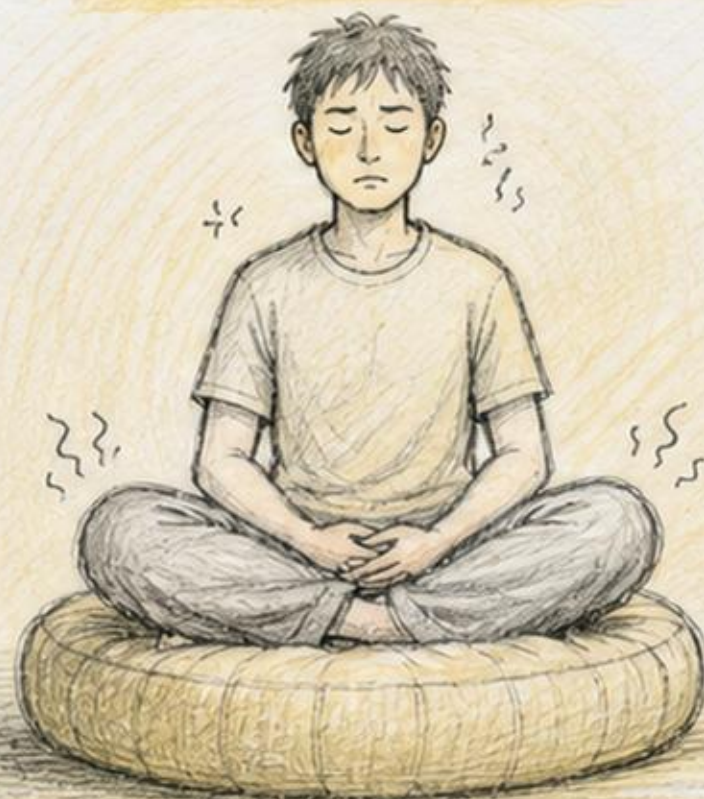


戒定慧

禁忌清单

打坐忍腿麻

读经书



①

②

③

戒 → 定 → 慧

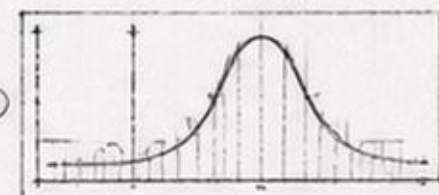
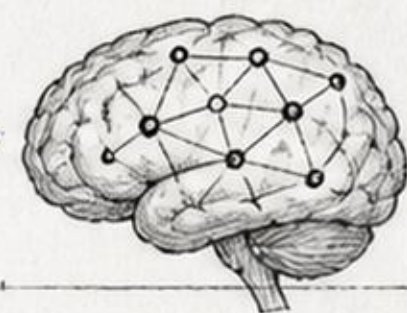
戒

定

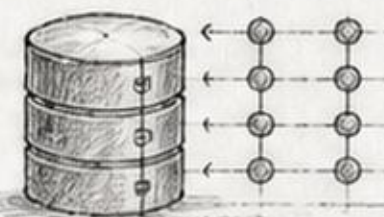
慧

不能跳级

两千五百年前的架构图卷轴



○								✓	
✓	✓							✓	
✓								✓	



①

②

③

大脑重装系统

①

我是王利杰

②

三门选修课

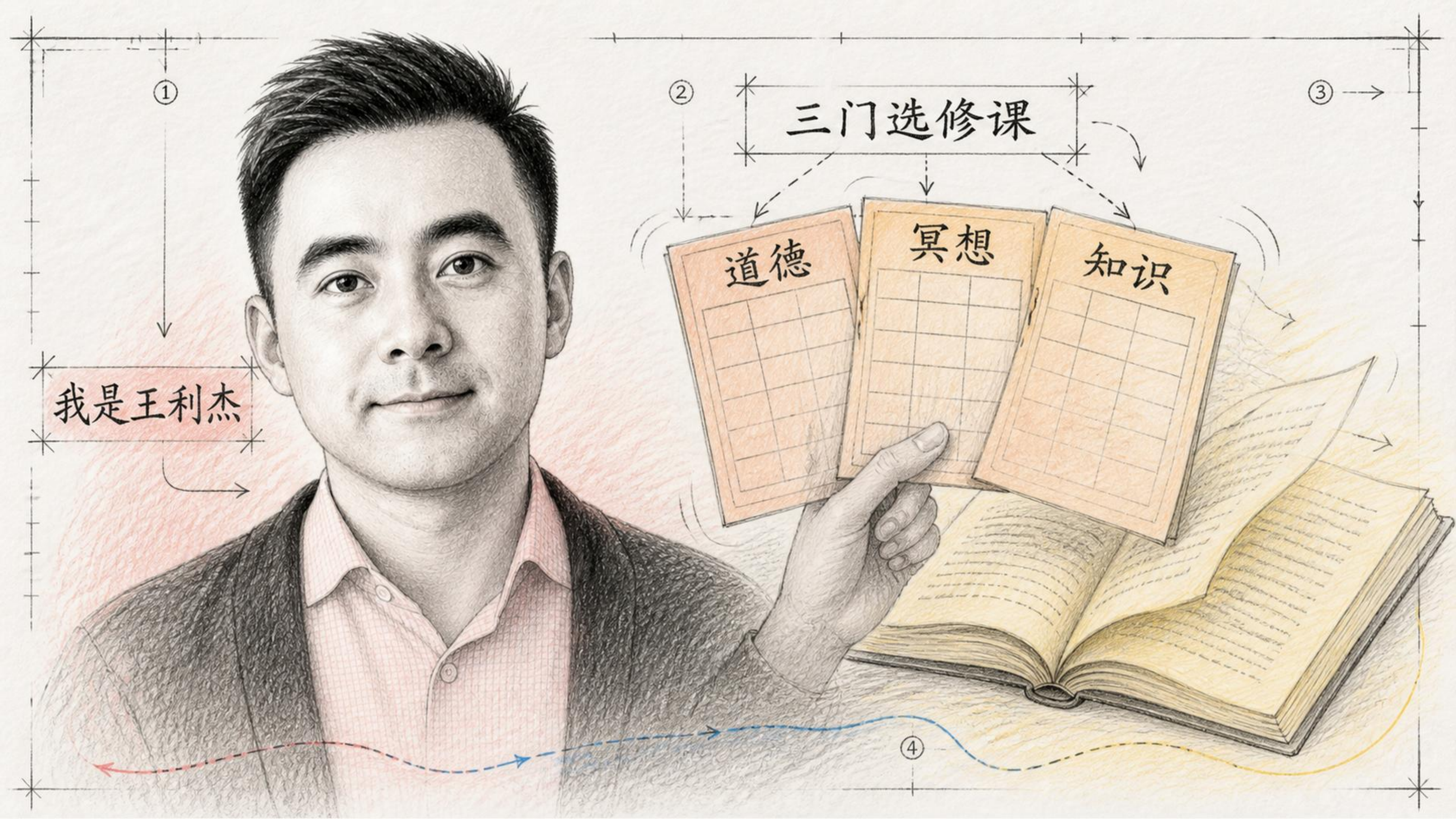
③

道德

冥想

知识

④



1

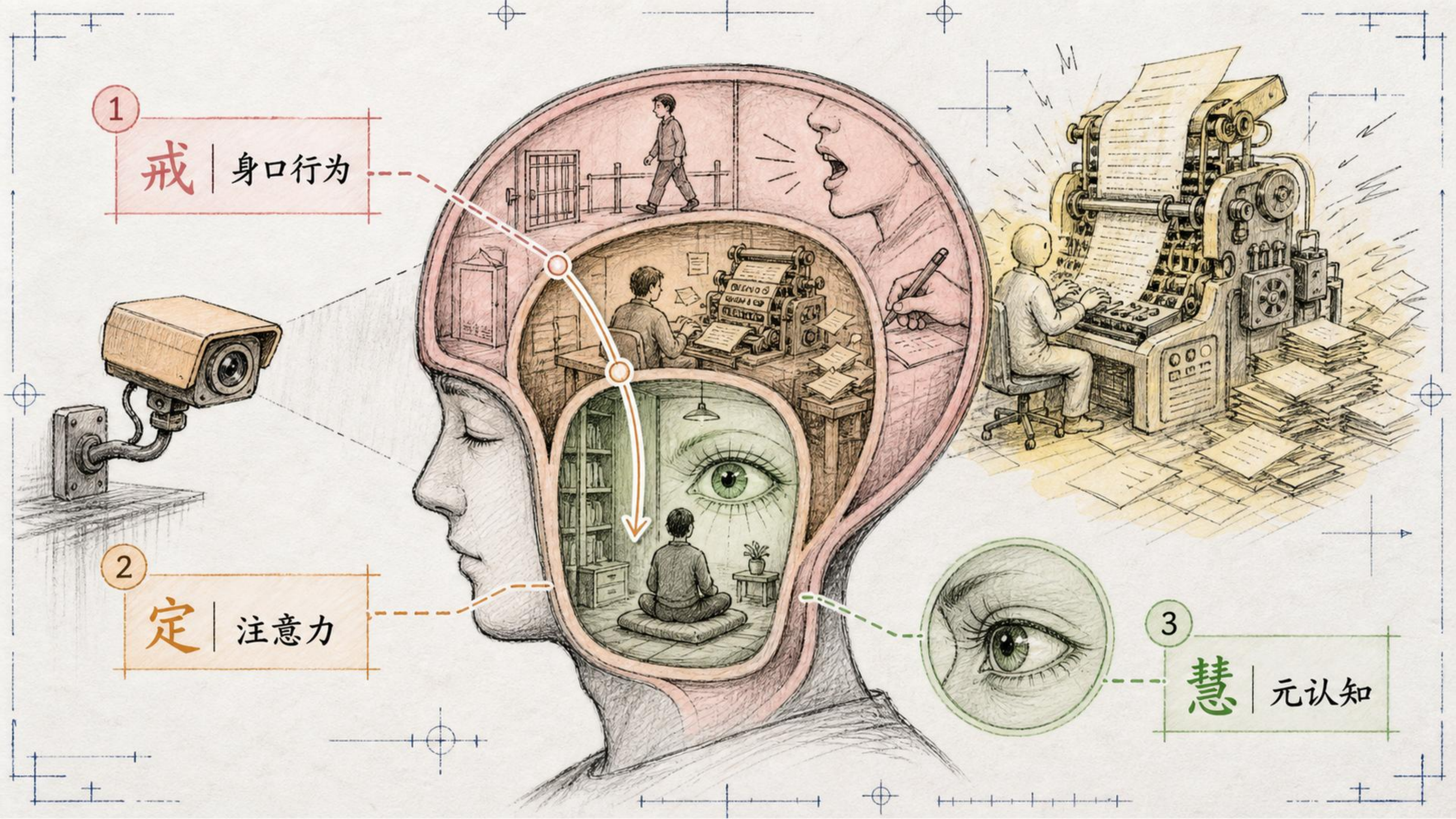
戒 | 身口行为

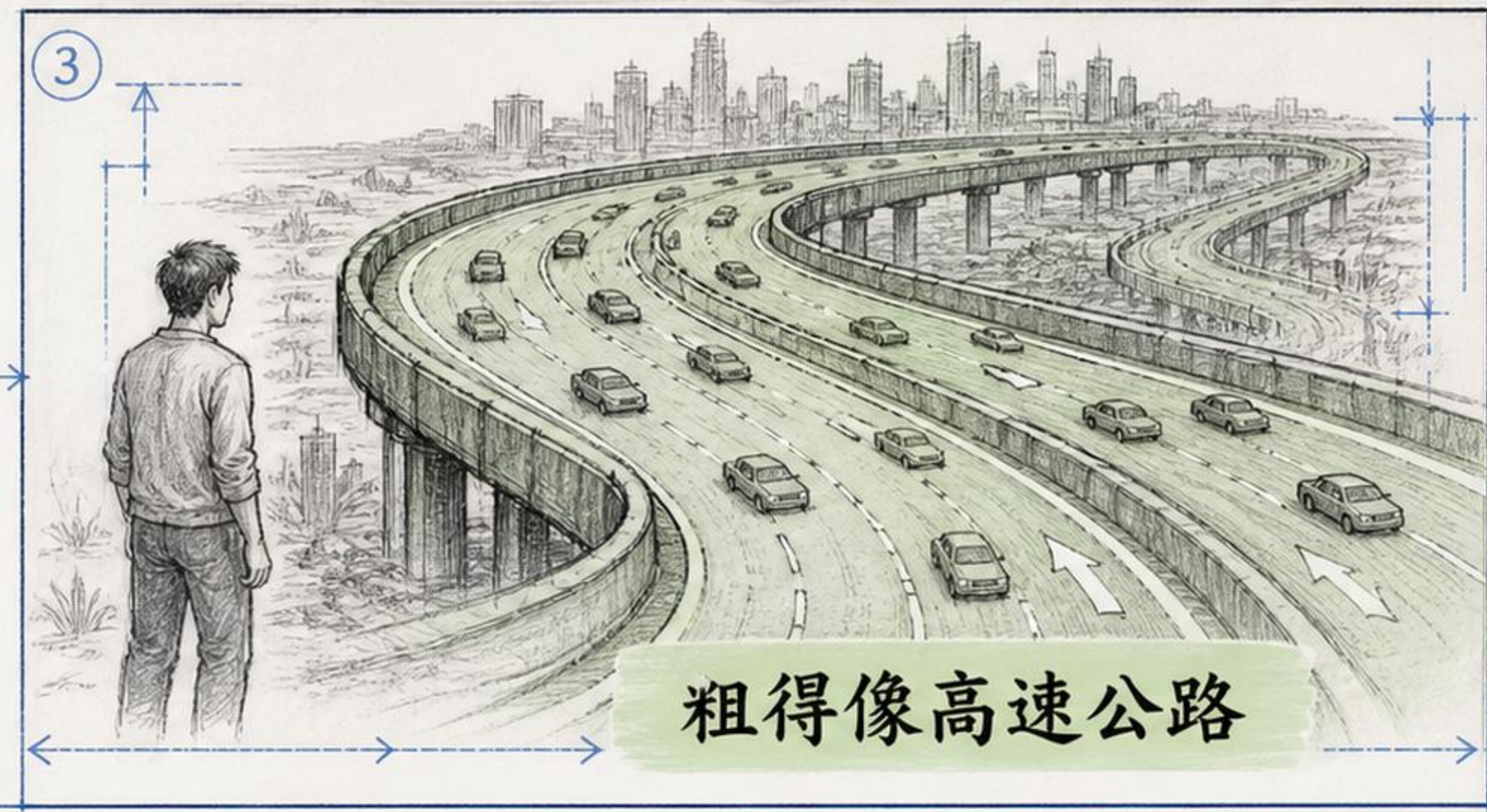
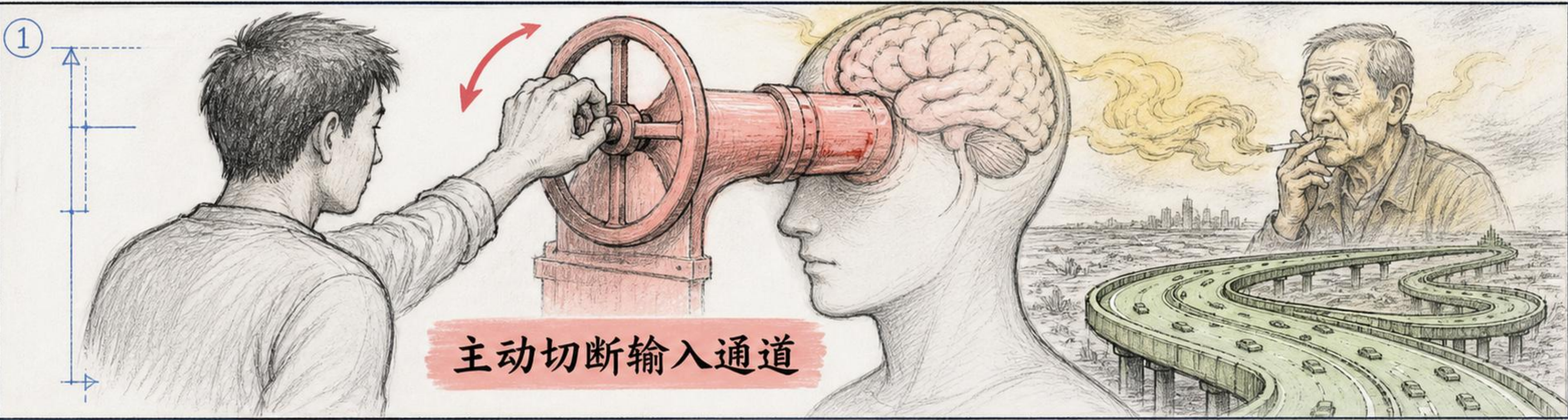
2

