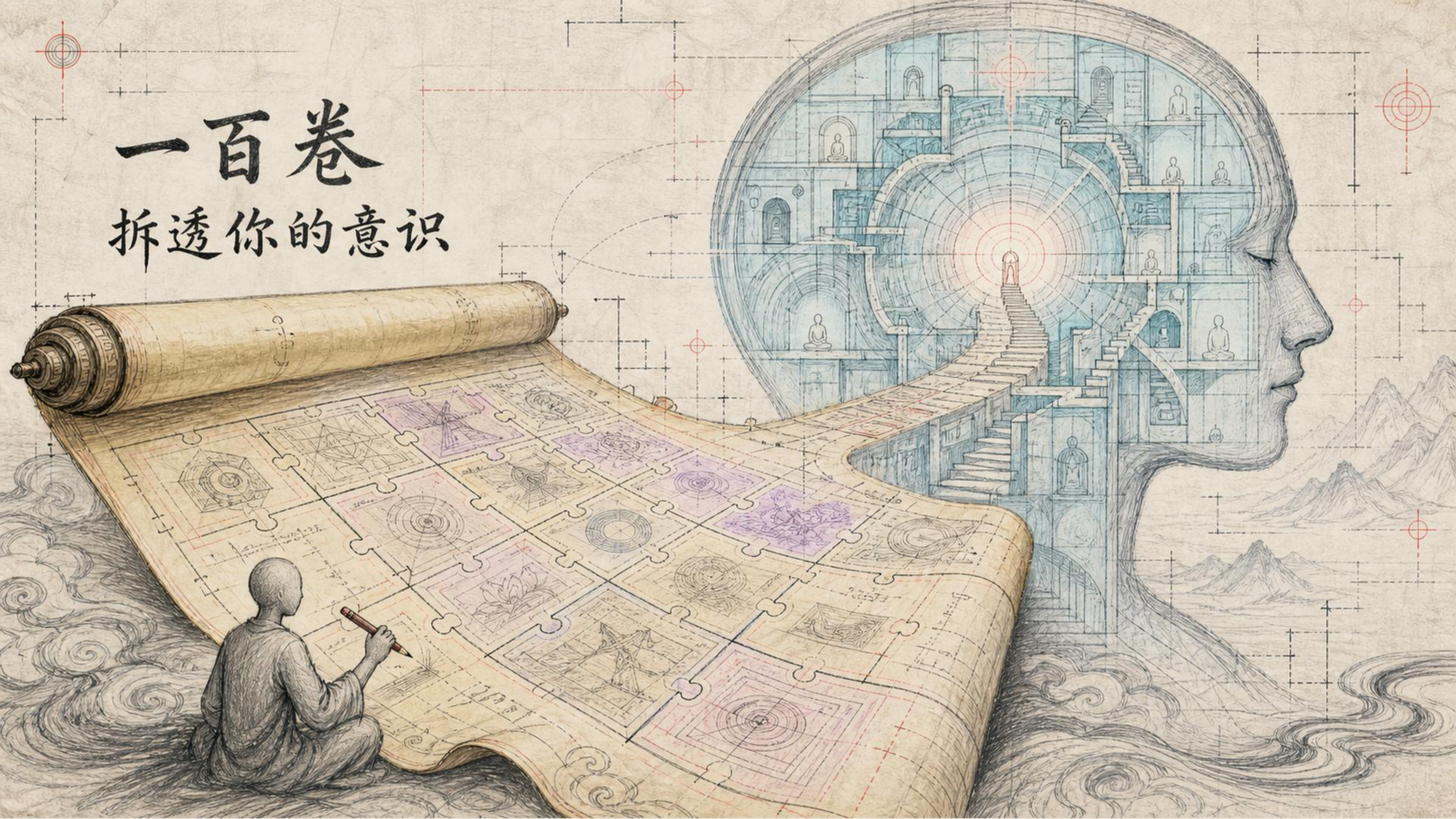
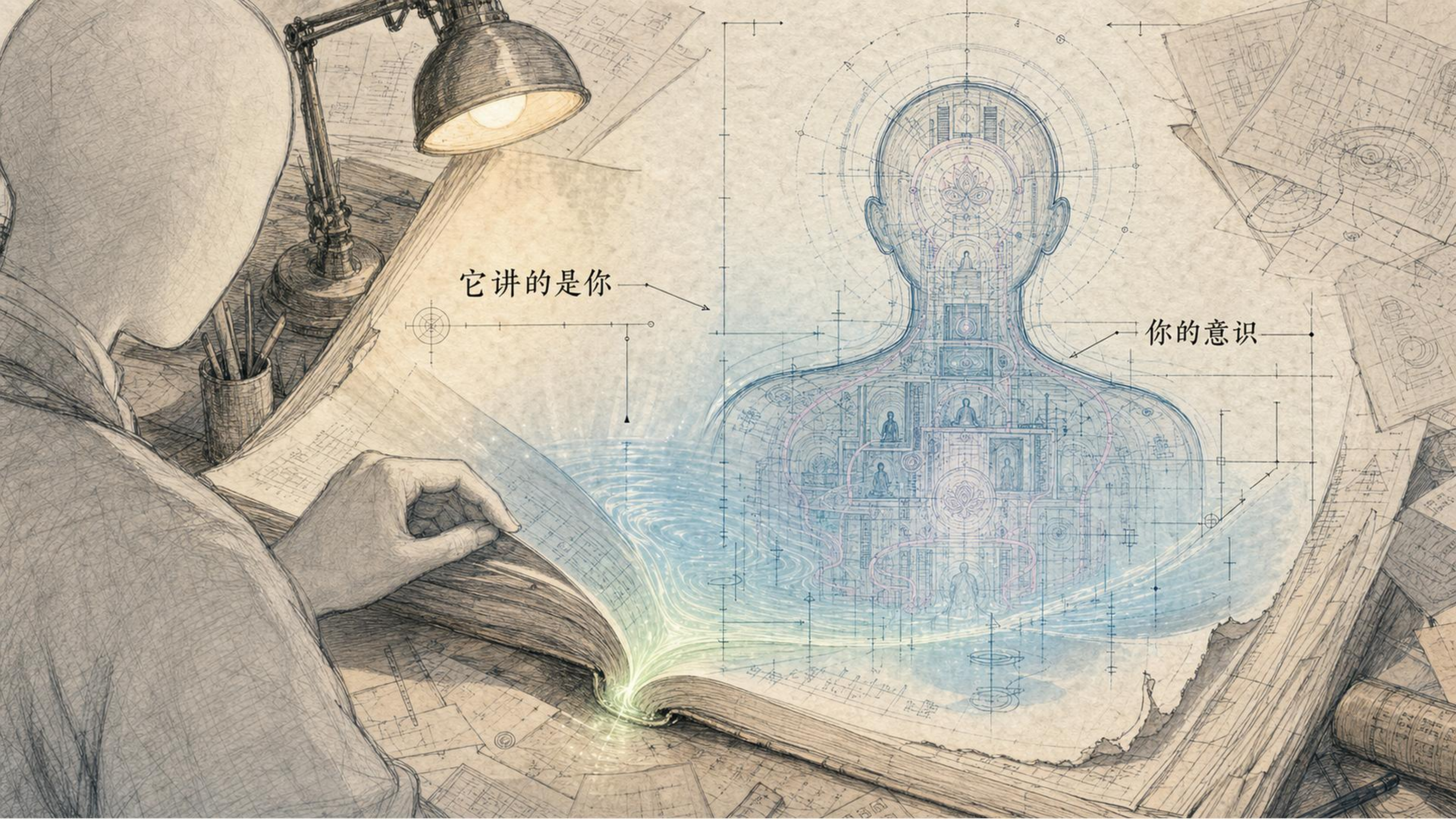


一百卷

拆透你的意识



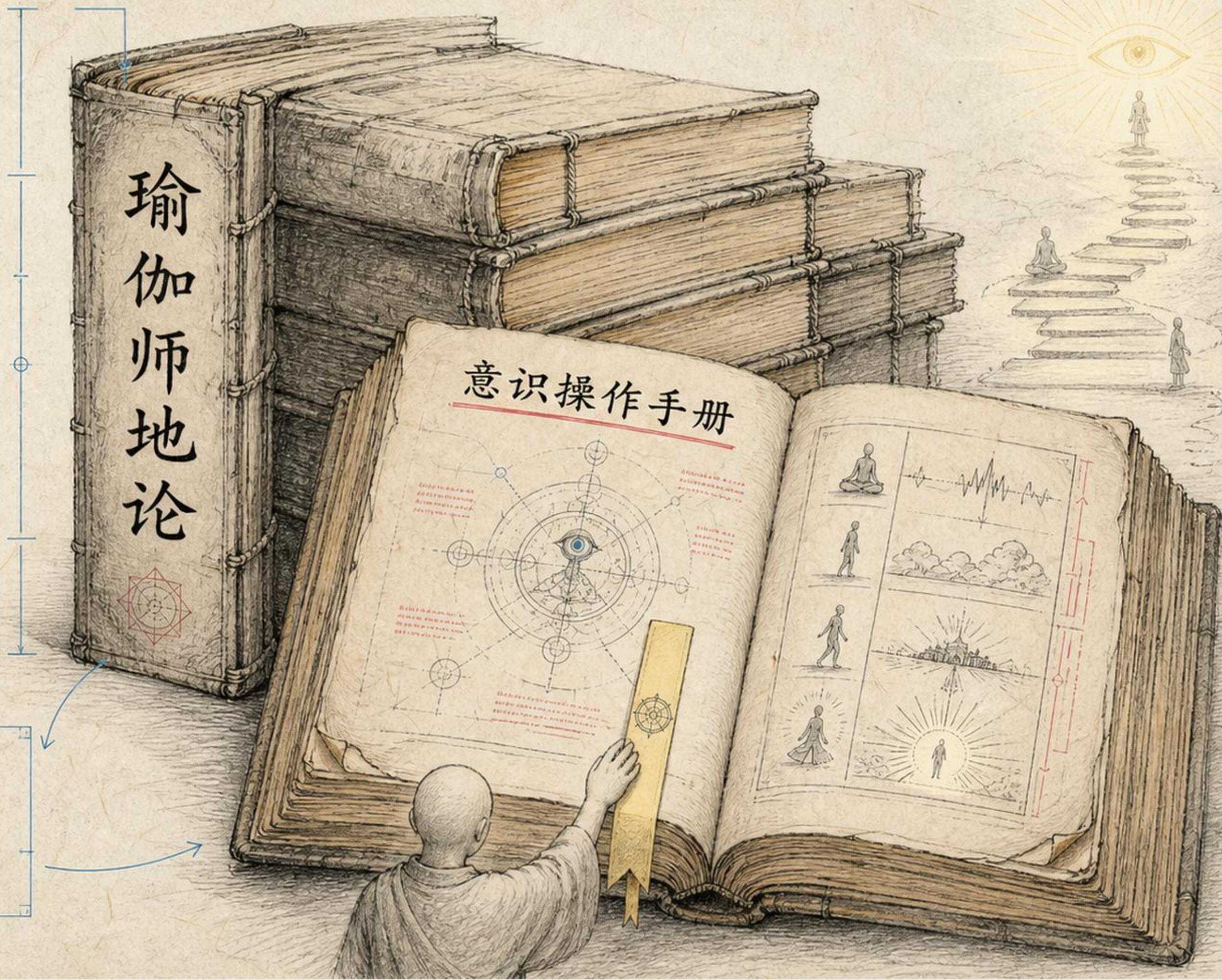
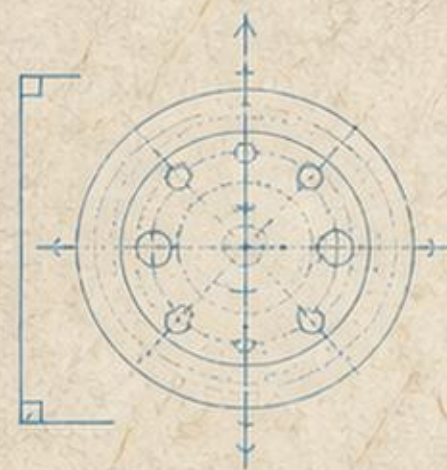
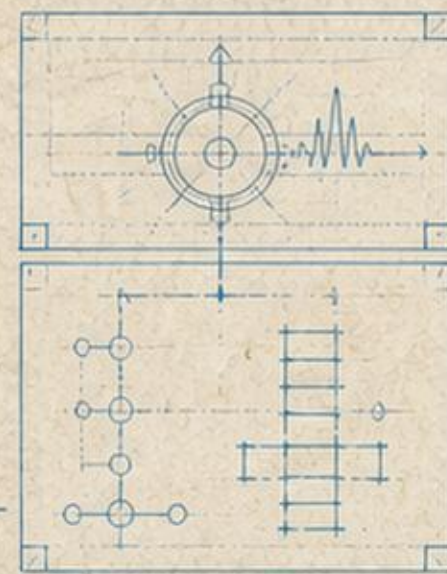
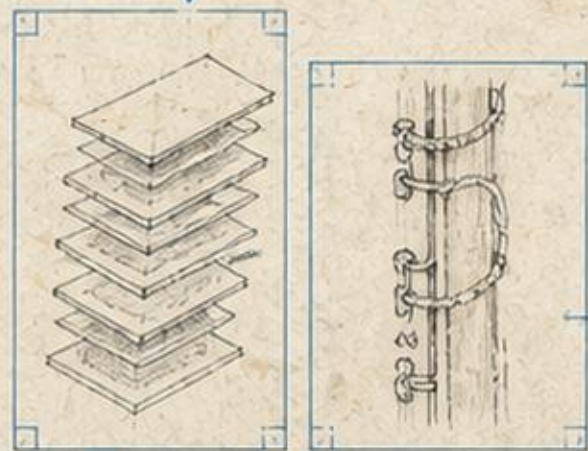
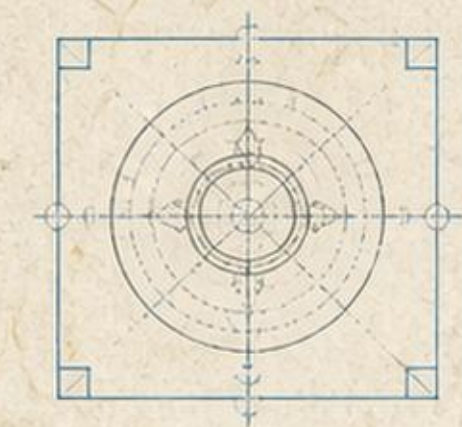


