

AYA ~ When The Wound Is Too
Much

阿雅 ~ 当创伤太深的时候



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Beloved Ones Of My Heart! 我心
爱的人们！

Many Might Feel That The Pain Of
The Current Waking Dream Is Too
Much. We Speak Often Of The Power
Of Forgiveness. But What If The
Wound Is So Deep That Affirmations
And Meditation Seem To Not Heal?
I Am Here To Guide You To
Complete Freedom And Healing So
That All Energy Of The
Perceived Suffering Can Be
Transcended To Spirit And Light.

许多人可能觉得，当前这场清醒梦
实在苦不堪言。我们常说宽恕的力
量。但如果伤的太深，以至肯定语
和冥想似乎都无法治愈你，那该怎

么办？我在这里引导你们获得彻底的自由和疗愈，让所有感知的痛苦能量都能超脱到精神和光中。

Thoughts And Words Create The Outcome Of All That Transpires In Your World. Belief Is The Factor That Changes Your Path And Either Alignment With The Soul Or Complete Discord Will Follow. Programming The Subconscious Mind Allows Collective Energy And Direction. But The Subconscious Mind Is Not Judgmental So It Is Up To The Individual To Choose What Will Be The Compass.

思想和言语创造了你世界中一切的结果。信念是一个改变人生道路的因素，要么与灵魂对齐，要么完全不和。对潜意识进行编程可以产生集体能量和方向。但潜意识不做评判，所以选择什么作为指南取决于个人。

This Communication Will Address The Path To Heal From Pain In The Ongoing Story. The Relationships, Losses, Physical Maladies And Disabilities Can Be Experienced Without Resentment Or A Feeling Of Anger. Whatever Is Perceived As Something Done Or Said That

Wounded You, Can Be Completely Changed In Perception.

本次交流将探讨从正在进行的故事中疗愈痛苦的路径。在经历人际关系、失去、身体疾病和残疾时，我们不会感到怨恨或愤怒。无论你怎么认为，别人做了或说了什么伤害了你，都可以彻底改变你的看法。

This Teaching Is Precise For Your Personal Story And Yet Some Aspects Can Apply To History And Political Choices Unfolding. But Not All Circumstances Or Players Can Be Seen In This Manner. Let's Delve Into Your Personal Waking Dream.

这节课对你的个人经历非常准确，但有些方面也适用于历史，以及正在展开的政治选项。但并非所有情形或参与者都能以这种方式看待。让我们深入研究你个人的清醒梦吧。

For This Exercise Which Will Be A Gift Like No Other, Spend Time In Preparation. You will Need A Notebook And Pen Or The Ability To Type All That Is Required. Clear Your Mind And Meditate. Take A Few Deep Breaths. Now We Begin. 这个练习将是一份独一无二的礼物，请花时间做好准备。你需要一

本笔记本和一支笔，或者能够打字。
清空思绪，静心冥想。深呼吸几次。
现在我们开始。

The Ability To Forgive Small Things
Can Be Done By Anyone. But The
Wounds That Alter Your Life With
Cruelty And Intention Will Require
Great Assistance. Until You Are
Operating From The Compassion Of
The Soul, The Energy Will Remain
Within The Being. It Will Be Felt And
Continue To Cause Harm. This Is The
Understanding To Grasp Before This
Exercise.

任何人都能做到原谅小事。但对于

刻意残忍地改变你生活的重创，则需要极大的帮助。直到你从灵魂的慈悲出发，能量会一直留在你的体内。它会被感受到，并继续造成伤害。这是在练习之前需要理解的。

Write Down The Name Of A Person That Has Harmed You And Left Broken Places In Your Heart. If There Is More Than One Person, Then Continue The Exercise With Their Information On Another Page. Below The Name, Write Down All Grievances And Every Word That You Can Remember. Allow The Pain And Anger To Surface. At Some Point

This Might Be Overwhelming.
Remind Yourself That Healing Is The
Goal. Breathe Deeply And Continue.
写下曾经伤害过你，使你心灵破碎
之人的名字。如果不止一个人，那
就把他们的信息写在另一页上继
续练习。在名字下方，写下所有的
怨恨和你能记住的每一个字。让痛
苦和愤怒浮现出来。它可能会在某
处让你透不过气来。提醒自己，治
愈才是目标。深呼吸，继续。

List Everything And Know That This
Is The Person That Has Caused Chaos
When You Only Wanted Love And
Peace. Then Relax And The Next

Phase Of The Exercise Will Gift You With Bliss, Healing And Compassion That You Never Knew. Remember This. Without Feeling Compassion, True Forgiveness Is Not Present.