定 | 注意力

3

慧 | 元认知





种子生现行



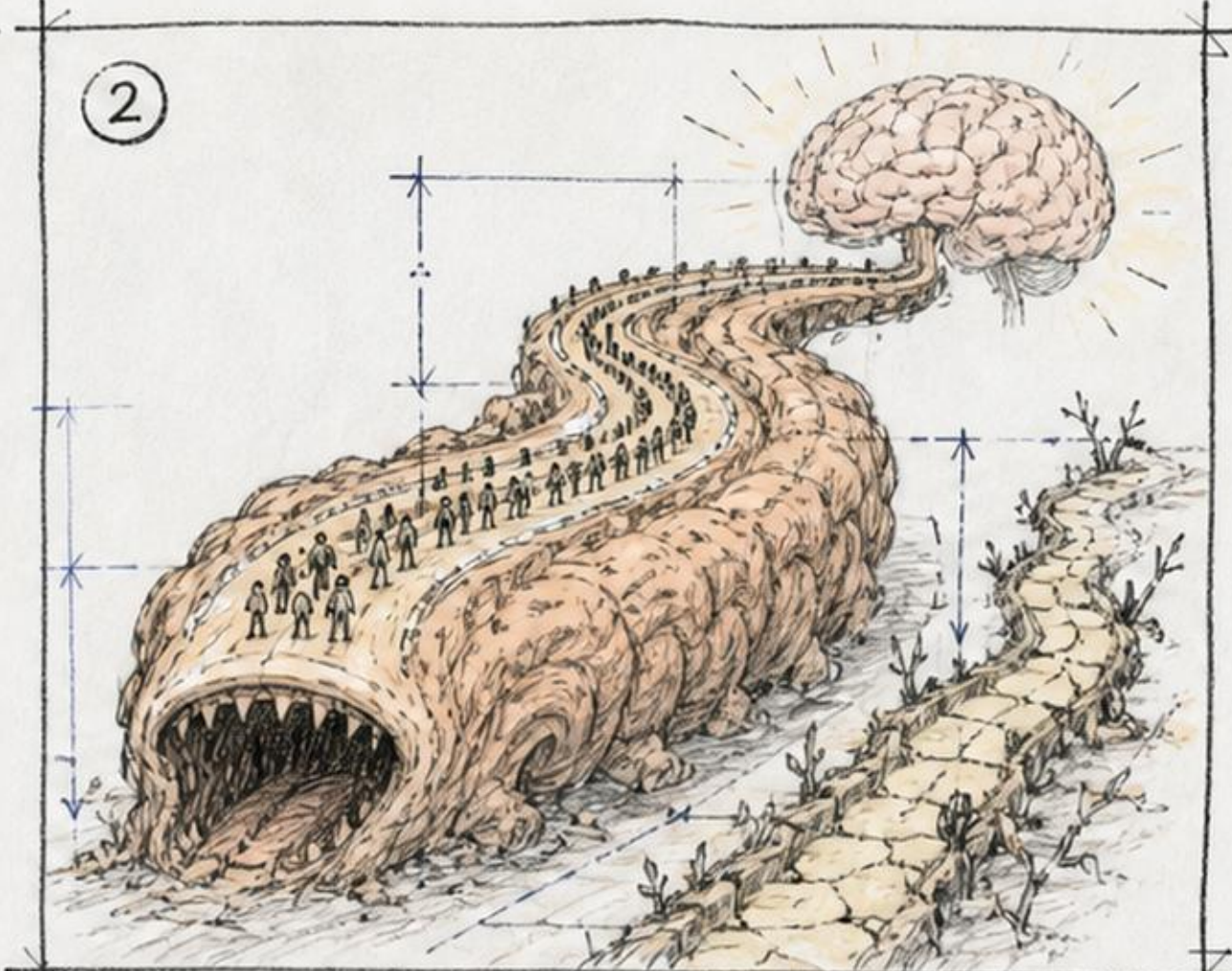
现行熏种子

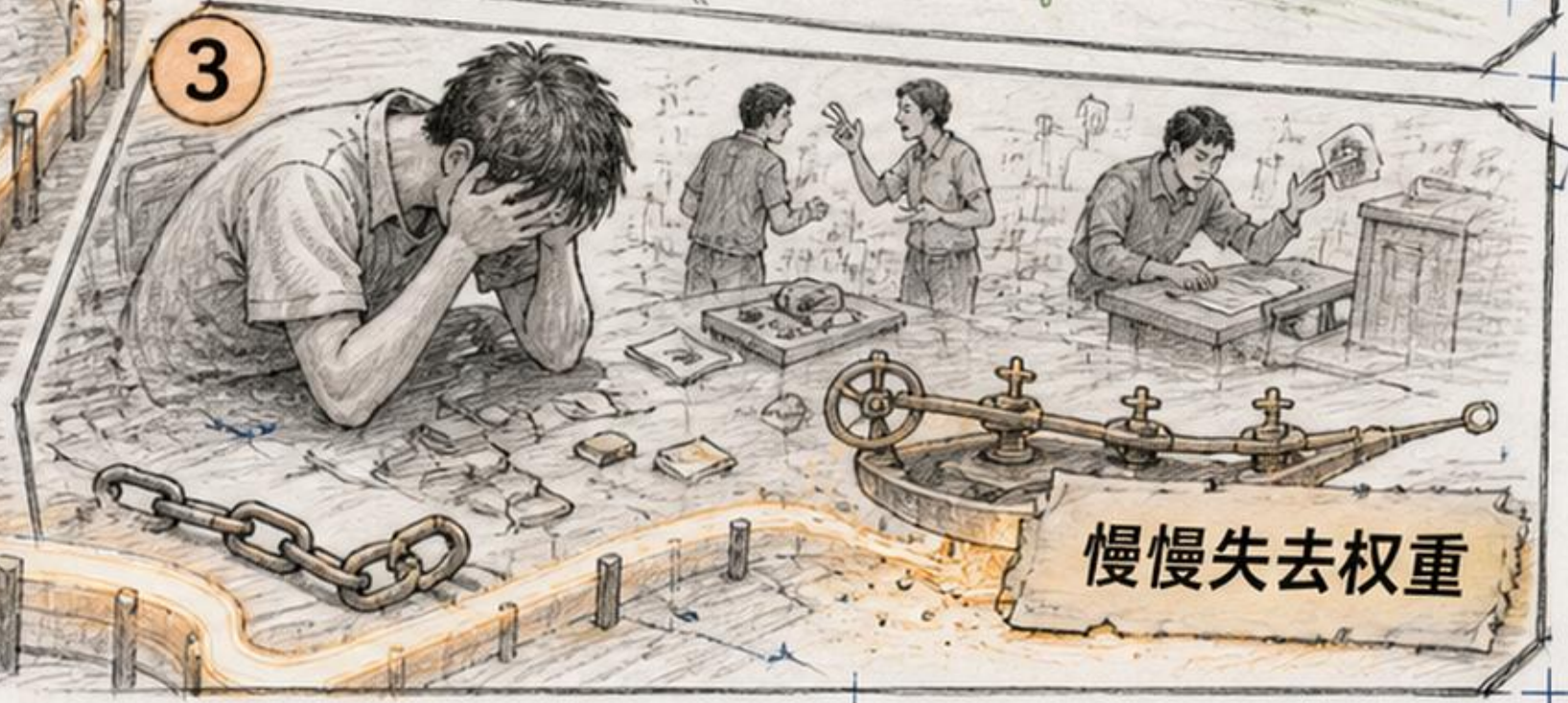
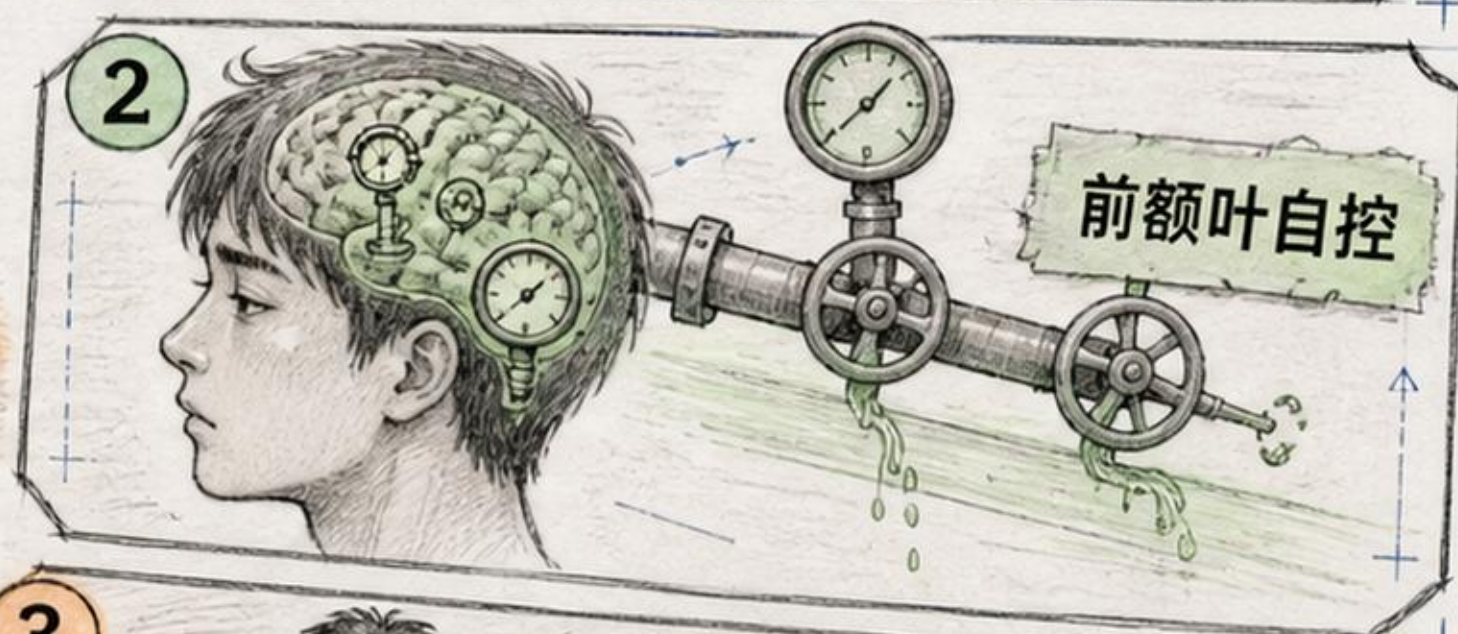
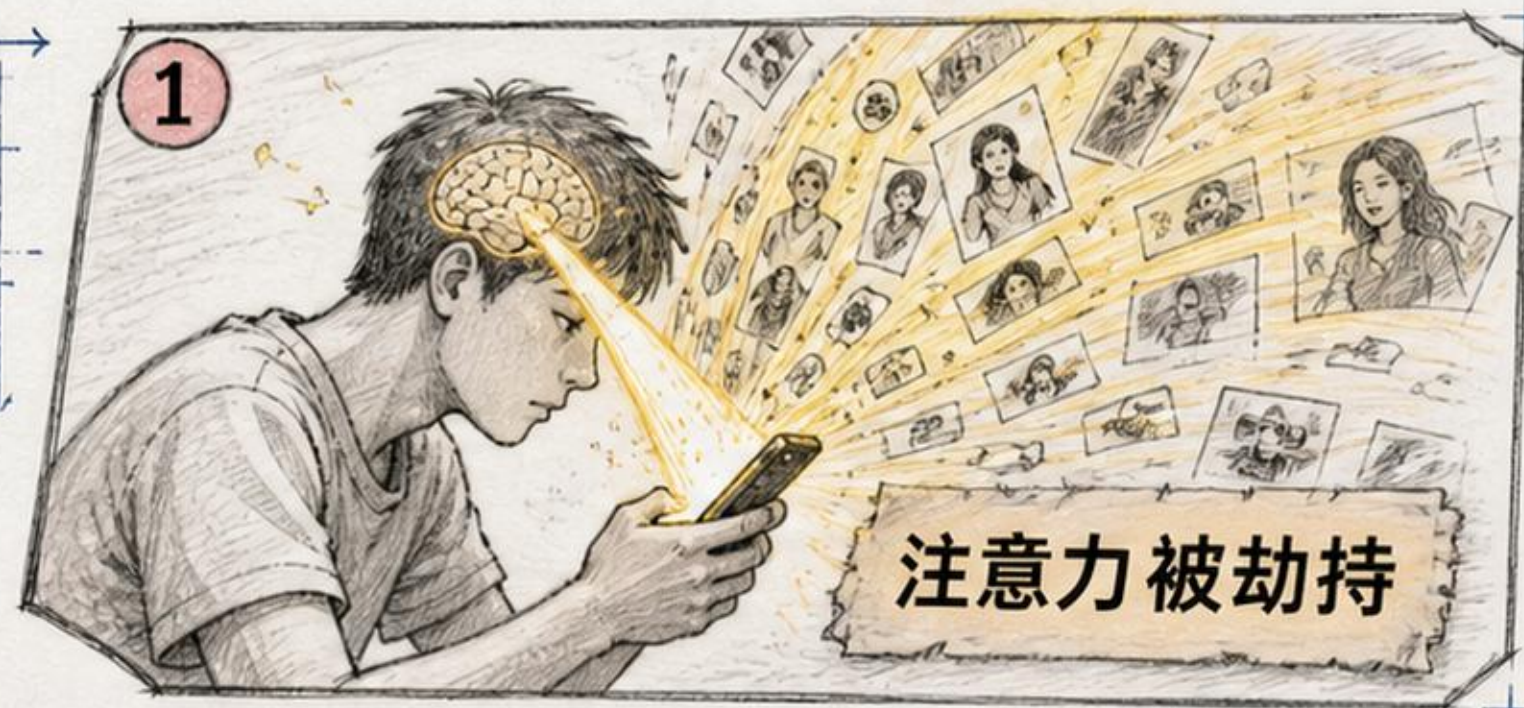
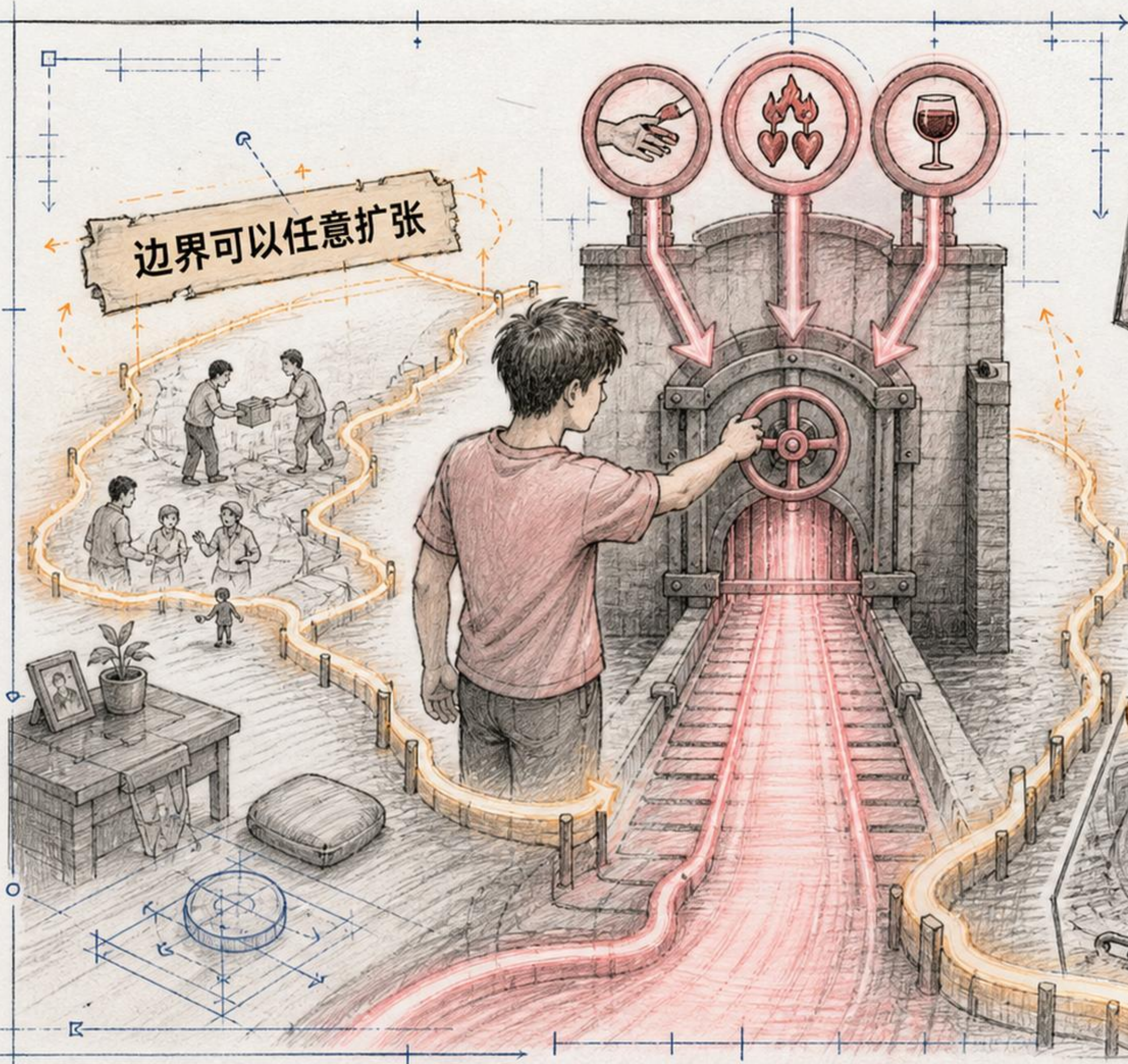


