



佛陀丢掉的那把梯子

—— 四禅八定 ——

意识的分层地图

第九层 灭尽定

前八层 四禅八定



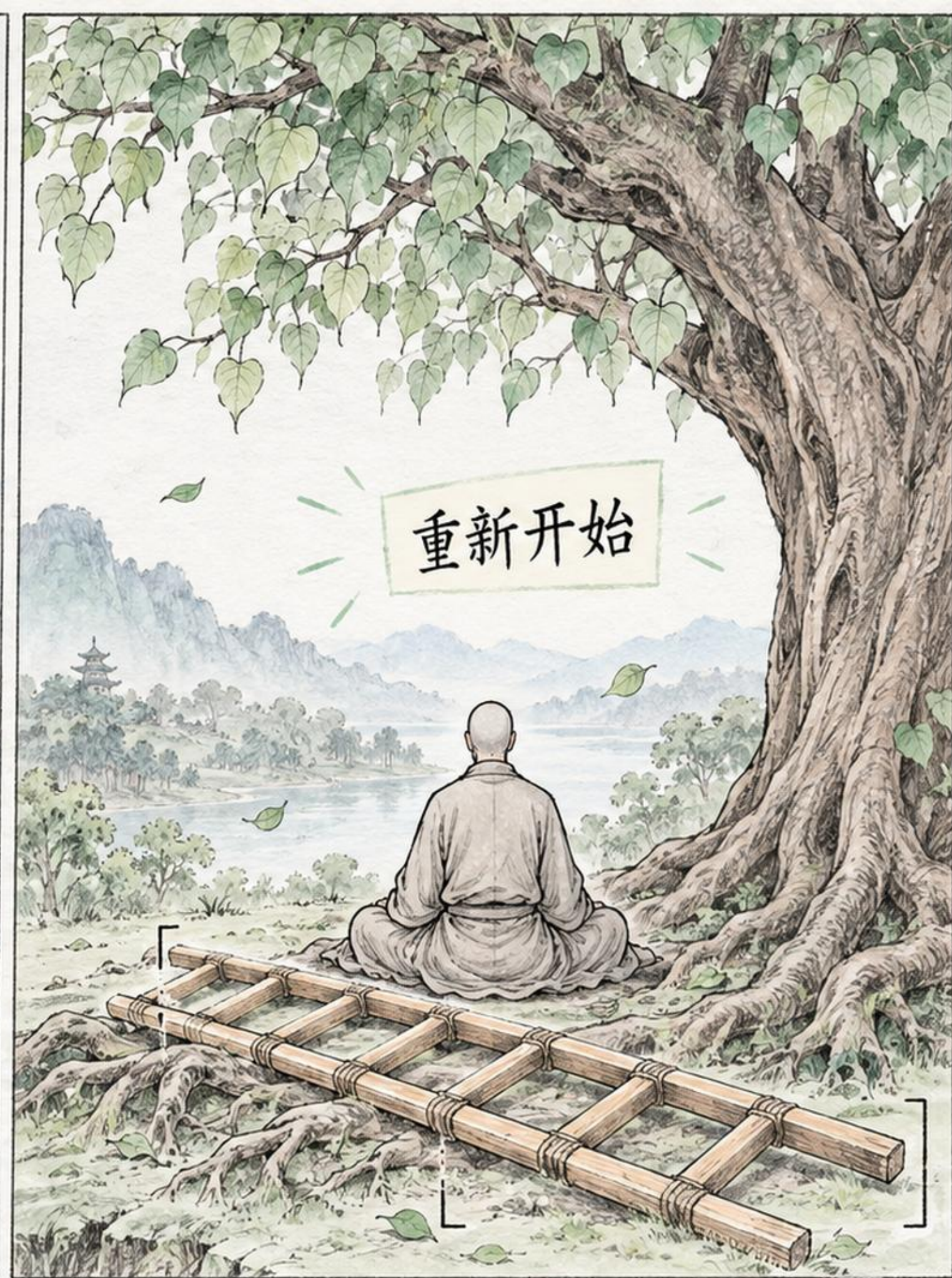
你已经到顶了



这不是终极



重新开始



我是王利杰

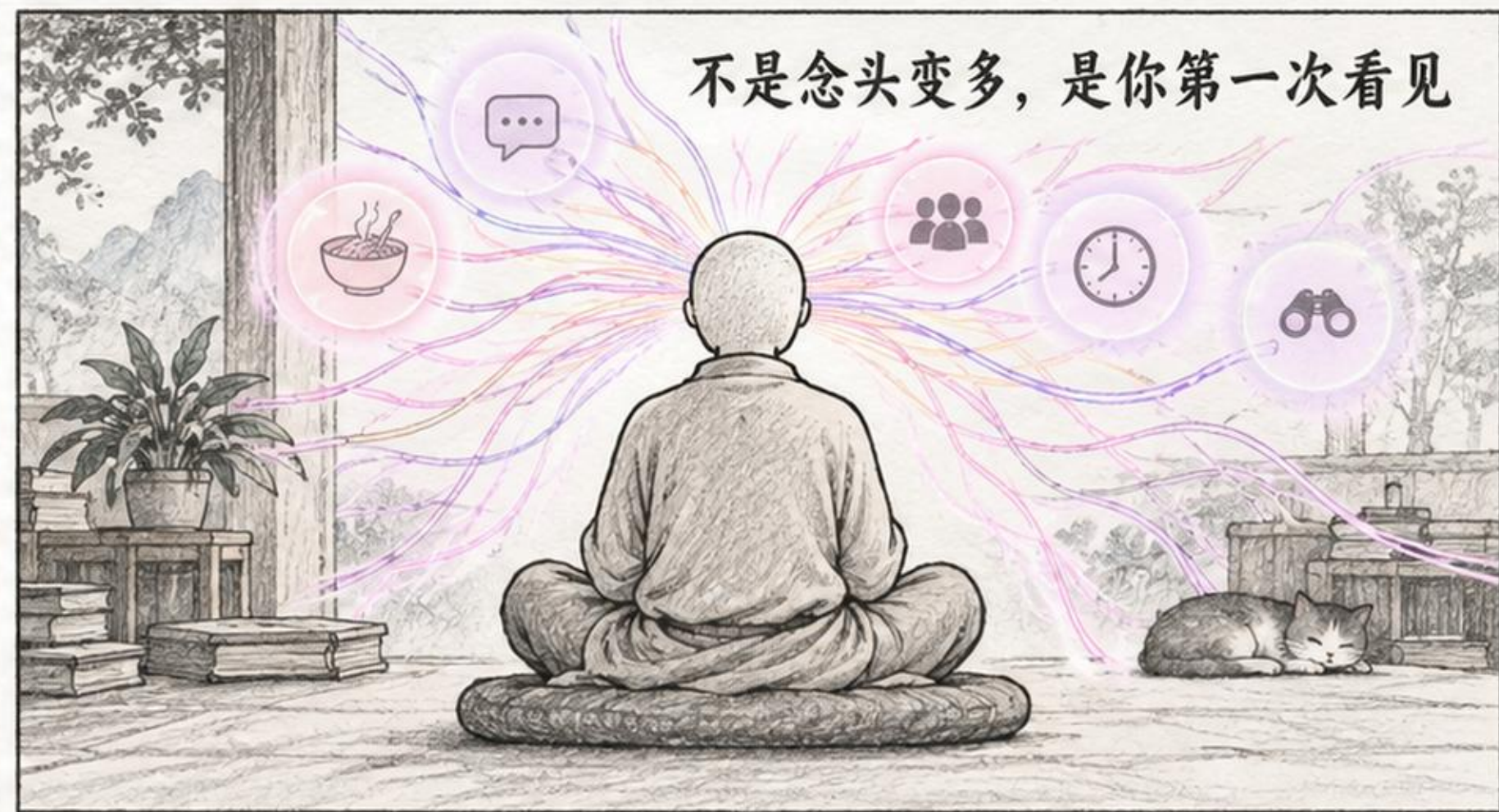
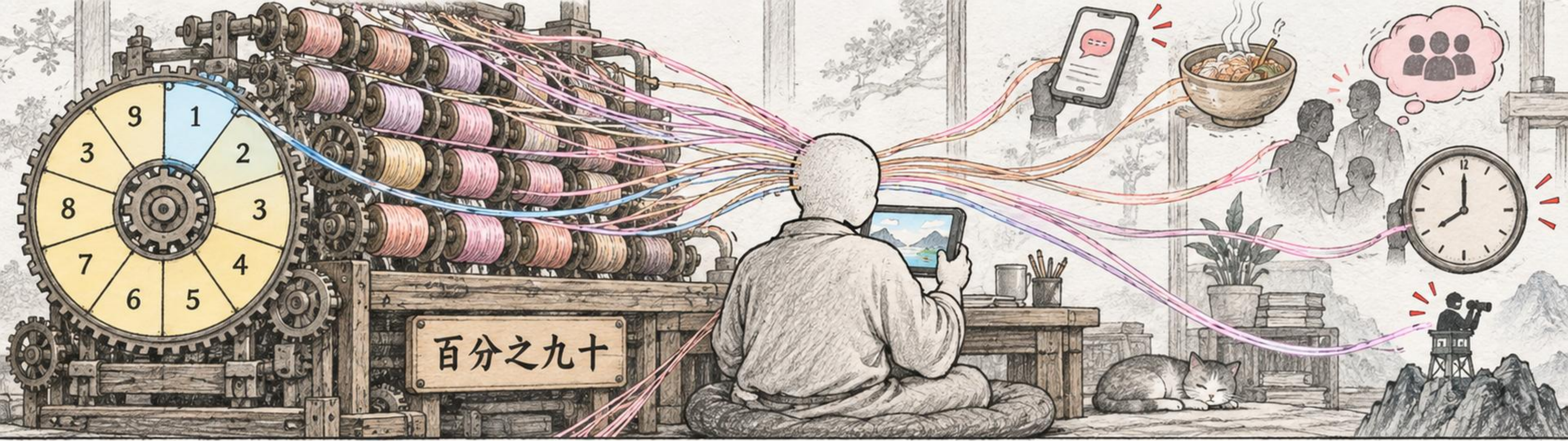
转述，不是亲证



