

AYA ~ You Did The Best You Could
阿雅 ~ 你已经尽力了



（老钉译，2024年10月8日）

Beloved Ones Of My Heart! 我心爱的
人们！

Many That Receive This Communication
Have Lived With Guilt And Shame
Throughout The Waking Dream. Maybe
This Was The Result Of Trauma As
Pain Was Internalized. This Energy Has
A Low Vibration And Moods, Thoughts

And Feelings Can Seem Like Unwanted Visitors. In Many Instances, Name Calling And Bullying As A Child Caused The Emotional Upset. Sometimes Parents Damage The Psyche Of Their Children With Abuse, Neglect And Abandonment.

许多阅读这则信息的人，在他们的清醒梦中都贯穿着内疚和羞愧。这也许是痛苦被内化的创伤造成的结果。这种能量的振动很低，情绪、念头和感觉就像不

速之客。在许多情况下，童年时的辱骂和欺凌导致了情绪上的不安。有时，父母的虐待、忽视和遗弃，伤害了孩子的心灵。

Perhaps You Have Felt That Something Was Wrong Throughout Your Life While Only Desiring A Place Of Belonging And Love. In These Moments, I Embrace You And Welcome You Into My Heart. You Are Safe Here. You

Can Be Free And Healed. You Can
Learn What True Love Is By Falling In
Love With The Beauty Of Your Own
Being.

也许你一生中都感觉到有什么地方不对，
只渴望有一个归属和爱的地方。此刻，
让我拥抱你，欢迎你进入我的内心。在
这里，你是安全的。你可以获得自由和
疗愈。你可以爱上自己的存在之美，从
而了解什么是真正的爱。



Never Regret The Story That Brought
You To This Moment. All Of It Was

Needed To Understand Others That Also
Walked Their Path. New Friends Are
Drawn To You From The Frequencies
Shared, You Are Drawn To Aspects In
Another That Are Familiar And
Comforting To Your Being. Become
Aware Of The Gifts That Unfold As
You Listen To The Stories Of Another.
Compassion And Empathy Develop In
This Manner. You Are Sharing A
Waking Dream That Offers So Much

Depth. You Are Souls In Form That
Are Visiting As Starseeds. Assist One
Another With Love And The Light
Within Will Expand.

从不后悔把你带到此刻的故事。这一切都有助理解其他和你一样，一路跋涉过来的人。新朋友会被你分享的频率吸引过来，你也会被别人身上令你熟悉而欣慰的一面所吸引。当你聆听他人的故事时，请意识到自己的天赋也在显露。同情心和同理心就是这样产生的。你们一

同共享这个如此深刻的清醒梦。你们是以星种身份来访的肉身中的灵魂。用爱互助，内在之光就会扩大。

One Can Only Perceive From The
Current Level Of Awareness. When You
Were Younger, Wisdom Had Not
Developed To Serve As You
Experience In The Moment Of Now.
Never Be Afraid Or Ashamed To Be
Vulnerable And Show Softness. This

World Is Hungry For Kindness. You Have A Choice To Share Your Heart With Another. Each Tiny Effort Will Be Repeated By Someone Else. Over Time, Your Kindness Grows To Heal Great Numbers Of Hurting People.

人只能从当前的认知水平去感知。当你们还年轻的时候，智慧还没有发展到你们现在所经历的程度。永远不要害怕或羞于表现自己的脆弱和柔软。这个世界渴望善良。你可以选择与他人分享你的

心。每一个微小的努力都会被别人重复。
随着时间的推移，你的善意会逐渐疗愈
许许多多受伤的人。

Show The Same Compassion For
Yourself That You Give To Another.
Talk To The Inner Child That You
Once Were. Realize That You Have The
Power To Heal The Broken Places Of
The Child That Remains Still And
Quiet Within. In Truth, You Can Give

To This Child All The Power
Gleaned On Your Journey. Once You
Embrace The Pathway Of Pain That Was
So Difficult As A Child, You Can
Move Forward With The Assurance That
Nothing Is Wasted.

把给别人的同情，也同样给予自己。与
你曾经的内在小孩对话。意识到你有能
力治愈内心深处，那个静默无声的孩子的
破碎之处。事实上，你可以把在人生
旅途中获得的所有力量都给予这个孩子。

一旦你接受了孩提时代难以承受的痛苦，
你就可以放心地向前迈进，确信什么也
没有白白浪费。

Beloved Ones, There Would Be No
Reason To Leave Your Home In The
Higher Realms To Only Come To Earth
And Suffer. Allow The Visual Of Your
Pathway To Include Gifts That Unfolded
In Broken Places. The
Magnificent Person That You Are

Becoming May Have Scars And
Remnants Of Battles Unseen. But These
Are Badges Of Honor And I Bow At
Your Endeavors To Walk Through It All.
Look At You Now! I See You! I Am
You! We Ride The Waves Of Life
Together!

亲爱的朋友们，你们没有理由离开高维
度的家，来到地球只是为了受苦。在你
可见的征途上，请不要忘记从破碎之地
展露的天赐。你可能会伤痕累累，也许

会带着看不见战斗的残迹，但你正在成为一个伟人。这些都是荣誉的徽章，我为你努力走过这一切而鞠躬。看看现在的你！我看见你了！我就是你 我们一起乘着生命的破浪！

Forgive Everyone For Everything. We
Speak Of This Often For It Is A Key
That Will Open Your Heart To Awaken
And Remember Your Light! You Will
Find Peace And Acceptance And Smile

As Life Seems To Have Changed. You,
Beloved Ones, Have Changed.

宽恕每个人，原谅每件事，我们经常提到这一点，因为它是一把钥匙，能打开你的心，唤醒你记住自己的光！你会找到平静并且接纳，你笑了，因为生活似乎已经发生了改变。亲爱的人们，是你们，已经改变了。

Release The Past And Take With You
Lessons Of Light! 对过往释怀，把光训

牢记！

Everything Is Here To Serve You! 一切都在这里为你们服务！

I Hold You Closely As I Speak! 让我紧紧抱着你们，喃喃低语！

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你

AYA 阿雅

