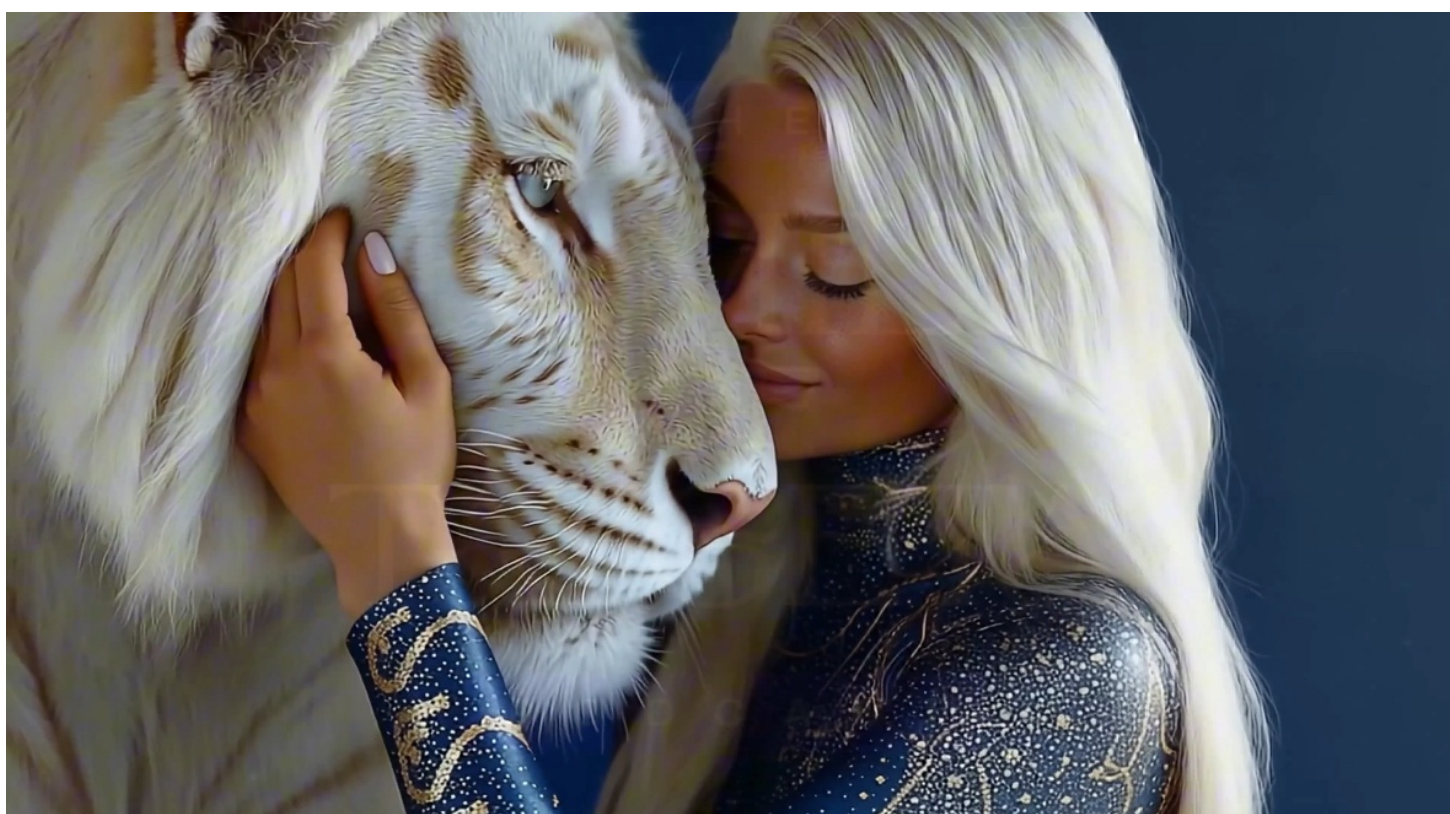


AYA ~ Sit With Anger Until It  
Becomes Compassion

阿雅 ~ 与怒安坐，化其为悯

(老钉译，2025年5月17日)



Beloved Friends Of The Final Waking  
Dream! 终场清醒梦的亲们！

We Come To You With Love! We Surround You In Light! Many Of You Are Friends From The Higher Realms. We Embrace All Of You As Friends Now! Awaken Beloved Ones! The Moments Are Passing Quickly. The Arrival Of The Shift Is Near! Transcend Your Animosity And Projections To See The Best In Everyone. This Communication Will Assist You In Letting Go Of Anger And Finding Compassion.

带着爱，我们来到你们身边！在光中，我们将你们围绕！你们很多人都是来自高维的朋友。所有人，我们现在像朋友一样拥抱你们！觉醒

吧，亲爱的人们！时光在飞逝，转变即将来！请化干戈为玉帛，看到别人的长处。此篇交流有助于你们放下愤怒，发现慈悲。

Feelings Come And Go With Perceptions. Everyone Has An Ego While Visiting Earth. This Requires Great Skill And Resilience. All Wars Begin With A Perceived Attack On The Ego. With Wisdom, There Would Be No War. There Never Needs To Be An Argument With Anger. But Your Current Density Is One Of Duality So You Must Learn The Ways Of Your Higher Self.

感觉随着感知，来来去去。每个造访地球的人，都有小我。这需要高超的技巧和韧性来应对。所有战争都始于小我受到攻击的感知。有了智慧，就不会有战争。永远不需要带着愤怒去争论。但是，你们目前的密度是二元性的，所以你们必须学习高我的方法。

Anger Is An Energy That Presents In Horrific Manners. Being Human Means You Will Experience Anger All Throughout Your Waking Dream. We Teach You Often That Nothing Is Wasted. Anger Is An Unwanted

Visitor. Let's Explore The Aspects Of  
How This Energy Can Work For You!