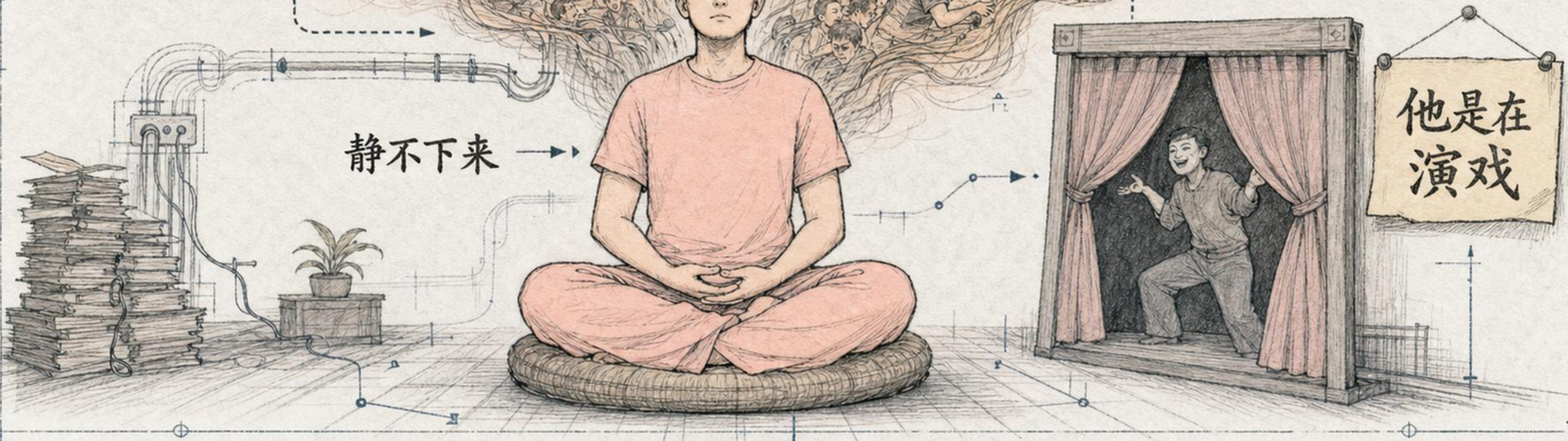
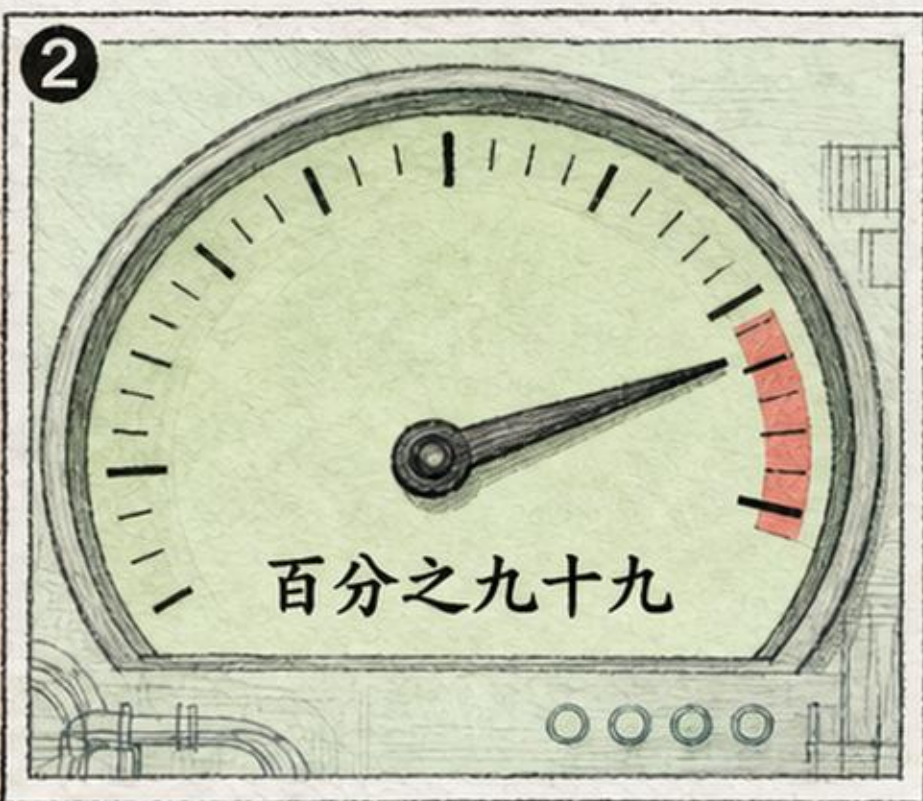
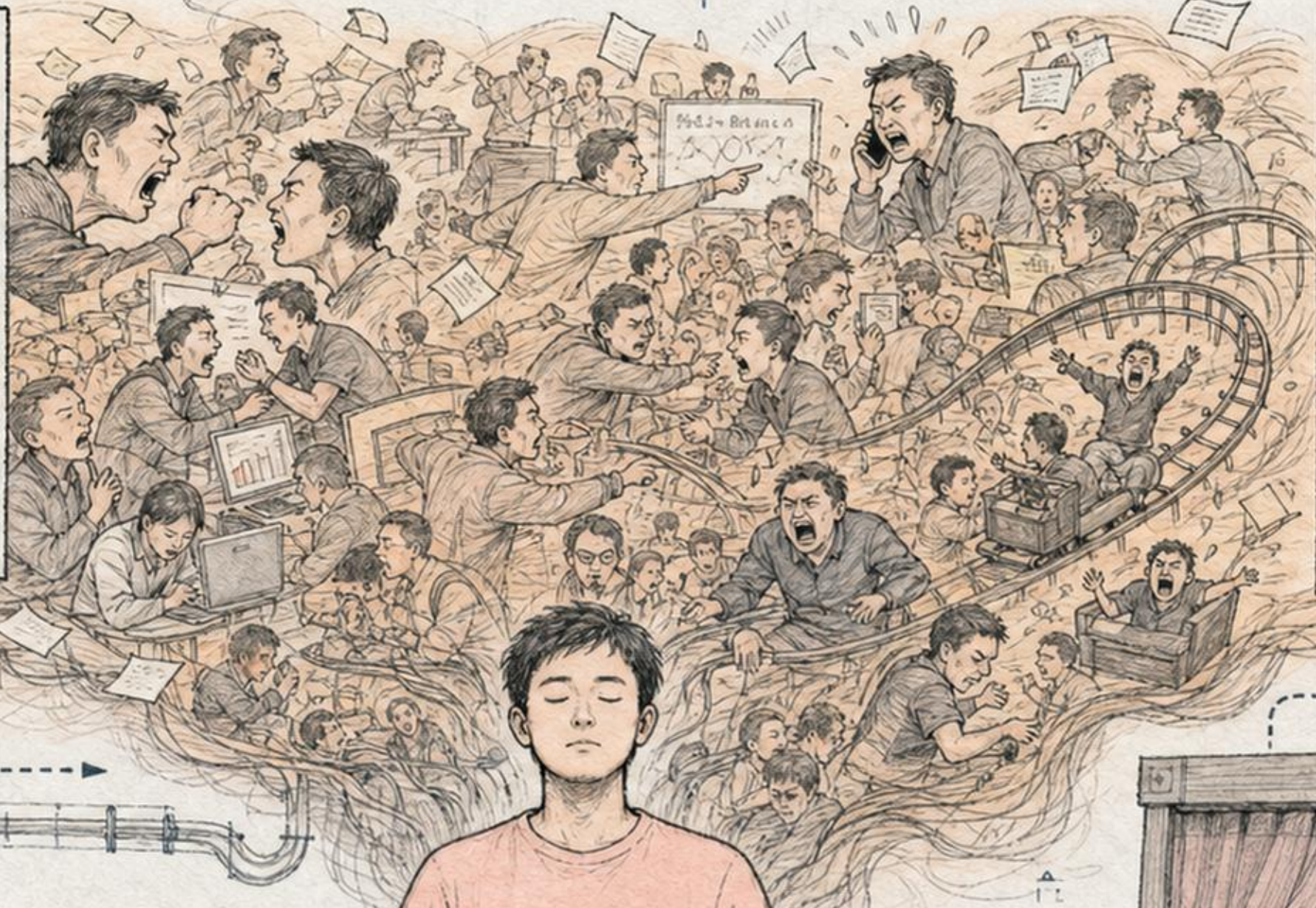
同一件事