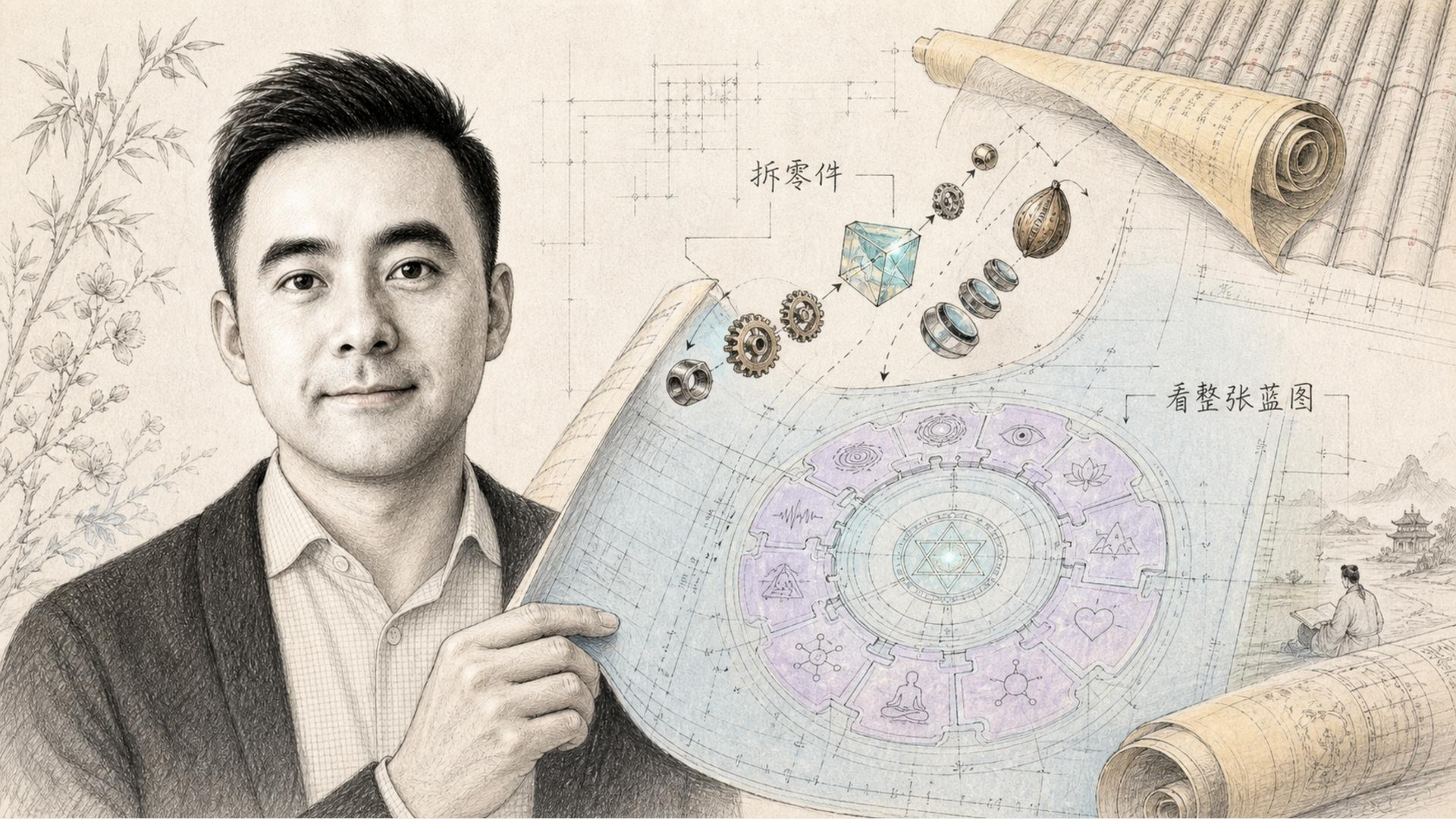
它讲的是你

你的意识

瑜伽师地论

意识操作手册





拆零件

看整张蓝图

七天

100

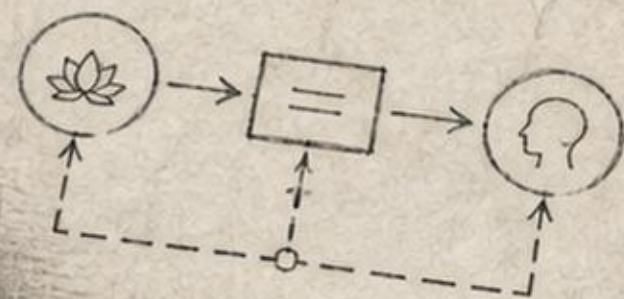
一百卷

近两百倍



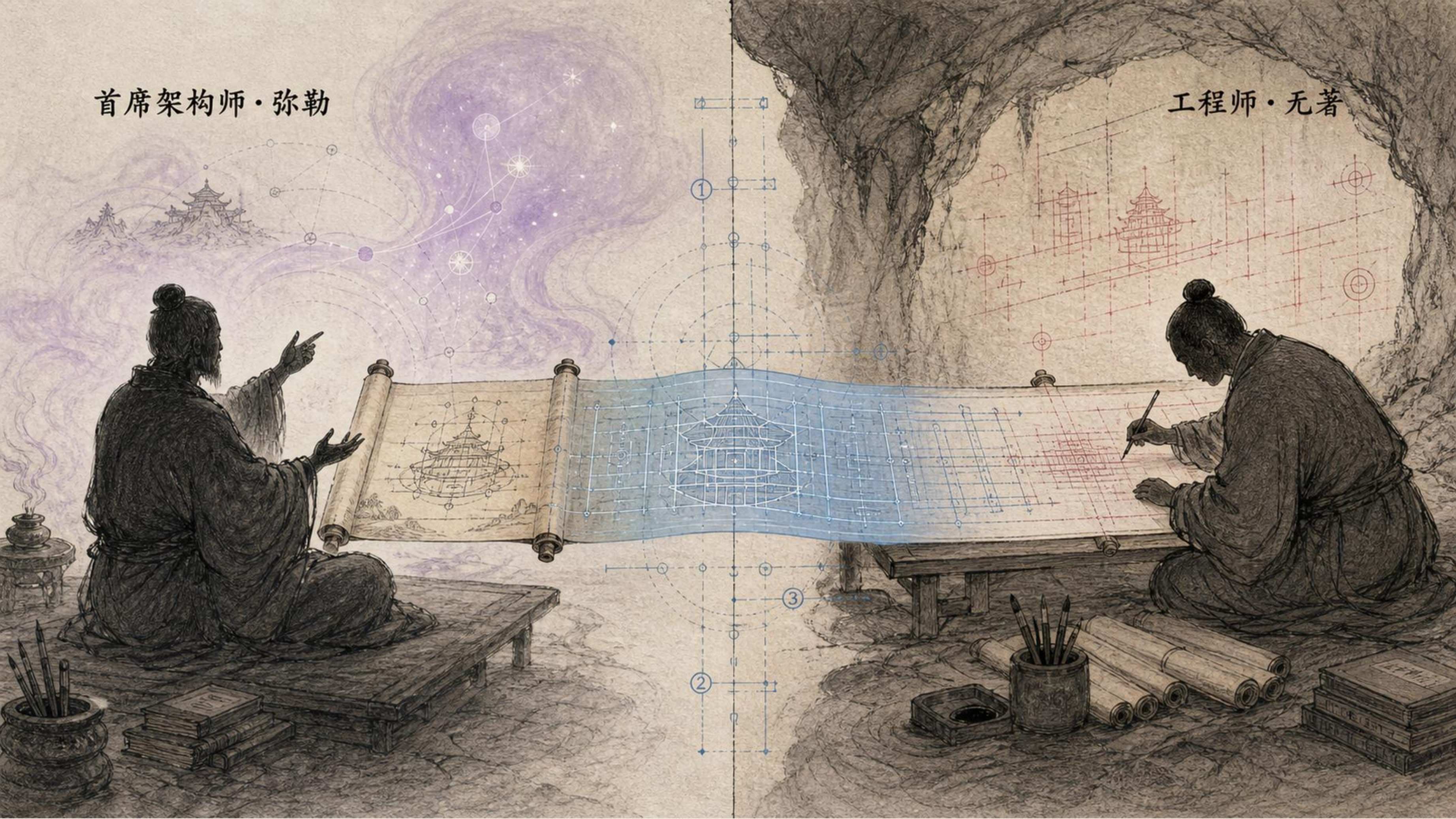
修行的技术规范

边界条件



首席架构师·弥勒

工程师·无著



