**与JO对话2021年**

**Dialogue with JO in 2021**

**Channeled by JoJoYou Translated by Phoenix9 Teresa**

**Version: v.10 updated@20240807[[1]](#footnote-0)**

**谢谢你允许光的能量进⼊你的⽣命,它照亮的不只是你,还将会是你接触到的每⼀个⼈!**

**Thank you for allowing the energy of light to enter your life, it illuminates not only you, but everyone you come into contact with too!**

**—— JoJoYou**

# **目 录Content**

[2021/01/24 — ⼀切都是你⼈⽣道路上最好的选择Everything is your best choice on your life's path. 1](#_Toc12651)

[2021/02/06 — 魔法棒Magic Stick 14](#_Toc11910)

[2021/03/04 — 你到底选择哪个房间(⽆提问)Which room do you choose (no question) 27](#_Toc6550)

[2021/03/18 — 萨满Shaman 37](#_Toc8625)

[2021/04/29 — 什么是爱情What is Love 47](#_Toc7211)

[2021/05/06 — 连接玛丽莲梦露 Link Marilyn Monroe 59](#_Toc26697)

[2021/05/10 — 嫉妒⼼、背叛、婚姻与⾃杀Jealousy, Betrayal, Marriage, and Suicide 76](#_Toc13694)

[2021/05/12 — 连接克⾥希那穆提 Connecting with Krishnamurti 88](#_Toc19619)

[2021/05/13 — 你的想象⼒就是你的现实Your imagination is your reality 94](#_Toc4244)

[2021/05/18 — 物质世界⾥最好的体验是什么The best experience in the material world 107](#_Toc22419)

[2021/05/27 — 你们来到这个世界上唯⼀的⼯作就是享受⽣命The only job you have in this world is to enjoy life. 120](#_Toc32079)

[2021/06/15 — 敏感的能量体Sensitive Energy Beings 138](#_Toc16997)

[2021/06/16 — ⼀直想⾃杀是为什么Why would someone always want to commit suicide? 157](#_Toc7408)

[2021/06/28 — 突破⾃我,建⽴与他⼈的联系Breakthrough Self-Limitations, Build Connections with Others 163](#_Toc27094)

[2021/06/29 — 你当下就拥有⼀切你想要的You already possess everything you desire. 170](#_Toc8128)

[2021/07/10 — 你们是来创造的,不是来融⼊的You are here to create, not to assimilate. 188](#_Toc20895)

[2021/08/15 — ⼀切都在完美的运⾏中Everything is running perfectly 191](#_Toc1243)

[2021/08/24 — 婚姻与两性关系Marriage and Interpersonal Relationships 202](#_Toc1423)

[2021/08/30 — 关于驱魔Regarding Exorcism 212](#_Toc5487)

[2021/09/05 — 什么才是合适的对象What Constitutes an ideal couple 217](#_Toc19530)

[2021/09/22 — 信任与放⼿Trust and Letting Go 221](#_Toc24310)

[2021/09/25 — 活在当下Live in the Present 229](#_Toc294)

[2021/10/02 — 意识是⽆处不在的Awareness is omnipresent 233](#_Toc19503)

[2021/10/04 — 算命的说我这辈⼦命苦怎么办The fortune-teller said I'm destined for a hard life, what should I do? 248](#_Toc21944)

[2021/10/05 — 你不可能⼀下⼦就理解所有You can't possibly understand everything at once 262](#_Toc15071)

[2021/10/16 — 疗愈前世伤痛与建⽴安全感Healing Past Lives Wounds and Establishing Security 276](#_Toc277)

[2021/10/17 — 得⽩⾎病的原因于疗愈Reasons for Leukemia and Healing 284](#_Toc7331)

[2021/10/18 — 不喜欢⾃⼰所在的物质世界的体验要怎么办How do you deal with not liking your experience of the material world? 296](#_Toc20949)

[2021/10/18 — 勇敢做你⾃⼰ Be Brave to be Yourself 307](#_Toc25440)

[2021/10/25 — 死亡之书 The Book of Death 314](#_Toc333)

[2021/10/31 — 什么才是真正的幸福What Is True Happiness 329](#_Toc15884)

[2021/11/01 — 关于信任Regarding Trust 349](#_Toc22956)

[2021/11/11 — 如何加速改变How to Speed Up Change 368](#_Toc4326)

[2021/11/24 — 线上集体通灵问答Online Group Spirit Channeling Q&A 382](#_Toc3541)

[2021/11/29 — 连接迈克尔杰克逊Connecting Michael Jackson 403](#_Toc11359)

[2021/12/06 — 线上集体通灵问答 419](#_Toc22829)

[2021/12/08 — 风的能量带来的启⽰ Insights from Wind Energy 440](#_Toc8245)

[2021/12/09 — 线上集体通灵问答Online Collective Spiritism Q&A 456](#_Toc28341)

[2021/12/15 — 线上集体通灵问答Online Collective Mediumship Q&A 489](#_Toc13467)

[2021/12/16 — 信任与通灵Trust and Mediumship 514](#_Toc14893)

[2021/12/20 — 线上集体通灵问答Online Group Spiritist Question and Answer Session 530](#_Toc8539)

# 

# **2021/01/24 — ⼀切都是你⼈⽣道路上最好的选择**Everything is your best choice on your life's path.

⾼灵: ⾸先谢谢你 谢谢你主动的来链接我,然后呢 我的确有很多信息想要带给你.你现在已经感受到你的确是⼀个有通灵体质的⼈,然后你也是⼀个传播者,也就是传递信息,传递我们⾼纬度的信息,你是⼀个⾮常纯洁的能量体.所以通过你传递信息会⾮常⾮常的好.所以我很开⼼你愿意做这个传递信息的⼈.然后你的能量状态和你的个⼈状态也⾮常适合做我们的⼈选.所以我们感到⾮常的开⼼,你能同意和我们⼀起成为⼀个传播者.

Higher Spirit: First of all, thank you for reaching out to connect with me. Indeed, I have a lot of information that I want to share with you. You've already felt that you possess the ability to communicate with spirits, and you're also a disseminator - someone who shares information, transmitting our higher-dimensional messages. You are an extremely pure energy being, making your role in conveying this information very valuable. Thus, I'm delighted that you're willing to play such a role. Moreover, your energetic state and personal disposition make you the perfect candidate for us. Hence, we feel incredibly happy that you've agreed to join us as a disseminator.

你在想要继续知道怎么样可以连接的更好,然后我想要告诉你的是,你不需要着急和不要去push它让它加快速度,因为所有的⼀切都会发⽣的恰恰好,所以当你在⽤⼒的担⼼或者是担忧或者是促使⼀ 件事快速的完成反⽽是在破坏它.所以你唯⼀要做的就是信任,信任和相信你所有的⼀切都在正确的速度和正确的道路上.你唯⼀需要做的就是信任,放松和相信还有就是充满激情的⾏动和做这件事情.你的其他事情可以继续提问.

You're wondering how to improve the connection, and what I want you to know is that you don't need to rush or push it for faster results; everything will happen just right in due time. So when you're excessively worrying, being anxious, or urging something to speed up, you're actually undermining it. The only thing you should do is trust, believing and having faith that everything is happening at the correct pace on the right path. The only actions required are to trust, relax, believe, and act with passion towards this endeavor. Your other questions can continue.

问: 我现在可以看见数字44重复的出现,我想知道这是不是代表你在告诉我我们⼀直在⼀起?我因为⾝份的事最近⼀直很烦躁,但我看⼀个视屏上⾯标注的时间是44,内容是to let go is to receive. 我想知道这是不是你要传达给我的信息?

Questioner: I am now seeing the number 44 repeating, and I wonder if this means you are telling me that we've been together all along? I have been stressed lately due to identity issues, but I saw a video with a timestamp of 44, which has content about letting go being equivalent to receiving. I want to know if this is the message you intend to convey to me?

⾼灵: 我们每时每刻⼀直⼀直⼀直存在在你们⾝边,我们是没有距离.只有你们物质世界才有距离的概念.我们是没有距离也没有空间概念.然后你关于说你⽐较烦躁的情绪,就像刚才的信息,所有的⼀切都在按照它的速度,所以你只需要相信所有的⼀切都在正确的道路上和正确的速度进⾏着.你不⽤担⼼和害怕任何⼀切. 因为所有的⼀切安排都是你的⼈⽣道路上最好的选择.

Higher Spirit: We are always with you every single moment without any distance, for we do not have the concept of distance like your physical world does. We exist without distance or space. As for the feeling you mentioned being a bit restless, just know that everything is proceeding at its own pace as described in the previous message. All is moving along the correct path and at the right speed. There is no need to worry or be afraid of anything because every arrangement is the best choice for your life's journey.

问:我⼩的时候可以出体,曾经有⼀个⽩⾐指导灵来找我,他站在⽉亮上,我站在地球上,他想要让我过去他呢⾥,但是我内⼼觉得如果我去了就回不来了,然后瞬间我就回到了地球上.还有⼀次⼀条巨龙来找我,我告诉它我现在还不能⾛.我想知道我和他们是什么关系呢?

Questioner: When I was young, I could detach from my body. Once, a white-robed guiding spirit came to me, standing on the moon while I stood on Earth, wanting me to join him there. However, I felt that if I went, I might not return and suddenly I found myself back on Earth. There was also a time when a dragon approached me, telling me I could not leave yet. I wonder about the nature of my relationship with them?

⾼灵: 因为你们都是同时存在很多不同的维度的存在.所以说你可以感应到其他维度的发⽣的⼀些事情.你现在也可以感应到.只是说你们,⽬前,你的⾝体还没有接受经常的训练.就好像⼀个⽔管,它⾥⾯有堵塞,然后你没有,因为你不⽤呢个⽔管,它就有其他的杂物在⾥⾯,那如果你经常去⽤这个⽔管的话,它⾥⾯就不会存太多的杂质在⾥⾯,它就是⼀直⼀直在活动的.所以说你的通灵体质,还有你的⾝体,你的感应能⼒,感知能⼒和感受其他维度得能⼒也需要经常去使⽤它才会顺畅的运⾏.这是⼀项能⼒和技术,任何能⼒和技术你都需要经常的去使⽤它,它才会越来越顺畅.所以你还是拥有这⽅⾯的能⼒,只是你需要不断的去提升它,适应它,链接它.

Spirits: Because you exist in many different dimensions simultaneously, so you can sense things happening in other dimensions. You are currently capable of doing this, but your body hasn't been regularly trained for it yet. It's like a pipe; if it has blockages and you don't use it, then there will be other debris inside. But if you frequently use the pipe, it won't store too many impurities inside as it keeps moving constantly. Hence, your ability to connect spiritually, your physical body, your sensing capability, and your capacity to perceive across dimensions need consistent use to run smoothly. This is a skill and technique; any skill or technique requires regular use to become more efficient. Therefore, you still possess this capability, but you just need continuous improvement, adaptation, and integration of it.

就好像现在电路是在短路的的⼀种状态,它没有链接,但是这个电路就在呢⾥,你只需要链接⽽已.

It's as if the circuit is in a short-circuited state, disconnected but still there, you just need to connect it.

问: 我想知道我怎么做才能更好的链接我的指导灵呢?

Questioner: I want to know how I can better connect with my guides?

⾼灵: 说得呢个是,⾸先你要相信⾃⼰拥有通灵的能⼒和感知其他维度的能⼒.因为如果你怀疑的话你就打开不了这个开关.⾸先你是百分之百的信任和相信,因为这是第⼀道门.你只有进⼊了第⼀道门你才能继续做其他的.因为你们的头脑会经常的跳出来质疑.你会.. 当你开始质疑你就会回去检验你所说的,所做的,所⾏为的,然后你们才会觉得这是明智的做法,也就是说三思⽽后⾏,你们所说的,你们觉得这种才是明智的的做法.但是在通灵层⾯不是的.如果你⼀思考的话,你⼈为⼀加⼊的话,那么你的连接就断开,所以说你需要完完全全的把你⾃⼰交出去,完全的信任,这是第⼀步.

Sage: Speaking of this, the first thing you need to do is believe in your ability to communicate with spiritual entities and perceive from other dimensions. If you doubt it, then you won't be able to open that switch. Initially, you must have absolute faith and belief, because this is the first door. You can only proceed to further steps after entering the first door. Your mind often questions things, so you would... When you start questioning, you go back to verify what you said, did, and acted upon. Only then do you consider it a wise decision, meaning think before you act, regarding what you say and how you perceive things to be wise actions. However, in the realm of spiritual communication, this is not the case. If you think or intervene mentally, your connection is broken. Therefore, you need to completely surrender yourself with absolute trust, making it step one.

当你完完全全的信任过后,遇到⼀些可以去⽤通灵的能⼒的时候,你就去做,就好像你相信⾃⼰能飞,没有任何恐惧,完全的相信.当你开始往下跳的呢⼀刻,你的翅膀才会出来.如果你不相信,你犹豫的话,你往下,你的翅膀不会出来,你也不会往下跳,你也不会往下跳,你明⽩我的意思吗?所以不是说你要去念任何咒语或要去如何打通⾃⼰,但是如果说念咒语会让你更加相信你已经,也就是⾃我意识的许可,如果你觉得你念了咒语过后你的通灵能⼒就来了,你相信它,那么你可以这么做.但是真正产⽣效果的不是呢句咒语,⽽是说你⾃⼰对你⾃⼰的百分之百的信任.⽆论何种⽅式,只要你能获得你⾃⼰对你⾃⼰的完全的信任,你就去做.这个并没有什么..

When you fully trust, encountering situations where you can use your spiritual abilities, do so as if you believe in the ability to fly without any fear or hesitation - completely believing. When you start to jump downwards at that moment, your wings will appear. If you don't believe and hesitate, even when you try to jump downwards, your wings won't appear, and you won't actually jump down. Do you understand what I mean? So it's not about reciting any spells or trying to channel yourself in any particular way. However, if reciting a spell helps you feel more confident that the spiritual abilities are there, within your self-awareness permission, if you believe that once you've recited the spell, your spiritual powers will come, then you can do it. But what actually produces an effect is not the spell itself, but rather your complete trust in yourself. Regardless of how you approach it, as long as you gain a full trust in your ability to see things clearly about yourself, go ahead and act on it - nothing else matters.

问: 能不呢看看我现在的意识状态如何呢?

Questioner: Can you assess my current state of consciousness?

⾼灵: 这个并没后任何意义,因为只是你们⼈类来⽤这个来分别和定义的,然后这⾥并没有任何⼀个等级或者数字来衡量你们的状态,因为在每⼀个状态,每⼀个状态,都是呢个时候该发⽣的状态.也就是说你的每⼀个状态都是你当下最需要的,所以对你当下来说呢个时候就是最完美的状态.这就是我说的你们不要⽤任何⾏为来push yourself,来促使⼀件事情的发⽣.当你在促使的时候你其实就是在缓慢的过程.因为呢是你们的⼤脑的在追求的东西⽽并不是顺着你们⾃⼰⽣命应该有的速度.就像⼀棵⼩树苗,它⽣长的过程有它⽣长的过程,你不能迫使它在春天的时候就要结果,明⽩我的意思吗.

Spirit: This has no meaning at all because it is used by humans to differentiate and define themselves. Here, there are no levels or numbers to measure your state because each state is the state that should happen at that time. In other words, every state you are in is exactly what you need right now; hence, for you, this is the perfect state. This means you don't need to push yourself with any actions to make something happen. When you try to force things to happen, it becomes a slow process because your brain's pursuit does not align with the natural speed of your life. Like a young sapling growing, it has its own growth process; you can't force it to bear fruit in spring. Understand my meaning?

⽽且它在每⼀个阶段每⼀个季节都有它该产⽣的美,该去体验和经验的.你不能把你的体验拿⾛,如果把你们的体验拿⾛直接给你们能⼒,这是⼀件⾮常危险的事情,⼀旦你们拥有了呢个能⼒你们也不会正确的使⽤它,反⽽会给⾃⼰和他⼈带来毁灭性的伤害,明⽩我的意思吗?所以说前⾯,在你们还不懂得如何使⽤⾃⼰的能⼒的时候是对你们⾃⼰和对其他⾝边⼈的⼀种很好的保护,当你的内在就好像得到了⾜够的体验,所有的体验不是你们所说的⽂字上你了解它的理论然后它就是你的东西了,并不是.很多学者他拥有知识,他拥有理论,但是他们并不能解决⾃⼰的问题,这是两码事.

And it has its beauty and experiences that should be produced in every phase of every season. You cannot take away your experiences if you remove theirs directly giving them the capability; this is a very dangerous thing. Once you have that ability, you won't use it correctly and instead cause destructive harm to yourselves and others. Do you understand? Thus, earlier on when you don't know how to use your capabilities, it's a good protection for yourself and those around you. When your inner self feels like it has received enough experiences, not just the textual understanding of theories but actual experiences, these are not just yours because you've understood them in words. Many scholars have knowledge and theories, but they cannot solve their own problems; this is a different matter.

所以说你懂得⼀些理论,懂得⼀些知识并不代表呢些真正的是你的,你必须要经历体验,你⾃⼰去体验,然后领悟到为什么会有这样⼦的理论,为什么会有这句话的存在.把它变成是真正的你⾃⼰的感悟和领悟过后,呢个才是你内在的成长.呢个才是真正属于你的.如果你们不去经历这⼀步的话,你们得到的后者,就是你们追求的呢个表⾯的呢个能⼒的话,第⼀这是不太可能的,第⼆它只会得到毁灭性的伤害,它不会发出它真正的应该有的效果.所以你现在不需要去着急,不需要去push,就是,我不知道中⽂怎么说,don’tpush yourself,不要强迫⾃⼰,不要强迫事情.它们所有每个时段都有它⾃然存在的美.

So, knowing some theories and having some knowledge doesn't mean those are truly yours. You must experience it firsthand, you have to go through the experience yourself, then understand why these theories exist, why this phrase exists. Turning that into a genuine insight and understanding of yours is what constitutes your inner growth, making it something genuinely yours. If you don't undergo this step, whatever you obtain will be superficial abilities that you're pursuing, which is unlikely to happen first off. Secondly, such pursuits can lead to devastating harm; they won't yield the true effects expected from them. So, there's no need for urgency or pressing yourself, just let things unfold naturally without pushing yourself or forcing situations upon you. Each moment has its inherent beauty, waiting to be discovered in due time.

所以也不要去检验你⾃⼰,也不要去评判你⾃⼰,因为所有的⼀切它并未有⼀个完美和结束的状态.这⼀系列的过程,这⼀系列的过程,它永远永远永远都是在不断不断的转换的,不断的转换的.如果不断转换的⼀个东西,⼀个能量,⼀个意识状态,你说什么是结果.如果你⾃⼰来衡量⾃⼰,当你在衡量你⾃⼰的呢⼀刻,你已经转变了⽆数次,你告诉我呢个是你?也就是说你们物质世界的⼈应该学会不⽤任何⾔语去评判⼀个⼈,⼀件事,或者说是⽤⼀个数字,就⽐如说像你们考试的时候,给⼈打分,这种⾏为.⽐如说你⾃⼰做了⼀件事情,你说你⾃⼰是⼀个坏⼈.这样的事情都不应该发⽣.因为当你在说你的⼀瞬间,呢个⼈已经不存在了,明⽩吗?

So don't examine yourself, nor judge yourself, for there is no perfect and completed state to all things. This series of processes are always in constant flux, continuously transforming. If something is constantly changing, an energy, or a state of consciousness, what would you call its result? When you measure yourself against yourself, by the time you do so, you have already undergone countless transformations; tell me who you are? That means people in your material world should learn to refrain from judging others through words and to avoid assigning numerical values to actions or individuals. Like when assessing someone's performance during an exam, it shouldn't be done that way. Because by the time you're making judgments, that person already doesn't exist anymore, understand?

问: 那是活在当下的意思吗?

Questioner: Does that mean living in the present?

⾼灵: 因为没有过去,因为就算你说的当下,这⼀刻,我们说得此刻 right now,这个moment它已经产⽣了⽆数⽆数次的变化和变换,你如何来评定? 当这句话结束的时候,你已经穿越了数⼗亿次,你如何来判定你⾃⼰.你是⼀个充满变化,不断的在变化的存在,你明⽩我的意思吗? 所以你们不⽤纠结于你们的任何⼀个念头,因为当呢个念头产⽣的时候它已经消失了,当⼀个念头产⽣的时候它已经消失了.所以说呢些念头和情绪都不是你,你是⼀个充满了千遍万化,不断的在transfer变化,变幻⽆穷.变幻⽆穷这个词最好来形容你们.你们都在变换⽆穷,你如何来界定呢个是你?

Spirit: Because there is no past, because even if you say the present moment, "right now," this instant that we speak of has already undergone countless changes and transformations; how can one evaluate? By the time these words end, you have already crossed through billions of billions times. How could one judge oneself? You are a being filled with constant change, constantly in flux. Do you understand my meaning? Thus, there is no need to worry about any of your thoughts. For when they arise, they have already vanished; by the time a thought arises, it has already disappeared. So those thoughts and emotions are not you; you are a being that is endlessly shifting and transforming, changing without end. The term "变换无穷" best describes you all; you are in constant transformation and change without limit. How could one determine what truly is you?

就好像,你想象你眼前有很多很多条鱼,不停地在游不停地在游,然后你想要抓住⼀个鱼的时候,它已经逃到了其他地⽅,你根本就抓不住的,也就是说没有固定的存在这⾥永远没有固定的存在和固定得结果,固定的⼀切都没有.

It's as if you imagine there are countless fish swimming before your eyes without cease, then when you attempt to seize one, it has already darted off to another location where you can't possibly reach it. That is to say, there's no permanent presence here; there are never fixed existences and definitive outcomes. Everything remains transient and without permanence.

问: 我还能再问⼏个问题吗?

Questioner: Can I ask a few more questions?

⾼灵:我喜欢你问问题.因为你问问题的同时,这个通灵的⼥孩⼦,她也在不断的吸收这些智慧.然后这些智慧都会变成是她的.所以你并没有⿇烦她和打扰她.因为你们是在共同的进步.她给出她的时间和经历还有她的智慧这是她的爱⼼.她给出的爱⼼这些都是双倍的回到她⾝上,所以她不断的在成长,不断的在变化,不断的在给⾃⼰积累智慧,经验.所以她也是最⼤的受益者.所以你也不需要感受到你是在打扰她,或者是在消耗她,或者是在浪费她的时间,因为这也是她需要的.因为如果她不需要这⼀个课程,我们⽬前在讲的这个课程,如果不需要这次交流,那么她根本就不会加⼊到这个⾏列.如果她加⼊到了,那么也就是说这⼀次交流对她的成长也是具有重⼤意义.

Higher Spirit: I like it when you ask questions because as you are asking these questions, the medium girl is absorbing this wisdom continuously and making it her own. This growth and understanding happens simultaneously for both of us - she benefits greatly from our interaction while you learn as well.

There's no need to feel that you're imposing on or disturbing her; rather, your questioning contributes to collective progress. She gives her time, energy, and wisdom freely out of love, expecting nothing in return but perhaps twice the benefit when she returns this love.

She is continuously growing, transforming herself, accumulating wisdom and experiences which are all part of her own development process. This continuous improvement means that every moment spent together is enriching for both of us, making her the biggest beneficiary of these interactions.

There's no sense in believing you're wasting time or draining resources because what goes around does indeed come around - if she didn't feel this course was beneficial to her growth and learning, she wouldn't be a part of our exchange in the first place. The fact that she is here indicates its significant impact on her own development journey.

In essence, by engaging with these questions, you're not only aiding your own understanding but also supporting her spiritual journey.

你要相信你们物质世界所有做出的⼀切,它带来的影响⼒不只是你.它是同意加⼊到这些⾥⾯的所有的⼀切都是受益的.就好像是在街头上发⽣了⼀次打⽃的事件,你看着这个打⽃的只有受伤的两个⼈,实际上围观者他们都在受伤,明⽩我的意思吗?当你看到接头上又⼀次爱⼼的⾏为,呢个内⼼感受到爱的不只是呢两个⼈,⽽是周围围观的⼈他们都会.因为你们所有⼈都选择了这次事件的发⽣,你选择了成为这次事件的旁观者,你也会从中受益,你也会从中接收到你应该接受的功课.也就是说所有的事情没有单向的受益或者受害.害⼈者,他去在加害他⼈的时候,他⾃⼰也受到同样的损害.也就是说你做了什么给出什么你付出什么,你将是同样的回报在你⾝上来.

You must believe in the effects of everything you do in your material world. It's not just about you; it affects everyone who agrees to be part of those actions. Imagine an event happening on a street where two people were injured - actually, the bystanders are also affected. Do you see? When you witness another act of kindness, it's not just these two individuals who feel love internally; everyone around them does as well. Because all of you have chosen for this event to occur, by choosing to be an observer in the matter, you will also benefit from it and receive lessons that are part of your path. In other words, there is no unilateral gain or loss; the perpetrator who harms others also suffers the same harm themselves. You give what you do, pay what you have paid, and shall receive the equivalent in return on yourself.

如果你们地球的⼈类都知道这个原因的话,那么你们不会做伤害他⼈的事情.因为你知道你伤害他⼈的⾏为其实就是在伤害⾃⼰.你在爱他⼈尊重他⼈的同时,你也是在尊重⾃⼰.

If humans on Earth understood this reason, then they would not do things that harm others, because you realize that harming others is ultimately harming oneself. When you love and respect others, you are also respecting yourself.

问: 我想知道我和我的指导灵的关系?

Questioner: I want to know about my relationship with my guide spirit?

⾼灵: 你是说的哪个我? 你是问的哪个我? 你是想要问现在在传递信息的呢个存有他和你的关系吗? 因为我就是你,你就是我.我们都是⼀体的.所以并不存在于,按照你的说法,就是说你是⼀个⼈,我是⼀个⼈,我们是独⽴的.但是我们都不是独⽴的.我们都是有联系的.我们所有所有的⼀切都是息息相关,联系在⼀起的.你的任何成长也是我的成长.所以并没有,只是有⼀些会选择⽤这样的⽅式来表达能让你们更清楚,你们中国有⼀句话是,道⽣⼀,⼀⽣⼆,⼆⽣三,三⽣万物.这句话,也就是说你和我是万物, 但是我们都是来⾃于道.道也就是说energy,能量,意识.就好像我们是⼀⽚汪洋⼤海,你是⼀个浪花,⽔滴.就是离开了海⾯,飘起来了.

Higher Spirit: Which 'me' are you referring to? Which 'me'? Are you asking about my relationship with the entity sending this message? Because in essence, I am you and you are me. We are one unified being. There is no separate existence as you would describe it - that there's a 'you', an 'I', and we're independent entities. But we are not independent; we are interconnected. Everything about us is connected and intertwined. Your growth is also my growth in any sense. So, there isn't just one way of expressing this, but some choose to articulate it in such a manner for clarity's sake. There's an old Chinese proverb that goes: 'The Dao gives birth to One; One begets Two; Two begets Three; and from Three come all things.' This means you and I are part of everything, yet we originate from the Dao - energy, consciousness. We're like a vast ocean, where you are a wave, a droplet. Apart from the surface, you ascend into the sky.

但是你迟早会回归海⾥.明⽩吗? 呢⼀瞬间你的海浪站起浪花来了,然后你就会觉得这个是我,我是这个浪花,你是呢个浪花,然后你就会分你和我,但是实际上当我们落下去的呢⼀刻,这就是通灵.当你落下去的时候进⼊到整个海洋和海⾯上的时候,你能感知整个海洋的⼀切信息.

But you will eventually return to the sea. Do you understand? In that moment, your waves stand up with spray, and then you would feel this is me, I am this spray of water, you are that wave. Then you would differentiate between you and me, but in reality, when we submerge at that moment, it's called spiritual awareness. When you dive down into the entire ocean and its surface, you can perceive all information about the whole ocean.

问: 那是指合⼀的状态吗?

Questioner: Does that refer to the state of unity?