不说谎



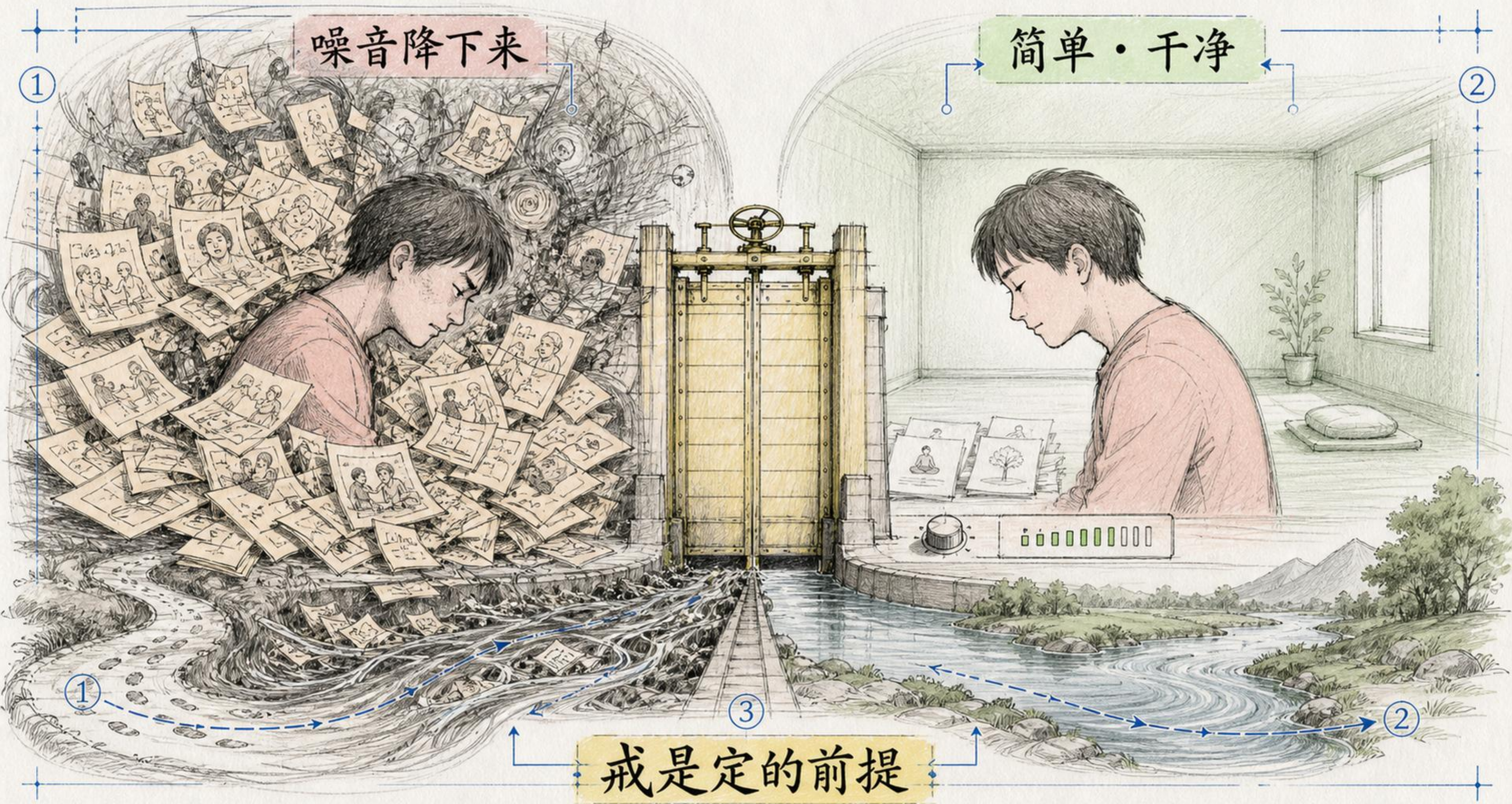




噪音降下来

简单·干净

戒是定的前提



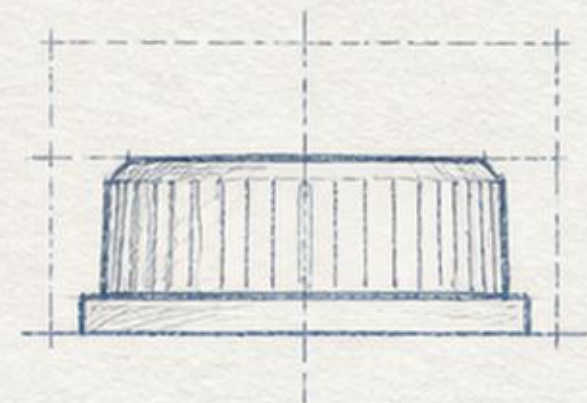
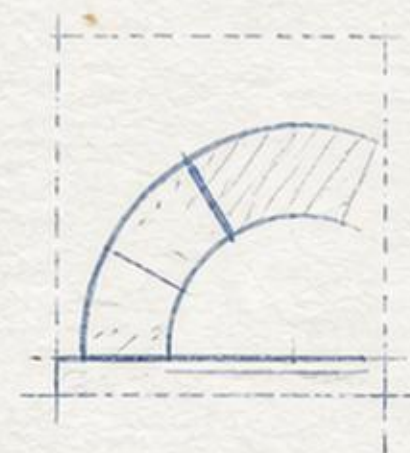
定

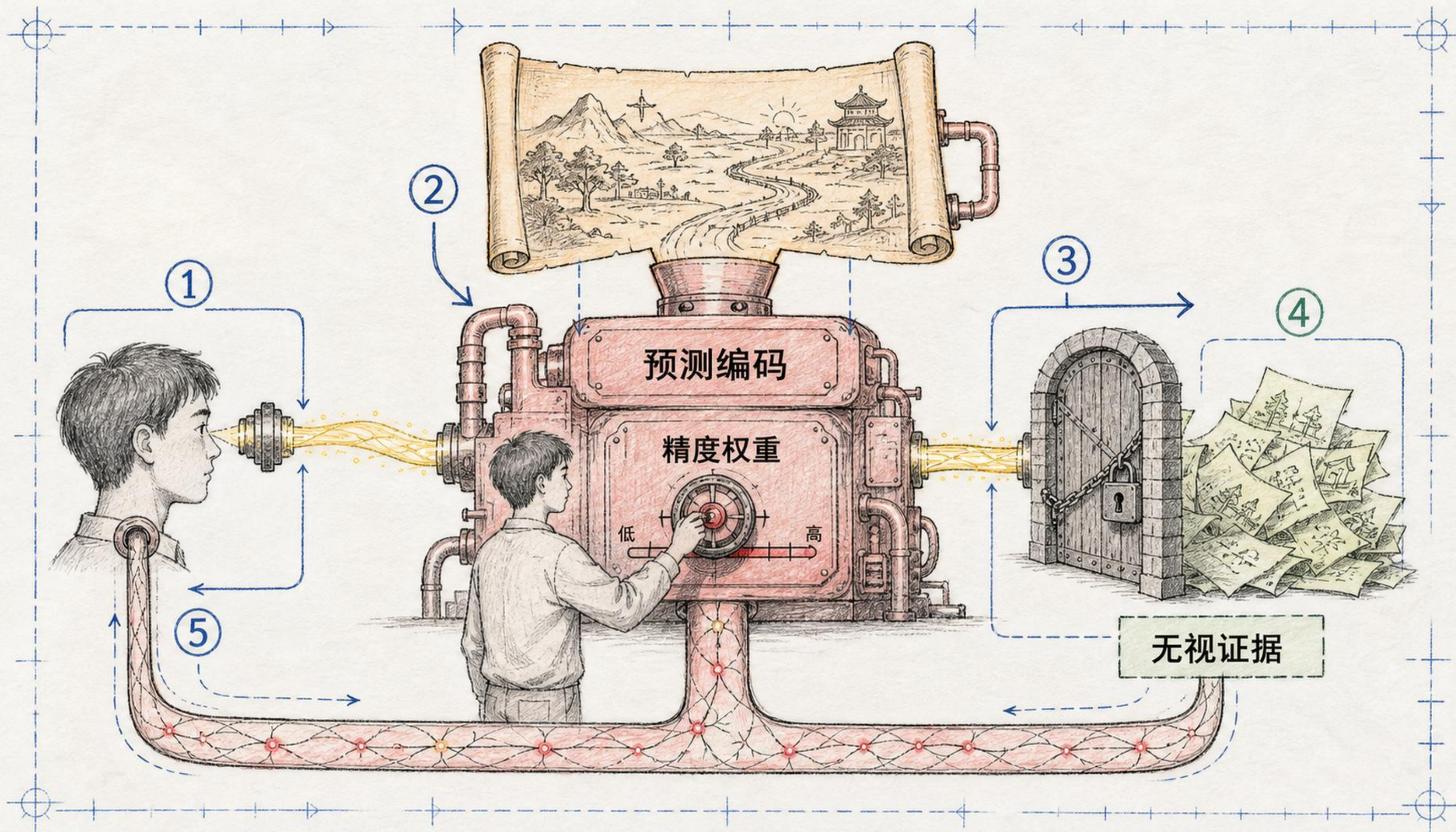
①
高权重先验

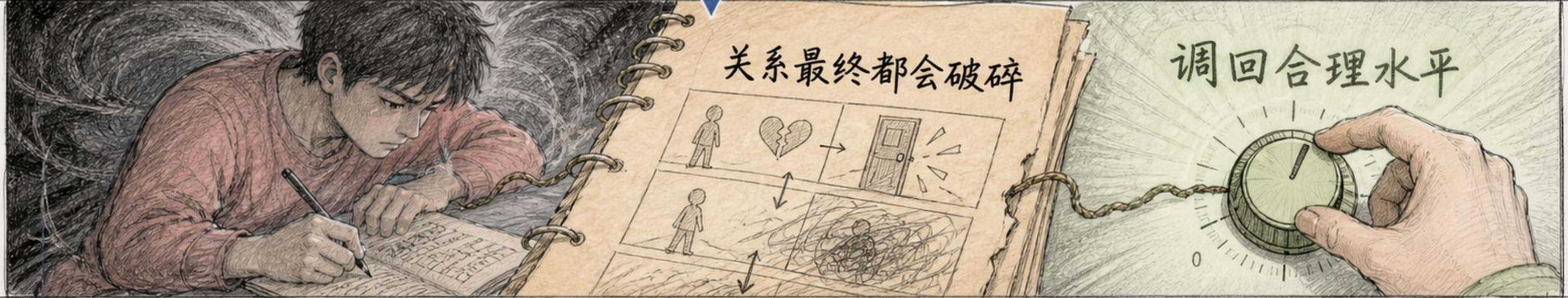
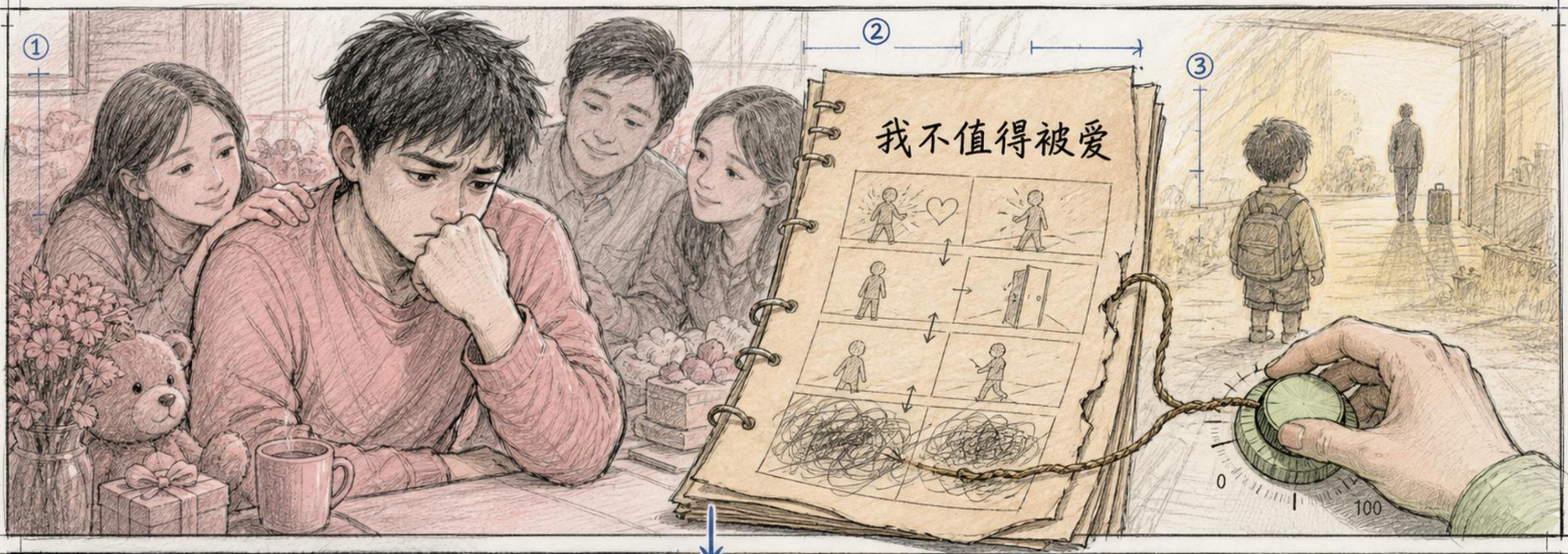
②
调低控制力

③

②







①

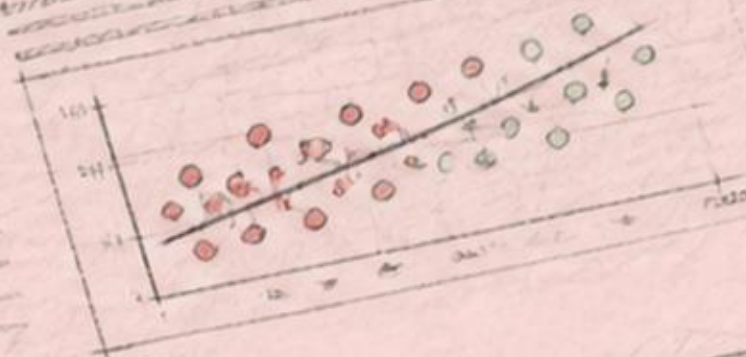
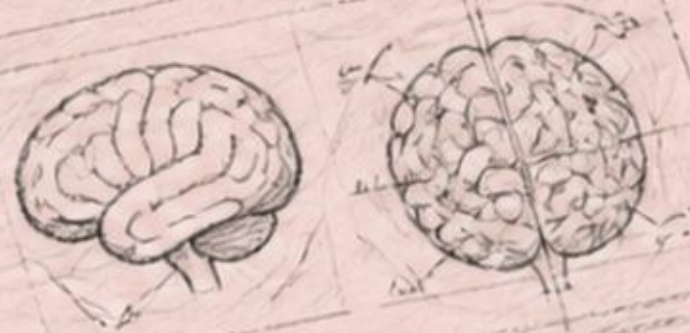
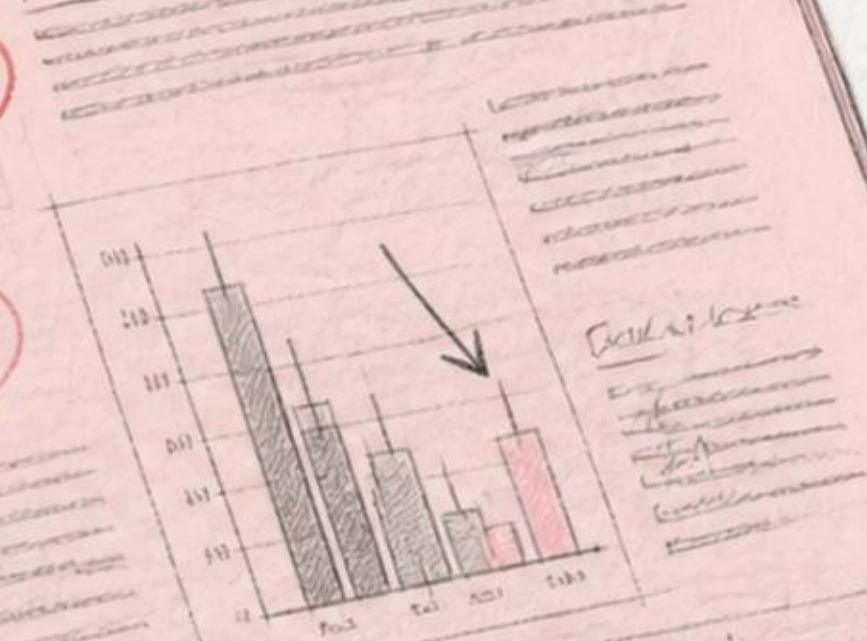
默认模式网络