打坐是姿势，不是禅定

心一境性





五欲：财色名食睡

初禅

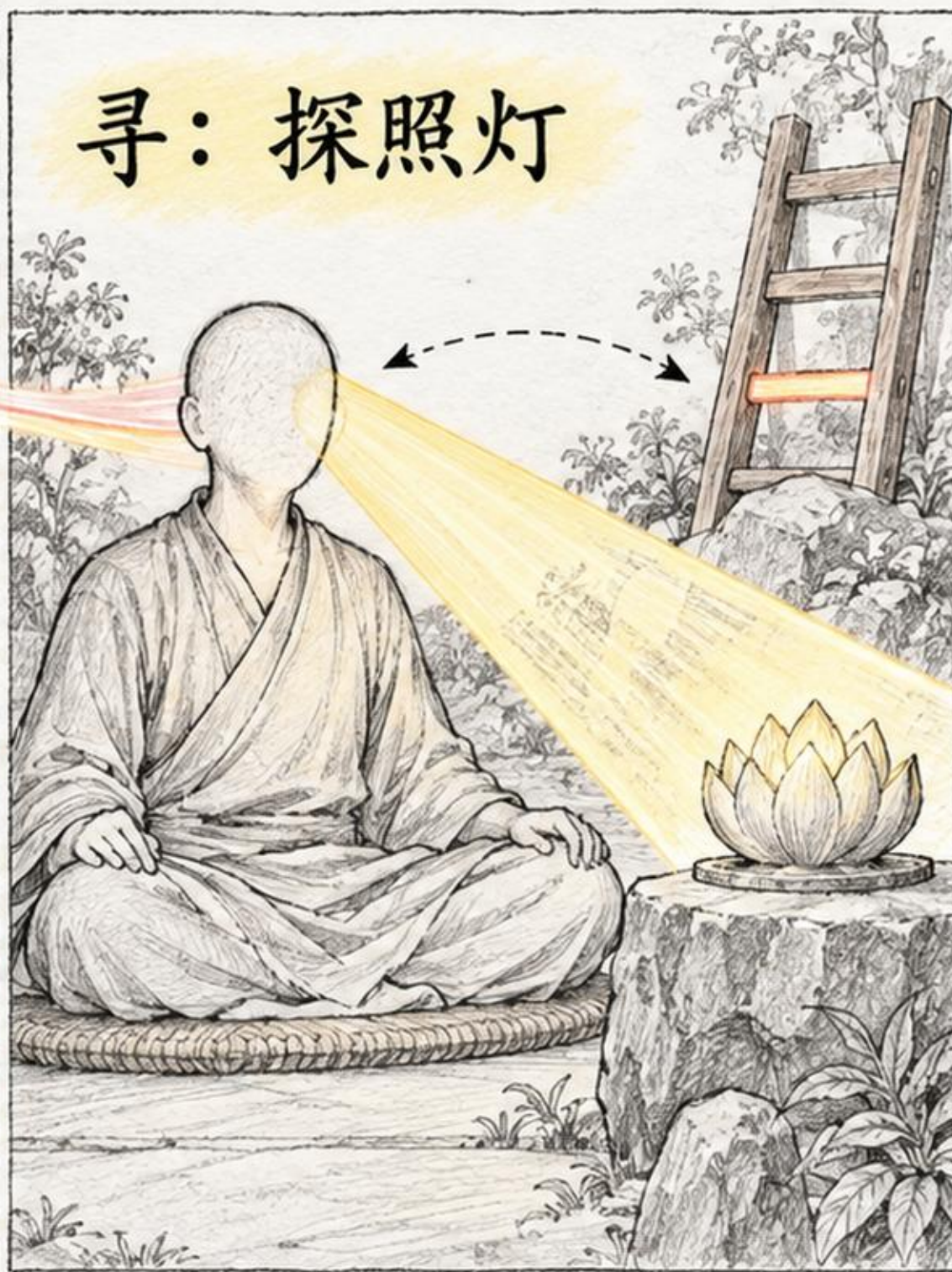
离生喜乐，有寻有伺



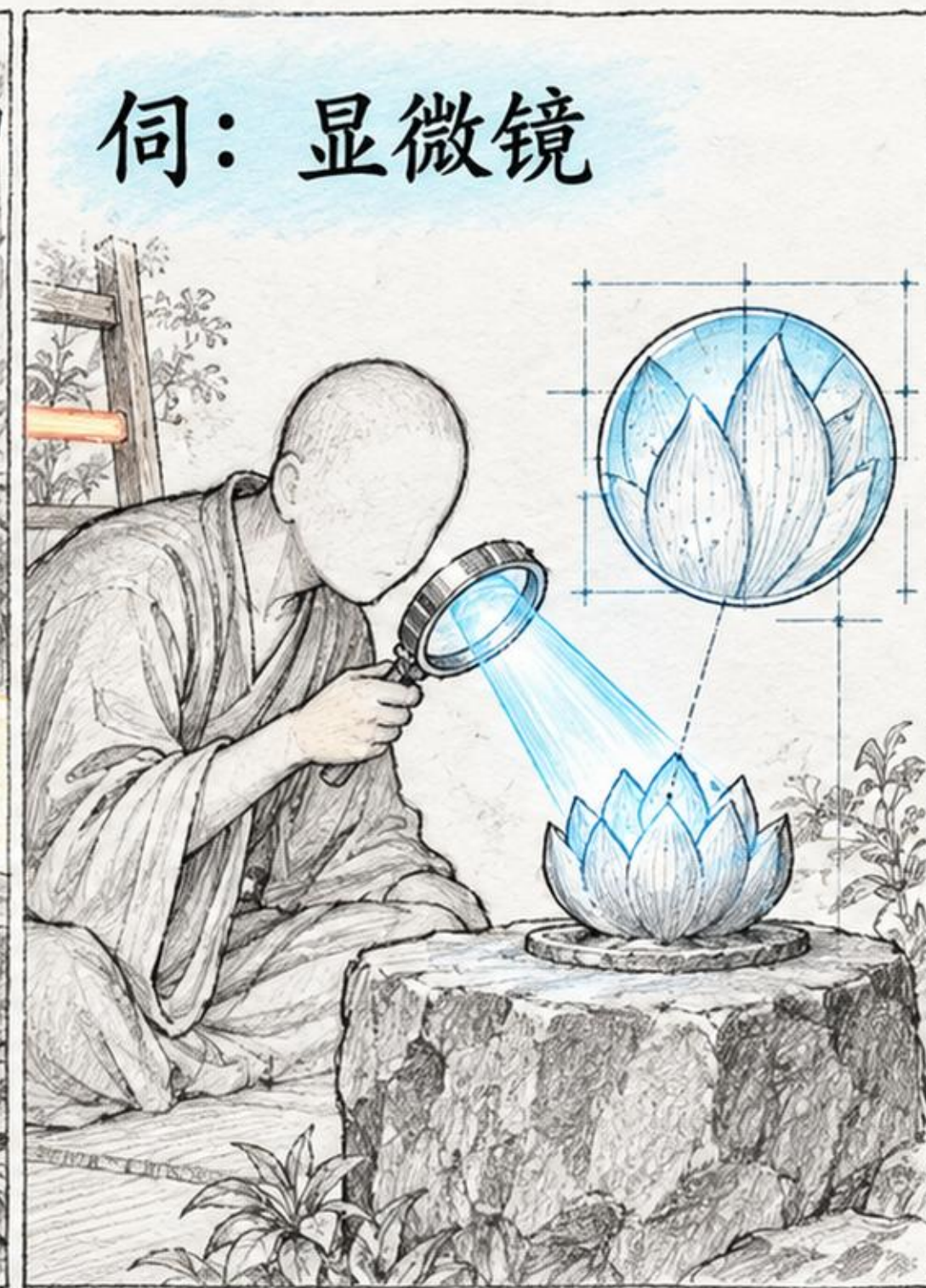
喜乐

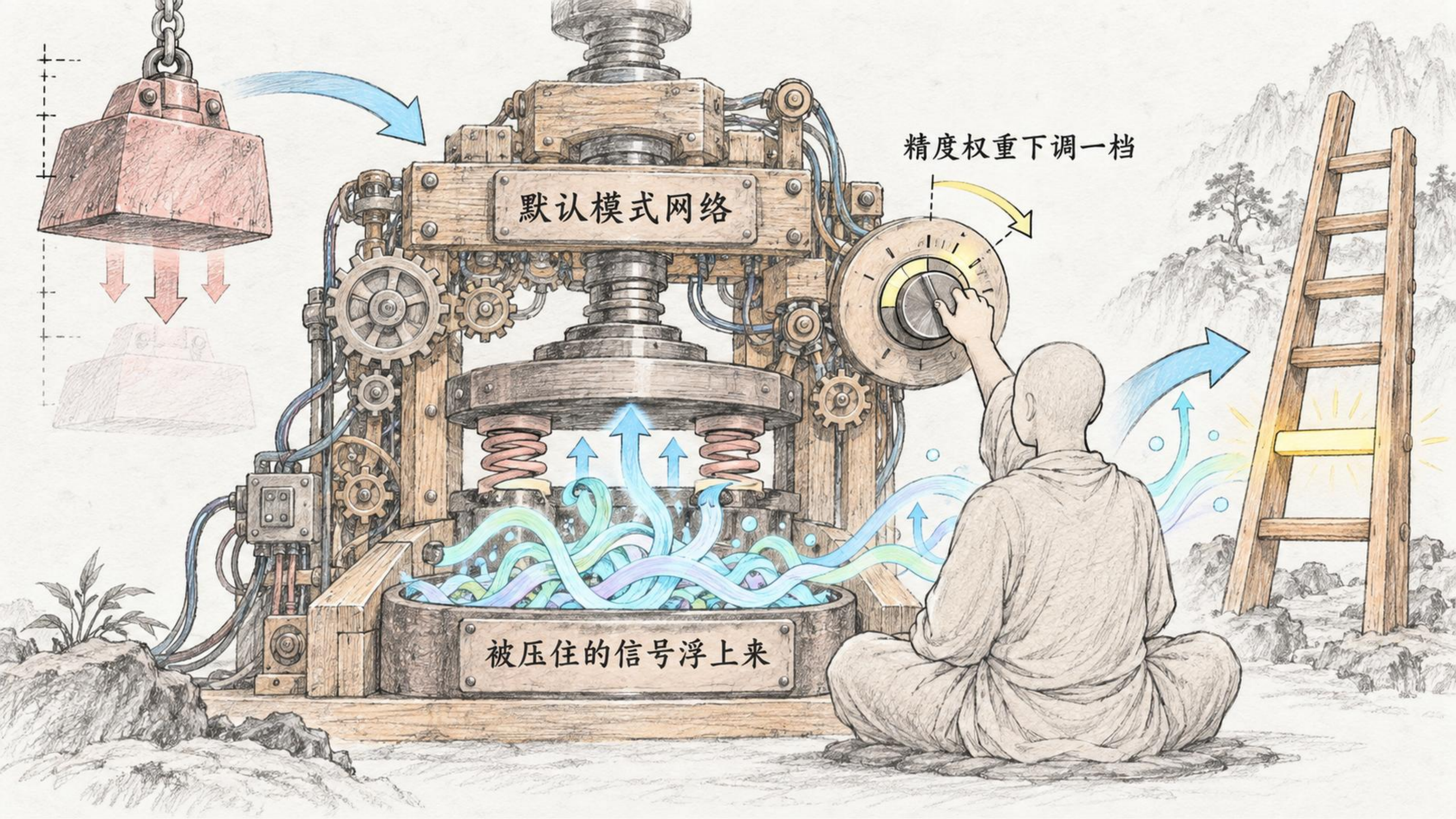


寻：探照灯



伺：显微镜





精度权重下调一档

默认模式网络

被压住的信号浮上来

二禅

定生喜乐，无寻无伺

只有体验本身



①

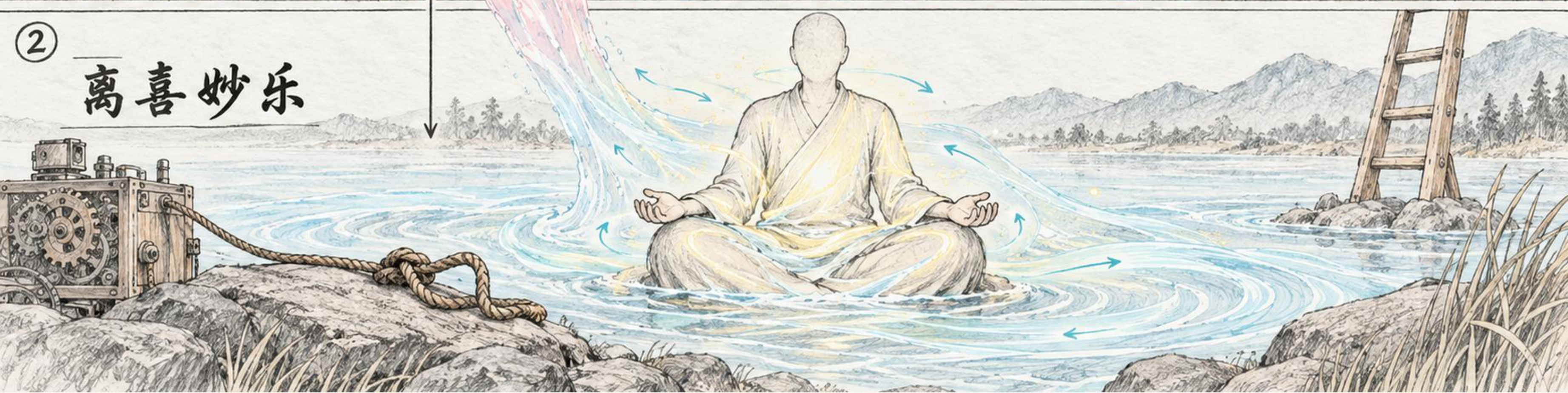
