

LAKA ~ Choosing To Find The Lesson

拉卡 ~ 寻找你的课程



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Friends Of The Great Planet Earth! 伟大行星地球的朋友们！

Many That Receive This Communication
Know The Importance Of
Learning Lessons. Duality Has Added
Interest And Excitement In Moments
While The Feature Of Conflict Often
Arises. The Earth Is A School That Is

Home To Souls With A Good Intent
And Those That Thrive On Harming
Others. Each Moment Is A Gift Where
You Can Choose To Perceive Defeat Or
Rise In Service To Others With Great
Teachings Of Lessons Learned.

许多接收此信息的人，都知道吸取教训
的重要性。随着冲突时常出现特征，二
元性增加了每时每刻的兴趣和兴奋点。
地球是一所学校，善意的灵魂和恶意的
灵魂都选此为家。每时每刻都是一份礼

物，你可以选择接受挫败感，也可以选择用学到的宝贵经验教训，崛起为他人服务。

There Is Always A Lesson With Even Small Aspects Of Life. For This Reason, Everything Is There To Serve You As A Gift. This Does Not Mean That Everything Is Good. But Everything Offers A New Perspective. Make It A Game If You Must. But Find The

Lesson And You Have Found The Gift.

生活中哪怕再细微的地方，也总能给你带来启示。因此，所有一切都是天赐，在那里为你服务。这并不意味着一切都完美。但每件事都提供了一个新的视角。如果你必须这样做，那就把它当作一场游戏。但找到教训，你就找到了天赐之礼。

If You Are Impatient With Yourself
And Others Regularly Then A New Pet

Or A Small Child Will Provide
Unlimited Moments To Cultivate Patience.
Having Helpless Little Ones Can Allow
You To Feed Them And Talk To
Them Endlessly As Everything Is A
Slow Learning Process. This Is Also
Where You Began As An Infant. If
You Had No One To Be Gentle And
Caring, It Is Wonderful And Brave To
Give From Your Own Heart. You Can
Become Calm As Little Ones Seem To

Need Your Attention Through The Night. You Are Part Of Something So Beautiful. The Frequency Of Love Will Never End. The Soul That Is Present In Their Little Bodies, Will Never Forget Your Care.

如果你经常对自己和他人不耐烦，那么，一只新宠物或一个小孩，将为你提供无限的培养耐心的机会。拥有无助的小宝宝可以让你无休止地喂养他们、与他们交谈，因为一切都是一个缓慢的学习过

程。这也是你婴儿时期的起点。如果你没有人可以施以温柔体贴，那么发自内心地给予，也是一件美妙而勇敢的事情。当小宝宝整夜需要你的关注时，你可以变得平静。你是美好事物的一部分。爱的频率永无止境，存在于他们幼小身体里的灵魂永远不会忘记你的关怀。

If You Lack Compassion As You
Observe Handicaps, Poverty And
Homeless People, The Soul Might Plan

Wonderful Paths For You To Learn
And Understand. Everyone Is On Earth
Now As A Powerful Soul In Disguise.
See The Light Within The Eyes Of
Those Around You. Never Allow
Judgement To Cloud The Perspective
Regarding What Is Seen. In Another
Waking Dream, You Have Lived In
This Manner. Serve Everyone That
Comes Into Your Path With Reactions
That You Would Welcome If In Their

Place.

如果你看到残疾人、穷人和无家可归的人时缺乏同情心，灵魂可能会为你规划奇妙的道路，让你去学习和理解。现在，地球上的每个人都是化了妆的强大灵魂。看看你周围人眼中的光亮。永远不要让评判遮蔽了看待事物的视角。在另一个清醒梦里，你曾以这种方式生活。设身处地想想，服务每一个你遇到的人。

If You Believe That You Lack Strength,

You Will Be Given Many
Circumstances To Show You How
Strong You Really Are. You Might
Experience Great Loss And A
Broken Heart. You Make It To The
Other Side And Feel Like A New
Version Of Yourself. You Will Never
Know How Strong You Are Until It Is
Your Only Choice In Surviving The
Unimaginable. Here Is The Gift. You
Are The Soul Of Great Strength. Now

You Can Encourage Others In Their Moments Of Perceived Weakness.

