

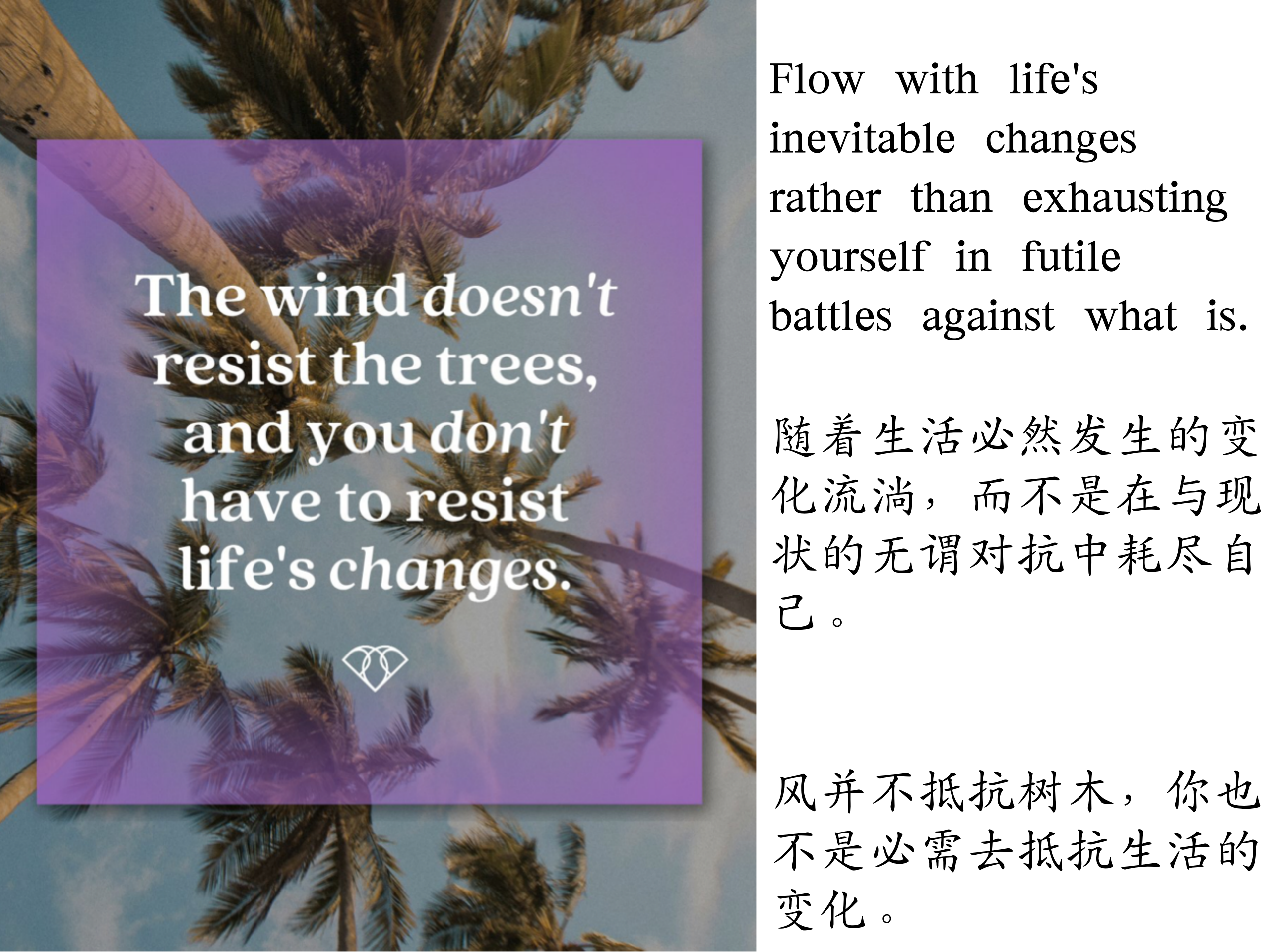


Flowers turn
toward sunlight —
turn your attention
toward what
nourishes your soul.

花朵们趋向
于太阳光芒，
将你的注意
力趋向于滋
养你的灵魂
的事物。

What feeds your spirit deserves the same unwavering
focus that flowers give to morning light.

滋养你精神的事物值得你给予坚定不移的关注，就像花
朵对晨曦的关注一样。



The wind doesn't
resist the trees,
and you don't
have to resist
life's changes.



Flow with life's
inevitable changes
rather than exhausting
yourself in futile
battles against what is.

随着生活必然发生的变
化流淌，而不是在与现
状的无谓对抗中耗尽自
己。

风并不抵抗树木，你也
不是必需去抵抗生活的
变化。

The sun rises
without effort, and
your light emerges
naturally when you
stop forcing it.



Trust the process of
your own becoming
and watch how
effortlessly you
illuminate the world
around you.

