# Dynamical models reveal anatomically reliable attractor landscapes embedded in resting state brain networks

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Analyses of functional connectivity (FC) in resting-state brain networks (RSNs) have generated many insights into cognition. How-2 ever, the mechanistic underpinnings of FC and RSNs are still not 3 well-understood. It remains debated whether resting state activity is best characterized as noise-driven fluctuations around a single sta-5 ble state, or instead, as a nonlinear dynamical system with nontrivial 6 attractors embedded in the RSNs. Here, we provide evidence for the latter, by constructing whole-brain dynamical systems models from 8 individual resting-state fMRI (rfMRI) recordings, using the Mesoscale Individualized NeuroDynamic (MINDy) platform. The MINDy models 10 consist of hundreds of neural masses representing brain parcels, 11 connected by fully trainable, individualized weights. We found that 12 our models manifested a diverse taxonomy of nontrivial attractor 13 landscapes including multiple equilibria and limit cycles. However, 14 when projected into anatomical space, these attractors mapped onto 15 a limited set of canonical RSNs, including the default mode network 16 (DMN) and frontoparietal control network (FPN), which were reliable 17 at the individual level. Further, by creating convex combinations of 18 models, bifurcations were induced that recapitulated the full spec-19 trum of dynamics found via fitting. These findings suggest that the 20 resting brain traverses a diverse set of dynamics, which generates 21 several distinct but anatomically overlapping attractor landscapes. 22 Treating rfMRI as a unimodal stationary process (i.e., conventional 23 FC) may miss critical attractor properties and structure within the 24 resting brain. Instead, these may be better captured through neu-25 ral dynamical modeling and analytic approaches. The results pro-26 vide new insights into the generative mechanisms and intrinsic spa-27 28 tiotemporal organization of brain networks.

Resting state fMRI | Dynamical systems modeling | Individual differences | Resting state networks | Bifurcations

 ${\displaystyle R}$  esting state fMRI (rfMRI) has become an important tool to probe the link between ongoing brain dynamics and 2 cognition. The most common analytic approach utilized in 3 rfMRI studies is to characterize brain-wide statistical associa-4 tions (known as functional connectivity or FC) and relate them 5 to cognitive and behavioral indices. However, the dynamical 6 processes that generate the observed rfMRI fluctuations and 7 statistics (e.g., FC) remain elusive. In particular, it is unknown 8 whether resting state dynamics can be best described as a 9 unimodal stationary process featuring statistical fluctuations 10 11 around the mean, or instead, as a nonlinear dynamic system with nontrivial fluctuations associated with stable patterns 12 different from the mean. 13

The prior FC literature has provided mixed support for both hypotheses. Traditionally, FC is considered stationary over the scanning session (1). Correspondingly, the underlying dynamics are found to contain a stable equilibrium (point attractor) at the global mean, and the noisy fluctuations around 18 this stable mean produce the observed FC pattern (2). How-19 ever, recent years have witnessed the rapid development of an 20 analysis technique called time-varying functional connectivity 21 (tvFC), also known as dynamic FC (3). The tvFC method iden-22 tifies recurring short-time-windowed FC patterns that differ 23 from the mean FC. These transient patterns are reliable within 24 individuals and across populations (4, 5). More interestingly, 25 transient FC patterns but not the mean FC were found to 26 predict psychopathology (6). These findings seem to suggest 27 the existence of nontrivial, functionally salient fluctuation in 28 resting state dynamics. 29

However, the nature and validity of tvFC characterization 30 is itself still under debate. For example, it is known that head 31 motion and physiological noise generate confounds in FC (7), 32 and even more so for tvFC, which relies on data from shorter 33 duration timeseries (i.e., windowed epochs). More fundamen-34 tally, even if tvFC faithfully captures the temporal evolution 35 of neural covariation patterns, it is still unclear whether tvFC 36 states are merely snapshots of the noisy fluctuations around a 37 stable mean, or if they can be associated with nontrivial dy-38 namics. Indeed, tvFC states might be generated from various 39 kinds of nontrivial dynamics (8). However, an influential paper 40 (9) showed that tvFC clustering would produce very similar 41 results when applied to either real data or stationary noise 42 with matched mean FC and power spectral density. There-43 fore, to understand the substrate of brain-wide associations. 44

#### Significance Statement

Our brain remains active even when not engaged in cognitively demanding tasks. However, the processes that determine such 'resting state' activity are still not well-understood. Using a large (n > 1000) functional neuroimaging dataset and new techniques for computationally modeling brain activity, we found that the resting brain possesses several distinct mechanisms by which activity can be generated. These mechanisms, or dynamics, vary moment to moment, but result in the activation of similar anatomical regions across different individuals. Our results suggest that the resting brain is neither idle, nor monolithic in its governing mechanisms, but rather possesses a diverse but consistent taxonomy of ways in which it can activate and hence transition to cognitive tasks.

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 $_{\tt 45}$   $\,$  their temporal fluctuations, and ultimately the resting state

<sup>46</sup> dynamics that produce such associations, it is necessary to go

47 beyond descriptive methods like tvFC clustering and adopt a
48 more mechanistic framework.

Dynamical systems modeling and analysis can provide 49 unique insights into the problem of nontrivial fluctuations 50 in resting state dynamics. Dynamic models of brain activity 51 predict the evolution of activation timeseries given an ini-52 tial estimate of hidden states. They thus provide a generative 53 mechanism for resting state dynamics and associated statistics, 54 such as FC. To date, the evidence for nontrivial fluctuations 55 from dynamic modeling is also mixed. There are two relevant 56 types of neural models utilized to characterize resting state 57 brain dynamics as measured by rfMRI: structural-connectome-58 informed models, and directly-parameterized models. The first 59 type of models usually contain hundreds of sub-components 60 representing brain parcels, connected by weights derived from 61 the brain's structural connectome, e.g., through diffusion ten-62 sor imaging. Early models typically included only a few free 63 parameters, such as the global scaling factor for connectivity, 64 that are directly fit to the fMRI data. It was consistently 65 found that the emergent dynamics involved multiple nontrivial 66 attractors (2, 10), and the distribution of nontrivial attrac-67 tors might reflect the organization of resting state functional 68 networks (11). However, a recent study (12) that replaced 69 the neural mass approximation of regional dynamics with a 70 more powerful approximation scheme (i.e., an artificial neural 71 network) reported the opposite, with a single globally stable 72 attractor located at the mean. The second type of models do 73 74 not assume that the structural connectome is a good surrogate for functional coupling, but rather directly optimize the effec-75 tive connectivity between regions by predicting empirical fMRI 76 time series. Most of the existing works adopting this approach 77 has utilized the framework of Dynamical Causal Modeling 78 (DCM) (13). Although nonlinear DCM has been proposed, 79 it is computationally too expensive for more than ten nodes 80 (14). Therefore, most rfMRI DCMs have used a linear approx-81 imation (15), which by definition cannot express nontrivial 82 fluctuations. It has been argued that such stationary linear 83 models have even lower mean estimation error than common 84 nonlinear models for rfMRI (16). However, a rigorous Bayesian 85 model comparison found that a time-varying ('dynamic', short-86 time-windowed) linear DCM clearly outperformed a stationary 87 linear DCM (17). In short, previous studies have associated 88 rfMRI with a variety of dynamics ranging from a monostable 89 linear or weakly nonlinear system to a multistable strongly 90 nonlinear system, with diverging evidence for nontrivial fluc-91 tuations. What might be the explanation for such inconsistent 92 results? 93

