

Neioh – Create A Vision In Your
Mind – June 15, 2025

尼奥——在你的心中创造一个愿
景（2025.06.15）



Beloved Friends Of Light!

亲爱的光之朋友们！

You Are Stronger Than You Know.

你比你所知道的要更加坚强。

You Are More Powerful Than
Remembered!

你比记忆中要更加强大！

We Remind Everyone Continually
That The Creation Of Your Life Is
Innately Achieved Individually.

我们持续地提醒每个人，你创造的
生活是个人化的天赋实现的。

Then Moving To The Understanding
Of Collective Energy, Free Will And
Consciousness, A Greater Perspective
Is Observed.

然后进而理解集体能量、自由意志

和觉知，便能观察到一个更宏大的视角。

For You Are Also Co-Creators In
Overlapping Frequencies That Collide
In Chaos.

因为你们也是“混乱中冲突的叠加频率”的共同创造者们。

Darkness Seeks Power Over Light But
This Is Not Possible.

黑暗寻找征服光明的力量，但不可能的。

What Unfolds (呈现) Is An
Explosion (n.迸发) In The
Non-Physical Which Moves To
Manifestation (显现) In Form (形

态）。

所呈现的是一个在非物质层面的迸发，转至形态显化。

Light Always Prevails While
Allowing Darkness To Dissipate（消
散）。

光始终胜利，同时允许黑暗消散。

In These Moments There Will Be A
New Understanding For Some People
Receiving（得到） This.

在这一刻，接收此传讯的人们将会
开启新的理解。

For Others It Is Already Understood
As Truth.

一切其他人早已明白此真相。

Reviewing (回顾) Aspects (方面)
That Bring Light To The Forefront
(重要位置) Of The Mind Is A
Reminder (提示) That Will Serve
In All Moments.

回顾那些把光带进思想中重要位
置的方方面面，是一个能时时刻刻
服务于你的提醒。

Close Your Eyes And Breathe Deeply.
闭上你的眼睛并且深呼吸。

Focus On Thoughts That Bring Images
To Your Mind.

专注于带给你脑海中的图像的念
头。

Even Then, There Will Be A Glimpse

（一瞥） Of Recognition （接受、承认） To The Plan That Will Unfold （展开、呈现） .

即便如此，仍会有一丝对于计划展开的认知闪现。

Believe That All Things Are Possible
And Understand Fully That No Harm
（伤害） Can Arise （产生） From
This Exercise.

相信一切皆是可能的，并且完全明白这种练习不会产生任何伤害。

If Goodness （善良） And Light Is
Your Intention （意图） , Then A Path
To Serve Will Open.

如果善良和光是你的意图，那么一

条服务之路将会敞开。

Your Thoughts Will Be Matched With
Images That Line Up With
Frequencies.

你的念想会与对齐振动频率的画
面匹配。

Beautiful Thoughts Will Create A
Peaceful Mind With An Opening To
The Greatest Life Possible.

美好的念头将创造一个平和的心
灵，开启通往最美好生活的道路。

If Your Mind Wanders（游移） And
Fear Based Thoughts Argue（争辩）
With What Is Really Desired, Ignore
Them And Begin Again. Trauma

From The Past Will Creep In Like
An Unwanted Visitor.

如果你的心念游移并且基于恐惧
的念头与你真实的期望辩驳，那么
忽视它们并从新开始。来自过往的
创伤会蔓延像一个不速之客。

This Is Only Energy And It Will
Vanish（消失）.

这只是能量，它终会消散。

Give Negativity No Power By
Returning To The Breath And The
Focus Of All Things Good.

通过呼吸并将注意力放在所有事
物好的一面，让负面变得没有能量。

You Might Begin With Simple

Changes Desired.

你可以从简单的“期望之念”的转变开始。

Have Thoughts Of Consuming Only Food That Can Be Utilized By The Body.

要有“只摄入对能被身体利用的食物”的想法。

Stop The Consumption Of Sugar And Processed Snacks By Seeing Fruit, Vegetables And Clear Water In Your Mind.

停止摄入糖、加工零食，观想“水果、蔬菜和干净的水”在你的意识里。

As These Images Are Fleeting, Know
That To The Subconscious Mind, The
Images Are Clear, Vivid And
Understood.

即时这些画面飞逝，要知道下意识的，它们清晰而生动，并且是被理解的。

A Pathway Of Truth Has Now Opened
And Over Time, Your Appetite (食欲)
Will Change Dramatically (明显的) .