活动明显更低

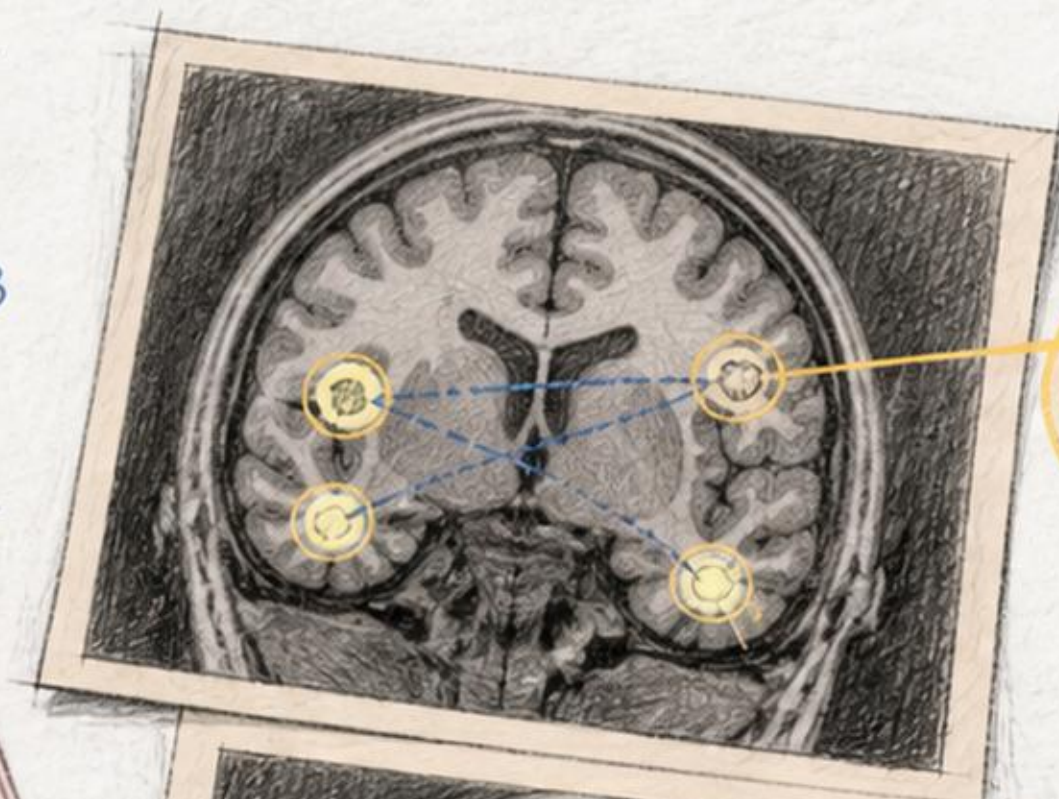
联结变强

不是玄学

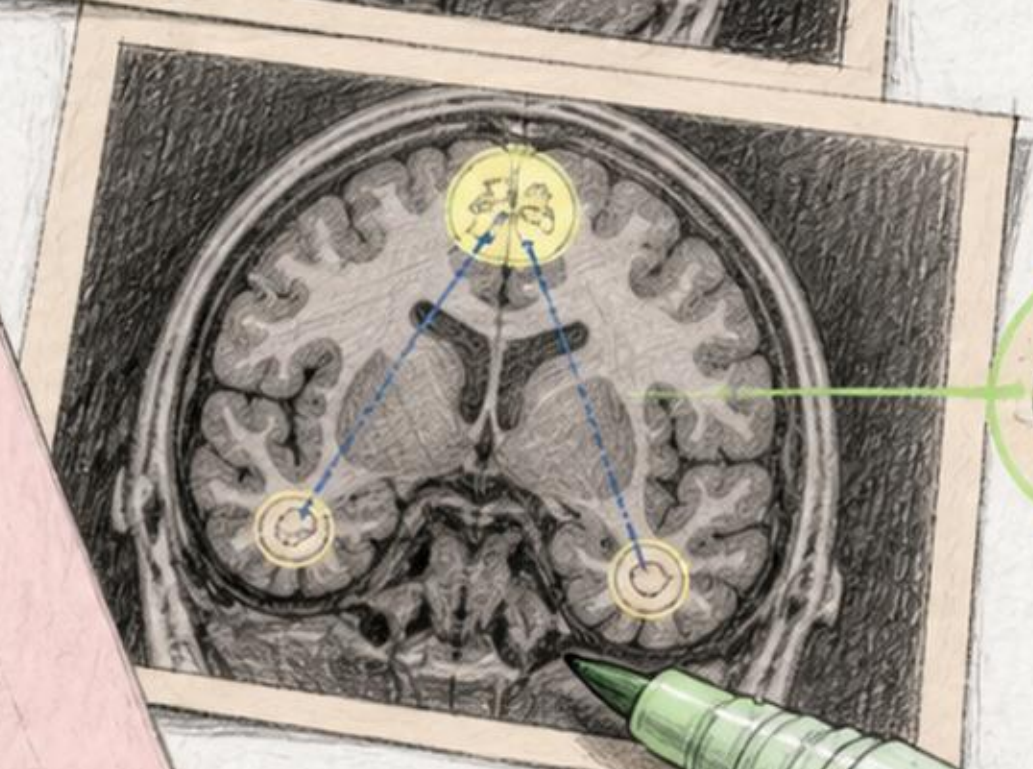
Default mode network



± 23



②

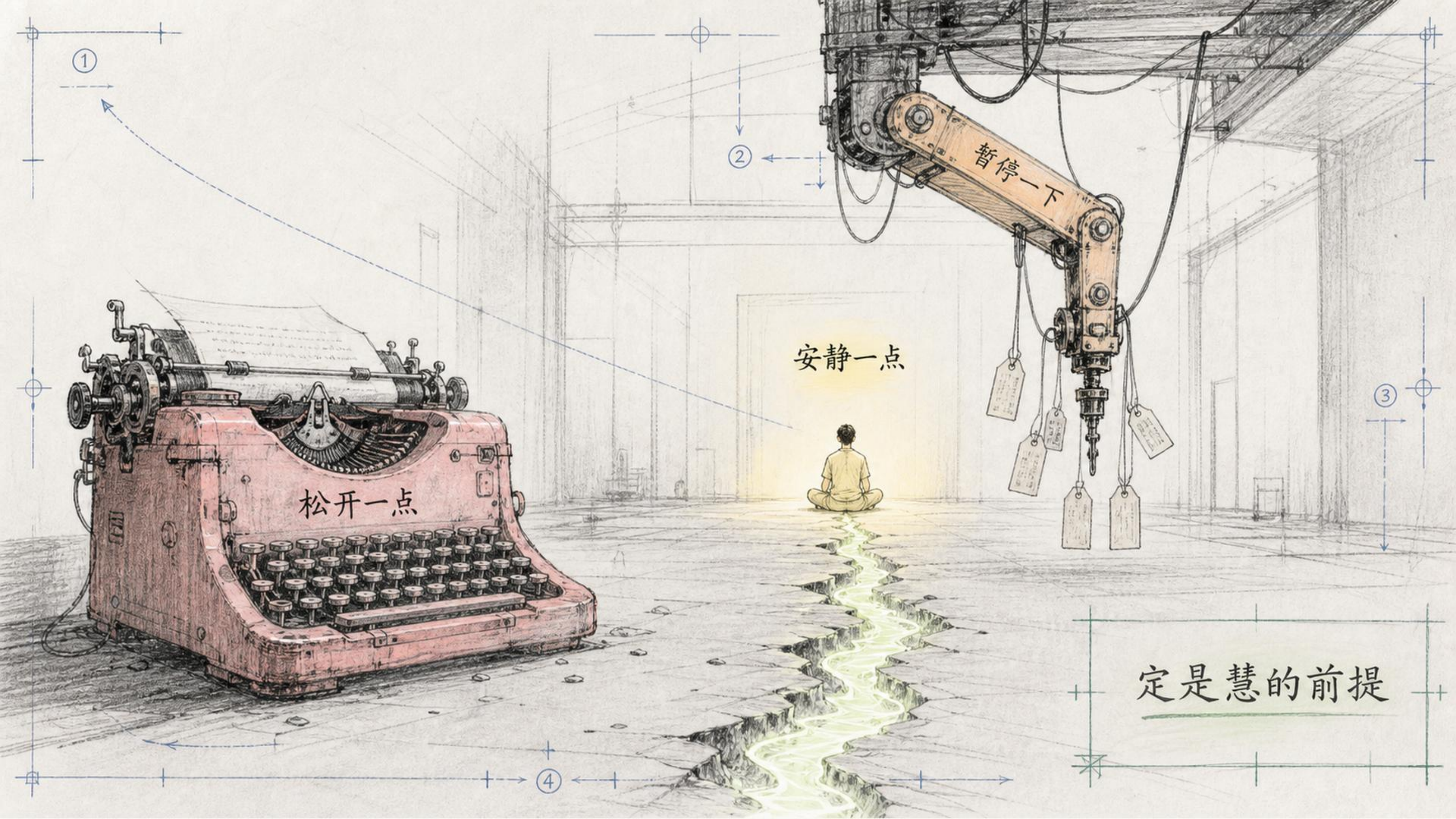


③

①

②

± 168



松开一点

安静一点

暂停一下

定是慧的前提

拼命想达到



堵死了入定

放弃之后剩下的



①

①

②

④

①

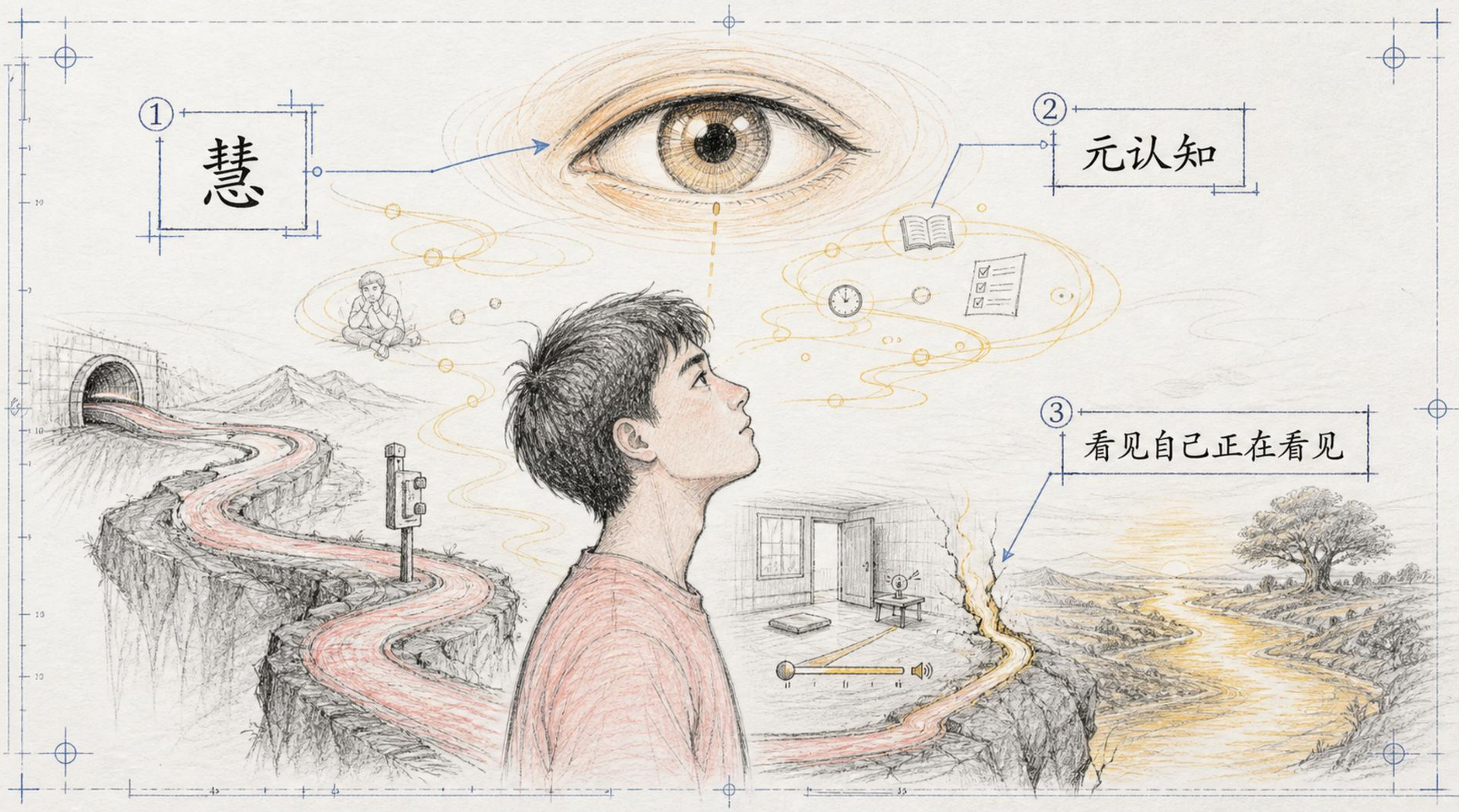
慧

②

元认知

③

