NEIOH ~ This Will Raise Your Frequency
尼奥 ~ 这会将你提频

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Beloved Ones Of Light! 亲爱的光之朋友们！

There Is So Much Communication In Your World Regarding Frequencies Of Both Lower And High Vibrations. Every Moment Of Each Waking Dream Allows Change With Free Will Choices.

在你们的世界中，关于低频和高频的信息林林总总。每场清醒梦的时时刻刻，都允许自由意志做出选择，从而带来改变。

Each Decision Will Change The Surrounding Energy Field As Well As The Aura Directly Around The Body. Vibrant Colors Of Yellow And Orange Can Change In A Moment To Brown And Grey. You Are The Creators Of Your Dream. Make It Beautiful And Raise Your Own Vibration To Serve You In All Things.

每个决定，都会改变周遭的能量场，以及直接身体外围的气场。鲜艳的橙黄色可以瞬间变为棕灰色。你是自己的造梦者。把梦做的美丽一点，提高自身的振动，让它在一切事物中为你服务。

One Of The Greatest And Most Simple Aspects Of Instantly Raising Your Vibrational Frequency Is Kindness. Every Act Of Compassion With Consideration For Another Will Bring Light Into Your Life. What You Give Will Return With Love To Your Own Heart. Nothing Is Greater Than To Serve Another With Kindness Regardless Of Who They Are Or What They Have Done For You.

立即提升振动频率最伟大也最简单的一个方法，就是善良。每一个关心别人的充满同情的行为，都会把光带入你的生活。你所给予的，会带着爱返回到你的心中。没有什么高于以仁慈之心服务他人，无论这些人是谁，也无论他们为你做过什么。

Kindness Will Change The Physiology Of The Body. Hormones And Neurotransmitters Will Flow Freely In Response To This Powerful Choice. Whether Giving A Glass Of Water Or A Large Gift, Kindness Is The Driving Force That Covers The Giver And Receiver With Calm And Beauty.

善心会改变人体的生理机能。荷尔蒙和神经递质会自由流动，以回应这一强大的选择。小至递上一杯水，大到赠予巨礼，慈善都促使施者和受者双方内心充满宁静之美。

In That Moment, The Energy Field Closes Tears And Brightens. The Aura Flashes In Lavender, Green And Blue. Every Smile

Will Amplify Your Frequency. Just As Every Harsh Word Or Lie Breaks Your Field Into Holes And Openings For Lower Frequencies.

在那一刻，能量场会闭合裂口并焕发光彩。气场会闪烁着淡紫色、绿色和蓝色。每一个微笑都会放大你的频率。正如每一句刻薄的话或谎言，都会在你的能量场中留下裂缝和孔洞，让低频能量趁虚而入。

Kindness Heals Friendships And Relationships In Families And With Countries. Wars Would Never Begin If One Treated Another As Themselves. If Everyone Realized The Truth Of Oneness, There Would Be No Duality In Any Galaxy.

善良能治愈家庭内和国家间的关

系与友谊。如果每个人都视他人如自己，战争就永远不会爆发。若人人都意识到合一的真相，任何星系中都不会有二元性了。

Once You Embrace Kindness As A Spiritual Gift And A Path To Choose For Well Being, New Creative Insights Will Open. The Veil Will Fall As Truth Can Be Heard In A Heart Of Gratitude And Love. Kindness Will Open This Path For Anyone That Chooses A Softer Approach To Life.

当你视善良为灵性之礼与通往福祉之路时，新的创造性洞见就会开启。面纱将落下，因为在感恩与爱的人心里会听到真相。任何人选择柔和生活方式的话，仁慈都会为他打开这条道路。

Kindness Is Free As All Aspects Of Light Have Always Been. Hold Kindness Close And It Will Cover Every Moment With Wonderful Surprises, Peace And Joy.

善良是免费的，就像光的所有方面一样，从来都不收分文。紧紧拥抱仁慈吧，它会以美好的惊喜、平和与喜悦，眷顾你的每时每刻。

If You Desire The Greatest Outcome In This Final Waking Dream, Let Kindness Guide You Home.

如果你渴望从这终场清醒梦里，收获最好的结果，那么就让仁慈引导你回家吧。

In Light We Live As One! 我们活在合一之光中！

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