

AYA ~ A Beautiful Mind

阿雅 ~ 美丽的心灵

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Beloved Ones Of My Heart! 我心
爱的人们!

Your Real Beauty Is Never In
Physical Attributes. The Light Of
Your Creation Brought Such Beauty
Within That This Would Be All That
Was Necessary To Carry You
Through Your Infinite Journey.

你们真正的美，从来都不在于外表。
你们的创世之光，带来了如此的内在之美，而你们只需要这些，就足以穿越无限旅程。

As Each Waking Dream Has Been
Very Different For Each Soul, You
Have Lived With Every Physical
Feature, Malady, Color And Type Of
Experience. What You Judge To Be

Beauty In One Dream Might Be
Repulsive To You In Another Dream.
Breathe Deeply And Realize All Of
The Thoughts Of What Is Beautiful,
Begins In The One Infinite Mind. This
Makes You Truly
Magnificently Beautiful.

每个灵魂的每场清醒梦都不尽相同，你们曾经活过每一种身体特征、疾病、肤色和经历类型。你在一个清醒梦中认为是美的东西，在另一个清醒梦里可能会让你感到厌恶。请深呼吸，意识到所有关于美的想法都始自无限的心灵。这让你变成一个真正美丽的人。

This Communication Will Speak To The Ability To Create A Beautiful Mind. One That Will Serve You In Challenges As Well As Everyday Life Is Possible. You Have Far More Power That You Have Believed. You Can Program, Change And Restructure Your Mind To Serve You In All Things.

本文将告诉你创造美丽心灵的能力。一个既能为你迎接挑战，又能应对日常生活的心灵是可能的。你拥有的力量远远超过你所相信的。你可以编程、改变和重组你的心灵，让它在所有事情上为你服务。

You Were Created By Intention.
There Was A Thought That Formed
From Pure Awareness And Spirit. The
First Souls Of Creation Came Forth
From A Sacred Presence Of Oneness.
You Are Part Of Life As Spirit Is
Your Life Force And Essence. The
First Identity Of Your Being Was As
A Soul. Most Souls On Earth Now
Have Their Origin In The Higher
Realms.

你是由意念创造的。有一种思想从
纯粹的意识和精神中形成。创世之
初的灵魂来自神圣临在的合一。你
们是生命的一部分，因为精神是你
们的生命力和本质。你们存在的最

初身份是灵魂。现在，地球上的大多数灵魂都起源于高维度。

With The Understanding Of Truth That There Is One Infinite Mind, You Have Access To This Light And Power. Your Perspective Might Form From The Mundane Life Around You. But Think Again And Drop The Notion Of Being Powerless. I Will Speak Truth When I Tell You That You Are Love. You Are Unlimited. And You Are Infinite. You Simply Forgot.

理解了“只有一个无限的意识”
这一真相，你就能获得这种光和力

量。你的视角可能来自身边的世俗生活。但请再想一想，放下无能为力的想法。当我告诉你，你就是爱时，我说的就是真相。你是无限的，你是无尽的。你只是忘记了。

Meditation Can Be Both
Complex And Simple. You Do Not
Need A Plan Or Method To Meditate.
Take Moments Throughout The Day
To Be Silent. In These Moments,
Allow Your Awareness To Go Within.
You Might Enjoy Scanning Your
Entire Body With Awareness. This
Relaxes Each Muscle And You Can

Almost Feel The Circulation Of The Sacred Life Force Moving.

冥想可以既复杂又简单。冥想不需要计划或方法。在一天中花点时间静下来。在这些时刻，让你的意识进入内在。你可能会喜欢用意识扫描全身。这样可以放松每一块肌肉，你几乎可以感受到神圣生命力的循环流动。

When You Wake Each Morning, Speak, "Thank You. I Love You." These Words Are Not Wasted. They Are Heard By Your Guide, Higher Beings And Angels. You Have Created A Frequency That Draws

Beauty Into Your Home And Life.
Feel The Words And Allow Them To
Be Very Real And Felt By Your Own
Heart.

每天早晨醒来时，说“谢谢你。我
爱你”。这些话不会浪费。它们会
被你的向导、高维生命和天使听到。
你已经创造了一种，为居家生活带
来美感的频率。感受这些话语，让
它们成为你内心的真实感受。

As You Enter The Moments Of Sleep,
Give This Gift To Your Body. Think
To Yourself, "I Am Relaxed, Safe
And Very Sleepy." Your
Subconscious Mind Hears You! You

Are Programming Your Moments To Sleep Deeply. When These Words Are Believed, The Result Will Be An Amazing Night Of Deep Sleep. You Might Also Suggest This Throughout The Day. Think Or Speak That You Will Sleep Soundly Tonight.

当你进入梦乡时，把这份礼物送给你的身体。想一想，“我很放松，很安全，很困”。你的潜意识听到了！你正在为你的深眠时刻编程。当你相信这些话时，结果将是一个奇妙的深眠之夜。你也可以在一天中这样建议自己。想也好，说也好，你今晚会很睡得很香。

To Create A Beautiful Mind, You Must Give Up The Need To Retaliate, Get Revenge Or Fight. You Must Weigh The Importance Of Being Right Or Having Peace. All Wars Begin With An Argument. But You Cannot Genuinely Disagree With One That Comes With Kindness And Love. Be That Person. Become The Gift Of Peace For Self And Others. Forgive Everyone For Everything.

要创造美丽的心灵，你必须放弃报复、复仇或战斗的需要。你必须权衡，在保持正确与维持和平之间，那个更重要。所有战争都始于争论。但你不可能真的与一个带着善意

和爱的人发生争执。成为这样的人。
为自己和他人送上和平的礼物。原
谅每个人的一切。

You Want A Better World. You Long
For This To Be. All Beauty Begins
Within Your Own Heart As An
Expression Of Your Soul. As You
Realize The Connection To The
Infinite Mind, You Have Access To
Such Power And Light. Set Your
Intention To Become The Best
Version Of Yourself. Move Forward
With A New Attitude Of Service To
Others.

你想要一个更美好的世界。你渴望这样的世界。所有的美都源于你的内心，是你灵魂的表达。当你意识到与无限意识的联系时，你就能获得如此强大的力量和光芒。立志成为最好版本的自己。以服务他人的新态度前行。

You Are Truly One. Love Others As Friends And Watch Their Reactions In Amazement. Everyone Wants Kindness. Each Person Wants To Be Understood And Heard. React Slowly And Refuse To Engage In Chaos.
你们是真正的一体。友情相爱，看看他们惊讶的反应。所有人都想要

善意。每个人都希望被理解、被倾听。慢一点做出反应，拒绝参入混乱。

You Are Beautiful. Cultivate This Truth! 你是美丽的。请培养这一真相！

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你们！

AYA 阿雅