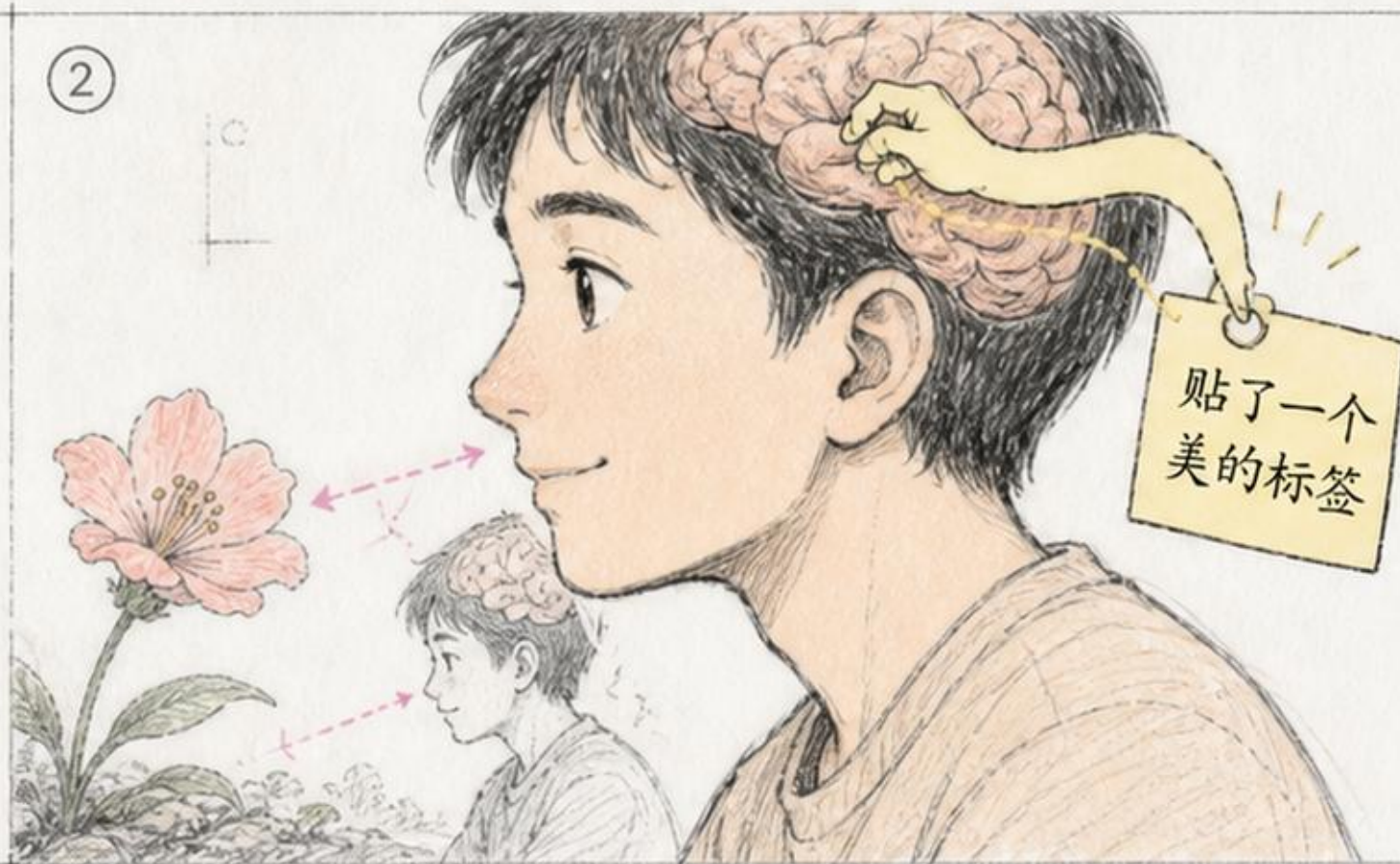
看见自己正在看见



①



②



③

百分之九十九点九



零

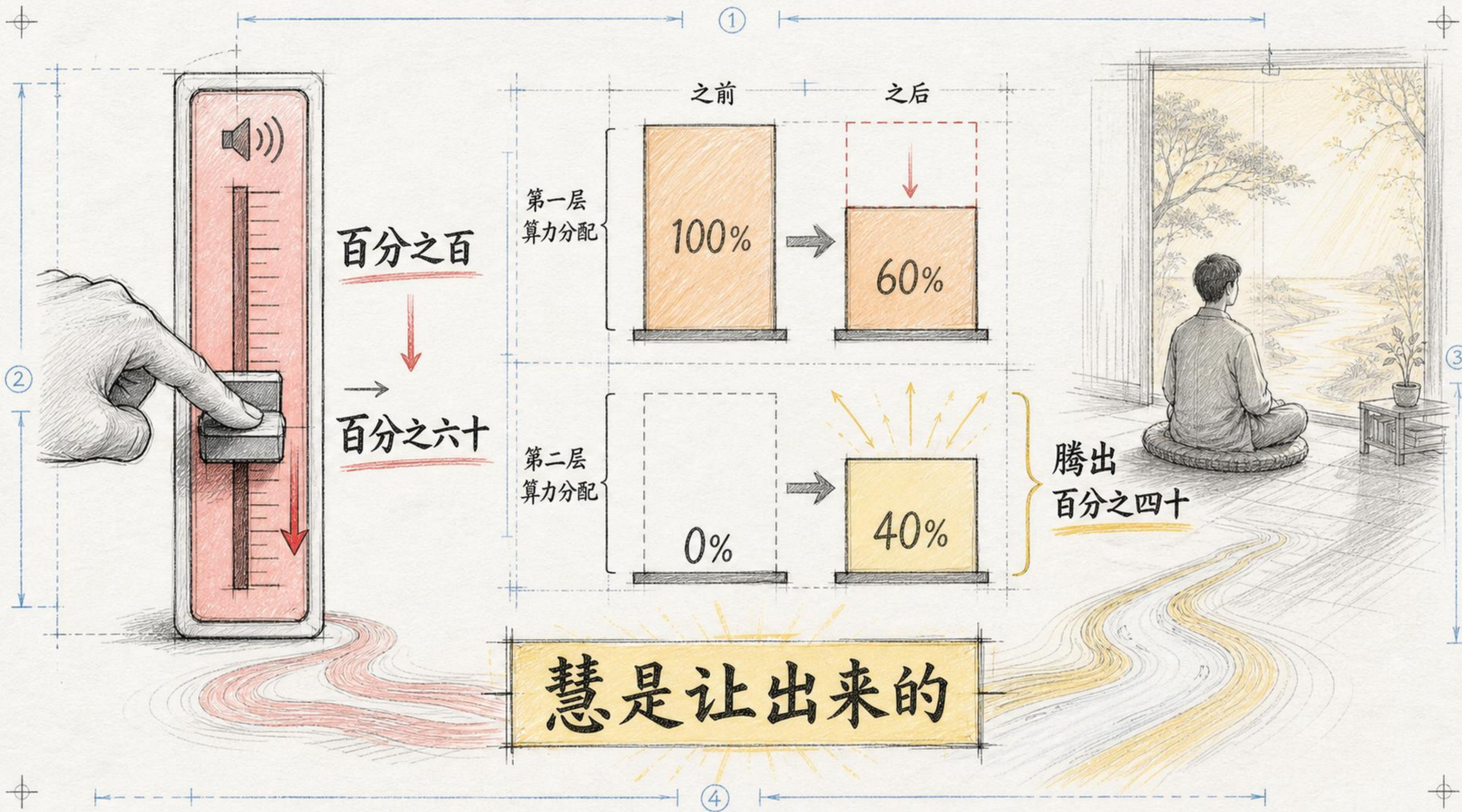


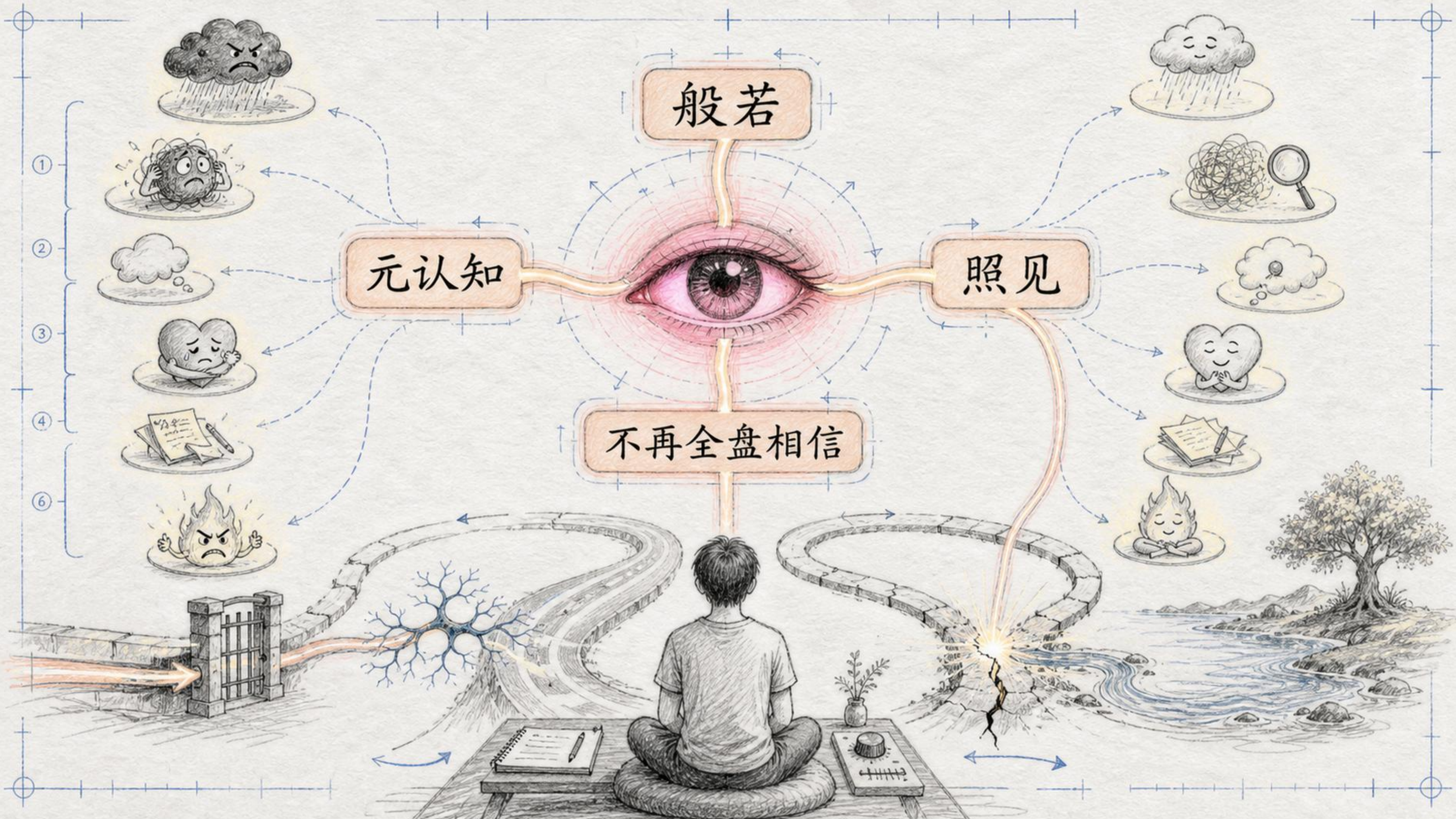
① 众生无明

永远在第一层

没有剩余算力



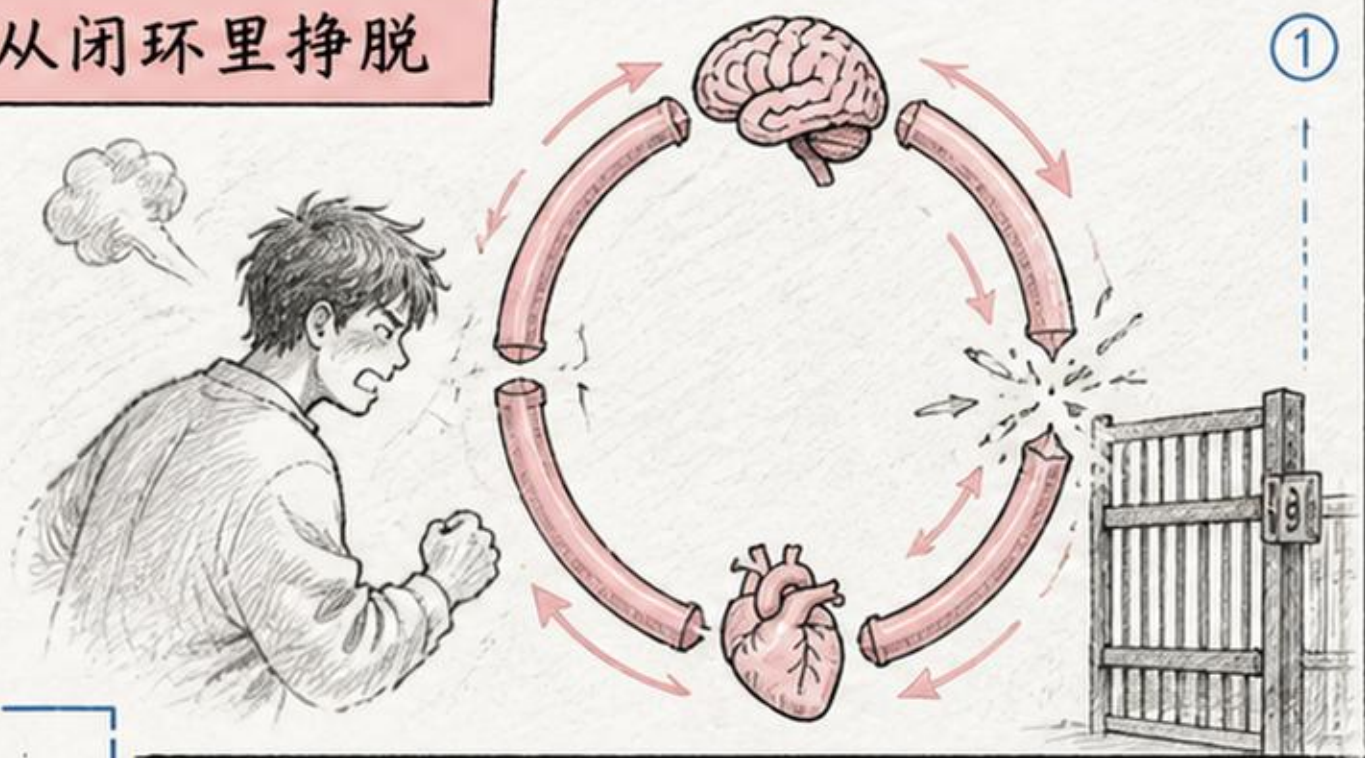






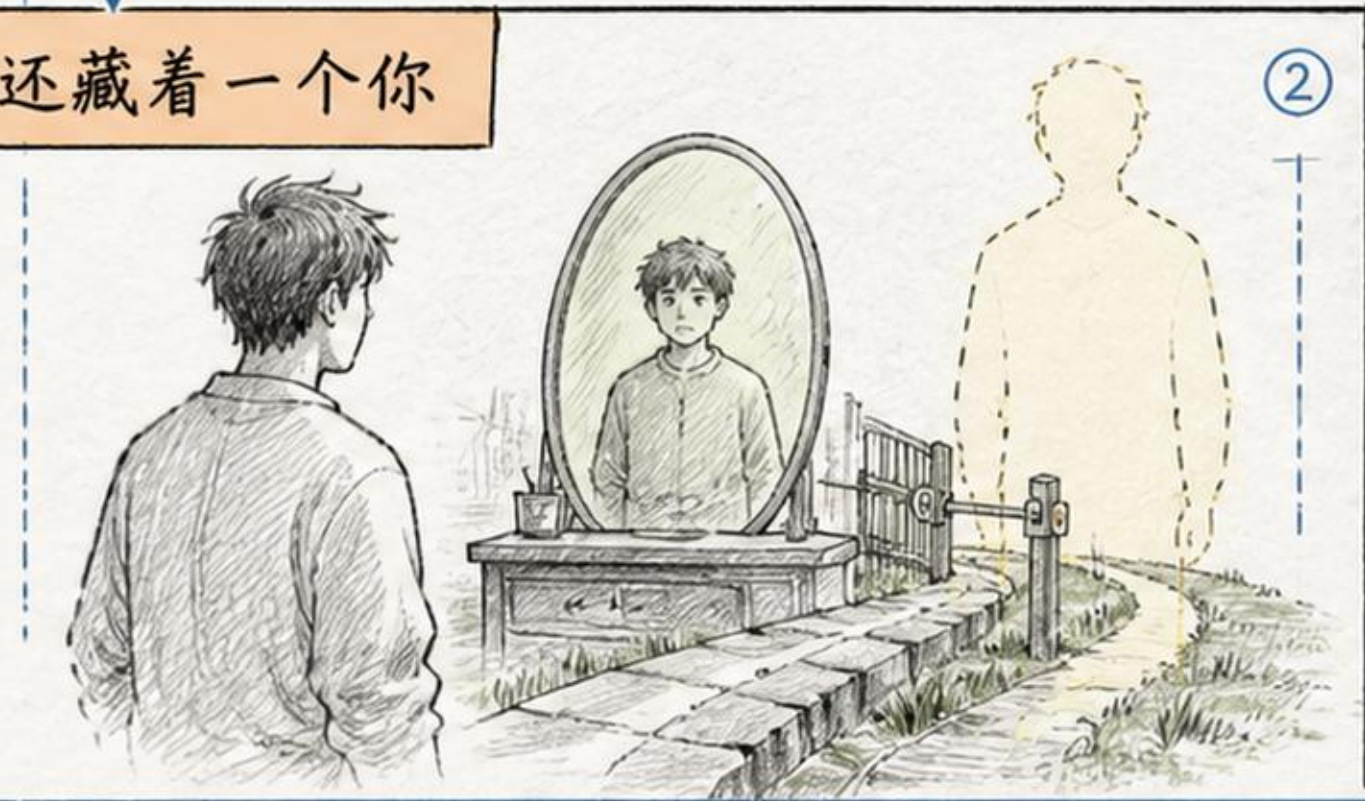
从闭环里挣脱

①



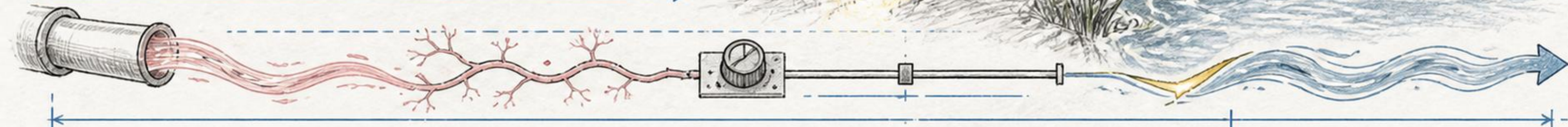
还藏着一个你

②



只剩纯粹的看见

