

LAKA ~ A Better Life Now

拉卡 ~ 美好生活从现在开始



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Beloved Friends Of Earth 亲爱的地球朋友们！

As You Move Through The Current Waking Dream, You Strive For A Better Life. But What This Means For One Person Is Completely Different For Another. This Communication Will Allow Reflection As You Glean Wisdom From Your Own Choices. There Is Always A New Path As Light Fills Your Consciousness With The Best Intent For Self And Others.

你们在当前的清醒梦中前行时，会努力追求更美好的生活。但对不同的人来说，这完全意味着不同的东西。阅读此文，你们可以反思自己做了什么样的选择，汲取了哪些智慧。当光用对己对人的最佳意图充

满你的意识时，总会有一条崭新的道路。

Let's Begin With What You Might Consider Doing Less! Then We Will Move To The Nourishment And Wonderful Aspects To Enhance Your Beautiful Life. The Simplicity Of Choices Allows For The Most Powerful Outcomes Imaginable.

让我们开始谈谈，你可以少做哪些事！然后，我们将从营养和美妙的角度，提升你的美丽人生。简单的选择，可以带来想象中最有效的成果。

The First Aspect Of Change Would Be To Think Less. Thoughts Arrive Like An Endless Conveyor Belt. You Do Not Need To Acknowledge Or Contemplate Everything. Pay No Attention To Incessant Thoughts. Slow Them With Deep Breathing And A Mantra Of Power. Keep It Simple And Only Allow Thoughts That Will Serve You. 'I Am Whole' And 'I Am Light' Are Excellent Mantras.

首先要改变的是-少想。思绪就像一条无尽的传送带。你不需要回应或思考每一件事。不要理会无休止的思绪。用深呼吸和强力咒语来减缓它。保持简单，只允许对你有益的

想法。“我是完整的”和“我是光”
都是很好的谕令。

Consume Portions Of Food That Will Serve Your Body. Eat Less Of What Your Appetite Tells You. In Twenty Minutes Of Enjoying Your Meal With Focus, The Brain Will Allow You To Cease Eating With Total Satiety. Empty Calories And Processed Food Will Become Less Important In Your Consumption When You Eat With Intention.

少吃，不要放纵你的胃口。只吃对身体有益的食物。用餐二十分钟内，大脑就会产生饱腹感，你就可以停

了。当你用心吃饭时，空热量和加工食品在消耗中将无足轻重。

Slow Down And Do Not Move With Such Hurry In Life. Move Less And Focus On Staying Fit With Walking And Exercise For The Heart And Circulation. Many Become Addicted To Exercise As It Has Been Sold As A Commodity With Products And Advertising. Enjoy Your Life And Movement With What Feels Natural And Never To The Point Of Exhaustion.

少奔忙，放慢脚步，生活中毋需风风火火。专注于保持身体匀称，多

走步，多做心血管健康运动。许多人对运动上瘾，因为它已被产品和广告当作商品出售。享受生活，享受自然的，而非达到极限的运动。

React Less On Social Media And Platforms That Invite You To Engage In Conflict. Give Your Opinions And Ideas And Allow The Freedom Of Communication To Serve You Peacefully.

少反应，包括社交媒体和引致你置身冲突的平台。给出你的观点和想法即可，让自由交流平和地为你服务。

Complain Less And Find Answers To Resolve The Issues At Hand. Whether A Leaky Faucet, A Burned Meal Or A Home That Needs Cleaning, Stop Complaining. These Things Are Part Of Life. Learn To Enjoy The Simple Things. Flow Like Water And Adapt.

少抱怨，寻找解决手头问题的答案。

无论是漏水的水龙头、烧焦的饭菜还是需要打扫的房屋，都不要再抱怨了。这些都是生活的一部分。学会享受简单的事情。像水一样流动并适应。

Spend Less Money. Buy What Is Necessary To Live A Comfortable

Life. Stop Collecting Furniture And Objects That Cause Crowding And Clutter. What Is Needed Is Food And Ample Room To Gather With Friends And Share Life. Everything Else Is Excess That Becomes Unseen And Obsolete After The Purchase.

少花钱。只买舒适生活的必需品。不要再攒积拥挤杂乱的家具和物品。只需要食品和足够的空间与友聚会，分享生活。其它的东西都是多余的，买了之后也会熟视无睹，如同鸡肋。

Watch Less News On Social Media And All Devices. Negative News Is

Low Energy And Your Body Is Affected Each Moment. You Will Hear The Same News Repeated Many Times. Knowing What Is Unfolding Is Fine. After This, Less Is More. Protect Your Mind And Your Life.