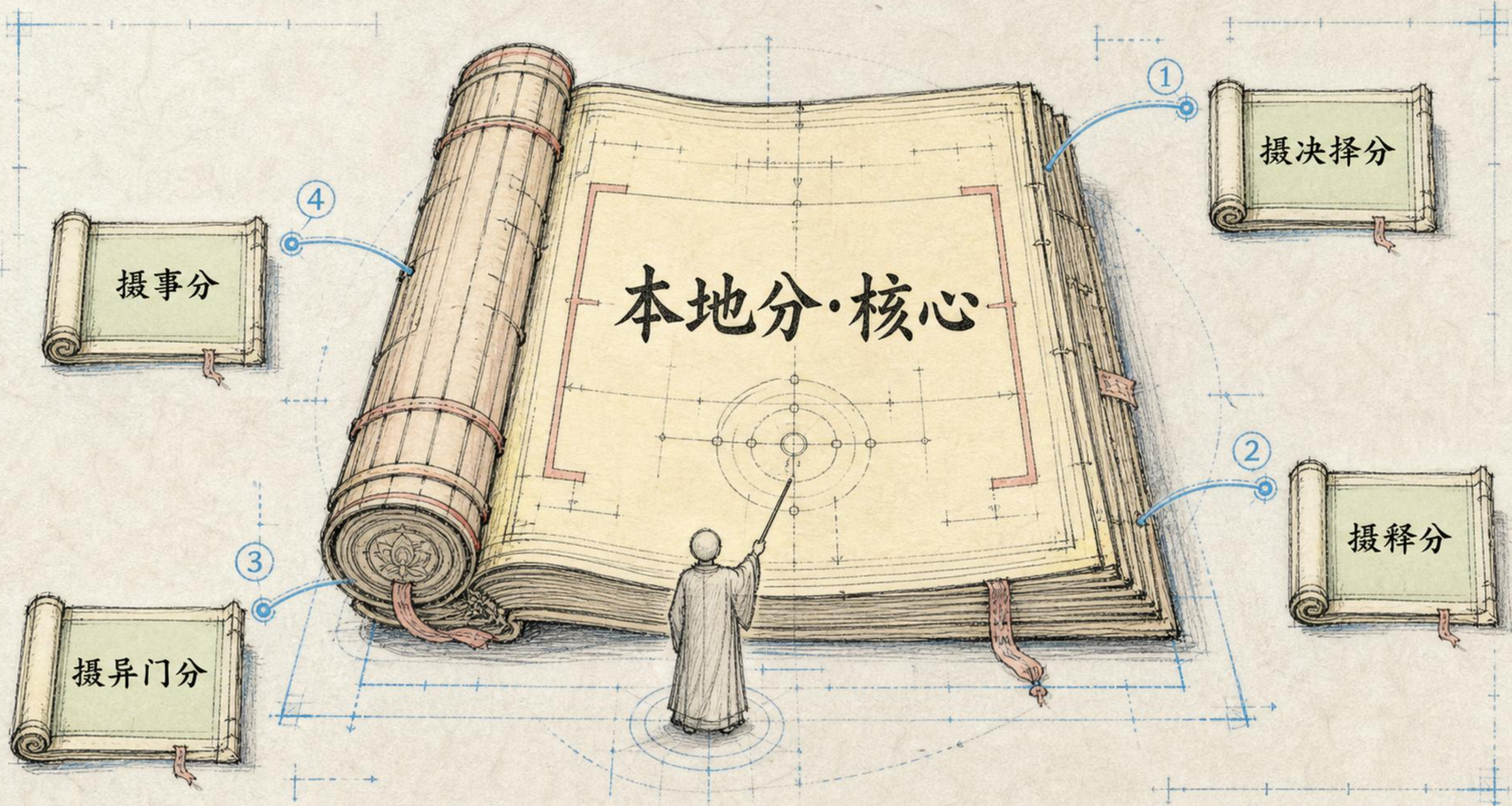
本地分·核心

摄决择分

摄释分

摄事分

摄异门分





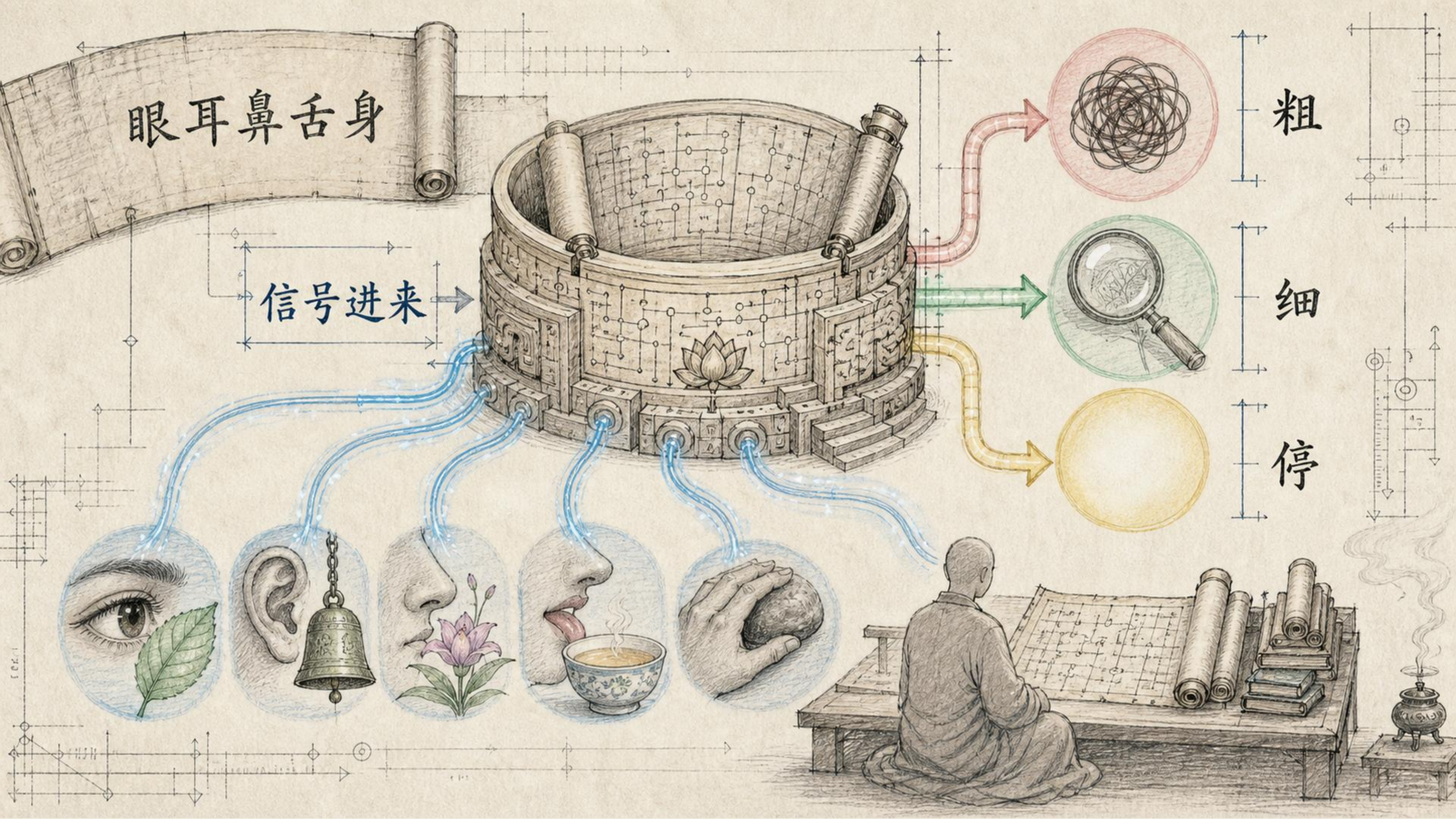
眼耳鼻舌身

信号进来

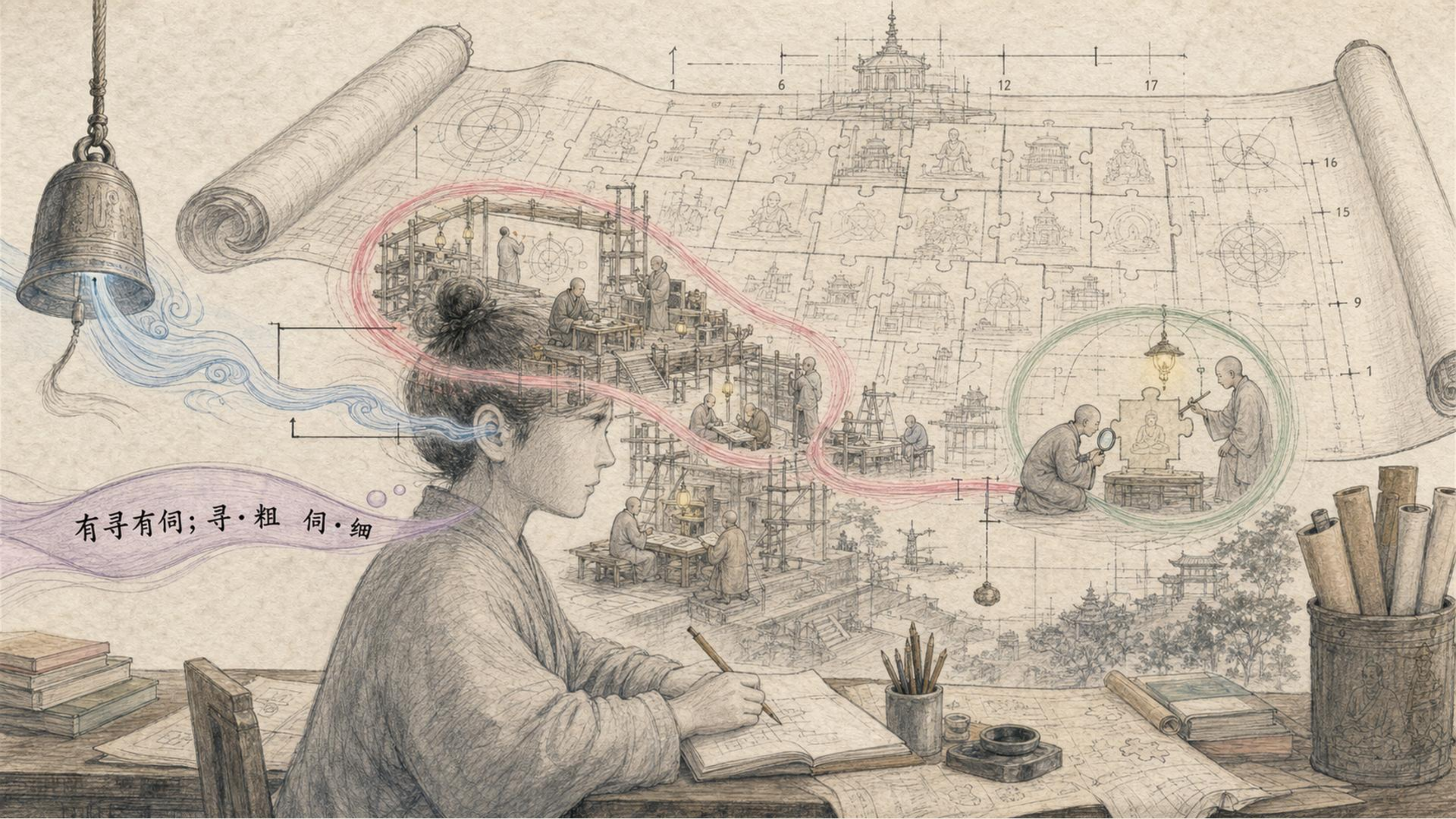
粗

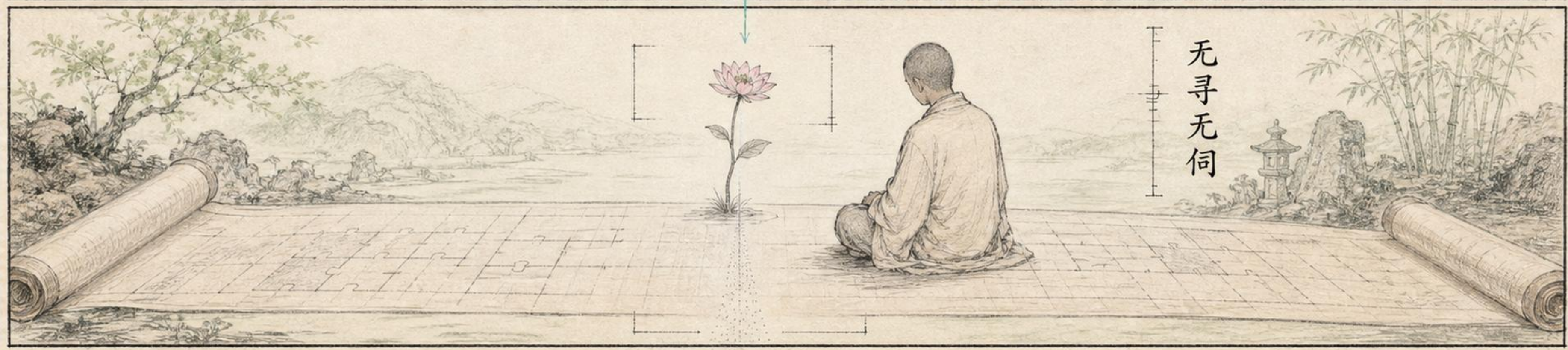
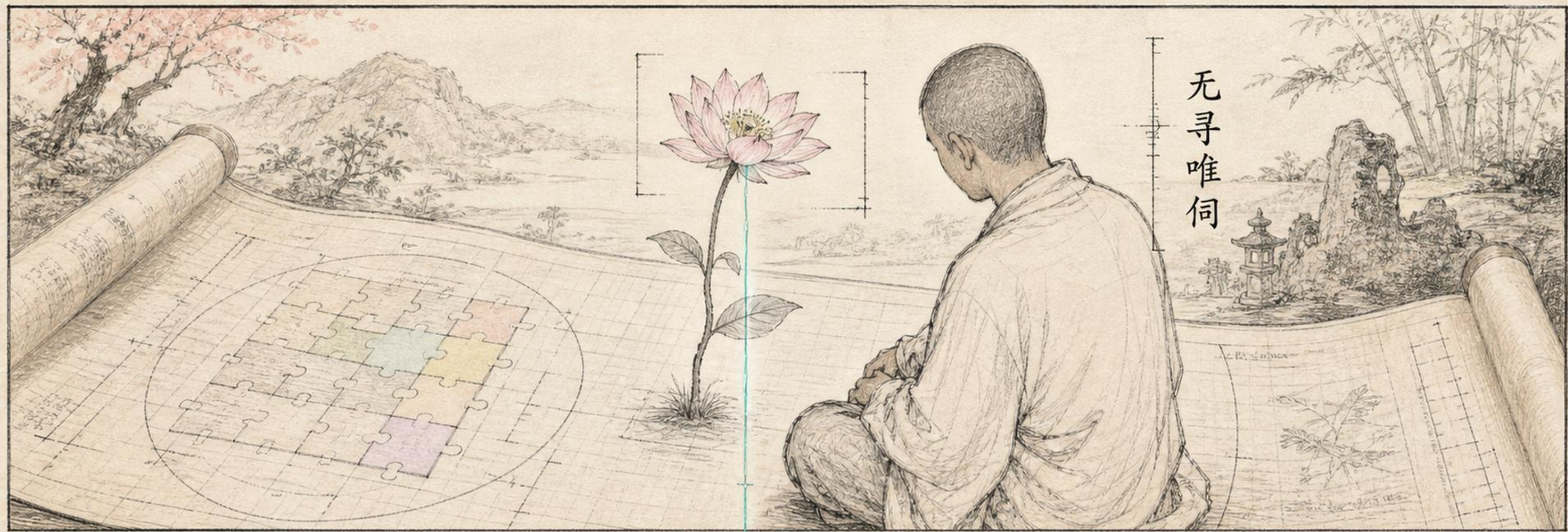
细

