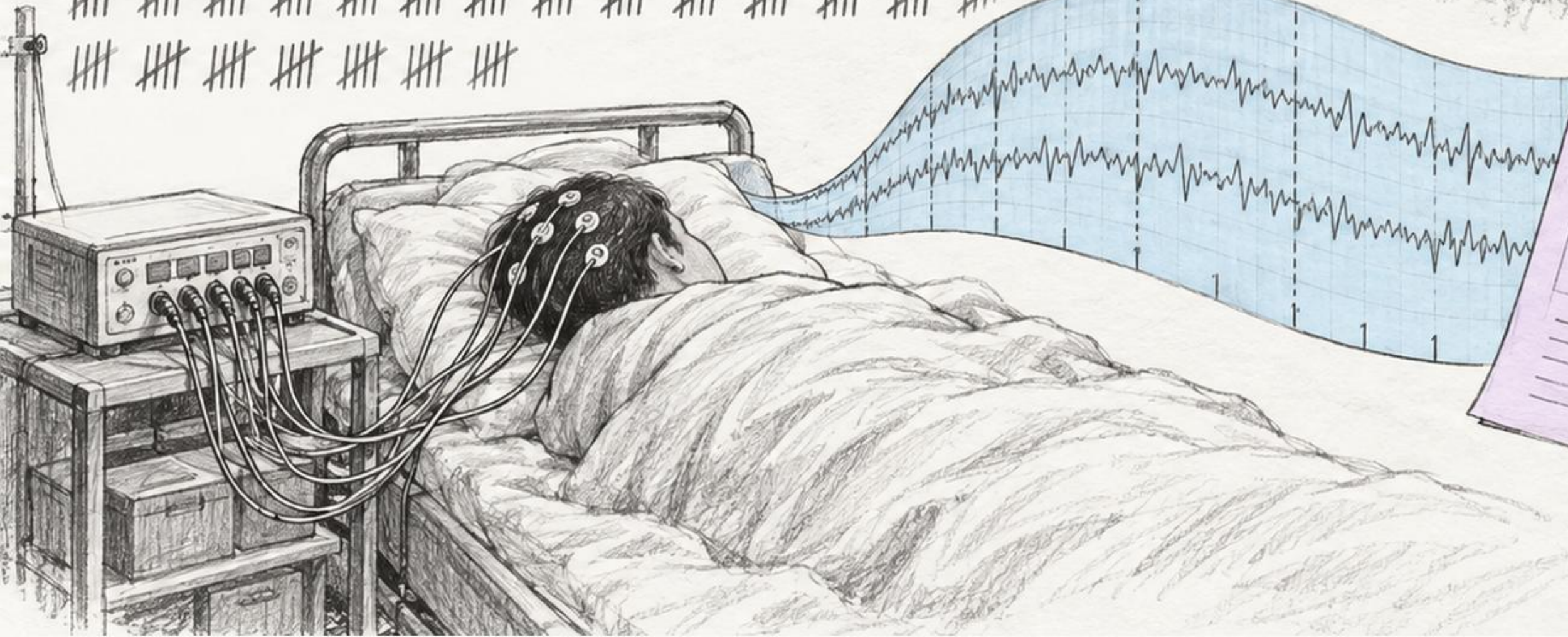




答案: 没有

二千六百次

