

AKATU ~ Choosing Not To Complain

阿卡图 ~ 选择不抱怨



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Beloved Friends Of Earth! 亲爱的地球朋友们！

It Is Entirely Possible To Enjoy Life Every Moment. Habitual Complaining Is A Common Occurrence In Your World. Breaking This Cycle Will Serve You Well. Whether With Yourself, Others Or In Circumstances That Unfold Without Your Conscious Choice, Find The Reason That The Particular Instance Has Shown Up. Be Content

With What You Have And Thankful
For What Is To Come.

尽管在你们的世界里，习惯性抱怨太常见了，但你们仍然完全有可能享受生活的每一刻。打破这种循环将对你大有裨益。无论是对自己、对他人，还是在你没有意识到的情况下发生的事情，都要找到出现这种情况的原因。
知足常乐，感恩未来。

No One Has To Look For Something
To Complain About. Everything
Around You Is Unfolding With Chaos
That Is Beyond Your Control. There
Are Storms That Are Directed To
Locations And Amplified By The
Darkest Of Beings. These Are Active
In Planning The Demise Of Many.
We Will Address And Review The
Manner Of Transcending All To Spirit.
But For Trauma, Surprises And The
Cause And Effect That Plays Out,
Buckle Up And Hold On! Let's Find
Ways To Survive And Thrive Plans
That Come As Storms. You Calm

Them By Your Own Perspective. You Can Do Anything With This Wisdom! 没有人需要无事找事来抱怨。你周围发生的一切混乱，都是在你无法控制中展开。有些风暴是由最黑暗的人类定向并放大的。他们正在积极策划许多人的消亡。我们将讨论并回顾超越一切、回归精神的方法。但是，对于创伤、惊异和因果关系，请系好安全带，坚持住！让我们一起寻找方法，自如应对即将到来的暴风雨。你可以用自己的视角来平息它们。有了这种智慧，你无所不能！

There Is No Denying That Obstacles Are There. This Is Not Ever To See Something Happening That Is Not Truth. It Is Wisdom To Allow Your Own Creative Mind To Serve You In All Things. Create A Space Of Silence And Allow Only Thoughts Of Healing. Refusing To Complain About Life Unfolding Will Bring Light And Healing. This Begins In The Individual And Moves Into The

Collective Consciousness. Thoughts Are Energy Constructs That Move In A Frequency Of Healing Or Destruction.

不可否认，障碍是存在的。这绝不是否认发生事情的真实性的。让自己的创造性思维服务于你的一切，这才是智慧。创造一个安静的空间，只允许疗愈的想法。对生活的展开不抱怨，会带来光和治愈。这始于个人，随后进入集体意识。思想是一种能量结构，在疗愈或毁灭的频率中移动。

Create The Scene That You Desire. Allow Every Positive Thought To Bathe The Scenes. For Those That Have Experienced The Loss Of Homes, Employment And Loved Ones, Go Deeply To Find Comfort. See The Land As Green And Thriving With Lush Produce And Healthy Trees. See Animals Playing And Enjoying Life. If A Loved One Perished In A Trauma Or Left The Body Naturally, Know They Are Safe And More Powerful Than You Know In This

Moment.

创造你想要的场景，让它们沐浴在每一个积极的想法里。对于那些经历过失去家园、工作和亲人的人来说，请深度进入，寻找安慰。看到绿色的土地、茂盛的植物和健康的树木。看到动物们嬉戏玩耍，享受生活。如果有亲人在创伤中死亡或自然离世，要知道他们很安全，而且比你此刻所知道的更强大。

Real Prayer Is Within And The Result Is From The Activation Of Your Belief. A Frequency Of Power That Matches Your Prayer Is Heard In The Ethers Of Infinity. Spirit Communication Moves With Energy, Light And Consciousness. The Greater The Light, The More Magnificent Is The Response. This Is The Truth Of Answered Prayer. Calling Those Things That Are Not, As Though They Are.