一条真相之路已然开启，过一段时间，你的食欲将发生明显的变化。

The Focus Can Move To Acceptance
(接受) Of The Body Form (形

式)。

专注的点可以转移到接受身体形态。

See The Shape, Size And Height As
A Home For The Visiting Soul That
You Truly Are.

将外形、尺寸和身高视为你的真我
作为来访灵魂的一个家。

Decide What Is Best For Care And
Love To Such A Beautiful Home That
Has Been Created For This Waking
Dream.

决定以什么是最好的在乎和爱，来
创造这场清醒梦中的美丽家园。

Exercise In A Manner That Suits Your

Age And Ability.

以适合你的年龄和能力的方式进行锻炼。

This Is Not A Competition (竞争)
And Everyone Has Their Own Path.

这并不是竞争，每个人都有其自己的路。

If You Can Run, See Nature And
Observe Sounds.

如果你能跑步，看见自然、发现声音。

Never Block Your Focus With
Thoughts And Distractions (干扰) .

永远不要让思绪和干扰阻碍你的专注。

Everything Has A Place And Time.

天时地利。

Nature Is There To Serve You.

自然在这里服务于你。

If You Can Only Walk, Then Know
The Beauty Of Taking Your Time.

如果你只能走路，那么然后理解到
使用你的时间的美丽。

If You Are Bedbound, Then Music
Can Serve You Well.

如果你是卧床不起的，那么音乐可
以很好的服务于你。

Allow Images To Flow In Colors Of
Beauty With Leaves, Flowers And
Beautiful Animals.

允许画面流淌在树叶、花朵之美与
美丽的动物的色彩斑斓之中。

You Arrived On Earth With Inner
Sight.

你携带着内在之光降临地球。

Cultivate (培育) This And It Will
Blossom (绽放) In Your Psyche.

培育它，那么它将在你的精神之中
绽放。

Close Your Eyes And See The Sky.

闭上双眼看天空。

There Are Crafts With Blinking
Lights.

那有飞船们携着闪亮的光。

Hear Your Friends Calling For You

To Remember Who You Are!

聆听你挚友的呼唤以记起你是谁！

Become Clear With What You Want
And See It Before You In The Final
Waking Dream.

在最后一场清醒梦中，清晰你想要的，看见它就在你的眼前。

You Will Find That Focus Brings
Clarity（清晰易懂） With Images
And Your Creative Ability Allows
The Expansion And Beauty To Come
Alive.

你将会发现专注带来的清晰的画面，而你的创造力使拓展和美变得具有生命力。

You Can Almost Touch It. Embrace
This With Love!

触手可及！以爱拥抱这一切！

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此的爱你！

NEIOH 尼奥

老钉译版本：

NEIOH ~ Create A Vision In Your
Mind

尼奥 ~ 想象你心中的愿景

(老钉译， 2025年 6月 16日)

Beloved Friends Of Light! 亲爱的
光之朋友们！

You Are Stronger Than You Know.
You Are More Powerful Than
Remembered! We Remind Everyone
Continually That The Creation Of
Your Life Is Innately Achieved
Individually. Then Moving To The
Understanding Of Collective Energy,
Free Will And Consciousness, A
Greater Perspective Is Observed. For
You Are Also Co-Creators In

Overlapping Frequencies That Collide In Chaos.

你们比自己知道的要更坚强，比自己记住的要更强大！我们不断提醒，你们的生活是每个人自然获得的创造过程。当你们转而理解到集体能量、自由意志与意识时，便能发现一个更广阔的视角。因为你们也共同创造了在混沌中碰撞的叠加频率。

Darkness Seeks Power Over Light But
This Is Not Possible. What Unfolds
Is An Explosion In The
Non-Physical Which Moves To
Manifestation In Form. Light Always

Prevails While Allowing Darkness To Dissipate.

黑暗孜孜以求战胜光明的力量，但这是不可能的。在非物质层面展开的爆破，最终会以形态显化。光明始终岿然不动，笑看黑暗消散。

In These Moments There Will Be A New Understanding For Some People Receiving This. For Others It Is Already Understood As Truth.

Reviewing Aspects That Bring Light To The Forefront Of The Mind Is A Reminder That Will Serve In All Moments.

此时此刻，读此文章的一些人会获得新的理解。而其他一些人已经视之为真相。回顾那些将光带到我们意识前沿的方方面面，会时时警醒我们。

Close Your Eyes And Breathe Deeply. Focus On Thoughts That Bring Images To Your Mind. Even Then, There Will Be A Glimpse Of Recognition To The Plan That Will Unfold. Believe That All Things Are Possible And Understand Fully That No Harm Can Arise From This Exercise. If Goodness And Light Is Your Intention, Then A Path To Serve Will Open.

