

Vipassana for Hackers

The Proposal

Version 0.1

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I want to turn myself into a human guinea pig.

Keywords: neuroscience, vipassana, meditation

I. WHY VIPASSANA?

zig zig zig

and `Brain_human_lateral_view.svg` by Patrick J. Lynch, medical illustrator, CC-BY 2.5 [?]

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Thank you to Steven Deobald for reviews, edits, and corrections. `Brain_human_normal_inferior_view.svg`

REFERENCES

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- [1] Carhart-Harris, Robin L. *The entropic brain - revisited* NEUROPHARMACOLOGY, Vol: 142, Pages: 167-178, ISSN: 0028-3908, 2018.

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