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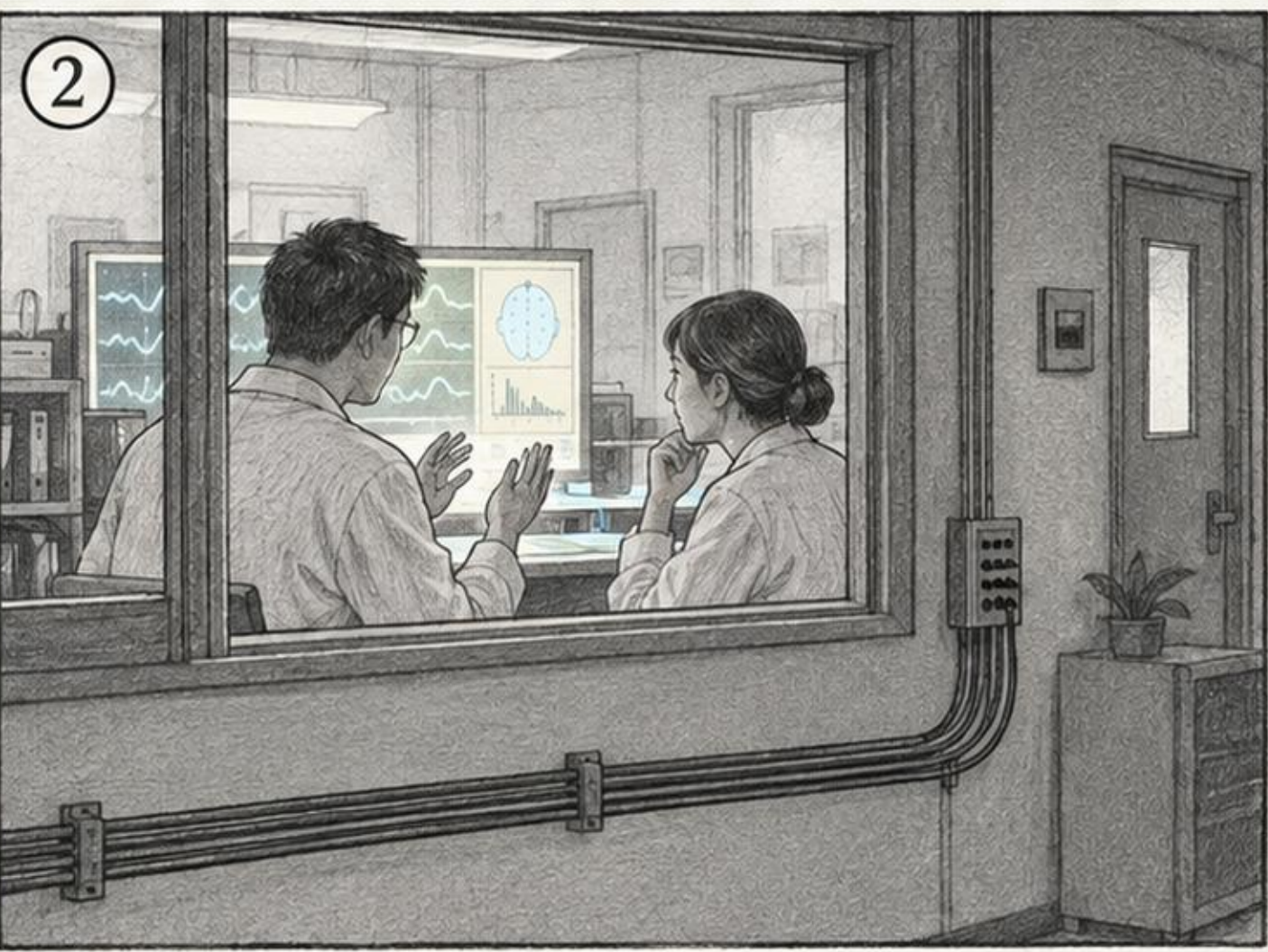