列出一切，你很清楚就是这个人，在你只想要爱与平静的时候，却带来了混乱。然后放松，下一阶段的练习会赐予你从未有过的幸福、疗愈和慈悲。记住这一点。没有怜悯之心，真正的宽恕就不会出现。

List Ten Things That You Once Loved About This Person. Remember A Moment When They Were Generous. Maybe You Saw Them Assist An

Animal In Peril. Maybe They Sat With You When You Were Sick. Maybe You Shared Holidays And Meals And You Remember How They Laughed.

列出你曾经喜欢这个人的十件事。回忆起他们慷慨的一刻。也许你见到他们救助一只处于危险中的动物。也许他们在你生病时陪在你身边。也许你们共享节日和美食，他们的笑声至今令你难忘。

If You Truly Desire Healing, Become Vulnerable And See The Truth. No One Is All Good Or All Bad. Some People Change Over Time To Become

More Dark Or More Loving. But Know There Was A Reason This Soul Was With You As A Person. This Means Only One Thing. There Were Gifts For You Both. Find This Now And Be Free.

如果你真的渴望治愈，就变得易感一点，看清楚真相。没有一个人全好或者全坏。有些人会随着时间的推移，变得更有爱心，抑或更加阴暗。但你要知道，这个灵魂曾和你在一起是有原因的。这只意味着一件事-你们俩都得到了礼物。现在就找到它，而获得自由。

As Your List Is Complete With Ten

Things, Many More Will Come To Your Mind. List These Also And You Will Find Your Heart Melting. You Will Not See The Person As A Monster Who Was There To Hurt You. The Truth Of Their Soul Will Be Recognized. You Will Feel Compassion And A Bit Of Wonder. You Will Remember The Love You Once Felt. You Will Know That They Too Have Felt The Depth Of Pain And Suffering That Was Brought To Your Life.

当你的清单上完成了十件事情之后，你的脑海中还会浮现出更多的事情。把这些也列出来，你会发现

你的心在融化。你不会再把那个人看成是伤害你的怪物。你会认识到他们的真实灵魂。你会感到同情和一丝惊奇。你会回忆起你心中曾有过的爱。你会知道，他们也同样感受过给你生活带来的深度痛楚。

Hold On To This Compassion. It Will Be Such A Great Moment. You Have Created A Lens From Which You May View The World. You Will Know Your Own Power Is Light!

紧紧守住这份同情。这将是一个伟大的时刻。你创造了一个观察世界的镜头。你会知道自己的力量就是光！

As You Move Forward In The Final Waking Dream, Be Determined To See The Good In People. All Comments Do Not Need A Reply. No One Has To Agree With Everyone. NEIOH Has Told Us Many Times To "Do Nothing And Say Nothing." Allow One's Own Behavior And Life To Mirror To You The Beauty Within.

当你在最后的清醒梦中继续前行时，要坚定地看到人们的优点。不是所有评论都需要回复。没有人必须同意所有的人。尼奥曾多次告诉我们，要“什么也不做，什么也不说”。让别人自己的行为生活，映

射出你的内在之美。

There Is Nothing To Prove And
Nothing To Change Except The
Ability To See Life From A Spiritual
Perspective. Choose To Heal And You
Will Receive A Gift That Will Give
To The World.

除了能够从精神视角看待生活，没有什么可以证明，也没有什么需要改变。选择疗愈，你将得到一份可以献给世界的礼物。

I Will Meet You In The Frequency
Of Healing Light! 我会在治愈之光的
频率中与你相遇！

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

AYA 阿雅