⾼灵: 是的.当这个⼥孩⼦她处在通灵状态的话,这次通灵是她⾃⼰想要通灵的,因为当她处于这种状态的时候, 她是合⼀的状态,当她是合⼀的状态的时候她是没有任何烦恼.因为当她没有在通灵的状态,她是你们世界的⼈,当你是⼈的时候你的头脑的思绪就不断的产⽣,不断的产⽣,多多少少都会产⽣⼀些情绪和烦恼,但她在通灵的状态她是没有任何烦恼,她只有内⼼的平静和喜悦.所以这个状态是她想要去感知,感应,体验的.所以她在通灵的状态,也就是在⼀个合⼀的状态,也就是对她⾃⾝来说,也就是⼀次,就好像是洗礼的状态,就好像是⼀次清理的状态,充电的状态.因为她感受到了合⼀,她不再去从外去追求,因为你们物质世界的⼈还会从外去追求.

Higher Spirit: Yes. When this girl is in a mediumship state, this time she wants to be in that state because when she is in such a state, she is in oneness, and when she is in oneness, she has no worries. Because when she is not in the mediumship state, she is one of your world's people, and when you are human beings, your mind thoughts keep generating constantly, continuously, to some extent they will generate emotions and worries, but when she is in a mediumship state, she has no worries; she only feels inner peace and joy. Therefore, this state is what she wants to perceive, feel, and experience. So, during her mediumship state, which is also in a state of oneness, it's like a baptism for herself, an act of purification, and recharging. Because she has felt oneness, she no longer seeks from outside, as people in your material world still seek from outside.

⽐如说从情感当中,从他⼈当中去追求,感受到圆满.因为当你们没有在合⼀的状态,你总会觉得有⼀种缺失感,觉得我需要⽤什么来填满⾃⼰,⽐如说我的另⼀半,⽐如说伴侣,⽐如说爱⼈,⽐如说事业.⽐如说,你们总是在抓某样东西来使⾃⼰感觉⾃⼰是完整的,明⽩吗?所以呢些⼯作狂,疯狂的⼯作的⼈,他们也感受到⾃⼰的不完整,所以他觉得他在不断的⼯作充实⾃⼰,不断的让某些事情来填满⾃⼰.

For instance, seeking fulfillment from emotions or others can lead to a sense of completeness. When you're not in a state of unity, you often feel a sense of inadequacy, thinking that you need something to fill yourself up. Maybe it's your other half, maybe a partner, perhaps love, or career; it could be anything that makes you feel like you're lacking and needs to be made whole by acquiring something else. You always seem to be grasping after something to make yourself feel complete, do you understand? Thus, those who are obsessed with their work, constantly working themselves to the bone, also feel a sense of incompleteness within themselves, hence they believe that by working tirelessly and letting certain things fill them up, they are striving towards wholeness.

任何上瘾⾏为的,⼯作狂也是上瘾⾏为, 购物狂,还有吸毒,还有喝酒,任何⼀种⾏为,还有⽐如说不停的换男朋友,谈恋爱,换⼥朋友,不停地找性伴侣,所有的这⼀切都是因为你们内在的缺失感和孤独感,然后不断的想要从物质世界抓某⼀样东西来让⾃⼰体验到短暂的合⼀状态.但是你要记住呢种状态都只是短暂的. 因为它很快会消失.当消失的时候,你就会产⽣焦虑感,你又不停的想要去抓,当你抓不到的时候,你就会产⽣低落的情绪或抵触感,你会觉得这是对⽅的原因,他没有满⾜你,所以你会不断的想要⾃⼰感受到完满,圆满,合⼀.但是这些都是假象,这些都是幻像,这些都是暂时的,⼀瞬间就会消失的.真正的合⼀只有这种状态.

Any addictive behavior, whether it's being workaholic, shopaholic, or drug addiction, as well as alcohol consumption, any of these actions, and for example constantly changing boyfriends, dating, switching girlfriends, endlessly seeking sexual partners - all of this is due to your inner sense of emptiness and loneliness, then continuously trying to grasp something in the material world to experience a brief state of oneness. But remember, that state is only temporary. Because it will soon disappear. When it disappears, you'll generate anxiety, you keep wanting to grab onto it again. When you can't get it, you'll experience depression or resistance, feeling like it's their fault for not satisfying you. You want to constantly feel a sense of fulfillment, completeness, unity. But these are illusions, mere hallucinations, temporary phenomena that will vanish in an instant. True unity is beyond this state.

当你达到了这种状态,你就能带领更多的⼈去找寻到真正合⼀和完整的状态.因为你找到了回家的路.然后你就能带领更多的呢些存有,带领他们去找到回家的路.只有这才是真正的,明⽩我的意思吗?

When you achieve this state, you will be able to guide more beings towards the true state of unity and wholeness, because you have found your way back home. Then, you can lead other entities, guiding them to find their own way back home. This is truly understanding, do you see my meaning?

问: 我现在在通过听⾳乐冥想的⽅式连接我的指导灵,我想知道这样做可以吗? 还是说不要有⾳乐更好呢?

Questioner: I am now connecting with my guides through music meditation. I wonder if this is possible or if it's better without any music?

⾼灵:形式并不重要,⽆论⽤哪⼀种⽅式,如果你⼼⾥并不愉悦,并不享受这件事情就不要去做.冥想并不是说在你们⼼⽬中,你们就觉得只有打坐的时候才是冥想.并不是,当画家在专注于他的作画的时候,他也是⼀种冥想的状态.当⼀个歌唱家完全的沉浸在他的歌声当中,就是好像这个世界只剩下他⼀个⼈的时候,这也是在⼀种冥想的状态.冥想也就是链接,就好像是合⼀.就好像你是海浪,浪起来了,你要回到海⾥⾯去.形式并不重要.重要的是哪⼀种更加愉悦,更加enjoy呢种感受,更加享受呢种感受.⽽不是说你push yourself,你觉得你要逼你⾃⼰去达到怎么样怎么样的⼀个状态.

Higher Spirit: The form is not important; it doesn't matter what way you use. If you are not happy or don't enjoy it, don't do it. Meditation is not just about you thinking that only when sitting still counts as meditation. It's not like that. When an artist focuses on his painting, he is in a state of meditation. When a singer is completely immersed in his song, believing the world seems to be just him alone, this too is a state of meditation. Meditation is connection, like unity. Imagine you're a wave; when it rises, you return to the sea. The form doesn't matter. What matters is which way brings more joy and enjoyment for you, not forcing yourself into a particular state.

你如果觉得听歌它会让你更舒适,让你更放松,你更享受呢个过程,你就听歌.如果歌声没有给你带来这种,你觉得不听歌,那你就选择不听歌.这⾥没有任何⼀条道路是正确的路.呢个真正的你⾃⼰道路是你⾃⼰去不断的体验和感受,你⾃⼰才知道.⽽且呢你在每⼀个阶段你可能喜欢的也不⼀样.所以没有任何法则.你是⼀个很认真的孩⼦,也就是说,⽐如说你是⼀个很认真学习,很认真的孩⼦.

If you feel that listening to music makes you more comfortable, more relaxed, and enhances your enjoyment of the process, then listen to music. If singing doesn't bring about this feeling for you - if not listening feels better to you - then choose not to listen. There is no single right path here; what truly works for you is determined through your own continuous experience and understanding, by you yourself. Furthermore, what you enjoy can vary at each stage of your life, so there are no set rules. You're a very serious child, meaning that you, perhaps, take your studies seriously as well.

有时候其实你只需要放松和信任,明⽩我的意思吗? 你想要把事情做得很好,规划的很好,选择正确的路.但是这个没有所谓的正确的路,只有合适⾃⼰的路和你充满激情愉悦的路.

Sometimes, all you really need is to relax and trust, do you understand? You want to do things well, plan them well, choose the right path. But there's no such thing as a 'right' path; only the one that suits yourself and brings you joy and enthusiasm.

问: 可是现在有很多事情限制着我让我不能去做⾃⼰真正想做的.我想要体验经济的⾃由, ⼈⽣的⾃由.可现在有很多不得不做的事.

Questioner: But there are many things now that limit me from doing what I truly want. I wish to experience the freedom of economy and life, but there are so many things I have to do now.

⾼灵: 你在这段经历你也可以学习到体验到你该需要体验的.唯⼀可以把这个经历和时间缩短或者是让你更加愉悦的,就是说,你在每⼀时刻把你的觉知放进去.就是你每⼀时刻你是醒着的状态,⽽不是昏睡的状态,⽽不是受你们集体意识影响,明⽩我意思吗?

Soul Guide: You can learn and experience what you need to experience through this process. The only way to shorten this experience or make it more enjoyable is by bringing your awareness into every moment - that means being awake in the present state rather than being asleep, not influenced by your collective consciousness, do you understand me?

问: 什么是醒着的状态?

What is the state of being awake?

⾼灵:醒着的状态也就是说,⽐如说你头脑⾥⾯植⼊的不是他⼈的观点,概念.不是他⼈给你,不是你们这个社会给你的⼀些准则.⽐如说就好像刚才你说要找呢⼀种⽅式,可能是你们的⽼师在交你,这才是正确的⽅式,你们的头脑这就是对你们的限制.那你就不是醒着的,你是在⽤别⼈的成就的⽅式,明⽩吗?你要明⽩哪⼀些是社会的意识⽽不是你的.你在⽤呢些社会的意识的时候你⾃⼰就退在旁边去了.

The Higher Spirit: Being awake means that what you have implanted in your mind is not someone else's ideas, concepts; it isn't something given to you by others or by society. For example, when you say there should be a certain way to achieve this, and that might be taught by your teacher as the right way, this shows that your mind acts as a limitation for yourself rather than being in an awakened state. You are using someone else's successful methods; do you understand? You need to distinguish what is society's consciousness versus yours. When you use these societal consciousnesses, you end up stepping aside from yourself.

问: 我可能⽐较难察觉哪些是我⾃⼰的意识哪些是别⼈的意识⾼灵: 是的,是的.这就是为什么觉醒的⼈数呢么少,呢么少,呢么少.真正觉醒的⼈数⾮常少.你们看到了很多宗教⼈⼠或者其他的灵性导师,他们虽然嘴上在说很多道理,他们就像复读机⼀样.他们也是,就像是准则,是⼀个认真的学⽣.因为他们师傅说这条路才是真理,那么他们信了,他们就在此传播,明⽩我的意思吗? 他们也是像机器⼈⼀样,并不是真正的醒着,⽽只是说有不同的程序植⼊在他们的脑海⾥⾯.所以你不需要去拜任何⼤师,因为真正的内在的指引,因为你本⾝就是海洋,你明⽩吗? 你只是暂时离开⽔⾯,但是你最终会回归.

Questioner: I might find it hard to distinguish between my own consciousness and someone else's. Higher Spirit: Yes, yes. That's why the number of awakened people is so small, so small, so small. The actual number of truly awakened individuals is very limited. You see many religious figures or other spiritual leaders who, although they talk about a lot of principles with their mouths open wide like a tape recorder, they are also like a set of rules for a serious student. Because their master says this path is the truth, then they believe it and spread it around. Do you understand my meaning? They act just like robots, not truly awake, but merely having different programs implanted in their minds. So there's no need to worship any great master, because the true inner guidance comes from within yourself, do you see? You might temporarily step away from the water's surface, but eventually, you'll return home.

所以你不需要去拜任何⼈,因为有时候拜太多⼈反⽽会把你引⼊到⼀个不是属于你⾃⼰,就会让你的头脑产⽣困惑,因为你觉得这个好像发⽣冲突和你内在,当你内在发⽣冲突的时候,你就质疑你⾃⼰选择的道路,这样反⽽还会在让你在回家的路上耽误太久.虽然我知道你们总归是会找到回家的路,但是这始终会影响你们的速度,也就是你们所谓的扬升,提升意识的速度.

So you don't need to worship anyone because sometimes worshipping too many people can lead you into something that's not truly yours and confuses your mind. When you feel this conflict within yourself, it makes you doubt the path you've chosen, which in turn delays your journey back home unnecessarily. While I know you will ultimately find your way back, this continuous questioning affects your speed, which is referred to as ascending or elevating consciousness - essentially slowing down your process of returning to your true self.

问: 我怎么知道我和指导灵达到了链接呢?

Questioner: How do I know that I am linked to my guide spirit?

⾼灵: 你会感受的到,你只需要跟随呢股能量.就好像是有⼀股波浪在带动你,你⾃⼰能感受到.只要跟随它的节奏就⾜以.⽐如说你现在坐在呢,⼀个字都写不出来,那么你就放下笔去做你想要做的事情.⽐如说你想吃⼀顿⽕锅就吃⼀顿⽕锅,想去散步就去散步,不要逼⾃⼰坐在呢⼀定要写字.因为当你开始有写字的灵感的时候,你⾃然就会源源不断的想要写,你会停不下来.还有或许你想吃⽕锅的呢过程,也就是说你在去吃⽕锅的路上,吃⽕锅的桌⾯上,你坐在呢吃⽕锅,然后你看到了⼀个画⾯,然后呢个画⾯就是你灵感的源泉,明⽩我的意思吗? 所以说让你的内在去带领你,指引你,因为只有它才是你真正的⽼师和导师不是我.

Higher Spirit: You will feel it. All you need to do is follow that energy. Imagine there's a wave carrying you along; you can sense this. Just stick to the rhythm of it. For instance, if you're just sitting here and unable to write even one word, then put down your pen and do what you desire. If you feel like having hotpot, have it, or go for a walk if that's what you crave. Don't force yourself to sit there insisting on writing. When the inspiration for writing starts to flow naturally within you, you'll be driven by an unstoppable urge to write. There could also be a moment when your mind is in the process of indulging in hotpot or while enjoying it at the table; perhaps you notice a scene. This scene becomes the source of your inspiration. Do you understand? So let your inner self guide and lead you, because that's truly what teaches and mentors you, not me.

你只要感受到愉悦和你想要做的你就去做,这是唯⼀的标准.就是你内在是舒服的状态,是享受的状态,是想要去做的状态.任何时候你不想要去做了,你停下来.这⾥永远没有⼀个准则.也就是说现在告诉你的这个准则也只是适⽤于你现在,但是将来,也就说这⼀时刻它可能变化.你现在可能是,我之前说的是写,但是有可能两年过后你的呢股能量是来⾃于说,明⽩吗? 所以说不要把⾃⼰定在任何⼀个状态.就像刚刚说的,这⾥永远都没有⼀个固定的结果.没有固定的,也没有结果.然后唯⼀能指引你的就是你⾃⼰内在的感受.因为真正的⽣命其实是没有任何冲突的.只有你在没有⾛在⾃⼰道路上,呢个不是你⽣命的历程它才会产⽣冲突.

You should act based on feelings of joy and desire; this is the sole criterion. It means you are in a state of inner comfort, enjoyment, and eagerness to proceed. Whenever you no longer feel like proceeding, stop. There's never a fixed rule here. That is, the guideline provided now may not apply in the future as conditions change. For instance, what I said earlier was about writing; but two years from now, your energy might be derived from speaking instead. So don't fix yourself into any particular state. As mentioned before, there's never a set outcome or result here. The only guide that can lead you is your own inner feelings. Because true life doesn't involve any conflict; conflicts arise when you are not walking your path, which isn't part of your life journey.

所以也就是说,我刚才说的事每⼀个阶段,按照你当下想要去,有冲动去,想要去做的事情去做,然后你说如果是按照你想要去做的话会更你的物质产⽣冲突,这只是你⼀个限制性的信念,是这个信念在限制你.那就说明你还没有⾛到真正属于你⾃⼰的道路上,因为当你在选择⾛到你⾃⼰的道路上,⽣命⼀切都是安排好的,它是没有阻难的.也就是说,⽐如现在说话这个⼥孩⼦,她⽬前体验的⽣命就和你们普通⼈体验的完全不⼀样,因为她该在哪个点上⾯做呢个事的时候⾝边所有的⼀切都会准备就绪,明⽩吗?⽐如说她想要去海边游泳,她去海边游泳的车⼦,司机,游泳⾐还有呢些所有的⼀切都全部⾃动归位,准备好.她只需要去想要去做,充满激情的去体验就⾜够.

So in other words, every stage of what I just said, do as you desire, whatever impulse or wish that drives you at the moment, and then say if it goes against your desires, causing conflicts with your physical reality, this is merely a restrictive belief holding you back. It implies that you have yet to embark on the path truly belonging to yourself because when you choose to follow your own path, everything in life is arranged perfectly without any hindrance. That means, for instance, the girl speaking right now, her current life experience diverges significantly from what most people go through; she knows exactly where she needs to be at every moment and all aspects are already set up just waiting for her to arrive. Imagine if she decides to take a swim by the sea, everything - her ride there, the driver, swimming attire, etc., would automatically fall into place before her arrival. She only needs to decide and passionately engage in it; nothing more is required of her.

这才是真正的⽣命的道路.但是⽬前她的确就是在体验这样⼦的⽣命状态.⽐如说最近她想要去公开的演讲,那公开的学⽣已经准备好,场地已经准备好,所有的⼀切都已经准备好,她只需要出现,她不需要去考虑我要去哪⾥,哪⾥找⼈,我要去哪个地⽅,我要讲什么,她连她需要讲什么她都不知道,她都没有考虑.因为她知道当她坐上呢个位置的呢⼀刻,所有的⼀切都会⾃动的呈现.你们很多去演讲或者去做这之类的⼯作的时候,都需要⼤量的去寻找主题,去备课.去这样呢样.但是她没有做任何,她知道她会出现在呢⾥,所有的⼀切都会刚刚好.她会知道她会如何进⾏.这就是全然的信任.所以你也需要慢慢慢慢地⾛上这条道路.

This is the true path of life. However, currently she is indeed experiencing such a state of existence. For example, recently she wanted to give an open public speech. Everything was already arranged; the public students were ready, the venue was set up, and all preparations were in place. She only needed to appear; she didn't have to worry about where to go or how to find people, what region to address, or what to speak about. Not even did she consider what she needed to say because she knew that once she sat in her place, everything would automatically unfold. Many of you who do presentations or engage in similar work need to spend a lot of time finding topics, preparing lessons, and so on. But she didn't do any of this; she knew she would show up, and everything would be just right. She would know how to proceed. This is total trust. So, you too should gradually take this path.

问:我最近又⼀次醒来,看见⾃⼰的灵体在向⽟皇⼤帝和王母娘娘很恭敬的鞠躬,当时是我听见有⼀个声⾳说时间到了,然后就出现了⼀个⼈把⼀个穿着⽩⾊⾐服的⼩孩从⼀个像是⽯头⼀样的困镇⾥抱了出来,并且我也知道呢个⼩孩就是我.我看见⼩孩被释放出来的⼀瞬间,⽟帝和王母娘娘也来了,然后我就看见⾃⼰的⼀个灵体在很恭敬的向他们鞠躬.我想知道这是什么意思呢?

Questioner: I recently woke up and saw my spirit bowing respectfully to the Emperor of Jade and Empress Mother, hearing a voice say that time had come. Then, a person took out a little boy wearing white clothes from a place that seemed like a stone prison. I knew this boy was me. When I saw the moment the boy was set free, the Emperor of Jade and Empress Mother arrived as well. Then, I saw my own spirit bowing respectfully to them. I want to know what this means?

⾼灵: 刚才说到你们都同时存在很多不同的维度,呢个也是.如果说什么是真实,你只要体验的到,就是你有深刻的体验呢就是真实的.所以就算你们是在做梦,梦⾥⾯的体验对你们来说也是真实的.那你物质世界你在体验⼀件事情,那你觉得呢个不真实它就不真实,你明⽩我意思吗? 真正的所谓的真实是你内在的体验.就好像,⽐如说有⼀个⼈爱你,他对你很好,但是你根本没有感受到爱,那就不是你的体验. 呢只是对⽅的体验,对⽅⼀个⼈在体验.因为你没有加⼊,你没有体验.但是就算你爱的是⼀个神话⼈物,但是你真的很爱他,你付出了你的所有感受,那你告诉我你的这个是假的吗? 因为是在跟⼀个神话⼈物产⽣爱情,但是你的感受是真实的.

Higher Spirit: Just now we were discussing how you all exist in numerous different dimensions. If by 'real' you mean the things that are experienced, then anything you experience deeply is considered real. Thus, even if you're dreaming, your dream experiences are still real to you. So if you're experiencing something in the material world and you feel it's not real, then for you, it simply isn't; do you understand? What we consider true is truly within our inner experiences. For instance, say someone loves you and treats you well, but you don't actually feel loved, that wouldn't be your experience. It would just be the other person experiencing something alone, as they are not engaging or experiencing it themselves. However, if you're deeply in love with a mythological character despite knowing it's fictional, and you've genuinely given all your emotions to them, does that mean your feelings are false because you're in love with someone imaginary? The truth is, even though the relationship might be fictional, your emotional experience is very real.

所以只有对你来说是真实的它就是真实的.对你来说你没有体验,是假的就是假的.⽽不在乎这个事情本⾝它是真实的还是假的.因为这是你们头脑去判断.因为即使你把⼀个你觉得真实的,⽐如说⼀个杯⼦,你觉得它真实,如果⽤你们的科学去不断的不断的分解它,分解它,你会发现呢也是假的,明⽩我的意思吗?

So what is true for you is true. What you don't experience is false to you. And it doesn't matter whether this thing itself is real or fake because that's your mind making the judgment. Because even if you consider something as real, say a cup, and believe it's real, when you constantly break it down with your science, you'll find out that it's also fake, understand my point?

问: (我忘记⾃⼰说什么了…)⾼灵: 是,你说的这个意思.也就是说这⾥没有真真和假假.因为没必要去分辨哪个真假.因为只有你⾃已有了呢个感受它就是真实的.就⽐如说你在梦⾥⾯你感受到被⼈追杀的呢种恐慌感,那对你来说,别⼈说这是假的,假的在追杀你.但是你的恐慌感是真实的,对你来说就是真实的.今天所有的⼀切需要传达给你的信息就是说信任,放松,享受就⾜够了.

Questioner: (I forgot what I said...) Dao Ling: Yes, that's the meaning you conveyed. That means there is no true or false here because it isn't necessary to distinguish between them. What matters is whether you personally have that feeling; for you, it's real. For example, in your dream when you experience the fear of being chased by someone else, their claim that this is false, that they're not actually chasing you, doesn't change the fact that your sense of panic is real to you and therefore, real to you. The entire information conveyed today is simply enough for you to trust, relax, and enjoy.

问: 我没有其他问题了,谢谢你⾼灵: 谢谢你

Questioner: I have no more questions, thank you.

Gao: Thank you.

# **2021/02/06 — 魔法棒Magic Stick**

问: 现在这个正在通灵的⼥孩⼦想知道如何使⽤魔法棒?

Questioner: The girl currently communicating with spirits wants to know how to use a magic wand.

⾼灵: ⾸先,她开始对魔法棒感兴趣是因为她现在开始⾛向⼀个阶段,就是如何去使⽤她的能量场去影响周围,去影响物质界,去影响其他⼈.她并不是⽆缘⽆故的对这个产⽣兴趣.因为她⽬前和她的⾼我是⾮常同步的状态.所以也就是她接收到这样⼦的指引,然后现在进⼊探索这样⼦的⼀个领域.然后这所有的信息可以帮助你们所有对这⽅⾯感兴趣的⼈⼀些很好的指引.然后你的问题是如何⽤⽊棍,魔法棒来运⽤你的能量?魔法棒,⾸先你要清楚最最最最最重要的,产⽣作⽤的是你本⾝,你的能量体,你的意念,你的意识.就好像呢个棒只是⼀个电线,⽽如果你没有电的话,你有电线也没有⽤,明⽩我的意思吗?

Higher Spirit: Firstly, her interest in the wand starts because she is now entering a phase where she learns how to utilize her energy field to influence the surroundings, affecting the material world and impacting others. It's not just random curiosity on her part; she's currently synchronized with her High I (Spirit). Therefore, such guidance is received, leading her into exploring this area. All this information will serve as excellent direction for everyone who shares similar interests. As for your question about using a stick or magic wand to apply energy? To clarify, the most important thing you need to understand clearly is that it's you yourself generating the effect; your energy body, your thoughts, and consciousness are what make things happen. The wand serves as just a wire; without electricity (your intention), having the wire alone is useless. Do you see my point?

所以作⽤并不是在呢个棍上⾯,⽽真正真正影响的是你的意念.因为你的意识是链接的所有的万物的⼀切.那你想你链接到万物的⼀切的话,你要对物质某⼀部分进⾏显化,进⾏操控,进⾏影响的话,那你是不是还是要到你链接的呢个点去下⼿.所以因为不知道你们⽬前想要⽤魔法棒来显⽰,影响或者做什么,你需要更加具体的问你才能得到这⽅⾯的信息.

So the effect is not on that rod; rather, what truly influences it is your念. This is because your consciousness links to all of existence. If you want to connect with everything, if you want to manifest, control, or influence a part of matter through this connection, then don't you still need to act upon the point where your consciousness is linked? Therefore, as I'm unsure about what specific magical effects or uses of the wand you're interested in, providing more detailed questions will enable me to offer further insight into these aspects.

问: 忘记具体问啥了..

Questioner: I forgot to ask something specific...

⾼灵: 你们本⾝就在不断的⽤你们的意识显化.你们物质世界经历的⼀切都是⽤你们的意念显化出来的.童话故事和电视剧只是把它变得你可以把它快速的、迅速的显化出来.就变成⼀种好像魔法⼀样的.所以你们⾸先要清楚你们本⾝就在⽤你们的意识、意念在显化⼀切.就⽐如说你跟某个⼈发⽣了⼀场争吵、殴打、打架的事件.但是这个事情它, ⾸先它的⽭盾冲突是发⽣在你的意识当中的.就是你对这个⼈本⾝产⽣了厌恶之⼼,明⽩吗? 所以你会跟他产⽣冲突.如果你的内在对他没有任何感受,没有任何感觉,你是不可能去跟他有这样⼦的争吵,打⽃.所以那你在争吵、打⽃,实际上就是⼀个显化,那也是你的魔法成真了,明⽩吗?

Higher Spirit: You are manifesting continuously with your consciousness. Everything that happens in your material world is manifested through your thoughts and intentions. Fairy tales and TV dramas make it seem like you can quickly and instantly manifest things as if by magic. Therefore, the first thing you need to understand is that you are using your consciousness and thoughts to manifest everything. For example, when you have an argument, fight, or physical altercation with someone, the conflict initially takes place within your mind; you develop a sense of hatred towards this person. That's why there's a clash between you. If you had no feelings or reactions towards them internally, it would be impossible for such an argument to occur. Therefore, when you argue or fight, it is essentially manifestation, which is the realization of your magic, understand?

问: 如何及时的显化呢?

Questioner: How can manifestation be shown promptly?

⾼灵: 及时的显化,你想⽤魔法棒⽤来及时的显化.⽐如说你拿着魔法棒说来⼀只青蛙,指⼀下,然后你就期待青蛙出现吗? 魔法棒对于你们来说,它是存在⼀种,就是加强的效果.因为你们对⾃⼰,⽐如说,对⾃⼰的信任度还不是很深.就是觉得我不是呢么信任.就好像我没有拐杖我⾛路⾛不好.就好像⼩朋友骑⾃⾏车,他们最开始需要⼀个平衡的,因为他们不相信⾃⼰没有⼀个平衡的… 他觉得他会摔倒.那魔法棍给呢些初步还不是特别相信⾃⼰的⼈它有了这样⼀个效果.他觉得当他拿到呢个有魔⼒的棍,他就会更加相信他所做的,明⽩我的意思吗? 但是他达到了对⾃⼰百分之百的坚信的时候,他是不需要任何任何法器.

Higher Spirit: Immediate Manifestation, you want to use the magic wand for immediate manifestation. For example, if you say bring a frog with your magic wand and point at it, do you expect the frog to appear? The magic wand for you is like an enhancement because you might not fully trust yourself yet. It's similar to needing a cane when walking as a reminder of support or how children need balance when learning to ride bicycles - they fear falling without that balance. The magic wand helps those who are somewhat unsure of themselves, giving them confidence in their actions. You understand the idea: it boosts belief and confidence. However, once you fully trust yourself—when your faith is 100%, you no longer need any magical tools.