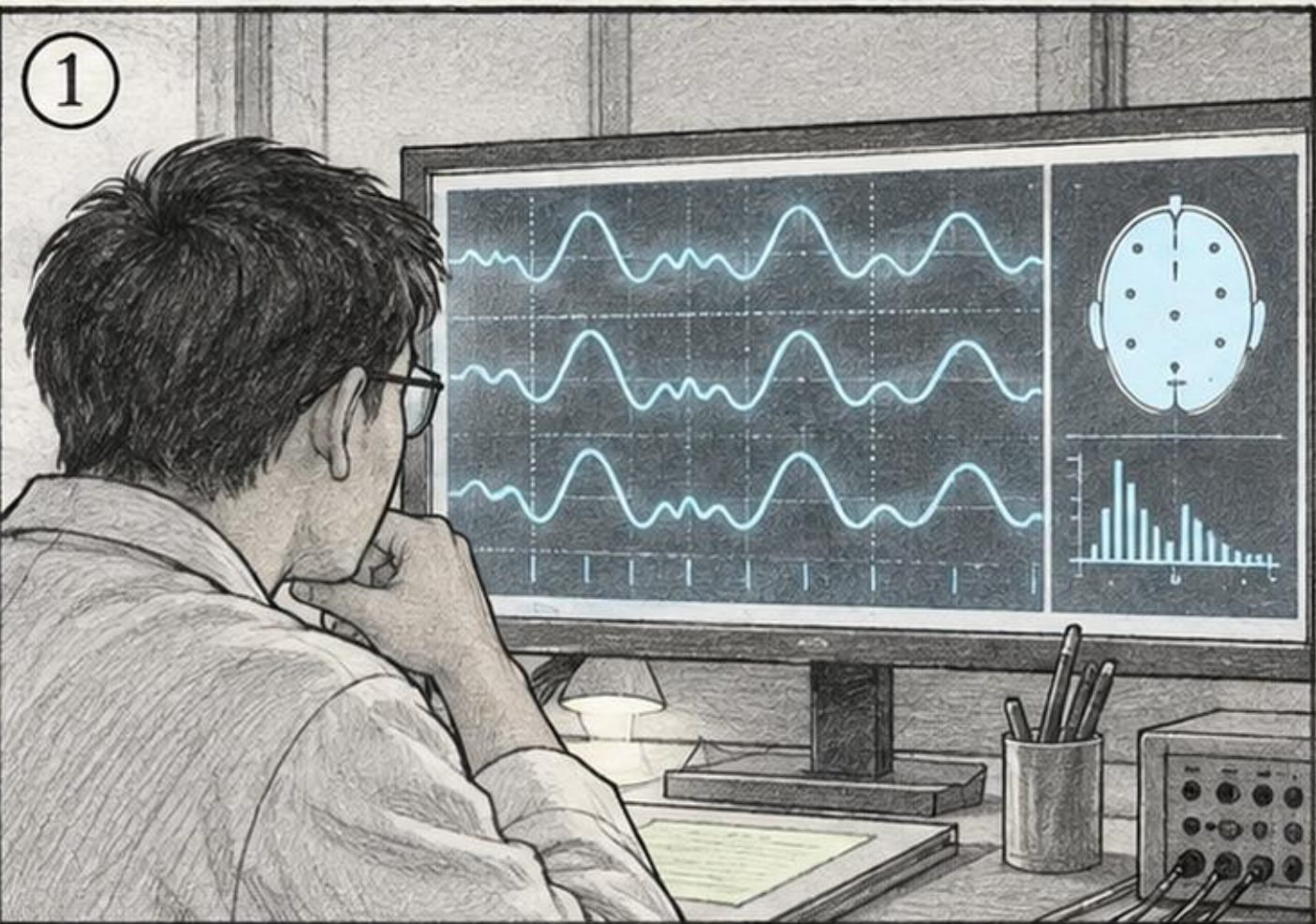
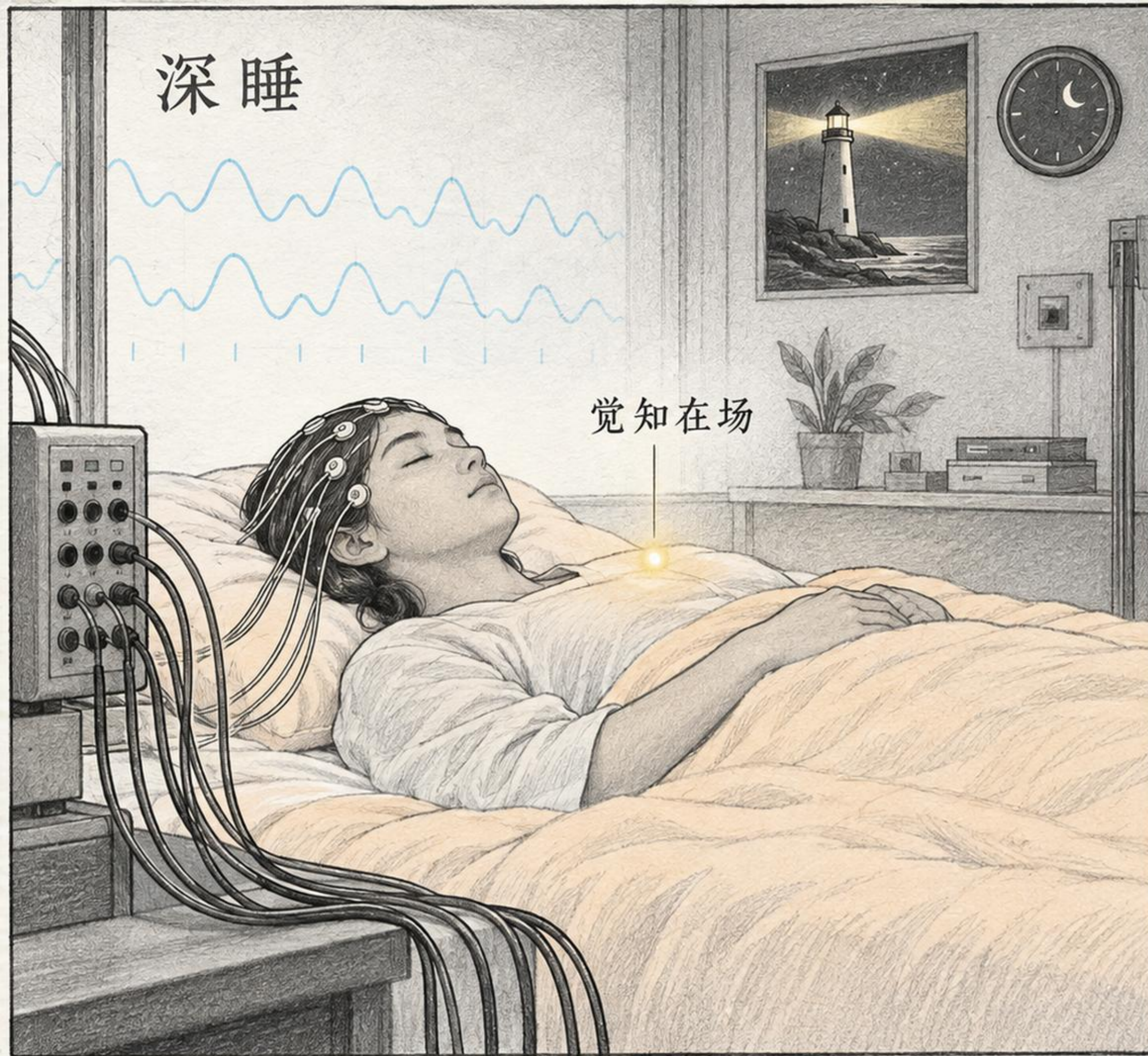


