

NEIOH ~ Embrace Your Story As It Is,

Then Tell A New Story

尼奥 ~ 接纳过往，续写新篇



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Beloved Friends! 亲爱的朋友们！

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.

世间无常，万事流芳。当你安享一隅时，情境却瞬间万变。你虽未变，但一切都感受不同了。遭遇动荡、悲伤或愤怒时，亦是如此。但顷刻间，喜悦便从天而降，让你对美好世界和自身安全信心满满。

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.

倘若你意识到，自身境遇与存在状态其实无甚关联呢？选择平和之心，顺应万千变化。成为灵魂视角的观察者，避免情绪的跌宕起伏。

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.

接纳二元性，是避免喋喋不休评判的关键。你
终将领悟，万物皆不完美，各有不同挑战。向
光臣服，祈求自身道路开启，才能将能量聚焦
于你的最佳时刻。犹豫时，请选择次优方案，
待势头渐起，信心满满，再迈向下一个目标。

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.

永不否认生命故事中的过往。但要立足力量应对，并鼓励他人效仿。知晓一切皆未浪费，记忆自会引领你汲取所获智慧。当你接纳过去、宽恕众人、领悟诸多持续滋养你的真谛时，便再无苦涩与懊悔的理由。

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.

拥抱你的故事，如实看待它的展开。没有什么是对你发生，而是“为你发生”。这个视角让你飞升于一切之上，明白选择始终存在，请以平和之心前行。

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.

治愈记忆引发的情感创伤，最妙的一个方式，
就是讲述一个新故事。再次重申，这绝非否认
过往经历，而是真正的能量净化练习，能促进
心灵疗愈，继而疗愈身体。以全新视角审视你
的故事。这一次，请让你的灵魂之光照亮所有
角色。

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.

如果你从贫困与虐待中长大，不妨为自己编织
一个充满爱与珍视的意味深长的故事。把自己
看做是一个被爱包围、享受庇护，并拥有所需
一切的美丽孩童。

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.

感受这个新故事带来的情感。这是你此刻赠予
生命的礼物。你的心绪将趋于平和，你的睡眠
将得到改善，你会感到更加精力充沛，身体也
将随愈而舞。

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.

我们不断重复的故事终将成真，并指引着每个
瞬间的轨迹。把你的新故事，视作疗愈的能量
药膏。你将在爱中茁壮成长。此刻，请选择将

这份能量，注入生命的每一寸纹理。让它宏大！
让它绚烂！

EN EEKE MAI EA! 恩、溢、满、爱！

I Love You So! 我如此爱你！

NEIOH 尼奥