

AYA ~ The Last Time You Laughed

阿雅 ~ 你上一次是什么时候笑的？

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Beloved Ones Of My Heart! 我心中挚爱的人们！

I Hope That You Laugh Today! I Long For The Moment That You Will Forget The Pressing Story That Surrounds You. There Is Pure Joy And Bliss With Authentic Humor Just Waiting To Be Remembered. When Is The Last Time You Laughed So Hard That Your Sides Hurt, Your Eyes Filled With Tears Of Joy And The Awareness Of The Cares Of The World Left You. If Only In Moments, Allow Laughter To Heal The Wounded Personality.

我希望你们今天能够笑一笑！我期盼着你们能忘掉身边那些沉重故事的时刻。纯真的快乐和幸福，伴

随着真正的幽默，正等待着你们装进记忆。你上一次笑得岔气、泪花横飞、忘却世间一切烦恼，是什么时候？哪怕只是一瞬间，也要让笑声治愈受伤的人格。

In The Higher Realms, We Laugh Often. We Dance, Sing, Create And Share News. AKATU Is My Funny Son. He Has Great Wisdom And A Wonderful Sense Of Humor. He Shares Many Stories That Make All Of Us Laugh. He Shares Instances Of Tripping On Crystals And Spilling His Fruit Drink While Missing The First Step Of Entering His Vehicular

Craft. He Sings As He Flies And Misses Important Conversations That He Simply Ignores. He Understands That Humor Is As Important As Anything Else. I Laugh And Then Laugh More At The Antics Of AKATU.

在高维度，我们时常开怀大笑。我们载歌载舞，创新无穷，分享新闻。阿卡图是我喜欢逗乐的儿子。他不仅智慧卓绝，还拥有奇妙的幽默感。他分享的许多故事都让我们捧腹大笑。有一次在进入飞船时被水晶绊倒，打翻了水果饮料，因而错过了首步操作。他边飞边唱，以至错过了重要谈话，因为他全丢到脑后

了。他明白幽默与其它任何事情一样重要。我笑了，而阿卡图的滑稽行为又把我逗得大笑不止。

If A Smile Is Far From Your Experience, Then Laughter Might Seem Impossible. I Am Here Now To Speak Magic Into Your Life! I Am Here To Assist You In Remembering Who You Are! Many Might Tell Me When They Last Felt Sadness. They Would Remember The Last Tears That Flowed. But When Sorrow Fills An Empty Space, It Might Seem Difficult To Imagine Bliss. For Those That Desire A Change, You Must Set

Your Intention And Change Your Focus. You Can Find Yourself In A Pace Of Being Open. You Can Discover Laughter Once Again.

如果你的经历中很少有微笑，那么大笑似乎就难以企及了。我现在为你的生活注入魔力！我在这里帮助你记起自己是谁！许多人可能会告诉我，他们上一次感到悲伤的时候。他们会记得上一次流下的泪水。但是，当悲伤填满虚无时，幸福似乎难以想象。对于那些渴望改变的人来说，你必须设下你的念想，改变你的关注点。你可以在放开自己的步调中找到自己。你能够再次发现，你会笑。

Prepare This Simple Task By  
Remembering What Brought Humor  
Into Your Awareness. Remember  
How You Laughed And How It Felt.  
Tell The Story Of This Humor To  
A Friend As You Allow The Feeling  
To Cover You! What Is Funny To  
One Person Is Not To Another. So  
Find Your Soft Spot Of Humor. Listen  
To Comedians, Watch Funny Movies.  
Remember Times Of  
Vulnerability Where You Shared  
Hilarious Moments With Friends.

这件事做起来很简单，只需记住，  
是什么把幽默带入了你的意识。记



住你笑起来的样子，和笑起来心里的感觉。把幽默故事讲给朋友们听，让他们的爆笑包裹你！对一个人有趣的东西，对另一个人来说未必有趣。所以，要找到你的软幽默点。多听喜剧演员，多看搞笑电影。想想你和朋友们分享捧腹时刻的脆弱时光。

The Moment You Feel Such Humor  
That You Lose Yourself In Laughter,  
The Personality Has Just Aligned  
With The Soul Within. You Have  
Found A Place Where Creativity And  
Letting Go Will Take  
Precedence Over Any Surroundings.



When You Truly Laugh And Feel It  
In Your Being, You Have Found An  
Aspect That Is Real In Origin.

当幽默让你捧腹，在大笑中忘掉一切的时刻，恰恰是你的人格与内在灵魂对齐的一刻。你已经找到了一个地方，在那里，创造力和放飞自我将超越任何周遭环境。当你真正笑起来，并在存在中感受到它的时候，你就找到了起源地一个真实的方面。

I Love To Laugh! I Smile Through  
My Days. I Feel Everything And I  
Am Grateful. Laughing And Loving  
Are Very Close. Strive To Raise The

Frequency In All That You Do. If  
You Cannot Sing At All, Sing Louder!  
If You Cannot Dance, Turn The Music  
Up And Lose Yourself! Do Things  
That Make You Feel Alive! One Good  
Laugh Will Lead To Another!

我喜欢笑！我微笑着度过每一天。  
我心怀感恩地去感受一切。笑与爱  
非常接近。努力提升你所做一切的  
频率。如果你根本不会唱歌，那就  
大声地唱！如果你不会跳舞，那就  
把音乐开大声，让自己沉醉其中！  
做那些让你感觉自己还活着的事  
情！笑一次，就会笑十次！

Joy Is Yours With The Gift Of  
Laughter! Let This Moment Bring A  
Smile That Opens Your Heart To  
Greater Light!

欢乐是你欢笑带来的礼物！让笑的  
瞬间打开你的心扉，迎接更亮的光！

EN EEKE MAI EA! 恩-溢-满-爱！

I Love You So! 我如此地爱你！

AYA 阿雅