

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。

A person is lying in bed, covered with a white sheet, reading an open book. Several pink rose petals are scattered on the white sheet around the book and the person's hands. The background is a soft, out-of-focus purple and white.

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Elder SANANDA NOBELAK 星际种子 精神之光

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内在世界时，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。

Every moment of
awareness serves
your evolution.

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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。

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Neutral
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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。

A person stands on a dark, jagged rock in the middle of a vast ocean. Their arms are raised high in a 'V' shape, reaching towards a bright, hazy sky. The water is a deep blue-purple, and the overall scene conveys a sense of triumph, freedom, and connection with nature.

Your worth *remains*
constant regardless
of others' opinions.

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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。

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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。



*The love you seek
has never been
separate from you.*

Elder SANANDA NOBELAK 星际种子 精神之光