

AYA ~ How To Be Happy

阿雅 ~ 如何才能快乐



(老钉译，2024年9月27日)

Beloved Ones Of My Heart! 我心爱的
人们！

I Teach Truth And Light To All Beings.
I Traverse Galaxies And Gather With
Souls Of Perfection. I Visit Stars Of
Duality That Suffer As You Do. I
Became Human In Many Waking
Dreams To Embrace The Depth Of The

Experience Of Transcending To Survive.
I Learned That I Could Reach The
Highest Density Of All Creation While
Living In A Humble Form Of
Expressed Humanity. I Learned How To
Crawl Before I Could Walk. I Entered
Suffering At A Level That Had No Way
Out. But I Always Found A Ray Of
Light To Align My Path With That Of
The Soul That I Am.

我向众生传授真相与光。我穿越星系，

与完美的灵魂相聚。我访问那些和你们一样受苦的二元性星球。在许多清醒梦中，我变成了人类，去拥抱超越生存的深度体验。我了解到，当我以卑微的人类形式生活时，我可以达到所有造物的最高密度。我先学爬，再学走。我进入的痛苦如此之深，无路可走。但我总能找到一束光，让我的道路与我的灵魂保持一致。

In These Moments I Will Tell You

How To Be Happy. For This Begins
With A Choice. Please Allow The Truth
To Enter Your Heart. Think Of
Happiness As Contentment. Know That
It Is More Than A Feeling. Feel Your
Heart Smile And This Is Enough
Happiness To Move Any Mountain. It
Is A Precious Emotion To Hold Within
The Sacred Essence Of Your Being. It
Is Not An Ecstatic And Sudden Flow
Of Energy That Can Burst As A

Balloon That Leaves You Deflated. It Is Calm And Peaceful As It Speaks That You Made It. You Are Here. Relax In This Love!

此时此刻，我想告诉你如何才能快乐。因为这始于选择。请让真相进入你的内心。将幸福视为满足。知道它不仅仅是一种感觉。感受你内心的微笑，这幸福足以移山填海。这是你存在的神圣本质，珍藏的一种珍贵情感。它不是狂喜和突然的能量流，不会像气球一样爆裂，让

你泄气。它平静而安详，因为它告诉你，你做到了。你就在这里。在爱中放松！

Once You Realize That You Want To Be Happy, Notice The Negativity Allowed That Prevents This. Notice How Many Instances Of Bad News Are Scanned, Read, Watched And Repeated To Others. This Often Causes A Rise In Blood Pressure, Raised Voices And The Chatter Of Opinions. If

There Is Nothing You Can Do About
The Endless News Stories, Then Allow
Life To Unfold As It Will. Make Wise
Choices For What You Can Do To
Assist Yourself And Others, And Stay
Busy With Creative Endeavors That
Capture The Joy Within.

一旦你意识到自己想要快乐，请注意那些阻碍你快乐的消极因素。注意有多少坏消息被扫描、阅读、观看并重复给他人听。这往往会导致血压升高、声音嘈

杂、众说纷纭。如果你对无休止的新闻报道束手无策，那就让生活顺其自然地发展吧。做出明智的选择，为自己和他人提供帮助，为内心感到喜悦的创造性努力而忙碌吧。

In The Pleiades, We Have Mates Which Are Infinite Spiritual Partners. This Is Very Different Than The Customs Of Earth With Marriage. Here, A Legal Agreement Is Made And Most Of These

Situations End Badly. Even Those That Begin With A Rush Of Serotonin And Oxytocin End In Courts With Fighting And Bitterness. Those That Remain Together Must Find Common Ground With A Deep Friendship And Shared Values. I Say All Of This To Tell You A Secret. Marry Yourself! Not With A Contract But With The Love And Commitment Of Your Soul. See The Flawed Personality As Cherished By

The One That Matters. As This Concept Comes Alive Within, You Will Feel So Loved And Honored. You Might Find All Broken Places Healing. You Will Have More Love To Give Others. Fall In Love With You! If You Are Married Now, This Will Still Work For You In Ways You Never Thought Possible.