真正的祈祷来自内心，而结果来自你信念的激活。在无限的以太中，你能

听到与你的祈祷相匹配的力量频率。
精神交流是以能量、光和意识为基础的。
光越强大，回应就越壮观。这就是
祷告得到回应的真相。呼唤那些并不存在的东
西，就像它们存在一样。

We Speak Often Of Gratitude. There
Is Always Something To Be Grateful
For. If You Can Walk, See, Move
And Think, Then Gratitude Can
Flow From Your Lips. If You Cannot
Walk, See Or Move, Gratitude Can
Still Bring Gifts. Set Your Intention
To Be Grateful In All Things. Then
List The Reasons For Gratitude And
You Might Be Astonished. A
Perceived Handicap May Be Your
Greatest Asset. See It As A Blessing
And You Will Never Want To
Complain Again.

我们常说感恩。总有一些事情值得感恩。如果你能走、能看、能动、能思考，那么你的嘴角就会流露出感激之情。如果你不能走、不能看、不能动，感恩也能给你带来礼物。立下心愿，

凡事心存感激。然后列出感恩的理由，你可能会大吃一惊。感知到的残疾可能是你最大的财富。把它视为一种祝福，你就再也不会想抱怨了。

Each Moment That You Become Grateful For Life, More Comes Your Way To Be Grateful For. Your Vibrational Frequency Is Raised And The Complete Physiology Of Your Body Changes. Hormones Balance, Neurotransmitters Are Released In Desired Quantities And There Is A Sense Of Well Being. The Counter To This Is The Lowering Vibration That Comes With Complaining. Learn To See That This Moment Is Perfect. Even If You Must Search To Feel This, Say It Through Tears Until A Smile Comes!

每一刻你对生活心存感激，就会有更多值得感恩的事情对你发生。你的振动频率提高了，身体的整个生理机能也随之改变。荷尔蒙达到平衡，神经递质按所需数量释放，并产生一种幸福感。与之相对应的，是抱怨的振动

频率减少了。学会看到此刻的完美。
即使你必须苦苦搜寻才能感受到这一点，
也要流着泪说出来，直到露出笑容！

Perfect Peace Is The Gift That
Arrives With Meditation. A Heartfelt
Connection With The Soul Brings
Instant Solace. Remembering The Light
Within As You Commune, Is Like
Going Home. Your Heart Is Your
Best Friend. Check In And See How
It Is Doing.

冥想带来的礼物是完美的平静。与灵魂的心灵相通会带来即时的慰藉。在交流时记起的内在之光，就像回家的感觉一样。你的心是你最好的朋友。去查看一下，看看你的心怎样了。

Imagine That Nothing Has A Dollar
Sign Attached. Look Around And See
That You Have Enough! If A Table
Or Vase Seem To Be In The Way,
Perhaps It Is Time To Donate. Be
Thankful For All That Surrounds You

With Service And Give Away Objects That Clutter Your Life. Many Hold On To Things That Take Up Space. They Feel That Money Was Spent To Purchase The Item Therefore It Must Have Relevance To Remain. But You Have Forgotten That You Arrived From A Place Where No Money Is Needed. All Objects Are Created By Choice And Gifts For Others. With A Mindset Like This On Earth, What Would Remain As Important?

想象所有的一切，都不带有美元符号。
环顾四下，你就知道你是丰足的！ 如果桌子或花瓶碍手碍脚，也许是时候捐赠了。感谢您身边所有东西为您服务，扔掉那些塞满你生活的物品。很多人都留恋那些占用空间的东西。他们觉得，这些东西都是花钱买的，就一定要留下。但你已经忘记，你是从一个不需要钱的地方来到这里的。所有物品都是你选择创造的，可以成为别人的礼物。在地球上，有了这样的心态，还有什么比这更重要呢？

Many Times An Expression Of
Complaining Will Follow With More
Feelings Of Lack And Competition.
Allow Yourself To Settle Into A
Pocket Of Peace. Get
Acquainted With Your Soul Where No
Lack Is Experienced. Give Love To
Yourself And Then Give This To
Another! This Is The Greatest
Alignment Of The Personality With
The Infinite Soul.

很多时候，抱怨会带来更多的匮乏感和竞争感。让自己沉浸在一小片安宁之中。与你的灵魂相熟，在那里你不会感到匮乏。给自己以爱，再给他人以爱！这是人格与无限灵魂的最佳对齐。



Rise As One Light! 崛起为一束光！
Everything Is Here To Serve You! 一切都在这里为你服务！

EN EEKE MAI EA! 恩溢满爱！
I Love You So! 我如此爱你！
AKATU 阿卡图