



**OpenLife** *by Cactus' Air-Class*

## **Positive Mental Attitude**

### 正向思考態度

### 总 结 conclusion

以上 15 个亮点构成 **PMA** 的完整体系，透过

#### 「心理操作 - 行动框架 - 能量管理」

三层结构，将抽象的成功学转化为可执行的技术手册。需特别注意：这些原则必须「全系统」实践，单点应用往往失效。建议以「21 天周期」逐项内化，并定期检核能量流动状态。

The above 15 highlights constitute a complete system of PMA

#### "Psychological Manipulation - Action Framework - Energy Management"

The three-tier structure transforms abstract success theory into an executable technical manual. It is important to note that these principles **must be implemented "system-wide"**, and **single point applications often fail**. It is recommended to **internalize the energy flow status on a case-by-case basis in a "21-day cycle"** and **check the energy flow status regularly**.





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#### 写在最后的希望宣言

Written in the last declaration of hope

这个时代需要的正向思维，**绝非盲目正能量的精神致幻剂**，而是直面深渊时的清醒勇气。它建立在对人性弱点的透彻认知上 - 正如尼采所言：“**当你凝视深渊，深渊也凝视着你。**”但正向思维教会我们在深渊边起舞。

The positive thinking needed in this era is by no means a spiritual hallucinogens of blind positive energy, but sober courage in the face of the abyss. It is built on a thorough recognition of the weakness of human nature - as Nietzsche said, "When you gaze into the abyss, the abyss stares at you." But positive thinking teaches us to dance on the edge of the abyss.

当我们**用神经科学破除宿命论枷锁，用量子哲学重构因果律认知，用系统思维替代零和博弈**，或许能在这个破碎的巴别塔上，重建属于二十一世纪的意义圣殿。这不仅是心理调适的技术问题，更是人类文明在奇点前夕的生存艺术。





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When we use neuroscience to break the shackles of fatalism, use quantum philosophy to reconstruct the cognition of the law of cause and effect, and replace zero-sum games with systems thinking, we may be able to rebuild the temple of meaning belonging to the 21st century on this broken Tower of Babel. This is not only a technical problem of psychological adjustment, but also the art of survival of human civilization on the eve of the singularity.