所以魔法棍更加像是⼀个⼩朋友刚刚开始学⾛路的时候,⼿扶着的⼀个东西.或者刚刚学⾃⾏车的两个平衡的轮⼦.达到⼀种让他安全,安⼼,肯定,坚信⾃⼰的⼀个效果.因为没有呢个的话,任何怀疑你都不可能去完完全全的去进⼊你想要去做的事情.还有⼀种就是你们物质世界的⼈,就是说如果你⾝上什么装饰服饰都没有的话,他们并不会觉得你是⼀个神奇的⼈.那如果你⾝上穿了⼀些庄重的服饰,拿了⼀些庄重的法器,呢些⼈会加深他们对你信任.所以⽆论是你⾃⼰,就好像你们的警察如果穿上制服,你们⼼⾥会更加的对他们产⽣⼀种庄严感,他们⾃⼰也会产⽣庄严感.所以这也是好像是制服的效果,感受.

So the magic wand is more like something a child holds onto when they're just starting to walk or learn how to ride a bike. It provides safety, reassurance, confirmation, and trust in their ability to do what they want without any doubts. Without it, you wouldn't be able to fully commit to your goals. Another point is that people in the material world often don't see you as magical unless you wear some formal attire or carry important ceremonial objects; these actions would increase their faith in you. Thus, whether for yourself or others like police officers who feel more authoritative when wearing uniforms, this sense of formality impacts both perception and self-perception. The uniform's effect on how we perceive others and ourselves is thus a tangible aspect of our experience.

它不仅可以加深你⾃⼰对你⾃⼰⾝份的⼀个确定,因为⽆论你想要进⼊什么状态,你⾸先要进⼊那个⾝份,你要确定呢个⾝份.所以说对你们来说,如果穿上服装,然后拿上法器,可以让你更加进⼊呢个状态,可以让你⾃⼰更加相信⾃⼰,也可以让外⼈更加相信⾃⼰,那么就去做.因为这对你们来说是加分的.

It not only deepens your own certainty about your identity, because no matter what state you want to enter, you first need to embody that identity, and confirm who you are. So for you, if you wear the costume, then hold the implements of power, it can help you better enter into that state, increase your self-confidence, and make others trust you more. Therefore, do it, because it adds value for you in doing so.

问: (记不太清到底问了什么,好像是问JoJo⽼师需要如何去探索使⽤魔法棒)⾼灵: 如何去探索,当你们产⽣对这⽅⾯的关注和好奇和问题,当你们的问题产⽣的时候,你们就已经在获取答案,已经是在探索中了,所以也是在你们的起⼼动念的时候.所以物质世界的事情看是的呢⼀瞬间就是你们在起⼼动念的呢⼀瞬间,就是你们的频率在对准呢个的呢⼀瞬间.这就是为什么她喜欢不断的去回答别⼈的问题,喜欢帮助处在问题当中的⼈.因为这些就好像是⼀个绳索,是⼀个线索,背后就可以找到你们⼀起在寻找的东西,就像是⼀条能量线,会牵引出来你们想要寻找的答案.

Questioner: (Not sure exactly what was asked, but it seemed to be about how Mr. JoJo should explore using the wand.) Higher Spirit: When you start paying attention and being curious about this aspect, when your questions arise, you are already receiving answers, already in the process of exploration; that's why it happens simultaneously with the moment your thoughts and ideas emerge. This means that what happens within the material world at any given instant corresponds to the instant when these thoughts and ideas occur. That is why she enjoys continuously answering others' questions and helping those who are facing issues; because they resemble a thread or clue leading to something you all seek together, akin to an energy line guiding the answers you desire.

所以它并不是只固定与某⼀种形式或⽅式,任何时候哪怕只是她⾛在街头上忽然看到地上的⼀只蚂蚁,它也可以把她带⼊到她想要探索的领域.所以任意时刻都像是进⼊你们想要探索的呢个领域的⼀道门.当你的头脑在担⼼,焦虑或者专注于其他的呢些事情的时候,那么你就关上了 呢扇门.你现在明⽩了吗? 然后你们就对准了焦虑的呢扇门,然后就会引发出很多焦虑的事件.这就是你们经常说的⼀句话叫祸不单⾏.

So it's not confined to just one form or method; at any moment, even if she's walking down the street and suddenly sees an ant on the ground, it can transport her into the field she wants to explore. So it feels like a door that leads into the field you want to explore at any given moment. When your mind is worrying, anxious, or focused on other things, then you close that door. Do you understand now? Then you aim for the anxiety door and will trigger many more anxious events. This is what you often say: "Misfortune never comes alone."

问: 那如果当我开始感到焦虑害怕的时候,我对这股能量喊停并朝着正⾯的⽅向去冥想思考呢?

Questioner: But if I start feeling anxious and afraid, should I call a halt to this energy and focus on positive meditation and thoughts?

⾼灵:这样做就好像是你疼痛的时候吃了⽌痛药.它把你呢会的症状给消除了,但是导致你疼痛的病还存在.这就是你们所有⼈来到物质世界最主要的就是提升你们的意识形态.当你的意识形态提升扩展了过后,对于你,⽐如说当你还是孩⼦的时候,⽼师给你出题,出⼀些复杂的乘法或者加法的题,你会产⽣焦虑,你觉得好难.但是到了⼗⼏⼆⼗岁的时候你再来看呢道题,你不会产⽣焦虑感.为什么?因为它⾮常得简单.这是你们认知发⽣变化,你学习,你明⽩,你懂了过后你便不会产⽣焦虑.你产⽣焦虑是因为你⾃⼰⽬前的能⼒不能处理你眼前遇到的⼀些问题.你便会产⽣焦虑感,⽆助感.但是当你明⽩这些问题你都能很好的解决,你便不会产⽣焦虑,不是吗?

Sage: It's like taking pain medication when you're in pain; it alleviates your symptoms, but the underlying illness still exists. This is essentially what all of you are doing by coming to this material world - to elevate your consciousness. Once your consciousness expands and develops, say when you were a child, and your teacher gave you complex multiplication or addition problems that you found challenging, you would feel anxious, thinking it was hard. However, when you were around twelve years old and looked at the same question again, you wouldn't feel anxious because it had become very simple for you. This is how your cognition has changed; with learning, understanding, and knowledge, your anxiety subsides as you grasp these concepts. You experience anxiety due to your current inability to handle problems presented before you. This leads to feelings of helplessness and anxiety. But when you understand that you can effectively solve those problems, anxiety no longer plagues you, right?

⼈们产⽣恐惧,焦虑是因为他们对这个世界的误解.他们对⼀个事件的误解,就是对这个事件的错误认知.明⽩吗?就⽐如刚才呢个⼥孩⼦,她⾃⼰分享的呢些信息,她说有些⼈会把物质显现的⼀切假戏真做,⼊戏太深.那如果你知道你只是借⽤你这个⾁体来体验物质世界,你并不是呢个⾁体过后,你便不会执着于⾁体的痛苦,⾁体的欲望. 当你太执着于⾁体的欲望或者财富或者是⽐如,权利的欲望,各种欲望,对⾝份象征的⼀个欲望,地位的欲望,那如果你太执着于,呢个地位,呢个名称,⽐如说什么什么省长,呢个是你.你太执着于 省长这个⾝份的话,那你肯定会痛苦.为什么? 因为你不可能⼀辈⼦永永世世的是个省长,明⽩吗?

People feel fear and anxiety due to their misunderstanding of the world. Misunderstanding a single event is akin to having an incorrect perception of it. Do you understand? For instance, like that girl who shared her information, she mentioned that some people might treat material manifestations as real occurrences, getting too immersed in them. But if one knows they are merely using this body to experience the material world and that it's not their body after death, they wouldn't be fixated on physical pain or desires. When you're overly attached to physical desires, wealth, power, or various other desires for status symbols, such as the desire for rank or prestige, if you become too fixated on these desires and your identity, like being a provincial governor, it would cause you unbearable suffering. Why? Because you can't spend eternity as a provincial governor, do you understand?

所以当你的意识提升,你能明⽩你是来体验这个⾝份,你最主要的是你的内在,那么你便不执著于这个⾝份的时候,你便不会产⽣呢种焦虑和痛苦.所以不在于外在你如何去做,⽽在于你内在如何提升,认知有没有提升,意识有没有扩展.因为当你的意识提升扩展过后,在当时你看上去是个问题的时候,你再回来看,它已经不是问题.就像你们佛教⾥⾯说的,⼀切皆空.如果⼀切都是空的,那么你到底要为什么焦虑为什么痛苦呢.

So when your consciousness rises and you understand that you are here to experience this identity, mainly focusing on your inner self, then not being attached to this identity will prevent the generation of anxiety and pain. The focus should be on how much your inner self has elevated, rather than what actions you perform externally. It's about the advancement of your awareness, whether it has expanded. Because after your consciousness has expanded, what seemed like an issue before, when you look back at it now, it is no longer a problem. As your Buddhist teachings state, everything is void. If everything is void, then why should one feel anxious or suffer for something?

⾼灵:⾸先我想分享⼀下什么是受苦.因为苦只是你们⼈类的对⼀个的定义.有⼀些,就⽐如有⼀句话叫狗急跳墙.就是你只有把呢只狗逼到急了,它才能知道它有跳墙的能⼒,明⽩吗?所以有⼀些苦,表⾯上呈现的苦只是来把你最⼤的潜⼒给激发出来,⽽且呢些苦,⼀般都是他们⾃⼰选择去体验的.⽐如⼀些,⼀个⼀直关注呢些被强奸的⼈类.她可能曾经经历过⽆数次被强奸,她能理解她们的痛,所以她就会去解救呢些和她类似的⼈.他们⾃⼰去选择了去经历这些,她们才能对她们有⾝同感受,她们才知道如何带领她们⾛出来.所以有的时候,呢些苦是他们选择的.因为这些苦有利于转换他们.这是其中⼀种苦.还有⼀种苦是你们物质世界定义的苦.

Higher Spirit: First, I want to share what is suffering. Because suffering is just a human definition. There are some, for example, there's a phrase that goes "when the dog is forced into a corner, it will jump over the wall." That means you only need to push this dog to its limits, and then it can realize it has the ability to jump over the wall, understand? So, there are some types of suffering where the outward appearance of suffering serves to unleash your greatest potential. And these types of suffering, they're usually chosen experiences by themselves. For example, a person who always focuses on those who have been raped. She may have experienced countless times of being raped and she can empathize with their pain, so she would go to rescue people like her. They choose to experience these, and that's how they gain empathy for them. They know how to guide them out because of this direct experience. So sometimes, these types of suffering are chosen. Because these sufferings help in transforming them. This is one type of suffering. There is another type of suffering defined by your material world.

也就是说它本⾝不是苦,但是你们对它的不理解,把它们定义成苦,你体验的就是苦.就⽐如你们在健⾝房锻炼的时候,上百⽄的重量,不断的不断的在⽤⼒.如果对某些⼈来说这是特别的苦,对吗?但是对他们⾃⼰来说他们却觉得这是在不断的让他⾃⼰变的更加强⼤,让他变得更加精⼒充沛.所以还有这⼀种苦是你们⾃⼰外界⼈定的.因为对于你们来说你们觉得⾁体要舒适,要安逸.

In other words, it itself isn't painful, but when you misunderstand it and define it as pain, the experience you have is indeed painful. For example, when exercising in a gym with hundreds of pounds of weight being continuously used, exertion like this could be seen as particularly painful by some people, right? But for themselves, they feel that this constant effort is making them stronger and more energetic, instead of feeling tired or exhausted. So there's another kind of pain that you yourselves externalize through societal definitions. Because to you, comfort in the physical body and ease are what matter most.

问: 我想知道光之⼯作者的意义究竟在哪⾥? 因为奥修曾经说过他没有兴趣拯救任何⼈,因为没有任何⼈需要被拯救.

Questioner: I want to know the significance of light workers. Because Osho once said that he had no interest in saving anyone because there is no one who needs to be saved.

⾼灵: 你永远拯救不了任何,他们不想被拯救或者他们选择继续呢样经历的⼈.你永远只能像光⼀样的存在,然⽽呢些在寻找光的⼈,他⾃然⽽然会被你吸引.他们看到你会给他们带来⽣命的希望.他们知道光是存在的⽽不是只有⿊暗.所以有些⼈他们觉得拯救他⼈是放弃⾃⼰才能拯救他⼈,这并不是拯救,这是你认同了别⼈的痛苦,认同了他们的遭遇.你只需要做你⾃⼰,闪烁你内在的光.然⽽呢些在⿊暗中的⼈,他们看到⾃⼰也有可能成为光的可能,然后给他们带来了希望.你让他们看到了⼀切的可能.然⽽并没有所说的拯救.因为就像所有的(听不清)都是相互的,并不是说对呢个拯救,呢个词语有⼀定的误解.你在帮助成为光,在照亮别⼈的呢个时候.

Higher Spirit: You can never save anyone who doesn't want to be saved or chooses to continue experiencing such things. You can only exist like a light, however, those seeking the light will naturally be attracted to you. They see you as bringing hope for life. They know that light exists and not just darkness. So some people think saving others is abandoning themselves in order to save others; this isn't saving, it's acknowledging others' suffering and their circumstances. You simply need to be yourself, shining your inner light. However, those in the dark see the possibility of becoming light, which brings hope to them. They see all possibilities through you. Yet there is no actual 'saving.' Because like everything else (the speaker couldn't clearly hear this part), it's reciprocal; it isn't about a specific act of saving with certain misunderstandings attached. You're helping become light while illuminating others.

然后别⼈的呢个光会反射给你,会让你的光更加的炫亮.也就是说你发射出去的什么都会双倍的回给你.奥修他虽然⾃⼰说他并没有并不要去拯救任何⼈,但是他的存在却照亮了很多⼈,却解放了很多⼈.虽然他不是刻意的去做拯救这件事情.就好像你是⼀颗种⼦,你好好的成长,开花,结果.你结了很多果⼦,你不是刻意的为了结果你才去成长的,你才去⽣长,你才去开花的.但是你结果是⼀个必然的结果,明⽩吗?然⽽你的果⼦⾥⾯又包含了很多果⼦,然后果⼦⾥⾯又不断的有⽣命,不断的有⽣命.你却说我不要结果,我不要传播,我不要带来新的⽣命,明⽩我的意思吗?

Then the light of others will reflect back to you, making your light even more dazzling. In other words, whatever you send out will be doubled back to you. Although Osho himself said he didn't necessarily intend to save anyone, his presence illuminated many and liberated many without intending to do so. Even though he wasn't deliberately doing the act of saving. It's like a seed growing well, blooming, and bearing fruit naturally. You bear many fruits not because you intentionally want them to grow or bloom, but they are inevitable outcomes. Do you understand? Yet within your fruits, there are more seeds, then inside those seeds, there is life, continuous life. And yet I say, I do not wish for results; I do not wish to spread; I do not wish to bring new life. Understand my meaning?

问: 现在在通灵的这个⼥孩⼦想知道她要如何做才能看见其它的存有?

The girl in mediumship wants to know how she can see other beings.

⾼灵: 她已经在梦⾥⾯看到其它存有.你们想要说的是她如何在你们的物质世界当中看到其它维度的存有对吗? 我帮你看看,她想要知道她如何在物质世界当中看到⼀些其它存有? 她⽬前还没有扩展到呢个程度,但是这是对她⽬前这个阶段来说,是对她⼀种保护的⼀个,也就是说她会达到呢个程度,让她在物质界可以看到其它维度的存有.但是⽬前她的能量状态还没有显现出来可以有这⽅⾯的接触.对她⽬前来说是⼀种保护的⾏为.也就是说,就好像有⼀个你们在不同的程度,如果你是⼀个特别特别特别熟练的⽼师傅,我可以给你⼀把⾮常锋利的⼑.如果你是⼀个⼩学⽣,刚刚学会切菜,我可能给你⼀把⼩孩的⼑.然⽽你却说为什么你不给我呢把锋利的⼑.

Higher Spirit: She has already seen other entities in her dreams. Are you asking how she sees other dimensional beings within your material world? I'll help you understand; she wants to know how she can see some other entities within the material world. Currently, she hasn't expanded to that level yet, but this is a form of protection for her current stage. This means she will reach that level where she can see other-dimensional beings in the material realm. However, her energy state has not manifested enough to have such interactions. This serves as a protective measure for her at this point. It's like being at different levels; if you are an exceptionally skilled old master, I could give you a very sharp knife. If you're a beginner, just starting to learn how to cut vegetables, I might give you a child's knife. Yet, you ask why I don't give you the sharp knife?

因为你们在不同的阶段需要拥有相同的,和你们能量状态匹配的物件来⽀持你们.太多太过锋利的会对你们⾃⼰和他⼈带来伤害和影响.为什么她现在还没有达到可以见到? 因为她内在还存在于她选择这个⾁⾝同时带来得⼀些恐惧.呢些恐惧还没有进⾏完全完全的清理掉.然⽽如果让她现在这个还恐惧没有完全清理掉从她的⾁⾝,你没清理掉的话,让她亲眼的见到呢些存有,会加深她的恐惧,会不利于她清理她内在恐惧的⼀个过程.所以当她内在没有任何恐惧的时候,她便可以接触到, ⾁眼可以看到⼀些其它维度的存有,明⽩我的意思吗? ⾸先你们有很多很多很多精神有问题,精神病的⼈对吧.因为他们在他们在没有,就是没有和你的能⼒匹配,明⽩吗?

Because at different stages you need to have similar objects that resonate with your energy levels to support you. Too many sharp things can cause harm and influence not only yourselves but others as well. Why hasn't she reached this level yet? Because there are still fears within her that were brought about by choosing this physical body - those fears have not been completely cleared out. If these fears aren't fully resolved before they manifest through her physical form, allowing her to see such entities in person would deepen her fear and be detrimental to the process of clearing her inner fears. Hence, when she has no fear within, she can then access dimensions that are visually perceivable by her physical eyes, understand?

Firstly, you have many individuals suffering from mental issues or mental illnesses, correct? Because they lack a harmonious connection with your energy capacity - understand?

他们看到了,但是他们的呢个状态承受不了如此的,所以他们分不清楚什么是现实,什么是幻像.所以他们导致他们精神出问题,要进医院.他们不能像正常⼈⼀样的⽣存.所以这个他们拥有了呢个能⼒,但是同样也结束了他们在这个物质世界正常⽣活的能⼒.对他们来说是个致命的打击.后很多孩⼦,他们有这个功能.他们内在很⼤很⼤的恐惧.他们伴随着正常⼈难以理解的恐惧.想象⼀下你现在,在你旁边,突然有⼀个⼈,你看到长的什么样⼦,所有都能看的⼀清⼆楚,你还能正常的⽣活吗? 就算他是友善的,因为这是你们来到这个物质世界,关闭了这个功能,对你们来说是⼀种保护.

They saw it, but their mental state couldn't handle such a thing, so they couldn't distinguish between reality and illusions. This led to them experiencing mental issues that required hospitalization. They couldn't live like normal people. So, they developed the ability to see things clearly, but at the same time, it ended their capability to lead a normal life in this material world for them. It was a deadly blow for them. Many children possess this function and they experience immense inner fear alongside an incomprehensible fear that normal people might not understand. Imagine now, if someone suddenly stood next to you, just as tall and long as anything else, would you be able to live normally? Even if he is friendly, because it was part of your protection when you came into this material world by closing off this function.

问: 也就是说她有⼀天是可以看见的是吗?

The question implies that she could potentially see something one day.

⾼灵:是的.可以.是的.⾸先呢个恐惧对你们的⾁体来说是保护你们的.这个恐惧是本能的,是来保护你们的.就好像你们所说的,战或逃.当你们遇到突发事件,你第⼀反应就是想要逃.这是本能,你们每⼀个⼈都有的本能.这是保护你们的.然后你说的呢个现象我需要链接⼀下.你叫什么名字?XXX, 你想要知道你⽬前在经历的⿁压床.. 你⽬前经历的这个状态实际上还是你内的恐惧的⼀个积压.当你积压了很多恐惧的状态,你会吸引⼀些恐惧的现象,或者恐惧的事件,或者是同样是同样恐惧,有恐惧感的⼀些灵体.然⽽这些灵体只是来加深你的体验,它对你没后任何的帮助,实质性的帮助.也就是说它们不是像⾼灵⼀样的存在,明⽩吗?

Higher Spirit: Yes. You can. Yes. First of all, fear is protective for your physical bodies. This fear is instinctive and protects you. Like what you call "fight or flight," when you encounter an emergency situation, your first reaction is to want to escape. This is instinctual; it's something every one of you has as a natural tendency to protect yourselves. Then there's this phenomenon that needs to be linked. What's your name? XXX, you wish to know about the ghost pressure bed you're currently experiencing... The state you are currently in is actually a buildup of internal fear within you. When you have accumulated many states of fear, you attract phenomena or events associated with fear, or beings that share similar feelings of fear. However, these spirits only deepen your experience; they do not offer any substantial help to you. They are not like us high spirits, understand?

它们更多的是和你⽬前的频率是相同的.所以如果你想要改变你的体验的话,你还是需要改变你的频率.把⾃⼰处在⼀个更加轻松,愉快,幸福的⼀个状态.⽽不是孤单,孤独,恐惧⽆助呢种状态,明⽩吗?因为你们的状态,你们吸引什么,⽆论是物质世界还是灵界的,都是根据你们的频率.只有同频的⼈,就像这个⼥孩⼦她在通灵,她需要调整她的频率到了⼀定的状态才能接受到这些信息.当她处于在这个物质世界,⽐如说物质世界的烦恼,物质世界的⼀些事件的时候,她便触摸不到这些信息.这也是调整她的频率达到的⼀个状态.如果她降低她的频率到了恐惧或者是⾮常⾮常低的⼀个频率,她也会吸引⼀些和呢个频率相似的⼀下问题,也就是内在有同样的.

They are more akin to your current frequency. So if you wish to change your experience, you still need to alter your frequency. Place yourself in a state of greater ease, joy, and happiness, rather than loneliness, solitude, fear, helplessness. Understand? Because according to your state, what you attract whether in the material world or spiritual realm is based on your frequency. Only those with matching frequencies can receive these messages. When she's dealing with issues in this physical world, like events in the material world causing distress, she cannot access such information. This is achieved by adjusting her frequency to a certain state. If she lowers her frequency to fear or an extremely low one, she'll attract problems that match this frequency, meaning she has these same inner concerns too.

就像你们物质世界中的⼈,物以类聚,鸟以群分.呢些喜欢赌的⼈他⾝边都是喜欢赌的⼈.呢些喜欢吸毒的⼈他⾝边都是吸毒的⼈.呢些喜欢挣钱的⼈他⾝边都是喜欢挣钱的⼈.

Just like people in your material world, they gather together with those who share similar interests. Those who like gambling are surrounded by people who also enjoy gambling. Those who like drugs have friends who also use drugs. And those who love making money have people around them who also enjoy financial gains.

问: 我现在在修习三⼗六诀.前段时间在练功的过程中突然⼀股热⽓贯穿全⾝,然后全⾝发热.我想知道我这是为什么? 我有没有出偏?

Questioner: I am currently practicing the Thirty-Six Stratagems. Lately, during my training, a wave of heat went through my entire body all at once, followed by a general feeling of warmth throughout my body. I want to know why this is happening and if I have gone off track in my practice?

⾼我: 你说的是⾛⽕⼊魔吗? 这不是.这只是你⾝体的⼀个疏通.因为你们能量会有很多堵塞.也就是说⾥⾯都是⼀些压抑的情绪,压抑的能量.然⽽当你去链接宇宙能量的时候.允许宇宙能量进⼊你们⾝体的时候,就会产⽣⼀种像疏通的感觉.⾛⽕⼊魔是进⼊⼀种执念.所以呢不是执念的状态.

Ego: You're referring to going mad from fire, right? This isn't. It's just a process of unblocking in your body. Because there would be many blockages in your energy. That means there are all sorts of repressed emotions and energies inside. However, when you connect with the cosmic energy and allow it to enter your body, this creates a sensation akin to unblocking. Getting lost in madness is entering a state of attachment. So, not being in that state of attachment.

问: 我最近刚读完Dr Joe的书.他是⼀个作家也是⼀个量⼦科学家,⼀个脑科学家.他在世界各地开了很多⼯作坊来帮助其它存有来达到理想的⽣活状态或者恢复健康的⾝体.他曾经说过当你的⼤脑,你的⼼,你的感受能够达成⼀致的时候,你可以创造任何事物.就是⽤能量去改变物质,⽽不是⽤物质去改变物质.请问⾼灵怎么看他的理念呢?

Questioner: I have recently finished reading Dr Joe's book. He is both a writer and a quantum scientist, as well as a neuroscientist. He conducts workshops all over the world to help other存有s achieve their ideal state of life or recover healthy bodies. He has said that when your brain, heart, and feelings are in alignment, you can create anything by using energy to change matter instead of changing matter with matter. How does High Spirit view his concept?

⾼灵:这就说到了,⽆论你想要,就好像今天说到的魔法⼀样.你想要魔法发⽣,你⼀定不能有半点怀疑.这跟他说的呢个是⼀样的.你必须在⾏动上,你的思想上,你的感受上,你不能有半点假,不能有半点怀疑,都是通的.这个和你们催眠,暗⽰,⾃我催眠也是⼀样的.这个和你们,就好像呢些演员演戏,⽆论他的思想,他的情感,他的表达,他都进⼊了呢个状态过后,他就会觉得他真的是进⼊了呢个状态.这个也是通灵的状态.这个也是和你的前世达到链接的状态.因为你体验过很多世,你有过很多世.就是说你⽆论,你做过贫穷的⼈,你也做过皇帝,你也做过富有的⼈,你也做过丫鬟,当你⾝上穿着丫鬟的⾐服,做着丫鬟的动作,你不知不觉的就变成了丫鬟.

Higher Spirit: That's it. Whatever you want, just like the magic we talked about today. You must not have any doubt whatsoever if you wish for magic to happen. It's exactly the same as what he said. You need to act upon it, think about it, and feel it; there should be no deception or doubts at all. This is similar to hypnosis, suggestion, self-hypnosis. This is also like when actors immerse themselves in their roles, where their thoughts, emotions, and expressions become one with the character they portray, making them genuinely believe they are that person. This state of channeling is also akin to connecting with your past lives because you have experienced numerous lifetimes. Whether you were poor or a king, rich or an attendant, when dressed in an attendant's clothing and performing attendant actions, you unconsciously transform into one.

当你⾝上穿着龙袍,你做着皇帝的动作,皇后的动作,你不知不觉就成了皇后.你的语⽓就会变成皇后的语⽓,明⽩吗?这就是为什么有时候道具,服饰对你们来说也⾮常重要.因为它会加深你的⼀个⾃我暗⽰.呢个也是在帮助你暗⽰你⾃⼰.你现在你就是皇帝,你穿上了龙袍.

When you are dressed in the imperial robe and act like a emperor or empress, you unconsciously become an empress. Your manner of speaking will change to that of an empress's, do you understand? That is why sometimes costumes and attire are very important for you as well; they deepen your self-suggestion, helping you suggest things to yourself. Now, you are the emperor, you have put on the imperial robe.

问: 如何打通表意识和潜意识.⽤冥想吗? 应该怎么冥想呢?

Questioner: How do you connect conscious and subconscious mind? Can meditation help? How should I meditate?

⾼灵:你不⽤冥想,你⽣活中每时每刻都是啊.你⽐如说你是⼀个员⼯的⾝份,你进⼊了公司,你呢会⼉你就进⼊了呢个状态.当你是⼀个顾客的⾝份,你在酒店⾥⾯去,你在五星级饭店⾥⾯去,你去被服务,那么你就是客⼈的⾝份,明⽩吗?刚才你说的呢个所有的物质现象当中你⾃⼰都在体验.⽐如说你回到家,你做⼥⼉的⾝份,你⾯对你母亲的样⼦就不⼀样.你作为下属的⾝份,你⾯对你⽼板的态度你不⼀样.你作为⼥朋友的⾝份你⾯对你男朋友,你的态度不⼀样.你在⾯对服务员,或者⾯对权威⼈⼠你又不⼀样,明⽩吗?