停



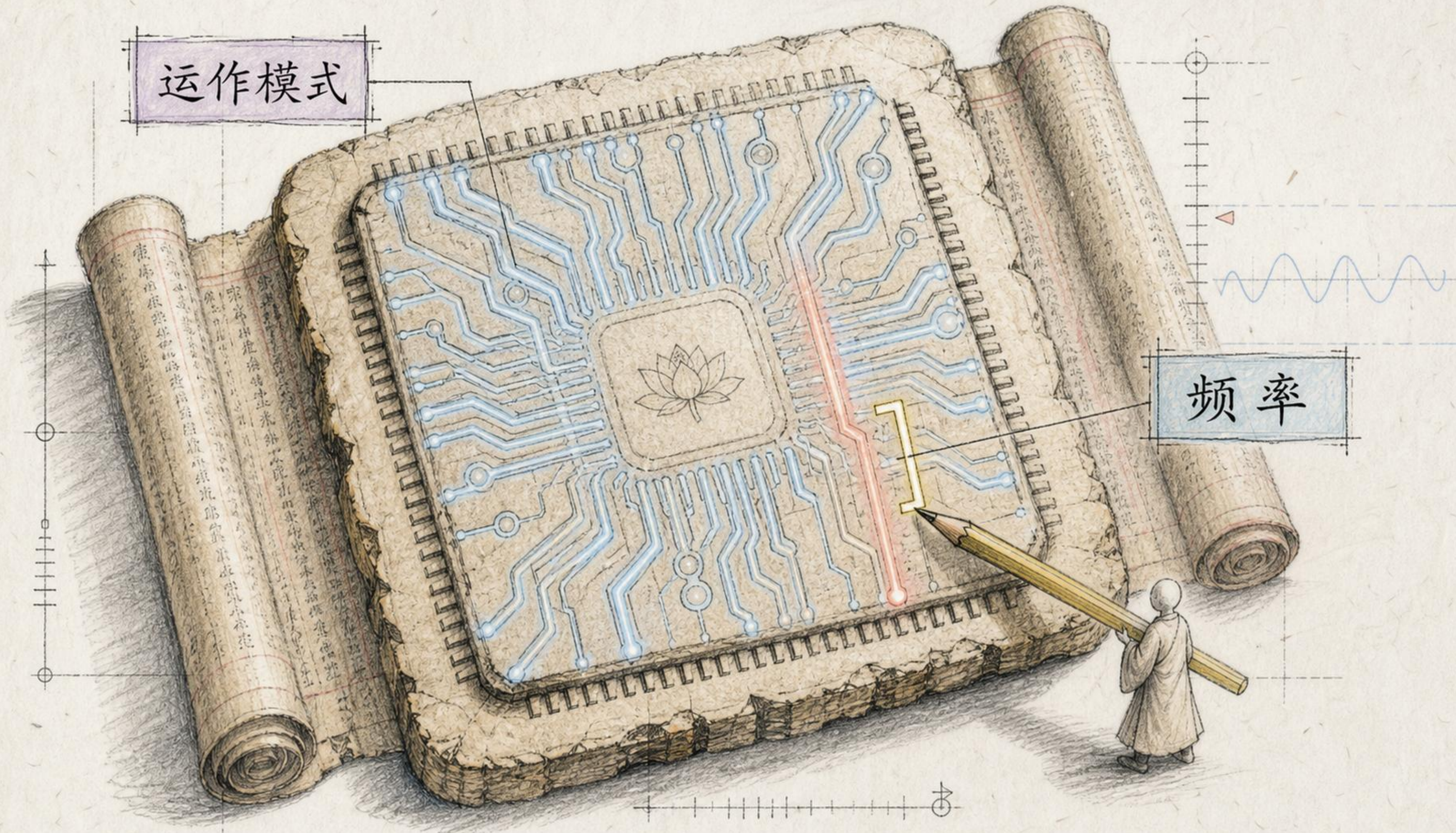
有寻有伺；寻·粗 伺·细





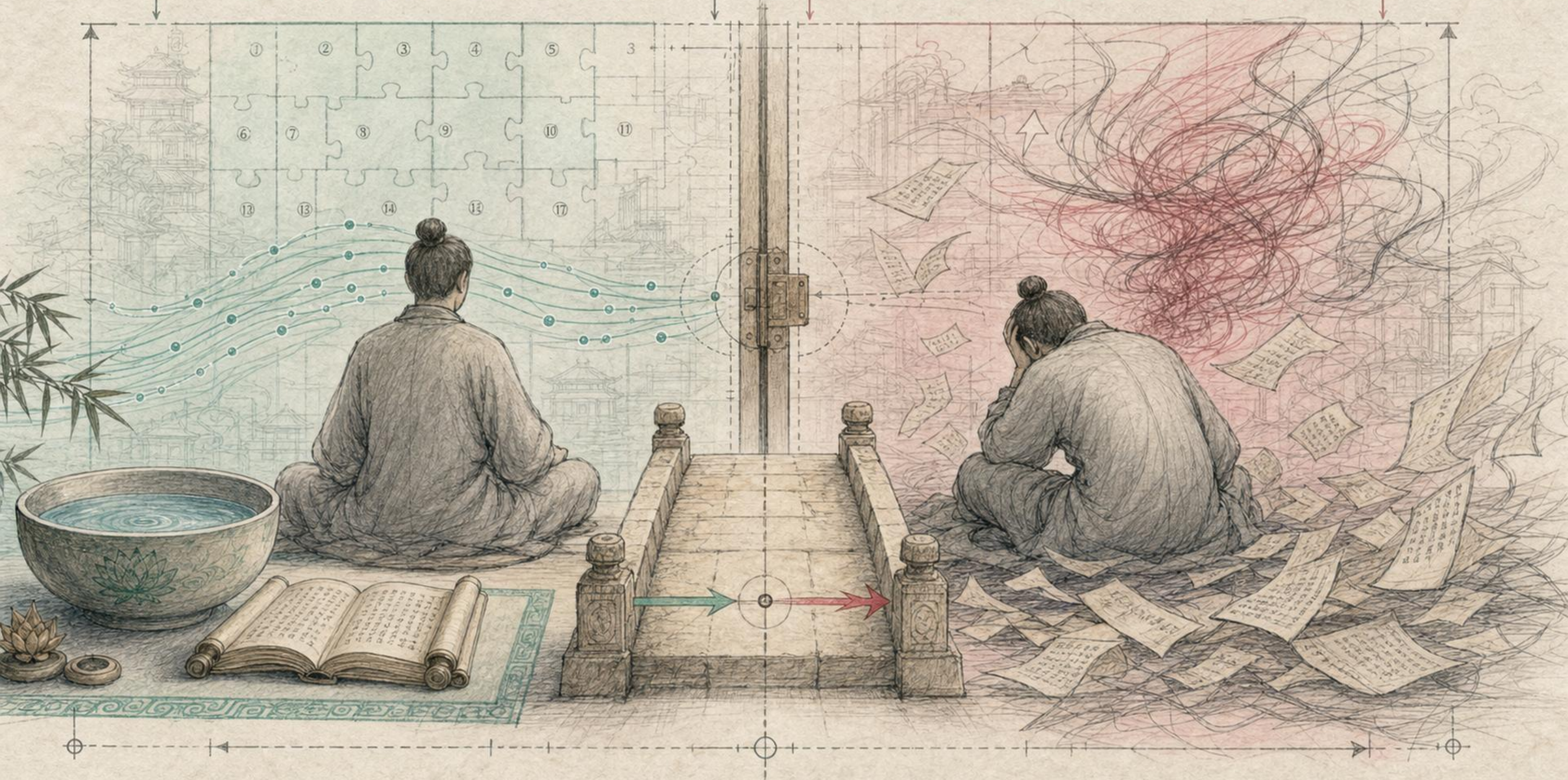
运作模式

频率



三摩呬多地·定中

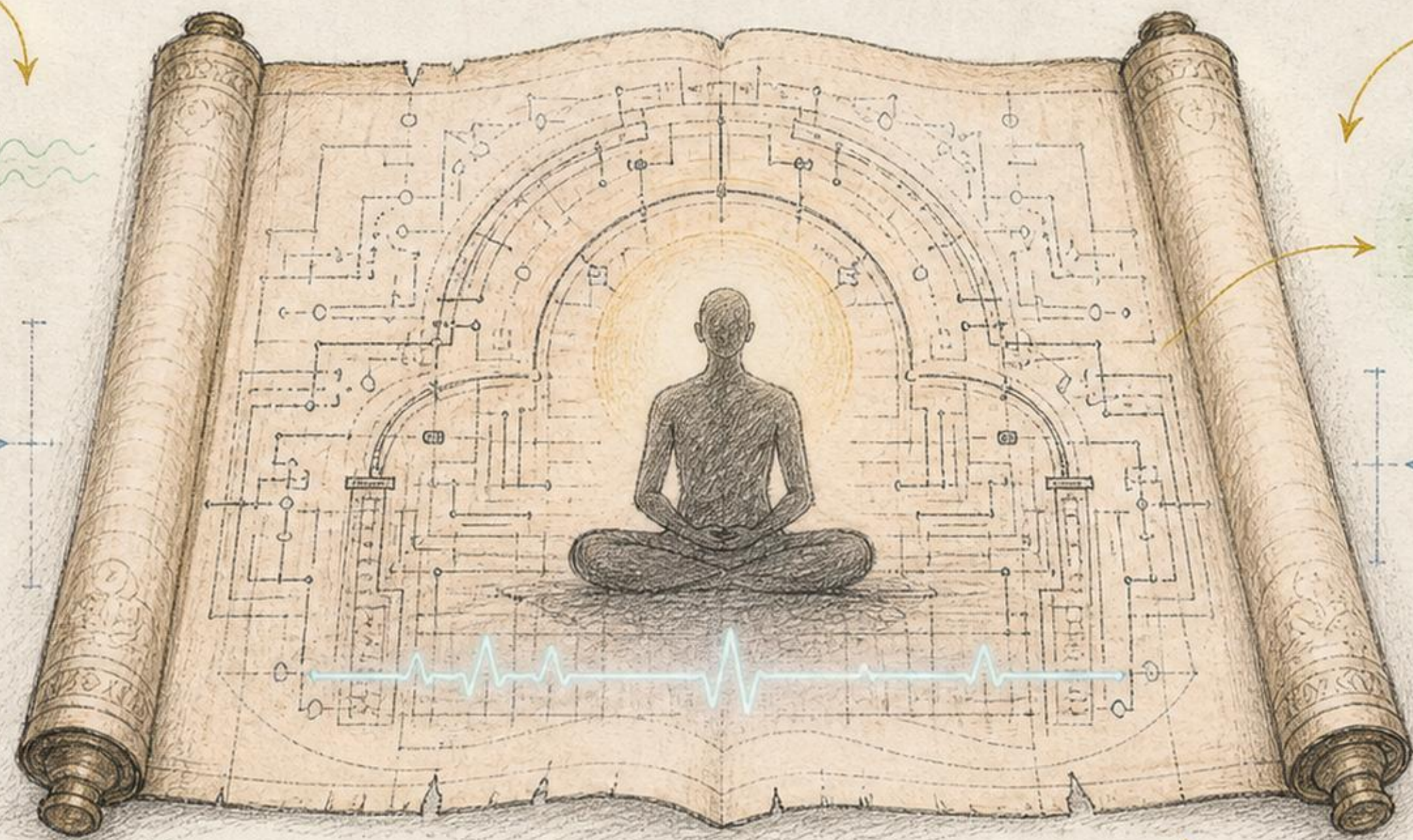
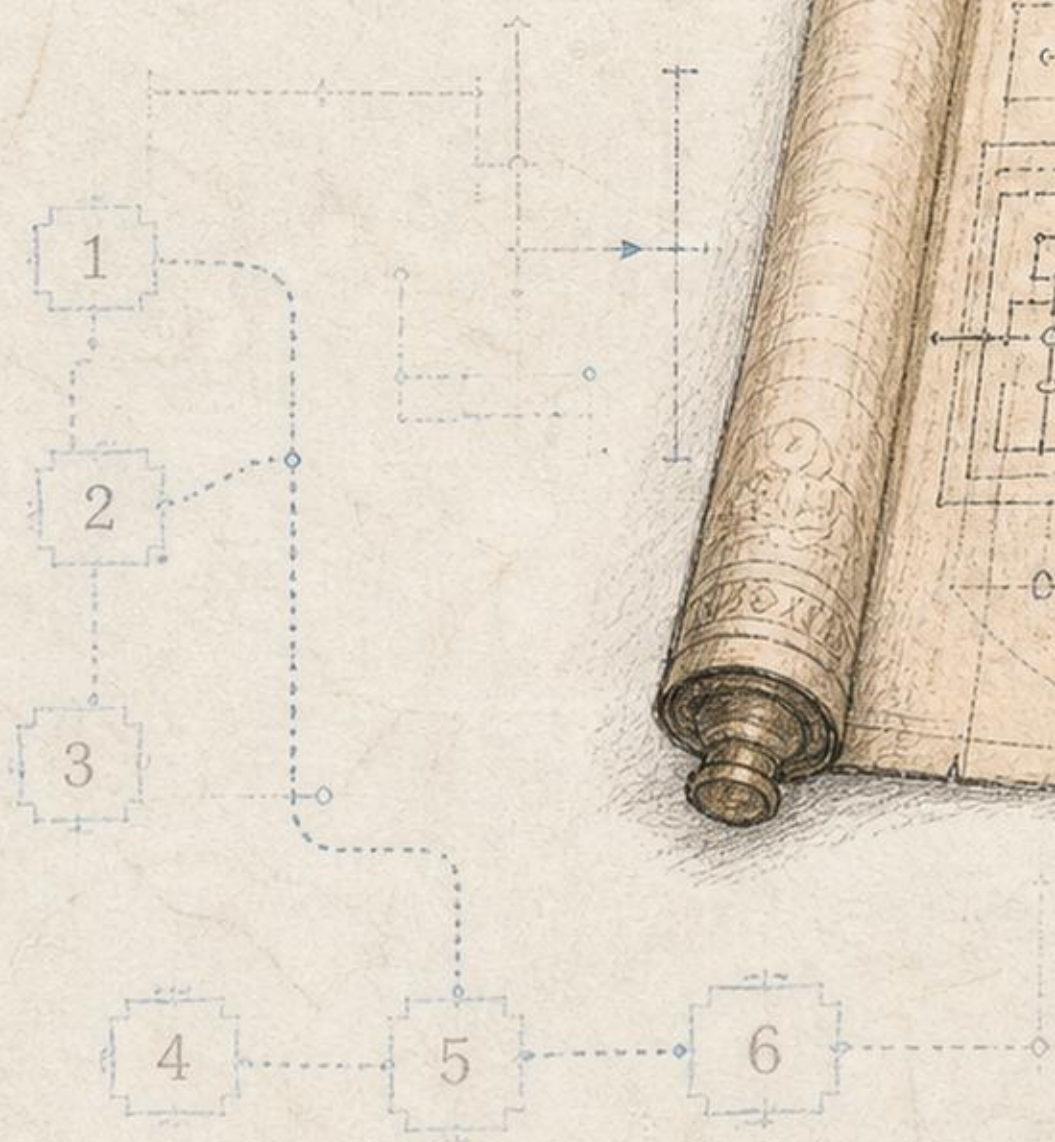
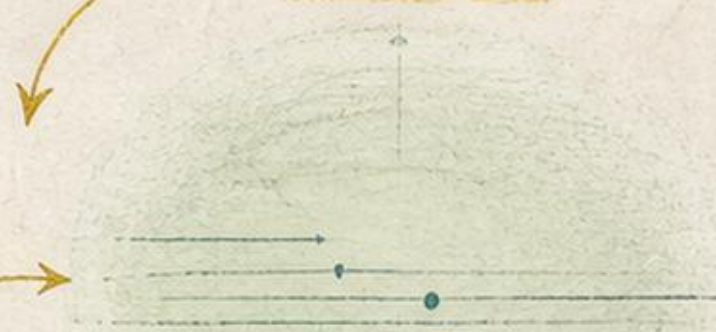
非三摩呬多地·非定中