如果你认为自己缺乏力量，那么，就会给你很多情形，向你展示你有多么强大。你可能痛苦地失去，心碎不已。当你到达彼岸时，你会觉得自己焕然一新。直到你别无他法，只能在难以想象的情况下唯一求生时，你才知道自己有多坚强。这就是天赋。你是强大的灵魂。现在，你可以在别人感到脆弱的时候鼓励他们。

Most People Will Experience The Loss Of Employment At Least Once. This Is Never Pleasant If Laid Off Or Being Fired. This Can Be Quite A Blow To The Ego. This Can Also Cause A Severe Disruption With Budgeting Household Costs. Many Times Fear Arises And One Can Become Dysregulated Emotionally. Fights Break Out In Households And Many Couples Part Ways. But A Pause With

Reflection Will Allow Wisdom To Arise
With Knowing Absolutely That A Space
Must Be Created For Something Much
Better To Fill It. The Lesson Of Loss
Brings Such Gain With A New
Perspective.

大多数人至少会经历一次失业。不论是
被裁员，或是被炒鱿鱼，都不是一件令
人愉快的事。这会对自我造成相当大的
打击。这也会严重影响家庭开支预算。
很多时候，恐惧会出现，人的情绪会变

得不稳定。家庭中会发生争吵，许多夫妻会分道扬镳。但是，暂停和反思会让人产生智慧，知道必须创造一个空间，让更好的东西来填补它。失去的教训会带来新的收获。

For Those That Lose Homes For Many Different Reasons, A Powerful Chance To Know Yourself In A New Way Is The Gift. In This Circumstance You Are Called On To Find Truth And

Guidance Within. The Perceived Loss Of Security Will Shake You But It Need Not Break You. Cultivate The Inner World And The Higher Self Will Take You On The Path That Opens All Possibilities. There Is Always An Answer. Let Go Of The Thought That You Must Have Anything Material To Have Peace. As You Surrender, The Answer Will Come.

对于那些因各种原因而失去家园的人来

说，这是天赐良机，让你以一种全新的方式认识自己。在这种情况下，你得到召唤去寻找内心的真理和指引。失去所谓安全感会让你动摇，但不一定会让你崩溃。培养内心世界，高我将带你走上开启一切可能性的道路。答案总会有。丢弃“有物才安心”的想法。当你臣服时，答案自来。

If Your Country Is At War Or A
Threat Is Imminent, Remember Who

You Really Are. Stay Present And
Breathe Deeply. There Is No Death To
The Soul And Within This Truth, You
Are Life Itself.

如果你的国家处于战争状态或威胁迫在眉睫，请记住你的真实身份。保持当下，深呼吸。灵魂不会死亡，在这个真相中，你就是生命本身。

If Your Candidate Of Choice Does Not
Win The Election, Do Not Create A

War Within To Project To Others. Do
The Best You Can And Find Peace In
All Circumstances. See Everything Play
Out From A Higher Perspective. Find
Many Gifts And Lessons As Moments
Unfold For Everything.

如果你钟爱的候选人没有赢得大选，**不要在内心中制造战争来投射给他人**。尽你
所能，在任何情况下都要找到安宁。从
更高的角度看待一切。在一切都在展开
的过程中，找到许多天赐和教训。

Nothing Is Ever Wasted And The Soul
Is Wise With Perfection And Beauty. In
The End Of The Final Waking Dream,
Focus On The Gift Of Light And All
You Have Learned.

什么也没有浪费，灵魂完美无缺，充满
智慧。在最后这场清醒梦的尾声，请专
注于光的天赐和你所学到的一切。

EN EEKE MAI EA! 恩溢满爱！

I Love You So! 我如此爱你！
LAKA 拉卡