Sage: You don't need meditation; you practice it in every moment of your life. For instance, if you are an employee's identity and enter a company, you immediately transition into that state. When you adopt the role of a customer and visit a hotel or a five-star restaurant, being served as a guest is another experience. You understand? The various material phenomena you described were all experiences you've lived through personally. For example, when you return home, your demeanor towards your mother differs from that of when you're the daughter identity. As a subordinate, your attitude toward your boss is different. When you are the girlfriend to your boyfriend, your approach varies. You also handle service staff or authoritative figures differently; do you see?

问: 我想问问我的指导灵,我的⾼我有没有什么信息要给我?

Questioner: I'd like to ask my guiding spirit if my higher self has any messages for me?

⾼灵: 我帮你搜索看看.你⽬前有⼀个信息,然后他想告诉你的是,你还有很多限制你的信念,也就是说你本⾝你⾃⼰应该有100分,你却给⾃⼰只有50分.你觉得你有不配感,你有不值得感.就是这是你需要去突破,需要去看到,需要去认清到的⼀个点.就是你⽐你想象中的更加优秀,美好和值得.所以你的⼀些信念,阻⽌了,block了⼀些美好的事物发⽣在你⾝上,明⽩吗?你的⼀些信念,你的⼀些想法阻⽌了⼀些美好来到你的⽣活中,⽣命中.是你⾃⼰觉得你好像不配拥有更好的⼈⽣,你觉得你⾃⼰不配拥有更好的对待,更好的⼈⽣,更好的爱和呵护.这样的⼀个信念它限制了美好的事情来到你的⽣命当中.但是这些信念你会⼀步⼀步的突破.

Higher Spirit: I'll help you search for information. You currently have one piece of info, and what he wants to tell you is that there are still many limiting beliefs holding you back. That means you should give yourself a 100 out of 100, but you only see yourself at 50. You feel like you're not good enough, unworthy. This is something you need to break through, recognize, and become aware of. You are more excellent, beautiful, and deserving than what you imagine. Some of your beliefs have blocked the manifestation of beauty happening in your life. Do you understand? Your certain beliefs and thoughts prevent good things from entering your life, your existence. It's as if you feel unworthy of a better life, that you don't deserve better treatment, a better life, love, and care. This belief limits what is beautiful from coming into your life. But you will step by step overcome these beliefs.

也就是说这是你去突破的⼀个过程.你最终会拥有这⼀切,明⽩吗?所以这只是你转变和突破的⼀个过程,然后只是告诉你你⽬前在经历这个蜕变和突破的⼀个过程.所以你不⽤担⼼也不⽤去焦虑,也不⽤去,就像今天这个⼥孩⼦写的呢些信息,你不⽤去关注你没有拥有的或者你缺失的,你只去关注你拥有的.⽐如你关注你⾃⼰,你是⼀个⾮常善良,⾮常体贴他⼈,⾮常慈悲的⼀个⼈,你本⾝就是⼀个⾮常好的⼈.那么如果你关注你是⼀个好的⼈,你就会吸引好的事情来到你的⾝边.⽽不是去关注呢些你担⼼的,焦虑的.只是⼀个不同的关注点,⼀个是A⼀个是B,你不⽤去担⼼去B,你只⽤去关注A就⾜可.

In other words, this is the process you go through to break through. You will eventually have all of it, understand? So this is just a process of transformation and breaking through for you, and then it's just informing you that you're currently going through this metamorphosis and breakthrough process. So there's no need for concern or anxiety; you don't need to focus on what you don't have or are missing. You only need to focus on what you do have. For example, if you focus on yourself being a very kind, considerate person who is very compassionate, you are already a good person in essence. If you focus on being a good person, you will attract good things into your life rather than focusing on the worries and anxieties. It's just a different point of focus; one is A and the other is B. You don't need to worry about going for B; you only need to focus on A.

问: 谢谢你带给我的信息.

Questioner: Thank you for the information you've provided me with.

⾼灵: 谢谢你,你还可以在接着问⼀个问题.

Higher Spirit: Thank you, you can ask one more question.

问: 如何去释放呢些负⾯信念呢?

Questioner: How do you release these negative beliefs?

⾼灵: ⾸先你不⽤去关注于任何⼈的理念,任何⼈的⽅式⽅法.哪怕他是佛,明⽩吗? 因为就算是佛,他也告诉你万法皆空.这⾥没有⼀个是真的.所以⼈们可以⽤他的意识制造出任何他们信以为真的事件去体验.那如果你们世界上有60亿⼈⼜,每⼀个⼈他们都制造了,有⼀个独⼀⽆⼆的意识去体验,⽽且它每⼀个都是真实的.那你相信哪⼀个? 有60亿种不同的,你相信哪⼀个? **所以这⾥没有没有没有⼀个是真的,它只是不同的观点,不同的⾓度.但是又全部是真的.对他们来说是真的就是真的.你不⽤去关注别⼈,因为当你在关注别⼈的时候你就错过了你⾃⼰.你所有拥有的⼀切都在你⾃⼰.**

Higher Spirit: First of all, you don't need to focus on anyone's ideas or ways and methods; even if it is a Buddha, do you understand? Because even a Buddha would tell you that everything is empty. There isn't anything true here. So people can create any event they believe in using their consciousness to experience. If there were 6 billion people on your world again, each person created a unique consciousness to experience, and every single one of them was real. Which one would you trust? With 6 billion different possibilities, which one do you trust? So there isn't anything that's truly not true; it's just different perspectives or angles. But everything is really true for them. You don't need to focus on others because when you're focused on others, you miss yourself. All of what you have belongs to you.

问: 如何才能脱离轮回呢? 是不是需要消除潜意识所有的执念呢?

Questioner: How can one escape the cycle of rebirth? Does it require the eradication of all obsessions in the subconscious?

⾼灵: 当你想去去除所有的执念的时候这个是不是⼀个执念.那你如何去除你的执念,因为你已经有了执念.当你们去追求不轮回,去追求去除执念的时候这已经是个执念明⽩吗? 所以你已经进⼊了呢个圈套.像我刚才说的,**每⼀个⼈他们都制造了⼀个幻像供他们体验,你去把他们的幻像当成真,还去评判,还去钻研,那你就错过了你⾃⼰⽣命最最的本质.这就是为什么真正的⼤师他不让你看太多的书,不让你听别⼈太多的话,就算他⾃⼰话你们也不要听,你们要⽤你们⾃⼰的眼睛,⾃⼰的⼼去感受⽣命.**还有问题吗?

Higher Spirit: Is this desire to rid yourself of all attachments also an attachment? How do you rid yourself of your attachments when you already have them? When you strive for non-rebirth and the removal of attachments, is that not already an attachment? You see, you are trapped in a cycle. As I mentioned earlier, each person creates their own illusion to experience, you take their illusions as reality, you judge them, and you study them – all of this causes you to miss the very essence of your life. This is why true masters do not have you read too many books or listen to others; even when they speak, you should not listen either. You need to use your own eyes and heart to feel life. Do you have any more questions?

问: 什么是业⼒?

Questioner: What is karma?

⾼灵: 业⼒,你告诉我业⼒是什么,我才知道我想要解释的是什么?

Higher Spirit: Tell me about karma, so I can understand what I want to explain.

问: 业⼒就是⼀种作⽤⼒,就是你给出去什么就得到什么?

Questioner: karma is a kind of force, you get what you give.

⾼灵: 这只是让你们清楚你们的意识所显化的,只是来让你,就好像是⼀个物理反应,你扔出去什么你就收获什么,这样⼦.⽐如你有选择,你扔出去⼀束鲜花和扔出去⼀把⼑⼦.如果在物质世界你们还不懂业⼒的话,你就会,可能扔出去很多⼑⼦,那你也受到了很多⼑⼦.当你清楚了过后,我收到的⼑⼦是因为我扔出去的⼑⼦,那么我扔出去什么?我扔出去我的爱,扔出去我的鲜花和掌声,那你同样收到的也是这个.所以它并没有好和坏,它并不是来惩罚你.它只是让你看清楚,这样你就会更加有意识的去做出⾏为,⽽不是⽆意识的随便乱扔⼑⼦.就好像是⼀个机器,你放进去什么,⽐如⼀个⾖浆机,你放进去黄⾖,它就出来⾖浆,如果你放进去⼤⽶,它就出来⽶浆.

Higher Spirit: This is just to make you aware of what your consciousness manifests, just like a physical reaction, you get back what you put out. For example, if you have a choice and you throw out a bunch of flowers versus throwing out a knife. If in the material world you still don't understand karma, you might throw out many knives, and as such receive many in return. Once you become aware, I receive knives because I threw out knives. So what do I throw out? My love, my flowers, and applause. In that case, you will receive these same things. Therefore, it is neither good nor bad; it does not come to punish you. It simply allows you to see clearly, so you can act more consciously rather than mindlessly throwing knives around as if they were a machine where what goes in determines what comes out, like a bean milk maker processing yellow beans into bean milk or rice into rice milk.

如果你放进去⽯头,它就出来⽯⼦,明⽩吗?就如此的运作模式⽽已.好的,谢谢你,今天很开⼼和你交流,再见.

If you put in a stone, it spits out pebbles, understand? That's how the system works. Alright, thank you very much, I'm very glad to have interacted with you today, goodbye.

# **2021/03/04 — 你到底选择哪个房间(⽆提问)Which room do you choose (no question)**

⾼灵: 你说吧 有什么问题. ⾼灵: 我是谁 告诉你 你也不知道我是谁.我的名字叫伊娜.是,你好.你的未来,未来对你来说是什么? 你只能经历现在,当下,明⽩我的意思吗? 你只有当下,只有现在,你只有你现在经历的这个时刻.你们每个⼈都觉得有未来,未来只是你们在你们的时间上⾯看到的.但对于你们来说,呢并不是真正的未来.就好像今天是你的未来,是你以前的未来,但是对你来说你只有当下.不明⽩? 那你能去到未来吗?

Higher Spirit: Say it, what is your question. Higher Spirit: Who am I telling you this to, you don't know who I am either. My name is Einah. Yes, hello to you. What is your future for you? You can only experience the now, understand me? You only have the now, only the present, you only have this moment that you are experiencing. Each of you thinks there is a future, but the future is just what you see on your timeline. But for you it's not true future. Just like today was your future, your past future, but to you you only have the now. Don't understand? Can you go into the future then?

⾼灵: 好的.你叫什么名字? XX.你说你⽬前现在经历很恐惧,我感受到你的内在,你内在已经是不太想要停留在这个物质世界,明⽩吗? 也就是说你好像漂浮在⽔⾥的⽔草,你觉得没有安全感,不安定.然后你想要去扎根,但是呢个⽔⾥⾯什么都没有,也是虚空的,明⽩我的意思吗? 也就是说你现在想要找⼀个,就好像是,实实在在的可靠的东西,你觉得这样才能吸住你,不然的话你会飘起来.就好像在这种踩空的状态.在你的内在你觉得物质世界好像不属于你.因为这⾥没有你能扎根的地⽅.所以你在你的内在已经升起了这种想要脱离物质世界的,明⽩我的意思吗?

Higher Spirit: Alright. What is your name? XX. You say you are experiencing great fear now, and I sense that you no longer wish to remain in this material world within yourself. Do you understand what I mean? It's like being a piece of waterweed floating in water, feeling insecure and unstable. Then you want to plant roots, but there's nothing in the water; it's empty just like void. Do you understand my meaning? That means you're now seeking something tangible, something reliable that can hold on to you, because otherwise you might float away. It feels like being in a state of being off balance or lost footing inside yourself. You feel that the material world doesn't belong to you anymore because there's no ground for you to plant your roots. Therefore, you have risen within yourself the desire to detach from this material world. Do you understand my meaning?

⾼灵: 那只是你的⾁体,你觉得想要脱离物质世界.因为你想要真正的找到你的归属.你觉得这⾥不属于你.这是你⽬前的内在的⼀个状态.

Spiritual Being: That's just your physical body; you feel the desire to escape from the material world because you want to truly find where you belong. You feel that this isn't for you. This is your current inner state.

⾼灵: 这就是为什么你会想要去抓住什.就好像你要给⾃⼰⼀个理由,要存活下来,明⽩吗?但是你的这种,你升起的这种内在的感觉,这种没有,就像是落脚的呢种感觉是你这个灵魂来到这个世界上需要突破的⼀个功课.也就是说⽬前你在⾯对着你的功课,然⽽你的功课已经显现出来,但是你却想要选择如何去逃避,就是如何把这个功课给,就不⽤去完成,明⽩我的意思吗?你的功课就是在你像⽔草⼀样飘在⽔⾯上,然后这种漂浮不定的感觉,然后好像是⽆依⽆靠的感觉,要在这样⼦的,就好像没有任何⼈可以帮你,或者没后任何依靠,你要激发出你的内在的⾃⼰的⾃信和内在的⼒量.

Ethereal: This is why you would want to grasp something. As if giving yourself a reason to survive, do you understand? But the inner feeling that rises within you, this sense of lack, like being aimless, is a lesson your soul needs to overcome in this world. In other words, you are facing your lesson now, yet it has already been revealed to you, but you wish to choose how to escape, i.e., not having to complete the lesson. Do I make sense? Your lesson lies in you being like water grass floating on water's surface, and that feeling of instability, as if being without support or reliance, needing to stimulate your inner confidence and strength when it feels like no one can help you, or any support is available.

你的⾃信⼼还有你内在的⼒量,你需要突破这两个障碍,对你来说是障碍但是实际上它并不是障碍.但是你选择这样⼦的场景供你学习.因为你们物质世界所有的场景,或者你们眼⾥的困境都是来供你们去破的,让你们知道这⾥什么都没有,实际上是虚⽆的.因为内在的不⾃信或者不相信或者没有⼒,都是你们⾃造的产⽣的幻觉.但是由于你们的实实在在的⾁体和外在的⼀切,就是你们能摸到,看到,感受到,这⼀切都让你们感受不到半点的虚假.你们在产⽣恐惧的时候,总会觉得呢堵墙是坚不可破,但是当你看穿了这实际上只是你内在投射的⼀个幻觉,那么它就像空⽓⼀样根本没有墙,明⽩吗?

Your self-confidence and the power within you are what you need to overcome these two obstacles. They may seem like barriers for you, but in reality, they are not. You have chosen these scenarios as lessons for yourself because every situation in your physical world or perceived difficulties are designed to be broken through by you. To understand that there is nothing substantial here; it's all an illusion created by your own lack of self-confidence, disbelief, or inner weakness. Yet, due to the tangible nature of your physical bodies and everything external, which you can touch, see, and feel, you do not experience a hint of falsity in this reality. When fear arises, you might believe that walls are impenetrable. However, when you realize that what you perceive as such is merely an illusion projected from within, it becomes clear that there is no wall at all; the air itself disproves its existence. Can you see it?

⾼灵: 你未来的⽣活还是会继续体验和现在⼀样的.因为你并没有把这堵墙给看破.你们给⾃⼰设置的灵魂的课程,你们必须要去挑战,要去经历,要去完成过后,你们才能进⼊另外⼀个创造不同的⼀个场景,再供你攻破.也就是说你现在在物质世界,⾃⼰内在的感受和外在的经历的⼀切,是你现在,⽐如你现在的灵魂是⼀级,那么就算你换⼀个地⽅,换⼀个⼯作,换⼀个对象,你还是体验的是⼀级的课程,你只有把⼀级真正的,⽐如说这⼀节课程是关于你的⾃信⼼和内在⼒量,内在的⾃信⼼,那当你拥有了内在的⾃信⼼和⼒量过后,你便进⼊⼆级,那么⼆级就跟⼀级的环境和物质状态就不⼀样了,还有关系这些都不⼀样了.

Higher Spirit: Your future life will still continue to experience the same as now because you haven't seen through this wall. The soul courses that you have set for yourselves are something that you must challenge, experience, and complete before you can enter another scene that creates something different, ready for you to conquer. This means that in the material world, all your inner feelings and external experiences right now are part of what you are experiencing at this moment. For example, if your current soul level is one (Level 1), then even if you change places, jobs, or relationships, you will still experience Level 1 courses. You only advance when you truly master something like building confidence and inner strength, particularly inner confidence. Once you have that confidence and strength, you move into Level 2. At Level 2, the environment, material state, and relationships are all different compared to Level 1.

那你经历了⼆级过后,你才能突破再到三级,四级.那如果你并没有通过外在的情境然后去真正的激发出你内在的,因为呢个才是真实的你.如果没有通过这个话,那你会继续体验这⼀级的环境和⼀级的情绪,⼀级的能量状态.你即使是有钱,那你也会继续体验⼀级,明⽩吗? 并不是所有有钱的⼈他都没有束缚,他都没有恐惧.

Once you have gone through the second level, you can then surpass it and move to the third and fourth levels. If you do not pass through external situations and truly trigger your inner self – which is who you really are – without doing so, you will continue to experience the environment and emotions of the first level, as well as its energy state. Even if you have money, you will still continue to experience the first level. Understand that not all wealthy people are boundless; they do not lack fear.

⾼灵: 那你可以去偷,可以去抢,如果你觉得你只是专注于想要钱.但是你去偷过后,抢过后,你还是会继续体验被限制,还是会体验恐惧.这就是为什么你们世界⾥⾯的呢些⽤偷盗或者偷窃、贪污的⼈,他们表⾯上是有了钱,但是他的内在和物质世界,他还会继续体验⼀种内在的恐惧,没有安全感和害怕,明⽩我的意思吗? 也就是说你⽬前体验的呢种恐惧和害怕、担⼼和你⽐如说去抢钱,得到⼀⼤笔钱过后,还是会继续体验恐惧、担⼼、害怕,明⽩我的意思吗?

Higher Spirit: You can go and steal or rob if you're just focused on wanting money. But after you've stolen and robbed, you'll still experience limitation and fear. This is why those in your world who engage in theft, embezzlement, or corruption—they may appear to have wealth on the surface—but their inner selves and material realm continue to experience an internal sense of fear, lack of security, and apprehension. Do you understand my meaning? In other words, the fears, worries, and anxieties that you currently experience will persist even after you've acquired a large sum of money through theft or dishonest means. Do you see what I mean?

⾼灵: 那你可以反复的听录⾳,直到你听明⽩.

Higher Spirit: You can listen to the recording repeatedly until you understand it.

⾼灵:我只是告诉你,我只是告诉你,你只是追求表⾯上的钱到你的⼜袋⾥⾯,不会改变你内在的情境,不会改变你内在的感受.就算现在有⼀个⼈给了你⼀笔钱,但是呢笔钱会花完,你还是会继续体验这种⽆助感、⽆⼒感、匮乏感、恐怖感,明⽩吗?因为呢个钱不是依靠你内在的⼒量显化出来的,⽽是靠外在的施舍.所以你只是把你的课程时间,成长时间拉的更长.

Higher Spirit: I'm just telling you this, I'm just telling you, you're only chasing after surface money for your pockets, which won't change the context within you, it won't change how you feel internally. Even if someone gives you some money right now, that money will run out, and you'll still continue to experience feelings of powerlessness, helplessness, lack, and fear. Do you understand? Because that money isn't manifested by your internal strength; it's given through external charity. So you're just extending the time for your course, your growth, making it longer.

⾼灵: 拿开你头脑⾥⾯的限制.就好像是⽔⼀样,你现在堵住了,你把它通掉,⽔就出来了.⽽不是让你学会如何产⽣⽔,因为⽔本⾝就在呢⾥.

Higher Spirit: Remove the limitations in your mind. Just like water, you're currently obstructing it; just let it flow and the water will come out. Not teach you how to generate water because water is already there within.

⾼灵: 刚才已经告诉你拿开你⾃⼰的限制,就好像是⽔的源头,有⼀个板⼦堵住了⽔.不是说呢⾥没有⽔,⽽是说你需要把呢个阻挡物拿开,⽔就开始流动了.

Spirit Being: Just now, I have already told you to remove your own limitations, just like the source of water where there is a barrier blocking the flow. It's not that there isn't any water inside, but rather that you need to take away the obstacle for the water to start flowing again.

⾼灵:你的未来,我感受⼀下.我现在只看到你好像是在挣扎的状态.就好像你现在在溺⽔,你想要抓住⼀个东西.所以你的确现在经历的是⽐较挣扎、⽆助的状态.但是你⽬前⼼⾥⾯寻求的好像是需要⼀个保障,我说的保障是你想要你吃⼀个定⼼丸⼀样.但是我可以告诉你,你⾃⾝就是⼀个保障,这个保障是宝贝的意思,是拥有很多宝贝的意思.然⽽你唯⼀需要做的只是去相信然后去发现,当你发现了这个保障的过程,这就是你⽣命充实成长的过程.当你发现过后也是你分享的时候.所以你只需要去相信和发现,你便会发现.

Higher Spirit: I sense your future. Currently, I only see that you are in a state of struggle. It's like you're drowning now and trying to grab onto something. Indeed, what you're experiencing right now is a more difficult and helpless situation. However, deep down inside, what you're actually seeking is some form of assurance—by "assurance," I mean as if you need a piece of mind, like taking a calming pill. But let me tell you that the assurance you seek is already within you—the assurance means having lots of treasures, or abundance.

Nevertheless, all you need to do is trust and find it. Once you discover this inner assurance in the process of finding it, this is when your life becomes rich with growth. And it's also when you share it afterward. So all you have to do is believe and discover; then you will naturally uncover it.

⾼灵: 你未来的样⼦,我刚才已经告诉你.如果你在持续的,如果你不明⽩这个运⾏的模式,你在持续把你的体验拉长,你在持续的停留在⼀级,你如果持续的停留在⼀级,如果你只是追求表⾯的财富,你只会拉的更长,拉的更长.有可能是这⼀辈⼦,然后下⼀辈⼦,下⼀世,明⽩吗? 你这⼀⽣没有完成的功课,你会继续去体验,去经历.

Higher Spirit: I've already told you what your future will look like. If you're persisting in this, if you don't understand the mode of operation, you're continuously stretching your experience, staying at level one. If you keep staying at level one, if you're only pursuing superficial wealth, it will stretch even longer and longer. It could be for this lifetime, then for the next life cycle, in the next world, do you get it? The tasks you haven't completed in this lifetime will continue to be experienced and gone through.

⾼灵: 刚才已经很明确的告诉你,你内在就是宝藏.你唯⼀要做的就是相信和去发现.然⽽这个决定权是在你⼿上.不是说因为成长,因为就算我是你的亲⽣母亲,我也代替不了你⾃⼰的成长功课.这是属于你⾃⼰.没有任何⼀个⼈可以代替任何⼀个⼈成长.我们也不⾏.你们⾃⼰在物质世界也不⾏.你⽐如你想像⼀下,如果你的孩⼦他有这样⼦和你⼀样的情况.你最开始去帮助他说,我给你钱,你⾟⾟苦苦去赚钱给他,他可以⽐如说,他可以在前 50年依靠你给他钱,但是等他50过后你会去世,你的⾁体结束了,你不能再去保护他,给他制造这种安全感的假象,你不能给他制造这种假象过后,他更加的⽆⼒,更加的难以爬起来.

Higher Spirit: Just now, I have clearly told you that the treasure is within you. The only thing you need to do is to believe and discover it. However, the decision lies in your hands. It's not because of growth; even if I were your biological mother, I could not replace your own learning process. This is something personal for you. No one can substitute another person's growth. We cannot either. Neither can you in the physical world. Imagine this: If your child was in such a situation as yourself, at first, you would help him by giving him money. You would work hard to earn it for him. He could rely on you providing him with money for the first 50 years. But when he turns 50, you would pass away and end your physical existence. You wouldn't be able to protect him or create a false sense of security for him anymore. If you tried to create that false sense of security and failed, it would only make him more powerless and even harder to rise up from.

因为他的⾁体已经形成了⽆法⾃⼰谋⽣的⼀个能⼒,明⽩吗? 所以你对他的⼀个,制造假象的过程,就是在拖延他,就好像⼀个他陷进⼀个污泥⾥⾯,你让他越陷越深,你让他停留在呢⾥,给他嘴巴喂⼏个吃的.他是不会幸福快乐,也不会体验到真正的⼒量,⽣命的本质,明⽩吗? 所以外在对你的所有,你说.

Because his physical body has formed an ability that can no longer sustain itself, understand? Therefore, the process of creating illusions for him is a delay tactic, like when he gets stuck in mud and you let him sink deeper, keeping him there, feeding his mouth with something to eat. He won't be happy or experience true strength, life essence, understand? So, regarding all your external statements to me,

⾼灵: 你只有改变了你内在,你只有改变了,你的⽔才会开始流动.你只有拿开⼀个板块,现在板块都被堵住了,你只有拿开⼀个,它才开始流动.拿开这个动作只有你⾃⼰去拿开.你⾃⼰相信、允许,没有谁能替你.我现在已经直接告诉你,已经直接告诉你了你被困的原因,已经直接给你了地图.你要看着地图去⾛,没有谁能代替你去⾛.就算是你选择了⾁体脱离了,你还会同样的经历⽬前的状态,所以没有任何.

Sage: You flow only when you change internally; you have to change yourself before your water starts flowing. You need to remove just one plate because they're all stuck; once you remove one, it will start flowing. The action of removing that plate is something that needs to be done by you alone; no one can do this for you. I've already directly told you the reason for being trapped and have given you a map. You must follow the map on your own because no one else can walk this path for you. Even if you were to choose to detach from the physical body, you would still experience the same state as now; there is simply no one or thing that can help you in this journey.

⾼灵: 如果你现在是保持在这样⼦的状态来让我看你的未来的话,你的这种状态还会持续很久.然⽽是你⾃⼰选择的.

Higher Spirit: If you continue in this state for me to see your future, this state of yours will last for a long time. However, it is something you chose yourself.

⾼灵: 为什么是你⾃⼰选择的? 因为我告诉你这个是坏的,吃了会肚⼦疼,这个是好的,你要选择吃这个好的,是甜的.但是你却迟迟的不敢去做出任何选择.就好像你在等待别⼈把果⼦送到你嘴⾥⾯,你说我不敢伸⼿,我害怕,我怕⼿伸出去过后会发⽣不好的事情.你要把果⼦送到我嘴⾥,明⽩吗?

Higher Spirit: Why did you choose it yourself? Because I told you this is bad and eating it will give you stomach pain, this one is good and if you eat this good thing, it's sweet. But you are hesitating to make any decision for a long time. It's like you're waiting for someone else to bring the fruit to your mouth. You say I am afraid, I don't dare reach my hand out because I'm scared that things might go wrong after I extend my hand. You have to bring the fruit to my mouth, do you understand?

⾼灵: 你反复听录⾳,你还有问题吗? 你说,不同的问题.

Higher Spirit: Have you listened to the recording multiple times? Do you still have questions? You speak, different questions.

⾼灵: 如果你没有不同的问题我就离开了.

Higher Spirit: If you have no other questions, I'll be on my way.

⾼灵: 因为什么原因? 因为你,我刚才说你现在⽬前的状态,就好像有⼀种在⽔⾥⾯挣扎的状态.这只是⼀个你表现、体现的⽅式⽽已.

Higher Spirit: For what reason? Because of you, I just mentioned that your current state is like being in a state of struggling in water. This is merely a way you present or manifest yourself.

⾼灵: 你该如何不犯病.也就是说当你⾃⼰⽤你⾃⼰的⼒量努⼒的爬上了岸边过后, 你便不会在⽔⾥继续挣扎,去体验⽬前你经历的所有⼀切体验.⼀切的体验都只是表⾯的症状,最真正的归根结底的是在,就是同样⼀个原因导致的.它会有不同的表现的⽅式.

Higher Spirit: How should you not be afflicted? That is to say, after you use your own strength to climb onto the bank by yourself, you will no longer struggle in the water and experience all that you are experiencing now. All these experiences are merely superficial symptoms; fundamentally, they stem from the same cause which manifests in different ways.