有心地 / 无心地



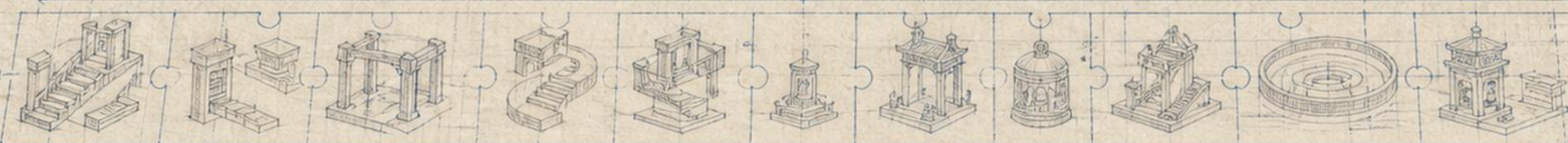
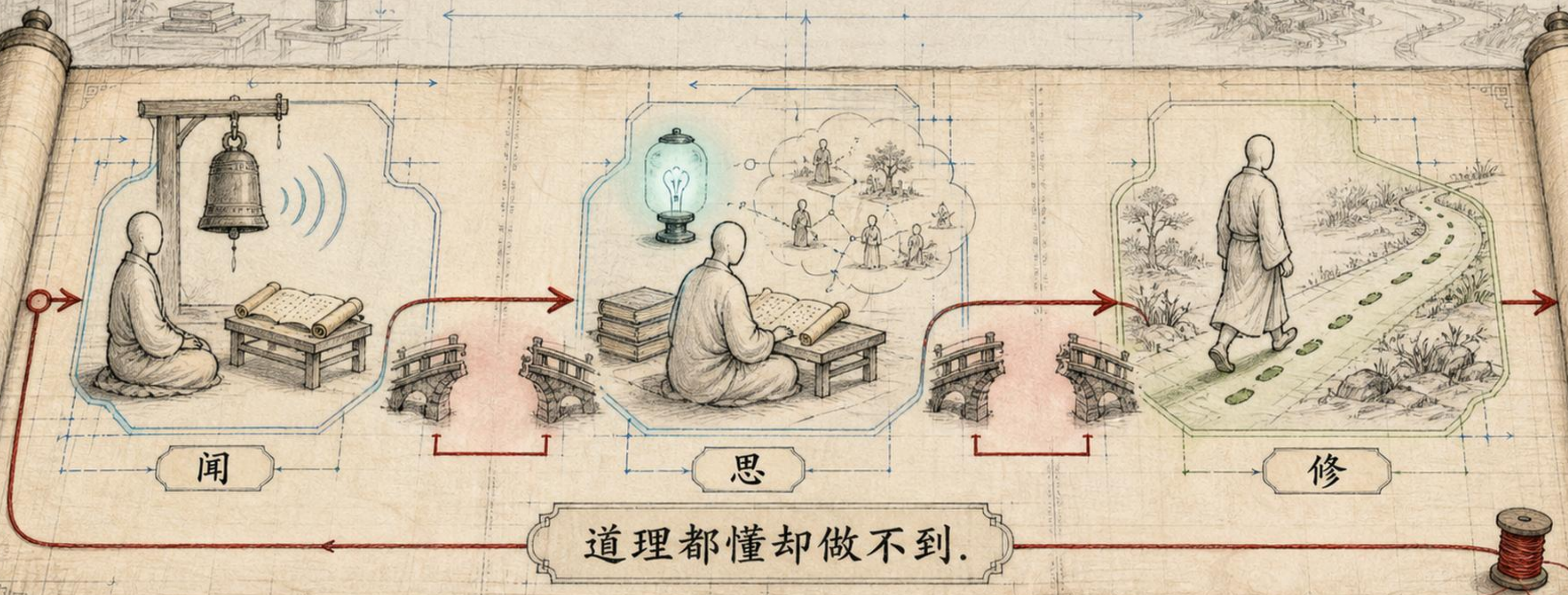
灭尽定



意识的硬件层



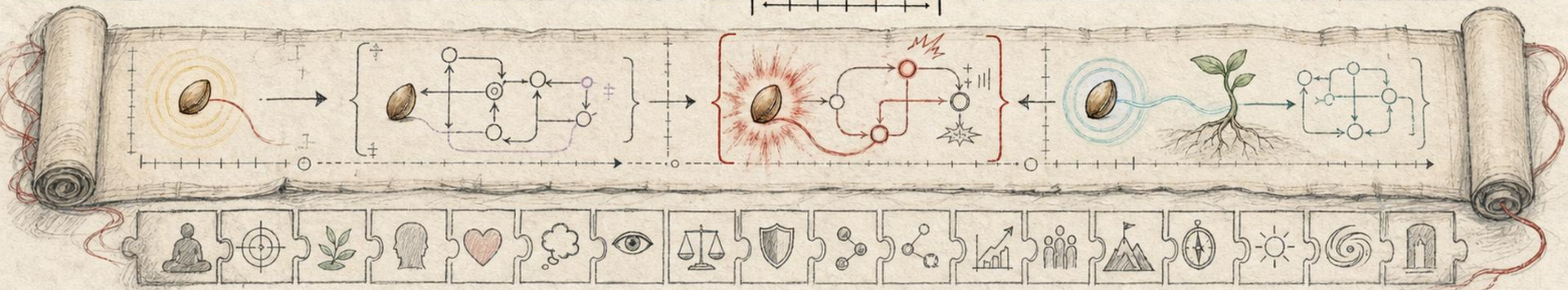
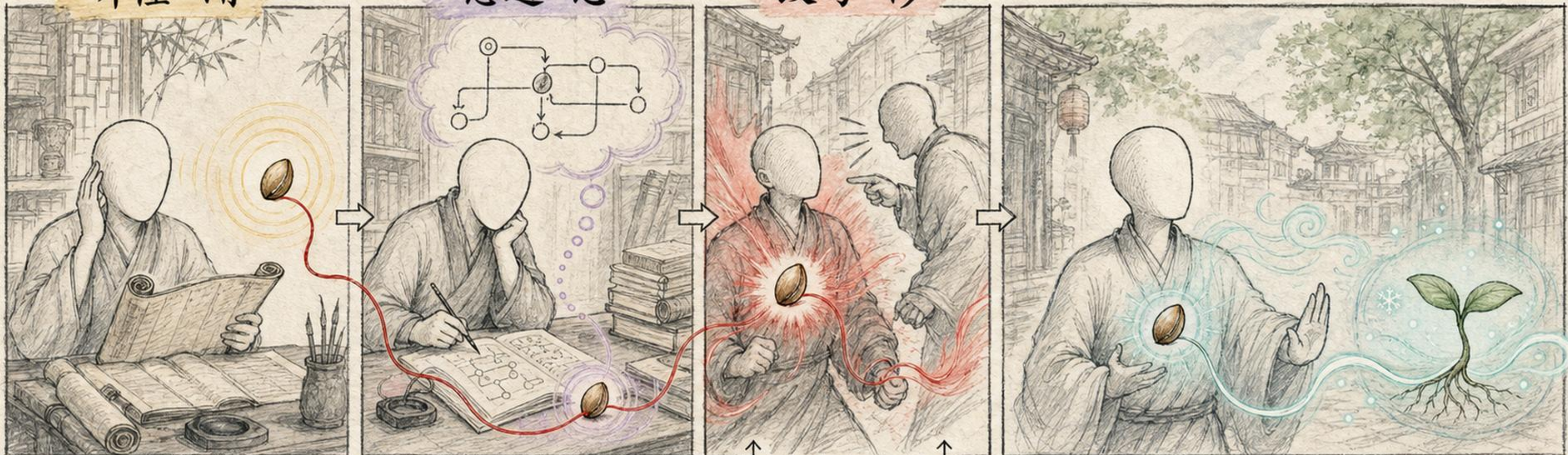
闻·思·修