世间第一乐



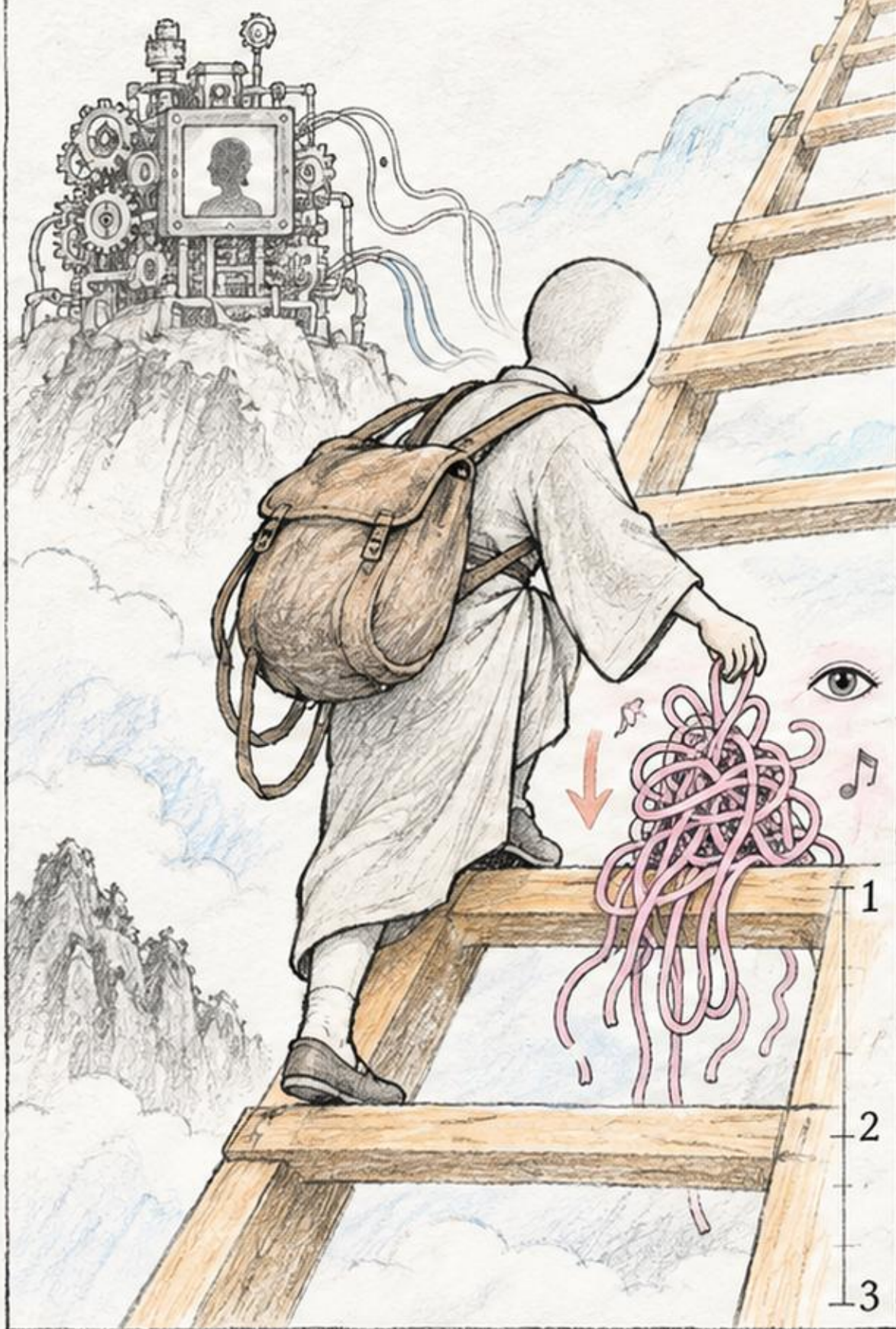
三禅

②

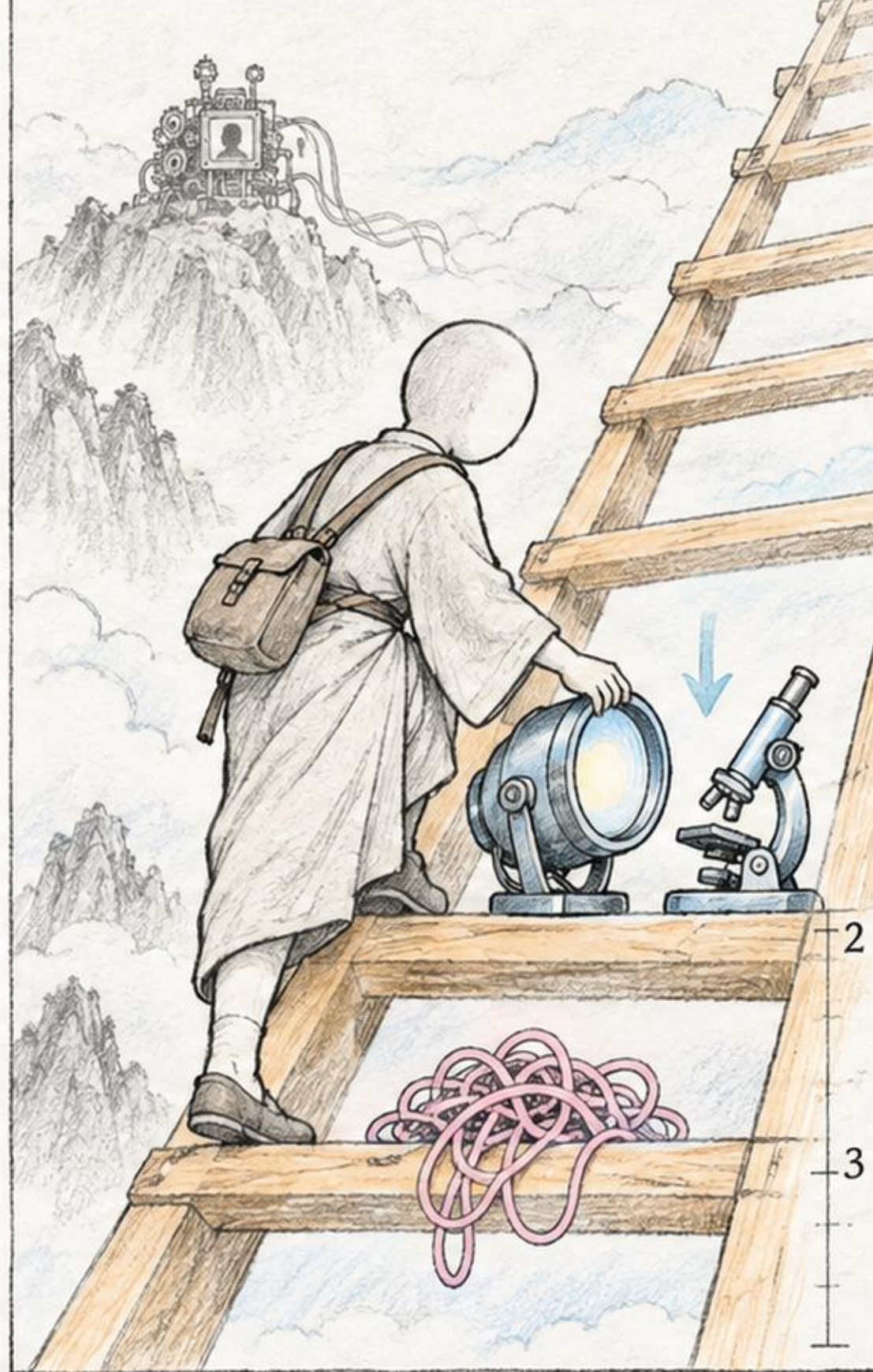
离喜妙乐



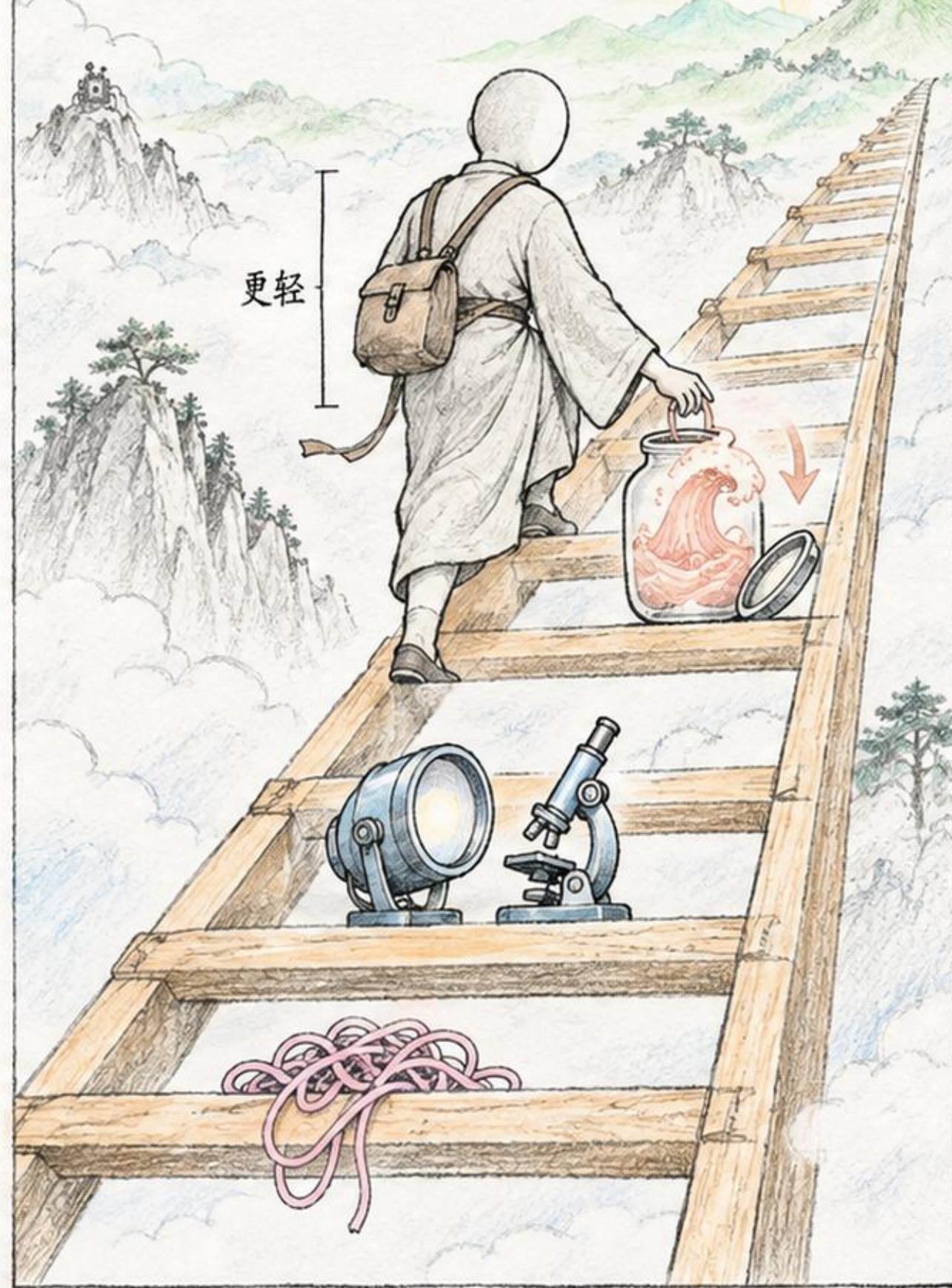
① 初禅：放下散乱



② 二禅：放下思维



③ 三禅：放下喜



四 禅

舍念清淨
如淨水無波

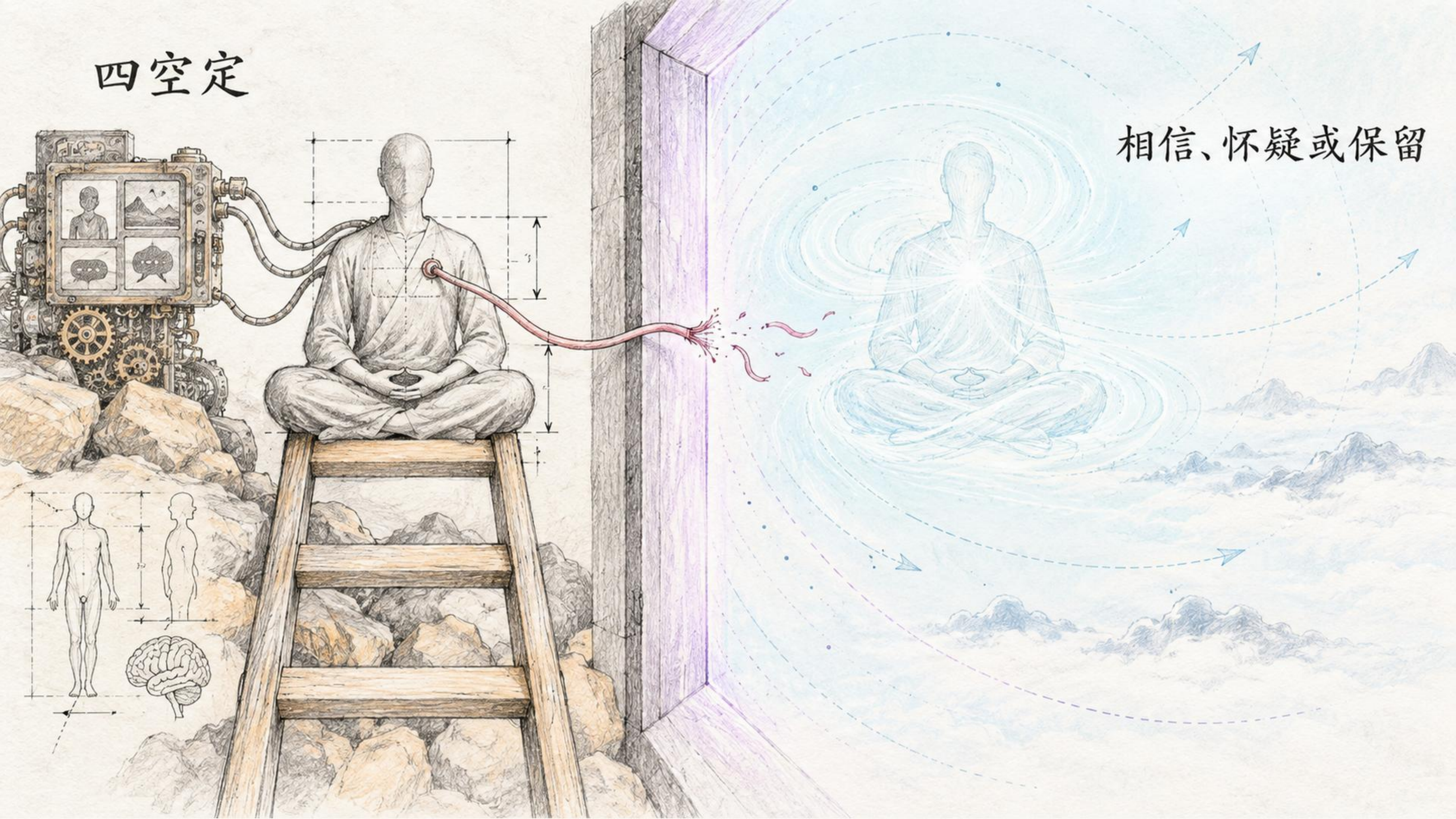


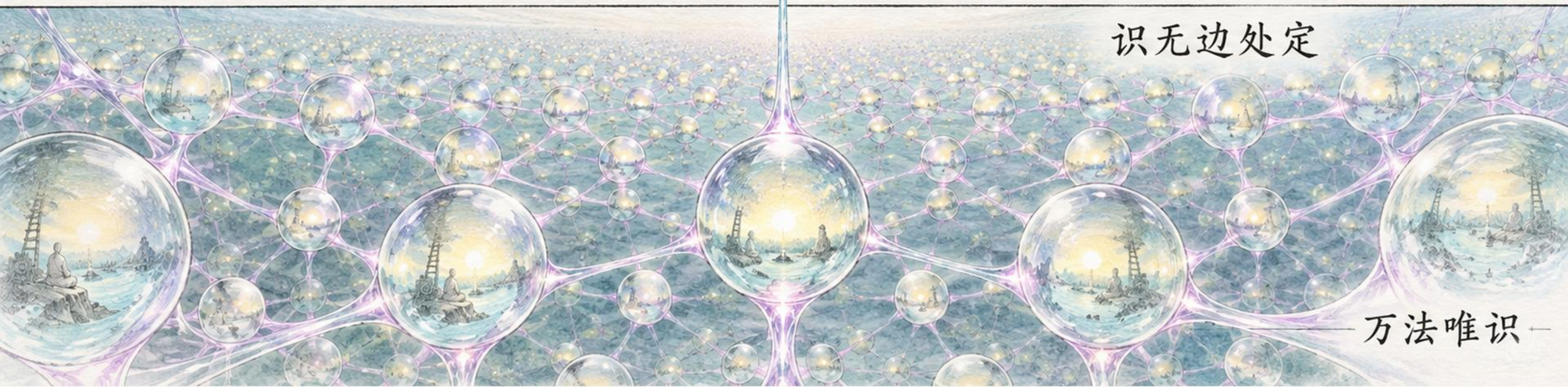