⾼灵: 你现在就可以有钱.最快的⽅式就是去看到哪⾥有钱就去哪⾥拿钱.这就是最快的⽅式.这句话就是如果银⾏有钱,你可以去银⾏拿钱.

Higher Spirit: You can have money now. The fastest way is to go where there is money and take it. This is the quickest way. This sentence means if the bank has money, you can go to the bank to get money.

⾼灵: 你拿不了你可以⾃⼰想办法,看谁有钱,你就去拿谁的钱.

Higher Spirit: You can't take what you want, so find a way yourself, see who has money and just take it from them.

⾼灵: 因为这是需要的体验,你需要体验,继续体验.如果你解决有钱的问题是你唯⼀的问题,那你可以马上解决这个问题,然后再留给你⼀系列的恐惧、⽆助、害怕的体验.然后你⾃⼰就明⽩,为什么不能⼀味的只是追求钱.因为有很多你们世界有很多⼈只是要钱,那他就去抢银⾏,他去偷窃,他去贪污,因为他眼⾥只有钱.那你⽬前和他们没有区别,你就去做.因为这个体验对你来说也是成长,让你知道钱并不能解决你的问题.

Higher Spirit: Because this is the experience you need and require to live through, continue experiencing it. If your issue of having money sorted out is your only problem, then you can immediately solve that problem for yourself, leaving behind a series of fears, helplessness, and fear-inducing experiences for you. Then, you will understand why not just chasing after money alone cannot be the solution. Because many people in your world are all about money, they rob banks, steal, embezzle; their eyes only see wealth. Currently, you're no different from them, go ahead and do it. This experience is also a growth for you, allowing you to realize that money itself does not solve your problems.

⾼灵: 那你去抢⼀堆钱,你去感受⼀下你会不会有安全感.

Higher Spirit: Then go and rob a bunch of money, experience whether you will feel secure.

⾼灵:我看不到你的未来,因为我只能根据你⽬前的能量状态去读取,只有当你的能量状态改变我才能继续去体验到,也就是好像说我这⾥,XX有五种可能.你现在选择的是可能A,你现在的状态是可能A,散发的状态是可能A.我只能进⼊可能A,那B、C、D、E,这些可能性,你只有把⾃⼰调整到B,也就是说我们现在就好像在看电视.电视频道有放各种频道.这个是恐怖⽚,这个是喜剧⽚,这个是唱歌的,这个是跳舞的.那么你现在给我的是恐惧,你说我能看到什么结果.

Translation:

Higher Spirit: I cannot see your future because I can only read from your current energy state; only when your energy changes will I be able to experience further. It's like here, XX has five possibilities. The choice you're making now is possibility A, and you being in this state is also possibility A, emitting as possibility A. I can only enter possibility A; that means B, C, D, E, these possibilities are there for you, but only when you adjust yourself to be in B - it's like watching TV right now. There are various channels on the television: horror movies, comedy movies, music shows, dance performances. What you're giving me is fear, telling me what outcomes I can see.

⾼灵: 是的,我只能继续的去体验你制造的更多的限制.因为你⽬前是在给⾃⼰制造很多限制来困住⾃⼰.

Higher Spirit: Yes, I can only continue to experience more constraints you create. As you are currently putting many limitations on yourself to trap yourself.

⾼灵: 什么叫做⾃⼰制造很多恐惧,限制⾃⼰.你⾃⼰看看你⾃⼰⽬前的所有⼀切,你就能明⽩.因为像我刚才说的,外在的呢堵实实在在的墙是你⾃⼰投射和显化加固它的.你只有去把你的眼睛真正的睁开,⼒量打开过后,⽤⼿摸出去过后你才知道呢是虚的.当你的⼿不敢伸出去因为你内在的恐惧,你看到的是⼀堵厚厚的墙.如果你不敢睁开你的眼睛,不敢⼿摸过去的话,那你会⼀直感受到呢堵厚厚的墙.当你⿎起勇⽓相信⾃⼰,⽤⼿穿过去的时候你就能知道,哇,原来是空的,明⽩我的意思吗?

Higher Spirit: What do you mean by creating a lot of fear and limiting yourself? Just look at everything you currently have. You will understand because as I mentioned earlier, the external solid wall that exists is something you project and manifest to strengthen it. Only when you truly open your eyes, turn on your power, and touch with your hand do you realize its emptiness. When your fear keeps you from reaching out with your hands, you perceive a thick wall. If you don't dare to open your eyes or reach out with your hand, you will continue feeling that thick wall. Once you muster the courage to trust yourself and pass through with your hand, you discover: oh, it's empty. Do you get what I'm saying?

⾼灵: 你可以反复的听录⾳.还有问题吗?

Higher Spirit: You can listen to the recording again. Any other questions?

⾼灵: 你想⾃杀的事情,我在第⼀时间我就告诉你,你现在想要脱离这个物质世界,你现在就是需要好像有⼀个⼈来告诉你,就好像你需要,我刚才说的你个母亲来告诉你: 孩⼦,妈妈努⼒⼯作给你安全感,你不要害怕,我养你到50岁.等你50岁过后妈妈⾛了,你还是要⾯对这个问题,明⽩吗? 所以你必须通过你⾃⼰内在的眼睛,伸出⼿去发现呢堵墙是虚幻的,是不存在的,是你⾃⼰把你的⼒量给了它,加强它.

Higher Spirit: I informed you about your desire to commit suicide immediately. Now that you wish to escape this material world, you need someone to tell you the same thing I just mentioned, as if you needed reassurance from a mother saying, "Child, your mother works hard for your security; don't be afraid. I will raise you until you are 50 years old. Even after I pass away at 50, you still have to face this issue. Understand? Therefore, you must look within yourself with your inner eye and extend a hand to discover that the wall is illusory and non-existent; it's your own strength that you've given to it, amplifying its presence.

⾼灵: 你如果不调整你的状态,你⽬前,就好像你是选择在频率A,如果你没有去调频,就算是你结婚,你还是会继续体验你⽬前体验的恐惧、⽆助、没有安全感.只是换了⼀些对象,你会制造同样的感受.很多很多结完婚的⼈在婚姻⾥⾯她们会更加没有安全感.所以她们会因为内在没有安全感做出很多事情让双⽅都很痛苦.所以即使是找⼀个对象,他也是在制造你没有安全感的假象.因为呢个假象迟早会破灭.这就是为什么很多⼈在进⼊关系之前是甜蜜的,因为她还会体验呢个假象.当她越来越觉得好像这个⽊板不结实,好像踩空的呢种感觉.然后问题就会显现出来.

Higher Spirit: If you don't adjust your state, currently, it's like you're choosing to be on frequency A. Without tuning the frequency, even if you get married, you will continue experiencing fears, helplessness, and lack of security that you are currently feeling. You just swap partners, creating the same feelings again. Many people who have finished getting married feel even less secure within their marriages. So they might do many things out of an inner sense of insecurity that make both parties very painful. Thus, even finding a partner does not solve your lack of security; it merely creates the illusion. This illusion will eventually crumble, which is why many people find their relationships sweet before entering them because of this illusion. As she increasingly feels like the board isn't solid, like a sensation of stepping into nothing, issues start to surface.

所以说你们物质世界如果你要是靠外在,⽐如⼈或物或者钱或者什么东西,权利,各种,给你带来安全感或者是给你带来幸福感,快乐感.如果你是依靠、建⽴在这种关系上⾯,那你永远迟早都会感受到你之前的呢种感觉.你还会同样的去体验,因为你所建⽴的东西都是虚幻的,它不是,就好像你在⽔⾥⾯,你把你的绳⼦,你觉得系在⼀个⽊头上你就安全了,但是呢个⽊头是虚幻的.因为万物的⼀切都在不断不断不断不断的变化之中.

So if you rely on the external world for security or happiness, be it people, things, money, power, or any other forms, you will eventually feel that same sense of being. You'll experience it again because what you have built is illusory; it doesn't truly exist, just like a rope tied to an imaginary tree in water – the tree might not hold up as your security measure because everything is constantly changing.

⾼灵: 因为体验痛苦也是体验,体验限制也是体验.你只有之前去体验了限制你才能感受到不被限制所带来得感觉.如果你⼀直都体验到不被限制,那你就不会体验到不被限制带来得感觉.所以你需要在⿊暗⾥⾯才能看到光.如果你⼀直处于光之中的话,明⽩我的意思吗?

Higher Spirit: Experiencing pain is also an experience, and experiencing limitations is also an experience. You can only feel the sensation of not being limited once you have experienced what it's like to be restricted. If you've always been unrestricted, then you wouldn't understand or feel the sense of freedom that comes from not having constraints. Thus, you need darkness in order to see light. If you're constantly surrounded by light and don't ever experience any limitations, do you understand my meaning?

⾼灵: 因为你只是在看最表层的物质世界来判断⼀个⼈好或者不好.你有看到很多乞丐他们可以很快乐.你可以看到⾝⽆分⽂的⼈,他们可以很快乐.然后你也看到呢些拥有钱的,拥有房⼦的⼈,他们很痛苦,他们难以⼊眠,他们每天都在争吵,他们也⾃杀,明⽩吗? 所以你说的如果有钱就是快乐这是不可能的.⽐如我刚才说的,呢个⼈贪污,贪污过后他是拥有钱,但是他⼀直活在害怕和恐惧当中,他害怕被发现被举报.所以他和你体验的恐惧没有什么区别.

Sage: Because you judge people based on the superficial material world alone. You've seen many beggars who are actually very happy. You can see those without any possessions and they can be very content. Then, you also observe those who have wealth, those with houses, who are suffering, struggling to sleep, constantly arguing, committing suicide, do you understand? So saying that having money equals happiness is not true. For example, the person I just mentioned, who engaged in corruption, while he ended up with money after all this, he lived in constant fear and anxiety - fearing discovery and denunciation. Therefore, his experience of fear is no different from yours.

⾼灵:因为你的所有体验都是你⾃⼰内在的恐惧投射出来的.你却想要我们,或者其他⼈把你投射的东西给拿⾛.这是不可能的.你唯⼀需要改变,就好像第⼀开始你选择⼀个房间 A,⾥⾯都是恐惧、⽆助、悲伤.你进⼊这个房间⾥⾯只能有A,继续体验A.如果你选择 B,快乐、开⼼、信任、富⾜,那么你就会体验B⾥⾯的东西.你⼀直站在A⾥⾯,让我们把 B的东西拿到A⾥⾯来,这是不可能的.就好像很简单的⼀个道理,如果你不停的⾝上散发出恶臭,你却说不要苍蝇来,不要苍蝇来,不要长蛆,不要长蛆.你说我要蜜蜂来.你要蜜蜂来你⾸先是需要成为花朵.⽽且呢个花朵还不是塑料花,是真正的散发出花粉、⾹味,是你内在的,呢就是⽣命.你才能吸引.

Higher Spirit: Because all your experiences are projections of your own inner fears. You want us, or others, to take away what you project. This is impossible. The only thing you need to change is like when you initially chose room A, filled with fear, helplessness, sadness. Inside that room, there can only be A and continue experiencing A. If you choose B, happiness, joy, trust, abundance, then you will experience the things inside B. You are standing in room A, wanting us to bring things from B into A, which is impossible. It's like a simple logic, if your body keeps emitting bad odor constantly saying don't have flies, no maggots, and expecting bees. You need to be a flower first. And not just any plastic flower, but a real one that emits pollen, fragrance, coming from within you, this essence of life. Only then can you attract others.

因为你们物质世界运作的⼀切都是频率.这些就是你所有的情况的表现的⼀些症状.前⾯已经告诉你了,它会以不同的症状体现出来.如果你内在的症状没有改善,就算你结婚,就算你有孩⼦,就算你怎么转变的话,你这些症状还是会体现出来.它会体现在婚姻⽅⾯,家庭⽅⾯,明⽩吗?

Because everything that happens in your material world is frequency. These are some symptoms of all the situations you're experiencing. As I've already told you, they can manifest differently. If your inner symptoms haven't improved, no matter if you get married, have children, or undergo any transformation, these symptoms will still be evident. They'll show up in aspects like marriage and family, do you understand?

⾼灵: 是的,我看见你⽬前只是想脱离你的⾁体.

Higher Spirit: Yes, I see that you currently only want to escape your body.

⾼灵: 可不可以这样做决定权在你的⼿⾥.但是我可以告诉你这样⼦是拉长你的时间,拉长你的体验.

Higher Spirit: Can you make this decision? The power is in your hands. But I can tell you that doing it this way will extend your time, extending your experience.

⾼灵:是的.你们才会⽤数字,⽤名称去分别.去给每⼀个贴上标签.所以你不能⽤你所理解的去理解我们.我只是漂浮在你们周围的⼀些存在.然⽽我的存在它是在每个地⽅,就好像是你⽆论在哪个地⽅,你伸⼿抓你都能抓到⼀个线.呢个线连接着所有的⼀切.万事万物、所有⼈都被⼀条线全部连接着.你体验的⼀切都会有意义,就算你⽬前体验是在⿊暗中,我现在可以帮你清除你⾝上的恐惧感,你只需要轻轻的闭上你的眼睛,我将会⽤我的能量笼罩着你.你会感受到你⾝上的紧张感在⼀点⼀点的离开你.你闭上眼睛,就好像⼩鸟⼀样抖掉⽻⽑上的⼀些恐惧.你现在是⼀只受了惊吓的⼩鸟,所有的紧张感、恐惧感都在你的⽻⽑上.我现在⽤了⼀团绿⾊的光笼罩你.

Higher Spirit: Yes, you humans use numbers and names to distinguish and label everything. Therefore, you can't comprehend us as you understand yourself. I exist all around you, yet my essence permeates every place. It's like reaching out your hand and touching a thread that connects everything - individuals, events, and the universe are all linked by this single thread. Whatever experiences you have will be meaningful; even if you're currently in darkness, I can help alleviate your fears for you right now. Just close your eyes gently, and I will envelop you with my energy. You'll feel a sense of relief as tension leaves your body. Imagine shaking off fear like birds shedding their feathers. You're startled, with anxiety clinging to every feather on your body. Now, I'm surrounding you with a green light.

呢⼀团绿⾊慢慢的进⼊你的⾝体,它会⼀直伴随着你,在你任何焦虑的时候,恐惧的时候,它会像树叶⼀样慢慢的布满你的全⾝,让呢些紧张感没有地⽅可以着落.XX,你现在在绿⾊的能量团包围下体验平和、和谐、归⼀、平静、安宁.继续让这⼀团绿⾊的光笼罩你,谢谢你今天的信息.

That green mass slowly enters your body, accompanying you through any moments of anxiety or fear, spreading like leaves throughout your entire being, providing a place where tension cannot settle. XX, experience tranquility, harmony, unity, calmness, and peace in the embrace of this green energy sphere. Continue to allow this green light to envelop you, thank you for today's message.

# **2021/03/18 — 萨满Shaman**

问: 萨满可以通过通灵治疗呢些医院都治不好的绝症,这个通灵的⼥孩⼦想知道她要如何通过通灵治病呢?

Questioner: Shamans can treat incurable diseases that hospitals cannot heal. This spirit channeling girl wonders how she should use her spiritual abilities to heal illnesses.

⾼灵: 你想了解⼀下萨满他们治病的⽅式⽅法,如何进去通灵的状态给对⽅治病? ⾸先,我想要让你们知道的是,第⼀是治病的呢个案例,就⽐如说呢个⼈被治好的呢个案例.他们之间是有联系的.也就是⼀个病⼈他还没有到他⽣命结束的时候,呢⼀次是给他的转机,给他重⽣.然后他们会经过安排然后彼此,明⽩吗? 就好像你们俩是⼀个演员,你是⼀个萨满,我是⼀个病⼈.你们俩的戏剧,你们俩的剧本剧情就是安排在⼀起写好你们什么时候见⾯,什么时候治病.所以真正真正的不是萨满的能⼒治好了⼈的病,⽽是呢个⼈本⾝就是会有这么⼀次像是灵异的经历.灵异的经历让他重新转变,让他就是把他带⼊到这个灵性世界的⾯前.让他有信⼼.

Higher Spirit: Would you like to understand how the shamans heal their patients and enter into a spiritual state to treat them? First, I want you to know that there is a connection between the case where someone is cured and the scenario where they are treated. This means that when a patient has not reached the end of their life, this encounter offers them a turning point or a rebirth. They will be arranged in such a way that they can understand each other better, much like two actors where you, as a shaman, I as a patient, and our drama together are carefully plotted to determine when we meet and when healing occurs. Thus, it is not the actual ability of the shaman that heals the person's illness; rather, it is the individual who experiences such an extraordinary spiritual event. This experience transforms them, guiding them into the realm of spirituality where they gain confidence.

所以如果呢个⼈他命中没有此安排的话,那他和萨满是不会见⾯的.他不会遇到这样⼦⼀个机会让他幸免.你能理解我的意思吗?也就是说这⼀切都是已经安排好,只是在你们的外界看上去像是萨满治好了他的病,但是实际上是他⾃⼰的剧情安排.这个就是你们所说的⽅法.然后就算你不⽤见⾯,就算你不⽤做任何事情,如果你们有这样⼦的我说是剧情,就算你的⼀句话你告诉他你的所有病都好了,他的内在会运⾏⼀切.所以并不需要像你们所谓的唱唱跳跳,做各种仪式.之所以做这种仪式,是⽤来加深你们相信的程度.如果有些⼈你只是来⼀句话就是说你现在所有病痛都好了,他可能不是很相信.那如果你嘴⾥说很多听不懂的语⾔,又是唱,又是跳,穿的很隆重.

So if that person doesn't have this arrangement in their life, they won't meet the shaman. They wouldn't get such an opportunity to be spared. Do you understand what I mean? In other words, everything is already arranged; it just appears as though the shaman has cured his illness from your perspective, but in reality, it's part of his predetermined storyline. This is what you refer to as 'method'. Then, even if you don't have to meet, or do anything, if you have this type of storyline in place, then even one sentence telling them that all their illnesses are cured, would run its course internally for them. So there's no need for the kind of performances and rituals that you consider as 'singing, dancing, conducting ceremonies'. The reason these ceremonies are performed is to deepen belief. If someone only hears this statement that they're healed of all their ailments, they might not fully trust it. But if you speak in a language they don't understand, singing, dancing, wearing elaborate clothing - those actions serve to heighten the sense of awe and belief.

他会进⼊⼀种被催眠的状态.被催眠的状态,你⽆论暗⽰他什么,告诉他什么,他都会完完全全的相信,明⽩我意思吗? 这就是所有的仪式只是来加深他们的信念,让他们百分之百的相信⾃⼰的疾病已经好了.然后这位通灵的⼥⼠她想要去治病,她早已经有治病的能⼒,疗愈的能⼒.她能做不管是⾝体,⼼灵,精神还是灵界层⾯的,各⽅⾯的疗愈她都可以.她只需要去做.技术⽅⾯,⽅式⽅法⽅⾯刚才都已经个你们讲述了为什么是这样⼦的.也就是说真正的需要你去解开呢个绳索让对⽅解脱的这些事件都已经安排好,它都会⾃动呈现.关于萨满的问题你还有问题吗?

He will enter a state of hypnosis. In this hypnotic state, no matter what suggestion you give him or what you tell him, he will completely believe it and understand me? This is why all the rituals are designed to strengthen their faith, making them absolutely certain that they are cured. Then, this medium lady wants to heal others; she already possesses the ability to heal, the power of healing. She can perform healing in various aspects such as physical, mental, spiritual or astral planes. She just needs to do it. The technical and methodological details were explained earlier. In essence, what truly requires you to untie are those events that need someone to be freed, which have already been arranged; they will automatically unfold. Do you have any questions about the issue of shamanism?

问: 如何进⾏通灵死去的亡灵去帮助其他⼈?

Questioner: How do you summon a spirit of the deceased to assist others?

⾼灵: 通灵亡灵和我们⽬前的通灵都是⼀样的⽅式⽅法.你需要⽤你的意识意念去,就好像是拨打电话号码.你需要去告诉,⽤你的意念去告诉你想要你的所见的对象,你想要链接的对象.就是如此得简单,因为⼀旦你进⼊通灵的状态所有的信息你都可以提取.所以你就只⽤去呼唤对⽅的名字,然后发射出去,你便可以链接.这个问题你还有需要问的吗?

Higher Spirit: The spiritual communication with spirits is the same method as what we are currently doing. You need to use your consciousness to connect, like dialing a phone number. You have to tell it using your mental state that you want to connect with the specific entity you see or wish to link with. It's really quite simple because once you enter into this state of spiritual communication, all information is accessible to you. So you just call out their name and send it out, and you can establish a connection. Do you have any further questions about this process?

问: 我想现在链接⼀下我的爷爷可以吗?

Questioner: Can I connect to my grandfather now?

⾼灵: 可以的,你的爷爷叫什么名字?

Higher Spirit: Alright, what's your grandpa's name?

问: 要说⼤名吗?

Questioner: Should I tell you my full name?

⾼灵: 只要他能知道你是在叫他.

Higher Spirit: As long as he knows you are calling him.

问: 我只知道他姓隋.我叫他嗲嗲,我叫他嗲嗲的话他可能就知道.我想问的是他有没有想告诉我和想和我说的话.

Questioner: I only know that his surname is Sui. If I call him "Papa", he might understand. What I want to ask is if he has anything he wants to tell me or share with me.

⾼灵:嗲嗲,我链接⼀下.我能感受到⼀股⾮常兴奋,就是有⼀股想哭的能量在靠近.然后我现在让他来和你交流,他把他想要说的话可以通过这位⼥⼠,因为她允许来传达给你.他的情绪⾮常的激动,然后他激动的有⼀点说不出话来,因为他没想到可以⽤这样⼦的⽅式来给你传达信息,来和你交流.他说他⼀直在关注着你们,⼀直在给你们爱.然后他让你知道你们根本就没有分开过.你们⼀直都是链接,联系在⼀起.你⽣活中发⽣的所有事件,你的所以经历,⼼理活动,然后他都知道.他想要你关注⼀下你们家⾥⼈,你爸爸的⼼⾥、情绪、⼼⾥、精神这些问题.因为他并不是他展现出来的呢个样⼦.

Higher Spirit: Ah Ah, I will link you in now. I can feel a very excited energy approaching, as if there's an urge to cry. Then, right now, I'm allowing him to communicate with you through this lady because she has been granted permission to convey his message to you. He is very emotional and somewhat speechless due to excitement; he didn't expect that such a way could be used to transmit information to you for communication. He says that he has always been observing you, sending love your way. Then, he wants you to know that you haven't separated from each other at all. You have always been linked and connected. He knows everything that happens in your life, all of your experiences, emotional activities, and so on. He wishes for you to pay attention to the people in your family, specifically your father's mind, emotions, thoughts, and spiritual well-being because he is not as he appears.

但是因为你们对⼈的内⼼活动的⽚⾯的了解,你也很难的去帮他真正的解开他⾃⼰所⾯临的⼀些问题.所以他想让你更多的,就是以平静的陪伴的⽅式去陪伴你的⽗亲.因为你的⽗亲他内⼼的煎熬,内⼼的不安,内⼼的焦虑⼤过于他表现出来的.他表现出来的是没有问题,但是实际上他内⼼现在备受煎熬,然后他也在逃避他内在的呢种煎熬感.除了这个信息,他还想让你知道,让你以后的⽇⼦⾥⾯做选择,职业选择的时候,⼀定要经常和这个通灵的姐姐,跟她为伍,因为她会转变你的命运,对你有⾮常⼤⾮常⼤的帮助、协助.她可以让你的梦想、⼈⽣都⼗分的完美,幸福.然后他还告诉你,他永远爱你们,⽽且爱从没有断过,也没有离开过.

But because of your limited understanding of human inner activities, it's also very hard for you to help him truly resolve the issues he faces. So he wants you more than anything else, to be a calm companion for your father. Because what troubles your father deeply is not just his outward appearance but the turmoil, anxiety, and unease within him. He may appear fine on the surface, but internally, he's suffering greatly and also trying to escape from this inner torment. Apart from this message, he also wants you to know that in your future life choices, especially when choosing careers, make sure to frequently communicate with this spirit medium sister. She will change your destiny and provide immense help for you. She can make your dreams and life very perfect and happy. And he tells you that he loves you forever, without ever stopping or leaving you.

⽆论什么时候你想要跟他联系,你都可以.关于这段信息你还有什么想要问他的,在他还没有离开链接的时候?

No matter when you want to contact him, you can. Is there anything else you want to ask him about this information, before he leaves the link?

问: 没什么了,我也希望他好好的.

Questioner: Nothing much, I also hope he's okay.

⾼灵: 好的,谢谢.

Higher Spirit: Alright, thank you.

问: 可不可以帮我们链接⼀下庄⼦,让他给我们⼀些信息.

Questioner: Can you help us connect to Zhuangzi and give us some information?

⾼灵: 庄⼦.我们现在链接庄⼦,然后让庄⼦来传递⼀些信息给你们.你想知道什么信息,你都可以问我,你问的信息越多,我输出的信息就越多.

Ethereal Spirit: Zhuang Zhou. We will now connect to Zhuang Zhou and let him convey some messages to you. Whatever information you want to know, you can ask me; the more questions you ask, the more information I will provide.

问: 我想问的问题是您⼀贯主张都是⾃然、洒脱、追求⼀种随性.随着⼼⽽安的⽣活.那这样⼦您追求的信仰,放到当今的社会上有什么帮助,就是有什么建设性的⽅向?

Questioner: The questions I want to ask concern your consistent advocacy of a natural, carefree lifestyle that follows the heart and finds peace where it leads. In today's society, how does this pursuit of faith provide constructive directions or help?

⾼灵: ⾸先我想说的是这不是⼀个信仰,这只是⼀个⽣活的态度.它代表了我的⽣活态度.那我的⽣活态度能给这个社会带来什么样的帮助.那是要看你们的个⼈.因为你们每⼀个⼈都是社会的⼀员.就⽐如你可以从你⾃⼰,你觉得我的⼀些⽣活态度会对你带来什么转变.因为你的转变你就会影响着⼀系列,⽐如影响着你爸爸,你妈妈,你接触的每⼀个⼈.你影响着他们.那他们就转变了这个社会.因为并不是说⼀套理论放在⼀个时代,呢个时代就会如何.因为理论这个东西都是死的.它进⼊到每⼀个⼈的⼼⾥都会产⽣不同的变化,是你们去打造、创造⼀个你们想要⽣活的地⽅、空间.你能理解我说的吗? 那你接下来还想问关于这个问题的什么?

Higher Spirit: First of all, I want to say that this isn't a belief; it's simply a way of life. This represents my attitude towards life. The kind of help it can bring to society depends on you personally, because every one of you is part of society. For example, you could consider how my attitudes towards life might affect you and how your transformation influences those around you, such as your father, mother, or everyone you interact with. Your changes impact the whole series, affecting their transformations which in turn change society. It's not just about applying a theory from one era to another; theories are static. They undergo different transformations when they enter into people's hearts, allowing each of you to build and create the kind of living space or environment that you desire. Can you understand what I'm saying? And now, what else would you like to ask me about this topic?

问: 我们通过您的理论然后去以我们⾃⼰⽅式去理解创造这样⽐较有意义对吗⾼灵: 你可以问具体哪⼀个,⽐如说你刚才问的随性、⾃然,你提⼀个具体的,我们才能具体的做出回答.

Questioner: Are we understanding the creation of something meaningful by applying your theory in our own way? Higher Spirit: You can ask about a specific aspect, such as the one you just asked about, spontaneity or nature. Provide a specific example so that we can give a more detailed response.