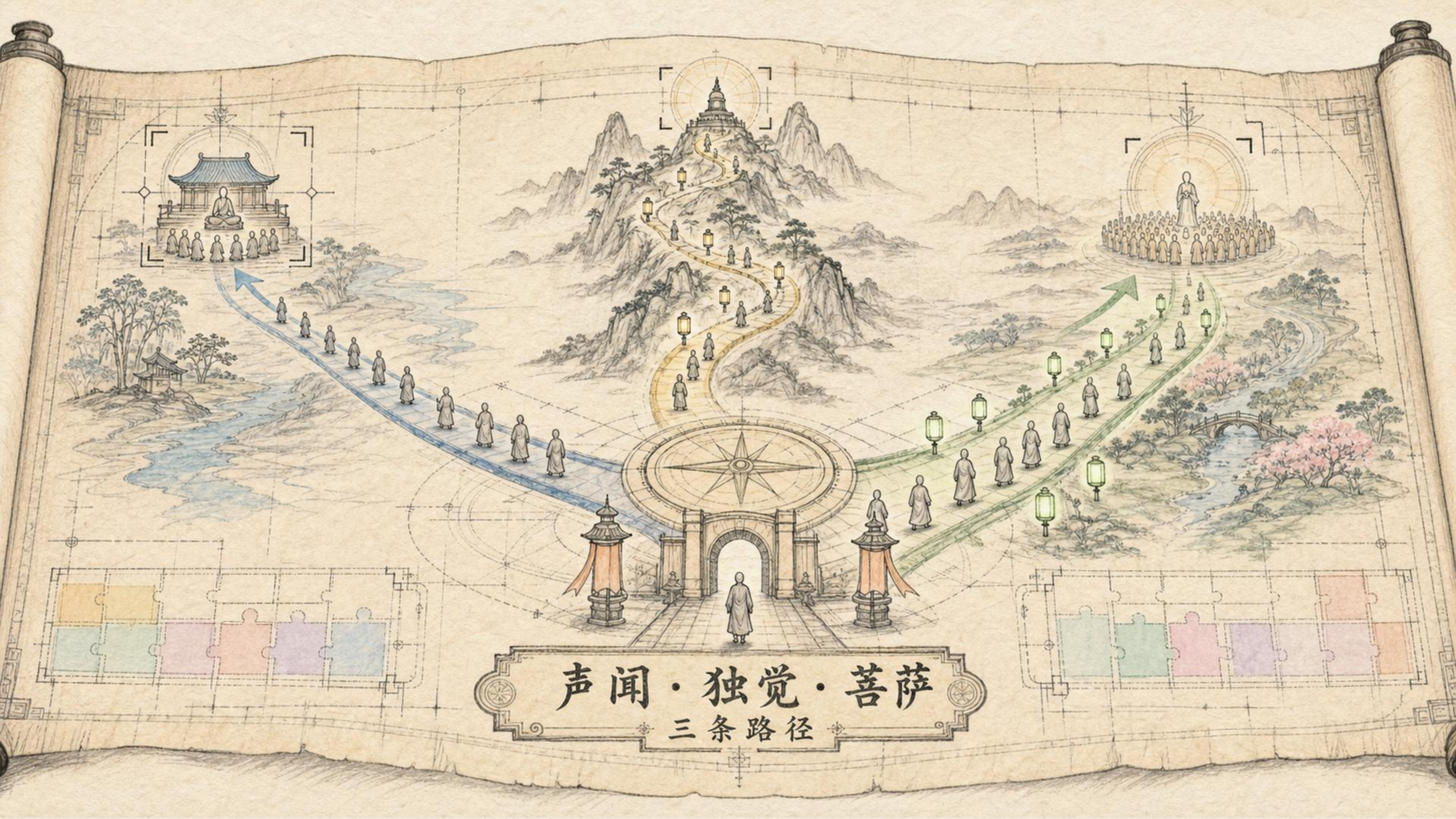


听懂·闻

想通·思

改写·修





声闻·独觉·菩萨

三条路径

菩萨地·十五卷

转身回火场

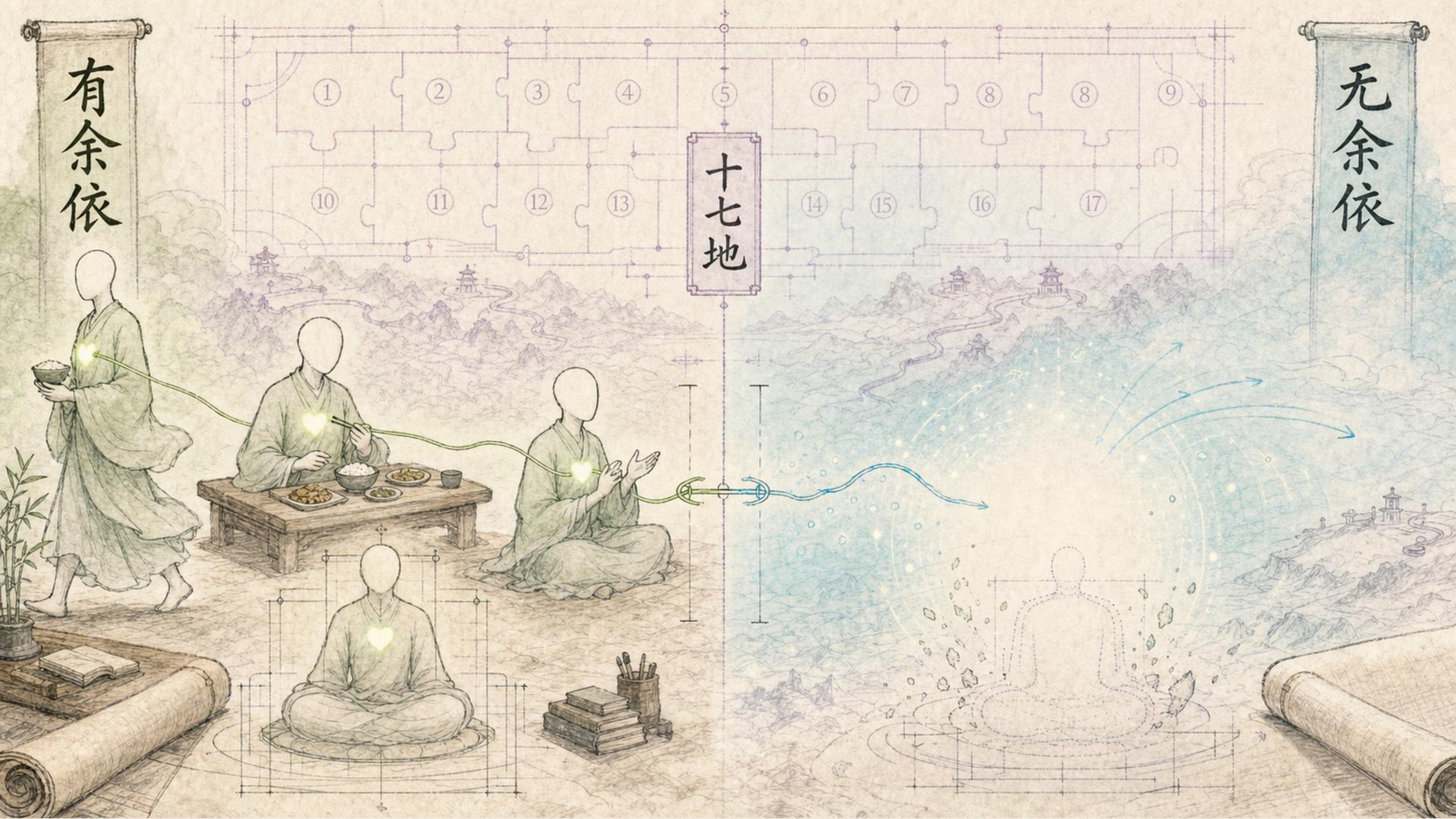


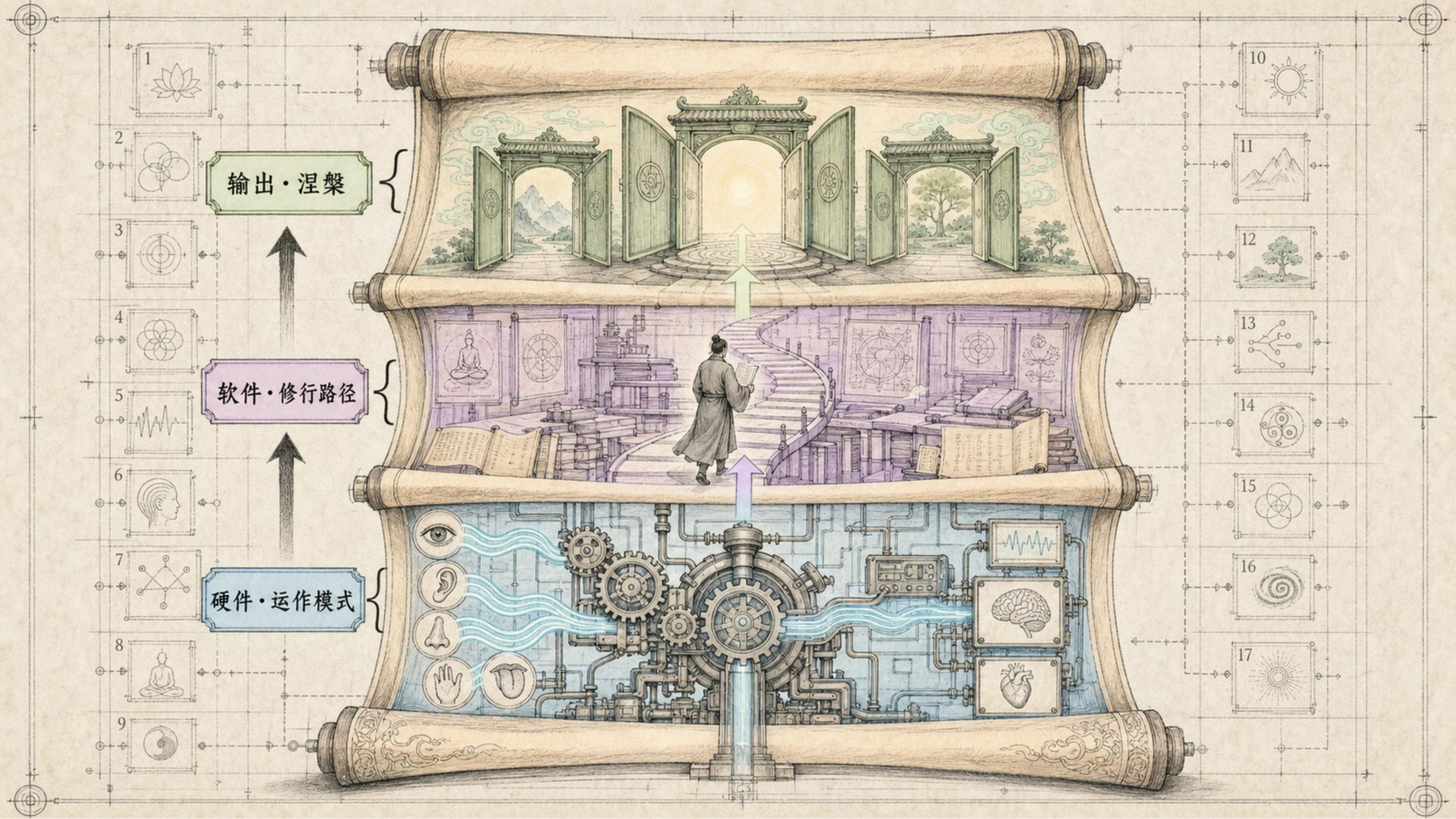
六度·四摄·十地

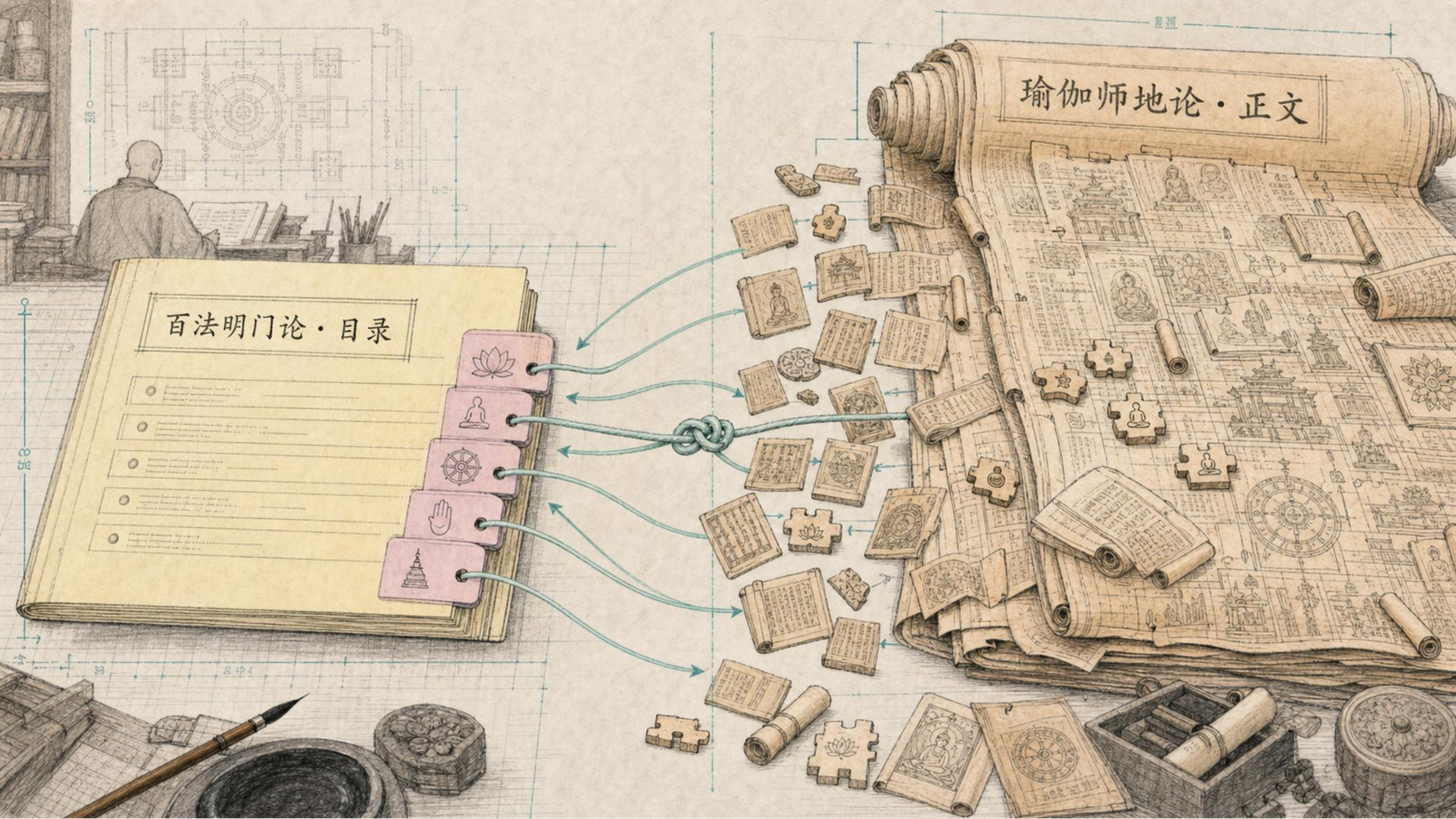
有余依

无余依

十七地







瑜伽师地论·正文

百法明门论·目录



测绘·坐标

1. 名色境界

2. 七识分别

3. 心所生灭

4. 诸根成就

6. 触境受生

5. 信解增上

7. 意根分别

9. 思量分别

8. 时节因缘

11. 三摩地

12. 方便随顺

