

LAKA ~ You Carry The Scar Of The
One You Wounded

拉卡 ~ 你带着被你所伤者的疤痕

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Beloved Ones Of Light! 亲爱的光
之朋友们!

If You Are Receiving This Message,
The Unfolding Of Your Life Carries
Many Wounds. Some Are Healed And
Others Are Leaking Energy All Over
Everyone You Encounter. But
Recognize The Truth That You Have
Also Wounded Others And Left Them
Altered In Perceptions And Life
Experience. This Communication Will
Assist You With Healing Self And
Others As You Acknowledge Your
Own Accountability.

如果你正在阅读此文，那么，你生
命的展开过程中一定是伤痕累累。
有些伤口已经愈合，但也有一些创
伤，正在把能量发泄到每一个你遇

到的人身上。请认清一个事实，那就是，你也伤到了别人，让他们的感知和生命体验发生了改变。这篇短文将有助疗愈你自己，也疗愈被你所伤的人，但是要承认自己的责任。

Scars From Wounds Are Physical As Well As Energy Unseen. All Memories Are Frequencies Of Joy And Pain. Every Cell Feels The Trauma Of The Body Before It Dies And Another Replenishes Life In Form. Every Drop Of Water In Your Body Has Memory And Carries The Energy Of The Holographic Nature

Of The Entire Body. This Would Be
A Moment To Realize The
Importance Of Healing. It Is Entirely
Possible To Overcome Anything With
Thoughts, Words And Love.

伤口留下的疤痕，既是肉体上的，
也是看不见的能量。所有的记忆都
是快乐和痛苦的频率。每一个细胞
都能感受到身体的创伤，它们一个
个死亡，又被新的细胞补充进你有
形的身体。在你体内，每一滴水都
有记忆，都携带着整个身体本质上的
全息能量。此时，是意识到疗愈
多么重要的时刻。用念想、话语和
爱，你可以完胜一切。

You Understand Fully When You Are The One To Be Wounded. But In Truth, Each Moment That You Harm Another With Words Or Deeds, The Same Energy Remains Within Your Being. The Reason For This Is Spirit. You Are Sacred And There Is One Source For All. You Will Never Be The Same In A World Of Duality. Not In Looks, Opinions Or Ideas. But Within The Soul Of Each Being, There Is Recognition And Unity. Allow This To Permeate Your Consciousness As You Find The True State Of Being.

当你是受伤的一方时，你完全知道。但事实上，在你的言词或行动每一次伤害别人的时候，相同的能量都滞留在你的存在中。造成这样的原因是精神。你是神圣的，万物只有一个源头。在二元性世界里，你们永远不会是相同的，外表、观点或想法都不一样。但在每个人的灵魂深处，都渴望得到认同和合一。当你找到真正的存在状态时，请让这渗透你的意识吧。

Spirit Will Reflect Wounds To Be Healed By First Speaking To The Subconscious Mind. The Body Will Tell You When Something Is Off.

Aches, Pains And Exhaustion Are Often Speaking Volumes About Unhealed Emotional Wounds. Your Soul Would Never Intentionally Harm Another. Your Higher Self Would Never Want Your Human Self To Carry The Load Of Unhealed Wounds.

精神首先会与潜意识呢喃，反映出待治愈的创伤。肉身会告诉你有什么地方不对劲。不适、疼痛和疲惫，往往是情感创伤未愈合的表现。你的灵魂绝不会故意去伤害别人。你的高我绝不会想要你的自我，去背负未愈之伤的重压。

When You Speak Harshly To Another Or Repeat Words About Their Character, Looks Or Demeanor, You Have Just Created An Area Within Your Own Being That Will Reflect All You Have Said. What A Better World It Would Be If Only Everyone Understood Their Part And Contribution To Life. Imagine How Many Families Would Heal If They Nurtured Others And Did Not Destroy With Words And Actions.

当你对别人言语刻薄，或者反复评判别人的性格、长相和举止时，你也刚刚在自己的存在中，开了个映射你一切所言的小区。如果每个人

都能了解自己的角色和对生活的贡献，这个世界会变得多美好。想象一下，如果每个人都能滋养别人，而不是用言词和行动去造成破坏，会有多少家庭得到疗愈。

You May Say That You Want Peace On Earth. But Do You Realize That Peace Must Begin With You? Stop Wounding Yourself. And Do Your Best To Never Harm Another. What You Project To Another Will Remain With You. This Is An Energy That You Do Not Want. It Will Grow And So Will Your Dissatisfaction. Be Aware That Social Media Is Designed

For This Interaction And Conflict.
Choose Wisely As Your Well Being
Is Much More Important Than
Winning An Argument.

你可能会希望世界平平安安。但你可曾意识到，和平必须始于你自己？停止伤害自己。尽最大努力不去伤害别人。你投射到别人身上的东西，将会伴随你。这是你不想要的能量。它会越长越大，你的不满也会与日俱增。小心社交媒体，它们就是为这种互动和冲突而设计的。请明智地选择，因为你的幸福感，远比赢得一次争论重要得多。

All Wounds Can Be Healed. All Scars Are There As Reminders Of What You Do Not Want. All Areas That Are Unseen Will Activate With Repeated Outcomes Of The Same Scenario Until A Change Is Made. This Change Is Within The Heart. This Unfolding Of Healing Will Be Made By Forgiveness And Intent. Only Love Can Allow Such Beauty. Decide To Forgive Yourself And Begin Again Each Moment. You Can Never Truly Forgive Another Until You Do The Work Within.

所有创伤都可以治愈。所有伤疤都在提醒你，哪些事情不要去做。所

有看不见的地方，都会随着不同情形下的故态复萌而激活，直到你做出改变。这种改变就在内心深处。这种疗愈可以通过宽恕和念想来实现。只有爱才能够如此之美。决定原谅自己，每时每刻重新开始。在你完成内在工作之前，你永远都无法真正原谅别人。

Remember That Love Is Your Power.
Love Heals Everything.

请记住，爱就是力量。爱能治愈一切。

EN EEKE MAI EA! 恩、溢、满、
爱！

I Love You So! 我如此爱你！

LAKA 拉卡