

LAKA ~ All That Is Needed

拉卡 ~ 所需的一切



（老钉译，2025年8月12日）

Beloved Friends Of Light! 亲爱的光之朋友们！

Many People Are Wondering If They Are Enough. Many Are Seeking Answers Outside Of Their Own Being. Each Soul Is Whole And Complete. Everyone That Remains On Earth Has All Answers And A Depth Of

Wisdom That Is Profound.

很多人都在疑心自己不够好。太多的人都在自身存在以外寻求答案。每一个灵魂都是全部而完整的。每一个仍活在地球上的人，都通晓所有答案和深刻智慧。

Many Times There Will Be A Full Stop With The Story. It Is As If A Roadblock Was Placed In The Path. This Could Very Well Be The Action Of The Soul Or Guide That Is Providing Direction For The Struggling Human. In These Moments, I Will Offer Truth And Ask That You Receive This Gift Of Assistance. The Path To Greater Light Is Free. This Light Will Take You Home!

你们的故事常常会戛然而止，仿佛什么东西阻挡了你们的前行之

路。这很可能是灵魂自己采取的行动，抑或是指导灵为挣扎中的人类提供指引。此时此刻，我给大家提供真相，并请各位接受这份天助之礼。走向更大光之道路是免费的。这光会带你回家！

We Tell You Often That Aligning With The Soul Is Crucial To Discover True Peace. But There Is So Much More Available. You Can Become Aware Of Your Sacred Spirit Guide And The Ability To Raise Your Own Frequency. Once This Is Achieved, Your Energy Field Will Serve You By Blocking Low Frequencies And Any Entities That Attempt To Enter Your Space. None Of This Is Difficult As It Only Takes Your Intention And Free Will.

Choose Light And Peace. Stay
Present And Serve Others.

我们常告诉你们，与灵魂对齐是找到真正平和的关键。但是，你们得到的还要多得多。你可以觉知到自己的神圣指导灵，并提升自身频率的能力。一旦做到这一点，你的能量场将很好地为你阻隔低频振动，以及任何试图进入你空间的实体。这些一点都不困难，只需你的意图与自由意志。选择光与和平。活在当下，服务他人。

One Can Only Maintain Their
Own Consciousness. This Is Where
The Creativity And Changes In
Circumstances Will Unfold. The
Soul And Personality Are
Connected Powerfully. But The
Ego Is Impulsive And Seeks Its
Own Direction. Aligning Is Like A

Clean Sweep Of Fresh Energy.
Clarity And Wisdom Will Open
New Paths. No One On Earth
Remains In Constant Alignment,
But Returning Is As Easy As
Becoming Aware.

人们只能维持自己的意识。在这里，你的创造力和环境变化一点点展开。灵魂与人格强力相连。但小我会冲动，会一意孤行。与灵魂对齐就像是一次清新能量的彻底净化。明晰与智慧将开启新的道路。地球上没有人能始终保持对齐，但只需觉知，便可再度轻松对齐。

Give Up The Desire To Change
The World As This Is Not
Possible Until You Change Your
Own Heart And Mind. Then You
May Join The Collective Light
With Meditation And Consciously

Staying Present. Focus On Oneness Even If You Feel No Connection To Another. In Spirit, You Are One.

Consciousness Connects Life In An Expansion That Humans Cannot Comprehend. Rely On The Soul To Return To This Truth.

丢掉改变世界的欲望吧，因为这是不可能的，除非你改变自己的心智。然后你就可以融入集体之光，冥想并在意识上保持当下。即使你感觉与他人没有联系，也要专注于合一。在精神上你们是合一的。意识在人类无法理解的扩张中，将所有生命连接在一起。靠着灵魂，你可以回到这一真相。

Realize Each Moment That You Have The Opportunity To Go As Deeply Within Consciousness As

You Desire. You May
Communicate With Your Family
Of Origin Or Your Guide. Learn
To Listen And Live Slowly And
Simply. Enjoy Every Moment
That Unfolds And Embrace The
Gifts That It Offers.

要知道，每时每刻，你都有机会
深入意识，想多深就能有多深。
你可以与你的起源地家庭或你的
指导灵沟通。学会倾听，过一种
缓慢而简单的生活。享受每一个
出现的时刻，并拥抱它带来的礼
物。

Never Allow The Story Of
Another To Interfere With The
Light You Have Chosen. Allow
Them To Glean Lessons Of Their
Own Accord. You Will Meet
Again In A Higher Density And
Find Humor And Solace At Your

Reactions Of Play In The Earth
School. Never Again Will There
Be Any Turmoil As Light Lifts
Your Soul To Sheen.

永远不要让别人故事，干扰你
已经选择的光。让他们自己去汲
取教训吧。你们会在更高密度重
逢，并在地球学校表演的反应中
找到幽默与慰藉。当光提升你们
灵魂到希恩的时候，再也不会有
什么动荡了。

I Will Greet You There With
Joy! 我会在那里欣喜地迎接你们！



EN EEKE MAI EA! 恩溢满爱！
I Love You So! 我如此爱你！
LAKA 拉卡