

LAKA ~ Let It Go

拉卡 ~ 将一切都放下

(老钉译，2024 年 8 月 20 日)

Beloved Friends Of Light And  
Wisdom! 亲爱的光之慧友们！

I Speak To You With Words To  
Remind You Of The Perfection Of  
The Soul In Form. You Might Not  
Feel These Words As Discontentment  
Battles For Your Next Thought. Rise  
Above This World As You Realize  
And Know That You Can Be Free.  
You Cannot Stop Evil In Its Tracks

But You Can Focus On Light,  
Kindness And Compassion.

我和你们说这些话，是为了提醒你们有形灵魂的完美。你们可能无法感受到这些话的含义，因为脑海里下一个跳出来的念头，仍就是“不足”。请提升到你们所知的这个世界之上吧，要知道你们是能够自由的。你们虽然无法阻止邪恶的脚步，但你们可以专注于光、仁慈和怜悯。

Forgiveness May Seem Absent From  
Your Current Awareness In This Final  
Dream. But To Not Only Survive, But  
Thrive, You Must Learn To Forgive  
And Let Things Go! This Is The Focus

Of This Communication. This Is The  
Intention As You Are Reminded  
Again To Move Forward With Clarity.

在这最后一场清醒梦中，你们的当前意识里似乎缺少宽恕。但是，要想不仅仅为了生存，而且繁荣生长，你们就必须学会宽容和放手！这是本次交流的重点。我们有意地再次提醒你们，以便能够清晰前行。

Each Moment Is Fleeting. Hopefully  
Your Obstacles Have Left You With  
Great Lessons. A Mistake Can Be A  
Stepping Stone If Something Is  
Learned From The Occurrence. Never  
Carry Self Hatred For What Is Past.

Let It Go And Then Quietly Look  
At Others. With Compassion. Take A  
Deep Breath And Allow Them The  
Same Action As You Felt For  
Yourself. Let It Go! Soon You Will  
See That None Of This Matters.

每一时刻都稍纵即逝。希望你们遇  
到的困难能给你们留下深刻的教  
训。如果能从中学到一些东西，那  
么错误也就成了你们脚下的铺路  
石。永远不要对过去耿耿于怀。释  
怀吧，带着同情静静地看待他人。  
请深呼吸，允许别人和你一样行动，  
一样感受。把一切都放下吧！你们  
很快就会发现，这一切都毫不重要。

Scenarios Play Out In Your Mind  
From Perceived Past Hurts. Don't  
Make A War With Your Own  
Thoughts. Don't Divorce Someone  
Over And Over And Play Out Angry  
Words. This Is Only  
Happening Within Your Own  
Perceptions From Thoughts. Let Go  
Of The Energy And Heal.

过往的伤害会在你们的脑海中不断重现。不要纠缠在自己的想法里。不要和某人离婚了却恶语不断。这只发生在你自己念想的感知中。释放能量吧，疗愈你们的创伤。

If A Loved One Passed Away Long

Ago Or Recently, There Is A Time Of Reflection With Good And Bad Memories. Remember What Comes Up And Then Put It Away In A Corner Of Your Sacred Heart. Allow All That You Learned From Them To Be Realized With Truth. Remember Everything They Did To Assist As You Learned Slowly To Become A Better Version Of Yourself. Whatever Arises That Brings Pain Or Anger, Reflect Once More, Then Let It Go!

也许有挚爱的人，很久前或者不久前去世，你会有一段夹带好坏参半回忆的反思时间。把回忆放在你神

圣心底的一角。把从他们身上学到的一切，融入对真相的理解里。记住他们曾经做过的点滴，都是在帮助你们，慢慢学习成为更好版本的自己。无论出现什么带来痛苦或愤怒的事情，都只需反思一次过后，把它放下！

Someone Must Be The Peacemaker.  
Someone Must Lead With Their Light.  
Allowing Another To Grow And  
Learn In Your Light Will Create A  
Pathway For Future Experiences.  
Take The Chance To Say, 'I Love  
You'. Share With Friends And Family  
That This Moment Is All That Matters.

Remind Yourself That The Past And Future Is Experienced In This Moment. Let Go Of All That Does Not Serve You. Then You Can Say, 'This Moment Is Perfect'.

必须有人成为和平使者。必须有人以光引领他人。让他人在你的光中成长和学习，为未来的经历开辟一条道路。抓住机会说，“我爱你”。与亲朋好友分享，此刻最重要。提醒自己，过去和未来都在此刻经历。放下一切对你无益的东西。然后，你就可以说“此刻很完美”。

Raising Children Is A Magnificent Role. You Must Learn To



Let Go While Holding On. You Try To Protect Them From A World Of Unknown Dangers. You Realize You Cannot Always Protect Them At All. Do Your Best To Show Them Unconditional Love. Allow Them To Grow And Leave You. Your Hearts Will Hold You Together In A Frequency Of Love. You Will Find One Day You Smile And Wave As They Drive Away. Inside, You Must Let Them Go!

养育孩子是一个伟大的任务。你必须在坚持的同时学会放手。你试图保护他们免受未知世界的危险。你意识到你不可能永远保护他们。尽

力向他们展示无条件的爱吧。允许他们长大，离开你。你的心会让你和孩子在爱的频率中紧紧相连。你会发现有一天，当他们驾车离去时，你会微笑着向他们挥手告别。在内心深处，你必须让他们离开！

Life Is This Way For Everyone. You Hold On As You Let Go. Soon This Will Unfold In A New Way. The Portal Of Light Will Cover The Earth In High Frequencies And Colors. In A Moment You Will Take In The Magnificence As You Leave The Earth And Let It Go!

每个人的生活都是如此。你要坚持，

也要放手。很快，这一切将以新的方式展开。光之门户将以高频率和色彩覆盖地球。顷刻之间，你们就会在离开地球时领略到无比壮美，将一切都放下吧！

Soon We Enter The New Earth  
Together As We Let Go With Love!  
很快，我们将一起进入新地球，同时，让我们带着爱，放下一切！

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