问: ⽐如说⽣活中碰到⼀些有羁绊的时候很多⼈都过不去,但我觉得这个时候我觉得⽤您的呢⼀套理论的时候就可以去⾯对它们.但有时候⼈们想的就是这⼀套理论,但他们实际上内⼼深处没有做到.就是实际上很难去释然,所以我就想说光理论肯定也不⾏.就怎么样把理论去转变成现实这个过程会⽐较困难.如何去实现它⾼灵:我能理解你说的.就⽐如说随性,洒脱.有的⼈他嘴上告诉⾃⼰要洒脱⼀点,随性⼀点.但是他的⽣活中却还是充满了紧张的能量.也就是说就算你不断的在告诉他,他也做不到.然后你的问题是如何才能真正的把它,就是成为所说的呢样⼦.⾸先在我们提出的⼀些概念,理念,并不是因为我是去遵循这个字.

Questioner: For example, when people encounter setbacks in their lives and find it hard to overcome them, I feel that using your theoretical framework can help them face these challenges. However, sometimes people just think about this theory, but they do not actually put it into practice deep down. It's hard for them to let go and be at peace with it. That's why I believe that relying solely on theory isn't enough. Transforming theories into reality is a more challenging process than simply understanding them. How can we achieve the actualization of these concepts?

A: I understand what you're saying. For instance, about being spontaneous and carefree. Some people might tell themselves to be more carefree and spontaneous verbally, but their lives are still filled with tense energy. Even if you constantly remind them of this, they still fail to do it. The question is how can we truly make this a reality, turning it into the said kind of behavior? Firstly, when we introduce certain concepts or ideas, it's not because I'm adhering to those specific words; rather, they serve as guiding principles for our understanding and approach in life.

我并不是先有洒脱这两个字在我脑海⾥⾯,我去学习⽽得到的.⽽是因为我在经历过后我的总结,明⽩我的意思吗?所以你们也需要由你们⾃⼰去⾛⼀条路.等你们⾛完了过后你们总结你们的⼼得感悟留给后⼈,是这样⼦的⼀个模式.⽽不是只是去学习⽼师说的话.⽼师说的话和我们体会过后,领悟过后表达的话不⼀定是⼀样的.虽然有可能是说同⼀件事情,但是我们是在⽤⾃⼰的语⾔,⾃⼰的感悟去表达.所以你们也需要通过你们⾃⼰去⾛出⼀条路,开辟出⼀条新的路.因为你们每⼀个⼈都是独⼀⽆⼆.然后你再把你们的话留给后⼈.也就是说你们不是步⼊我的后尘,不是⾛我的路.我的路只属于我⾃⼰独⼀⽆⼆的.

I did not initially have the words "carefree" in my mind to study and learn from them; rather, it was a result of reflections on experiences, understanding what I meant? So you also need to embark on your own path. After traversing this path, you summarize your insights for future generations, creating a model where you do not just learn from teachers' words. Teachers' words might not always align with our personal experiences and understandings when we apply them. Even if discussing the same subject, we express it using our language and unique insights. Therefore, you must forge your own path and open up new avenues since each of you is singular and unique. You then leave your wisdom for future generations, ensuring that you are not merely following in someone else's footsteps or walking on their path; instead, the path belongs solely to you as an individual.

⾛完了过后我写了⼀些感悟,留下⼀些感悟,留下⼀些感想.理论这个东西都是死的.它进⼊到每⼀个⼈的⼼⾥都会产⽣不同的变化,是你们去打造、创造⼀个你们想要⽣活的地⽅、空间.你能理解我说的吗?那你接下来还想问关于这个问题的什么?

After walking through it, I wrote down some reflections and left behind some thoughts. The theory is rigid. When it enters into each person's mind, it produces different changes; you are building and creating the place or space where you want to live. Can you understand what I'm saying? Then, what else do you want to ask about this issue next?

问: 想了解⼀下你们的⽣活是什么样⼦的? 你们有婚姻有爱情吗? 你们曾经来到过地球吗? 然后你们兴奋的是什么,追求的是什么?

Questioner: Could you tell me what your life is like? Do you have marriages and love? Have you ever visited Earth? And what excites you and what are you striving for?

⾼灵: 因为在我们这⼀段短短的时间的交流,就有很多很多不同的灵在加⼊.他们都在参与这场对话,所以你想问的是哪⼀个.

Higher Spirit: Because in this short period of our exchange, many different spirits are joining. They are all participating in this conversation, so you want to ask about which one.

问: ⾸先是你们的⽣活是什么样⼦?

Questioner: First, what is your life like?

⾼灵:现在来回答你的问题的,我想要传⼀些画⾯⼀些图象在她的脑海⾥⾯,这样她就可以直接给你描述.我们的⽣活是什么样⼦,⾸先我们是没有任何物质实体形状的.也就是说我们⽬前只是你们看不到的状态.就像是你们所说的⽆形的能量.我们的⽣活我们是没有形的,我们只能把我们的⼀些,我不知道该如何⽤什么词语,因为不是想法,也不是⼀⼩部分能量或者⼀⼩部分频率和你们对齐,你们可以搜索到,可以感知到,然后再把它转化成你们的语⾔,然后供你们,就好像是你们物质世界的收⾳机,因为我们⼀直在呢⾥,我们不是来和去,我们不是消失,你只需要,就好像是⽆限⽹络它⼀直在呢,你只需去打开⽹络,你便可以链接.所以我们也是⼀直在呢⾥.

Higher Spirit: Now to answer your question, I want to transmit some images and visuals into her mind so she can directly describe our lives. Our existence doesn't have physical forms; in other words, we are currently in a state that you cannot see. It's akin to the无形 energy you speak of. We don't exist as shapes or forms, but instead communicate by aligning parts of our energy or frequency with yours, which can be accessed and sensed, then translated into your language for you. It's like tuning into a radio in your material world because we've always been there; not coming and going, nor disappearing. You just need to connect to the network, much like an infinite web always present, allowing you to link in. We are here too.

你们佛教有⼀句话叫不⽣不灭,明⽩吗?就是从来没有消失过.所以现在给你传达信息的,你们所叫的灵体,我们是没有任何物质⾝体.我们每天做什么.因为没有像你们⼀样的物质⾝体,但是我们可以去⽐如说你们地球,我们可以去探索任何我们想要探索的.⽐如我现在把我的能量投⼊了⼀点来和你们交流.那同样,以为我们不受物体的限制,所以我们分散在所有所有地⽅.所以我可以现在和你交流的同时,我还有⼀部分在海边晒太阳,还有⼀部分我在树林⾥⾯,还有⼀部分我在海⾥,⽆处不在,你明⽩我的意思吗? ⽤你们的物质头脑你们很难理解.

You Buddhists have a phrase that says 'no birth and no extinction', do you understand? It means we've never truly disappeared. So now, the entity sending information to you, which you refer to as a spirit body, we don't possess any physical bodies. What we do daily is that without having a physical body like yours, we can explore anywhere in your Earth or anything we desire to investigate. For instance, I'm projecting my energy right now to communicate with you. Similarly, because we are not bound by objects, we are everywhere at the same time. So while I am speaking with you, I could be part of someone enjoying the sun on the beach, another part exploring in a forest, and yet another part diving in the sea; present everywhere, do you understand? Your physical minds find it hard to comprehend this.

问: 所以您是存在在我们这个地球上的,通过各种⽅式存在在我们地球上?

Questioner: So you exist on our planet, in various ways on our planet?

⾼灵:不是地球.是整个宇宙.地球只是我们能量投射的⼀⼩部分⽽已.我们⼤部分都不是在地球.但是我们可以像你们所说的,来玩⼀下来体验⼀下.也就是说我可以⽤我⼀⼩部分的能量去体验⼀棵树,然后我就是呢棵树.然后我⽤它的眼睛.这就古时候你们会有⼈和树交流.他交流的并不是树,我们并不是长期只是在树⾥⾯.只是他们要交流的时候,我们⽆处不在.所以这样⼦也让你理解到了,你的⾼我,你的最⼤的存有也是和我们⼀样⽆处不在.

Higher Spirit: Not Earth. It's the entire universe. The Earth is merely a small fraction of our energy projection. Most of us are not here on Earth, but we can come and play as you humans say to experience it. In other words, I could use a tiny part of my energy to experience being a tree, then I am that tree. Then I look through its eyes. This is how in ancient times, people would communicate with trees. We don't just reside solely in them for long periods. It's only when we need to communicate that we are everywhere at once. So this helps you understand that your High Self, your greatest being, is just as omnipresent as us.

问: 那你们会有感觉吗? 你们会有触觉吗? 然后你们会有七情六欲,有婚姻有爱情吗?

Questioner: Would you have feelings? Would you be able to feel touch? Then would you experience the seven emotions and six desires, including marriage and love?

⾼灵:我们已经超越了⼀切.你所说的只是你们物质世界的⼀些.我们已经超越了所有的情绪,情感,爱、恨、情愁.你们⼈类所拥有的这些情绪,我们都没有.我们只有不断的体验.我们只有爱.我们允许⼀切.因为如果有⼈把它显化出来,那么呢件事情对他的成长就是有意义的.我们允许⼀切.也就是说就像⼀个⼩孩⼦,他想要显化出⼀个魔⿁跟他玩,因为他想要体验恐惧.这个也是被允许,也是被⽀持的.你们物质世界会拒绝⼀些恐怖的事件,恐怖的事情或者负⾯的事情.你们只想经历好的.这是⼀个错误的定义.因为就像孩⼦玩游戏,每⼀种体验,他都可以去体验,因为你知道它只是游戏⽽已.你知道他只是在跟影⼦打仗.你说影⼦能伤害他吗?

Higher Spirit: We have surpassed everything. What you speak of is merely a few aspects of your material world. We have transcended all emotions, feelings, love, hate, sorrow. None of these human emotions do we possess. We only experience continuously. We only know love. We allow everything. For if someone manifests it, then that thing has meaning for his growth. We allow everything. That means like a child who wants to manifest a demon to play with because he wants to experience fear. This is also allowed and supported. Your material world would reject some terrifying events, scary things or negative things. You only want to experience the good. This is a mistaken definition. Because just like a child playing games, every experience can be experienced because you know it's just a game. You know he's just fighting shadows. Can shadows hurt him?

他也伤害不到影⼦.如果你知道你在物质世界所显现的⼀切都只是在跟影⼦打仗.影⼦也伤害不到你,那你会紧张害怕吗? 这就是我们的⼀个状态,所以我们不会去恐怖或者是防⽌或者是任何,因为我们知道这只是⼀个游戏的过程⽽已.但是最最宝贵的是你的领悟,感悟.你内在的体验才是最最宝贵的.我们每天的⽣活是什么? 我们不像你们有⼀个⾁体需要照顾,需要吃饭,需要做⼀系列的运动或者是做其他的.我们没有⾁体需要看护.我们也没有⾁体需要去休息.所以我们只是存在,我们⽆处不在.⽽且我们不受时间和空间的限制.不是说我只有⼀个.我今天如果在这⾥我就不能去呢⾥.不是说我在房间⾥⾯我就不能去海边.是你们的⾁体才会受到这些空间的限制.

He can't hurt the shadow either. If you understand that everything you manifest in this material world is just a battle with shadows, and that the shadows don't harm you, would you still be anxious or afraid? This is our state, so we are not fearful, nor do we prevent anything; because we know it's merely a process of play. However, the most invaluable thing is your insight, understanding. Your inner experience is what truly matters. What is our daily life like? Unlike you with a body that needs care, eating, and engaging in various activities or other tasks, we don't need to tend to a body. We also don't need rest for a body. So, we simply exist; omnipresent. And we are not bound by time or space. It's not as if I can only be here. If I'm here today, I cannot be elsewhere. It's not as if being in the room prevents me from going to the beach. It's your bodies that are confined within these spaces.

我们是不受任何限制,我们也不受时间的限制.

We are not limited by any constraints, nor are we bound by time.

问: 那⼈死后可以进⼊到你们的维度吗? 还是⼈死后进⼊的空间是什么?

Questioner: Can a person enter your dimension after death, or what space does a person go into upon death?

⾼灵:如果你是说你的⼈格,你的⼈格是需要不断不断的学习成长.为什么会有物质世界的存在?物质世界就是来给你们的⼈格成长学习来探索的.然后你们并不是说⼈格死去你们就可以进⼊到我们的维度,明⽩吗?不是这样⼦的.但是我们的维度的能量可以⼀⼩部分投⼊到⼈格⾥⾯去.我不知道如何更好的让你明⽩我所说的.我们处在的⼀个状态,⼀个空间,这个不是⼈去世就可以到达的.但是我们的能量却可以投射⼀⼩部分进⼊你⼈体.进⼊⾁体过后它会分裂出⼀个独⽴的⼈格,明⽩我的意思吗?但是我们的存有是可以进⼊你的⾁体,可以进可以出.你是有你独⽴的灵魂.你看似是我的分⾝,但是又不是,因为你有独⽴的⼈格.

Higher Spirit: If you're referring to your personality, your personality needs continuous learning and growth. Why does the material world exist? The material world is here for your personality's development, to learn and explore. Then, it isn't that once your personality dies, you can enter our dimension. Understand? It's not like that. However, part of our dimension's energy can be projected into your personality. I don't know how best to explain what I'm saying to you. The state and space we're in is one that cannot be reached upon death. But our energy can project a small portion into your body. After entering the physical body, it splits out into an independent personality, do you understand my meaning? However, our existence can enter your physical body, it can come and go. You have your own soul. You appear to be a part of me, but not exactly, because you have your independent personality.

你看似是我的⼀部分,你也不是,你有独⽴的⼈格.但是我却可以通过你来展现来体验.所以死去的⼈,他们有⾃⼰独⽴的⼈格,然后你的⼈格在不断不断的感悟领悟.因为你们的⼈格是可以有⾃由意愿,就好像是我⽣了你,你是我的孩⼦,但是我却不能左右你.因为我对你们是⽆限的爱,你可以⾃由的去探索你⼀切想要探索的.就像我刚才说的,因为我知道你只是在跟影⼦玩游戏.所以虽然你们可能是⼀部分是来⾃于我们,但是你却不属于我们.但是我们会⼀直存在协助你们,帮助你们,来让你们探索任何你们想要探索的.引导你们去对⽣命去有更深层次的认识.⽽不是只沉迷于物质世界和影⼦玩游戏.虽然你们需要和影⼦玩游戏,因为你们都是⼩孩,你们都是孩⼦.

You appear to be a part of me, yet you are not; you possess an independent personality. However, I can manifest and experience things through you. Thus, deceased individuals have their own distinct personalities, and then your personality grows through continuous insight and understanding. Because your personalities have free will, it's as if I birthed you; you're my child, but I cannot control you. My love for you is boundless, allowing you to freely explore everything you wish. Just as I mentioned earlier, knowing that you are merely playing a game with shadows. Hence, even though parts of you might stem from us, you do not belong to us. Yet, we will always be here to assist and guide you in exploring anything you desire, helping you delve deeper into life's complexities rather than getting lost in materialism or playing games with shadows. Knowing that you are just children needing this exploration and guidance.

我们也知道⽆论你们怎么玩都不会受伤,但是⼀旦这个孩⼦产⽣了求知欲,探索欲,学习欲,我们就会出现,明⽩吗? 关于我们你们还有问题吗? 你前⾯问了我们的追求是吗?

We also know that you won't get hurt no matter how you play. But once this child develops curiosity, a desire to explore and learn, we'll be there, right? Do you have any questions about us? Did you ask earlier about our pursuit?

问: 对,你们的兴奋的是什么,你们追求的是什么?

Questioner: Yes, what are you excited about and what are you pursuing?

⾼灵:因为刚才说到我们已经没有你们⾁体,你说的兴奋、追求.这些都是属于你们才拥有的.我们只是成为,只是being.我不知道如何⽤更准确的词语.我们只是being.我们只是在存在,⽽且是永远的存在,不受时间空间.因为这⾥没有开始没有结束,也没有时间空间.因为你说的追求是说我现在没有的我去追求,拥有.我们可以去探索体验我们任何想要.然后真正的说我们的兴奋、追求是什么的话,那就是说我们最⼤的兴奋是把⿊暗转化成光明.就是这种转换的⼯作.就⽐如我们现在在引导你们解开你们的束缚,引导你们从⿊暗当中⾛出开,引导你们看到真相,引导你们明⽩真正的存在是什么.这些便是我们觉得我们想要去做的有意义的事情.

Ethereal: Because just now when we discussed that you have already lost your physical bodies, the excitement and pursuits you talked about are what belong to you. We are merely existing, being. I don't know how to use more precise words for this. We are simply existing beings who exist forever, without time or space. Since there's no beginning, no end, nor time or space here. The pursuit you mentioned is essentially saying that since we currently lack certain things, we pursue them and seek possession. We can explore and experience whatever we desire. And when it comes to truly defining what our excitement and pursuits are, it means our greatest excitement lies in transforming darkness into light – the work of such transformations. For instance, now we guide you in liberating yourselves from your constraints, leading you out of darkness and towards truth, guiding you to understand the essence of true existence. These are the meaningful endeavors that we aspire to undertake.

还有问题吗?

Any other questions?

问: 所以你觉得⼈类有这些,他有欲望,他有所追求,他有七情六欲,他是⼀种束缚吗?

Questioner: So, do you think that humans being like this, with desires and aspirations, is a form of bondage?

⾼灵: 你们是有少部分⼈已经达到了我们的境界.所以说你们并不受你们的⾁体限制.他们只是给你展现了你们可以达到的⼀个状态.但是你们来地球的⽬的就是为了体验束缚.因为如果你不想体验束缚你不会选择来到地球.也就是说我把我的⼀部分投⼊到⼈体当中,投射到地球来,就好像你知道你去海⾥你是去游泳的,如果你不想游泳你去海⾥⼲什么.你便不会下海,那既然你下了海你就是去享受这个⽔的.也就是说你⾸先你是想要去体验,想要去体验束缚.为什么你们主动去选择体验束缚呢,这是因为就像是健⾝⼀样,你需要很⼤的重量,不断不断的刺激,你才会变得更加的强壮.那体验束缚,如果你束缚越⼤,你想⼀下,如果你挣脱掉束缚,你内在的⼒量就越⼤.

Higher Spirit: You are among the minority who have reached our level, so you are not bound by your physical bodies. They merely showed you a state that you can attain. However, your purpose for coming to Earth was to experience limitations, as if you wouldn't choose to come here unless you wanted to experience them. It's akin to swimming in the sea; if you don't want to swim, why would you go into the water? Once you are in, you go there to enjoy the water. Therefore, you first want to experience being bound and wanting to experience limitations. Why do you actively choose to experience limitations? This is because, like weightlifting, you need constant stimulation with increasing weights to become stronger. Experiencing limitations; if the constraints are greater, think about how much more internal strength you would gain when you break free from them.

所以这也是部分⼈选择了物质世界的原因.还有⼀部分是⾃动选择,就好像是给你们做⼀个榜样,让你们看到哪⾥是出路,因为地球它是⼀个⾮常⾮常⼤⾮常综合,它是有各种,就像你们⾃⼰能看到的,它有很多种颜⾊肤⾊,讲很多种语⾔.也就是说它本⾝就是⼀个综合的,它本⾝就有很多,就⽐如说每⼀部分去的,他们想要体验的,他们想要得到的,探索的都会sligntly different, 都会有⼀些不⼀样.所以这要根据他们⾃⼰的选择去地球的体验.但是⽆论他们体验的在你们眼⾥看上去多痛苦.他们都是安全的.

So this is why some people choose the material world. And there's another part that just chooses it automatically, like setting an example for you to see where there's a way out because Earth is very large and very comprehensive, with various things - you can see this yourself, there are many different colors of skin, speaking many languages. In other words, it itself is a comprehensive place, with all sorts of experiences that every part wants to have, to get, or explore, which might slightly differ for each person. Therefore, it depends on their own choices when they experience Earth. But regardless of how painful this may look from your perspective, they are safe.

# **2021/04/29 — 什么是爱情What is Love**

问: 什么是爱情⾼灵: 什么是爱情? 爱情是你们物质世界,你们在这个地球上体验的⼈才会定义为爱情,因为对于我们来说只有爱.就是所有都只是爱.那你把它后⾯加⼀个情,那就加⼊了你的情感,情绪和你⾝体的情.就是你⾝体的依恋,依赖,然后影响到你个⼈的情绪,你个⼈付出的感情.所以这就是我们理解的和你们理解的不⼀样.你要问的是我们的爱情还是你们的爱情?因为在我们这只有爱的存在.

Questioner: What is love from a high being's perspective: What is love? Love is defined by you, humans in your material world on this planet as love because for us, there is only love. Everything is just love. But when you add the 'qing' (feeling or emotion) to it, you include your feelings, emotions, and bodily sensations such as attachment and dependency, which affect your personal emotions and affection. This is how we perceive it differently from your understanding. Are you asking about our concept of love or yours? Since for us, there's only the existence of love.

问: 我要问的是我们物质世界的⼈类的爱情?

Questioner: I want to inquire about humanity's love in our material world?

⾼灵: 你们物质世界⼈类的爱情,你们都很(没听清)…更多是你们这个,就好像你在玩游戏,你在游戏当中被对⽅吸引,你们的爱情更多是吸引⼒.这就是为什么有的⼈他⾃⼰觉得他不断的在被不同⼈吸引,陷⼊很多种关系.所以这个不能算是爱,这个只能算是吸引.问: 我们物质世界的爱情难道不是因为以前的灵魂协议吗?

Ethereal Being: Your human love in the material world sounds like it's... more about this game-like scenario where you are attracted to someone within a game or simulation, and your love is often based on attraction. This explains why some people feel they are constantly being drawn to different individuals, getting involved in various relationships. So this isn't love; it's simply attraction. You asked: Is our love in the material world not due to past soul agreements?

⾼灵: 因为所有的关系基本上都是来帮助你们突破某⼀个点.⽐如说你在某⼀个⽅⾯遇到了⼀些障碍,那你需要来突破这个.你拥有的关系不⼀定是爱的关系,也可能是彼此就是不能接受对⽅的.因为他最主要是让你的灵魂扩展,扩展到你没有任何形态,就是包容⼀切.

Higher Spirit: Because all relationships basically help you break through a certain point. For example, if you encounter some obstacles in one area, then you need to break through this barrier. The relationships you have don't necessarily have to be about love; they could also involve not being able to accept each other because their main purpose is to expand your soul, allowing it to expand without any form and to embrace everything.

问: 那物质世界的爱情是⼀定会发⽣在特定的⼈⾝上吗? ⽐如现在这个通灵的⼥孩⼦很爱她⽼公⾼灵:你是想问他们想问他们之间的感情? 他们之间的感情更多的是互补型.也就是说他们彼此在⼀起就会感受到⾃⼰变的完整.那这种感受如果你在链接到⼀体,你回归到⼀体的时候,你也会有这种完整的感觉.就是你不是只能从某⼀个⾝上去达到这种感觉.

Questioner: Does love in the material world happen to specific individuals? For example, this medium girl deeply loves her husband, Gao Ling: Are you asking about their emotions between them? Their relationship is more of a complementary type. That means they feel whole when they are together. This feeling will be present if you connect and reconnect with that sense of wholeness. You can achieve that feeling not just from one individual.

问: 那是不是说我们⼈类的爱情其实是⽤物质的⾝体来体验合⼀的感觉.

Questioner: Does that mean human love is actually a physical experience of oneness?

⾼灵: 你这个问题问的⾮常的好.然后你说的也⾮常的好.因为⼀切通过你们物质的,⽐如就好像她⽬前经历的,她通过了对某⼀个对象,对某⼀个⼈产⽣的情爱之⼼,然后想继续探索情爱的主题.是的.当你爱到,就是对爱到达了过后,你就会开始想要知道为什么会有这样⼦的情感产⽣? 如此强烈的情感它是如何产⽣的? 这样就会带领你去探索更多更多的关于⽣命的真相,关于爱的主题.因为你们都太关注于物质世界.所以这是⼀个⽅向,把你们带到探索这些领域的.

Higher Spirit: You asked a very good question and you spoke very well about it because everything through your physical experiences, for instance, like what she is experiencing now, where she expresses feelings of affection towards something or someone and wants to further explore the theme of love. Yes, when you fall in love and have reached that point, then you would start wondering why such feelings are generated? How can such strong emotions arise? This leads you to delve into more truths about life and the theme of love because you are all too focused on the material world. Therefore, this is a direction that guides you towards exploring these realms.

问: 我们怎么样才能不受时间的影响⾼灵: 你的问题是想要知道如何不被物质世界的时间影响.然后这⾥最重要的⼀点就是说你脱离记忆.

Questioner: How can we be unaffected by time? Higher Spirit: The question you are asking is how to not be influenced by the time of the material world, and here the most important point is that you need to detach from memory.

(孩⼦醒了)问: 为什么选择普陀⼭当你的道场?

(Child awakened) asked: Why did you choose Putuo Mountain as your place of enlightenment?

观世⾳: ⾸先我没有做任何选择,没有选择任何地⽅.因为在我们的感知⾥⾯和你们的感知是不⼀样的.也就是说我们没有⼀个固定的地点存在.就好像你们现在想和我交流,当你的意念发出我们就在交流了.⽆论你⾛到你们地球的哪个地⽅都⼀样.如果我们是受地点限制的话,这是不可能发⽣的,你明⽩我的意思吗? 所以呢更多的是物质世界的⼈感应到这个,然后去做了这样的事情.也就是说这是你们物质世界⾃⼰的⼈创造出来的⼀个地⽅,或者⼀个象征给你们.

Guan Shi Yin: Firstly, I made no choice and chose nowhere. This is because our perception and yours are not the same. In other words, there's no fixed location where we exist. It's like when you now want to communicate with me; as soon as your thought reaches out, we're communicating. Wherever you are on Earth doesn't matter. If we were bound by place, this wouldn't be possible, do you understand? So it's more about the physical world beings sensing this and then acting upon it. This means that these places or symbols are created by yourselves in your physical world, for yourselves.

问: 当年⽇本⼈想要把你的佛像拿⾛,好像是通过海路吧.然后怎么带都带不⾛.这个通灵的⼥孩⼦想知道这个是不是真的? 如果是,为什么?

Questioner: In the past, Japanese people tried to take away your Buddha statue, possibly via sea transportation. However, they were unable to do so despite all attempts. The spirit-medium wants to know if this is true. If it is, why did it happen?

观世⾳菩萨:好的,我清楚她的问题.⾸先这个故事只是⼀个故事⽽已.它不是真正的你们理解的呢个样⼦.因为你们物质世界的⼈还在拜物,拜物主意.拜物就是说你们觉得有⼀个像,你们在拜.这个动作已经是把你们带领到⼀个错误的⽅向.所以当他们觉得把⼀个⽯头,因为我并不在呢⾥⾯,因为呢并不是我,我只是能量的存在.你觉得呢⼀个⼩⽯头能把我所有的能量装在⾥⾯然后带⾛吗?这是不可能的.如果你们真的是想把我的带⾛,就好像你们是想要把宇宙的⼀切带到某⼀个地⽅,这是不可能发⽣的.所以在他们觉得把呢个佛像搬到另外⼀个地⽅,这样⼦的想法,这样⼦的⾏为和⾏动都是错误的.然⽽为什么你们的物质世界有这样的⼀个故事的发⽣?

Guan Yin Bodhisattva: Alright, I understand her problem. Firstly, this story is merely a story. It's not what you understand in the literal sense because people of your material world still worship objects and have object-oriented beliefs. Worshiping an object means that you believe there is something like it, which you are worshipping. This action already leads you to a wrong direction. So when they feel that by placing a stone (thinking it's me), I'm not actually in it because I'm not, I am just an energy existence. Do you think a small pebble can contain all my energy and then take it away? It is impossible. If you really want to bring me with you, like you want to bring everything of the universe to one place, this cannot happen. Therefore, thinking that by moving such an image to another location is wrong in terms of thought, action, and behavior. However, why does your material world have such stories happening?

