

LAKA ~ About That Sleep!

拉卡 ~ 关于睡眠!

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Beloved Friends! 亲爱的朋友们!

Knowing That You Only Experience
Timelessness In Your Soul's
Experience, Will Allow You To Relax
And Stay Present As There Is Only
This Moment. 知道你只在你的灵魂
体验中体验到永恒,将允许你放松
并保持当下，因为只有这一刻。

Living In 3-D Earth With Clocks,
Calendars, Phones And Appointments
Will Surely Convince You Of Time!
生活在有时钟、日历、电话和约会
的三维地球上，肯定会让你相信时
间的存在。

If You Took This All Away And
Aligned With Your Soul, You Would
Find Contentment In All Moments!
如果你抛开这一切，与你的灵魂保
持一致，你会在所有的时刻找到满
足感

For We Tell You Often That This
Moment Is Perfect! 因为我们经常

告诉你，这一刻是完美的！

But For Sharing Aspects Of Being
While You Remain In 3-D, Let Us
Explore Some Truths To Assist!

但是，当你停留在三维空间时，为了分享存在的各个方面，让我们探索一些真理来帮助你吧

As You Live On One Part Of The
Planet That Is Sleeping, You
Understand The Other Side Is Fully
Awake And Busy! 当你生活在星球
的一部分正在沉睡时，你会明白另
一边是完全清醒和忙碌的！

In Truth, You Are In The Same Moment! 事实上，你们是在同一个时刻！

Before Sleep And Upon Waking Each Morning, Know That These Are The Most Beneficial Moments To Meditate! 在睡觉前和每天早上醒来时，要知道这些是最有益于冥想的时刻！

The Reason For This Is Programming Your Subconscious Mind. 其原因是对你的潜意识进行编程。

For Once Your Subconscious Accepts An Idea, It Will Use All Resources

You Have Every Known And Mostly Forgotten To Bring About This Idea Which To Your Subconscious Is Truth.

因为一旦你的潜意识接受了一个想法，它就会利用你所知道的，和大部分被遗忘的所有资源，来实现这个想法，这个想法对你的潜意识来说就是真理。

This Allows You To Understand The Importance Of Intentionally Thinking Positive Thoughts.

这让你明白了有意图地思考正能量想法的重要性。

Through Your Waking Dream, Your Thoughts And Beliefs May Change, The Brain Is Rewired With Neurons But The Significant Changes Only Occur When The Subconscious Gains Control.

在你一生的醒梦里，你的思想和信念可能会发生变化，大脑会重新连接神经元，但只有当潜意识获得控制时才会发生重大变化。

Then You Are On The Right Path!
It Is Very Important To Speak And Believe The Words You Allow Before Going To Sleep And When You First Wake Up!

然后你就走上了正确的道路！在入睡
睡前和刚醒来时，说出并相信你所
允许的话语是非常重要的！

Now, We Come To The Great Part
To Remember! 现在，我们来谈谈
要记住的重要部分！

While You Are Sleeping, You Travel
In Expanded Consciousness. You Visit
Many Places Including Your Origin.
This Is Done In REM Sleep And Most
Of These Travels Are Not
Remembered. Some Of Them Are As
You Pass Through Levels Of
Consciousness And Are Becoming

Awake.

当你睡觉的时候，你在扩展的意识
中旅行。你会访问许多地方，包括
你的源头。这是在快动眼睡眠中进
行的，这些旅行中的大部分都不记
得了。有些能够记得，因为你穿过
意识层次并逐渐清醒。

Why Is This Important? If You Find
Yourself Waking Early And You
Look At A Clock Which Sends A
Message That You Need To Go Back
To Sleep, How About Ignoring This!
为什么这很重要？如果你发现自
己早早醒来，看着时钟发出的信息
说你需要回去睡觉，那么，忽略这

一点如何？

Sleep Is Very Important And You Might Try Going To Bed Earlier To Assure Proper Sleep. But Waking At 3am Or Close To This, Is Significant Because You Are More Aware Of Spirit Here Than Hours Later. You Are Fresh From Communication With Spirit Guides And Communing As The Spirit Of God Within. You Have Been The Awareness Of Your Soul In The Moments Unknown To You.

睡眠是非常重要的，你可以尝试早些上床，以确保适当的睡眠。但在凌晨 3 点或接近 3 点时醒来是很重

要的，因为你现在比几小时后更能意识到精神的存在。你刚从与精神导师的交流中醒来，并作为上帝的精神内在而交流。在你未知的时刻，你已经意识到了你的灵魂。

This Is The Sacred Time For You To Commune And Meditate. To Speak And Believe What You Desire In Your Life! To Understand Spirits, Angels, Guides And Loved Ones Are Sending Frequencies Of Love To You! These Are Precious Moments To Remember Who You Are And What Really Matters!

这是你交流和冥想的神圣时刻。说

出并相信你在生活中的愿望!理解
灵性、天使、向导和所爱的人正在
向你发送爱的频率!这些都是宝贵的
时刻,可以记住你是谁,什么是
真正重要的!

Do Not Go Back To Sleep If You
Awaken In The Early Morning While
Darkness Covers The Life Around
You! 如果你在清晨醒来时,黑暗笼
罩着你周围的生活,不要再回去睡
觉了!

These Moments Are Gifts To Receive
Blessings From Spirit! 这些时刻是
接受精神祝福的礼物!

Many Who Experience This Each Morning Will Tell You They Feel Better Than If They Had Gone Back To Sleep! 许多人每天早上都会经历这种情况，他们会告诉你，他们的感觉比回去睡觉还要好!

Planning Life Around Earlier Sleep In The Evening, Will Change Your Life As You Learn About This Window Of Perceived Time In The Essence Of Timelessness!

晚上早些睡觉，并围绕这个来计划生活，这将改变你的生活，因为你会了解到这个在永恒的本质中感

知时间的窗口!

Indeed, You Are Cherished By Many!

事实上，你被许多人所珍视!

EN EEKE MAI EA!

I Love You So! 我是如此爱你!

LAKA 拉卡