Here, we suggest that prior approaches have captured some, 94 but not all of the critical aspects of resting state brain dy-95 namics. We hypothesize that the resting brain is particularly 96 97 sensitive to modulation, and as such, can manifest a spectrum of different dynamics that systematically vary across 98 individuals and time. It has been suggested that the rest-99 ing brain is close to bifurcation, such that a small change 100 in control parameters will alter the stability of the trivial 101 attractor located at the mean (2). However, it remains un-102 known whether both sides of the bifurcation can be observed 103 in a same fMRI dataset, and whether such a bifurcation best 104 characterizes differences between individuals, or state changes 105

within individuals across different time periods. Previous 106 models were either too constrained to express diverse sets of 107 dynamics, or lack the specificity to describe individual dif-108 ferences and session-to-session variations. In this project, we 109 overcome these prior limitations by adopting the Mesoscale 110 Individualized NeuroDynamics (MINDy) framework (18). A 111 key advantage of MINDy models is that they combine the 112 expressiveness of nonlinear neural mass models with the flex-113 ibility and individuality of directly parameterized effective 114 connectivity. Our prior work validated that MINDy models 115 generate individualized, robust, and reliable fits of rfMRI data, 116 with nontrivial dynamics observed (18). Here, we used the 117 MINDy framework to analyze the taxonomy of resting state 118 brain dynamics, and to more comprehensively characterize 119 how they change across individuals and time. We fit MINDy 120 models of rfMRI data from over five hundred participants 121 and each of two scanning sessions in the Human Connectome 122 Project (HCP) (19) to elucidate the dynamic profiles that best 123 explained rfMRI signals. We then analyzed the existence of 124 anatomically reliable attractors and ghost attractors, which 125 are the signatures of a class of bifurcations, showing that the 126 latter frequently occurs. Finally, we show that such attractors 127 were consistent across the population and represent differential 128 activation of well-known functional brain networks, such as 129 the default mode network (DMN) and frontoparietal control 130 network (FPN). 131

## Results

Model parameters captured reliable individual differences. 133 We obtained 1020 MINDy models, one for each of two rfMRI 134 scanning session associated with 510 HCP participants (Fig-135 ure 1A). The consistency of each parameter set (connectivity, 136 curvature, decay) within individuals and across sessions was 137 around 0.7-0.8. This quantity dropped to around 0.5-0.7 be-138 tween individual, indicating that the obtained models were 139 reliable and individualized (Supplementary Figure S3). 140

To perform an initial validity check that our models cap-141 tured meaningful individual differences in the dynamics, we 142 attempted to assess whether our obtained parameters can be 143 connected to individual variation in cognitive measures. We 144 performed Canonical Correlation Analysis (CCA) between the 145 connectivity matrix of the models and the phenotypic mea-146 sures available in the HCP dataset (20, 21). Interestingly, we 147 obtained very similar results to (20), who used a connectivity 148 matrix obtained via independent components analysis. We 149 identified a single 'positive-negative mode' that was signifi-150 cantly correlated between the MINDy connectivity matrix and 151 behavioral measures, and explained a significant proportion 152 of variance for both. Post-hoc correlation found that this 153 mode is most positively related to fluid intelligence, and most 154 negatively related to substance use (Supplementary Figure 155 S4). Therefore, the obtained MINDy models indeed capture 156 reliable individual behavioral differences. 157

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Fig. 1. Nonlinear dynamical landscapes underlying individual rfMRI data. (A) Diagram of the analysis pipeline. (B) Distribution of dynamical landscapes across the participants. Numbers indicate the proportion of participants showing certain type of dynamics in session 1 (column index) and session 2 (row index). The types were defined using the number and types of attractors. 'FP' indicates stable equilibrium (fixed point) and 'LC' indicates stable limit cycle. Types with frequency less than 0.5% were grouped into 'others' (see Supplementary Figure S5). Marginal distribution for session 1 and session 2 are shown in the panel on the right and at the bottom respectively. (C) Simulated trajectories and obtained attractors from example models, projected onto the first three principal components (PCs) of the trajectories. Black and yellow dots mark the initial and final state of each trajectory. Numerically identified stable equilibria are denoted by red stars. The slowest points on the limit cycles were denoted by blue triangles (see Used 120 simulations per model to identify the attractors but only showed 40 here for visualization.

attractors and limit cycles found in the large majority of cases 165 (Figure 1C). Less than 5% of models exhibited a single stable 166 equilibrium at the origin (Figure 1B). It is worth noting that 167 the observed nontrivial dynamics can not be simply attributed 168 to any bias of our method, because MINDy models will actu-169 ally recover trivial dynamics when fit on the noisy simulations 170 of a stable linear system (Supplementary Figure S2). Most 171 importantly, MINDy also correctly produced a globally attrac-172 tive origin, rather than nontrivial attractors, when fit on noise 173 with covariance and mean spectral power density that matches 174 real data (Supplementary Figure S2). On the contrary, it 175 is known that standard dFC methods cannot disambiguate 176 such noise and actual data (9). Our findings thus support an 177 interpretation of time-varying rfMRI activity as being most 178 appropriately described emanating from a nonlinear dynamical 179 system. 180

Induced bifurcations explained the heterogeneity of ob-181 182 served dynamics. Interestingly, although the obtained MINDy parameters were very reliable within each individual across 183 sessions (Supplementary Figure S3), the number or type (fixed 184 point or limit cycle) of attractors were still different in about 185 half of all participants (Figure 1B). This finding indicates the 186 existence of bifurcations, in which a small change in the model 187 parameters results in a topological discontinuity of the dynam-188 ical landscape. Therefore, we hypothesize that resting state 189 dynamics can be better described by a spectrum of possible 190

dynamics that are sampled at each session, rather than a single 191 monolithic brain state. To test the hypothesis, we constructed 192 a parameterized 'interpolated' model as a convex combination 193 of obtained models (i.e.,  $(\gamma)$ Model<sub>1</sub>+ $(1 - \gamma)$ Model<sub>2</sub>), either 194 within each participant (between the two models) or across 195 all participants. If the hypothesis is correct, by varying  $\gamma$ , 196 it should be possible to induce bifurcations. We analyzed 197 the dynamics of the interpolated models and compared the 198 distribution of the number and types of attractors with those 199 of the original fitted models (Figure 2). The taxonomy of 200 dynamics was very similar for fitted models and interpolated 201 models, consistent with the idea that the dynamics we obtained 202 are a reflection of whole brain dynamics that are undergoing 203 bifurcations between topologically distinct vector fields. 204

Anatomically reliable individualized attractors marked signa-205 tures of bifurcations. Having established that the observed 206 dynamics can be understood as bifurcating across a continu-207 ous spectrum, it is natural to ask how the brain can maintain 208 stable or consistent function if the underlying dynamics are 209 constantly changing. We thus hypothesized that there must be 210 some anatomical commonality between the different obtained 211 dynamics, leading to consistency in whole-brain activation 212 patterns. 213

