

禪修是透過專注呼吸、持咒、觀想等方式，達到心靈的寧靜與覺悟。

禪修不僅能減輕壓力、改善睡眠，還能增強專注力與記憶力。透過持續的練習，人們可以體驗到更深層次的內心平靜與智慧。



禪修是一種古老而普遍的修行方式，旨在透過專注與覺察，達到心靈的寧靜與智慧。在現代生活中，禪修被廣泛應用於壓力管理、情緒調節及提升專注力等方面。透過持續的練習，人們可以體驗到更深層次的內心平靜與智慧。

禪修不僅能減輕壓力、改善睡眠，還能增強專注力與記憶力。透過持續的練習，人們可以體驗到更深層次的內心平靜與智慧。禪修是一種透過專注呼吸、持咒、觀想等方式，達到心靈的寧靜與覺悟的修行方法。

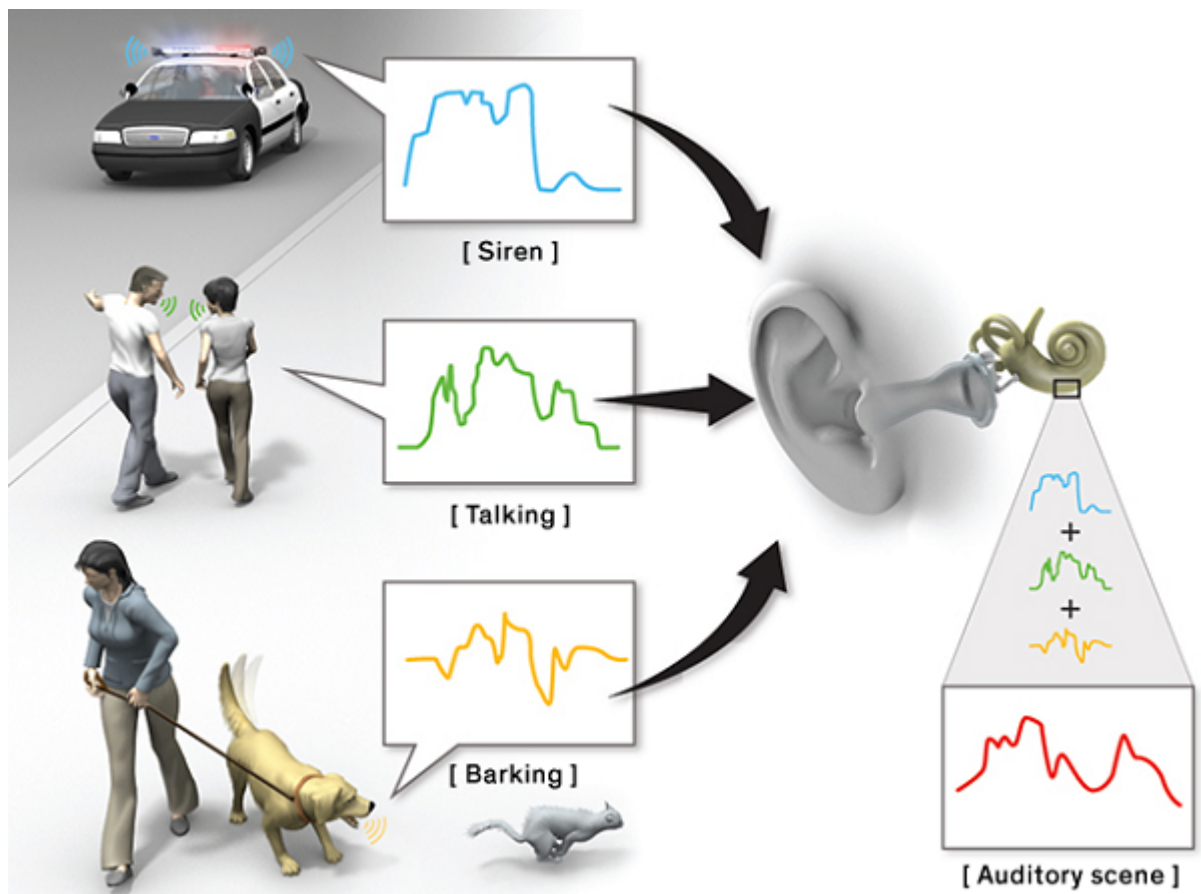


1. **1. Auditory scene analysis (ASA):** The process of separating and identifying individual sound sources in a complex auditory environment.

2. **2. The cocktail party effect:** The ability to focus on a specific sound source (e.g., a person's voice) in a noisy environment.

3. **3. The cocktail party effect:** The ability to focus on a specific sound source (e.g., a person's voice) in a noisy environment. This is a key component of ASA, allowing us to filter out irrelevant background noise and focus on the sound of interest.

4. **4. The cocktail party effect:** The ability to focus on a specific sound source (e.g., a person's voice) in a noisy environment. This is a key component of ASA, allowing us to filter out irrelevant background noise and focus on the sound of interest.



5. **5. The cocktail party effect:** The ability to focus on a specific sound source (e.g., a person's voice) in a noisy environment.



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