

LAKA ~ Stop Wounding Yourself
拉卡 ~ 停止伤害自己



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Friends Of The Great Planet Earth! 伟大行星地球的朋友们！

Be Strong As You Watch The Unfolding Of Desolation. Do The Best You Can From Where You Are! This Refers To Location As Well As Your Place Of Awakening. You Might Notice Your Perspective Is Changing With The

Movement Of Energy. Be Diligent In Understanding That All Of The Aspects Of Suffering Will End. Light Will Prevail And Peace Awaits All Life.

当你看到面前展开的一片荒芜时，请坚强起来。在你的处境里尽力而为！这里指的既是位置，也是你的觉醒之处。你可能会注意到，你的视角正随着能量流动而改变。尽力去理解，所有苦难的各个方面都将结束。光将完胜一切，等待所有生命的将是平和。

This Communication Is To Assist In A Simple And Yet Profound Manner. Many Of Our Themes Overlap In Scope As There Has Never Been Such A Waking Dream That Requires Great Wisdom. Survival In These Extremes Requires The Action Of All Souls. Truth And Light Are Gifts That Will Guide Everyone. They Are Found Within And The Direction Of The

Outer World Begins Here. Nothing In
Your Awareness Began Without
Thought And Intention.

此次交流，旨在以简单而深刻的方式提供帮助。我们的许多主题在范围上都有交叉，因为从未有过如此需要大智慧的清醒梦。在这些极端情况下的生存，需要所有灵魂的行动。真相与光是指引每个人的礼物。它们只能在内心找到，外部世界的方向就从这里开始。你的意识中，没有什么不是从思想和意图开始的。

Be Your Own Best Friend In These Moments. Do Not Rehearse Negativity And Project Hardships With Energy By Repeating Every Horrific Scenario. Instead, Claim And Call Into Being Everything Desired To Bring Peace And Clarity. If You Know Truth To Be Most Important, Speak Words Like, "I Am Truth. Only Truth Will Resonate. I Let Go Of The Rest." Just These

Simple Affirmations Will Change The Subconscious Mind When Believed.

在这些时刻，做自己最好的朋友。请勿重复每一个可怕的场景，来投射困难能量，或排演负能量。取而代之的是，主张并呼唤所希望的一切，以带来平静和清晰。如果你知道真相是最重要的，那就说"我就是真相。只有真相才能产生共鸣。我放弃其他"。只要相信这些简单的肯定语，就能改变潜意识。



If You Have Had A Life Full Of
Trauma, Stop Telling The Story. It Is

Fine To Let Others Know The Reasons
Why Certain Places Seem To Be
Broken. This Allows Closeness With
Trust And Vulnerability. But Once
Another Knows Enough, Never Repeat
It Again. Each Time That Pain Is
Revisited With Words, There Are
Memories That Trigger The Same
Feelings Experienced In The Trauma.
Stop Wounding Yourself In Your Own
Mind. Become The Hero Of Your Story

And See Yourself As Powerful And Full Of Light. It Does Not Matter What Someone Thinks About You. It Matters That You Honor, Love And Respect Yourself. Seeking Help And Guidance Is Wise. Never Be Afraid Or Ashamed To Reach Out To Be Healed.

如果你的一生中满是沧桑，那就请打住你喋喋不休的故事吧。告诉别人你破碎的心没什么不可以，这样可以理解脆弱，增加信任，拉近距离。但一旦别人听够

了，就不要再重三复四了。每次用言语重述痛苦时，都会有一些记忆触发相同的创伤感受。不要再在心中伤害自己。成为你自己故事中的英雄，视自己如此强大，充满了光。别人怎么看你一点都不重要，重要的是，你要给你自己荣誉、真爱和尊重。聪明人会寻求帮助和指导。永远不要害怕或羞于请求援手，以获得疗愈。

Each Person Will Experience Pain And

Mistakes. All Humans Live As The Worst Version And Best Version Of Themselves. Everyone Experiences Life From Their Current Level Of Awareness. Love Yourself As You Desire Another To Love You. Extend To Others This Same Love And Compassion. You Are There As Teachers For One Another In The Most Unlikely Ways. Someday You Will Understand The Great Service Offered To You By Pain. Broken

Places Allow Light To Shatter The
Energy Held Within The Heart. The
Soul Sings With Exuberant Joy To Be
Known While You Remain In Form.

每个人都会经历痛与错。所有人都活过
自己最糟的和最好的版本。每个人都从
自己当前的认知水平去体验生活。像希
望别人爱你一样去爱自己。再将同样的
爱与同情延伸到别人身上。你们以最不
可能的方式互为老师。总有一天，你会
明白痛苦为你提供的巨大服务。心碎之

地，才能让光击碎心中郁结的能量。你
虽仍在肉身中，灵魂已唱欢乐歌。

Allow Life To Unfold As It Will.
Leave The Past Behind. Stop Wounding
Yourself With Things Beyond Your
Control. Stay Present As Each Moment
Is A New Chance To Begin Again.

让生命随心所欲地展开吧。让过去成为
过去。不要因自己无法控制的事情而伤
害自己。活在当下，因为每一刻都是重

新开始的新机会。



EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

LAKA 拉卡