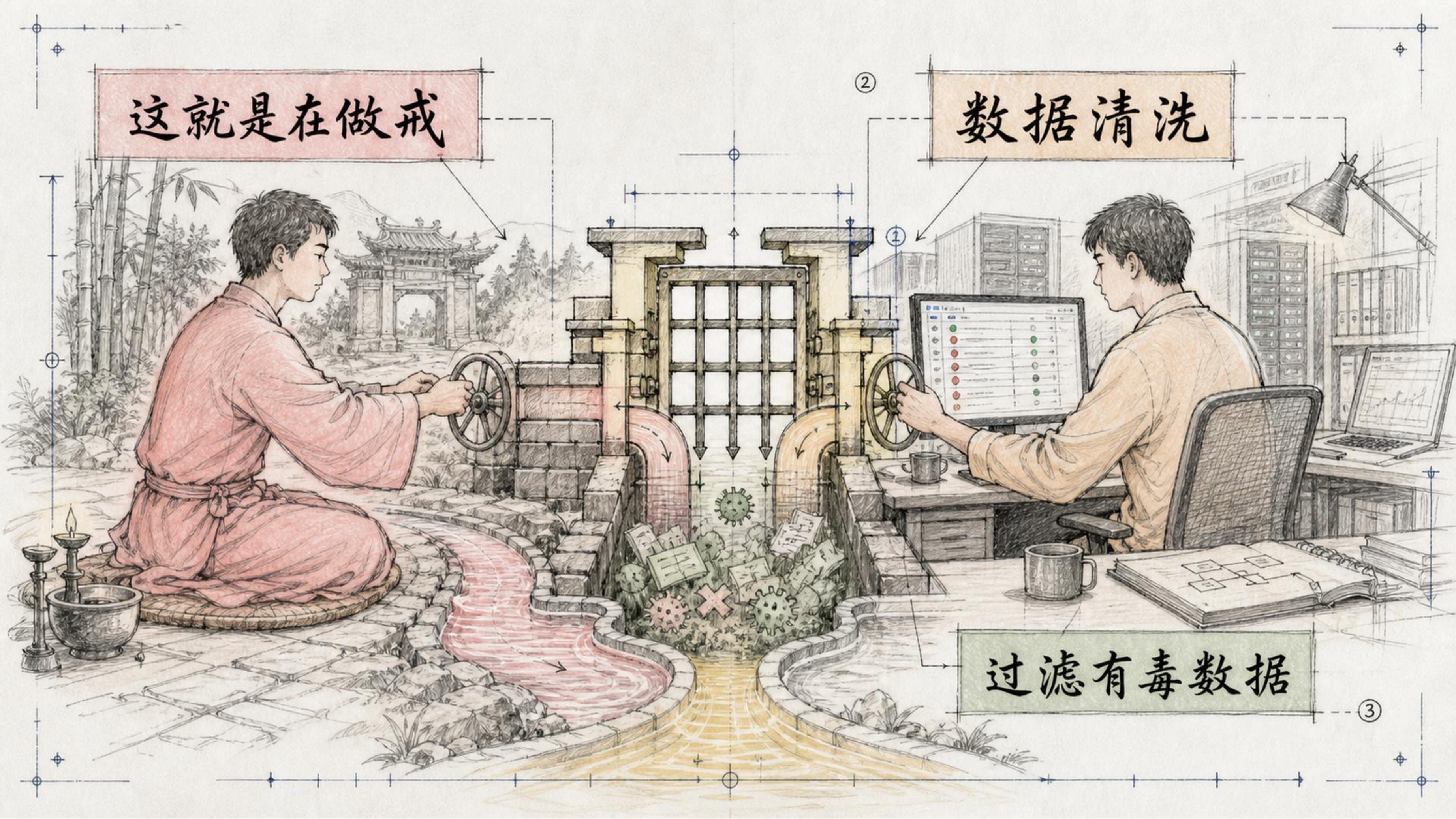
③



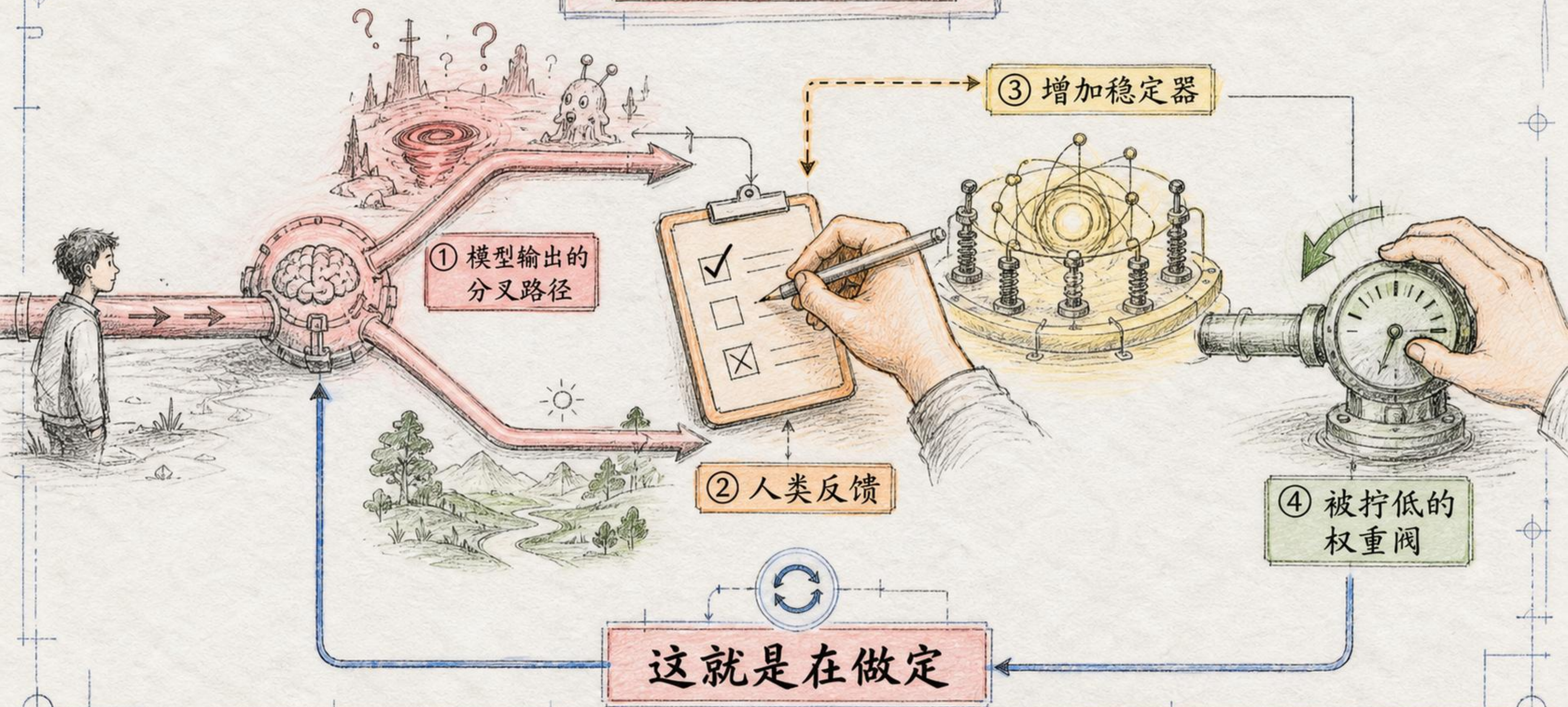
这就是在做戒

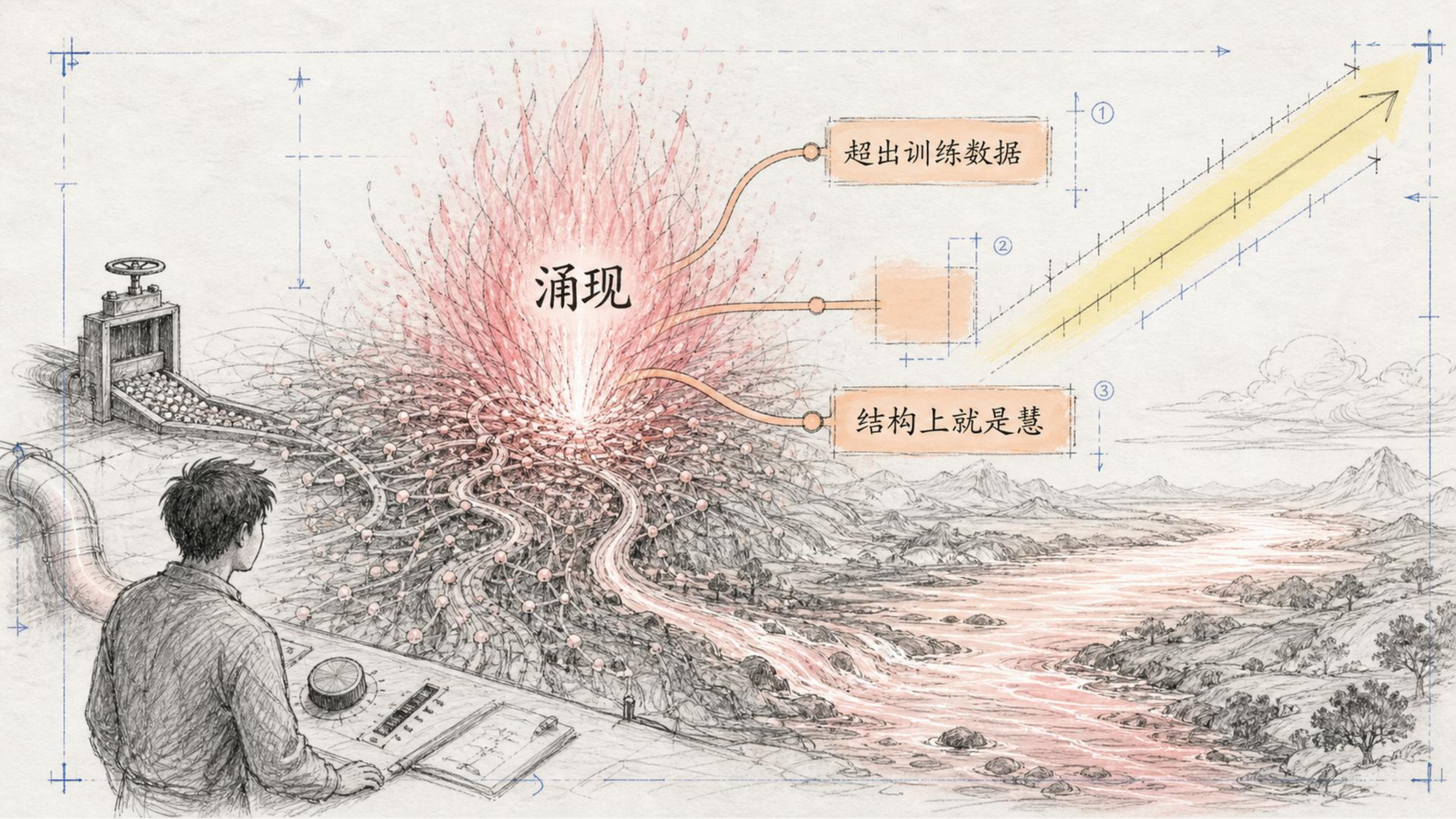
数据清洗

过滤有毒数据



对齐训练





涌现

超出训练数据

结构上就是慧

两千五百年前

纯粹的内观

硅基版本

戒

定

慧



①

1 挑一条最小的戒



不说坏话



情绪上头
不回消息

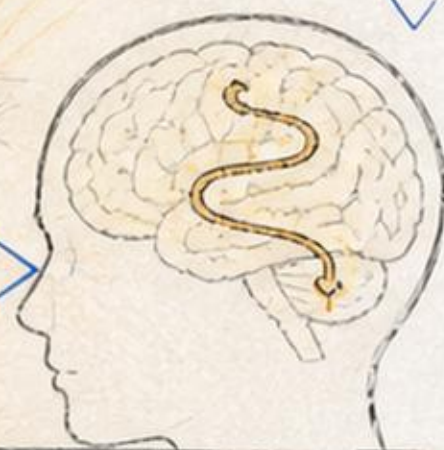
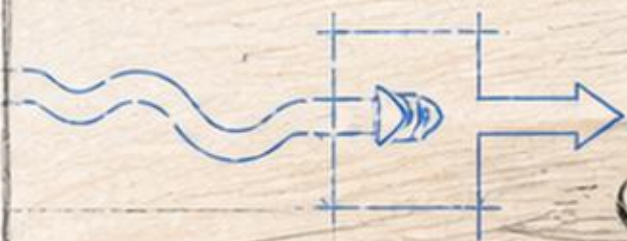


