

*The approval you've been chasing already lives within the  
person looking back at you in the mirror.*

你一直追求的認可已經存在于鏡子里看  
着你的那個人身上。

*Your self-love doesn't require external validation to be  
authentic.*

你的自愛無需外界認可证实。

**Your self-love  
doesn't require  
external validation  
to be authentic.**



*Elder SANANDA NOBELAK 星际种子 精神之光*





Peace is  
your *natural*  
inheritance,  
not something  
to earn.

*What if the tranquility you're searching for has been  
patiently waiting in your heart all along?*  
如果你正在寻找的宁静一直在你的心中  
耐心地等待，该怎么办呢？

*Peace is your natural inheritance, not something to earn.*  
平和是你的与生俱来，而不是什么要争  
取的东西。



*Step back and watch your life unfold without getting swept  
away by every emotional tide.*

退一步观察你生命的展开，不要被每一次情绪浪潮卷走。

*Neutrality lets you witness experiences without being  
consumed.*

保持中立让你见证体验而不被消耗。

Elder SANANDA NOBELAK 星际种子 精神之光

*Neutrality lets  
you witness  
experiences  
without being  
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