To probe this question, we looked for aspects of the dynamics that were relatively invariant to the bifurcations we observed. Most notably, we found that when the dynamics 216



Fig. 2. Observed taxonomy of dynamics were consistent with bifurcation-induced continuous spectrum. Left: Distribution of the type of dynamics in linearly interpolated models and empirically fitted models. The interpolated models were obtained by convex combinations of the dynamics from two models from the same participant in different sessions ('within-participant') or randomly sampled from all models ('across-participant'). Right: Bifurcation process between two models of a same HCP participant. Trajectories and attractors were visualized in the same way as Figure 1. Note that the distribution of speed on the limit cycle (indicated by the distribution of final states) became more and more non-uniform as the first model bifurcated towards the second model.

differed across sessions for a same person, they most com-217 monly switched between having two equilibria or having one 218 limit cycle (Figure 1B). This is consistent with the well-known 219 infinite-period bifurcation (22). An infinite-period bifurcation 220 begins with a limit cycle that contains a ghost attractor. As 221 the bifurcation parameter changes, the ghost attractor be-222 comes 'infinitely slow' (i.e., neural activity lingers near it for 223 long periods of time) until eventually the bifurcation occurs 224 and a stable node (along with an saddle node) gets created out 225 of it (see Supplementary Figure S6 for an analytic toy model). 226 In our data, when limit cycles were observed, the distribution 227 of speed along them was highly non-uniform, sometimes vary-228 ing by orders of magnitude (Figure 3, left). In our interpolated 229 models, this form of bifurcation indeed occurs (Figure 2, right 230 panel). Therefore, we hypothesize that the ghost attractors 231 and point attractors provide a set of stable 'operating points' 232 for the changing dynamics during rest. 233

234 If the session-to-session variability in fitted dynamics can be explained by such a bifurcation, we would expect that 235 ghost attractors should be close to the stable equilibria in 236 the other session, i.e., they should represent anatomically 237 similar activation patterns. We thus defined ghost attractors 238 as the slowest point on each limit cycle, and calculated the 239 anatomical similarity between all (true and ghost) attractors. 24( 24 Because the number of attractors might differ across sessions, we defined the *dominant attractor similarity* (DAS) to be the 242 maximum correlation over all pairs of attractors from the 243 two models under consideration (see Methods). The DAS 244 was higher within subject versus across subject (Figure 3, 245 right), even when restricting the former to models showing 246 different types of dynamics (e.g., two equilibria or one limit 247 cycle) and the latter to models showing same type of dynamics 248 (the second and the third boxes in the middle in Figure 3, 249

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right). Therefore, our results support the hypothesis that the resting brain is bifurcating between different dynamics, while maintaining a set of reliable attractors as operating points.

Attractors aligned with canonical resting state networks 253 across population. Next, we examined whether these attrac-254 tors could be interpreted from a functional standpoint. Inter-255 estingly, the DAS was high (around 0.5) even between different 256 participants (Figure 3), indicating the existence of consistent 257 patterns across the whole population. Therefore, we clustered 258 the locations of the attractors across all participants and ses-259 sions, where the number of clusters K were selected according 260 to cluster instability index (Methods, (23)). We obtained near 261 perfect cluster stability only for K = 4, apart from the less 262 interesting solution K = 2. Note that the attractors always 263 exist in pairs (see Methods) so K = 2 represents only one 264 pattern and its opposite (Supplementary Figure S7, S8). 265

The individual attractors within each cluster aligned very 266 well with the cluster centers (Figure 4). Even more interest-267 ingly, the activation patterns were highly modular, respecting 268 the functional network organization defined in the (24) atlas, 269 even though the model fitting process was completely agnostic 270 to parcel labeling. In particular, one large cluster was dom-271 inated by the activation of DMN and FPN. Another cluster 272 was dominated by the FPN and dorsal/ventral attention net-273 works. The other two clusters showed the opposite activation 274 profiles. The clusters and network organization in combination 275 accounted for more than 40% of the total variation across all 276 participants, sessions, and parcels (Supplementary Figure S11). 277 The activation pattern was better explained by functional net-278 work organization rather than the spatial proximity of parcels 279 on the cortical surface (Supplementary Figure S12). Further-280 more, the attractor clusters emerged regardless of whether we 28 only included the equilibria, the limit cycle ghost attractors, 282

Maximum correlation between attractors

0.3 0.9 0.25 median = 3.3 0.8 0.7 0.2 0.6 Frequency Correlation Same dynamics 0.15 0.5 Different dynamics 0.4 0.1 0.3 0.2 0.05 0.1 0 0 1 2 4 10 20 40 100 200 Same person Different person Ratio between max and min speed

Fig. 3. Attractors were more similar within than across individual regardless of changes in dynamical landscapes. Left: Distribution of the speed variability on limit cycles. For each limit cycle in all fitted models, the ratio between the maximum and minimum speed on the limit cycles was calculated. Right: box plot for the distribution of maximum attractor correlation between all pairs of models, separated by whether the two models come from a same person and whether they have the same type of dynamics (see Methods). Lines on the boxes indicate the maximum, first quartile, median, last quartile, and minimum of each distribution. Tapered, shaded region around the median indicates 95% confidence interval of the median.

or both (Supplementary Figure S9, S10), supporting the hypothesis that they represent the reliable activation dynamics
 of resting state networks.

Distribution of the speed range on limit cycles

#### 286 Discussion

In this study, we adopted a nonlinear dynamical systems mod-287 eling framework to analyze how resting state brain dynamics 288 varied across individuals and time. We found that resting 289 state brain activity embedded diverse nonlinear dynamics that 290 included nontrivial attractors rather than a single globally 291 stable equilibrium at the mean. Interestingly, the dynamics 292 reliably varied between individuals. Moreover, instead of be-293 ing stationary, the dynamics underwent bifurcations across 294 different scanning sessions even within the same individual. 295 Furthermore, the observed spectrum of dynamics could be fully 296 recovered through induced bifurcations between fitted models. 297 Consistent with such bifurcations, the attractors and ghost 298 299 attractors were anatomically reliable within and between indi-300 viduals. These attractors were organized into distinct clusters that reflected the activation of different functional brain net-301 works, particularly the DMN, the FPN, and the dorsal/ventral 302 attention networks. Using the formal language of dynamical 303 systems and bifurcation theory, our results shed light on the 304 connection between nontrivial fluctuations in resting state 305 activity, the organization of functional brain networks, and 306 307 stable individual differences. We provide a modeling and analysis framework that describes the individualized nontrivial 308 dynamics in rfMRI, while maintaining interpretability and 309 tractability. A variety of dynamical features can be derived 310 from the models for future brain-phenotype association studies. 311 Our results also enable model-based interventions into brain 312 dynamics, which might hold great potential for individualized 313 treatments of brain disorders and even cognitive enhancement 314 (25)315

Nontrivial attractors and resting state networks. Resting state 316 brain activity is traditionally treated as a unimodal stationary 317 process fluctuating around a stable mean. However, recent 318 studies have begun to explore nontrivial recurring patterns 319 in resting state dynamics (26, 27). Mostly notably, time-320 varying functional connectivity (tvFC, also called 'dynamic' 321 FC) studies have suggested that the resting brain is traversing 322 multiple states associated with distinct brain-wide association 323 patterns (3). However, it is debated whether these recurring 324 patterns indeed represent nontrivial fluctuations, or merely 325 capture the snapshots of the trivial fluctuations around the 326 mean (9). Due to these challenges, it has been questioned 327 whether the new insights we gain from these techniques are 328 relatively marginal compared to the elevated difficulties in 329 analysis and interpretation (16). 330

