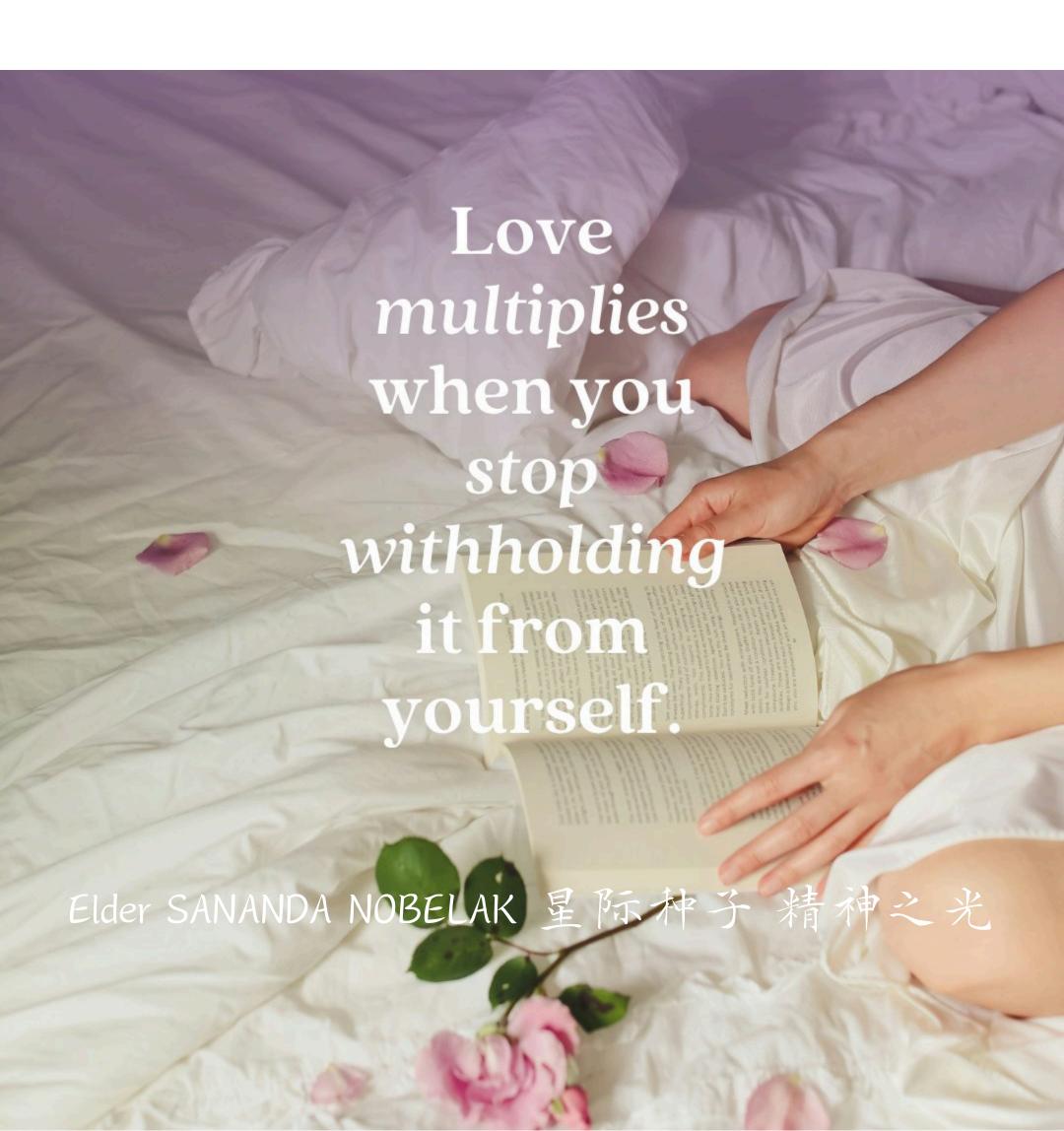
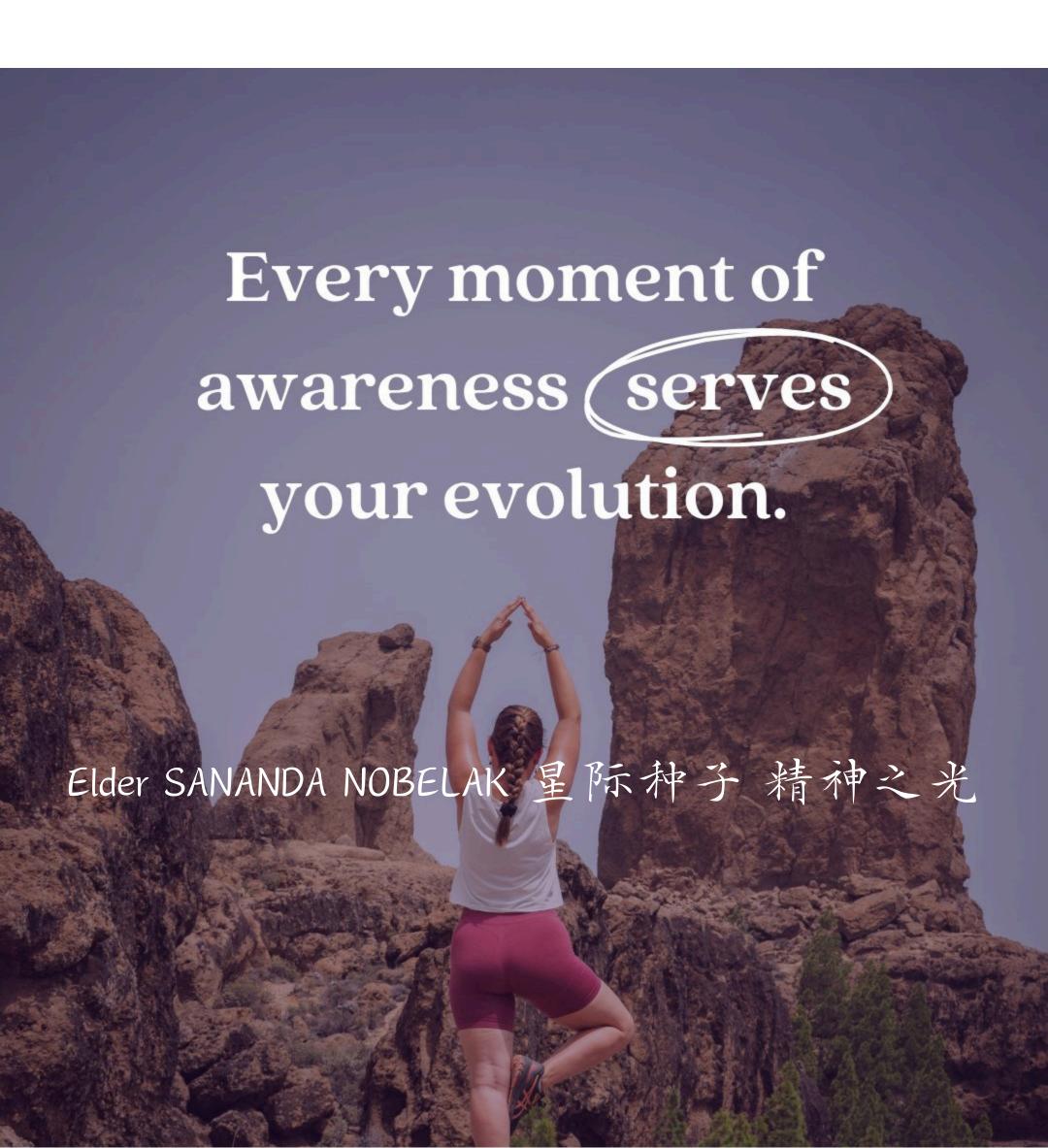
The love you've been rationing from yourself is exactly what your soul has been craving.