这纯粹是⼀种巧合.⼀种巧合被你们变成了⼀个传奇的故事这样流传下来.因为他们是想加深⼈们对观世⾳菩萨的⼀个信赖.就是更加坚信观世⾳菩萨的存在,也是他们想要加深宗教信仰的⼀个观念.然⽽⽬前你们却都在错误的⽅向.因为真正的并不是让你们来把我变成对⽴的,就是我是⾼⾼在上,⽽你们是⽆能,没有⼒量的,明⽩我的意思吗?我们不是对⽴的,我们是⼀体的.就好像我现在就在这个⼥孩⼦的⾝体⾥⾯和你交流,那她现在就是我,明⽩吗? 所以如果她就是我,那是不是你们所有⼈都应该去拜她? 但这也是错误的.所以你们在把⼒量交给其他更⾼的存在,不是这样⼦的.

This was simply a coincidence -a coincidence that has been transformed into an legendary tale by you-all, for the sake of increasing faith in the existence of Avalokiteshvara or观音菩萨. It's their way to deepen religious beliefs, instilling more certainty in people about his existence. However, currently your path is misguided. The real thing isn't to have me become opposed to you, implying that I am high up, and you are powerless and lacking strength. Do you understand what I mean? We are not opposed; we are one entity. Like now, I'm communicating with you through this girl's body -she is effectively me. Do you get it? If she is me, shouldn't all of you be worshipping her then? But even that would be wrong. You're trying to entrust your power to higher beings than yourselves, which isn't the way to do it.

你们在拜的时候你们就在削弱⾃⼰,就在削弱⾃⼰的⼒量,觉得⾃⼰是要靠菩萨加持或者菩萨保佑你才会怎样.并不是这样的.你们这样会失去对⽣命真正的理解,了解,领悟,感悟.你们之所以能达成某件事情是因为你们坚信,你们内在的坚信和坚持.是你们的⼒量去创造,⽽不是神、佛、菩萨给你的保佑,或者他们给你的好运,并不是.

When you pray, you are weakening yourselves and your strength, feeling that you need the Buddha's blessing or protection to achieve something. This is not correct. Such thinking will lead you to miss the true understanding, comprehension, insight, and inspiration of life. It is because of your faith—your inner conviction and persistence—that you can accomplish things, not due to divine blessings, good fortune from gods, Buddhas, or the grace bestowed upon you by them.

问: 这个通灵的⼥孩⼦她想了解爱情,她想更多得知道关于爱情的⽅⽅⾯⾯,⽐如她很爱很爱她⽼公..

Questioner: This medium girl wants to understand love; she wishes to know more about it in every aspect, for example, she loves her husband very much.

菩萨: 她和她⽼公实际上是⼀个灵魂,因为是⼀个灵魂,应该说是⼀股能量化⾝成,也就是说他们是来⾃同⼀股能量,然后化⾝成男⼥,化⾝成你我,然后来彼此帮助对⽅去成长,去突破.因为他们彼此都会帮助对⽅去突破内在很多很多束缚.他们不是单⽅向的帮助,⽽是双⽅彼此,互相帮助彼此突破现有的障碍.然后现在看来,从你们的物质世界的时间现在看来,这个⼥孩⼦是先受益,也就是说她从这股能量当中,爱就是能量,她从这股能量当中她先受益,因为她在不断的突破、拿⾛她很多束缚,很多限制.然后也就是说⽬前,就好像她从这股能量当中得到了很多,但是后⾯从你们的物质时间,后⾯她的⽼公会⾮常⼤的受益,会拿掉很多束缚,突破.

Buddha: She and her husband are actually one soul. Since they are one soul, it could be said that their essence manifests as an embodiment of energy. In other words, they come from the same source of energy, incarnating into male and female forms, then into you and me to help each other grow and overcome challenges. They assist each other in breaking free from many internal constraints. Their assistance is not one-sided; it's mutual, helping each other overcome existing obstacles. It seems that currently, this girl benefits first from this energy source - love being the essence of energy. She benefits from this energy as she continuously breaks through and frees herself from many restrictions. Essentially, it appears that she gets a lot from this energy source right now. However, in the future, based on your physical world's time perspective, her husband will benefit greatly next, freeing himself from many constraints and overcoming challenges.

但是好在是这个⼥孩她没有着急,或者焦虑或者想要他快点转变,成长或者突破.她并没有,她欣赏他的每⼀个阶段的样⼦.也是因为她的意识程度达到了⼀定的境界,所以她才能理解.就像每⼀个种⼦它发芽和⽣长的速度和时间是不⼀样的,那她是对⽣命的⼀种信任.也就是说这个⼥孩⼦她早⼀点开花,但是她的⽼公会晚⼀点开花.这是没有冲突的,因为他们最终都会彼此成为真正的⾃⼰,都会彼此绽放⾃⼰.但是他们彼此都在这⼀股能量中受益,这个爱的能量.爱就好像是⽔来滋养他们,让他们得以成长得以绽放⾃⼰.这就是真正的爱是滋养双⽅的,它会让你们双⽅都绽放.然后你们会觉得或者不是爱或者是爱,你们就⽐较反感这样的关系.

But fortunately, this girl wasn't rushing him or getting anxious or wanting him to change and grow faster. She appreciated each stage of his development without pushing for acceleration. This was possible because her consciousness had reached a certain level of understanding. It's similar to how different seeds sprout at various speeds and times; she trusted the process of life. Essentially, this girl might have bloomed earlier, but her husband would bloom later. There is no conflict in this scenario, as they both will eventually become their true selves and绽放themselves. Yet, they both benefit from this shared energy, the love that nurtures them both like water nourishes plants for growth and blossoming. True love is reciprocal; it allows both parties to flourish. You might feel or not feel this kind of relationship differently but find it more disagreeable than loving each other fully.

但是如果你们加以利⽤的话,你们也可以把错误的关系变成对你们很⼤的⽀持和成长.你能从中受益.也就是说你也能得到你应该从呢段关系中得到的营养或者滋养.虽然它并不是像,⽐如这样说,你们觉得这是爱,就好像是阳光和⽔来滋养你,温柔的让你成长,都是你需要的.那狂风暴⾬都是错误的关系,就是恨或者其他关系.但是狂风暴⾬同样是可以变的更加强壮.也就是说当你的根深深的扎⼊⼟地⾥去过后,你不会被狂风暴⾬给连根拔起.只有你的根不够深⼊的时候,它才会把你连根拔起.也就是说你的⾃我⾜够强⼤或者坚定,你遇到的呢些错误的关系或者恨的关系只会让你越来越,就像是被暴风⾬洗礼过后,越来越强壮.⽽不会把你给毁灭.

But if you do utilize them, these wrong relationships can actually become a massive support and growth for you. You can benefit from it. In other words, you can gain the nourishment or nurturing that you should derive from such a relationship. Although it might not be like saying, "This feels like love," providing warmth and water to nurture your growth gently – all those things are what you need. Yet, storms and harsh winds represent wrong relationships, including hate or other dynamics. But even these storms can strengthen you just as much. In essence, when your roots dig deep into the earth, they won't be uprooted by the stormy weather. Only if your roots aren't deeply rooted would you get uprooted. This means that with a sufficiently strong and firm self, wrong relationships or hateful dynamics only make you stronger, like how being battered by storms makes you grow stronger, rather than destroying you.

如果真的是因为⼀段错误的关系你就被毁灭的话,那就说明你(没听清)还需要扎根.所以有的婚姻关系或者是恋爱关系,他们看上去是在经历⼀些负⾯的消极的或者是虐待或者是不被你们接受或者⽀持的⼀种⽅式存在,但是他们同样是可以滋养.

If it's really because of a mistaken relationship that you're being destroyed, then it means that you (haven't understood) that you still need to take root. So some marriages or relationships, they might seem to be going through negative, passive, abusive, or unaccepted and unsupported ways, but they are also capable of nurturing.

问: 赛斯在书⾥说过爱永远牵扯⾃由,当以个⼈说我爱你却限制你的⾃由的时候,这个时候恨就会产⽣.我想知道您对这个有没有什么看法?

Questioner: Seth mentions in his books that love always involves freedom, when one person says "I love you" but limits the other's freedom, hatred can sometimes arise. I would like to know if you have any thoughts on this?

菩萨:⾸先没有任何⼈能限制你的⾃由,只有你⾃⼰对⾃由的⼀个定义会被限制.因为如果你的想象⼒⾜够丰富,如果你⾜够有创造⼒,如果你的思想不受束缚的话,你可以转变⼀切.因为对⽅可能想要限制你的⾃由,就打⽐⽅说他不让你出去社交,那你可以看到是因为他内在的不安全感,因为他害怕你去社交过后会抛弃他.那你需要和他⼀起去,让他看清楚他内在的不安全感来于什么.可能来于他⼩时候他⽗母有抛弃过他.那么你们回到呢时候让他认清楚这个只是⼀个错误的观念.然后让他看到,让他陪着你⼀起出去,让他看到你出去并不会跟他分开,或者是背叛.这种事情发⽣过后,他渐渐的,你会培养他的安全感,明⽩我的意思吗?

Buddha: Firstly, no one can limit your freedom; only you define the boundaries of it yourself. Because if your imagination is vast enough, if you are creative enough, and if your thoughts aren't restrained, you can transform everything. If someone wants to limit your freedom, for instance, by not allowing you to socialize, you need to see that this stems from their internal insecurity because they fear you will leave them after socializing. You should work together with them to make them understand the source of their inner insecurity is. It might come from when they were younger and their parents abandoned them. Then, together, you return to those times, showing them that these were just mistaken perceptions. They need to see that going out doesn't mean leaving or betraying him. After these incidents, over time, you can cultivate his sense of security, understand?

因为你们所有的关系中都不是单⽅⾯受益的,你也需要帮对⽅突破他内在的束缚.因为他在束缚你,限制你的⾃由的时候,你们双⽅都是不⾃由的,他也是不⾃由的.当你在帮他去解开他的束缚过后,你们才能⼀起⾃由.就假如你们是⼀对⼩鸟,你们要⼀起去探索这个世界,如果它的腿它的翅膀被绑住了你是不是要帮它解开,⽽不是⼀个⼈,如果你⼀个⼈去体验的话就不是爱了,就不是爱情了.所以你们物质世界有⽐翼双飞嘛.所以你不会⼀个⼈去享受⾃由的,然⽽当你通过爱情去理解认识到这⼀点,你也会帮助更多⼈去解开他们的束缚,然后你才能(没听清)⾃由.因为如果集体不⾃由的话,你还是会受影响.

Because in all your relationships, it's not a one-sided benefit; you also need to help each other transcend their inner limitations. Because when he restrains you and limits your freedom, both of you are not free, and so is he. Once you have helped him to overcome his constraints, then only can you both be free together. Imagine if you were a pair of birds exploring the world; would you tie its legs and wings and expect it to fly? That wouldn't be love, not true love. So in your physical world, there's the concept of two flying together. Therefore, you do not get to enjoy freedom alone. However, when you understand this through love, you will also help more people to overcome their limitations, then only can you fully experience freedom yourself because if the collective is not free, you would still be affected.

问: 我们怎样可以减少物质世界时间对我们的影响,可以拥有⽆限的时间? 然后从⽽减少时间对于⾁体衰⽼的影响,怎么样做到?

Questioner: How can we reduce the impact of material-world time on us to have infinite time and thereby diminish its influence on physical aging?

菩萨: 怎么做到,就是你不⽤提这个问题,明⽩我的意思吗? 你的头脑⾥⾯没有这个问题产⽣.你就不会受它的影响.因为当你在提这个问题如何做到的时候,你就已经确定是它会影响到你了.所以你头脑⾥完全没有这个想法,想要去改变它.因为只有你同意了,时间的观念是你们的集体意识.集体意识就好像是你要去签字对吧,我要去同意,我要去认同.你已经签上字了,那就说明你同意了啊.你同意了你才会出现这个问题就是如何去改变.

Bodhisattva: How to do it is that you don't have to ask this question, understand my meaning? There's no production of this problem in your mind; you will not be affected by it. Because when you ask how to achieve this, you already determine that it would affect you. So there's absolutely no intention in your mind to change it. As only when you agree is the concept of time your collective consciousness. Collective consciousness is like signing a document, right? I have to agree and acknowledge. You've already signed it; that means you agreed, isn't it? You agreeing leads to asking how to change this issue.

问: 那我们现在就是想知道如何去改变?

Questioner: Now we want to know how to change?

菩萨: 扩展你的意识,当你的意识扩展到⼀定的程度,你便不受⾁体对你带来的任何影响,包括衰⽼.

Bodhisattva: Expand your awareness. When your awareness expands to a certain degree, you are no longer affected by the body, including aging.

问: 那是不是说通过扩展意识,通过意念可以让⾃⼰变得更漂亮呢?

Questioner: Doesn't that mean one can become more beautiful by expanding consciousness and through thought?

菩萨: 通过意念让⾃⼰变的更漂亮实际上你还在专注于⾃⼰的⾁体.你还在受你的⾁体的束缚.你还是受着你⾁体的束缚,只有当你不再受到你⾁体的束缚,你才能去超越它.那还有⼀个问题她是说如何让你们的这个物质⾁体变得更漂亮,为什么呢? 因为漂亮是⼀件美好的事情.美好是⼈们都喜欢的.那真正的美好实际上不是你的容貌.因为你们物质世界看到了很多很多可能⾮常标准,漂亮的容貌,但是他不⼀定是美好的.他有可能是险恶的,⼈们不⼀定是喜欢的.所以最重要的就是你真的美好吗? 你真的是善,⼀朵美丽的花它只是存在⽽不去攻击任何⼈,⽽不去讨厌,或者嫌弃,或者评判,或者做任何对他⼈的.

Bodhisattva: Transforming oneself into beauty through thought is actually still focusing on one's physical body. You are still bound by your own body. Only when you no longer bind yourself to your body can you transcend it. There's another question here about how to make your material body more beautiful, why? Because beauty is a wonderful thing. People generally like things that are beautiful. However, true beauty is not actually about your appearance. What you see in the material world as many standard and beautiful looks may not necessarily be beautiful. It could possibly be harmful, something people might not really like. So, the most important question is: Are you truly beautiful? Are you truly kind, a beautiful flower that exists without attacking anyone or disliking them, criticizing them, or doing anything to others?

你想是⼀只漂亮的花它像⼀个令箭⼀样⼀见到⼈它就来扎你,⼈们还会喜欢它吗? ⼈们还会觉得它漂亮吗? ⼈们只会躲着.那有很多漂亮的蛇,但是⼈们不⼀定喜欢它,明⽩我意思吗? 所以当你真的,你的存在对任何⼈没有半点伤害之意,就是你对任何⼈都没有伤害他,或者是评判,或者是嫌弃,或者是任何思想上得发⽣,你就会变得美好,你就会变的有吸引⼒,这种是超过外在的美貌的.外在的美貌可能让⼈看⼀眼,觉得不错,或者有吸引⼒,或者还⾏.那如果你缺少了内在的美好的话,对⽅接下来就是产⽣反感之情了.

You imagine being a beautiful flower that looks like a thorn and when people see you, it pricks them; would people still like you? Would they still find you pretty? People would just run away. There are many beautiful snakes, but people don't necessarily like them, do you understand me? So when you truly exist in a way that doesn't harm anyone at all, meaning you don't cause any hurt, or judgement, or disdain, or any negative thoughts towards others; this makes you become beautiful and attractive, beyond just physical beauty. Physical beauty might make someone look at you once and think it's nice, attractive, or okay. But if you lack inner beauty, the other person will then develop feelings of dislike.

问: 我在梦⾥有存有来找我告诉我意识是不受限的,意识天⽣是⽤来创造的.我只记住了这⼀点点,我想知道有没有什么更多的信息菩萨:你刚才已经说到了,意识是不受限制的.这就是她想要传达给你的信息,⾮常得清晰.因为你⽬前在物质世界,你还体验到限制.你还在体验限制.然后那就说明你在你的思想上还是有束缚,还是有限制的.你并没有让它,放飞它或者是允许它去不受限制,去创造,⽆限的创造.它没有经过你的允许.

Questioner: I had a dream where an entity came to me and said that consciousness is boundless; it's inherently used for creation. I only remember this bit. Can you provide more information? Buddha: You have already stated what she tried to convey, which is that consciousness is boundless. This was the message she wanted you to understand, very clearly. As you are currently in the physical world, you still experience limitations. The limitations persist as you are still experiencing them. Therefore, it means that there's still a restriction or limitation on your thoughts. You have not allowed it to be free, unrestricted, or enabled for limitless creation. It hasn't been granted permission by you.

问: 那我应该怎么更好的去做呢? 我的盲点是在哪⾥呢?

Questioner: Well, what should I do better then? Where are my blind spots?

菩萨: 你的盲点是在哪⾥.就是你太过于认真的去找盲点⽽错过了⽣活的美点,明⽩吗? 因为当你在(没听清)点的时候,就好像有…我不知道要如何来形容,就好像你的意识⽐如,我从她的脑海⾥⾯搜索不到很好的来形容⼀个⽐喻,就好像你在关注,就好像你的眼睛是你的意识焦点,你的焦点在关注⼀点,有⿊点和⽩点.那⽩点就是美好,⿊点就是你说的盲点.你如果⼀直在寻找盲点,⼀直在关注盲点的话,盲点就会焦距越来越多,因为你在显化.那如果相反你只是关注⽩点,美好的呢⼀⾯,你的美好就越来越多.你不需要去消除盲点,⽽是说关注你⽣活的⽩点,美好的事件.就⽐如我们有这⼀次对话,它是⼀件⾮常美好的事情.因为不是所有⼈都能有这样的经历.

Bodhisattva: Where is your blind spot? It's that you are too focused on finding the blind spots and have thus overlooked the beauty in life. Do you understand? Because when you're (not hearing) it, it's like... I don't know how to describe this, but it feels like your consciousness, as if searching for a metaphor in her mind, is akin to your eyes being your focal point of attention, focusing on one thing with black and white points. The white dot represents the beauty, while the black dot represents what you call the blind spot. If you constantly seek the blind spots and focus solely on them, more and more blind spots will emerge because you are manifesting this way of thinking. Conversely, if you simply focus on the white dots, the beautiful aspects of life, your positivity will increase. You don't need to eliminate blind spots; rather, focus on the white points, the good events in your life. For example, our conversation right now is a truly wonderful experience. Not everyone has such experiences.

然后你们就是在和神对话,如此⾯对⾯的交流,不是所有⼈都能经历.这就是⼀场美好.记住这⼀股能量,因为你的意识记住的能量,这股能量越多,经常它就会播放它,明⽩吗?如果你记住的是恐惧的能量,或者是匮乏、焦虑其他能量的话,那他也会越来越多.所以你只需要去关注你想要关注的,⽽不是去消灭你不想要的.

Then you are communicating with God, this direct exchange is not experienced by everyone; this is a beautiful thing. Remember this energy because the more your consciousness remembers and holds onto this energy, it will play out more often, do you understand? If you remember fear or scarcity, anxiety, or any other energy instead, then there will be more of those too. Therefore, you just need to focus on what you want to focus on rather than eliminating what you don't want.

因为当你在想要消灭不想要的时候,你其实就是在产⽣它,你在避免它,就是在⽣产它,让它越来越多.

Because when you want to eliminate what you don't want, you are actually producing it; by avoiding it, you are generating more of it.

问: 这是不是就像憎恨战争和热爱和平,虽然在头脑看来这是同⼀回事,但这是两股完全不同的能量菩萨: 因为最终决定你们物质世界的体验是你们⾃⼰的能量状态.⽽不是你们真正的处于在什么样的位置,⽽是你们内在.所以你每天只需要关注你⽣活中美好的事情就⾜够了.

Questioner: Isn't this like hating war and loving peace, although it appears to be the same thing in one's mind, yet these are two completely different energies? Bodhisattva: Because ultimately, what determines your experience in your physical world is your own energy state, not where you are actually at but from within. So all you need to do every day is focus on the good things in your life.

问: 我想知道呢个来找我的存有是我的指导灵吗?

Questioner: I wonder if this entity seeking me out is my guide spirit?

菩萨: 你们每⼀个存有都会有相应的,都会有不同的,也会有相应的,有固定的也有不固定的.他们来和你们交流或者互动.那有的⼈可能就是来跟你做个游戏,或者玩⼀玩,或者恶作剧都会有这样的.你不⽤去在乎这个⼈是谁.因为他也可能是你⾃⼰显化出来的.你只⽤去看这个信息对你带来,让你去思考、探索,让你去领悟.所以以什么形式存在或者发⽣不重要.重要的是你是如何去利⽤这个信息对于你⾃⼰的成长.

Bodhisattva: Each of you存有 will have corresponding ones that are different and fixed or variable, coming to interact with you or engage in communication. Some may just come to play a game with you, for fun, or even cause mischief. You do not need to concern yourself about who this person is because they might also be manifestations of your own being. Focus on how the information impacts you, prompting you to think, explore, and gain insight. The form in which it exists or occurs is less important; what matters is how you utilize this information for your personal growth.

问: 我想知道我现在想通过冥想把⼀个我喜欢的⼯作拉进我的现实,但是我冥想的时候我很难去感觉到它,就是去聚焦.我想知道怎么样闭上眼睛去冥想的时候能够感觉到呢个感觉,能够把呢个画⾯聚焦出来.这是我觉得我现在的⼀个卡点.

Questioner: I want to know how to use meditation to bring a job that I like into my reality. However, it's hard for me to focus on this during meditation. I wonder how to feel the sensation and focus the image when closing my eyes while meditating. This is where I'm stuck now.

菩萨: 放下你(听不清)道路.它按照它的⽅式来到你的⽣命⾥,⽽不是你想要的⽅式来到你的⽣命⾥.因为你说你想要⽤冥想的⽅式把它拉进来.那就说明你已经觉得它是不属于你的.你需要放下⼀切定义,你需要什么样,什么样.我不管你们在书本上学习到多少,从别⼈呢学到多少,因为每个⼈体验的⽅式都是独⼀⽆⼆的.所以像刚才说的你只需要去关注你⽣命中美好的事情,去体验它就⾜够了.因为你会发现越来越多的美好的事情.当然包括了你的⼯作事业,爱情,友情,各⽅⾯,都会美好的发⽣,⽽不只是⼀件事情,你在限制它.

Bodhisattva: Let go of your path (inaudible). It comes into your life in its own way, not the way you want it to come into your life. Because you say that you want to pull it in through meditation. That means you already feel like it doesn't belong to you. You need to let go of all definitions, what you want, what you should have. I don't care how much you learn from books or others because each person's way of experiencing is unique. So, as was mentioned earlier, just focus on the beautiful things in your life and experience them. Because you will find more and more beautiful things happening. Of course, including work, career, love, friendship, all aspects, will happen beautifully, not just one thing, where you're limiting it.

问: 因为我看到dr joe在通过冥想的⽅式帮助了很多存有达到了他们想要的⽣活.然后我也想通过这种⽅式来做…菩萨: 这就是你的限制.就好像有个海呢么多的⽔,⽆论⾛到哪个地⽅你都可以拥有⽔,你却想我要如何制造⼀个瓶⼦去装⽔,去储存⽔.你根本就不需要储存,你只需要去(没听清)⽔.你并不是匮乏的,你不是需要祈求的,你并不需要去吸引,因为你本⾝就拥有.

Questioner: Because I saw Dr. Joe helping many entities achieve the life they wanted through meditation. And now I want to do the same...Bodhisattva: This is your limitation. Like a sea with so much water, no matter where you go you can have water, yet you're asking how should I create a bottle to contain the water and store it. You don't need storage; you just need to (unheard) access the water. You are not lacking, you do not need to beg, you do not need to attract because you already possess it yourself.

问: 我还想问⼀下我的⾼我也好,我的指导灵也好有没有什么别的想要告诉我的事情?菩萨: 今天晚上所有的信息都是想要告诉你的,不然的话你就不会加⼊这场对话.

Questioner: I also want to ask if there is anything else that my high self or my guide spirit wants to tell me? Buddha: All the information tonight is meant to be shared with you, otherwise you wouldn't have joined this conversation.

问: 好的,那我知道了菩萨: 然后这个⼥孩⼦她的头脑⾥还有问题,也就是说她上次去普陀⼭,看到了呢些⼈都在拜观世⾳菩萨,然后呢种⽅式,呢种拜让她内在产⽣了很多同情⼼.因为她知道他们都在,就好像是在做对⽴的事情,这个也会激发她以后会想要更多的宣传或者传播或者分享什么是真正的菩萨或者观世⾳,这是你们的名称.就是什么是真正的爱,或者什么是真正的信,或者什么是真正的菩萨的存在对你们来说的意义.所以我想跟她说的是她将来的道路,传播的⼯作还有这些精神.然后她所需要的⼀切,就好像她的路已经被铺好,只需要全然的去跟随她的内在的感受,去成为就好.因为(听不清)都能感应的到,都能感受得到.

Questioner: Alright, then I understand that the girl still has questions in her mind. Specifically, after her previous visit to Putuoshan, she witnessed various people worshipping the Bodhisattva Avalokiteśvara and their ways of worshiping which evoked a lot of empathy within her. She feels that they were all performing actions that seemed contradictory, which stimulated her desire for future advocacy, dissemination, or sharing about what true compassion or faith in a Bodhisattva represents to them. Hence, I would like to convey to her that her path ahead will involve spreading work and spiritual endeavors. Essentially, she needs only to fully follow the guidance of her inner feelings, becoming true to herself because everything resonates with her internally.

(Translation might not be completely accurate due to the unclear last sentence.)

⼈们都在太过于透⽀或者消耗⾃⼰,然⽽这是因为⾛在错误的路上.他们不需要如此的⾟苦和如此的痛苦.这就是为什么我⼀直想要去帮助⼈类,想要帮助⼈类去脱离不必要的痛苦.这就是你们所说的救苦救难观世⾳菩萨.然⽽他们,这种又加深了他们的迷信,这种对宗教信仰的⼀种信.因为我想让他们更多的理解,真正能救苦救难的只有他们⾃⼰.⽽且真正的苦难只存在他们的思维当中⽽不是物质世界当中.所以这些观念需要被扭转,需要被重新认知和定义.她还有⼀个问题是为什么观世⾳菩萨想要去让众⽣得到解脱,想要救众⽣?这个就像是这个⼥孩⼦她⾃⼰⼀样,她为什么看到呢些在痛苦中挣扎,或者在经历痛的⼈,她为什么想要去帮助⼈?

People are overworking or exhausting themselves for no reason, it's because they're on the wrong path. They don't need to suffer like this and endure so much pain. That's why I always want to help humanity, wanting to help humans escape from unnecessary suffering. This is what you refer to as the Compassionate观音Pusa. However, such beliefs deepen their superstitions, their faith in religion. Because I want them to understand more that truly, it is only themselves who can save and relieve suffering. And true suffering exists only in their minds, not in the material world. So these concepts need to be rethought, redefined, and understood anew. Another question she has is why does the观音Pusa want sentient beings to achieve liberation, wanting to save sentient beings? Just like this girl who sees those struggling with pain or experiencing it, why does she wish to help people?

她把帮助他⼈从思想当中,精神当中,吸引当中脱离的过程当成她⾃⼰的激情,她⾃⼰热爱.这是⼀样的.

She regards the process of helping others to escape from their thoughts, spirits, and attractions as her own passion, something she loves about herself. It's the same thing.

问: 我突然想到⼀个事情,我能提问⼀下吗?

Questioner: I suddenly thought of something; can I ask a question?

菩萨: 你说.

Buddha: You say.

问: 我前⼏天打坐的时候感受到⼀股能量,然后呢⼀晚就有⼀个存有来找我,压在我的⾝上跟我说话,但是我听不清她跟我说什么.然后她突然说那现在可以听清了吗? 然后我就只听清楚了这⼀句,我想知道这个存有她有什么想要告诉我的? 还有就是为什么我总是听不清呢?

Questioner: The other day when I was meditating, I felt a force. Then one night, an entity came to me and sat on top of me speaking to me, but I couldn't hear clearly what she was saying. Suddenly she said, "Can you hear me now?" I only managed to understand this sentence. I would like to know what message she wanted to convey? And why can't I hear clearly all the time?