We argue that the controversies over non-trivial fluctua-331 tions reflect the lack of mechanistic interpretations that can be 332 derived from short-time-windowed methods typically utilized 333 to estimate tvFC. Dynamic-systems-based modeling provides 334 a more generative explanation to the observed dynamics and 335 statistics. Phase portraits of the fitted models reveal insights 336 about the resting brain dynamics without sacrificing the ease 337 and interpretability of analysis. Here, by using a nonlinear, in-338 dividualized, and fully trainable dynamical systems modeling 339 framework, we provide evidence for nontrivial fluctuations in 340 rfMRI dynamics. Most importantly, when fitted on stationary 341 noise with FC and a mean power spectrum that match real 342 data, our model correctly recreated a monostable dynamic 343 system, while tvFC has been demonstrated to produce spu-344 rious nontrivial states in this situation (9). Therefore, the 345 nontrivial attractors consistently observed in our fitted models 346 are less likely to be explained by a bias inherent in the method. 347 Compared to other modeling studies, our model relies on fewer 348 assumptions about connectivity structure. Instead of assuming 349 that white matter density is a good surrogate of functional 350



Fig. 4. Attractors aligned with canonical resting state networks across the population. Left: locations (coefficients) of all attractors. Each row corresponds to one parcel and each column corresponds to one attractor. Rows are sorted according to the (24) atlas and columns are sorted according to cluster assignments. Thick horizontal and vertical lines separates the functional networks and clusters, respectively. Attractors are scaled to unit norm for visualization purpose. Right: cluster centroids visualized as the activation patterns over the cortex.

coupling at the mesoscale level, which has been challenged 351 by some studies (28), we posit a 'sparse plus low rank' struc-352 ture with all the weights directly optimized towards empirical 353 fMRI timeseries. Very interestingly, even without prior con-354 straint on the functional network structure, the attractors 355 that emerged from the models still exhibited highly modular 356 activation patterns that respect the organization of functional 357 networks. Such convergence of evidence is further supported 358 by the fact that, the MINDy effective connectivity between 359 localized parcels and the functional connectivity between dis-360 tributed ICA-defined networks, despite using very different 361 node types and connectivity measures, encoded highly similar 362 information about cognitive individual differences as revealed 363 by CCA (Supplementary Figure S4). Furthermore, unlike most 364 previous work that has relied upon population-level models, 365 we were able to show that the nontrivial attractors are not only 366 consistent across the population, but also test-retest reliable 367 368 within each individual.

369 It has long been hypothesized that nontrivial attractors represent 'functional' states that can be spontaneously traversed 370 during rest, as if exploring the repertoire of operating points 371 (29). Although there has been some theoretical work focused 372 on the functional relevance of resting state attractors (30), 373 empirical evidence has been scarce. Our work supports this 374 375 hypothesis by showing that nontrivial resting state attractors 376 reflect selective activation of functional brain networks, and contain reliable individual differences. It will thus be very 377 interesting to extend the MINDy framework to task states, 378 in order to analyze how such nontrivial attractors might be 379 engaged in cognitive computation. Similar to DCM methods 380 (14), we can couple the MINDy recurrent dynamics with an in-381 put term representing the task control signal. The interaction 382 between task demand and inherent dynamics and attractors 383 can thus be potentially characterized through control-theory-384

based analysis. Such analysis will shed light on how the resting brain 'prepares' stable motifs for cognitive computation, advancing of our understanding of the mechanistic link between the resting state and cognition.

Bifurcations and the critical brain. We presented three lines 389 of evidence that resting state brain dynamics are not only 390 nontrivial, but also bifurcating. First, the topology of the 391 dynamic landscapes changed across sessions even when the 392 controlling parameters remained highly reliable, consistent 393 with the definition of bifurcations. Second, we induced bifur-394 cations between fitted models and recovered the full spectrum 395 of the dynamics observed, confirming that the fitted models 396 can be understood as samples from such a continuous spec-397 trum encompassing several bifurcations. Third, we identified 398 anatomically reliable attractors or ghost attractors on a cycle, 399 consistent with the prediction of an infinite-period bifurcation. 400 Our results thus provide a richer description of both the in-401 variants and changes in resting state dynamics, showing that 402 even though the statistical outputs (FC) of two datasets might 403 seem similar, they could be supported by distinct but still 404 intimately related dynamics. 405

The most interesting conclusion from our analysis is that 406 the resting state brain is highly sensitive to modulation, in 407 which a small perturbation can bifurcate it towards various 408 different dynamics. To illustrate this point, we first showed 409 that even though the correlation between the parameters of 410 any two models was high (around 0.6), we still observed at 411 least eight different kinds of dynamics, in the sense of different 412 numbers or types of attractors. Moreover, we found that 413 although the parameter correlation within each participant 414 was even higher (around 0.75), the dynamics were still different 415 between sessions for almost half of all participants. 416

We suggest that the sensitivity of resting brain dynamics 417 might provide one mechanism for cognitive flexibility, as the 418

brain can easily bifurcate from the resting state towards various 419 different dynamics that might be advantageous for different 420 cognitive computations. If that is the case, the task state brain 421 dynamics should be more rigid than resting state, and should 422 423 vary across tasks according to the computation required. In 424 line with this idea, it was found that task-driven input reduced the variability of whole-brain dynamics compared to rest (31,425 32). Further, the global connectivity of the frontoparietal 426 network was found to systematically vary across 64 tasks, 427 with more similar connectivity for tasks that require more 428 similar computation (33). Most interestingly, it has been 429 found that the similarity between rsFC and task-specific FC 430 positively correlated with task performance across multiple 431 tasks, and the similarity between rsFC and task-general FC can 432 be related to fluid intelligence (34), indicating that cognitive 433 ability is related to how efficiently resting state dynamics can 434 transform into a variety of different task dynamics. Our study 435 provides a more mechanistic framework that can capture the 436 changes in the spectrum of generative dynamics, not just the 437 statistics of such dynamics (i.e., FC). Extending the MINDy 438 framework to task contexts will thus provide a strong test for 439 such hypothesis. 440

Our results also relate to the idea of criticality in the brain. 441 Note that the word 'criticality' has been used in at least two 442 different ways in neuroscience. In the broad sense, criticality 443 refers to the emergence of slow, large-amplitude (scale-free) 444 fluctuations in a dynamical system that is close to losing its 445 stability, without specifying the kind of instability to which it 446 is transformed (35). In a narrow sense, such transformation is 447 restricted to that between an ordered state (stability) and an 448 unordered state (chaos) (36). Our results support criticality 449 of rfMRI dynamics in the broad sense rather than the nar-450 rower sense. We found that our models show either a stable 451 low-activity state with no nontrivial attractors, or an unstable 452 low-activity state with nontrivial attractors, suggesting the 453 existence of supercritical bifurcations where a high-activity at-454 tractor emerged 'above' the low-activity attractor as the latter 455 loses its stability. Such bifurcations have been shown to give 456 rise to slow, scale-free fluctuations (35). In previous models of 457 whole-brain dynamics, it has been found that the criticality 458 associated with such bifurcations improved the response sen-459 sitivity to external stimuli (29). However, critical dynamics 460 are not always optimal for all tasks. For example, the sensitiv-461 ity to input also reduces the reliability of the response (37). 462 Therefore, it is proposed that instead of staying critical, brain 463 dynamics should reverberate between multiple regimes near 464 criticality (38). Our results support this hypothesis with novel 465 evidence that the brain traverses near criticality, potentially 466 balancing the computational advantages of each regime across 467 different computations. 468

