

*AYA ~ How To Anchor With A  
Word*

*阿雅 ~ 如何以一词锚定*



(老钉译，2024年11月19日)

Beloved Ones Of My Heart! 我心爱的  
人们!

I Have Remembered My Power Each  
Time I Entered A Waking Dream. My  
Desire And Intention Is To Assist All  
Souls In Discovering The Light And  
Abilities Within Their Own Reach.  
Sometimes It Might Seem That Great

Endeavors Are Not Possible. But I Tell  
You In Truth That All Things Are  
Possible With Belief. Let's Focus On A  
Small Aspect That Will Allow Great  
Peace And Comfort For Everyone!

每一次进入清醒梦，我都会铭记自己的  
力量。我的愿望和意图是帮助所有灵魂，  
发现他们触手可及的光明和能力。有时，  
伟大的事业似乎是不可能的。但我实实在  
在地告诉你们，只要有信念，一切皆  
有可能。让我们关注一个小小的方面，

让每个人都能获得极大的安宁和舒适！

We Speak Often Of The Power Of A Thought. This Precedes The Frequency Of A Spoken Word. A Single Word May Seem So Small In The Scope Of Your Life. But Imagine That It Is A Life Raft Or An Anchor To Prevent Drowning. This Changes Everything As Wisdom Brings Clarity That You Always Had The Power!





我们常说思想的力量。它先于言语的频率。在你的人生中，一个词可能显得如

此渺小。但想象一下，它是一只救生筏，  
或者是一颗防止溺水的锚。这会改变一切，  
因为智慧让你清楚地认识到，你一直都拥有这种力量！

In This Very Moment, Choose A Word  
Of High Vibration. Close Your Eyes  
And Focus On This Word. Allow The  
Meaning To Become All You Feel. This  
Word Has Become A Living Anchor.  
With This Frequency Of Life, A Haven

Of Refuge Has Been Created. Now You  
Can Hold On And Repeat This Word  
As A Mantra Throughout The Day,

此时此刻，请挑选一个高振动的词。闭  
上眼睛，专注于这个词。让这个词的意  
义成为你的全部感受。这个词已经成为  
有生命的锚。有了这个生命频率，就创  
造了一个天堂避风港。现在，你可以将  
这个词作为咒语，全天地反复念诵。

Interruptions Will Come With News,



Emails And Phones. But You Can Rise  
Above The Noise Of Life And  
Remember Your Word. The Power Of  
The Word Will Amplify And Be  
Anything You Need. Allow The  
Soft Vibration To Hold You As A Close  
Friend.

新闻、邮件和电话都会带来干扰。但你可以超越生活的喧嚣，记住你的词语。  
词语的力量会放大你所需要的一切。让  
柔和的振动像亲密的朋友一样拥抱你。



The Word Will Be Personal And You May Change It On Another Day. The Exercise Allows You To Remember Your Soul And The Creativity That Is Present Now And Always.

这个词语将因人而异，你可以隔日改变它。这项练习能让你记住自己的灵魂，以及当下和永远都存在的创造力。

Meditation With The Intent To Align

The Personality With The Soul, Will  
Serve Even More That You Know. For  
In The Operation Of The Body Mind  
Connection, Spirit Moves And Gives  
Great Insight. Listen Carefully As You  
Speak Your Chosen Word And Hear A  
Silent Voice In Response. The Word  
"Love" Might Bring, "I Love You Too,"  
And The Word "Comfort" Might Bring,  
"I Am With You." The Possibilities Are  
Endless And The Final Result Is Truth.

You Are Here Now By The Power Of  
Words Spoken. "Kishapolee, Shada Va  
Waola, Eeke, Enlea, And Elik Bokin  
Aie Atah Ut Asae!"

将人格与灵魂对齐，带着这样的念想的  
冥想，其作用比你所知道的还要大。因  
为在身体与心灵连接的过程中，精神的  
运动带来巨大的洞察力。仔细聆听，当  
你说出自己选择的词语时，你会听到一个  
无声的声音在回应你。爱这个词可能  
带来“我也爱你”，“慰藉”一词可能

带来“我和你在一起”。可能性是无限的，而最终的结果就是真相。你<sup>现在</sup>在<sup>这里</sup>，靠的就是词语的力量。

“Kishapolee（基莎波丽）、Shada Va Waola（光的祝福）、Eeke（爱）、Enlea（频率）和Elik Bokin Aie Atah Ut Asae！（最好的尚未到来）”

The Frequency Sounds Are, "Child Of Mine, Blessings Of Light, Love, Frequency And The Best Is Yet To



Come!" Indeed Our Language Is Sacred.  
This Is The Language Spoken By Many  
Receiving This Communication!

频率的声音是："我的孩子，光的祝福，  
爱的祝福，频率的祝福，最好的还在后  
面！"事实上，我们的语言是神圣的。  
许多接受此篇交流的人，都在使用这些  
词语！

If You Could Only Know How Much  
And How Deeply I Love You! I Feel

That My Expressions Are Sometimes  
Not Enough To Convey My Inner  
Being To You. I Will Show You One  
Day Soon As We Celebrate Life  
Together. I Will Touch The Stars For  
You And They Will Dance In Colors. I  
Will Call My Fairies To Spread Magic  
Over Your Life. You Will Be Dazzled  
And Reminded That You Also Love  
Fairies. I Will Call Silver Dragons To  
Bring Flowers To Lay At Your Feet. I

# Will Dance With IKAI And The Music Will Never End!

如果你能知道，我爱你有多少，爱你有  
多深！我觉得我的表达有时不足以向你  
们传达我的内在世界。不久的一天，当  
我们共同庆祝生命的时候，我会向你展  
示我的爱。我会为你触摸星星，让它们  
缤纷起舞。我会召唤我的仙女们，为你  
的生活施展魔法。你会目眩神迷，并想  
起你也爱仙女。我会召唤银龙，把鲜花  
献到你的脚下。我将与伊凯共舞，音乐

永不停息！

But For Now, Sweet Ones, Find A  
Place Within And A Word To Soothe.  
Make It Your Own Place Of Refuge. I  
Will Meet You In Light! We Are Just  
Beginning Our Infinite Journey Together!

但是现在，亲爱的朋友们，请在内心找到一隅，用一个词语来抚慰自己。让它成为你的避风港。我会在光中与你们相会！我们在一起的无限旅程才刚刚开始！





I Love You With My Whole Being! 我一心地爱着你们！

EN EEKE MAI EA! 恩溢满爱!

I Love You So! 我如此爱你!

Goddess AYA 女神阿雅