

AYA ~ My Secret To Peace While  
Incarnated

阿雅 ~ 我在往世中找到平静的秘  
密

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Beloved Ones Of My Heart! 我心  
中挚爱的人们!

Each Time I Have Incarnated Into Waking Dreams, I Have Also Forgotten My Origin. I Have Chosen Difficult And Challenging Stories As You Also Know Many Obstacles. This Is Done To Explore Many Aspects As We Expand In Consciousness.

我每次化身进入清醒梦，都会忘记自己的起源。我选择了一些困难而具有挑战性的故事，你们也知道，是许多障碍。这样做是为了在我们意识扩展的过程中，探索许多方面。

This Story That I Have Created As The Last One, Left Me No Compass

Or Direction To Cope. I Discovered  
My Power And Light Within My Own  
Being. My Purpose Left On Earth Is  
To Assist You Now. I Want You To  
Know That Peace Is Always Possible.  
And That Kindness And Happiness  
Are Choices That Anyone Can Make!

我创造的这个最后一世的故事，没有给我任何指南或方向。我是在内在发现了自身的光和力量。我现在留在地球上的目的就是帮助你们。我想让你们知道，平静永远是可能的。任何人都可以选择善良和快乐！

I Will Share Something Simple And  
Yet Very Profound That Will Serve

You Well When Practiced. It Seems That Simplicity And Small Acts Are The Most Powerful. I Know That Words Matter. I Know That Love Truly Heals Everything. But In The Meantime, Here Is A Simple Method To Apply To Meditation As Well As Your Day That Is Full Of Details. You Will Be Amazed At The Result As I Have Lived This As Truth. You Can Also. Remember That I Love You So And This Is Constant And Infinite! I Want Your Life To Be Wonderful!

我将与你们分享一些简单但意义深远的东西，只要付诸实践就会受

益匪浅。看起来，简单和微小的行动最有力量。我知道言语很重要。我知道爱能真正治愈一切。但同时，这里有一个简单而具体的方法，可用于冥想和你们的日常工作。你会对结果大吃一惊，因为我已将其奉为真理。你们也可以。记住，我是如此爱你们，这是恒久不变而又无限的！我希望你们的生活精彩纷呈！

Live Your Life In Moments. Become Aware Of Everything In Split Seconds. Everything Else Is Memories And Projection. Staying Present Disallows Pain, Heartache, Loss, Fear And

Frustration. You Are A Human That Is BEING. A Beautiful Human Being.

将你们的生活，活在瞬间里。在瞬间意识到一切。其它一切都是回忆和投射。保持当下，就不会有痛苦、心痛、失落、恐惧和沮丧。你是一个人，人即存在。一个美丽的人之存在。

But Within The Story That Seems So Real, A Powerful One Of Light Looks Out Of Your Eyes. The Spirit Of God Created All Life Including Your Soul Of Origin. This Is The One That Chose To Visit Once More. You Are The Soul And As Alignment Is

Achieved, You Will Remember This.  
This Is Awakening In The Dream.  
在这个看似真实的故事中，光之强者会看到视野之外。上帝之灵创造了所有生命，包括你起源的灵魂。就是这个灵魂选择了再次造访地球。你就是这个灵魂，对齐之后你就会忆起这一点。这就是梦中的觉醒。

Finding A Moment Is Easy. Then It Is Gone. But Having The Intent To Remain Present With Awareness In Each Moment Is Entirely Up To You. One Way Is With A Quick Deep Breath. You Can Realize That This

Is A Moment Of Perfection. Until You Practice For A While With Each Moment, Breath Awareness Can Anchor You.

找到一个瞬间很容易。然后它就消失了。但在每个瞬间保持觉知，活在当下的意图完全取决于你自己。一种方法是快速深呼吸。你可以意识到这是一个完美的时刻。在时时刻刻练习一段时间后，呼吸意识就会锚定你。

Let Your Intent Be To Allow Life Plans To Be Part Of A Focus Of A Moment. Even Long Term Plans Can Only Be Noted In A Moment. When

You Practice This, You Will Feel  
Something New. You Feel Calm  
While Also Feeling Peace And Joy!  
The Reason For This Is There Is No  
Time Left For Sad Memories Or  
Projected Fear. There Is Only This  
Moment. We Have Shared That 'This  
Moment Is Perfect.' It Always Is. It  
Always Will Be.

在你的念想里，让人生计划成为聚  
焦当下的一部分。即使是长期计划，  
也只能在瞬间被注意到。当你这样  
做时，你会有新的感受。你会感到  
平静，同时感受到和平与喜悦！原  
因在于，没有时间留给悲伤的回忆  
或投射的恐惧。只有此刻。我们已

经分享过'此刻是完美的'。一直都是，永远都是。

You Will Never Miss The News Of The World As It Surrounds Everyone. You Will Also Hear Your Dog Barking, The Coffee Brewing And A Knock At The Door. You Might Hear Arguments And Complaining. But You Are Free In Your Moments. There Is A Remarkable Silence That You May Smile About. You Are Taking Care Of Yourself. You Are Worthy And Peace Is The Gift Of Your Precious Soul.

你不会错过世界新闻，因为它总缠着每个人。你还会听到狗叫声、冲泡咖啡声和敲门声。你可能会听到争吵和抱怨。但你的时刻是自由的。您可以微笑着享受这难得的宁静。你在照顾自己 你是值得的，平和是你珍贵灵魂的礼物。

Learning To Meditate Throughout The Day Will Assist You With Sleep And A Feeling Of Well Being. If You Are In Physical Pain, Slow Your Reactions And Thoughts To Calm The Mind. Believe The Words, 'I Am Pain Free, I Am Healed. I Am Whole'. It Only Takes A Moment To Let These Words

Be Felt Within. Just One Moment.  
And Now Another.

学会全天冥想将有助于你的睡眠，  
并让你感到身心愉悦。如果你感到  
身体疼痛，请放慢反应和思绪，让  
头脑冷静下来。相信这些话语，

“我已无痛，我已痊愈。我是完整  
的”。只需片刻，让内心感受到这  
句话。只需一瞬间。现在又是一个  
瞬间。

Life Is Such A Gift. No Person Has  
Ever Remained in Their Story. But  
They Live On In Realms Of  
Perfection. There Is No Sense Of  
Time With Souls As This Is An

Illusion. Infinite Beings Visit To  
Experience Time In Moments While  
Great Expansion Of Consciousness  
Unfolds.

生命就是这样一份礼物。没有人的  
故事是永恒的。但他们活在完美的  
境界中。灵魂没有时间感，因为这  
是一种错觉。无尽的生命来此体验  
时间的瞬间，同时意识也在不断扩  
展。

You Are Here For The Greatest  
Moment Earth Has Experienced. You  
Will Shift To Sheen. If You Search  
For Focus And Meaning Then This  
Is Your Answer. Only Love Will Be

Within Each Heart As Light Covers  
The Earth In One Moment.

你们来此，是为了体验地球经历过的最伟大的时刻。你们将转变到希恩。如果你在寻找焦点和意义，那么这就是你的答案。当光在一瞬间覆盖地球时，每个人的心中将只有爱。

I Am AYA 我是阿雅

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！