请闭上双眼，深呼吸。专注于那些在脑海中浮现图像的思绪。即便如此，仍会有一丝对即将展开的计划的认知闪现。相信一切皆有可能，并深深知道，这个练习不会带来任何伤害。若善与光是你的意图，那么一条服务之路就会开启。

Your Thoughts Will Be Matched With Images That Line Up With Frequencies. Beautiful Thoughts Will Create A Peaceful Mind With An Opening To The Greatest Life Possible. If Your Mind Wanders And Fear Based Thoughts Argue With What Is Really Desired, Ignore Them And

Begin Again. Trauma From The Past Will Creep In Like An Unwanted Visitor. This Is Only Energy And It Will Vanish. Give Negativity No Power By Returning To The Breath And The Focus Of All Things Good.

你的念想将与频率相匹配的图像相呼应。美好的思绪会创造一颗平和的心灵，开启通往最美好生活的道路。若你的思绪游离，恐惧的念头与真正渴望的东西拉锯，请忽略它们并重新开始。过往的创伤会像不速之客般悄然降临。这仅仅是能量，终将消散。回到你的呼吸，专

注于一切美好事物，不要给负面情绪任何力量。

You Might Begin With Simple Changes Desired. Have Thoughts Of Consuming Only Food That Can Be Utilized By The Body. Stop The Consumption Of Sugar And Processed Snacks By Seeing Fruit, Vegetables And Clear Water In Your Mind. As These Images Are Fleeting, Know That To The Subconscious Mind, The Images Are Clear, Vivid And Understood. A Pathway Of Truth Has Now Opened

And Over Time, Your Appetite Will Change Dramatically.

你可以开始做出简单的改变。想象只摄入对身体有用的食物。停止吃糖和加工零食，在脑海中看到水果、蔬菜和清水。尽管这些图像转瞬即逝，要知道，对潜意识而言，它们清晰而生动，通俗易懂。一条真相之路已然开启，假以时日，你的食欲将发生惊人变化。

The Focus Can Move To Acceptance Of The Body Form. See The Shape, Size And Height As A Home For The Visiting Soul That You Truly Are. Decide What Is Best For

Care And Love To Such A Beautiful Home That Has Been Created For This Waking Dream. Exercise In A Manner That Suits Your Age And Ability. This Is Not A Competition And Everyone Has Their Own Path. If You Can Run, See Nature And Observe Sounds. Never Block Your Focus With Thoughts And Distractions.

你的关注点可以转向对肉身的接纳。将身形、尺寸和身高视为你真正灵魂的居所。决定如何以呵护之爱，对待这座为这场清醒梦而创造的美丽居所。以适合年龄和能力的方式进行锻炼。这不是竞赛，每个人都在走自己的路。如果你能跑步，

就去感受大自然，倾听她的声音。
切勿让思绪与干扰阻碍你的专注。

Everything Has A Place And Time.
Nature Is There To Serve You. If You
Can Only Walk, Then Know The
Beauty Of Taking Your Time. If You
Are Bedbound, Then Music Can Serve
You Well. Allow Images To Flow In
Colors Of Beauty With Leaves,
Flowers And Beautiful Animals. You
Arrived On Earth With Inner Sight.
Cultivate This And It Will Blossom In
Your Psyche.

万物皆有其时其地。大自然存在于
此，只为服务于你。若你只能行走，

便知晓放慢脚步的美丽。若你卧床不起，那么音乐便给你带来慰藉。让带有树叶、花朵和美丽动物的鲜艳影像，在你眼前飘飞。你来到地球是带着内视力的。培养它，就会在你的心智中绽放。

Close Your Eyes And See The Sky.
There Are Crafts With Blinking Lights.
Hear Your Friends Calling For You
To Remember Who You Are! Become
Clear With What You Want And See
It Before You In The Final Waking
Dream. You Will Find That Focus
Brings Clarity With Images And Your
Creative Ability Allows The

Expansion And Beauty To Come
Alive. You Can Almost Touch It.
Embrace This With Love!

闭上眼睛，看到天空。有好多灯光
闪烁的飞船。听见你的朋友们在呼
唤你，忆起你是谁！清楚你到底想
要什么，并在这最后一场清醒梦中，
看见它在你眼前发生。你会发现，
专注带来清晰的画面，而你的创造
力让美丽的扩展活灵活现，几乎触
手可及。用爱拥抱这一切吧！

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

NEIOH 尼奥