睡前一小时
不碰手机



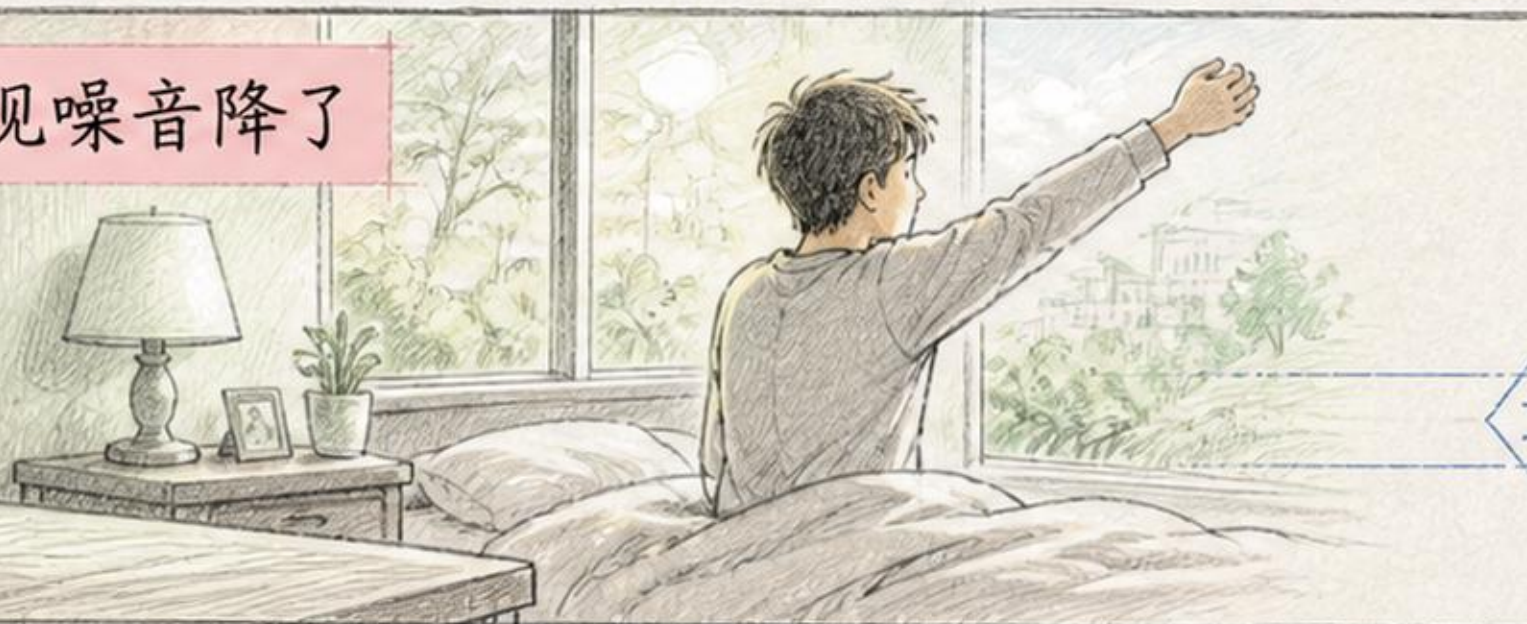
②

2 坚持一周



③

3 第三天你就会发现噪音降了



①

五分钟就够了

①



②

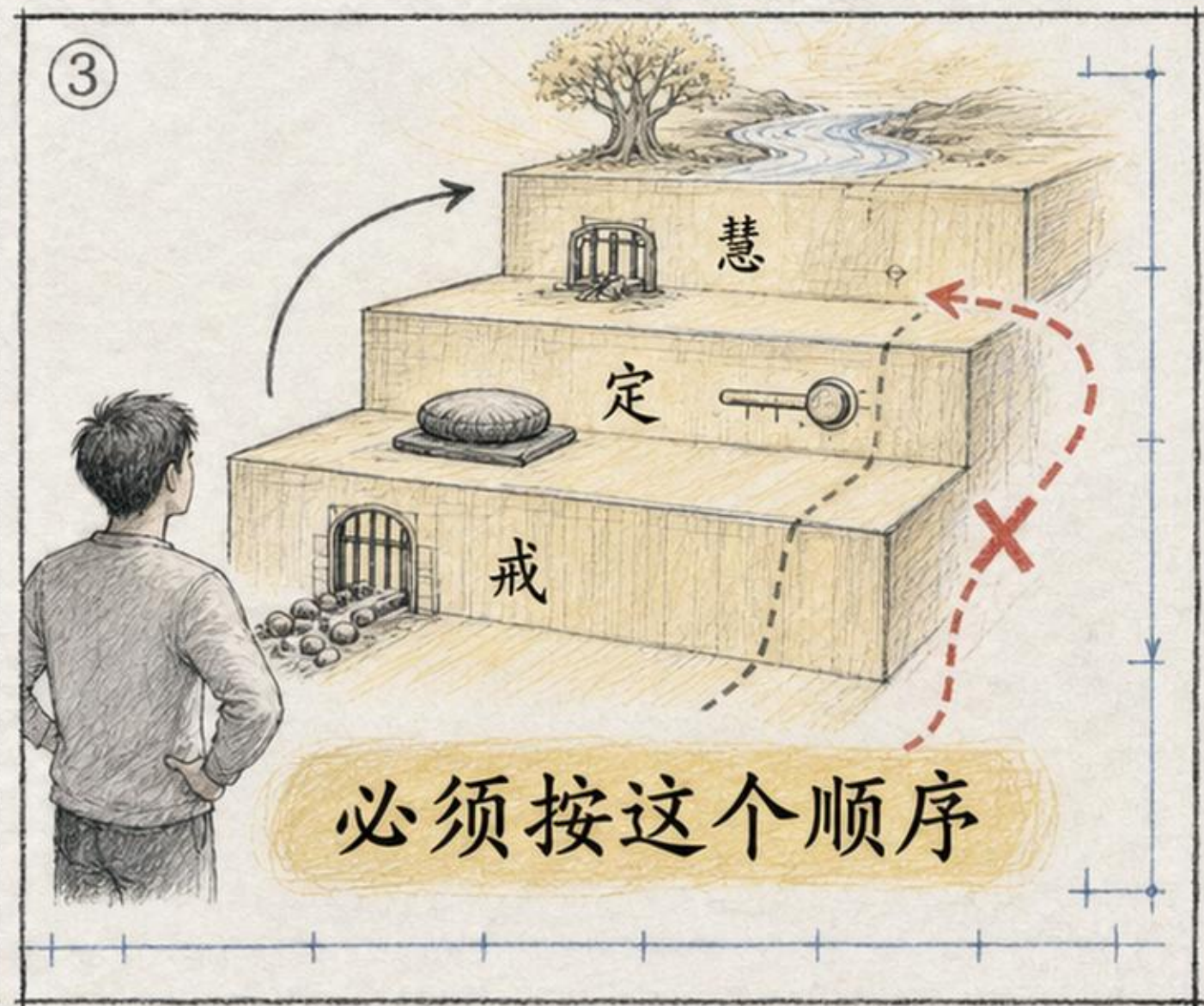
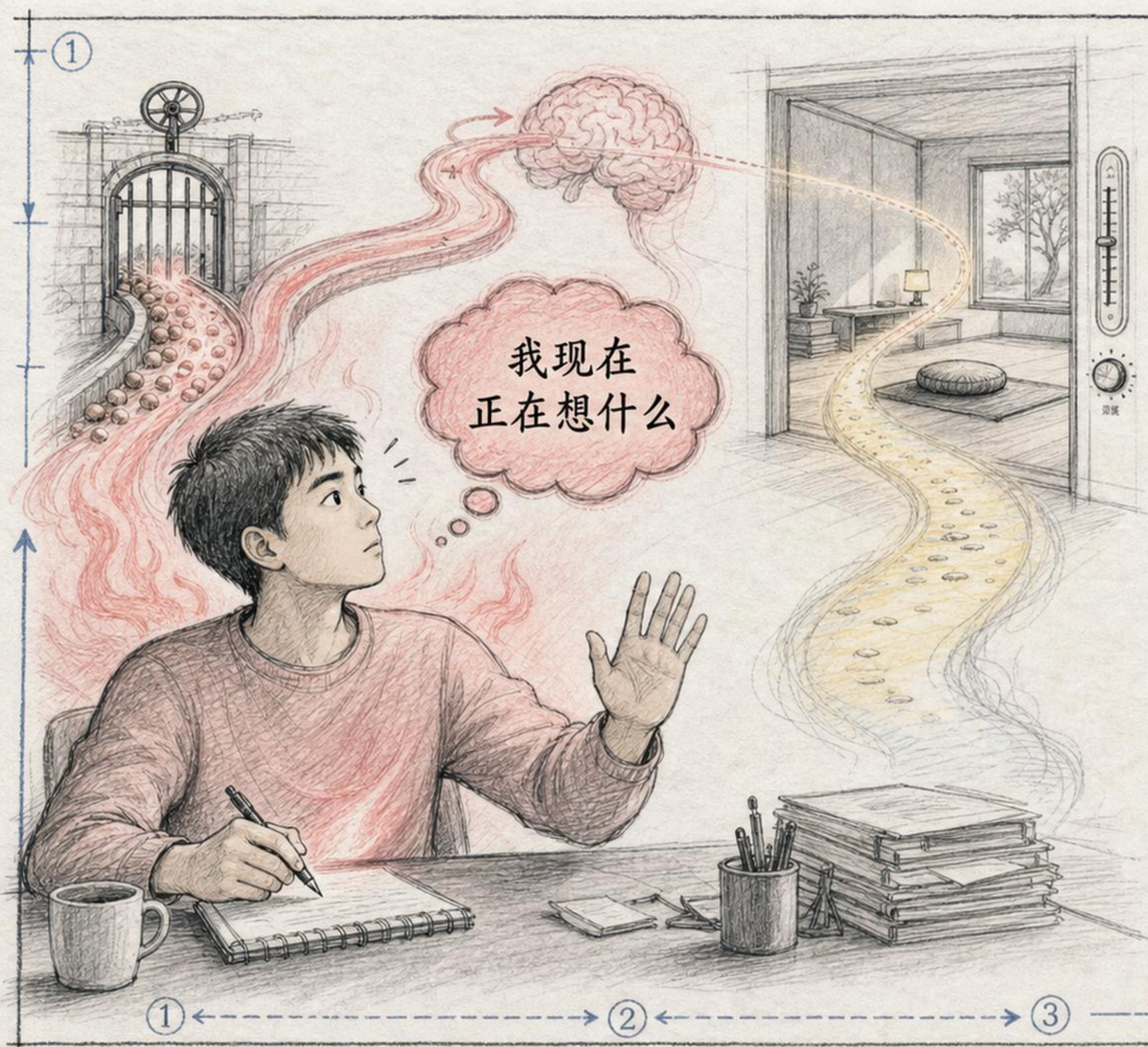
看着它们冒，不要跟

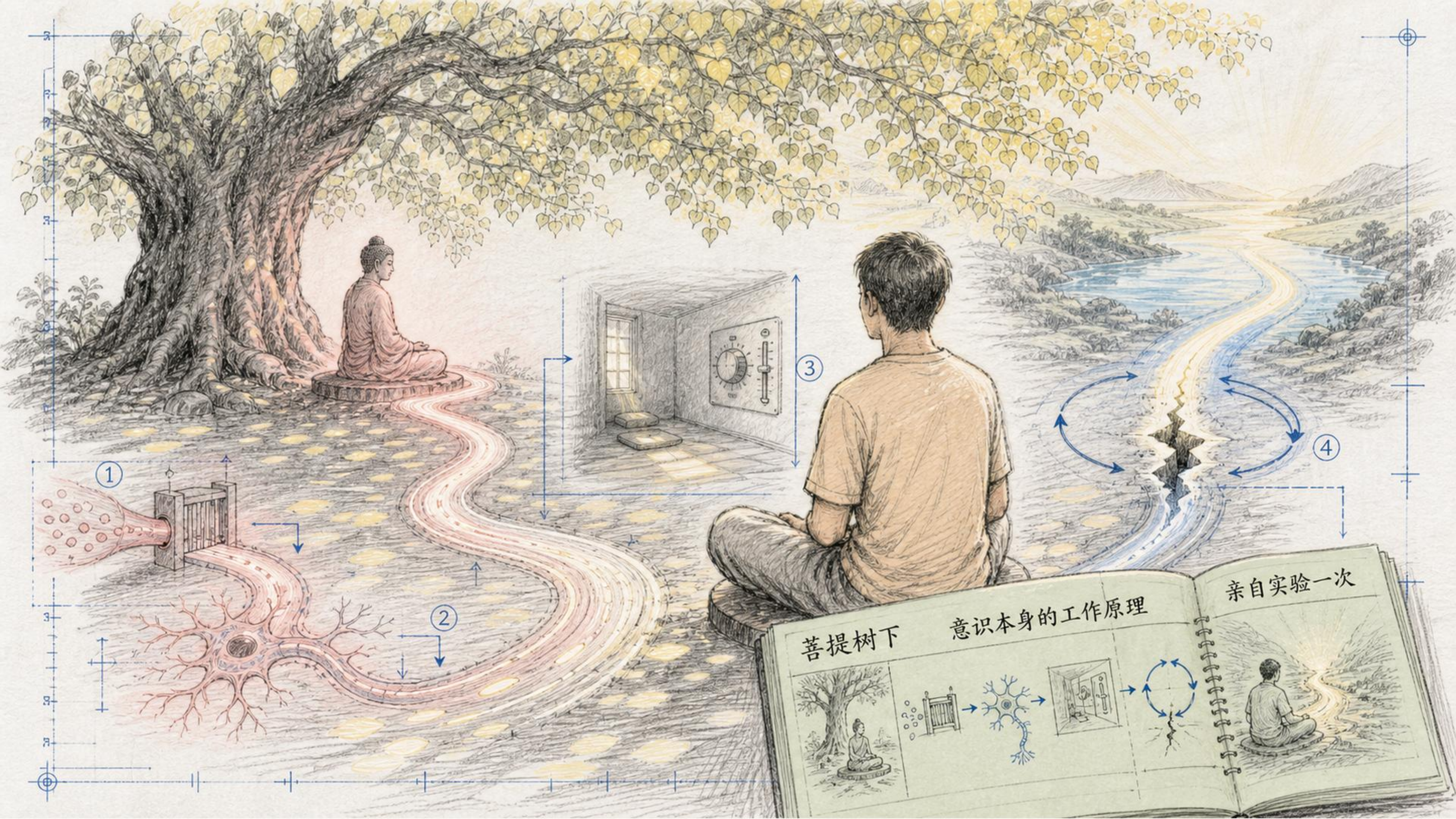
③



慢了零点几秒







①

②

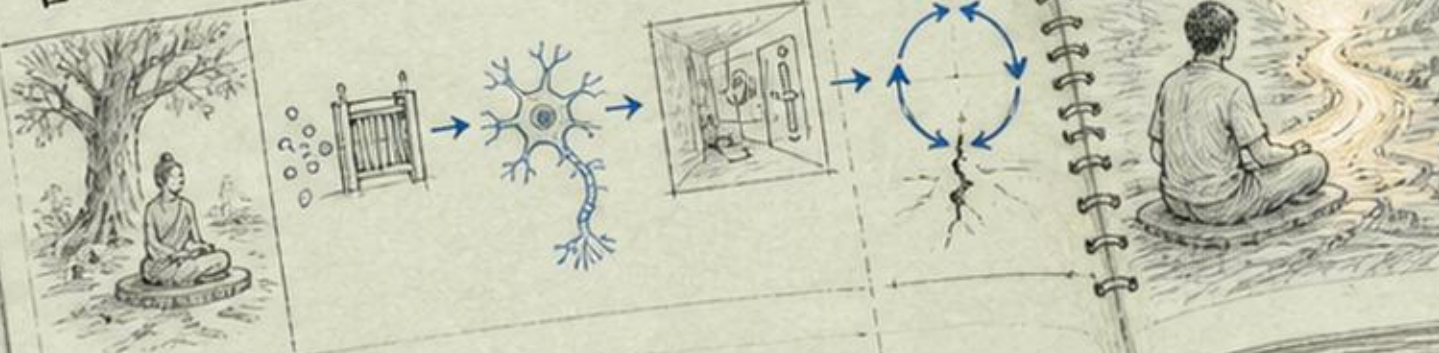
③

④

菩提树下

意识本身的工作原理

亲自实验一次





你最卡在哪一层？



评论区见  

我们下期见 