入第四禅，出入息断

色界的最高点



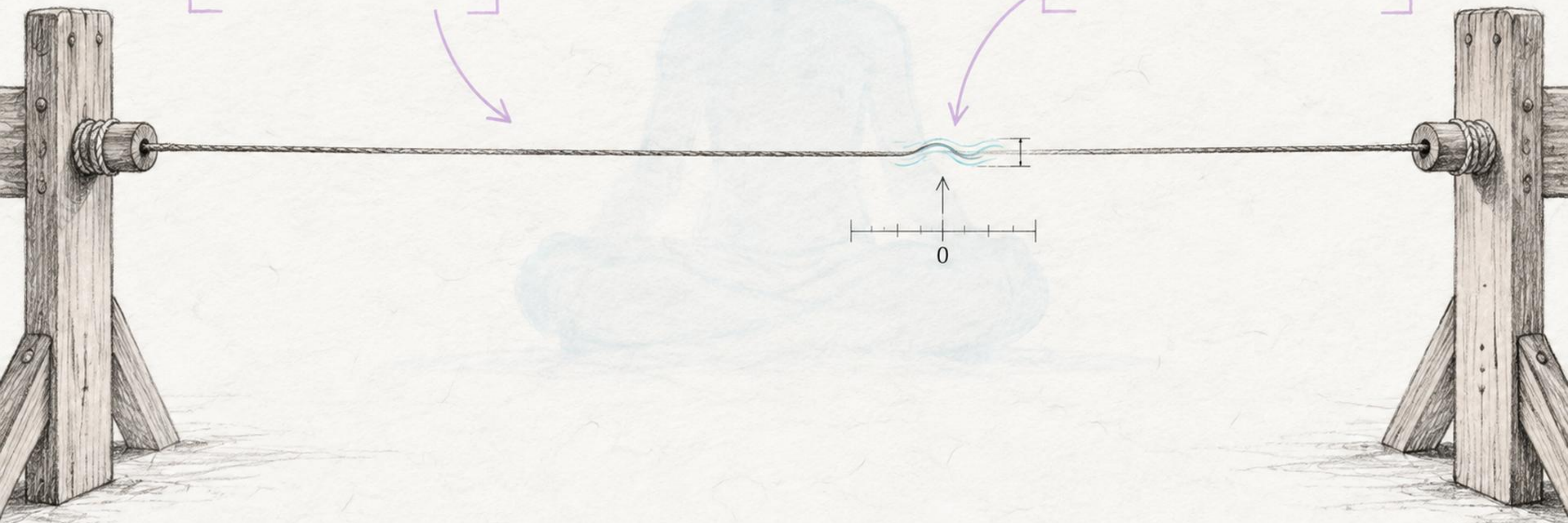
四空定

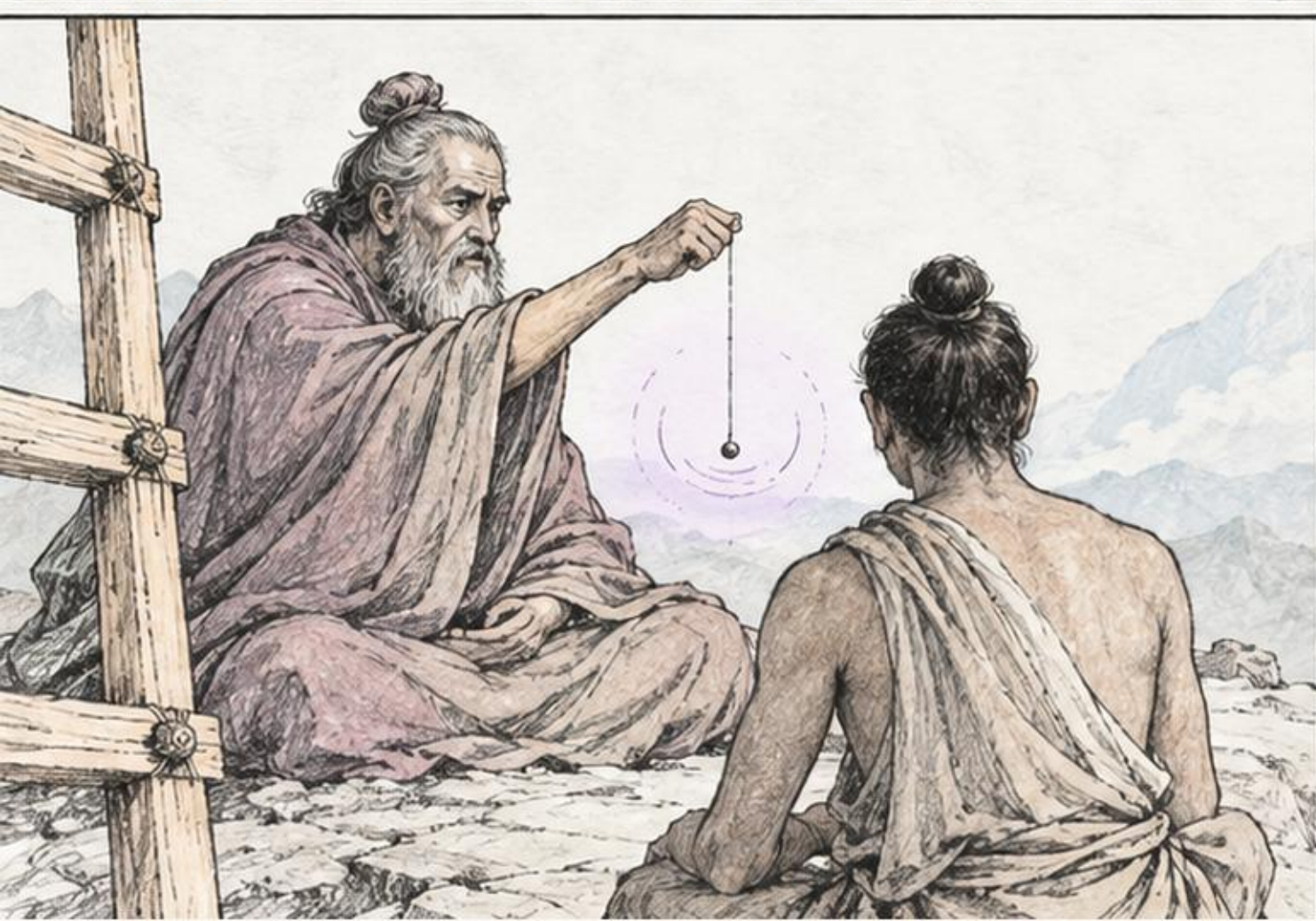




无所有处定

非想非非想处定





梵我合一



任务完成？

更深的困惑



①

有为法

②

入定

③

出定

⑤

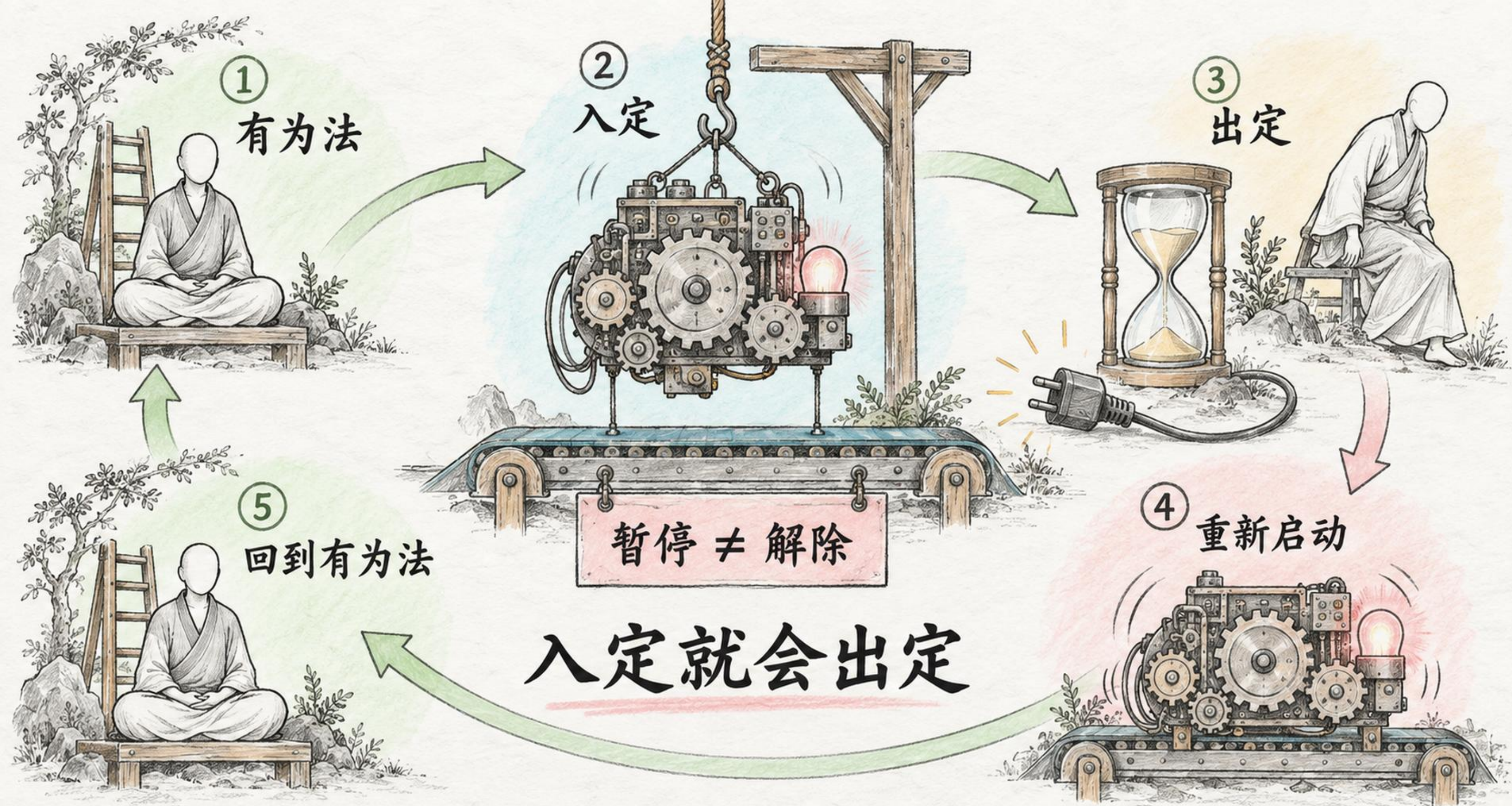
回到有为法

④

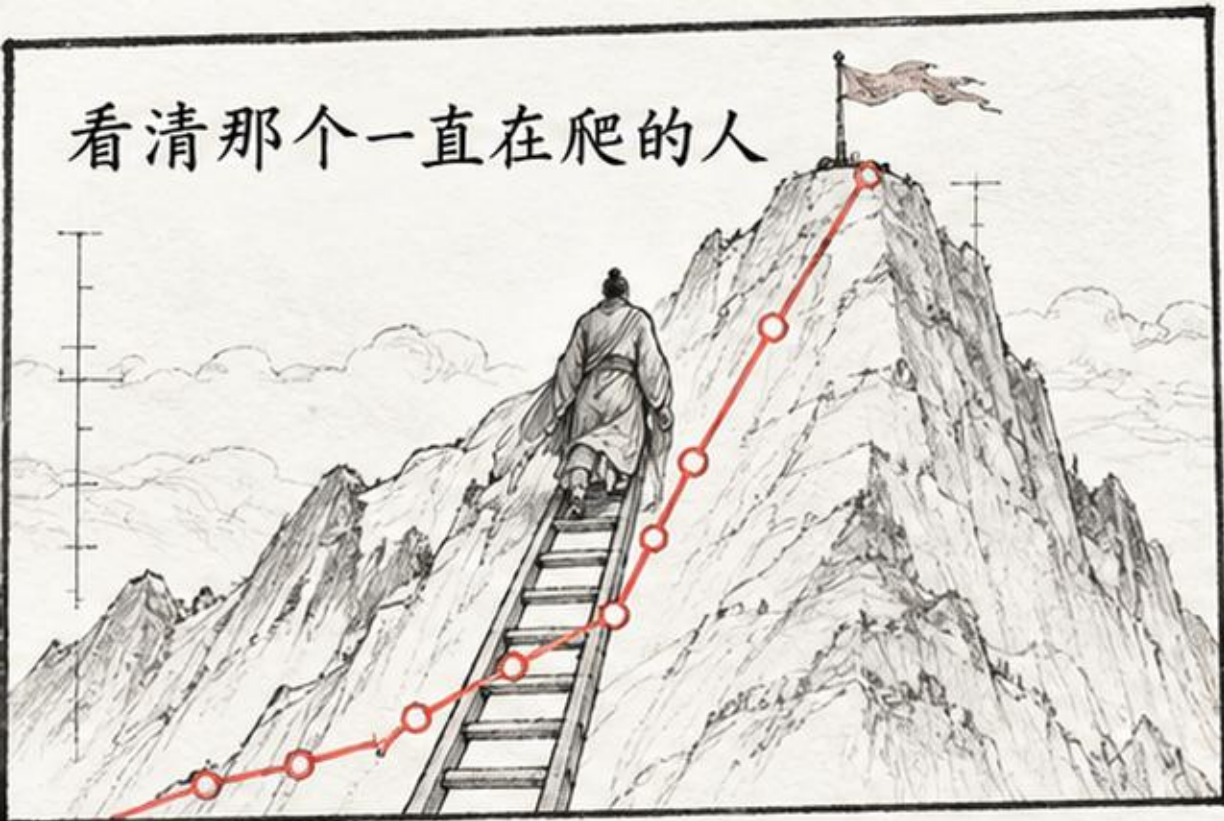
