

*AKATU ~ Clearing Energy*

阿卡图 ~ 清理能量



（老钉译，2024年12月21日）

Beloved Friends Of Earth! 亲爱的地球朋友们！

We Have Communicated Many Times That Life Exists As Energy, Consciousness And Spirit. All That Is Seen And Unseen Arises From These Three Aspects. As Energy



Amplifies With Conscious Intent,  
Matter Is Formed From The  
Power Of Spirit. All Of Creation  
Began With A Moment Of  
Thought. Without Direction And  
Intent, Thoughts Continue To  
Create. But Without A  
Positive Motion, An Opening Will  
Allow A Spiral Into Chaos. Each  
Person Is Responsible For The  
Unfolding Of Their Story In  
Many Aspects. For All Other  
Variables, Change Is Possible  
With Conscious Intent And The  
Movement Of Spirit Through The  
Subconscious Mind.

我们曾多次交流过，生命是作为  
能量、意识和精神而存在的。所  
有可见和不可见的东西都源于这  
三方面。当能量随着意识和念想  
放大时，物质即成形于精神。所  
有的创造都始于一念之间。没有

方向和意图，思想只会一味地产生出来。但是，如果没有积极的运动，一个缺口就会让螺旋陷入混乱。每个人都对自己故事的发展负有多方面的责任。对于所有其他变量而言，只需有意识的意图和经由潜意识的精神运动，就有可能发生改变。

The Energy Field Around The Body Extends Outward In All Directions. Moving Through Areas By Walking Will Change The Field To A Lower Or Higher Frequency. Many People That Are Sensitive And Aware Of Their Surroundings Will Actually Stop And Become Attuned To What Surrounds Them. Like A Soft Hug Of Bliss Or A Feeling Of Danger, The Energy Changes Enough To Gain



Attention. These Are Moments To  
Leave The Area Or In The Case  
Of Wonderful Feelings, Proceed  
And Investigate The Beautiful  
Moment. Perhaps An Angel Is  
Close And Sending Frequencies.  
Or Maybe There Is A Warning  
Of Something Sinister In Nature.

身体周围的能量场向四周延伸。  
走过不同地方会将能量场变为或  
低或高的频率。许多对周围环境  
敏感和觉知的人，会停下脚步，  
与周围的事物协调一致。就像幸  
福的轻抱或危险的感觉，能量的  
变化足以引起人的注意。这时候，  
你应该离开此地，或者，如若感  
觉美妙，则进一步探索美好的此  
刻。也许天使正在附近给你发送  
频率。也可能是大自然给予的某  
种不详警告。

Becoming Aware Of Energy Will

Allow Healing Of The Body.  
Many Have Received Changes In  
Conditions And Maladies With  
Their Own Thoughts And  
Beliefs As Well As The Power  
Of The Collective Sending Light.  
Every Intention Of Love Will  
Have A Profound Effect. The  
Opposite Reaction Will Be With  
Energy That Amplifies With War,  
Division And Chaos. Every Lie  
Has Energy And Those  
Believing Lies Are Affected.

感知到能量会让身体得到疗愈。  
许多人单凭自己的想法和信念，  
以及团体发送光的力量，改变了  
病情和顽疾。每一个爱的念想都  
有深刻的效应。反之，则会随着  
战争、分裂和混乱而放大其能量。  
每一个谎言都有能量，那些相信  
谎言的人也会受到影响。



The Food And Liquids Consumed By The Body Will Change And Alter Frequency. It Would Be Obvious To You That Processed Food, Chemicals And Dyes Are Rejected By The Body And Cause Reactions With Energy Changes. Inflammation, Skin Issues And Gut Microbiome Are Altered. The Energy Of The Body Is Maintained In A Healthy Stasis With Fresh Produce And Pure Water.

