

*LAKA ~ Become The Observer Of
Everything*

拉卡 ~ 做一切事物的观察者

(老钉译, 2025 年 4 月 22 日)



Friends Of The Great Planet Earth!
伟大地球的朋友们！

There Are Many Paths That Will Take You To Peace. Set This As Your Intention And Be Amazed At What Unfolds. Peace Is Seeking You As An Aspect Within Your Soul. All You Must Do Is Set Your Sights On Higher Ground And Seek This Sacred Peace That Is Already Yours.

通往平静的道路有很多条。将此植入念想，你会惊讶于眼前发生的一切。平和作为你灵魂的一个方面，正在寻找你。你所要做的，就是将目光投向更高的地方，去寻求这本就属于你的神圣平静。

The Choices Within Each Waking Dream Are Innumerable. Each Decision Creates A Variable With A New Outcome. Many Wonder Why So Many Unforeseen Things Unfold As They Do Not Consider Their Own Choices Allowing The Result.

每个清醒梦中的选择都数不胜数。每一个决定都会产生一个变数，带来新的结果。很多人不明白，为什么会发生这么多不可预见的事情，因为他们没有考虑到，自己的选择会导致这样的结果。

Each New Moment Allows An Opportunity For Change. You Are

Creating The Very Story That Brings All Possibilities. Many People Will Choose To Have Better Health Ongoing. They Leave Old Habits Behind And Design Their Lives To Get More Rest, Better Exercise And Nutritious Foods.

每一个新的时刻，都是改变的机会。正是你创造的这个故事，带来了所有可能性。许多人会选择持续改善健康状况。他们抛弃旧习惯，设计自己的生活，以获得更多的休息、更好的锻炼和更营养的食物。

These Components Affect The Body And Mind To Allow Calm,

Clarity And Certainty. But A
Further Step To Find True Peace, Lies
Within The Inner World. Doing
Everything Right In The Outer World
Will Do Nothing For One That Has
Inner Turmoil.

这些因素会影响身心灵，让人变得
平静、清晰和确定。但是，发现真
正平静的下一步，还需要走入内在。
如果一个人内心动荡不安，那么，
他在外部世界所做的任何正确事
情，都无济于事。

Now We Come To The Point Of This
Message. Breathe Deeply And Focus
As The One Looking Out Of Your

Eyes. The One Who Uses The Body As A Temporary Home. The One That Is Peaceful, Powerful And Full Of Wisdom And Light.

现在，让我们来谈谈本信息的重点。请深呼吸，集中注意力，用你的眼睛看外面的世界。你只不过把身体当作临时居所。你是那个平静、强大、充满智慧和光的人。

This Is The Soul. The One Visiting Earth That Feels Oneness With Life. The Soul Desires Alignment With The Personality That You Believe Yourself To Be. The Ego Can Never Know Peace Without The Alignment

Of The Soul. Realize That You Are The Soul.

这就是灵魂，来造访地球并感受到与生命合一的灵魂。灵魂渴望与你所认为的自我人格对齐。没有灵魂的一致，小我永远无法获得平静。意识到你就是灵魂。

Set Your Intention To Go Deeply And Find The Awakened One. You Do Not Need To Remember Anything For This Will Come Later. Become The Observer Of Your Life Each Moment. It Is Utterly Impossible To Feel Emotional Pain, Upset Or Retaliation When You Simply Observe.

设定念想，深入寻找觉醒之人。你不需要记住任何事情，因为这些都是后话。成为生命每时每刻的观察者。当你仅仅观察时，是完全不可能感受到情绪上的痛苦、不安或报复的。

Do Not Take Things So Personally. You Are Here With Other Souls Playing Roles. You Might Be Friends Or Family In The Higher Realms. But This Story That Seems So Real Is Only Meant To Allow Expansion Of Consciousness With Wisdom Gleaned. Duality Is Not Understood In This

Depth Until Lived. Now You Are Ready To Serve Others.

不要把事情看得太个人化。你在这里和其他灵魂一起扮演角色。你们可能是高维度的朋友或家人。但这个看似如此真实的故事，只是为了让你们用所学到的智慧，扩展自己的意识。只有亲身经历，才能深刻理解二元性。现在，你已准备好为他人服务。

Meditate Each Day And Allow Your Thoughts To Slow. You Cannot Totally Stop Thoughts As Many Are Not Even Yours. Some Arrive Into Your Awareness By Telepathy.

Others Are Drifting Into Your
Consciousness From Long Ago.

每天冥想，让思绪慢下来。你无法完全停止思绪，因为很多思绪根本不是你的。有些是通过心灵感应进入你的意识。还有一些则是从很久以前飘进你意识的。

Memories Live On In Expanded
Consciousness. Each Remembered
Moment Brings More Thoughts. Learn
To Observe Them Without Reaction.
Nothing Can Hurt You Now. Do Not
Give Attention And Energy To What
You Do Not Want To Grow.

记忆在扩展的意识中延续。每个记忆的瞬间都会带来更多的思考。学会如如不动，仅仅观察。现在没有什么能伤害你。不要把注意力和精力放在你不想成长的东西上。

Observe The Flowers And Trees. See The Beauty Of Your Surroundings. Notice The Birds That Sing To You. Never Be Hesitant To Sing Back To Them. Notice Animals That Need To Be Fed. Whether Your Pets Or Animals You Observe Along The Way, Feel Within Your Heart And See Them As Souls. Maybe

Their Path Led Them To You For A
Divine Appointment Of Compassion.

去看花草树木吧。去观赏周围的美景吧。注意向你唱歌的鸟儿，不要吝嗇向它们回唱。注意需要喂食的动物。无论是你的宠物，还是你一路观察到的动物，都要用心去感受，将它们视为灵魂。也许它们的路途将它们引向了您，只为一个神圣的悲悯之约。

You Have The Opportunity To
Become The Observer Of Your Life.
Without Judgement And With Great
Peace, This Will Change Everything!

你有机会成为自己生活的观察者。
不带评判，怀着极大的平静，这将
改变一切！

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

LAKA 拉卡