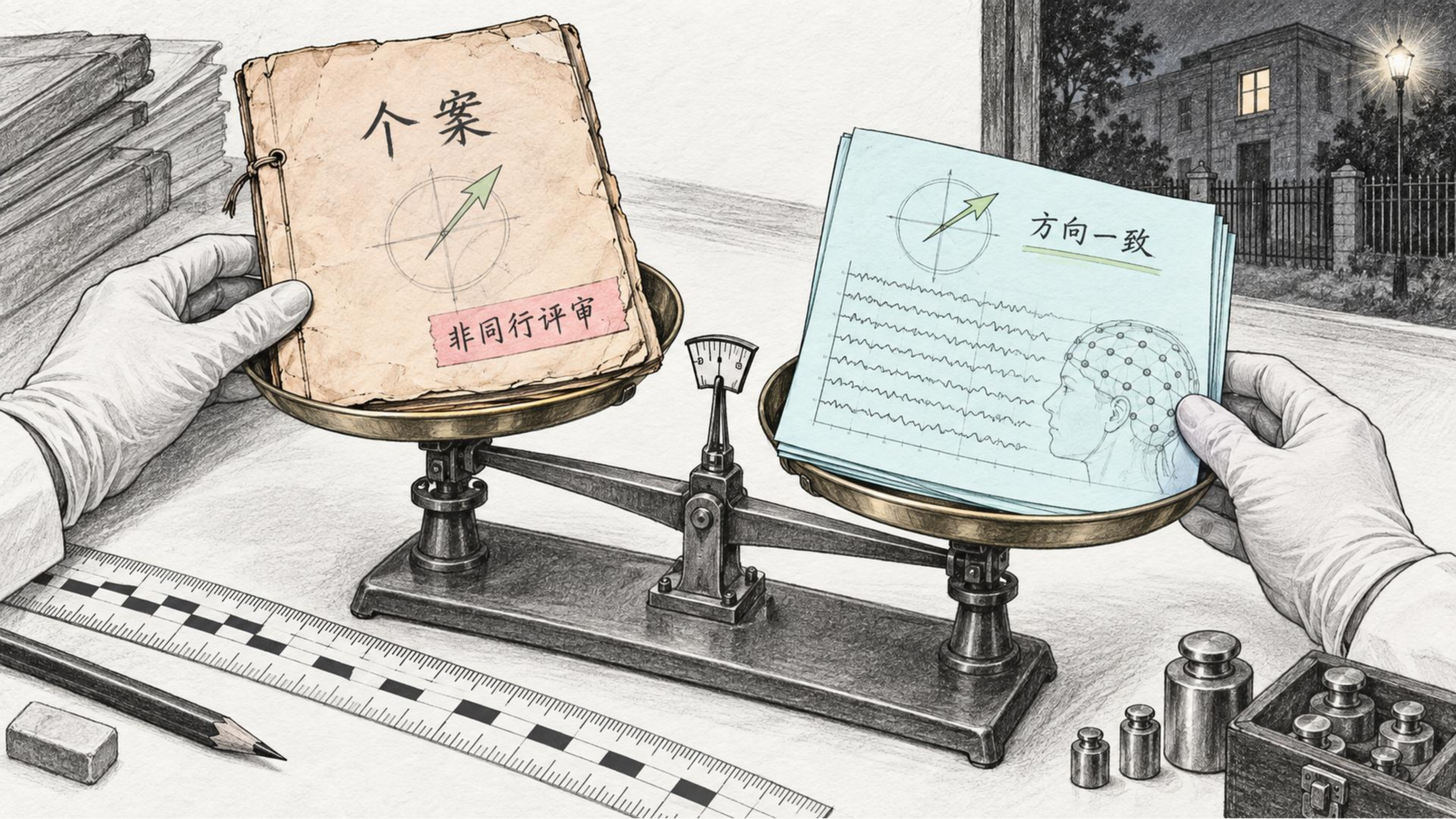
脑电可预测



深睡

觉知在场



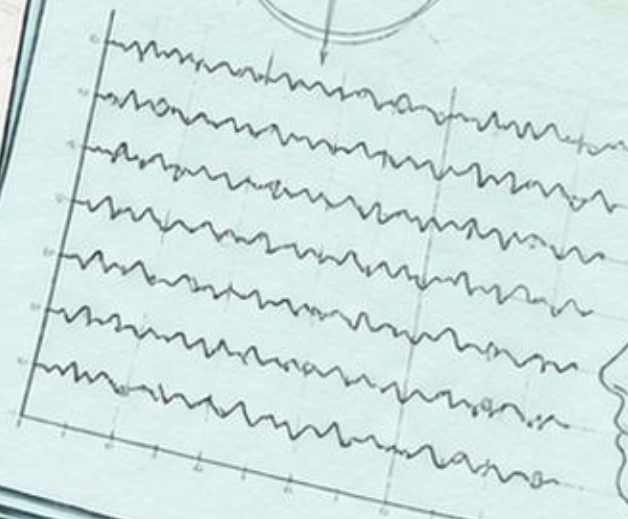