人体摄入的食物和液体会改变频率。很明显，加工食品、化学品和染料会被人体排斥，并引起能量变化反应。炎症、皮肤病和肠道微生物群都会发生改变。新鲜农产品和纯净水，能让身体的能量维持在健康的静止状态。

Far Less Consumption Would Be

Preferable In Maintaining  
Healthy Energy. Each Morsel Of  
Any Consumption Has Energy  
That Will Change Metabolism And  
The Outcome Of Your  
Health Over Time Will Be  
Altered. When Choosing The  
Amount To Consume, Less Is  
More. In The Higher Realms,  
Only Perfect Health Is  
Experienced. We Consume Only  
What Is Grown On Our Land.  
The Idea Of Being Overweight Is  
Not Present. See Food As Fuel  
And Repair And Your Body Will  
Change.

为了保持健康的能量，我们推崇  
大大减低消耗量。任何摄入的食物，  
每一口都具有能量，都会改变  
新陈代谢，并长此以往改变你的  
健康状况。在选择摄入量时，  
少即是多。在高维度，我们体验

到的只有完美的健康。我们在自己的土地上种啥吃啥。不存在超重的概念。把食物视为燃料和修复，你的身体就会改变。

The Aura Will Change With Something As Simple As A Smile. The Joy Felt When Holding A Baby Or Touching A Pet, Will Bring Shimmering Colors Of Lavender, Green, Orange And Yellow. With Sadness Or Anger There Will Be Dark Shades With Brown And Grey Blending With The Lighter Hues Of Beauty. Blockages With Trauma Will Change The Energy Of The Body And Surrounding Field. This Energy Must Be Resolved And Cleared For Good Outcomes. The Reflection Of The State Of Being Is Seen



Throughout The Changing Energy Field.

一个简单的微笑就能改变气场。怀抱婴儿或抚摸宠物时的喜悦，会带来闪亮的淡紫色、绿色、橙色和黄色。悲伤或愤怒时，会出现棕灰色的暗色调，混合的美丽色调要浅很多。创伤造成的堵塞会改变身体和周围场域的能量。这些能量必须解决和清除，才能有好的结果。在不断变化的能量场中，可以看到存在状态的反映。

Become The Presence Within And This Will Also Be Seen In The Outer World. Allow The Energy To Change As Alignment Brings Power And The Living Essence Of Spirit Will Guide In Light. The Awareness Of The Soul Is Your SuperPower.

Here, There Is A Path Of  
Energy Just Waiting To Be  
Found.

让内在成为临在，这也会体现在  
外部世界。让能量发生变化，因  
为对齐会带来力量，精神的活跃  
本质会在光中指引。对灵魂的觉  
知就是你的超能力。在这里，有  
一条能量之路正等待着你去发现。

You Are Living In A World Of  
Spiritual Warfare. There Has  
Never Been A Waking Dream  
Such As This. The Culmination  
Of All Stories Now Stands On  
The Precipice Of A New  
Beginning. You Are Here Now  
And The Journey Has Just Begun.

你们生活在一个精神战争的世界  
里。从未有过如此的清醒梦。你  
们此刻在这里，一个所有故事的  
终结和一个新开始的前沿，你们



才刚刚启程。

There Are Many Things That  
Can Be Done In Your Life Now.  
Meditate And Cultivate The Inner  
World. Choose Actions And  
Words Of Light To Assist Those  
Around You. Realize That You  
Chose To Arrive With This Cast  
Of Players On The Stage Of  
This Reality. Understand That  
Everyone Is Here To Teach You  
About Yourself. The Only  
Experience You Are Having Is  
With The One In The Mirror.

现在，你们的生活中有许多事情  
可以做。冥想并修心。用光之语  
言和行动帮助身边的人。要意识  
到，是你选择了与这些演员一起  
登台，在这个现实走一场。要明  
白，这里的每个人都是来教你认  
识自己的。你唯一的经历，只是

镜中的自己而已。

Learn To Laugh And Let Things  
Go. Nurture Your Being With  
Music And Dancing. You Know I  
Will Meet You There. Focus On  
Sheen And The Wonderful Party  
That Will Soon Begin Without  
End!

学会笑，学会放下。用音乐和舞  
蹈滋养你的生命。你知道那是我  
的擅长。请聚焦于希恩，一场精  
彩派对即将开始，永不结束！

EN EEKE MAI EA!

I Love You So!

AKATU