10. 行处品类

16. 无学圣道

15. 修所成地

13. 辨修方法

14. 不退转地

17. 究竟解脱

放下执着·金刚经

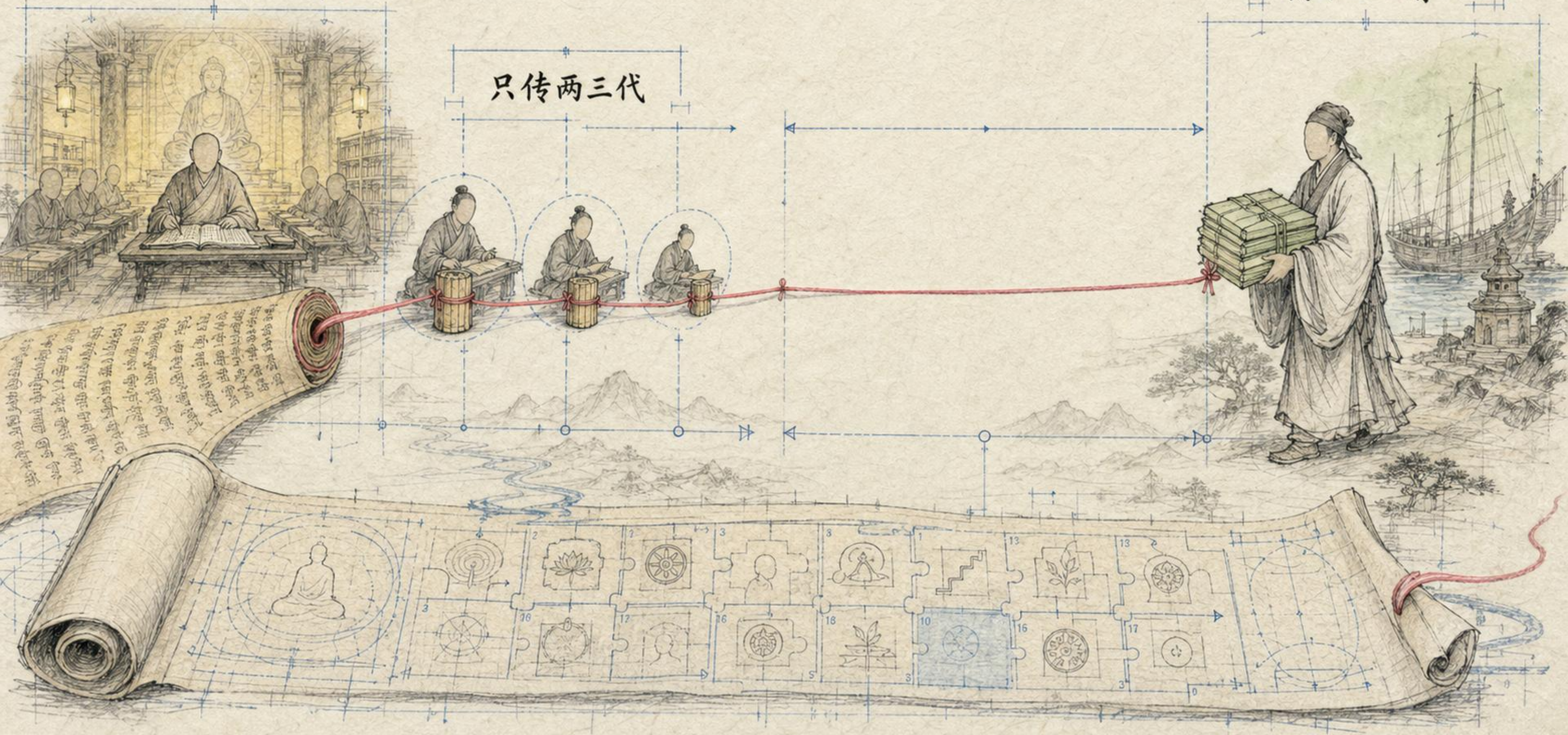
唯心造·华严经



玄奘译经

杨仁山请回

只传两三代



门庭高峻

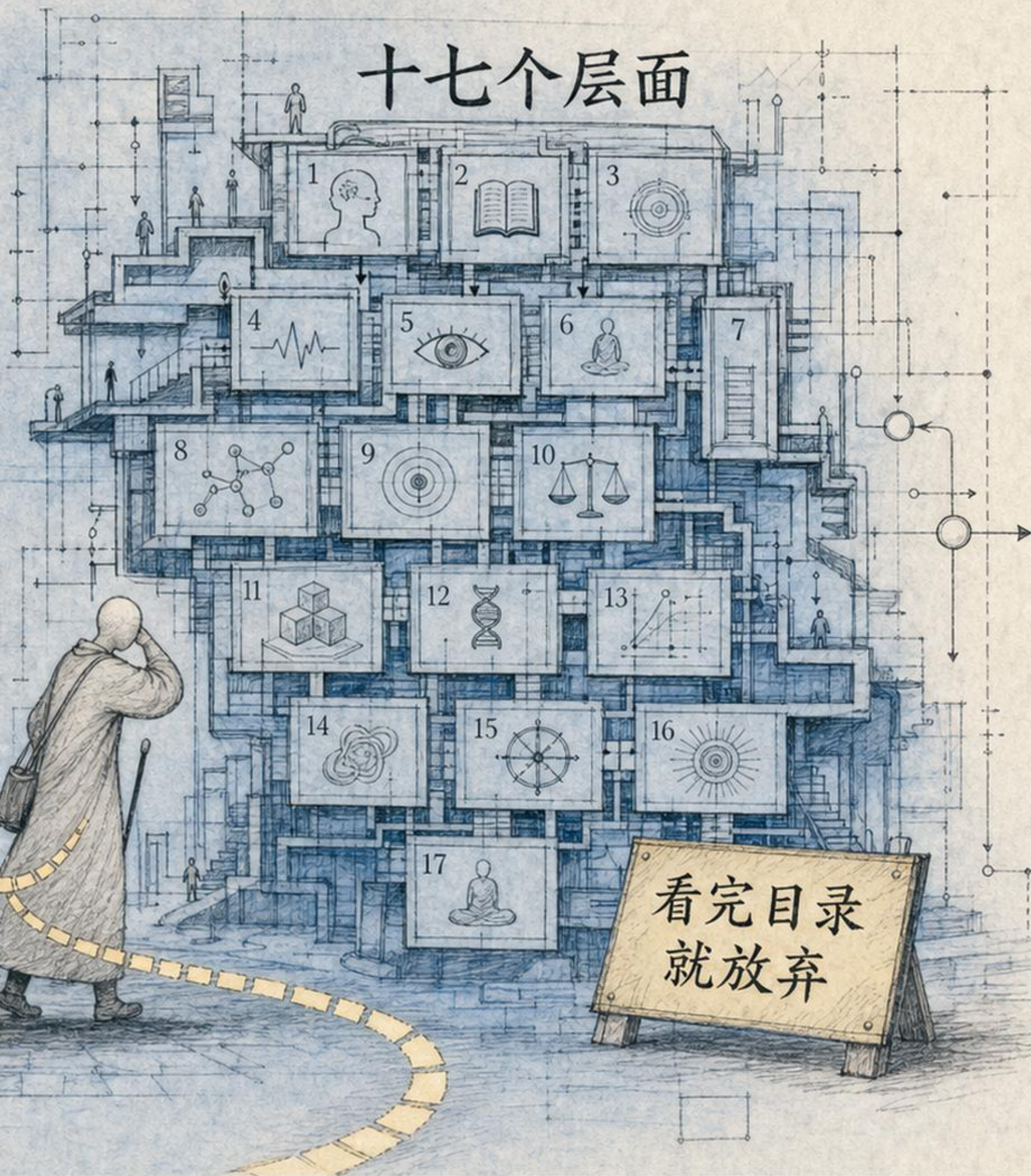
体验的门槛



不立文字／念佛就好



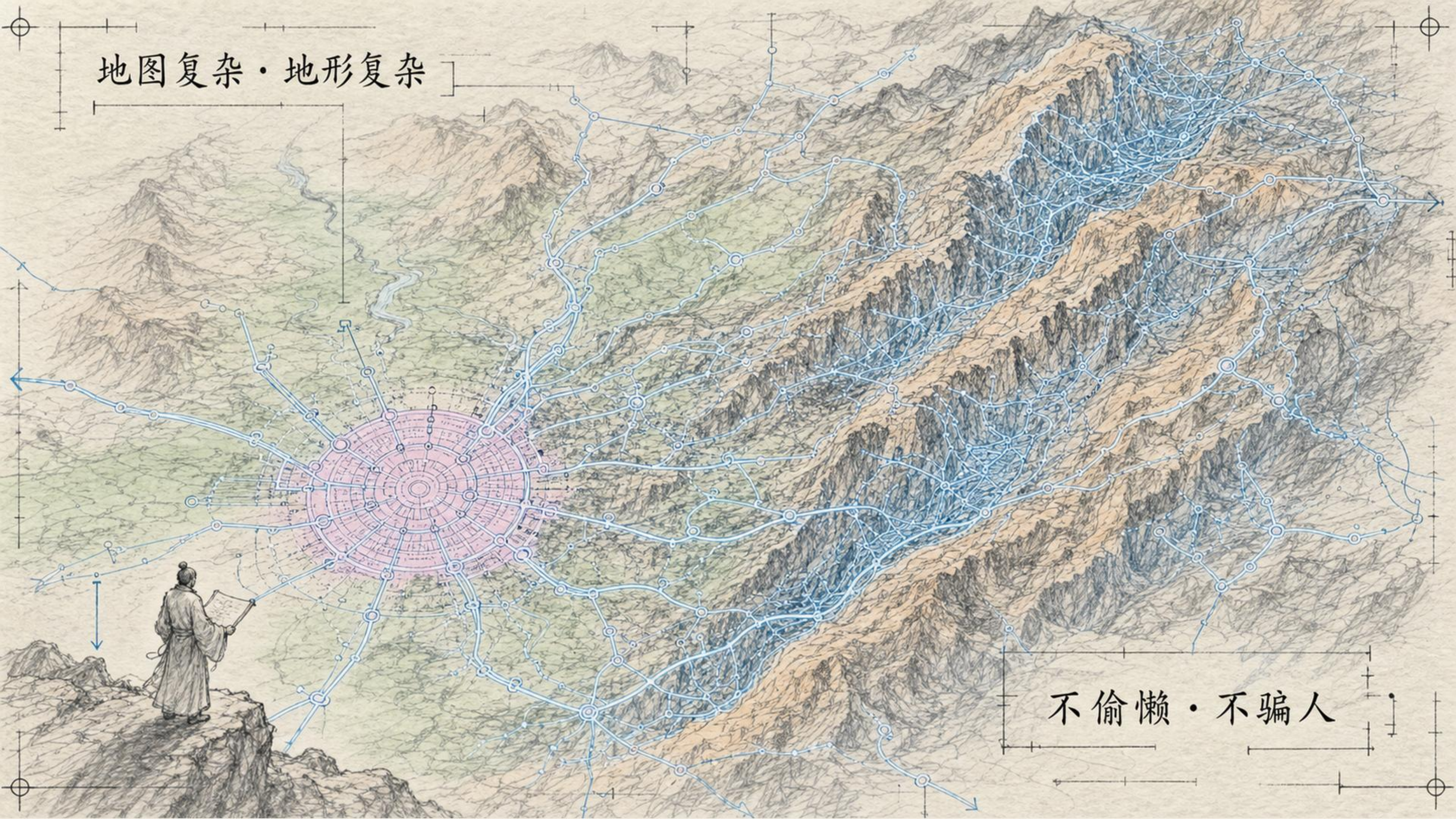
十七个层面



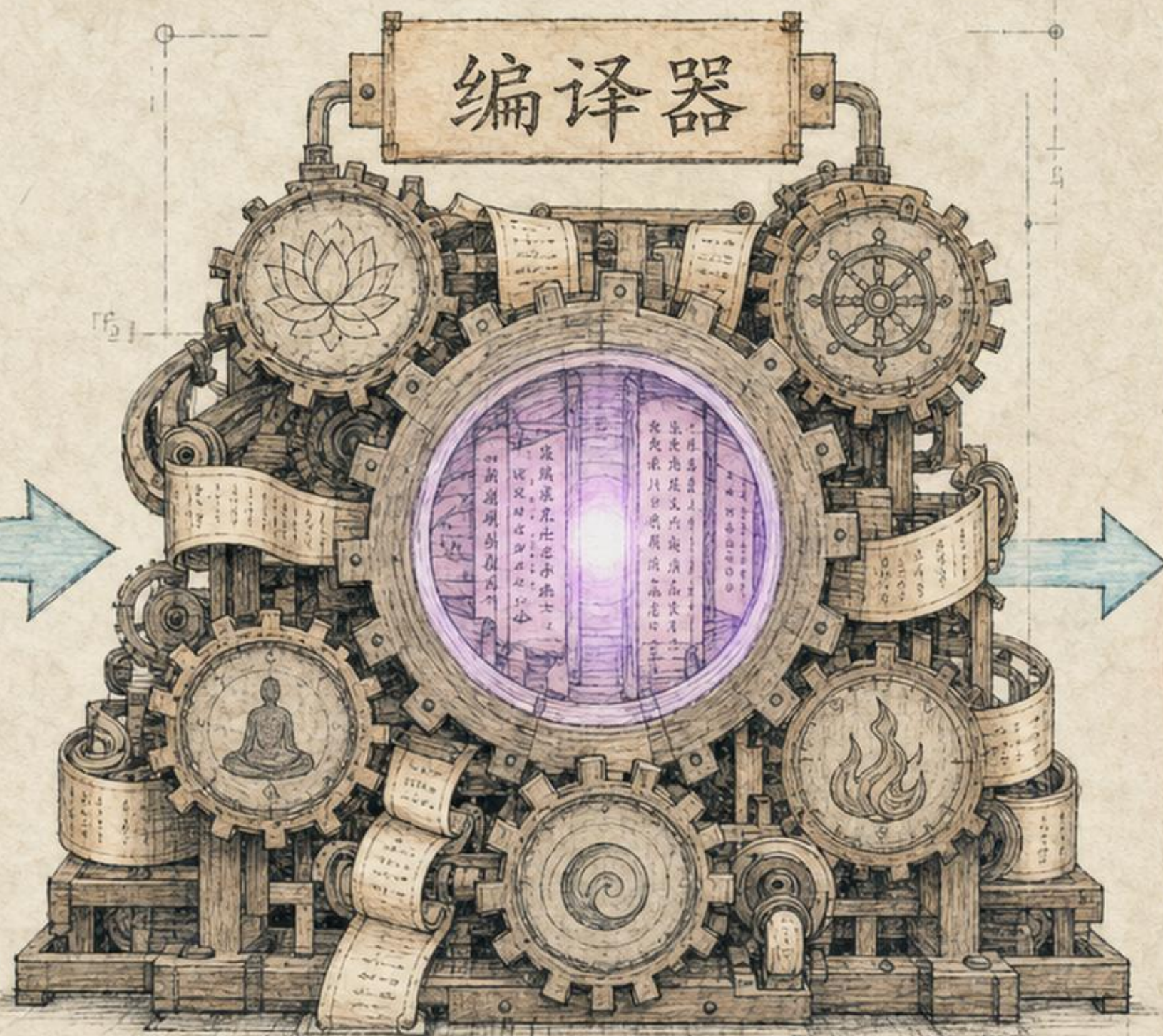
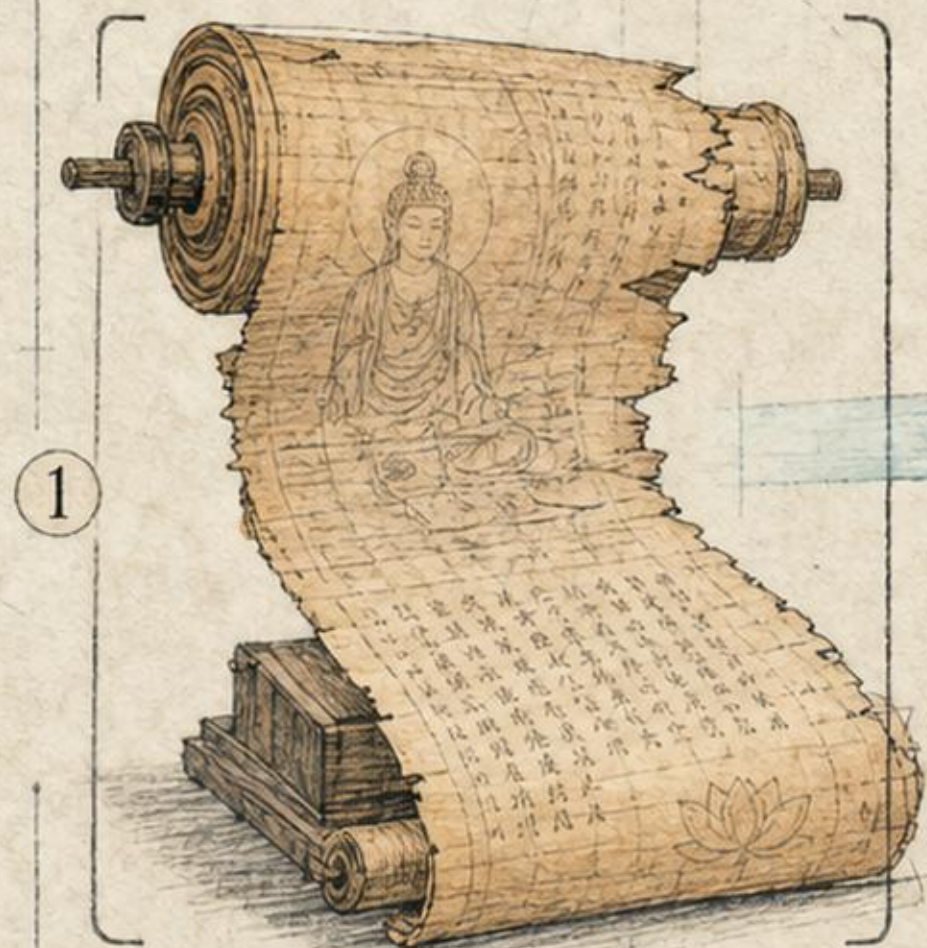
看完目录
就放弃

地图复杂·地形复杂

不偷懒·不骗人