少看新闻和各种设备上的社交媒体。负面新闻是低能量的，你的身体每时每刻都会受到影响。你会多次听到相同的新闻。了解正在发生的事情就可以了。在此之后，少即是多。保护你的心灵和生活。

Now We Move To Gifts Of The Soul. There Is So Much Beauty Within Your Being. There Is Enough Light

To Carry You Through Infinity.
Tapping Into This Is As Simple As
Alignment. But You Must Leave The
View Of The Outer World To
Discover The Power Within.

现在，我们来谈谈“灵魂的礼物”。
你的存在如此美丽。有足够的光带
你穿越无限。挖掘它就像对齐一样
简单。但你必须离开外部世界的视
野，才能发现内在的力量。

Meditate And Then Meditate More.
This Is The Secret That Ancients
Knew As Pleiadians Taught Them
Well. Each Soul From The Higher
Realms Carries This Wisdom.

Alignment Allows The Best Path
Forward. Find Your Light And
Become The Best Version Of
Yourself.

冥想，再冥想。这是古人知道的秘
密，因为昴宿星人教导有方。每一个
来自高维度的灵魂都携带着这
种智慧。对齐才能找到最好的前进
之路。找到你的光，成为最好的自
己。

Learn To Laugh More! This Is A
Choice And Nothing But Peace Can
Be Felt With Laughter. Joy Is
Triggered And This Is Contagious. No
One Can Not Smile When They

Observe Someone Really Getting Caught Up In The Moment Of Humor And Laughter. The Soul Longs For You To Find Yourself With Total Joy!

学会多笑笑！这是一种选择，只有笑才能感受到平静。快乐会被激发，还能传染。当看到有人真正沉浸在幽默和欢笑的时刻，没有人会不动容。灵魂渴望你找到完全快乐的自己！

Rest More Throughout Your Busy Day. It Seems That The Perception Of Your World Is To Remain In Activities From The Moment You

Wake From Sleep To The Moment
You Return To Your Bed. Rest And
Relaxation In Nature, With Soft Music
Or No Outside Stimulation Will Calm
The Nervous System And Regulate
Brain Activity. Healing Within Cells
Comes With Stillness. Allow Sleep To
Replenish The Body And Mind.

在忙碌的一天中多休息。你们世界的
认知似乎是，从早上睁眼一刻起，
直到晚上回到床上，你们就应该忙
个不停。在大自然中休息和放松，
听着轻柔的音乐或没有外界刺激，
会让神经系统平静下来，并调节大
脑活动。细胞内的疗愈来自于安静。
让睡眠滋养身心。

Give More To Others In Service To
The Sacred Light Of Spirit. This Is
The Manner Of Love Since The
Beginning Of Life. A Beautiful
Frequency Is Created Around Your
Being And You Will Indeed Be
Rewarded By Your Efforts In Giving.
Everything Will Return To You In
Equal Measure. This Might Arrive In
A Different Form But A Gift Will
Cover Your Life In Many Ways.

为别人多付出些，为灵性圣光服务。
这是生命之初的爱的方式。在你的
存在周围会产生一种美丽的频率，
你的付出一定会得到回报。一切都

会等量地回报给你。可能会以不同的形式出现，但天赐之礼会以各种方式让你的生活得益。

Find Expressions To Allow The Soul
The Utmost Creativity. Paint, Sing,
Dance And Allow Music Each Day
And You Will Discover Alignment Is
Present. You Are Unlimited In
Expression. Flow Freely And Find
New Aspects Of Your Own Being!

让灵魂找到最大创造性的表达方式。每天画画、唱歌、跳舞、听音乐，你会发现对齐自然出现。你有无限的表达能力。让其自由流动，找到自己存在的新面貌！

Tell Others That You Love Them!
Never Be Afraid To Love! Your Pets,
Family And Friends Are Nourished
From Your Actions And Words Of
Love! We Tell You Often That We
Love You So! The Universe Is Moving
In This Love Unseen In Mesmerizing
Colors And Sounds.

告诉别人你爱他们！永远不要害怕
去爱！ 你的宠物、家人和朋友都会
从你的爱的言行中得到滋养！我们
经常告诉你，我们如此爱你！整个
宇宙都是带着迷人的声色，在这看
不见的爱中运行的。

Finally, Beloved Ones, Seek Peace
And Allow This Intention To Shape
Your Story With Paths Of Beauty And
Serenity. I Will Meet You There!

最后，亲爱的人们，寻求宁静，让
这一念想以美丽安宁之路塑造你
们的故事。我会在那里与你们相会！

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

LAKA 拉卡