在昴宿星，我们有无限的精神伴侣。这与地球上的婚姻习俗截然不同。在这里，婚姻需要签订法律协议，而大多数婚姻

都以失败告终。即使是那些一开始就被5-羟色胺和催产素催情的姻缘，最后也会在法庭上以争吵和怨恨收场。那些能够在婚姻中存留下来的人，必须有共同语言，深厚的友谊和共同的价值观。我说这些是为了告诉你一个秘密。和自己结婚！不是用契约，而是用你灵魂深处的爱和承诺。将有缺陷的个性视为最重要的人所珍视的。当这一概念在内心深处萌动时，你会感到自己是如此被爱和被尊重。你可能会发现，所有破碎的地

方都在愈合。你会有更多的爱给予他人。爱上你自己吧，如果你现在已经身处婚姻中，这仍会以你从未想过的方式为你所用。

You Came To Earth To Enjoy Your Life. You Intended To Be Happy. You Understood That The Earth Is A School To Learn And Grow. The Soul Of Sacred Light Understands Duality From A Higher Place But To Grasp

The Depth Of It, Waking Dreams Were Created. The Soul Would Gain Nothing By Appearing In The Same Perfection. The Innocence Of A Baby Being Born Is The New Playground For Experience. Forgetting Your Origin, You Enter The Matrix Of Programming. You Are Never Far From Happiness But It Eludes You In Its Entirety. Awakening Often Comes From The Catalyst Of Pain. But As You Are Coming Into The

Wholeness Of Your Soul, There Is
Something Different. Something Very
Real. You Feel It. You Are Happy
And No One Can Take This Away.

你来到地球，就是为了享受生活。你的
初衷是快乐。你明白地球是一所学习和
成长的学校。圣光灵魂可以从高维度理
解二元性，但为了体验它的深度，我们
创造了清醒梦。灵魂如果总是以同样的
完美姿态出现，它将一无所获。婴儿出
生时的纯真是体验的新乐园。忘记自己

的起源，进入编程的矩阵。你从未远离幸福，但它却总是和你失之交臂。觉醒往往来自痛苦的催化。但当你进入灵魂的整体时，就会有一些不同的、非常真实的东西。你能感觉到它。你是幸福的，没有人能夺走它。

See Your Life As A Gift. Know That
Everything Happens For A Reason.
Everyone Has Tears, Loss And Grief.
Everyone Has Known The Joy Of

Sunshine On Their Face. Everyone Has
Loved Someone. Every Dream Must
End. But Woven Throughout Each
Waking Dream, The Promise Of
Happiness Is Always There.

将生命视为礼物。知道一切发生的事，
都是有原因的。每个人都有过流泪、失
去和悲伤。每个人都曾体会过阳光照在
脸上的喜悦。每个人都爱过某个人。每
个梦都必须结束。但交织在每一个清醒
梦里的幸福之承诺，始终在那里。

Another Person Cannot Make You
Happy. This Gift Is There Within Your
Beautiful Soul. The Journey To Earth In
Leaving Such Beauty Meant You
Arrived With Everything Needed. If You
Were To Plan A Trip On Earth, You
Would Pack Bags And Plan Great
Details. So It Is In Your Life Of
Origin. You Planned It All Before You
Came. You Alone Carry The Secrets Of

Your Spiritual Gifts. Unpack Them Now
And Allow Them To Serve You Well.
You Deserve To Be Happy. I Celebrate
This With You!

别人无法让你幸福。这份礼物就在我美丽的灵魂深处。来地球一趟，留下如此的美丽，意味着你来的时候就携带了所需的一切。如果你要在地球上计划一次旅行，你会打包行李并计划好细节。你在生命起源也是如此。你在来之前就计划好了一切。你独自一人承载着精神天赋的秘

密。是时候开启它们为你服务了。你应该得到幸福。我和你一起庆祝！



EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！

AYA 阿雅