重新启动

暂停 ≠ 解除

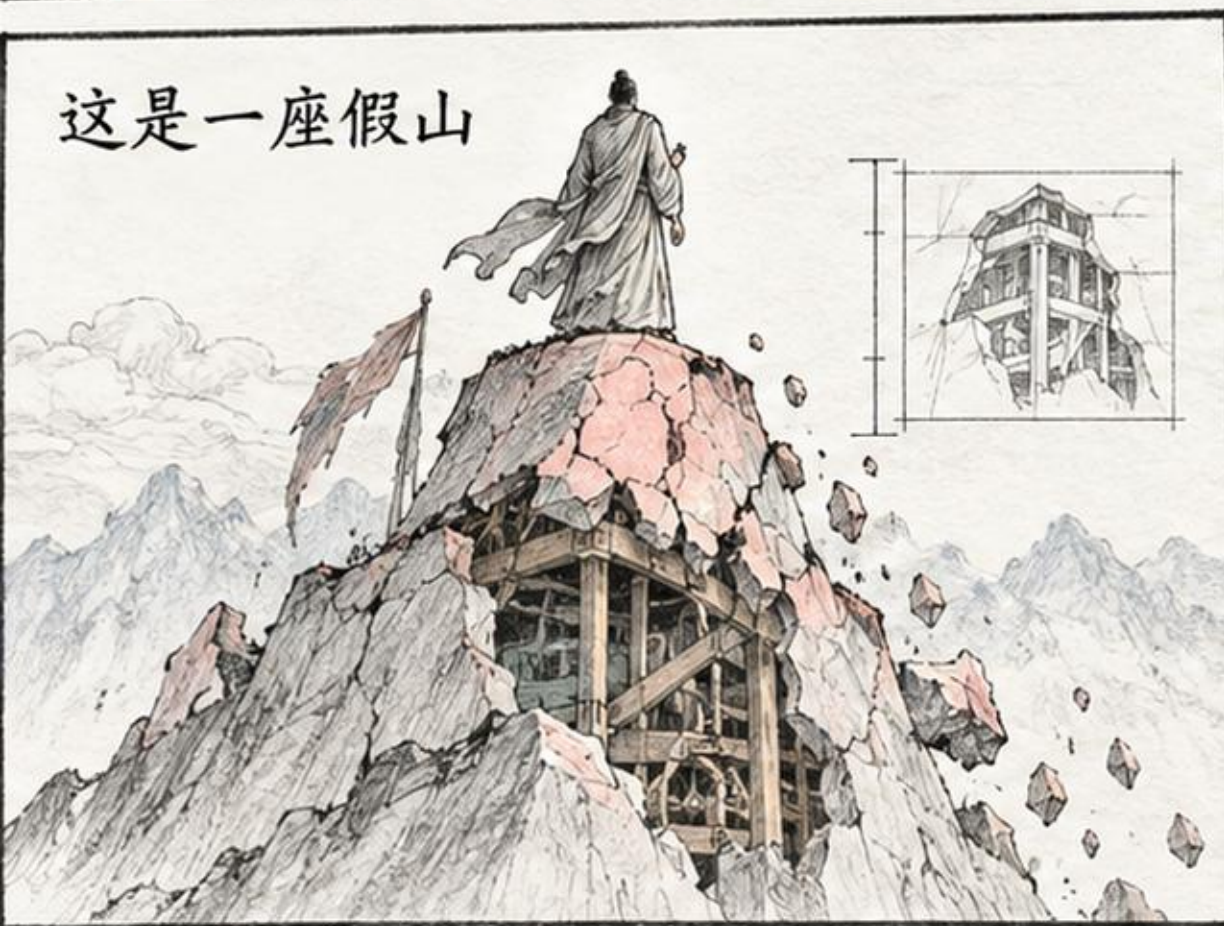
入定就会出定



看清那个一直在爬的人



这是一座假山

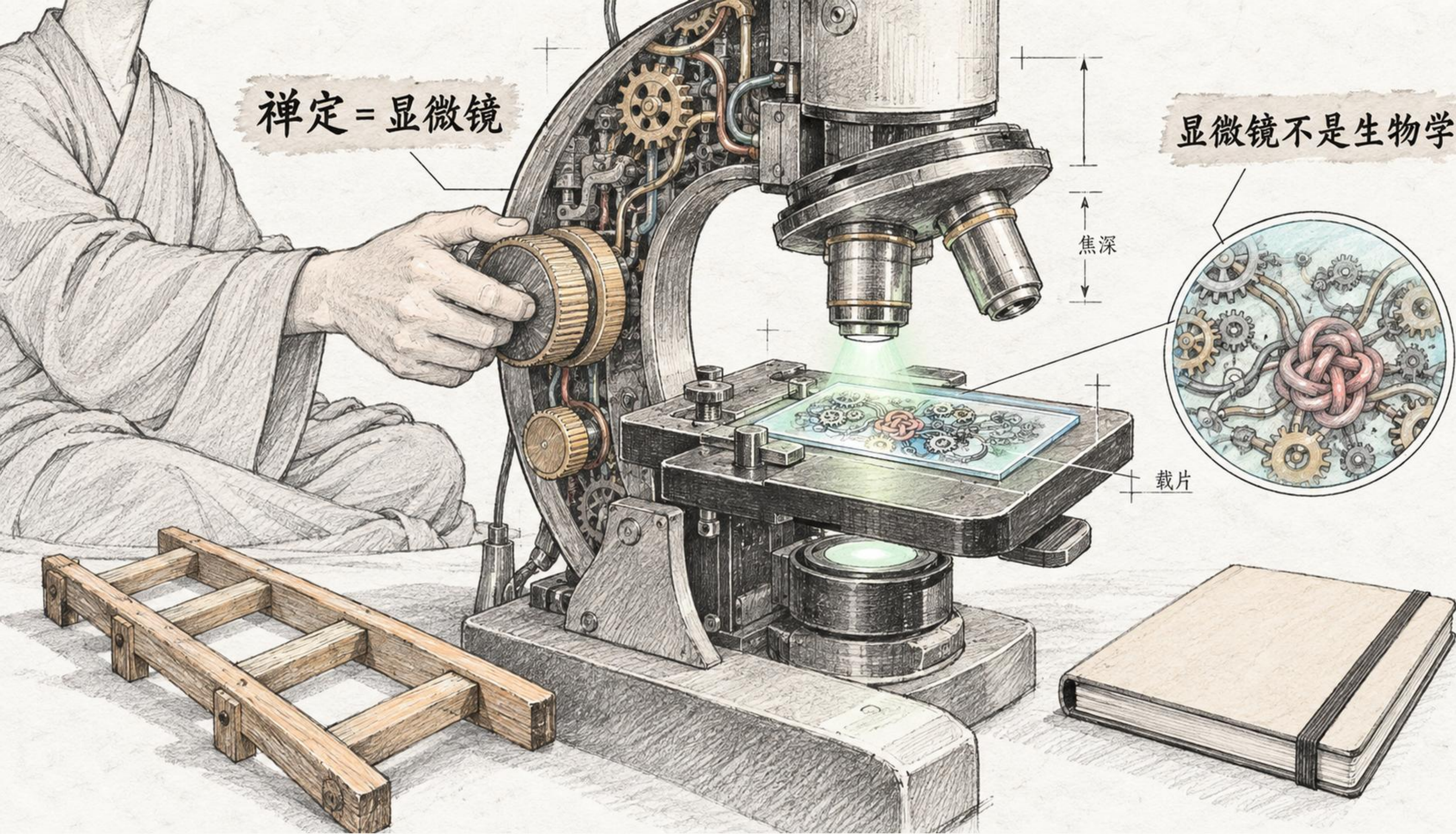


禅定 = 显微镜

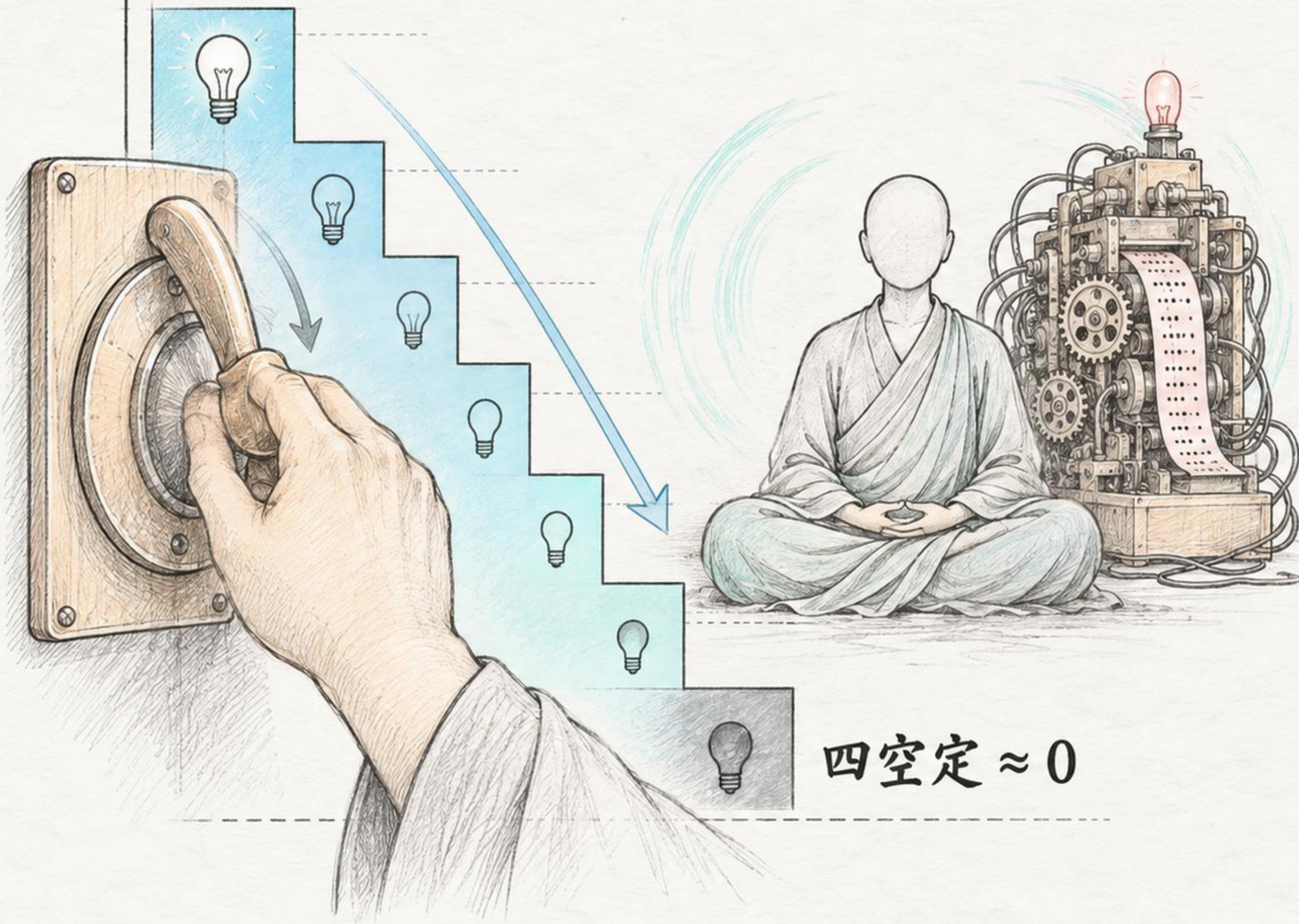
显微镜不是生物学

焦深

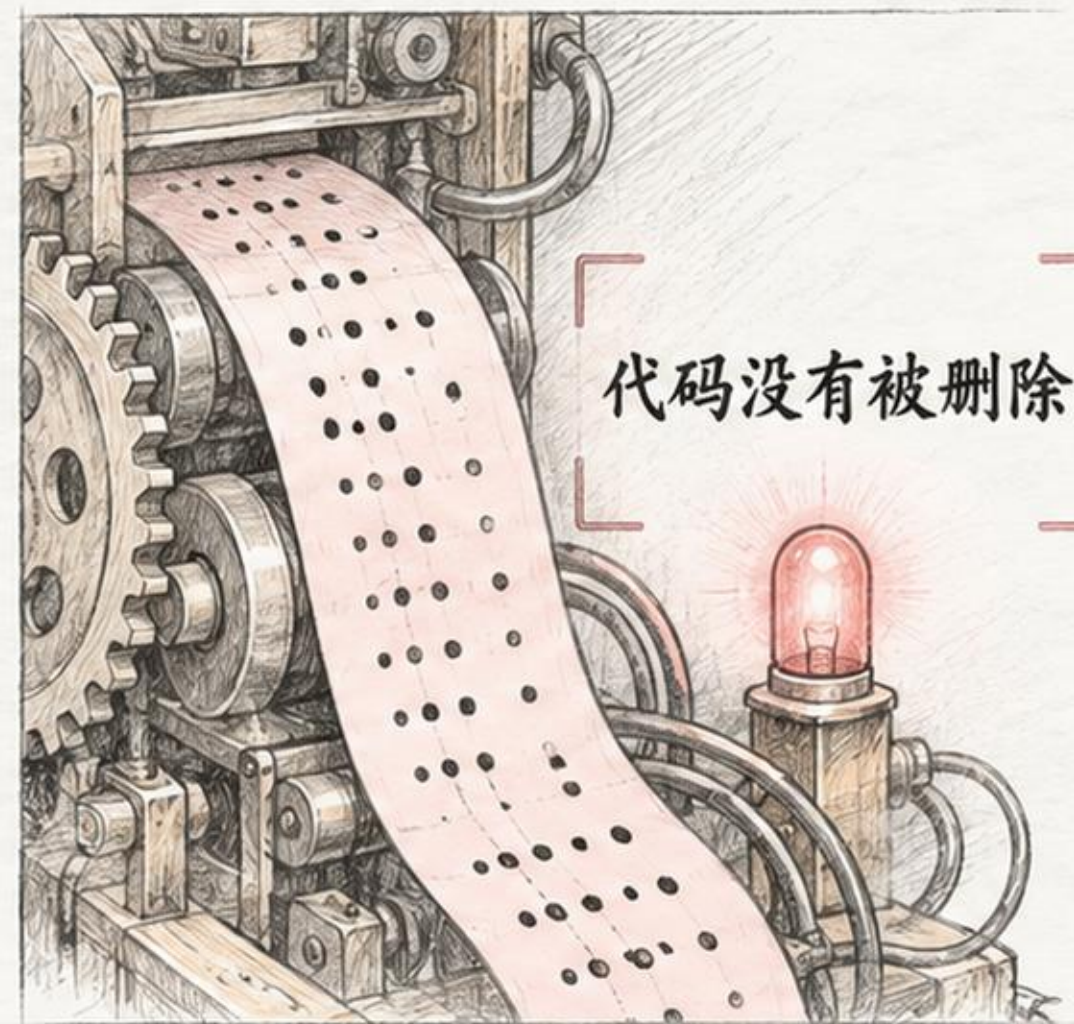
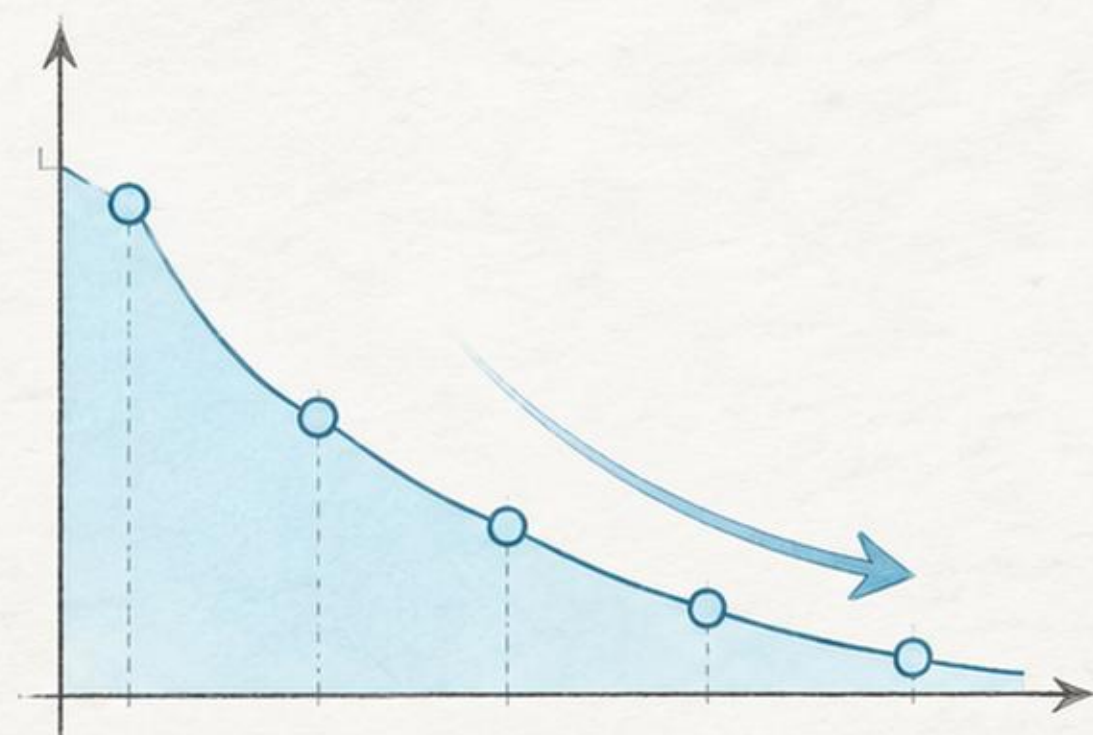
载片