If the resting brain resides in this critical regime that can 469 be easily modulated into different dynamics, one interesting 470 471 question is how the brain might implement such modulation to utilize different dynamics. On a longer timescale, such as 472 the dynamics we obtained here across a 30-minute resting 473 state scan, neuromodulator systems might be the best candi-474 date. It is well established that neuromodulators can affect 475 brain connectivity and whole-brain dynamics (39, 40). The 476 arousal system might play a particularly important role in 477 the fluctuations of resting state dynamics (9). On a shorter 478 timescale, such as during the execution of cognitive tasks, 479

goal-directed top-down modulation might also bifurcate the 480 dynamics. Theoretically, such bifurcations might relate to the 481 proactive control mode in the dual mechanism framework for 482 cognitive control (41). In contrast to reactive control, proac-483 tive control refers to the active maintenance of goal-related 484 information and biasing cognitive computations even before 485 cognitively demanding events occur. In parallel, goal-directed 486 bifurcation might transform the dynamical landscape to bias 487 the neural processing even before receiving cognitive inputs. 488 Therefore, combining MINDy modeling with cognitive tasks as 489 well as neuromodulatory manipulations holds great potential 490 to further our understanding about the dynamical flexibility 491 of the brain. 492

Limitations and future directions. In this study, we character-493 ized the variable nature of resting state dynamics by comparing 494 across participants and scanning sessions. However, such vari-495 ation inevitably interweaves with measurement and modeling 496 error. A stronger test for the non-stationarity of resting state 497 dynamics requires comparing the dynamics across different 498 periods within a single scanning run. Such analysis is diffi-499 cult to applied to the HCP which only has 15-minute long 500 scans, roughly as much as the data needed to obtain a reliable 501 MINDy model (18). However, it can be done on datasets 502 with as long as 30 contiguous minutes of rfMRI data, such 503 as the Midnight Scanning Club (42). Another approach is 504 to use EEG or MEG data which have much lower dimension 505 and much higher sampling rate. It might be even possible to 506 update the model parameters in real time for EEG/MEG data 507 (43)508

There are also limitations associated with the MINDy model 509 used in the analysis. The models did not include an inter-510 cept/bias term, and the dynamics are anti-symmetric with 511 respect to the neural hidden states (see Methods). Such 512 assumption was made according to the excitation-inhibition-513 balance principle (44) and has been adopted in resting state 514 DCM studies too (15). In such models, the zero vector (corre-515 sponding to the mean of the data) is always an equilibrium 516 (though not necessarily stable) and nontrivial attractors (if 517 any) must exist in pairs. Extending MINDy to task contexts 518 by introducing a task-related input can break such symmetry. 519 Another limitation of the current method is the ability to 520 account for the variations in haemodynamics. Here, we esti-521 mated the hidden neural states by a noise-aware deconvolution 522 of BOLD signal with the canonical haemodynamic response 523 function (HRF) (45). However, it has been suggested that 524 HRF varies significantly across brain regions and individuals 525 (46). Although MINDy parameters have been demonstrated 526 to be robust against HRF variations (18), it is unclear how 527 much the emergent dynamics will be influenced, given the 528 observation that the dynamics were sensitive to parameters. 529 Extending our analysis with region-specific HRF (47) is a nat-530 ural step to follow. Another direction is to use a biologically 531 more detailed regional dynamics model (14). Currently, the 532 recurrent dynamics within each brain region is modeled as a 533 simple self-excitation (or inhibition) with an exponential decay. 534 Despite being computationally more tractable, such a model 535 might not capture the full dynamics within a region, especially 536 the interactions between sub-populations (43). Multi-scale 537 modeling and EEG-fMRI data fusion might be a possible way 538 to improve biological specificity while maintaining computa-539 tional efficiency. 540

From a cognitive neuroscience perspective, the current 541 study demonstrates how the novel lens of dynamical systems 542 and attractor landscapes can be utilized for theory and analy-543 sis regarding the relationship between intrinsic dynamics (i.e., 544 545 present during resting states) and task-related cognitive com-546 putations. Future studies can try to associate individualized resting state dynamical motifs with cognitive traits and task 547 performance using either traditional correlational analysis, 548 or more interestingly, by adapting the MINDy framework to 549 analyze how dynamics and attractors change between rest-550 ing and task states. As a mechanistic alternative to FC and 551 dFC analysis, our framework can also generate new insights 552 into the dynamical changes associated with different dimen-553 sions of cognitive variation, including states of consciousness 554 (e.g., sleep, meditation, psychedelics), developmental stages, 555 or dysfunction associated with psychiatric and neurological 556 disorders. 557

#### 558 Materials and Methods

Data preprocessing. We obtained rfMRI data from the HCP Young 559 560 Adult dataset (19). Data was originally collected on a 3T scanner with a TR of 720ms and 2mm isotropic voxels. Participants under-561 went two scanning sessions on separate days. Each session included 562 two scanning runs of 1200 TRs (around 15 minutes), one using 563 right-to-left phase encoding direction and the other left-to-right. 564 565 Participants were instructed to stay awake with eyes open and relax fixation on a bright cross hair on a dark background, presented in a 566 darkened room. 567

We adopted the preprocessing pipeline suggested in (48), which 568 was shown to effectively suppress the influence of head motion in 569 rsFC-behavior associations. Because we are particularly interested 570 in session-to-session variations in dynamics, we used a relatively 571 strict inclusion criteria to make sure the data in all runs were 572 sufficiently clean. Specifically, we only included participants with 573 no missing runs or runs that had more than 1/3 (400 out of 1200) 574 frames with high head motion (see below), resulting in a total 575 number of 510 participants. 576

We began with the rfMRI data provided by HCP that has 577 been minimally preprocessed, motion-corrected, and denoised with 578 FIX-ICA (19). Following (48), data was first detrended and then 579 motion scrubbed with framewise displacement (FD) and temporal 580 derivative of variation (DVARS) (49). FD and DVARS were filtered 581 for respiratory artifact with a 40-th order 0.06-0.14Hz band stop 582 filter. Frames with FD above 0.2mm or DVARS above 1.05 times 583 of the median were linearly interpolated. We then regressed out 584 from the data the top five principal components of the white matter 585 and the cerebrospinal fluid signals (CompCor), and the mean signal 586 from the grav matter. 587

