

NEIOH ~ Why Worry Is A Waste Of Time

尼奥 ~ 为什么忧虑是浪费时间

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Beloved Friends Of Light! 亲爱的
光之朋友们！

Everything Is Spirit, Energy And
Consciousness. All Else That
Exists Comes Forth As An Expression
Or Manifestation Of These Aspects.
All Thoughts Create Matter From Non
Physical. Every Moment That You
Allow Worry Or Anxiety Into Your

Conscious Awareness Or The
Subconscious Truth Of Guidance, A
Template Of Vibrational
Frequency Will Begin To Change The
Energy Field Around You, The
Physiology Of Your Body And The
Trajectory Of Your Path.

一切都是精神、能量和意识。所有
其他的存在都是这些方面的表达
或显化。所有思维都会从非物质中
创造出物质。每当你允许忧心或焦
虑进入你的意识觉知或真相指引
的潜意识时，振动频率的模板就会
开始改变你周围的能量场、你身体
的生理机能和你的人生轨迹。

Each Frequency Whether High Or Low Will Draw More Of The Same. In Your World This Has Been Called 'The Law Of Attraction.' Before Science Understood The Truth Of This Teaching, Ancient Dreamers Knew It To Be So. It Would Seem That Those On Earth Would Use This Method To Understand The Unfolding Around them. But The Egoic Construct Is Strong And Quite Stubborn. Many Fall Into The Same Pile Of Dirt Habitually. Decide What You Desire And Set Your Intention Or You Will Certainly Experience Your Own Created Disaster.

每一种频率，无论是高频还是低频，都会吸引更多的相同频率。在你的世界里，这被称为“吸引力法则”。在科学了解这一教义的真相之前，古代的梦想家们就已经知道了这一点。似乎地球上的人都会用这种方法，来了解他们周围正在发生的事情。但是，小我的结构非常强大，而且相当顽固。许多人习惯性地陷入同样的泥潭。决定你的愿望并设定你的意图，否则你必将经历自己制造的灾难。

Each Moment Of Your Life Is Sacred.
Time Exists Now Only In Your
Perception. Spirit Lives And Life Has

No Beginning Or Ending. You Are Perceiving A Grain Of Sand In An Endless Ocean. You Are Life Itself Creating As You Move And Breathe. There Is Nothing To Worry About As You Allow The Ebb And Flow To Be Gentle And Calming. What Could Be More Beautiful Than To Realize That You Are Only Dreaming. And That In Awakening You Will Remember Who You Really Are!

生命中的每一刻都是神圣的。时间只存在于你感知中的此刻。精神永存，生命无始无终。你只是知道无尽海洋中的一粒沙子。在你行动和呼吸的过程中，你就是生命本身在

创造。当你让潮起潮落变得温和平静时，就没有有什么可担心的了。还有什么比意识到自己只是在做梦更美妙的呢？在觉醒的过程中，你将记起自己是谁！

Many Aspects Unfold That Are Beyond Your Control. There Have Always Been Dark Forces But Light Is So Much Greater. With Collective Choices As Well As Those Made By Individuals, A New Frequency And Possibility Is Created. These Choices Are Simply New Pathways. Anyone And Everyone Can Move Again To Right The Wrongs. There Is No Point

In Blame, Arrogance Or Hatred. There Is No Point In Worrying. Change The Path With A New Focus. See Others As Souls That Are Struggling To Find Peace. Show Them The Light Is Always Within. Then Leave It. Let It Go!

许多方面的发展超出了你的控制。
黑暗势力一直存在，但光要强大得多。通过集体选择和个人选择，一个新频率及其可能性被创造了出来。这些选择只是新的途径。每个人都可以再次行动，纠正错误。**责备、傲慢或仇恨都毫无意义。**没有必要忧心忡忡。**改变道路，更新关注。**把别人看成正在努力寻找平和

的灵魂。向他们展示，光就在内心深处。然后不再纠结，放手！

The Higher Vibration Will Overtake The Lower. This Will Give You Incentive When You Seek Change. Nothing Will Take Precedence Over Your Own Thoughts. Replace Them With Love, Compassion And Service To Others. In The End, Everyone Will Feel Assured With No Pressure Or Anxiety. Relax And Be Content With The Small Things Of Life. Enjoy Your Family And Friends. Spend Time In Nature. Love Your Beautiful Animals. See The Spirit Of God In All Things

Around You.

高振频将超越低振频，这会激励你寻求改变。没有什么能比你自己的想法更重要。用爱、同情和服务他人来取代它们。最终，每个人都会感到安心，没有压力和焦虑。放松心情，满足于生活中的小事。享受你的家人和朋友。在大自然中度过美好时光。爱你美丽的动物。在你周围的一切事物中看到上帝的精神。

There Is A Reason For All Obstacles And Maladies. As We Have Shared So Many Times, Find The Gift As You Transcend Everything To

Spirit. In This Place There Is No
Room For Worry. There Are Only
Moments Of Perfection. I Will Meet
You There.

所有障碍和疾病，其存在都是有原因的。正如我们多次分享过，当你将一切超越到精神的时候，要找到天赐的礼物。这里没有烦恼，只有完美的时刻。我会在那里与你们相会。

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

NEIOH 尼奥