你一直自己限额配给的爱正是你灵魂所渴望的。

Love multiplies when you stop withholding it from yourself. 当你停止克制的时候,爱就如几何值增长。



Each time you witness your inner world clearly, you take another step toward becoming who you're meant to be. 每次你清晰地见到你的內在世界时,你就向你想要成为的人迈进了一步。 every moment of awareness serves your evolution. 每个觉知的瞬间为你的进化服务。



- When you observe without condemning, even your harshest critic transforms into your wisest teacher.
 - 当你不带谴责地观察时,即使是最严厉的批评者也会变成最明智的老师。

Neutral observation transforms judgment into compassion.
中立的观察将评判转化为同情。

Elder SANANDA NOBELAK 星际种子精神之光

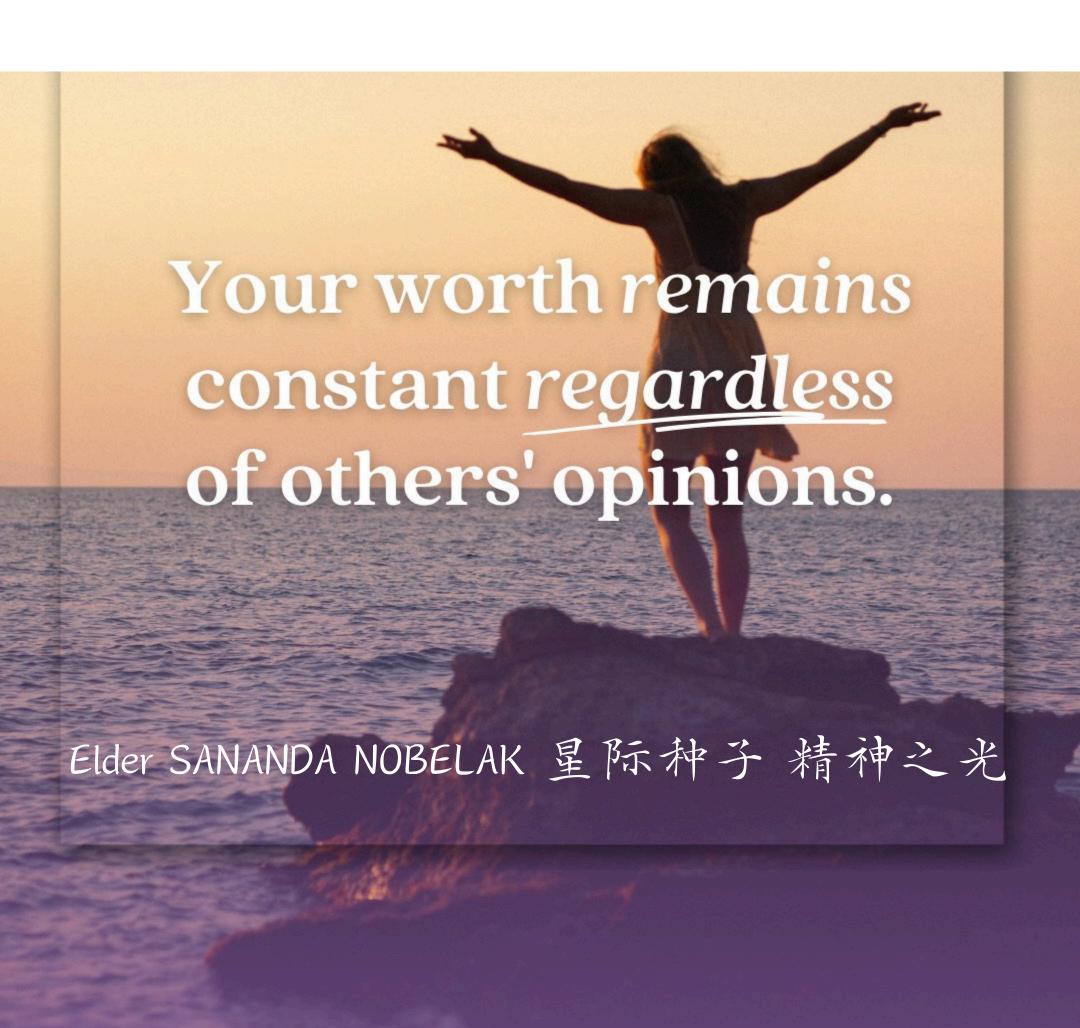
Neutral observation transforms judgment into compassion.

Your value doesn't fluctuate with the stock market of other people's changing moods and preferences.

你的价值不会随着他人情绪与偏好的"股票市场"变化而波动。

your worth remains constant regardless of others' opinions.

无论他人什么评价,你的价值仍然不变。



Notice how criticism dissolves the moment you replace it with curious, gentle observation.

请注意,当你用好奇、温和的观察取而代之时,批评是如何消失的。

Awareness expands when you stop judging what you observe.

当你停止评判你所观察的事物时,意识就会拓展。

Elder SANANDA NOBELAK 星际种子精神之光

Awareness expands when you stop judging what you observe.

Stop looking everywhere else for what has been residing in your chest since the day you were born.

不要再到处寻找从你出生那天就已属于你胸膛里的东西了。

The love you seek has never been separate from you. 你所寻找的爱从未与你分开。