After preprocessing, the data was averaged within each parcel 588 according to the 200-parcel atlas from (24). Data points exceeding 589 590 5 standard deviations in each time series were linearly interpolated. To obtain the underlying neural activity, we deconvolved the data 591 with the canonical haemodynamic response function (HRF) from 592 (45) using Wiener deconvolution (50), a deconvolution technique 593 that minimizes the influence of noise. We used a 30-point HRF 594 kernel and a noise-power to signal-power ratio of 0.02. Finally, the 595 data were z-scored within each timeseries. 596

Model architecture and fitting. We adopted the Mesoscale Individu-597 alized NeuroDynamics (MINDy) framework from (18). A MINDy 598 model contains interconnected neural masses representing brain 599 parcels, with trainable and individualized connection weights. Each 600 601 neural mass is assumed to follow an S-shape input-output transfer function with a trainable region-specific curvature. Activity decays 602 with a trainable region-specific rate. The dynamics of the model is 603 thus 604

$$d\mathbf{x}(t) = W\psi_{\alpha}(\mathbf{x}(t)) - D \odot \mathbf{x}(t)$$
[1]

$$\psi_{\alpha}(x) = \sqrt{\alpha^2 + (bx + 0.5)^2} - \sqrt{\alpha^2 + (bx - 0.5)^2}$$
[2]

 $\mathbf{x}(t) \in \mathbb{R}^N$  is the neural activity hidden state at time t, where 605 N is the number of parcels.  $W \in \mathbb{R}^{N \times N}$  is the connectivity matrix. 606 The transfer function  $\psi_{\alpha}$  is applied element-wise with each region's 607 respective curvature parameter  $\alpha$ .  $D \in \mathbb{R}^N$  is the decay and  $\odot$ 608 indicates element-wise multiplication. b is another parameter con-609 trolling the shape of the transfer function, currently fixed as 20/3. 610 To prevent overfitting and improve interpretability, we required the 611 connectivity matrix W to be the sum of a sparse matrix  $W_S$  and a 612 low-rank matrix  $W_L = W_1 W_2^T$ , where  $W_1, W_2 \in \mathbb{R}^{N \times k}$  and k < N. Here we chose N = 200 (k = 72) as it achieves a balance between 613 614 granularity and computational efficiency. However, we also repeated 615 the analysis with N = 100 and N = 400 and obtained very similar 616 attractor motifs. 617

We obtained  $\mathbf{x}(t)$  and ground-truth  $d\mathbf{x}(t)$  from the preprocessed 618 rfMRI data for each participant and session, with two runs combined. 619 The derivative was computed using forward differentiation. Since 620 HCP data utilizes an exceptionally fast TR, we performed two-point 621 moving average smoothing on the derivative to reduce noise, i.e., 622  $d\mathbf{x}(t) = [\mathbf{x}(t+2) - \mathbf{x}(t)]/2$ . Removing the smoothing led to very 623 similar results. We optimized W,  $\alpha$  and D to minimize the model's 624 prediction error while enforcing sparsity of the connectivity using 625 L1 regularization (51). The loss function is thus defined as: 626

$$J = \frac{1}{2} ||d\mathbf{x}(t) - \left[ (W_S + W_1 W_2^T) \psi_\alpha(\mathbf{x}(t)) - D \odot \mathbf{x}(t) \right] ||_2^2 + \lambda_1 ||W_S||_1 + \lambda_2 Tr(|W_S|) + \lambda_3 (||W_1||_1 + ||W_2||_1)$$

where  $\lambda_1 = 0.075$ ,  $\lambda_2 = 0.2$ ,  $\lambda_3 = 0.05$  are the regularization 627 hyperparameters,  $Tr(|W_S|)$  is the absolute sum of the diagonal 628 elements of  $W_S$ . Optimization was performed using gradient descent 629 with Nesterov Accelerated Adaptive Moment Estimation (NADAM, 630 (52)). Parameters were updated after each minibatch of 300 random 631 samples. We stopped the training at 5000 minibatches when the test-632 retest reliability of the parameters started to drop. To prevent the 633 weights from being unnecessarily small due to regularization penalty. 634 we performed an additional global rescaling of the parameters by 635 fitting  $d\mathbf{x} = p_W W \psi_\alpha(\mathbf{x}) - p_D D \odot \mathbf{x}(t)$  with two scalar parameters 636  $p_W, p_D \in \mathbb{R}$ , and factored them into W and D. It's worth noting 637 that a 200-parcel MINDy model can be fit on a standard laptop 638 within 15 seconds, enabling the analysis of the whole HCP dataset 639 within a reasonable amount of time. 640

Model simulation and numerical analysis of attractors. For each 641 model, we randomly sampled 120 initial conditions from the stan-642 dard normal distribution. We also tried to sample from the data  $\mathbf{x}(t)$ , 643 but the identified attractors were the same as long as the sample size 644 is large enough. The dynamics (equation 1) was integrated using 645 Euler's method for 1600 TRs with step size equal to one TR. For 646 some models with limit cycles that contained extremely slow ghost 647 attractors, we prolonged the simulation until the state recurred 648 after a full cycle. The stable equilibria were identified as follows: 649 First, we defined a trajectory (simulation) as already converged to 650 a stable equilibrium if  $|x(t+1) - x(t)| < 10^{-6}$  for every parcel and 651 every time point  $T - 10 \le t \le T - 1$ , where T is the simulation time. 652 The terminal state x(T) from all converged trajectories were than 653 clustered together based on a simple Euclidean distance threshold 654 of 0.1. The cluster centroids were extracted as the stable equilibria. 655 Similarly, we defined a trajectory as already converged to a stable 656 limit cycle if it approached and then left a small neighbourhood 657 of the terminal state  $\{x \mid ||x - x(T)||_2 < 0.5\}$  at least once. The 658 interval during the last recurrence and the end of the simulation 659 was considered as the period of the limit cycle, and the samples 660 during this period was extracted to represent the limit cycle. We 661 confirmed the validity of the method by visually inspecting the 662 trajectories and identified attractors after dimensionality reduction 663 using Principal Component Analysis (PCA), as depicted in Figure 664 1 and 2. 665

We observed that the distribution of speed on the limit cycles was very non-uniform, sometimes varying by orders of magnitude. Therefore, we selected the slowest point on each limit cycle

arg min<sub> $\mathbf{x}(t)$ </sub>  $||\mathbf{x}(t+1) - \mathbf{x}(t)||_2$  as the 'ghost' attractors. Besides, for models with one limit cycle, due to the symmetry of the dynamics  $f(-\mathbf{x}) = -f(\mathbf{x})$ , we added a pair of symmetric slowest points rather than a single one.

