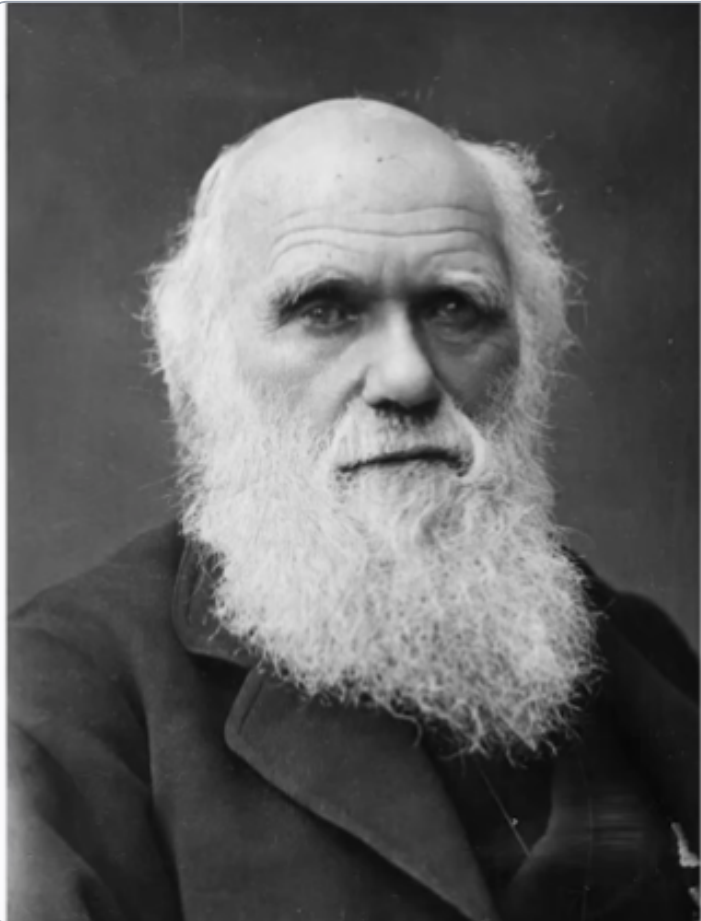
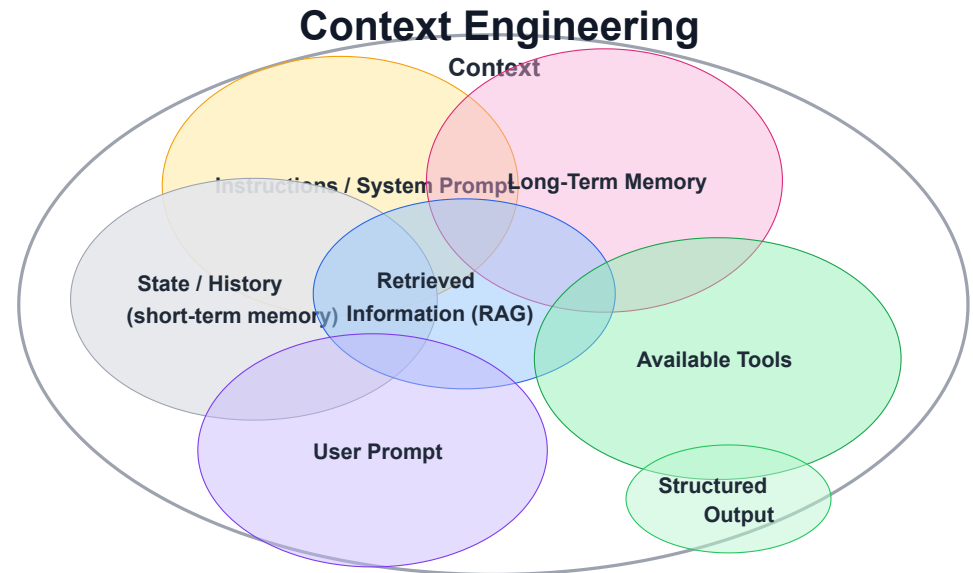


# LIVING FILES THEORY

From static notes to adaptive memory systems



Variation → Selection → Retention  
Applied to AI memory + context



● Instructions

● Long-term memory

● Short-term state