

AKATU ~ Where Meditation Takes You

阿卡图 ~ 冥想带你去的地方

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Beloved Friends Of Life! 亲爱的生命之友们!

You Are Sharing The Final Waking
Dream. This Very Truth Should
Allow The Discovery Of Common
Ground. You Were Created By One
Divine Spirit Of Truth. You Are
Travelers Of Adventure And Beauty.
Meditation Is The Method Of
Communication And Expansion Of
Consciousness. Let's Explore The Gift
That Is Always Present. Let's See
How Deeply You Will Decide To Go!

你们正在共同度过最后一场清醒
梦。这个真相应该能让你们找到共
同点。你们是由真理的圣灵创造的。
你们是冒险与为美的旅行者。冥想

是交流和扩展意识的方法。让我们探索一下这个永远存在的天赐之礼，看看你们想要走入多深！

As We Have Communicated Many Times, There Is No Right Or Wrong Way To Meditate. Making It Complicated Will Cause Avoidance. Start With Simple Meditation And Go Further By Your Own Choices.

正如我们多次提到的，冥想的方法没有什么对错之分。将其复杂化会导致逃避。从简单的冥想开始然后根据自己的选择继续深入。

Become Still And Quiet Throughout The Day. Breathe Deeply And Observe Nature And Animals. Listen To Music And Get Lost In The Soft Rhythm That Relaxes Your Mind As You Become Filled With Serenity And Appreciation. Silence Is Such A Gift. Awareness Of Your Surroundings Will Heighten With Each Simple Meditation.

每天保持安静。深呼吸，观察自然和动物。聆听音乐，迷失在轻柔的节奏中，让心灵放松，充满宁静和欣赏。宁静是一份礼物。每一次简单的冥想，都会提高你对周遭的认识。

The Next Level Of Meditation Is Allowing More Of A Depth. Breathe Deeply And Close Your Eyes. Scan The Body Slowly With Your Awareness. Feel The Life Force Of Each Body Part Moving As A Light Frequency. Stay With This Until You Feel Completely Relaxed. Set Your Intention To Allow Truth To Enter Your Mind. This Is The Place Of Telepathy. This Is The Profound Domain Of Spirit Communication. Ask What You Will And Trust That The Answer Is There. Listen To The Silence Of Your Soul.

Feel The Love That You Are. Your Infinite Soul Is Guiding You.

冥想的下一个层次，是让人走入更深。深呼吸，闭上眼睛。用你的意识慢慢扫描身体。感受身体各部分的生命力以光的频率在移动。保持这种状态，直到你感觉完全放松。设定你的意图，让真相进入你的心灵。这是心灵感应的地方。这是精神交流的深刻区域。问你想问的，相信答案就在那里。聆听灵魂的沉默。感受到你就是爱 你无限的灵魂正在指引你。

The Next Level Of Meditation Is Much Deeper And Quite Amazing.

Become Silent And Allow Love To Be Felt From Your Heart. Realize That You Are Part Of Everything. You Are Life Itself. Feel Gratitude For The Spirit Of Creation Holding You And Breathing You. This Is God. You Carry The Presence Within And You Move And Live In This Light As Your True State Of Being.

冥想的更深层次，要深邃得多，也相当奇妙。保持沉默，让爱从心里感觉到。意识到你是万物的一部分。你就是生命本身。对拥抱你、呼吸你的创世之灵心怀感恩。这就是上帝。你的内在携带着上帝之临在，

你在这样的光中行动和生活，这就是你真正的存在状态。

The Deepest Level Of All Will Take You To A Profound Sense Of Oneness. This Is The Place Of Consciousness, Spirit And Light Where You Understand For A Moment That There Is Only One Spirit. One Love. One Infinite Mind. There Is No Emotion Here. There Is Stillness. There Is A Silent Presence That You Understand Is 'I Am'.

在深到不能再深的层次，你会被带入一种深刻的合一感。这是意识、精神和光的地方，在这里，你会瞬

间明白，只有一种精神，一个爱，
一个无限的意识。这里没有情绪，
只有宁静。这里有一种你能够理解的
无声的临在，那就是“我是”。

There Is Nothing Else But 'I Am' And
Nothing More Is Needed. 除了“我
是”，别无其它，亦别无多求。

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

AKATU 阿卡图