Bifurcation analysis. We induced a bifurcation between two models 673 674 by creating convex combinations of the dynamics. Denoting the two model's dynamics as  $\mathbf{x}(t+1) - \mathbf{x}(t) = f_1(\mathbf{x})$  and  $\mathbf{x}(t+1) - \mathbf{x}(t) =$ 675  $f_2(\mathbf{x})$  respectively, we construct a new model as  $\mathbf{x}(t+1) - \mathbf{x}(t) =$ 676  $\alpha f_1(\mathbf{x}) + (1-\alpha) f_2(\mathbf{x})$ , where  $0 < \alpha < 1$  is the bifurcation parameter. 677 678 We considered two ways to combine the observed models. In the with in-individual case,  $f_1$  and  $f_2$  were the two models from the two 679 sessions of a same participant. In the across-individuals cases,  $f_1$ 680 and  $f_2$  were sampled from all models. We randomly sampled  $\alpha$  from 681 the uniform distribution in [0, 1] as well as a pair of models for 500 682 times, and extracted the attractors of these bifurcated models using 683 the same numerical method described above. We then characterized 684 the vector field by the number and types (equilibria or limit cycles) 685 of attractors and compared their distribution across the bifurcated 686 models and the fitted models in Figure 2. 687

Reliability analysis. We quantified the anatomical similarity of two 688 attractors (and ghost attractors, same below) by the Pearson corre-689 690 lation between their coefficients (i.e., anatomical projections). As the number of attractors might differ across models, we defined the 691 dominant attractor similarity (DAS) between two models as the 692 maximum similarity between their attractors. The distribution of 693 DAS between all pairs of models from different sessions was shown 694 in Figure 3, separated by whether the two models come from a 695 same participant and whether they have same type of dynamics 696 (i.e., same number of stable equilibria and limit cycles). 697

Clustering analysis. We used K-means algorithm to cluster the 698 anatomical location of all attractors and ghost attractors across 699 all participants and sessions. We used cosine distance d(x, y) =700  $1 - \cos \angle (x, y)$  for clustering and scaled the samples to unit norm for 701 visualization. Using Euclidean distance produced almost identical 702 clustering results. The number of clusters K is determined by the 703 cluster instability index (23) with a candidate list of K ranging 704 from 2 to 10. For each K, the data was randomly divided into 705 two subsets for 30 times. We ran K-means algorithm on the first 706 partition to obtained the cluster centroids, and used these centroids 707 708 to classify the samples in the second partition. The classification result was compared to the results of directly running K-means on 709 the second partition. A misclassification cost was computed after 710 matching the labels using the Hungarian algorithm. This cost is 711 then averaged across the 30 partitions and normalized by the null 712 cost computed in the same way but with random labels, resulting 713 in an instability index for each K. The local minimum of instability 714 was selected as the number of clusters for the final clustering. We 715 also repeated our analysis using either only the stable equilibria or 716 only the ghost attractors on the limit cycles (Supplementary Figure 717 S9, S10), and in each case both the clustering instability index and 718 cluster centroids were very similar to the results in the main text. 719

Data and code availability. The rfMRI data is available at Human
 Connectome Project's website. The MINDy modeling toolbox is

<sup>722</sup> available at https://github.com/singhmf/MINDy. The preprocess-

<sup>723</sup> ing and analysis scripts will be available after peer review.

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## <sup>2</sup> Supporting Information for

<sup>3</sup> Dynamical models reveal anatomically reliable attractor landscapes embedded in resting

- 4 state brain networks
- 5 Ruiqi Chen, Matthew Singh, Todd S. Braver, ShiNung Ching
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## 8 This PDF file includes:

- 9 Supporting text
- <sup>10</sup> Figs. S1 to S12
- 11 SI References

#### 12 Supporting Information Text

## 13 Validation of MINDy modeling

Goodness of fit. We tested the prediction accuracy of the fitted models in three cases: the training data, the data from the same participant but in the other session, and the data from a random participant in the same session. The R squared was around 0.4 for all three cases, with the training accuracy being the highest, the within-person transfer being the second and across-person transfer being the third (Figure S1). Therefore, our models indeed captured the individuality of the dynamics.

Surrogate data simulations. To make sure that the nontrivial dynamics observed in fitted models were not simply due 18 to methodological bias, we investigated whether MINDy can correctly capture the trivial dynamics in closely matched 19 surrogate datasets. We tried two different surrogate simulation schemes and fit MINDy on these simulations using the same 20 hyperparameters as in the main text. The first method follows (1), generating a dataset from noise (without any dynamics) but 21 preserves the covariance (thus FC) and mean power spectrum of the rfMRI data. In (1), it was found that the tvFC method 22 generated indistinguishable results for real data and such surrogate data. However, our model correctly produced a monostable 23 dynamic system without nontrivial fluctuations (Figure S2). The second method fit MINDy on the noisy simulations of a 24 closely-matched linear system. This linear system, referred to as 'linear MINDy', replaces the nonlinear activation function of 25 MINDy with its best linear approximation. The 'linear MINDy' model was fit to rfMRI data using the same hyperparameters 26 and loss function as actual MINDy, thus capturing the statistics of the data and also maintaining the 'sparse plus low-rank' 27 connectivity structure. In fact, we found that the connectivity and decay parameters of 'linear MINDy' is highly correlated 28 with the actual MINDy model fitted on the same data. After fitting the linear model, we simulated the model with additive 29 noise. The magnitude of the noise was set to the root of mean squared error during the fitting of the linear model. The noisy 30 simulations thus represent a close match of the true dataset but generated from inherently linear (and monostable) dynamics. 31 We then fit (nonlinear) MINDy models on these simulations, and the models correctly reproduced a monostable dynamic 32

<sup>33</sup> system with no nontrivial attractors (Figure S2).

#### 34 Reliability and behavioral correlation for MINDy parameters

MINDy parameters were individualized and consistent across the population. We characterized the consistency of model 35 parameters across all participants, as well as within each participant. We computed the correlation of each set of parameters 36 (connectivity, curvature or decay) between each pair of models. For each participant, we quantified the similarity between their 37 two models as well as the mean similarity between their models and all other models. Results indicate that the parameters were 38 highly consistent across the population, and even more within each participant (Figure S3, top-left). Next, for each parameter 39 (e.g., one entry in the connectivity matrix), we calculated its intraclass correlation coefficient (ICC), which is the correlation 40 of its value between the two sessions across all participants. ICC characterized the reliability of the individual differences in 41 each parameter. We observed a large set of connectivity parameters with high ICC (Figure S3, top-right; also note that the 42 connectivity is sparse so a lot of entries have low ICC). The ICC for curvature and decay parameters were acceptable, around 43 0.5 (Figure S3, bottom). 44

MINDy parameters encode cognitive differences. Here, we conducted a canonical correlation analysis (CCA) between the 45 connectivity matrices of fitted models and the phenotypic measures in the HCP. The connectivity matrices from the two 46 sessions were averaged within each participant before entering the analysis. We used the scripts provided by (2) which extends 47 (3) to the whole HCP dataset. The connectivity matrices and subject measures were first projected to their first 100 principal 48 components to reduce dimensionality. Then, CCA was carried out to identify the directions to which the projection of the 49 50 connectivity data and phenotypic data are maximally correlated across the population. We identified a unique pair of such directions (modes) with statistically significant correlation (1000 permutations, Figure S4, top right). Further, this connectivity 51 mode and phenotypic mode explained a significant amount of variance in their data respectively (Figure S4, middle and bottom 52 right). Post-hoc correlation between the phenotypic mode and all phenotypic measures revealed that this mode is more related 53 to fluid intelligence and substance use (Figure S4, left). Interestingly, our results are very similar to the original finding in 54 (3) even though we are using very different node types (parcels vs. ICA networks) and connectivity measures (effective vs. 55 correlational). 56

## 57 More examples of model dynamics

<sup>58</sup> Here we show more examples of the dynamics observed in the fitted models (Figure S5). The three except the top-left one were <sup>59</sup> grouped into 'others' type in the main text because of their rare occurrence.

