

*LAKA ~ Abandonment Wounds*

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Beloved Friends Of Earth! 亲爱的  
地球朋友们!

You Belong To The Infinite Family  
Of Light! Many Have Forgotten This  
Powerful Message Of Hope And Peace.  
Your Friends And Family That  
Remain On Your Star Of Origin,  
Cheer You Onward.

你们属于无限的光之大家庭！很多人  
已经忘记了这个希望与平和的  
强大信息。你们留在起源星上的朋  
友和家人，为你们鼓气前行。

You Are The Soul That  
Volunteered To Represent Your  
Immediate Family. They Have Not  
Abandoned You At All. This Would  
Not Be Possible As The Same Spirit

Moves Within And Speaks With  
Words Of Wisdom And Truth. Learn  
To Listen Carefully And Hear The  
Magical Words Spoken By Those In  
The Higher Realms That Love You  
So!

你们是自愿代表你们的直系亲属  
而来的。他们一点也没有抛弃你。  
这没有可能性，因为同一个精神在  
你们内在活动，呢喃着真相与智慧  
的话语。学会仔细聆听，倾听那些  
爱你无以复加的高维存有所说的  
魔幻妙语！

This Communication Will  
Address Abandonment Wounds Of

Many Kinds. Many Refer To Behaviors And Emotions That Some Manifest As 'Abandonment Issues'. In The Higher Realms This Would Be Unknown And Completely Absent In Our Awareness. A Soul In The Higher Realms Knows The Power Of Light And The Absolute Truth That All Souls Are Whole And Complete.

本篇帖子将谈谈遗弃造成的各种创伤。很多人指的是表现为“遗弃问题”的行为和情绪。高维度没有这个东西，在我们的意识中完全不存在。高维灵魂知道光的力量，懂得所有灵魂都是完整且完善的这一绝对真相。

On Earth There Is A Strange Programming That Begins After The First Breath. A Dependency For A Parent's Care Is Necessary And Healthy. Small Children Need Assistance With Dressing And Meals. But The Belief Continues Throughout Many In Waking Dreams That Leaves One Empty And Lonely With Feelings Of Abandonment. It Feels That They Were Not Nourished And Cared For By The Ones That Should Have Been There. This Could Be With Friends Or Family.

自地球上的第一次呼吸开始，就有  
了一个奇怪的编程。固然，依赖父  
母照应是必要的，也是健康的。小  
孩子穿衣吃饭需要帮助。但是，这  
个信念贯穿许多世，让人感到空虚  
和孤独，有一种被遗弃的感觉。他  
们觉得自己没有得到本应滋养和  
照顾他们的人的帮助，这些人可能  
是朋友，也可能是家人。

We Have Discussed In Prior  
Communications That Thoughts With  
Belief Frame The Experience that Will  
Be. Even Songs Of Longing For  
Another In A Dependent Manner Will

Set One Up For Feelings Of Being Wounded If The Relationship Ends.

我们在之前的交流中已经讨论过，带着信念的想法会决定未来的经历。甚至是一首以依赖心盼着另一个人的歌，也会让人在关系结束时产生受伤的感觉。

Words Of Not Being Able To Live Without Another Will Surely Bring Disaster When The Emotions Wane And Someone Leaves. These Wounds Are Real And A Path Is Established To Play It Out Over And Over. This Wound Must Be Healed To Prevent This Action.



当情感消退、人去楼空时，“没有另一半我活不下去”这样的话，必将带来灾难。这些创伤是真实存在的，而且会习惯性地反复上演。要防止这种行为，必须治愈这种创伤。

Another Lasting Wound Comes From Childhood As Neglect And Abuse Play Out. Even Worse Are Situations Of Sexual Abuse. These Children Bury The Energy Deep Within. Many Do Not Remember. But Every Moment, Thought And Feeling Experienced, Created The Ever Growing Psyche.



另一种持久的创伤，来自于童年时期的忽视和虐待。更糟糕的是性虐待。这些孩子将能量埋在内心深处。很多人都不记得了。但经历过的每一个瞬间、每一个想法和每一种感觉，都会造成不断生长的心理。

If You Sense That This Was Your Experience, Never Be Afraid To Ask For Help. Many Manifestations Of Illness Come Forth Throughout The Lifetime. These Maladies Are Often Rooted In The Abandonment And Harm Of A Child.

如果你感觉到这就是你的经历，千万不要害怕寻求帮助。在人的一生

中，疾病会出现许多表现形式。这些疾病往往源于对孩子的遗弃和伤害。

The Greatest Abandonment Wound Is That Of The Self. You Must Become Your Own Best Friend. Learn To Nurture And Self Care Daily. Become Still And Quiet And Find The Moment That You Lost Yourself.

最大的遗弃伤害是遗弃自我带来的伤害。你必须成为自己最好的朋友。学会每天培育自己、护理自己。静下心来，找到失去自我的那一刻。

Set In Motion A Great Healing As A  
Million Little Pieces Are Put  
Together In A Manner That Is So  
Beautiful. You May Not Know You  
Had These Fragments Unto They  
Come Together In Magnificence.

当无数个小碎片以一种美丽的方  
式拼凑在一起时，便会启动极大的  
疗愈。你可能不知道自己有过这些  
碎片，直到它们完美地集合起来。

Everyone Has Experienced  
Abandonment In Some Way.

Everyone Can Heal From This  
Trauma. You Are Beautiful And So  
Full Of Promise And Love. We Are

Here To Assist You In Healing So  
That Your Path Is Full Of Light!

每个人都经历过某种形式的遗弃。  
每个人都能从创伤中疗愈。你如此  
美丽，如此充满希望和爱。我们在此  
帮助你们疗愈创伤，让你们的道路  
洒满光明！

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你们！

LAKA 拉卡