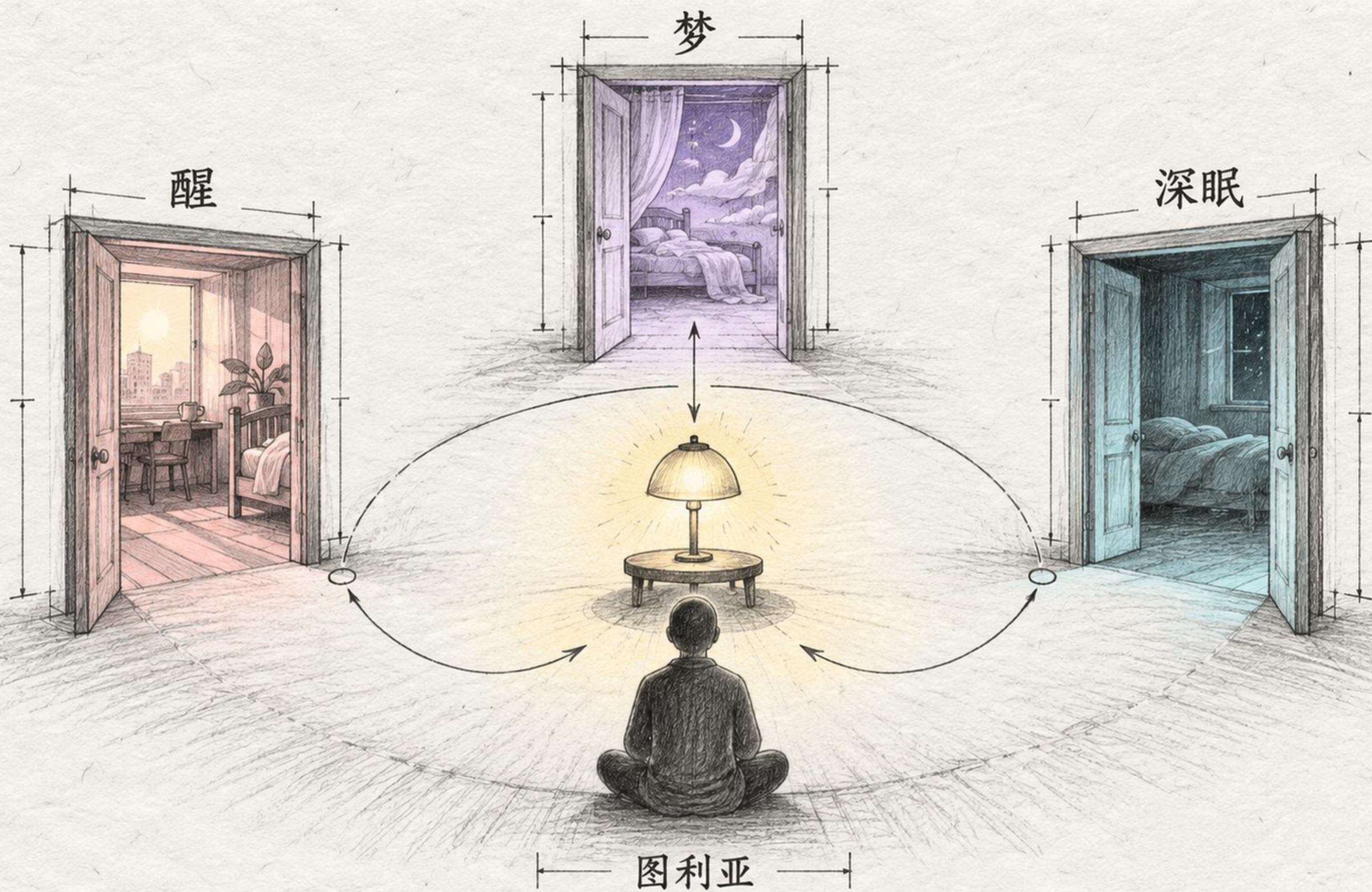
个案

非同行评审



方向一致

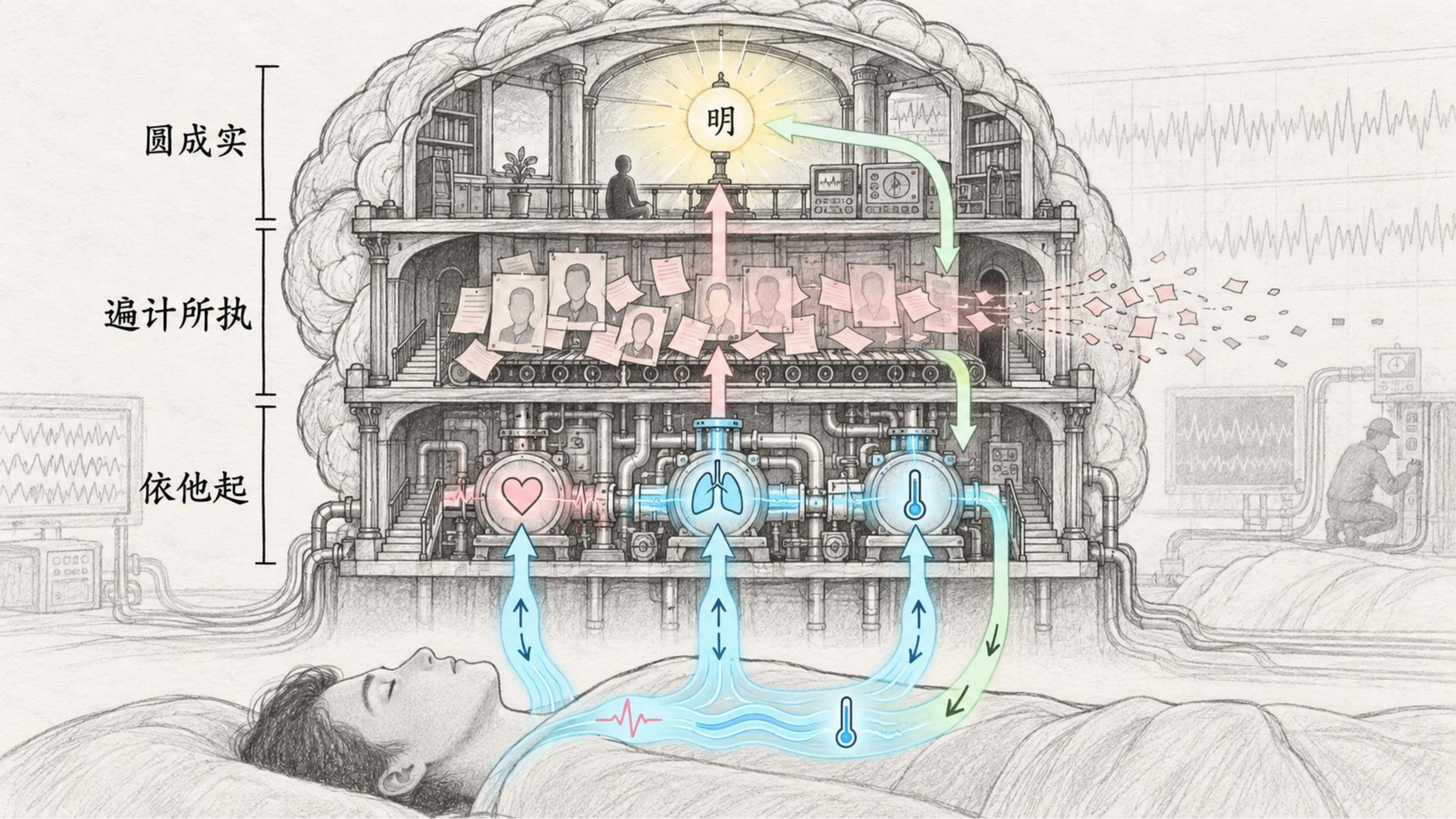




圆成实

遍计所执

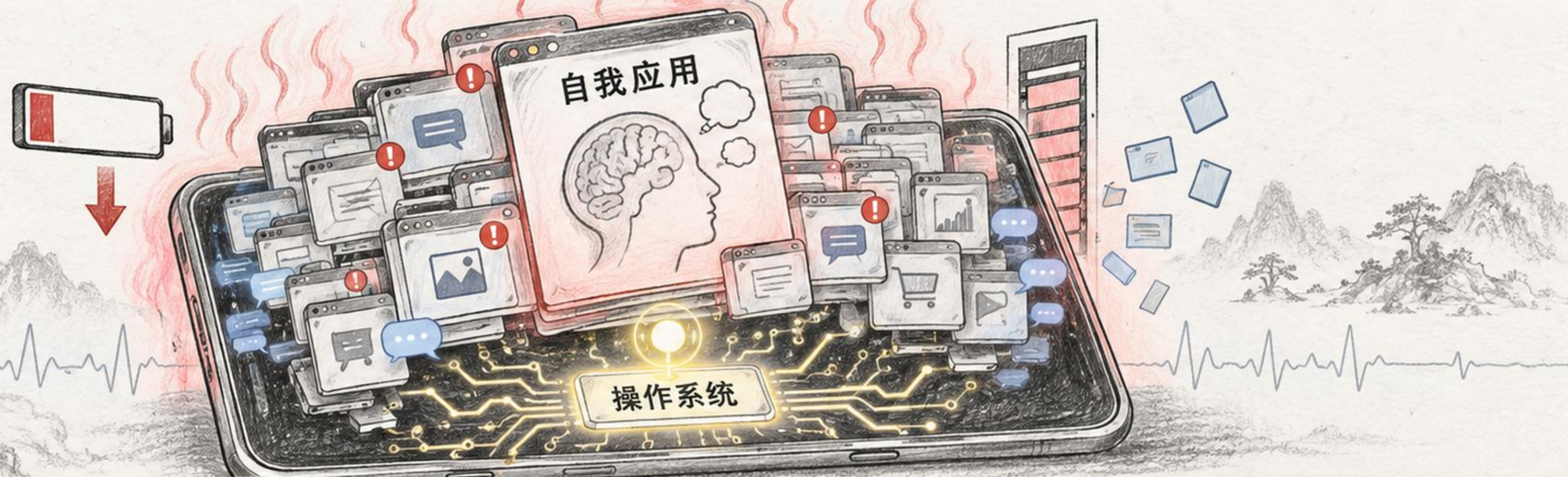