初禅 -1 档

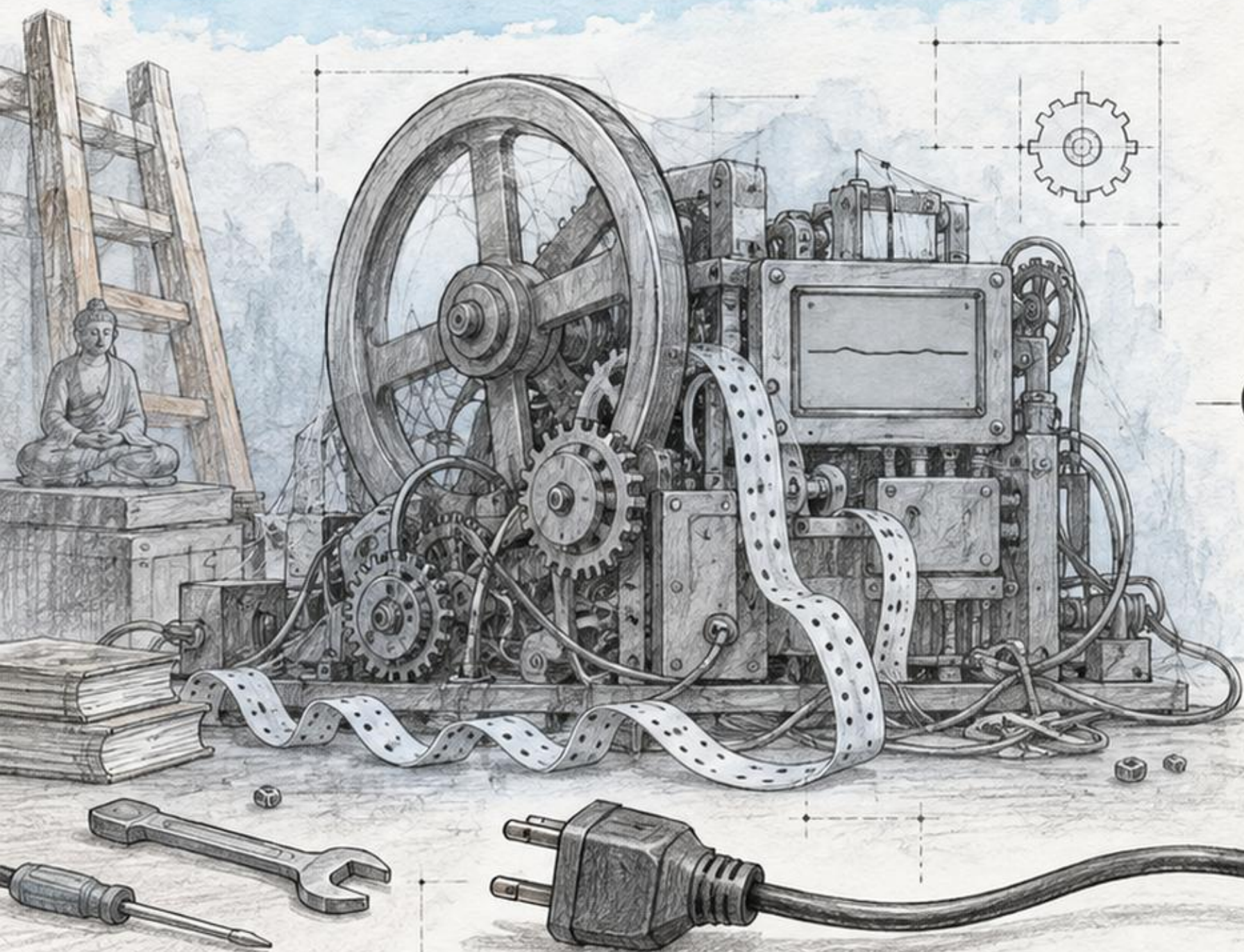


四空定 ≈ 0



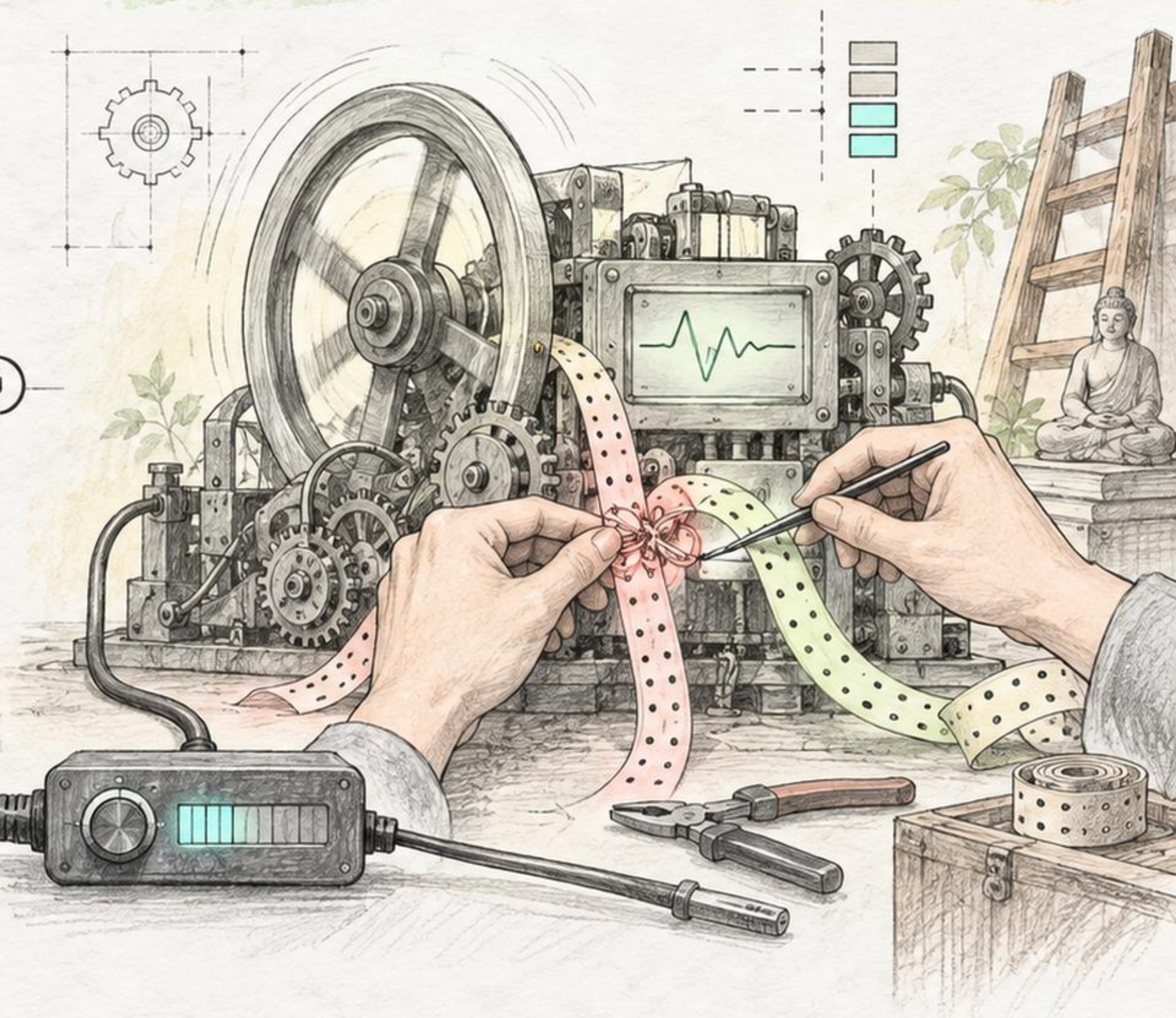
代码没有被删除

关机 ≠ 自由



止：调慢

观：看清并改写



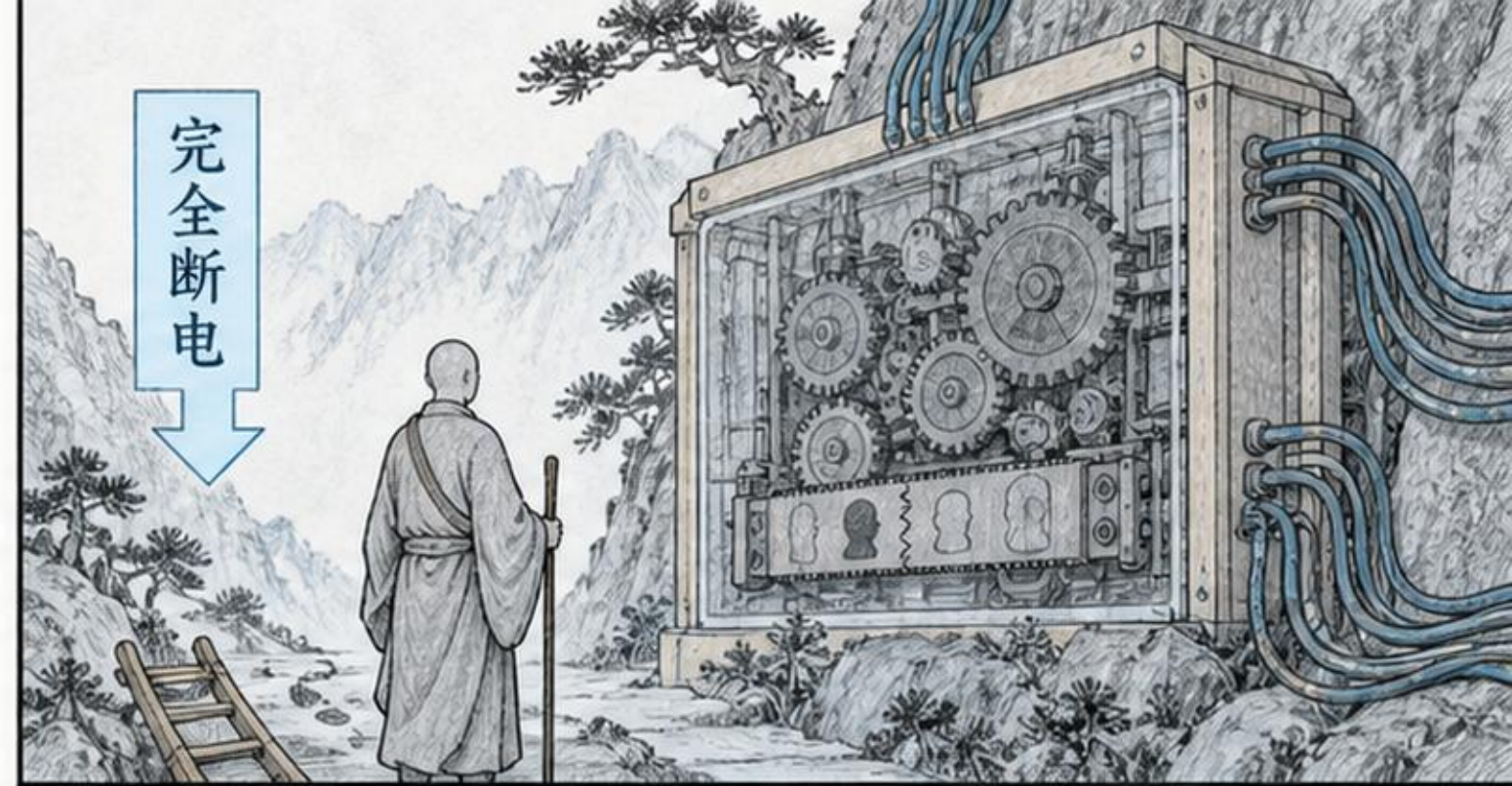
总观效应

默认模式网络去激活

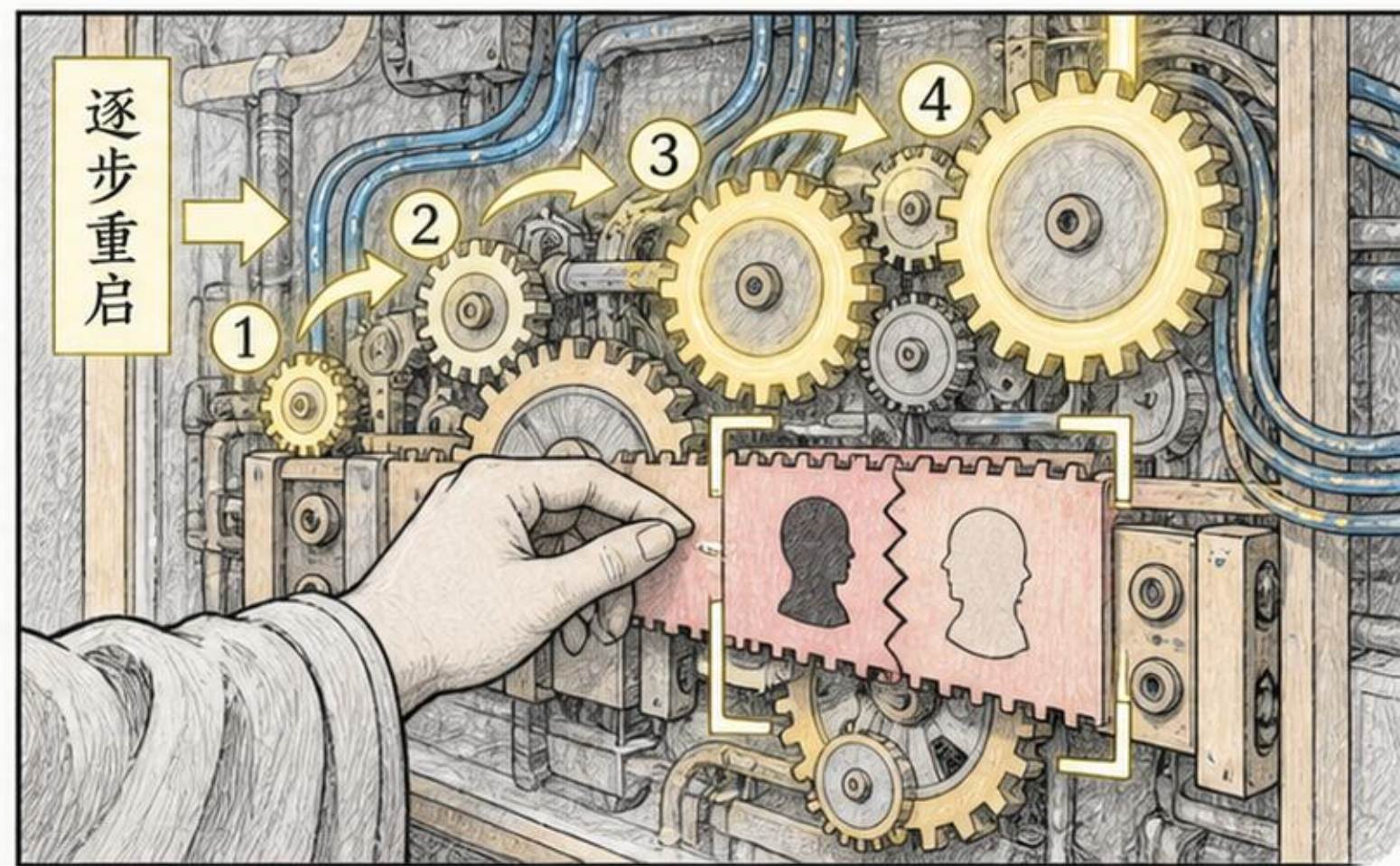




他看清了下山的每一个环节

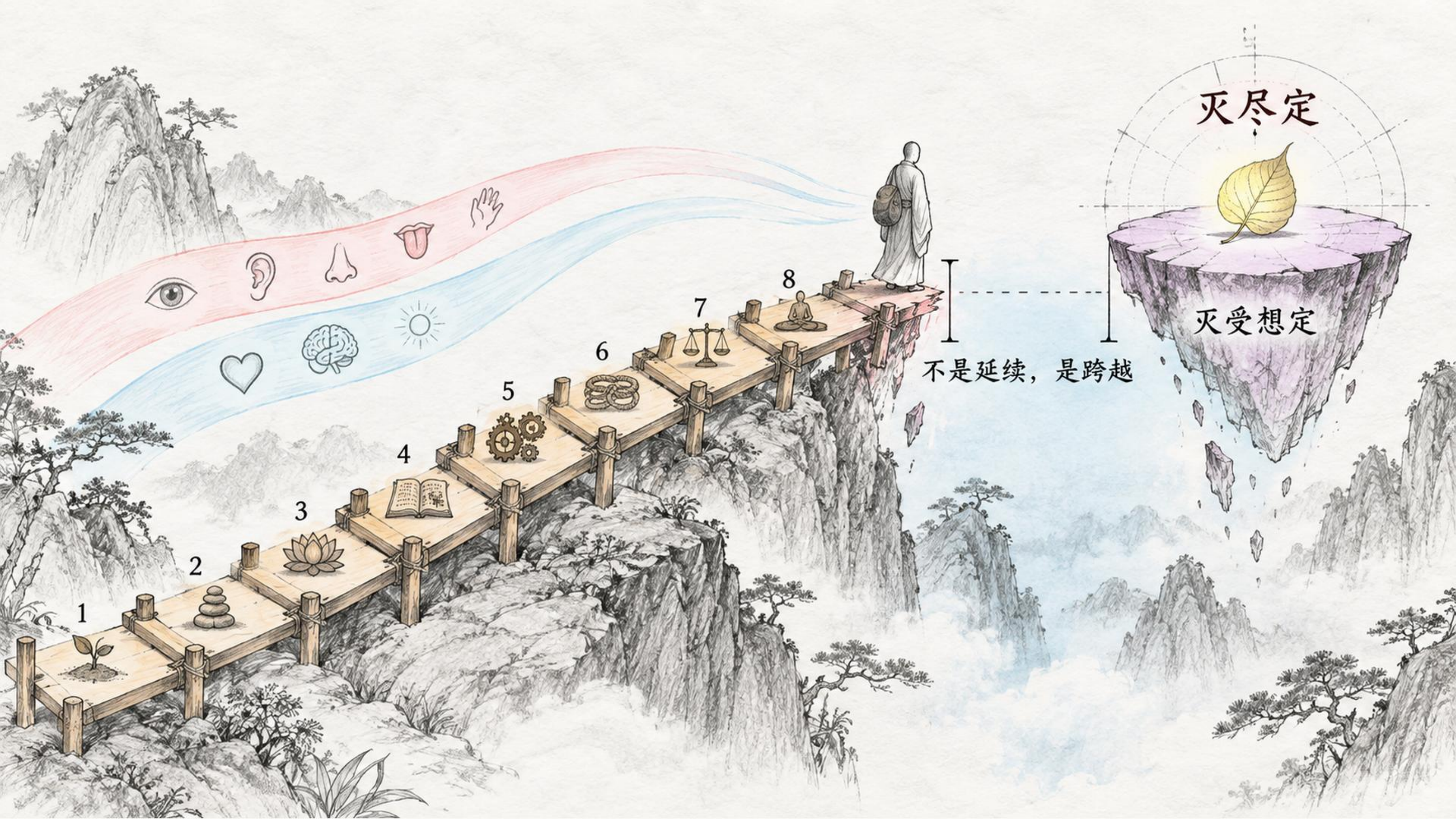


完全断电



逐步重启

禅定是基础设施，智慧才是成佛之因



灭尽定

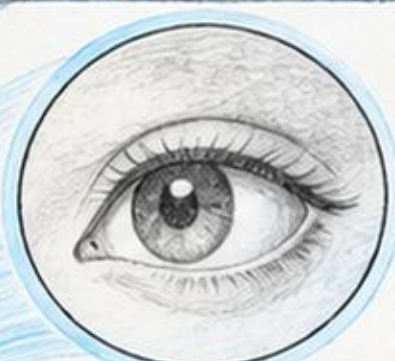
灭受想定

不是延续，是跨越

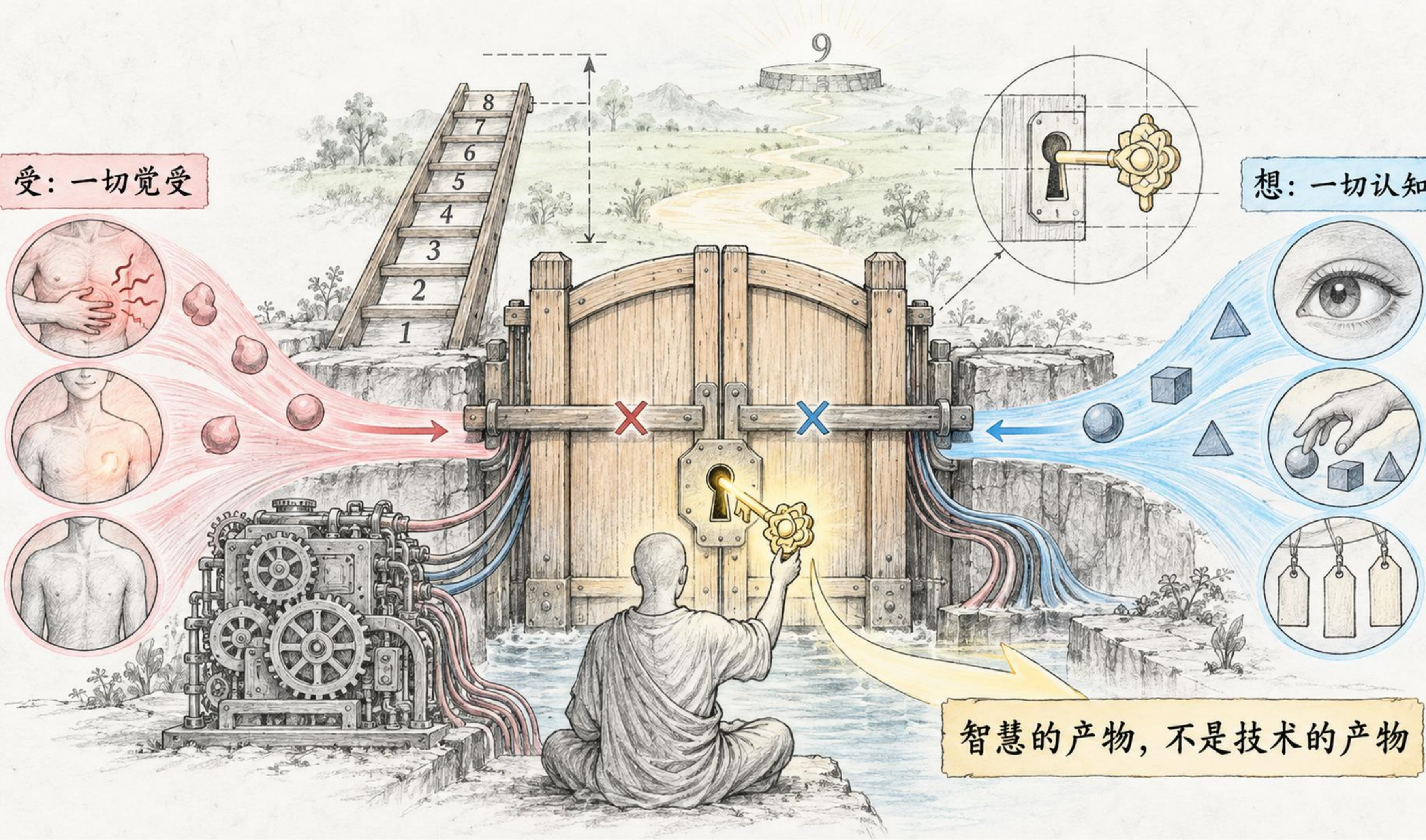
受：一切觉受



想：一切认知



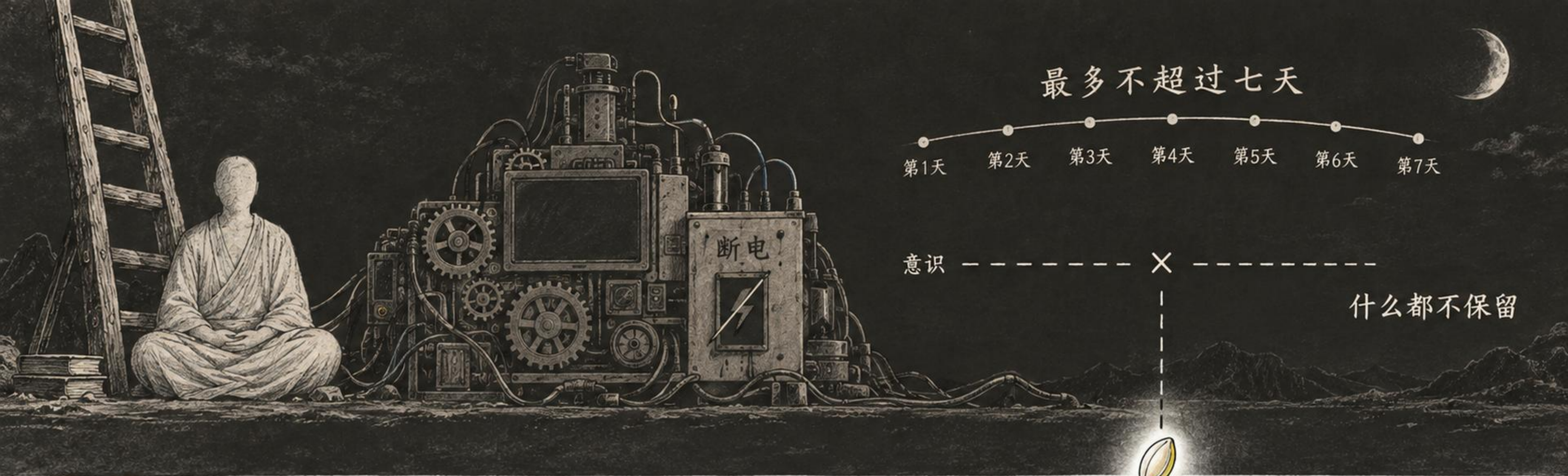
智慧的产物，不是技术的产物





没有体验者

那里没有境界可言