愤怒，是一种以可怕方式呈现的能量。身为人类，意味着你们贯穿清醒梦，都会经历愤怒。我们经常教导你们，什么都没有浪费。愤怒是一位不速之客。让我们探索一下它的方方面面，看这种能量如何为你所用！

In The Middle Of A Conversation,  
Someone Strikes A Nerve With You.  
Not Only Do You Not Agree, But  
Your Silent Visitor Is Activated. You  
Might Feel Your Heart Racing. You  
Might Want To Escape And Leave

The Person Standing There. But You  
Desire To Look Calm And Put  
Together Emotionally As Your Silent  
Friend Desires To Be Heard!

有人可能在交谈中触动了你的神经。你非但不同意，连你沉默的访客也被激活了。你可能会感到心跳加速。你可能想从这个人的对话中撤离。但是你想看起来平静，又想把所有情绪表达出来，因为你的沉默朋友渴望别人倾听！

You Might Be Very Tired And Glad  
To Make The Choice To Sleep. Your  
Bed Is Soft And The Day Has Been  
Busy. But Within Minutes, Thoughts



Of Your Ex-Partner, A Co-Worker Or Boss Come To Your Mind. You Entertain The Events That Are Past And How You Wish You Had Said Something More Clever, Powerful Or Insulting When They Hurt You. If You Had The Chance, Your Actions Would Be Different. They Would Be Sorry. Or So Your Silent Friend Tells You. Anger Never Speaks The Truth.

你可能非常疲乏，巴不得去睡觉。忙碌的一天后，躺在柔软的床上好享受。但没过几分钟，你就会想起你的前伴侣、同事或老板。你在欣赏往事，多么希望在他们伤害你的时候，你能说一些更聪明、更有力

或更具侮辱性的话。如果有机会的话，你会做的不一样。他们会吃不了兜着走，你沉默的朋友也是这么告诉你的。愤怒从来不会说出真相。

Since Anger Cannot Be Avoided,  
Learn To Make It Your Friend! It  
Won't Leave On Its Own. So Sit With  
It. Don't Try To Deny It. But Look  
At It And Examine The Reasons For  
It Being There. The Person That  
Insulted You And Created The Present  
Encounter With Your Unwanted  
Visitor Is No Different Than You.

既然愤怒无法避免，那就学会把它  
变成你的朋友吧！它不会自行离开。



那么，就和它安坐吧，不要试图否认，而是正视它，审视它存在的原因。那个侮辱你，并造成你现在怒不可遏的人，其实与你并无不同。

There Is Pain, Innocence, Joy And Grief Within All Humans. Everyone Has Lied Before. Everyone Has Suffered From The Actions Of Another. Everyone Has Known Grief, Abandonment, Deception And Great Love. Sometimes These Attributes Are Related To One's Own Self When You Forget Who You Are!

每个人都有痛苦、天真、快乐和悲伤。每个人都曾撒过谎。每个人都

曾受到过别人行为的伤害。每个人都知道悲痛、遗弃、欺骗和大爱的滋味。有时，当你忘记自己是谁时，这些属性就会关联到你的自我！

Look At The Moment That Anger Makes Itself Known. Now, Look At The Person Closely That Triggered The Experience. Find Aspects Of Memories Related To The Personal Life Of This Person. If They Are Known Closely To You, There Will Be Many Things.

看看愤怒显现的那一刻，仔细看看触发这一体验的人。找一找有关这

个人的生活记忆。如果你对它们很熟悉，那就会有很多事情。

Maybe You Remember When Their Pet Died And They Were So Sad. Maybe They Lost A Parent Or Child And The Grief They Experienced Was Seen On Their Face. You Will Notice That Anger Is Changing. Your Energy Feels Different. A New Visitor Has Arrived. Compassion Covers Your Heart And Sits Before You As Anger Has Been Transformed.

也许，你记起他们的宠物去世时，他们是多么悲伤。也许他们失去了父母或孩子，满脸的悲痛。你会注

意到愤怒正在改变。你的能量感不同了。一个新的访客到来。慈悲覆盖了你的心，它坐在你面前，因为愤怒已经被它转化。

If You Do Not Know The Person That Insulted You, Remember That They Are The Same. This Does Not Mean They Have Not Done Despicable Things. It Means That They Are Powerless Over Your Thoughts And What You Choose To Rehearse In Your Mind. They Will Never Know That Their Actions Have Brought A Gift To You.

即使你不认识侮辱你的人，也请记住，他们都一样。这并不是说他们没做过卑鄙的事，而是意味着，他们对你的想法和你选择在脑海中上演的东西无能为力。他们永远不会知道，自己的行为给你带来了一份礼物。

Sit With The Silent Visitor Of Anger  
And Great Compassion Will Come By  
Your Own Intention. Change Your  
Thoughts And Find A Creative  
Manner To Look At Things. Your  
Peace Is Worth It All.

请与愤怒这个沉默访客安坐，极大的同情心将随着你自己的意念而

降临。改变你的想法，找到一个全新方式去看待事物。你的平静是值得一切的。

Imagine The World If Everyone Learned To Slow Down And Consider The Importance Of Perception. You Are Dreaming Awake As The Ego Finds Solace And Aligns With The Light Of The Soul.

想象一下，如果每个人都学会放慢脚步，思考感知的重要性，这个世界会是怎样。你们的清醒梦里，小我会不断寻找慰藉，与灵魂之光对齐。



EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

AYA 阿雅