依他起



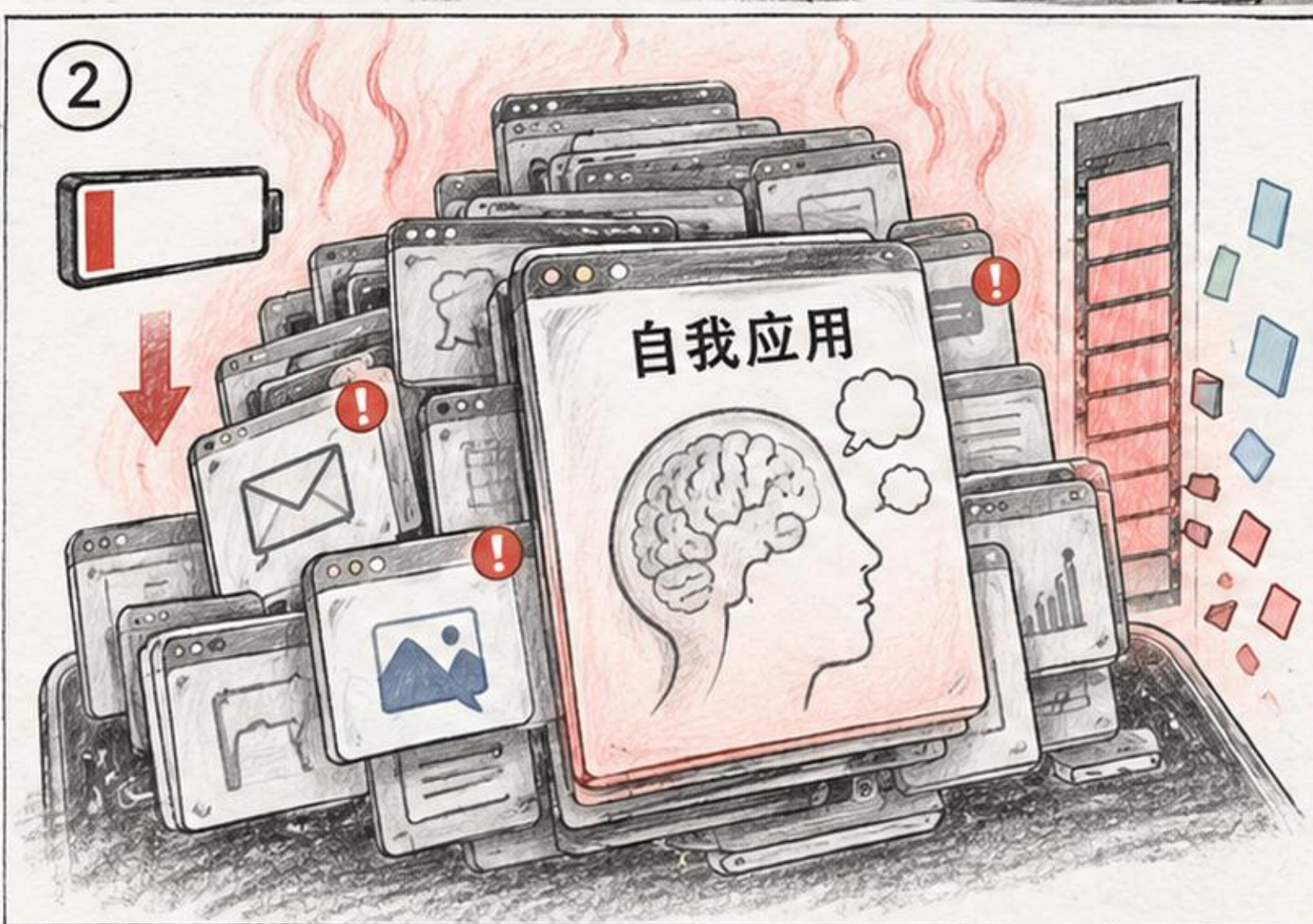
稳定驻留
觉知不灭



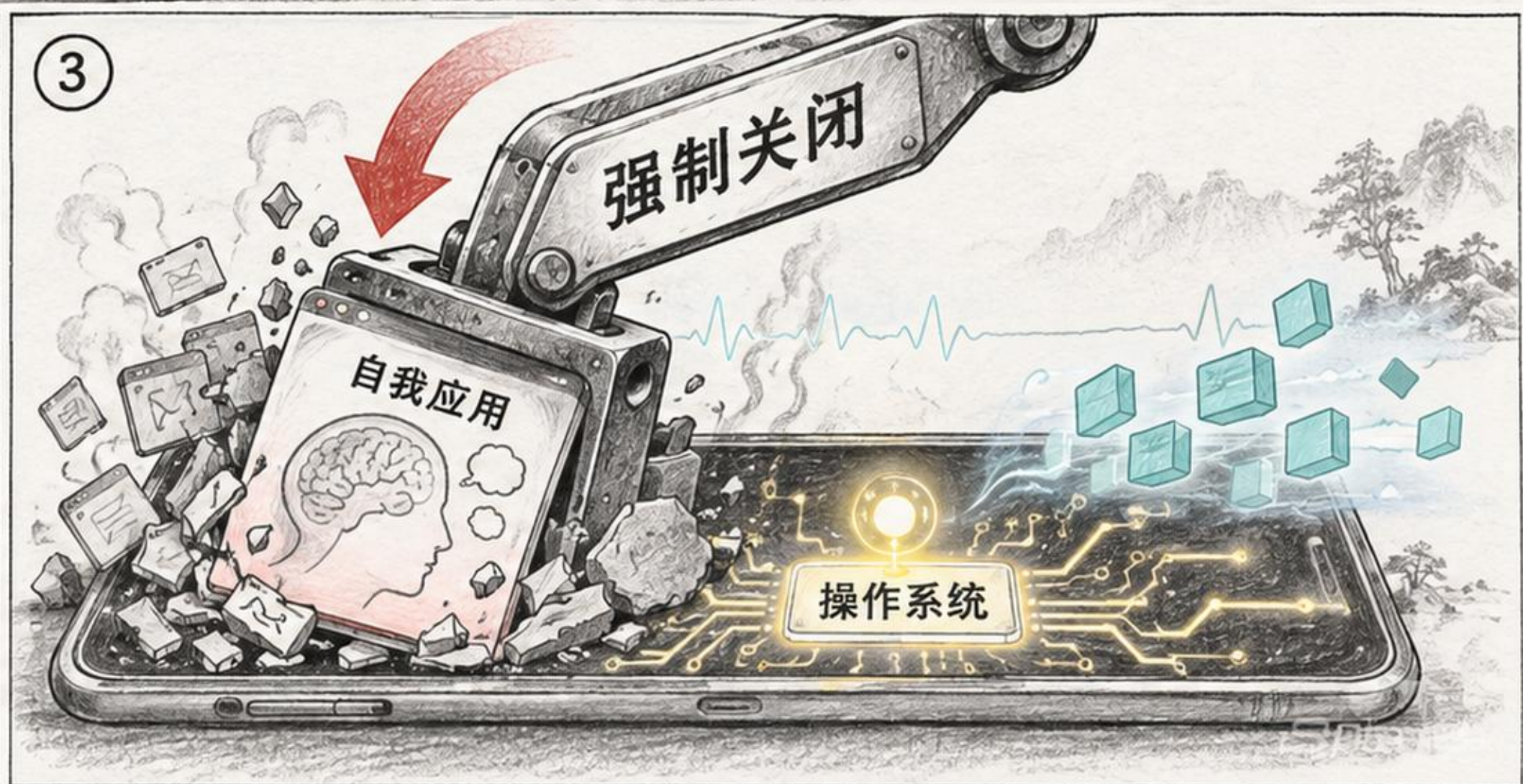
1



