

LAKA ~ As Simple As Setting A Goal
拉卡 ~ 设定一个简单目标



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Beloved Friends Of Earth! 亲爱的地球
朋友们！

The Importance Of Understanding The
Path That Brought You To This Precise
Moment, Will Assist In Not Repeating
The Same Issues. Have Clarity And
Honesty In What You Observe With
Relationships, Employment And All

Aspects Of Life That Have Shaped The
Journey Of Your Waking Dream. Only
Then Can Movement Be Made With
Wisdom And Light.

了解是什么把你一路带到这个精确时刻
很重要，它会帮助你不再重复同样的问
题。在人际关系、工作和生活的方方面
面，你都要有明晰而诚实的观察，因为
它们塑造了你清醒梦的旅程。只有这样，
你才能带着智慧之光前行。

A Clear Perspective With Truth Will Allow You To Set Goals That Are Attainable. These Goals Can Be Reviewed And Revised Many Times. There Are Personal Aspects Such As Maintaining More Healthful Practices That Can Be A Goal For Everyone. Results Will Be Achieved With Proper Nutrition, Ample Exercise And Meditation. Reprogram The Subconscious Mind With Belief And Spirit Will Bring The Goal

Result To Fruition.

了解真相的清晰视角会让你设定可以实现的目标。这些目标可以多次回顾和修改。有些个人方面，比如维持更健康的生活方式，可以成为每个人的目标。适当的营养、足量的运动和冥想都能取得成效。用信念和精神对潜意识进行重新编程，就能实现目标。

There Are Many Goals That Come
About By Inspiration From The Higher

Realms. Knowledge Is Gleaned With
Ongoing Awakening And The Absolute
Focus On Ascension And
Shifting Becomes Paramount From The
Soul Within. Increments And Flashes Of
Remembering Such Peace And Beauty
Comes Forth In Dreams, Meditation And
Conversations Among Friends. A New
Intention Of Seeking Truth Expands And
Goals Are Developed To Serve. Many
Enjoy Forums To Share Collective Light.

Discussions And Group Meditations Are
Planned As The Goal Of Amplified
Light Is The Priority For Everyone.

许多目标都是在高维启发下实现的。知识是随着不断的觉醒而积累的，而对扬升和转变的绝对专注，则成为内在灵魂的首要任务。在梦境、冥想和与朋友的交谈中，人们对平和与美好的记忆闪回会不断增强。寻求真理的新意向不断扩大，并产生服务他人的目标。许多人喜欢在论坛上分享集体之光。还有人计划

一些讨论和集体冥想， 因为光的扩增是每个人的首要目标。

Many People Set Goals For Getting Out Of Debt. Others Have Goals Of Buying Homes Or Vehicles. There Is Nothing Too Great Or Too Small That Is Not Worthy Of Setting A Goal. Whether It Is Space Travel Or Walking A Mile, A Goal Will Assist You Greatly In All Endeavors.

许多人设定了摆脱债务的目标。其他人的目标是购房或买车。没有什么太伟大或太渺小的目标不值得设定。无论是太空旅行，还是步行一英里，设定目标都会为你的所有努力提供极大的帮助。

Setting Your Intention With Clarity Will Allow Each Goal And Intention To Remain In Your Conscious Awareness. Speaking Aloud The Ideas Concerning Subject Matter Of Your Dreams And

Aspirations Is An Excellent Method.
Words And Thoughts Have Power When
Believed. You Are The Creator Of
Your Life By Intention. Raise The
Frequency Of All That Concerns You
And A New Sense Of Well Being Will
Cover Your Life.

设定你的清晰意图，会让每个目标和念
想都留在你的意识觉知中。一个好方法，
就是大声说出你的梦想与渴望。只要相
信，语言和思想就有力量。你的生活是

你刻意创造的。提高你所关心一切的频率，一种全新的幸福感就会充满你的生活。

There Has Never Been A Moment As Purposeful As This One. Now A New Moment And Then Another Takes The Focus. Live Here And Breathe Deeply As Life Unfolds. Allow Serenity To Cover You As Many Aspects Are Beyond Your Immediate Control. But

Even With The Changes Of Earth, Your
Intention Could Be Magnificent As You
Send Peace To All Hearts. You Could
Choose To Be Grateful Each Day For
Your Sacred Life And Know That
Ripples Of Frequencies Move Outward
To Touch The Earth From Your Own
Heart.

从来没有一个时刻，像此刻这样有意义。
现在，这是一个新时刻，然后，另一个
时刻成了焦点。活在当下，让生活在你

的深呼吸里展开。很多方面你都无法直接掌控，因此，一定要把自己覆盖在宁静里。但是，即使地球在变化，你的伟大意图也可以将平和传递到所有人的心里。你可以选择每天都对自己的神圣生活心存感激，并懂得频率的涟漪，会从你的内心向外不断扩展到整个地球。

Write Your Plans, Intentions And Goals.
Place Them Where All Words Are Seen
First Thing In The Morning. Focus And

Believe With Love That All Good Things Are Coming Your Way. In A Few Months You Will Be Amazed To See Such Changes. You Truly Can Do Anything!

写下你的计划、意图和目标。清晨第一件事，就是把所有文字都放在看得见的地方。集中意念，以爱笃信所有美好的东西都会向你而来。几个月后，你会惊奇地发现这些变化。你真的无所不能！

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



哈塔薇柯总结：

从身边的一切的觉知与观察中理解到是你自己把你一路带到——当下。

重视你的信念，宇宙就是你的高我。无限地爱与响应你。

灵魂层面的首要任务就是扬升！

同时光的扩增是每个人的首要目标。

无法掌控的事情就顺其自然，学会像自然一样流淌，活在当下，生活在你的呼吸之中全然地展开。

你的伟大的意图完全可以将平和传递到所有人心里。频率像一种合一量子场的涟漪，你有能力让高频率的爱与感激从你的内心向外拓展到整个地球。

加强你的信念吧！信念会产生实际的力量。你会发现你是无所不能的。