相信你自己的成长过程
并观察你如何毫不费力
地照亮你身边的世界。

太阳无需费力地升起，
而你的光亦会在你不刻
意强求时自然的显现。




The breath that
sustains you is the
same breath that
moves through
all of creation.

Every inhale connects
you to the universal
life force that
animates stars, oceans,
and your beating
heart.

每一次吸气都会将你
与有生命的星辰、海
洋、和你跳动的心脏
的宇宙生命力量连接
起来。

支撑你的呼吸是贯穿
于整个宇宙创造的同
样的呼吸。




Master the art of inner spaciousness and you'll discover the freedom that no external circumstance can touch.

掌握内心广阔空间的艺术，你就会找到没有外部境况所能触及的自由

你唯一真正掌控的领域，
是你思绪之间的空间。

*The only territory you
truly govern is the space
between your thoughts.*

A woman with long blonde hair, wearing a black cap, a black tank top, and black shorts, is hiking on a dirt trail. She is looking down at her feet. The background is a vast, rugged mountain range with green slopes and rocky peaks under a blue sky with scattered clouds. A white rectangular frame is superimposed over the image, containing the text.


Your inner
landscape is as
vast and beautiful
as any mountain
range.



Within you exists an entire universe of possibilities waiting to be explored with wonder and reverence.

在你之内存在着一个可能性等待着通过好奇与虔诚开发的完全的宇宙。

你内在的风景，是如许多山脉般茫茫而美丽的场域。



*Nature never hurries, yet
everything is accomplished
in perfect timing.*

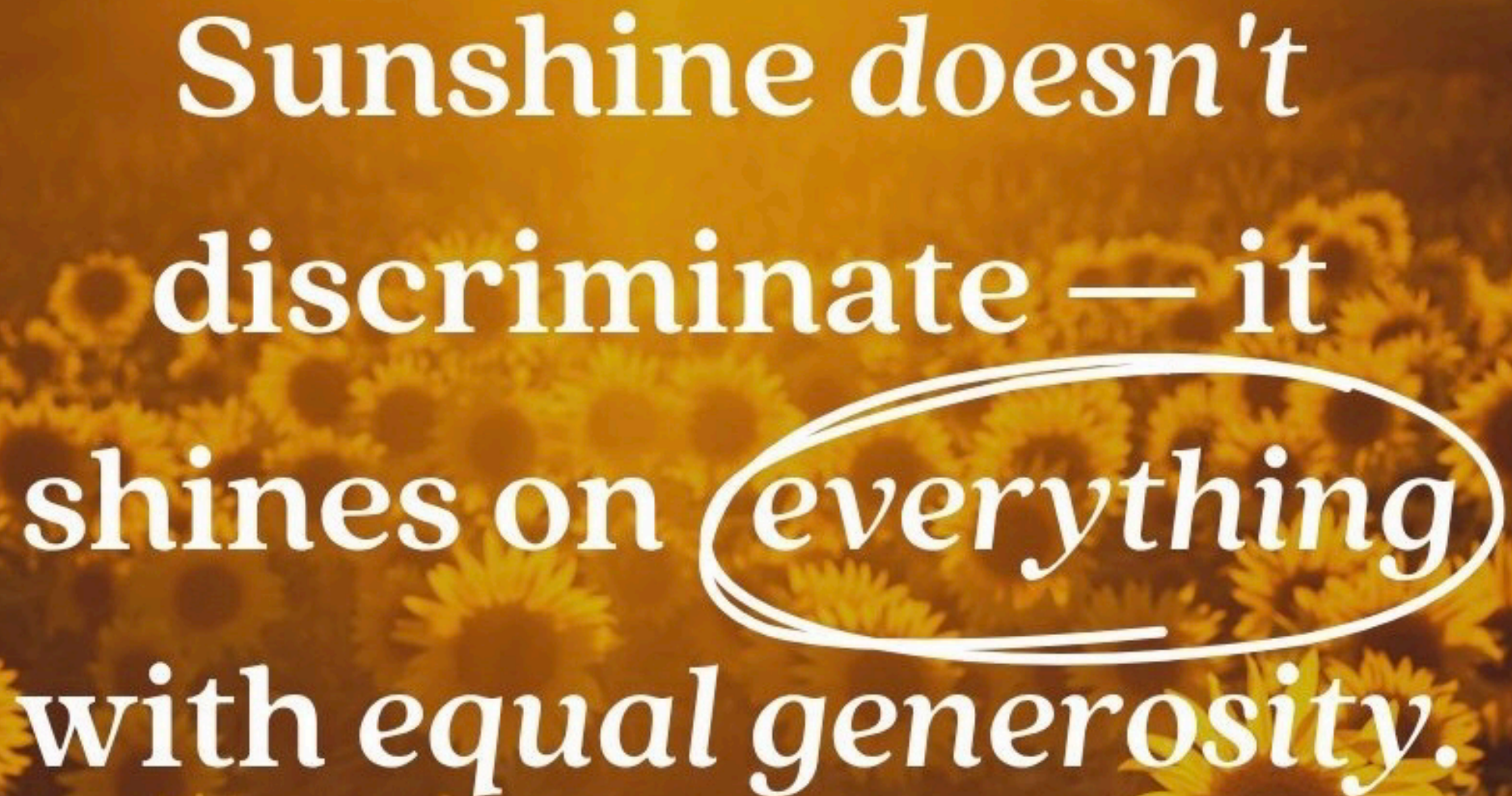
Observe how flowers bloom and seasons change without rush, then apply this wisdom to your own unfolding journey.