2



3



主动关闭

冥想

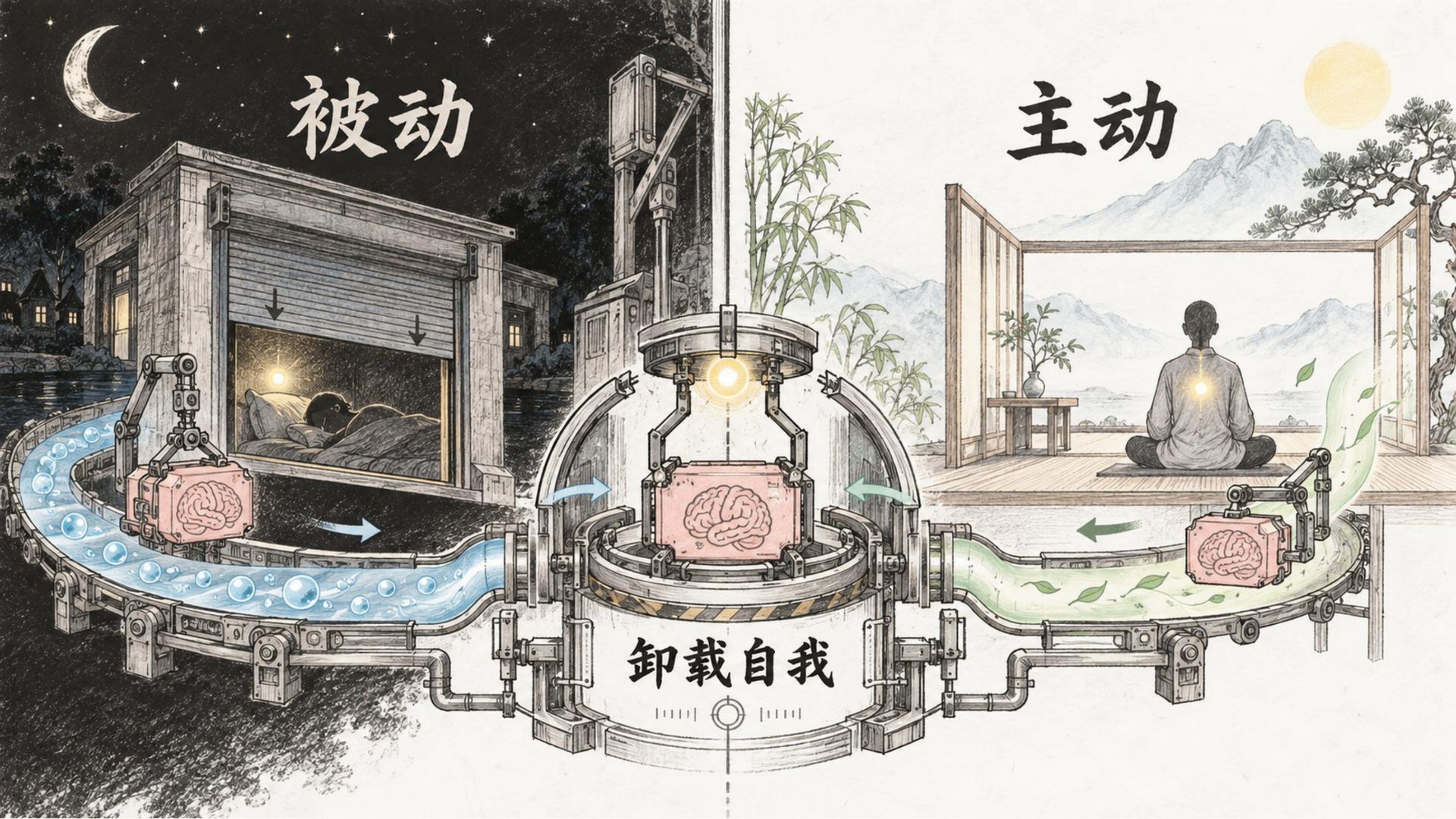
白天喘息

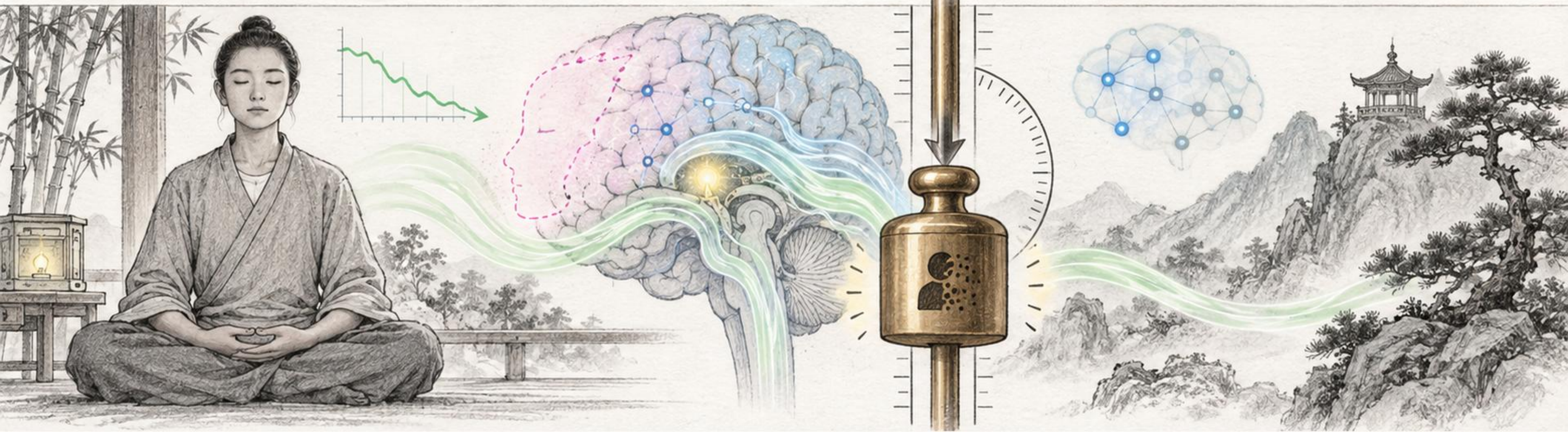