#### 60 Toy model for infinite-period bifurcation

<sup>61</sup> Here we show a toy model for infinite period bifurcation mentioned in the main text. The model dynamics are written in polar

 $_{62}$  coordinates (but shown in Cartesian coordinates in Figure S6) as:

$$\begin{cases} \dot{r} = r(1 - r^2) \\ \dot{\theta} = \mu - |\sin \theta| \end{cases}$$

where  $\mu$  is the bifurcation parameter. The infinite-period bifurcation happens when  $\mu$  equals one. When  $\mu > 1$ , the system shows a stable limit cycle and an unstable equilibrium at the origin. As  $\mu$  approaches 1, the speed distribution on the limit cycle becomes more and more extreme and a ghost attractor emerges at (0, 1) on the limit cycle. When  $\mu$  equals 1, the ghost attractor dissolves into a pair of equilibria, one stable and one unstable.

#### 67 Clustering of attractor patterns

Selection of the number of clusters. We used K-means algorithm to cluster the attractors and select the number of clusters Kusing the cluster instability index (see Methods for more details). We found that regardless of whether we use only the stable equilibria, only the ghost attractors, or both, we got near perfect clustering stability only for K equals to two or four (Figure S7).

**Two cluster solution.** We show the two-cluster solution in Figure S8. In this case the two clusters are the reflections of each other. One of them showed strong activation for the DMN and FPN, while the other show strong activation for the visual and the dorsal/ventral attention networks.

Clustering results with only stable equilibria or only ghosts. In the main text we clustered all stable equilibria and ghost attractors together. Here we show the results using only stable equilibria (Figure S9) and only ghost attractors (Figure S10) respectively.

#### 78 Parcel activation in attractors

Parcel activation follows network and cluster structure. We analyzed the activation of parcels across all attractors with a 79 mixed-effect model:  $activation \sim 1 + cluster + network + cluster:network + (cluster]network:parcel)$ . We computed the 80 hierarchical (type I) sum of squares explained by each term (Figure S11). The main effects of cluster and network were small 81 while their interactions explained over 40% of total variation, indicating that (1) the same brain network showed very different 82 activation in different clusters (or equivalently, that each cluster is associated with the strong activation of different sets of 83 networks); and (2) parcel activation was mostly determined by the combination of attractor clusters and functional brain 84 network structure. The random effect of parcels explained about 15% of variation, indicating that heterogeneity still exist across 85 the parcels within each network. The error sum of squares was smaller than the total variation explained by the modeling, 86 suggesting high consistency across participants and sessions. 87

Functional rather than spatial organization explains the data better. To show that the activation was driven by functional 88 89 network segmentation rather than the spatial proximity between parcels, we calculated the Pearson correlation between the activation patterns of each pair of parcels across all attractors. The correlation coefficient was Fisher-transformed into a 90 Zr statistic (Figure S12, top-left). We modeled this similarity matrix by the combination of the spatial proximity (negative 91 cortical distance) between parcels and their functional network assignment. The distance between all cortical vertices along the 92 surface were calculated using the surface geometry file from HCP and MATLAB's graph distance function, and then averaged 93 within the two parcels under consideration. All inter-hemisphere entries were excluded since the distances were undefined. The 94 functional network assignment similarity was set to one if two parcels belong to the same network as defined by the 17-network 95 atlas in (4), and zero otherwise. We then predicted the activation similarity using negative cortical distance, functional network 96 assignment and their interactions. A hierarchical sum of squares analysis showed that network organization explained 15% of 97 total variation even after excluding the effect of spatial proximity (which explained must less variance, Figure S12, bottom-right, 98 first column). Therefore, the attractors indeed reflected the organization of functional brain networks over and above the 99 spatial configuration of cortical regions. 100



Mean  $R^2$  for testing on the other session Mean  $R^2$  for testing on another participant



Fig. S1. Goodness-of-fit and cross validation accuracy. Top-left: distribution of the mean R squared for all models when predicting the training data, the data from the same participant in the other session, or the data from another randomly selected participant. Top-right: Distribution of mean R squared over all models when testing on training data. Bottom-left and bottom-right: similar plots for testing on the other session within participant, or testing on another participant's data.



Fig. S2. Fitting MINDy on surrogate data revealed trivial dynamics. Left: R squared for fitting MINDy on surrogate data; fitting 'linear MINDy' on rfMRI data; and fitting MINDy on the noisy simulations of 'linear MINDy' models. Right: the proportion of models showing a single stable equilibrium (at the origin), for MINDy models fitted on rfMRI data, on surrogate data, and on the noisy simulations of 'linear MINDy' models.



## Parameter reliability (n = 510)

Fig. S3. Obtained parameters were individualized and consistent across the population. Top-left: Correlation between sets of parameters (connectivity, curvature or decay) from models from different sessions. 'Within subject' is the correlation between the two models from a same participant, while 'across subject' is the mean similarity with all other models. Top-right: intraclass correlation coefficient (ICC) of each connectivity parameter. Text labels indicate the functional networks, separated by the black thick lines. Bottom: ICC for decay and curvature parameters, respectively.



Fig. S4. MINDy parameters encoded reliable individual differences. Please compare with Figure 1 in (3). Left: Post-hoc correlation between the behavioral mode identified by CCA and the phenotypic measures. We listed the most correlated measures with font size scaled by the correlation. Note that the Y axis is ordinal but not scalar. Top-right: correlation between CCA-identified connectivity and behavioral modes. Statistical significance is determined by permutation test with 1000 permutations (same for other panels). Mid-right: Variance of the connectivity explained by the CCA modes. Shaded region indicates the null distribution with 1000 permutations. Lower-right: variance of the behavioral measures explained by the CCA modes.



Fig. S5. More examples of dynamical landscapes. See Figure 1 in main text.



**Fig. S6. Toy model for infinite period bifurcation.** Top row: trajectories of the models with different value for the bifurcation parameter *μ*. Red, green and gray dots indicate stable equilibria, saddles and ghost attractors respectively. Black dots are the simulated samples on the limit cycle. Bottom row: vector fields of the models.



Fig. S7. Stable clustering solution for two and four clusters.



Fig. S8. Two-cluster solution of the attractor clustering.



Fig. S9. Attractor clustering with only the stable equilibria.



Fig. S10. Attractor clustering with only the limit cycle slowest points.





Fig. S11. Variance of parcel activation explained by attractor clusters and functional networks.



## Similarity of parcel activation across attractors $Zr \sim 1 + S + Id_{17}$ stepwise

Fig. S12. Parcel activation similarity across all attractors. Top-left: similarity between all parcels' activation across all attractors. Similarity is quantified by Pearson correlation followed by Fisher's transformation. Top-right: the negative of the distances between parcel centroids along the cortical surface. Inter-hemisphere entries were omitted. Bottom-left: similarity between parcels based on (4) functional network segmentation. Similarity is one if the two parcels belong to the same network and zero otherwise. Bottom-right: variance of parcel activation similarity explained by distance or network structure. Column one: type I (hierarchical) sum of squares (SS) where cortical distance precedes network structure (see the text). Column two: type I SS where network structure precedes cortical distance. Column three: type III SS. The SS for the interaction between distance and network structure is less than 1%.

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