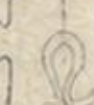


编译器

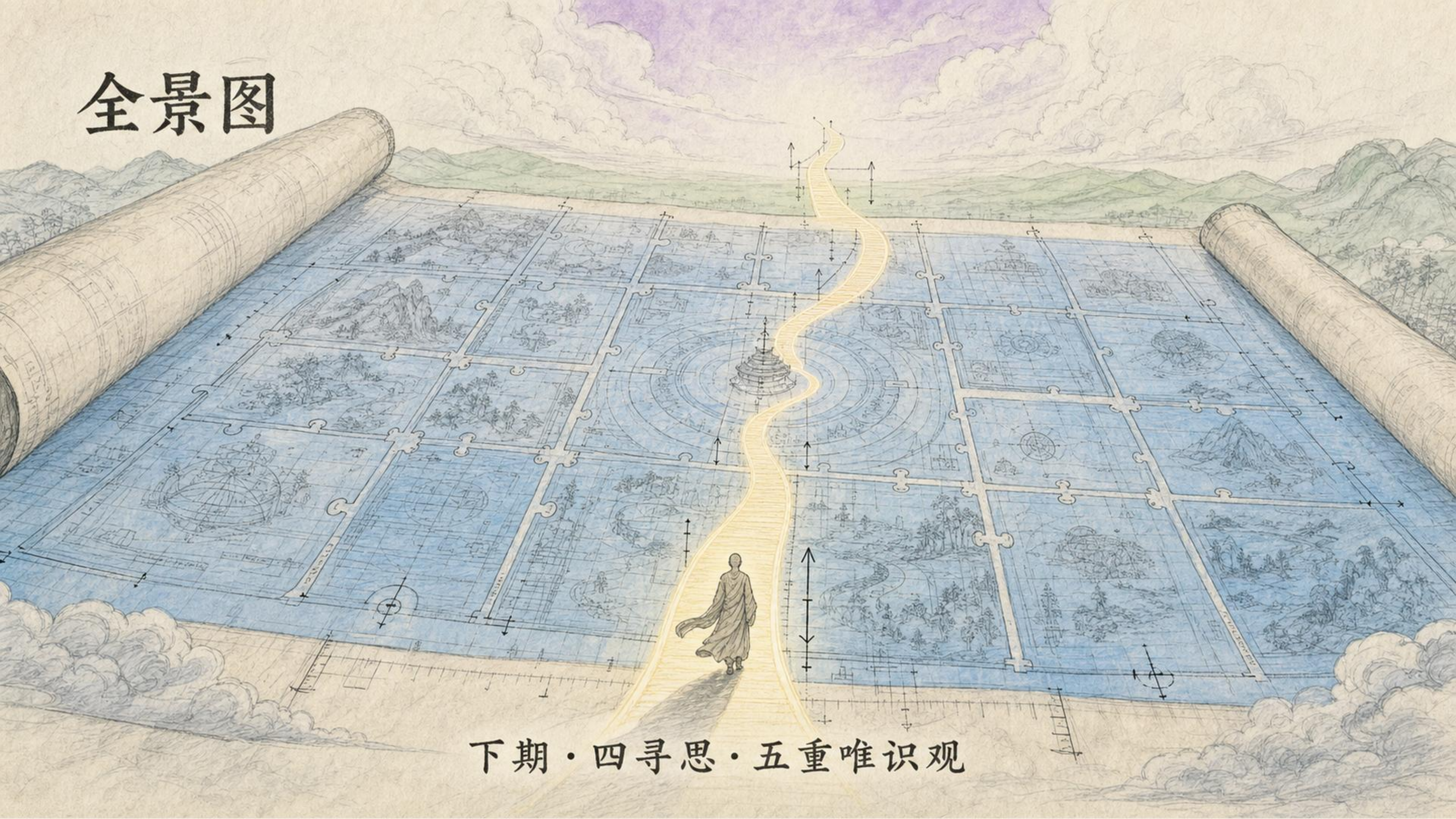


跟你的体验对上号

一千七百年·回声



全景图



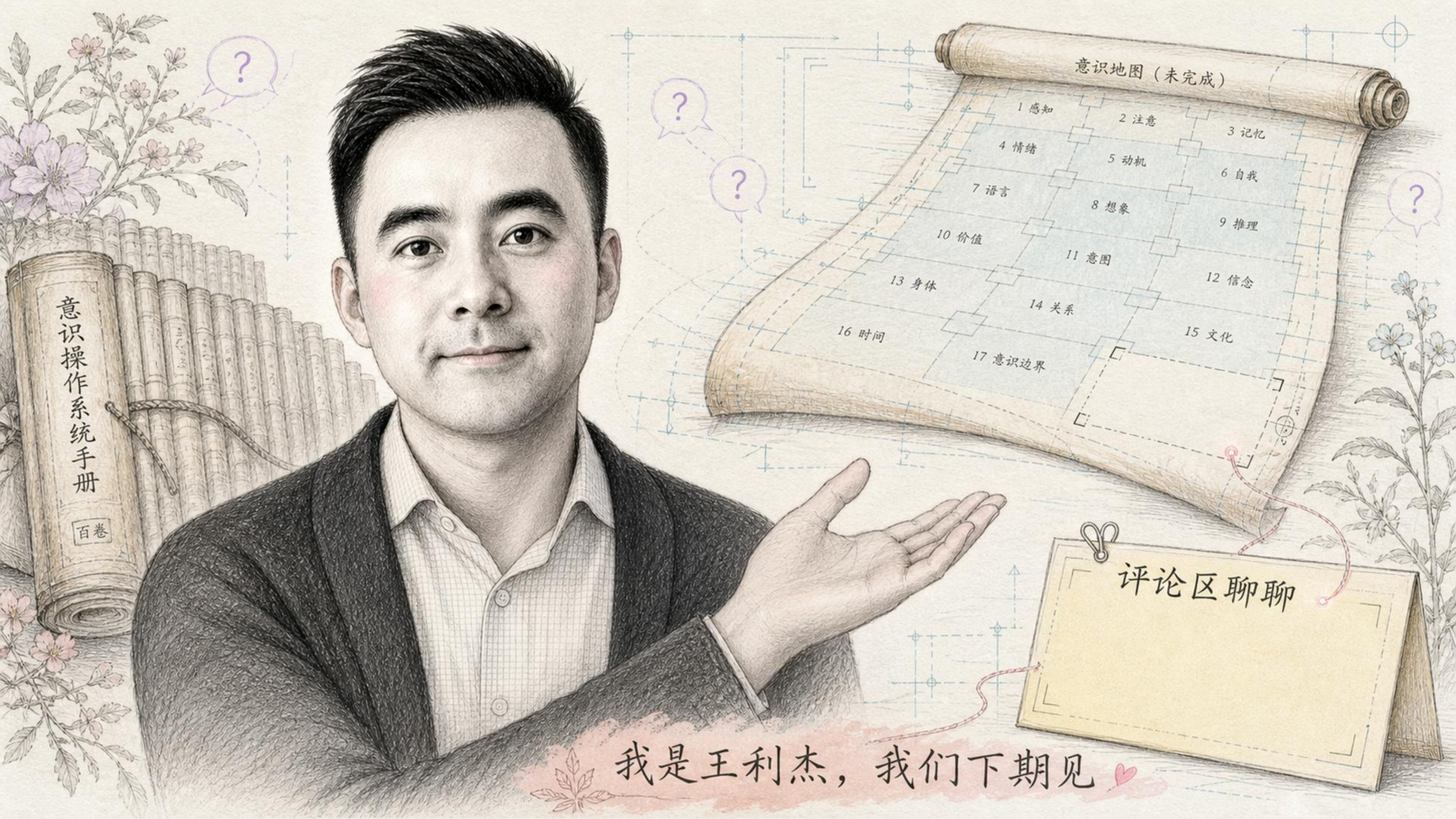
下期·四寻思·五重唯识观

写完了



从眨眼到涅槃
值得好奇





意识地图 (未完成)

- 1 感知
- 2 注意
- 3 记忆
- 4 情绪
- 5 动机
- 6 自我
- 7 语言
- 8 想象
- 9 推理
- 10 价值
- 11 意图
- 12 信念
- 13 身体
- 14 关系
- 15 文化
- 16 时间
- 17 意识边界

意识操作系统手册

百卷

评论区聊聊

我是王利杰，我们下期见 ❤️