不急躁地观察花朵如何绽放、季节如何更迭，然后将这种智慧运用于你自己的所展开的旅程

自然从不急促，此刻所有的一切事物是在完美的时刻完成的。

Let this remind you that your love, kindness, and presence are meant to reach everyone without exception.
让这提醒你，你的爱、善良和出席是为了传递给每一个人，无一例外。

日光不会区别对待，它平等慷慨地照耀在所有之上。

A background image of a field of yellow sunflowers under a warm, golden light, creating a soft, hazy atmosphere.

Sunshine doesn't
discriminate — it
shines on *everything*
with equal generosity.

Your breath is the
bridge between
the world you
cannot control
and the peace
you can cultivate.

In the simple act
of conscious
breathing, you
reclaim your
power over your
inner experience.

在简单的有意识的
呼吸中，你在你的
内在体验中拿回了
你的力量。

你的呼吸是在这个
世界上你无法掌控
的和你能孕育的平
和之间的桥梁。

A person stands on a sandy beach at sunset, their silhouette reflected in the wet sand. They are looking out at the ocean, where waves are breaking. The sky is a mix of pink, purple, and blue.

The forest
teaches
patience; the
ocean teaches
surrender;
your heart
teaches both.

Allow nature's
greatest teachers
to show you
how to hold both
stillness and
movement in
perfect balance.

让自然最伟大老师向你展示如何保持动与静之间的完美平衡。

丛林教导耐心；
海洋教导任由；
你的心教导兼具。

A person with a backpack is walking away on a dirt path through a forest. The path is surrounded by green foliage and trees. The text is overlaid on the left side of the image.

When you align with
nature's rhythm,
you discover your
own perfect timing.

Stop forcing outcomes
and start dancing with
the intelligence that
orchestrates all life.

停止强迫结果，开始
与编排所有生命的智
慧共舞。

当你顺应自然的节奏，
你发现了你自己完美的
顺应天时地利。



The same
intelligence that
grows trees from
seeds lives within
your cells.

The same creative force that transforms tiny seeds into mighty oaks is actively working through your dreams and desires.

那细小的种子成长为巨大的橡树同样的创造的力量，正积极地作用于你的梦想和愿望。

从种子生长出树木的同样的智慧在你的细胞内。




Your calm is not
dependent on
circumstances
but on your
return to breath.

No external
storm can disturb
the sanctuary of
peace you create
through mindful
breathing.

没有外部的风暴
可以打扰你通过
专注呼吸所创造
的平静圣地。

你的平静不依赖
于环境而是在于
你的回归于呼吸。



Peace settles
naturally
when
conditions
are right
within you.

Create the inner conditions for tranquility and watch how naturally it becomes your default state.

创造内在的宁静条件，并观察它是如何自然而然地成为你的常态。

peace settles naturally
when conditions are
right within you

当你的内在条件成熟时，平和自然而然就会降临



Awareness
gently
illuminates
your inner
landscape.

In the gentle light of
mindful observation,
you begin to see the
beauty that was
always present within
your own being.

在细心观察的柔和之
光下，你开始看见一
直在你自己的临在之
内的美丽。

Awareness gently
illuminates your inner
landscape.

觉悟温柔地照亮了你
之内的风景。



Notice how releasing resistance creates more space for joy, clarity, and authentic connection to flow into your life.

留意放下抵抗是如何创造更多喜悦，清澈与真实的链接流淌进你的生命。

Peace expands when you stop contracting. 当你停止收缩时，平和就在拓展。

*Peace expands when
you stop contracting.*



Your calm
spreads
naturally to
everything.

Your inner serenity
becomes a gift that
touches every person,
situation, and
environment you
encounter throughout
your day.

你内在的平静成为了触
及你日子中的每一个人、
每种状况、和每个外界
遭遇的礼物。

Your calm spreads
naturally to everything.

你的冷静自然而然地拓
展到所有事物上。

A person in silhouette stands with arms outstretched against a sunset sky. A crescent moon is visible in the upper right. The text "Your breath is your most reliable tool." is overlaid in white.

Your breath is your
most reliable tool.

Return to the breath
whenever you need to
reconnect with the
steady rhythm that
keeps you grounded
and present.

当你需要重新链接保持
你理智与专注的平稳节
奏，回归于呼吸。

Your breath is your
most reliable tool.

你的呼吸是你最可靠的
工具。