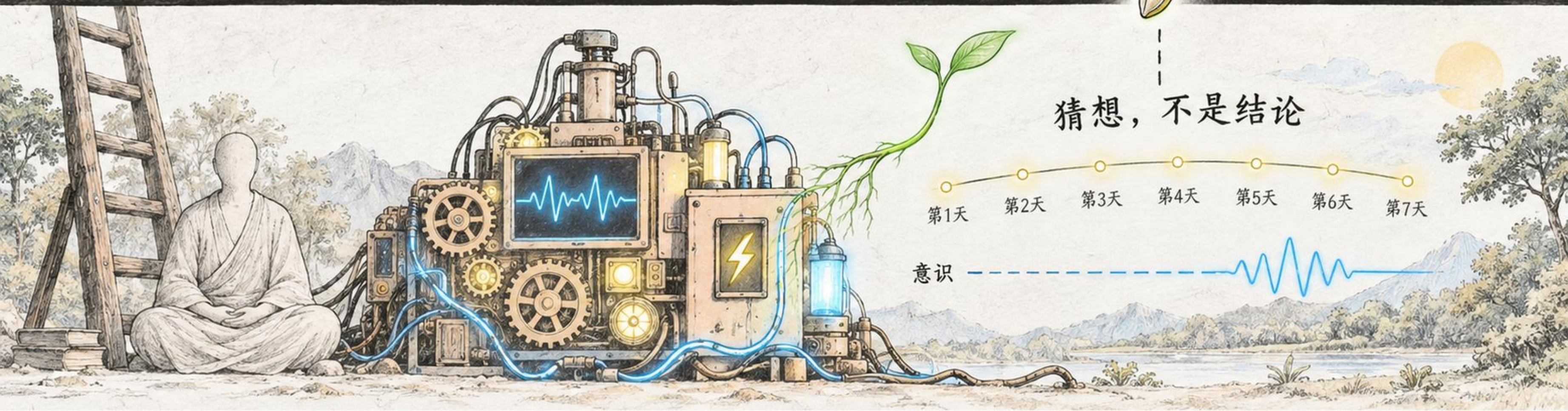


最多不超过七天

第1天 第2天 第3天 第4天 第5天 第6天 第7天

意识 ———— X ————

什么都不保留



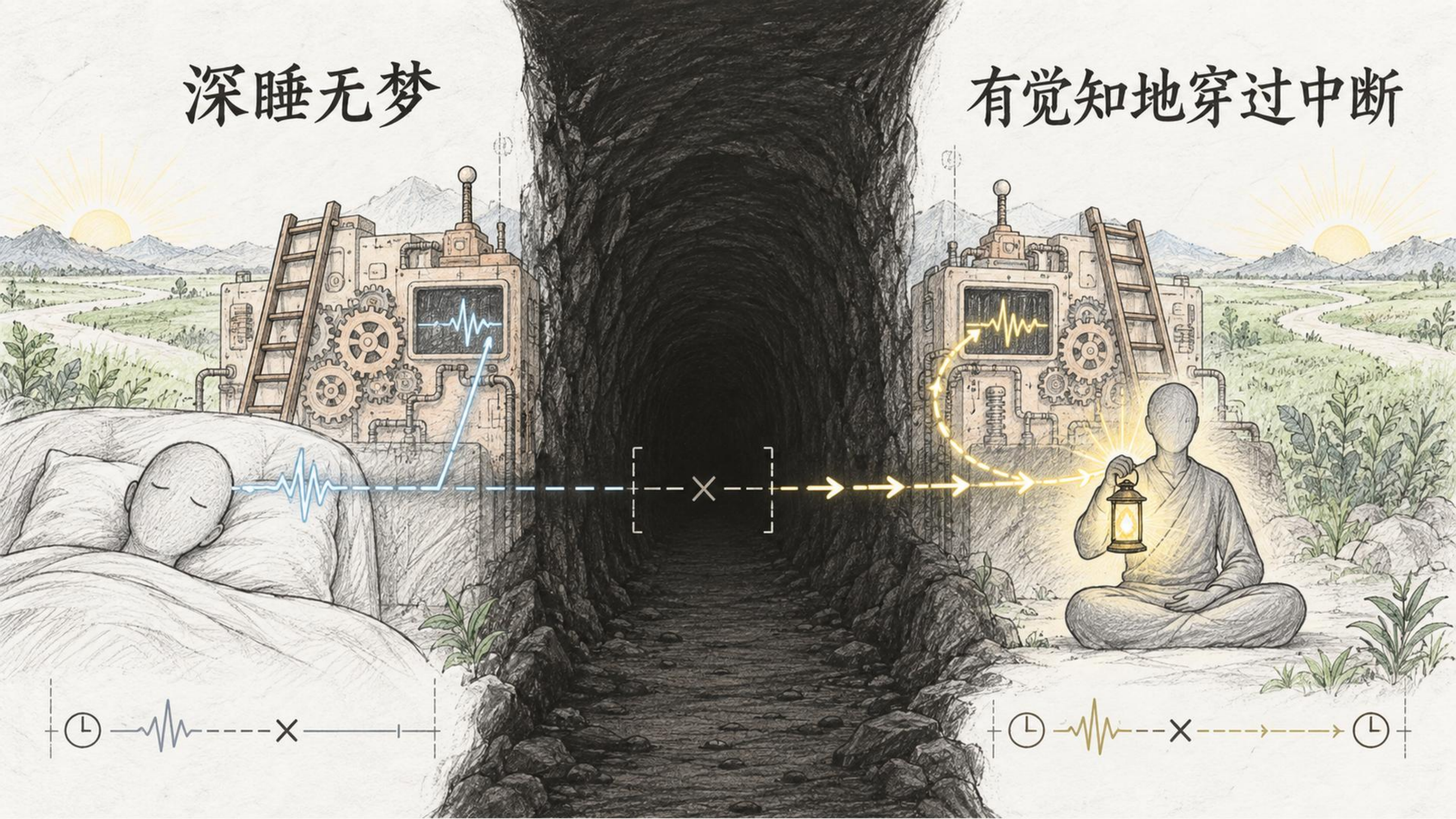
猜想，不是结论

第1天 第2天 第3天 第4天 第5天 第6天 第7天

意识 ————

深睡无梦

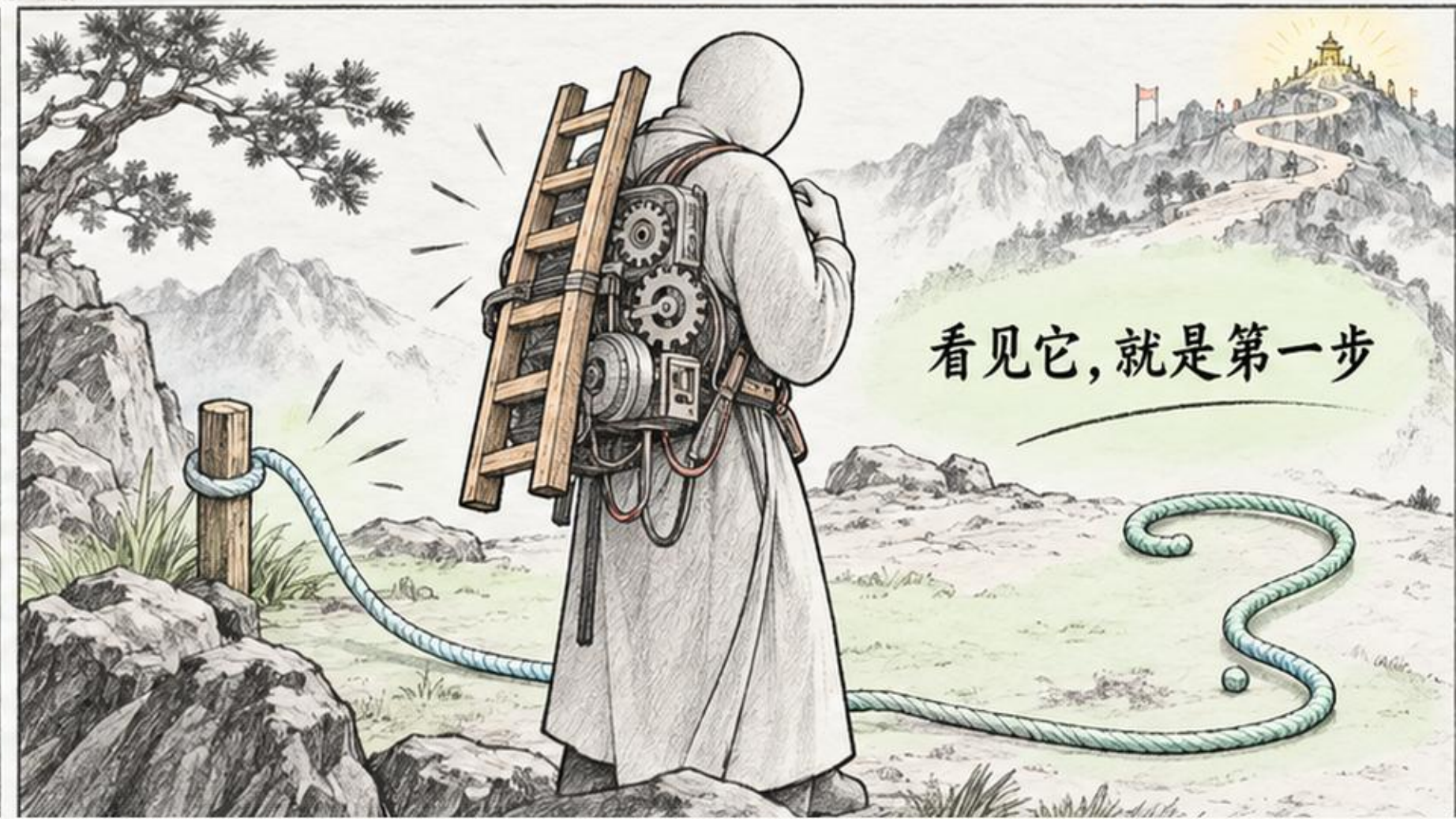
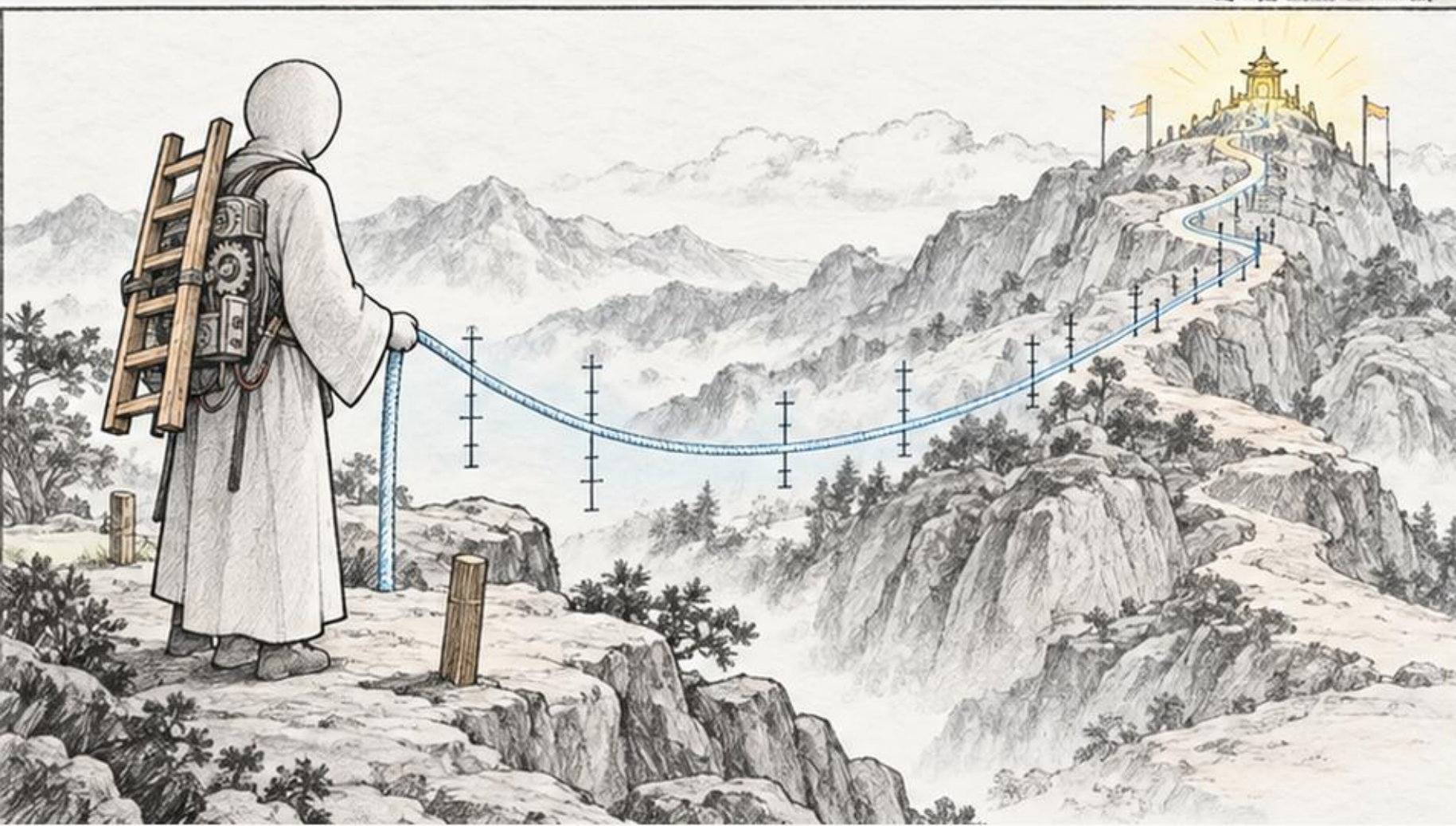
有觉知地穿过中断



山顶上没有解脱

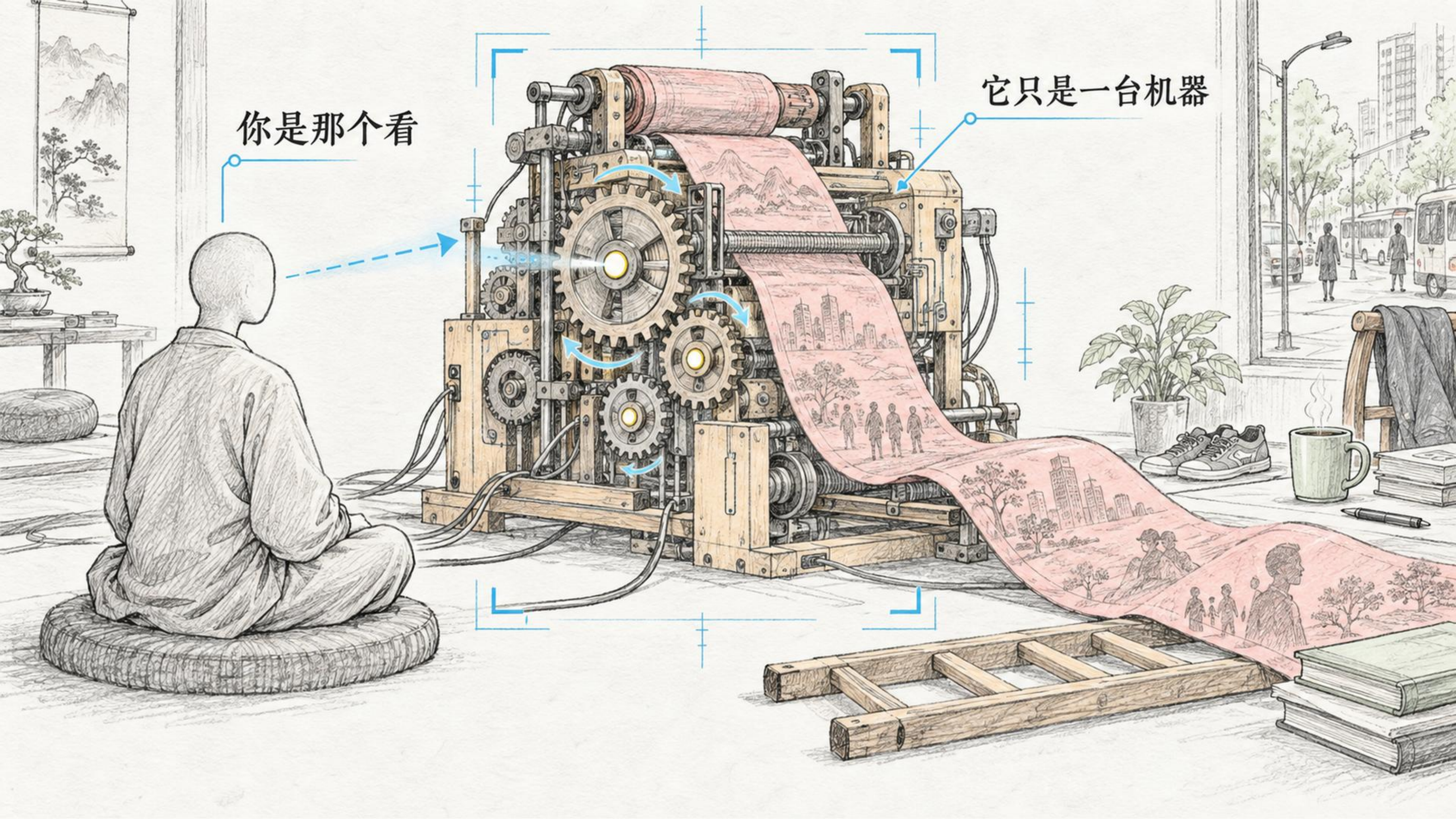
看清那个一直在爬的人





你是那个看

它只是一台机器



A man with short dark hair, wearing a dark blazer over a light-colored checkered shirt, is shown from the chest up. He is looking slightly to the right with a calm expression and has his right hand open, palm up, gesturing towards the background. The background is a stylized illustration of a mountain range. A prominent mountain peak is shown with a long wooden ladder leaning against it, leading up to a small structure at the summit. A red question mark is drawn in the sky above the peak. A dashed line with an arrow at the end winds through the clouds and over the mountains. The overall style is a mix of realistic portraiture and whimsical illustration.

我们是不是也在
爬一座假山

我是王利杰，我们下期见