

拉卡-关于呼吸

Kab
LAKA ~ The Breath

November 10

Beloved Friends Of Earth!

As Light Carries You Through All Journeys On Earth, Understand
That Your Breath Carries The Light Of Your Being!

Many Humans Believe Their Body Is Simply Alive Because They
Were Born. They Never Go Further!

In Truth, Your Soul Is The Light That Provides All Necessary To
Sustain You On Each Journey!

Knowing That God Is Your Source Of Being, Your Higher Self And All
Awareness In Consciousness, Let Us Look At The Breath!

For You Received Your First Breath As A Gift To Begin Your Story.
Your Waking Dream!

Your Breath Allows Oxygen And Carbon Dioxide Exchange. Your
Breath Allows All Nutrients To Circulate And Allows Your Heart To
Beat. In One Last Breath In Each Waking Dream, Your Beautiful
Soul Remains Whole.

The Rise And Fall Of The Breath Of Life Determines The Pace At
Which One Can Travel On One's Journey.

There Is A Quickening That Occurs Quite Naturally When You Allow
Your Breath To Guide You Into The Depths Of Your Very Being.
Relaxing The Physical Senses, Relinquishing The Sense Of
Conscious Direction, Being Simply Willing To Be In The Moment
With All That Is, Brings Total Peace To Your Being.

Relax Into The Momentum. There Is Nothing You Must Do!

As You Focus On Your Heart Centered State, You Will Notice Little
Difference In The In-Breath And The Out-Breath. Ultimately, There
Will Be No Conscious Awareness Of The Breath At All. There Is A
Connectedness To The Sense Of Self That Transcends The False
Identity.

This Is Your Sacred Soul!

One Will Begin To Experience A Profound Sense Of Peace As You
Realize Your True Self.

You Are Your Soul!

In This State Of Being, Riding On The Rise And Fall Of The Breath,
You Are Able To Transcend The Limitations Of Physical Form As
Your Consciousness Expands. In This Place Of Meditation, You Are
Able To Grasp The Enormity Of Your Being And The Light You Carry!

You Will Experience And Feel The Presence Of God-Source Within
Your Body And In Your Surrounding Field.

Surrender To This Moment And Know That You Are Part Of The
Divine!

You Are The Light!

Breathe Deeply!

Return To This Sacred Knowing Throughout Your Waking Dream,
For This Is Your Power!

In Love We Rise As One!

EN EEKE MAI EA!
I Love You So!
LAKA

LAKA ~ 关于呼吸

波士顿老钉翻译, 2022年11月10日

地球上亲爱的朋友们!

当光带着你走过地球上的所有旅程时, 要明白你的呼吸带着你的存在之光!

许多人认为他们的身体只是因为出生而活着。他们从未想得更远!

事实上, 你的灵魂是光, 给你提供维持每一次旅程的所有一切。

知道上帝是你的存在, 你的高我以及你的意识中所有觉知的源泉, 让我们看看呼吸!

因为你的第一次呼吸是作为礼物收到的, 从此开始你的故事, 你的醒之梦!

你的呼吸使氧气和二氧化碳得以交换。你的呼吸使所有的营养物质得以循环, 使你的心脏得以
跳动。在你在每个清醒梦中咽气时, 你美丽的灵魂仍然保持完整。

生命之气的起伏决定了一个人在人生旅途中的步伐。

当你允许呼吸引导你进入生命的深处时, 会有一种很自然的加速发生。放松身体感官, 放弃有
意识的方向感, 仅仅是愿意与所有事物一起, 活在当下, 给你的存在带来完全的安宁。

放松到这一势头中。没有什么是你必须做的!

当你专注于以心为中心的状态时, 你会注意到吸气和呼气没有差别。最终, 将完全没有意识到
呼吸的存在。这是一种超越了你虚假身份的, 和自我意识的联系。

这就是你神圣的灵魂!

当你意识到你的真我时, 你将开始体验到一种深刻的和平感。

你就是你的灵魂!

在这种存在状态中, 随着呼吸的起伏, 你能够超越物质形态的限制, 因为你的意识在不断扩
展。在这个冥想的地方, 你能够掌握你的存在和你所携带的光的伟大。

你将在你的体内和周围场域中, 体验并感受到上帝之源的存在。

臣服于此刻, 知道你是神圣的一部分!

你是光!

请深呼吸!

贯穿在你醒来的梦中, 回归到这个神圣的认知, 因为这是你的力量!

我们在爱中, 一体崛起!

EN EEKE MAI EA!
我是如此爱你!
拉卡

波士顿老钉编译
t.me/KabamurTaygeta