

尼奥 - 接纳你的故事，如其所是，然后讲一个新故事 (抢先版)



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亲爱的朋友们：

世上没有一个故事总保持一尘不变。当你感到满足时，环境可能一瞬即变。你还是同一个人，但一切感觉完全不同。

当你感到忧伤、愤怒或失落时，也会如此。转眼之间，喜悦会带着安全感来到，让你知道世界是美好的，你是被保护的

如果你明白，其实环境与心境并没有必然关系，会怎样呢？选择平和，让自己随顺一切展开。**不要被情绪推来推去，而是以灵魂的眼光做一个观察者。**

接纳二元对立是避免不断评判的关键。

你会逐渐明白，没有任何人是完美的，每个人都有挑战，只是和你的不同。

把自己交给光，并祈求属于你的道路，这会让你在当下获得力量以及最好的时刻。

当你犹豫时，就做下一件你觉得最好的事。然后再做下一件，下一件。这样你会积累能量与信心。

永远不要否认你的人生故事。

相反，要站在力量的位置上面对它，并鼓励别人也这样做。

当你知道没有任何经历是白费的，记忆就会引领你看见我们从中学到的智慧。

当你接纳过去、原谅所有人，并理解那些经历如何持续滋养你，就没有理由再抱怨或后悔。

拥抱你的故事，真实地看见它如何展开

没有事情是“发生在你身上”，而是“为你发生”。

用这样的角度，你会超越一切，感受到内心的平和。

当旧的记忆带来情绪困扰时，一个神奇

的疗愈方式，就是给自己讲一个新故事

这不是否认，而是一种能量练习，帮助你清理心智，从而让身体恢复健康。

试着用灵魂的光重新照亮故事里的所有角色。

如果你曾在贫穷或虐待中长大，可以为自己写一个新的版本：

在那里面，你是被爱护、被珍惜的小孩，你拥有安全与所需的一切。

感受这个新故事带来的情绪。

这就是你现在能送给自己的礼物。

你的心会放松，睡眠更安稳，身体也会随之得到疗愈。

我们不断重复的故事会成为现实，并引导着每一个当下。

把你的新故事当作一剂疗愈的能量膏，滋养你的每一个细胞。

让它伟大！让它美丽！

我如此爱你！

尼奥

#NEIOH ~ Embrace Your Story As It Is,
Then Tell A New Story
Beloved Friends!

There Is No Story That Does Not Change.
When You Reach A Place Of Contentment,

Circumstances Can Change In One Moment. You Are The Same Person But Everything Feels Very Different. It Will Be The Same When There Is Upset, Grief Or Anger. In A Heartbeat, Joy Will Arrive With Assurance That The World Is Wonderful And You Are Safe.

What If You Realized That Your Circumstances Have Little To Do With Your State Of Being? Choose To Be Peaceful And Flow With All That Unfolds. Avoid The Highs And Lows As You Become The Observer From The Perspective Of Your Soul.

Acceptance Of Duality Is Crucial To Avoid Judgement Continually. You Can Come To The Realization That Nothing Is Perfect And That Everyone Has Their Own

Challenges That Might Be Very Different From Yours. Surrendering To Light And Asking For Your Own Path To Open Will Bring Focus And Energy To The Best Moment For You. Do The Next Best Thing When In Doubt. Then The Next As You Gain Momentum And Confidence.

Never Deny What Has Transpired In Your Life Story. But Rather Deal From A Position Of Strength And Encourage Others To Do The Same. Knowing That Nothing Is Wasted Will Allow Memories To Lead You To Lessons Gleaned. There Is No Reason For Bitterness Or Regret When You Accept The Past, Forgive Everyone And Understand Many Aspects That Will Serve You Ongoing.

Embrace Your Story And See It As It

Actually Unfolded. Nothing Happened 'To You' But Rather 'For You.' This Perspective Will Allow You To Soar Above It All And Know That The Choice Is There To Move Forward In Peace.

One Magnificent Way To Heal From Emotional Upset That Visits With Memories Is To Tell A New Story. Again, This Is Not Denying Anything That Transpired. This Is A True Exercise That Clears Energy And Promotes Healing of The Mind Which Controls Body Healing. See The Story In A New Way. This Time, Shine The Light Of Your Soul On All Characters.

If You Grew Up In Poverty And Abuse, You Might Tell Yourself A Meaningful Story About How Loved And Cherished

You Were. See Yourself As A Beautiful Child Who Had Love, Protection And All Necessities.

Feel The Emotions Of What This New Story Brings. This Is The Gift You Bring To Your Life Now. Your Mind Will Ease, Your Sleep Will Improve, You Will Feel More Rested And Your Body Will React With Healing.

The Stories That We Repeat Become Real And This Directs The Path Each Moment. Think Of Your New Story As A Healing Balm Of Energy. You Thrive And Grow With Love. Give This To Every Fiber Of Your Being By Your Own Choice Now. Make It Great! Make It Beautiful.

EN EEKE MAI EA!

I Love You So!

NEIOH