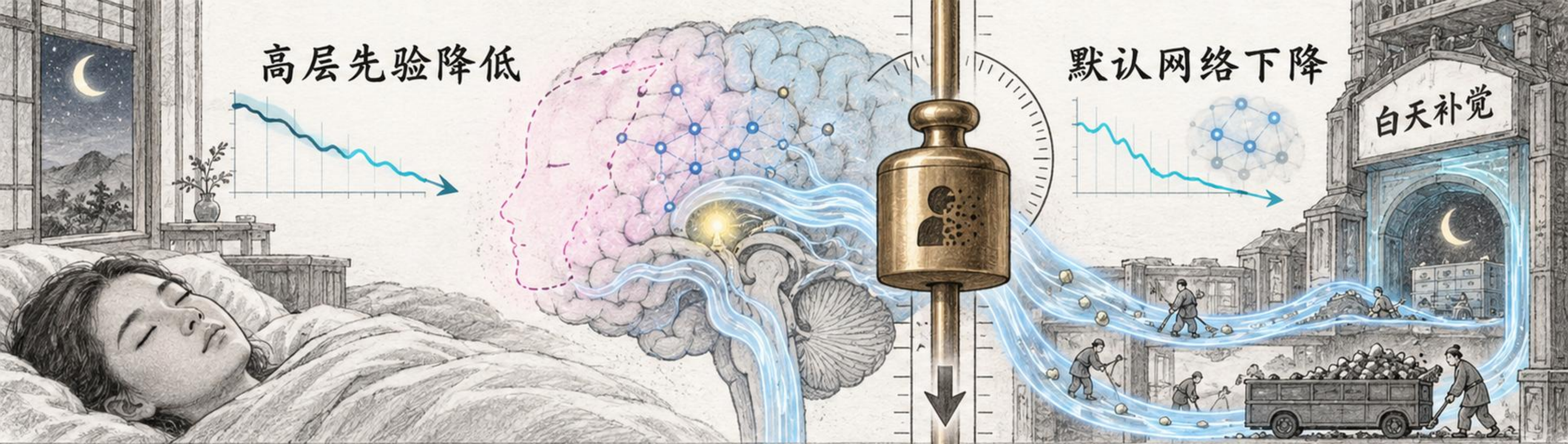


被动

主动

卸载自我





不是浪费

系统维护

无我修行





放下「暂停“我”」

迷你深睡

关掉的是
自以为是的我

① ② ③ ④

最终收束

60%

最终收束

60%