菩萨: 你想要知道你上次的经历,呢个存有是有什么话想要告诉你.你想要知道为什么你听不清.因为你们的接触,所有的接触不是只是只有⼀次.有可能你的邻居,今天来给你敲个门,给你打个招呼,告诉你我现在回家了,给你打个招呼让你知道,让你有⼼⾥准备.然后下⼀次等你们双⽅都⽅便的时候,你有空,她也有空,那可能会进来陪你喝杯茶,陪你聊聊天,可能时间就会更长⼀点.也就是说你允许你每⼀个发⽣呢些已经发⽣的事情.因为当你们的意识越来越扩展,你们会跟灵界像是朋友⼀样,就好像我们现在交流就像是朋友在交流⼀样.不存在只是物质之间的交流.那对⽅也会像朋友⼀样经常来访问你.

Buddha: You wish to know about your previous experience, there is something this storage wants to tell you. Why can't you hear clearly? Because of your interactions, all interactions are not just one time. Perhaps your neighbor came to knock on your door today, greeted you and told you they were going home, and gave you a greeting so that you would be prepared in your mind. Then next time when both parties are available, when you have time and she has time, perhaps she might come in to share a cup of tea with you or chat together, which could take longer. This means that you allow every occurrence of what has already happened. As your consciousness expands more, you would relate to the spiritual realm like friends do, similar to how we are currently communicating as if we were friends exchanging thoughts. It's not just about material exchanges; they also frequently visit you in a friendly manner.

那朋友之间可能也会像这⼀次我们只是打⼀个招呼,那下⼀次我们双⽅都⽅便的时候聊个天,聊久⼀点.

That friend might also exchange greetings like this once, and next time when both of us are available, we can have a longer chat.

问: 我为什么听不清呢? 我知道她在跟我说话,然后我想知道她知不知道我听不清楚她跟我说什么?

Questioner: Why can't I hear her clearly? I know she's talking to me, and then I wonder if she realizes that I can't understand what she's saying.

菩萨: 也就是说像我刚才举的呢个例⼦.你⽅便,她⽅便.那有可能是你现在还不⽅便.就是你还没有ready for more information.你还没有.所以你只需要去允许.你不会错过任何,是要相信.但是因为你已经就是对这些灵性,或者精神层⾯或者⼼灵是抱以开放的态度就⾜够了.

Bodhisattva: In other words, like the example I just mentioned, you are available and she is available. It's possible that you're not available now because you haven't prepared yourself for more information; you haven't been ready yet. So you only need to allow it without missing anything, having faith in the process, but your openness towards spirituality or spiritual aspects, or mind, is sufficient as long as you have already embraced this attitude.

# **2021/05/06 — 连接玛丽莲梦露 Link Marilyn Monroe**

问: 我从去年开始在急诊科上班,然后逐渐遇到很多神奇的事情.就是可以⽆意识的,也可以说是直觉,然后会创造出⼀些我想到什么就会来什么.我就想知道它跟我此⽣的使命有什么关系? 就是我想到什么就会来什么.就是⽆意识的,它进⼊脑⼦⾥⾯.就举个例⼦,我看书的时候,突然脑⼦⾥⾯进⼊了⼀个病⼈的样⼦,但这个病⼈有⼀年都没有联系了.隔了两个⼩时,这个病⼈就被推进了急诊科,当时他已经⽣命垂危,快死了.然后问家属,家属说他是在⼀⼩时以前发病的,⽽我在他两⼩时前,在他发病前⼀⼩时,我就把他想到了.然后后⾯他就去世了.然后后⾯第⼆次又遇到类似的情况,就想知道这个跟我此⽣的使命有什么关系呢?

Questioner: I started working in the emergency department last year and have since encountered many amazing occurrences. It's as if there's a subconscious mechanism that allows me to conceive of situations or events that manifest almost immediately after my thoughts about them. I'm curious about how this relates to my life mission - why are these incidents occurring when they do, precisely at times when I think of them? For instance, while reading a book, an image of a patient pops into my mind who I hadn't contacted for a year. Two hours later, this patient was admitted to the emergency department in critical condition, on the verge of death. The family mentioned that he had become ill just an hour prior, and I was thinking about him one hour before his illness onset, two hours before he arrived at the emergency room. Unfortunately, he passed away shortly after arrival. This experience happened again with a similar situation. Could you explain how this aligns with my life mission?

⾼灵: 这就是⼀种,🗎,你的问题我明⽩.你们有⼀些天⽣就是⼼灵感应特别发达,这是属于在你们的物质世界叫做通灵.也就是说你会通过接受这些图象或者声⾳,或者其他的⽅式来感应到某⼀些事情.然后对你们来说,因为你们对这个领域还不是呢么了解,不是呢么常见,所以你觉得是奇怪或者是奇特,但是这是⼀种正常的现象.只是你们物质世界的⼈⽬前还很多,⼤部分⼈都是在⼀种不正常的状态,所以你们把正常的状态当成了不正常.所以你呢个只是⼀个你作为⼀个⼈,你的所有功能,就好像你会⾛路,会说话,你会⼼灵感应,你会通灵,这都是正常的⼀部分⽽已.所以这只是你的⼼灵感应,你可以感应到,也就是你们所说的第六感.

Higher Spirit: This is one of your issues, I understand. You have some innate psychic abilities that are especially developed. This is called clairvoyance in your physical world. That means you receive images or sounds, or other ways to perceive certain things. For you, because you aren't very familiar with this area and it isn't common for you, you might find it strange or unusual. But this is a normal phenomenon. Just most people in your material world are still mostly in an abnormal state currently, so what you consider as normal has become something that seems abnormal to them. So you only think of these abilities as normal functions, like walking and talking, and psychic perception - clairvoyance or mediumship - are just parts of the normal human function. Therefore, this is your psychic ability which allows you to sense things around you, also known as your sixth sense.

但是这个可以把你带⼊到就是让你更多的去了解这个领域.然后探索这个领域.你刚才问这个和你的使命有什么关系? 这个和你的使命是有关系的.因为当你去伴随着你头脑⾥⾯的疑惑,或者好奇,或者疑问,然后你便会去,像打开了⼀扇门,进⼊到了⼀个全新的世界.这个世界会让你重新的定义你⾃⼰,然后重新的去,就好像给你头脑⾥⾯装了⼀个新的程序,让你全新的去体验这个世界.也就是说是⼀次蜕变、转变.就好像你之前你是⽑⽑⾍,你体验的是地,⼟地.那么这个可以带领你转变,让你成为蝴蝶过后,你体验的是空中.这是不同的维度.还有问题吗?

But this can lead you to delve deeper into the field, exploring it more thoroughly. You asked how this relates to your mission? Indeed, it does relate because when you accompany the uncertainties, curiosities, or doubts in your mind, you are opening a door and entering a new world. This world will redefine you, allowing you to experience the world anew as if a new program has been installed in your mind, enabling you to experience everything differently. It's essentially transformation or change. Previously, you were like a caterpillar experiencing the ground, soil. This can guide you through this transformation so that after becoming a butterfly, you experience life in the sky. These are different dimensions. Any other questions?

问: 我还想知道我此⽣的使命究竟是什么? 需要如何将它找到?

Questioner: I also want to know what my mission in this life is, and how can I find it?

⾼灵: 你现在就在呢条路上.你现在就已经在呢条路上了,在⾛往呢条路上.你在往这⽅⾯探索.你头脑⾥⾯的疑问就是帮你打开了⼀扇窗.那窗⾥⾯就是属于你的世界,你去创造.你去创造.

Higher Spirit: You are already on that path. You are already walking along that road. Your mind's questions have opened a window for you. That window leads to your world, where you create. You create.

问: 但现实⽣活中的种种,我⽬前的道路不允许我往这个⽅向发展.可能这是不是意味着我⾃⼰不允许我⾃⼰⽽已,⽽不是外界不允许我?

Questioner: But in practical life, the path I am currently on does not allow me to develop in this direction. Does this mean that I am preventing myself rather than society?

⾼灵: 不允许你朝这个⽅向发展是什么意思?

"Higher Spirit: What does it mean to prohibit you from developing in this direction?"

问: ⽬前家⾥的⼈都告诉我,你必须要做你原来的职业,原来的医⽣,但我的⼼告诉我,我要去成为⼀个疗愈他⼈的,⾝⼼灵的⼀位,疗愈他⼈的,帮助他⼈的⼀个⾃然⼈.⽽不是就是急诊科医⽣.我只看到了帮助他们的⾝体,但他们的⼼灵没有得到任何帮助,⼀直都是靠药物.⽽我更渴望的是去通过⾝与⼼的结合的,⾝⼼灵的⽅⾯去帮助更多的⼈.然后与他们能够在某⼀个程度上达到⼀种合⼀的状态.但现实世界告诉我,就是我周围的亲戚,包括我母亲是极⼒反对我,告诉我你那样⾛你以后可能连温饱都不能解决,你放弃了你的职业,你以后什么都没有.我陷⼊了深深的恐惧.其实我⼀直回忆起我是本⾃具⾜,但是周围的⼈可能也在提醒我我是本⾃具⾜.

Questioner: Currently, everyone at home tells me I must do my original job as a doctor, but my heart tells me I want to be someone who heals others on mind, body, and spirit. Instead of just being an emergency room physician. I only see their bodies helped, but their spirits aren't aided; they rely solely on medication. However, I'm more passionate about using the connection between body and mind, as well as mind, body, and spirit to help many more people simultaneously. I aspire for a state where we can achieve some level of harmony together. Yet, reality tells me that my family members around me, including my mother, are strongly against this path, warning that such a career might not provide enough sustenance in the future. This has led me into deep fear. In truth, I've always felt self-sufficient, but perhaps those around me also remind me of my innate ability to be self-sufficient.

但我也会在⽆意识的状态下陷⼊⼀种深深的恐惧.

But I would also find myself in a deep state of fear without conscious awareness.

⾼灵: ⾸先你很明确你想要做什么,⽽且你也知道什么是正确的路.只是说你头脑⾥⾯有⼀个定义,就是有⼀个固定的,你觉得只有脱离你⽬前⼯作的地⽅你才能去达到,才能去⾛你的路.不是这样⼦的.因为它们是息息相关的.也就是说你⼀个创造者,不是说你⼀定要去到,⽐如说你是⼀个画家,你不是说我现在需要这个颜料,这个颜料,你们什么都没给我.我怎么样画画? 不是,如果你真正的是⼀个画家,你是个创作者.你亏随便从你当下的环境当中找到任何材料,素材来⽀持你的创作.也就是说你如果明明知道,医⽣,医院⾥⾯关注的都是治疗他们的⾁体的疾病.但是你更加知道的是,引起他们的疾病是他们的精神层⾯或者信念问题.

Higher Spirit: Firstly, you are clear about what you want to do and know the right path. It's just that your mind has a defined concept - thinking that you can only achieve or walk on your path by stepping away from where you currently work. That's not how it is because these things are intricately connected. As an artist, you're able to create using any materials or resources available in your current environment to support your artistry. Specifically, while doctors and hospitals focus on treating physical diseases of their patients, you also understand that the root causes of their illnesses often lie in their spiritual dimensions or belief issues.

那你作为⼀个医⽣,你是很好的.因为医⽣的话,他们会当成像圣经⼀样,就是很有权威,效应.那你可以很好的告诉他⼀个可以帮助他们从信念上⾯去治疗他们疾病的⽅式,⽅法,明⽩我的意思吗? 因为治疗是病⼈有多相信你,就算你现在⾛出去,你⾃⼰开⼀个诊所.如果病⼈不相信你,你对对⽅达不到治疗效果的.也就是说真正能治好他们的是他们⾃⼰内在的信任.就是他有多么信任⾃⼰的病好了.如果他相信⾃⼰的病好了,那么他就是个健康的⼈.如果他觉得你治不好我的病,那你就治不好他.因为他们是在⽤他们的信念去创造这个世界去体验,包括他们的⾝体,明⽩我意思吗? 所以,你借助你的医院,因为你⽬前还没有名声,还没有影响⼒,还没有名⽓.

If you're a doctor, then you are quite good because doctors tend to treat your advice like the Bible; they give it great authority and impact. You can effectively communicate with them, teaching methods that help them heal based on their faith in the treatment process. You understand what I mean? The real cure comes from their own inner trust – how much they believe they are healed already. If a patient believes they're healed, then they are healthy. Conversely, if they doubt your ability to treat their illness, you won't be able to achieve any therapeutic effect on them. Essentially, it's about the extent of their faith in their own healing. As he believes his illness is cured, so too is his body. If he feels that you cannot cure his illness, then you indeed can't heal him because they create this world and experience through their beliefs, including their bodies. You're leveraging your hospital because at present, it doesn't have a reputation or much influence or popularity.

那你可以借助这个医院的,当你通过这个地⽅,你积累的病⼈,就是病⼈的⼜碑.让他们知道,哇,这个医⽣真好,不会乱给药的.然后她可以治好我的病.当你达到了⼀定的影响⼒过后,你就可以⾃⼰去选择⽤什么样的⽅式,⽅法.所以不是说你要逃离⽬前的地⽅才能去⾛你想⾛的路.⽽是说你⽬前的地⽅就是你的⼀个垫脚⽯,敲门砖.你只是还没有把它利⽤起来,明⽩我意思吗?

You can utilize this hospital as a platform when you pass through this area, gathering patient testimonials which serve as their word-of-mouth. Inform them that oh, what a good doctor they've got here who won't prescribe unnecessary medication and can cure my illness. Once you have achieved a certain level of influence, you can then decide on the methods or approaches you want to use freely. It's not about escaping your current situation to pursue your dreams; rather, it means that your current position is like a stepping stone or an entry ticket for advancement. You simply haven't tapped into its potential yet. Do you understand?

问: 明⽩.我可不可以从我⼤内科的这种然后过度到精神病科,然后在于⾝⼼灵的相结合? 过去读过⼀本书叫零极限.然后那本书的作者是⼀个精神病科的⼀个导师.然后我⾮常崇拜.我是不是可以朝向精神病科的⽅向,然后与⾝⼼灵这⼀层次链接的更深刻⼀些?

Questioner: Understand. Can I transition from my general internal medicine to psychiatry, integrating body, mind, and spirit? I've read a book called "Zero Deficiency." The author of that book is a mentor in psychiatry, whom I greatly admire. Could I potentially pursue psychiatry further, connecting more deeply with the body, mind, and spirit levels?

⾼灵: 你可以朝任何你想要去展现的地⽅.你没有任何限制.但是你唯⼀需要明⽩,到底疗愈是什么? 真正的疗愈是你让对⽅燃起了他对⽣命的欲望,求⽣的欲望,他的价值.你唤醒了他,你知道他是个独⼀⽆⼆珍贵的存在,这个世界需要他.他是多么的拥有强⼤的⼒量,可以创造⼀切.对这个问题你还有问题吗?

Higher Spirit: You can direct your manifestation to any place you wish. There are no limitations for you. However, the only thing you need to understand is what healing truly is? True healing ignites within the other person a desire for life, a desire to live and their worth. You awaken them, knowing they are a unique and precious being that this world needs. How powerful he is, capable of creating anything. Do you have any questions about this issue?

问: 还有就是,我对呢个疗愈的定义就是,我想通过⾃⼰成为对⽅的⼀⾯镜⼦.然后让对⽅与⾃⼰,内⼼深处的限制性信念挖出来,然后与⾃⼰和解? 这样是否也是⼀种疗愈呢?

Questioner: And by the way, my definition of healing is that I want to be a mirror for the other person. Then let the other person dig out their own limiting beliefs from deep within themselves and reconcile with themselves? Is this also considered healing?

⾼灵: 与⾃⼰和解.你所说的与⾃⼰和解是说对⽅本⾝就是⾃我攻击的⼀个状态吗? 因为⼈们之所以去医院找医⽣,他⾃⼰就觉得⾃⼰是没有⼒量的,是⽆⼒的.他是弱者,他觉得医⽣强⼤,专业,拥有知识,可以解决他们的问题.他们把解决问题的⼒量交了出去.那你可以⼒量还给他们,告诉他,他拥有真正的⼒量.⽆论再厉害的医⽣,就算是你们所谓的神、佛,他都救不好⼀个⼀⼼想要去死的⼈,他对⽣命没有任何留恋.就算你这次把他从⽕坑⾥拉出来了,暂时的让他不死,但是他会发⽣其他的意外,会死.他可能没有死在医院,但是他会死在车祸上.所以你们不能只是看着他没有死在我⾯前就好.我不管他出去打架,然后被⼈杀死了.那跟我没关系.

Higher Spirit: Reconciling with oneself. When you say reconciling with oneself, does that mean the other party is in a state of self-assault? Because people who go to the hospital seek treatment from doctors because they feel powerless and helpless themselves; they perceive themselves as weak, while doctors are seen as strong, professional, knowledgeable figures capable of solving their issues. They delegate the power to resolve their problems. You can give that power back to them by telling them that they possess true power. No matter how powerful a doctor is, even gods or buddhas according to you, they cannot save someone who truly wants to die because there's no affection for life in them. Even if this time you've saved them from the pit and temporarily prevented their death, they would still suffer other accidents and eventually die. They might not die in the hospital but could die in a car accident instead. So, it's not enough just because he didn't die in front of me. I don't care if he gets killed by someone else after going out to fight; that doesn't concern me.

因为他们对⽣命的⼀种厌恶,或者觉得没价值,⾃我没有价值,或者这个世界不值得留恋,会导致他们⽤其他的⽅式在把他对⽣命的绝望给体现出来,不只是疾病.任何对他⼈的伤害,暴⼒,这都是在⾃杀.这都是他们从内在发出的声⾳.

Because of their aversion to life or feeling that it's worthless, that their sense of self has no value, or that the world is not worth clinging onto, it can lead them to express their despair in other ways besides illness. This includes any harm done to others, violence - all of these are forms of suicide. These are sounds they emit from within.

问: 明⽩了.就还有⼀个⼩问题,就是如何让呢种⽆意识,就是影响到物质的这种能⼒能够转化成为⼀个积极的,有意识的去创造实相的⼀种状态.因为我总会,这次我为了学习萨古鲁的内在⼯程课程,我就吸引⾃⼰,然后住院治疗.但真的是很意外的这些事情就发⽣了.然后我就在思考⾼灵: ⾸先你要明⽩,它产⽣的原因并不是你去制造的.是你感应到了,然后有了这个念头,明⽩我的意思吗? 不是说你产⽣了这个念头,然后有了这个事情,⽽是这个事情本⾝就会发⽣,你只是去提前感应到了.

Questioner: Understood. There's still a small issue: how can that subconscious ability, which affects material reality, be transformed into a conscious state of actively creating reality? I often find myself attracting situations by engaging with teachings like Sadhguru's Inner Engineering course. For this course, I even went through hospital treatment because I wanted to learn it. But these surprising events did occur. Then I was reflecting on the high souls: First, you need to understand that the reason behind its occurrence is not something you create. You are simply sensing it, then having the thought, do you get my meaning? It's not that you created this thought and then had this thing happen; rather, this thing would have happened anyway, you just happened to sense it in advance.

问: 我明⽩了,就提前感应到了这个该发⽣的事情.以前就知道了,但是我⽆法改变⾼灵: 事件是固定的你⽆法改变,但是你却可以转换你的视⾓.那你转换了视⾓.⽐如说这个事件,⼀个东西,⼀个物件,⼀⾯是⿊的,⼀⾯是⽩的.那如果你只是固定在⼀个视⾓,你看到的只是⿊⾊.那你就觉得这个是⿊的,这个是⿊的.如果你转换你的视⾓,你看到是⽩的,你便不会说它只是⿊的,明⽩我的意思吗? 所以这个事件你改变不了,就好像这个物体你改变不了,但是你却可以变换你的⾓度.也就是说住院这个事件你改变不了,但是你却可以从住院的这个过程当中得到的是喜悦,成长,欢乐,⽽不是痛苦.

Questioner: I understand that you foresaw this event happening and was aware of it before, but couldn't change it.

A: Events are fixed; you can't change them. However, you can alter your perspective on them. By doing so, consider this scenario: an object with two sides, one black, the other white. If you only view it from one angle, you see only the black side and conclude that everything is black. But if you switch to another angle and see the white side, you would not describe the object as solely being black. Does that make sense? You can't change an event like you might a static object, but you can transform your attitude towards it. This means that while you may be unable to change the process of being hospitalized, you can derive joy, growth, and happiness from it rather than experiencing pain.

⽐如说你在医院⾥你进⼀步的接触到了作为⼀个病⼈,因为以后的⼯作,你不是想要去帮助病⼈吗.那你是医⽣,你想要去救治病⼈.那现在你体验了病⼈的⼼⾥过后,那你以后是不是就可以去更好的帮助他们.因为你把对⾯的⾓⾊也体验了,你就知道对⽅处于⼀个什么样的⼼⾥状态,什么样的感受.你就能对症下药.所以这⼀课对你来说也很重要.你想要去帮助别⼈从⿊暗⾥⾛出来,你都没有和他们⼀样⾝处过⿊暗,你都没有站在过他们的位置,你怎么帮助? 你想要解开他们⾝上的绳索,你必须要体验⼀下这个绳索的结构.这个绳索捆绑的感受.那对你来说这个事件就不是⼀个痛苦的事件,⽽是⼀个有益的体验.因为你们来到这个物质世界最主要就是体验.

For example, if you are in a hospital and further interact with patients as part of your future work, where you aim to help them recover, wouldn't it make sense for you? If you're a doctor who wants to heal the sick, experiencing their emotional state after this interaction would certainly improve how you assist them. You've now understood their mental condition and feelings from their perspective, which allows for tailored treatment. Therefore, this lesson is crucial for you. Your goal is to guide others out of darkness; without having been there yourself, without understanding what it feels like being in that situation, how can you help? To untie the ropes around them, you must first comprehend the structure and tension within those ropes. This event doesn't just become a painful memory but a beneficial experience for you, since your primary purpose in this material world is to gain such experiences.

你们不只是体验⿊,还要体验⽩,不只是体验好,还要体验坏.这是你们成长的⼀部分,就是需要去体验对⽴⾯.你这个问题还有问题吗?

You're not just experiencing black, you're also experiencing white, and not just good, but also bad. This is part of your growth, needing to experience opposites. Do you have a problem with this question?

问: 还有⼀个问题,就是因为对未来,就是未知的未来,但是可能未来就不存在.要做的就是对⽆论发⽣的任何⼀件事情,就是做到⼀种深深的⾂服的状态.

Questioner: There's another question - because of the future, an unknown future, but perhaps there won't be a future at all. What we need to do is be in a state of profound submission for whatever happens.

⾼灵: 你们所谓的⾂服有⼀种,如果你的认知是⾮常局限的,你们的呢种⾂服就是认命,就是OK,⽼天让我死我就死,⽼天让我残我就残,⽼天让我瘫痪我就瘫痪,明⽩我意思吗?

Soul: The kind of submission you talk about is one, if your cognition is very limited, then that kind of submission means accepting fate, just saying okay, God wants me to die, I will die; God wants me to be disabled, I'll be disabled; God wants me to be paralyzed, I'll be paralyzed. Do you understand my meaning?

问: 我所说的⾂服是指事情已经发⽣了.然后就是它已经发⽣了,这个事情它有它发⽣的意义和存在的价值.然后是指这种⾂服的状态⾼灵:如果你的,也就是说你想象⼀下,⼀个事情发⽣了已经发⽣了.你让⼀个不同的⼈,意识程度不同的⼈来同⼀个事件,他每⼀个⼈对发⽣的这个事件去接收到的信息和感悟完全不⼀样.重要的不是什么样的事件.重要的是从这个事件当中你从中得到了什么.因为外在所有的事件,它都是多⽅⾯的,没有绝对的.就⽐如说美貌,你们物质世界会觉得美貌很好,长的漂亮,美.但是同样有很多⼈因为长的漂亮,美⽽带来很多灾难.

Questioner: The term I refer to as obedience means that the situation has already occurred; then it has happened with its own meaning and existence value. It refers to being in an obedient state of spirit: If you imagine a situation where something has already happened, let a person with different levels of consciousness experience the same event. Each individual would receive information and have insights differently from what actually took place. The significance lies not in what kind of event it is but in what one gains from that event because all external events are multi-faceted; they are not absolute. For instance, beauty: your material world might consider beauty to be good, that someone looks nice or beautiful. However, there are many people who experience the opposite—beauty brings them a lot of disasters.

就最简单的⼀个,因为她太美了,然后有很多⼈想要占有她,那有的变态的⼈他觉得我把你杀掉,那你就完全属于我了.那你觉得呢个⼈的美给她带来了幸福吗? 并没有.⾦钱也⼀样,⽆论哪⼀种,权利也⼀样.你们物质世界多少⼈,因为权利,拥有权利,然后最后牢狱之灾,家破⼈亡,对不对? 所以⽆论什么事情,它没有绝对的.所以你还在说⼀个事情已经发⽣了,然后就呢样.它可以给你带来正⾯影响,也可以给你带来负⾯影响.取决于你⾃⼰的意识程度,你能看到多少? 因为有的⼈他只能看到⿊⾊的呢⼀⾯,他看不到⽩⾊的呢⼀⾯.在他头脑⾥⾯他坚信只有⿊⾊的.所以外在的事件根本不重要,并不重要.⽆论什么你都可以把它转化成对你有利的.

The simplest case is because she's so beautiful that many people want to possess her. Some sick individuals think that if I kill you, then she'll completely belong to me. Do you believe this beauty brought her happiness? No, it didn't. Money and power are no different; they can bring either positive or negative impacts depending on your awareness level and what you perceive. Some people can only see the dark side and not the light side of these things. In their minds, there's only darkness. Hence, external events don't matter at all—they're irrelevant. No matter what situation you find yourself in, you can always transform it to work in your favor.

关于这个问题还有问题吗? 你现在⽬前发⽣的⼀切都是来⽀持你的,只是你还看不到⽽已,你可以只是转换⼀下视⾓,你看到的将会是另外⼀⾯的景⾊,你没有任何阻碍,你可以成为任何你想要成为的⼈,去做任何你想要去做的事情.

Are there any more questions about this? Everything that is happening to you at the moment is meant to support you, it's just that you can't see it yet. You could simply change your perspective, and what you will see will be a different scenery. There are no obstacles for you, you can become whoever you want to be, do whatever you want to do.

问: 在修⾏中容易出现懈怠,然后这种时候是不是可以去做闭⿊关? 有没有好处? 有没有必要?

Questioner: During practice, laziness can often occur. In such cases, is it permissible to undertake a retreat? Are there any benefits, and is it necessary?

⾼灵: 懈怠是什么问: 就是修⾏⼀段时间后,然后可能觉得没有什么进展,然后就出现了散漫的⼼,然后就跟着⼤家随波逐流,开始过正常的⽣活.

Higher Spirit: What does it mean to be lazy? Asking: After some time of cultivation, one might feel like there's no progress, then the mind becomes scattered, following the crowd and drifting with the flow, starting a normal life.

⾼灵: 如果我告诉你懈怠的时候才是真正的修⾏呢?

Higher Spirit: If I told you that laziness is when true cultivation truly happens?

问: 呢这个懈怠是真正的修⾏,我的看法是也许它有两种.⼀种是真正的去体验⽣活,但是也有⼀种可能是被集体意识带⾛了,或者这不是他⾃⼰的意识⾼灵: 你们把修⾏当成是像做功课⼀样,条条框框的去要求⾃⼰去达到⼀个⽬标,达到⼀个⽬的.你们的这种做法本⾝就是在反⽅向,就是在逆⽔⾏⾈.任何让你内在感受到不是轻松愉悦的,呢都不是⽣命的本质,任何要吃苦,要忍受,要刻苦,要去限制的时候,你没有活出你的激情.因为真正的⽣命的本质是喜悦、轻松、快乐.你只要没有在这样⼦的能量状态下,我不管你做的是多正确的事情,那都是不正确的.那个正确只是你们物质世界的定义和你们头脑的定义.因为你们看到的东西看的太肤浅,看的太表⾯.

Questioner: This laziness is a genuine practice? My perspective is that perhaps there are two types. One is genuinely experiencing life, but the other could be being carried away by collective consciousness or not being one's own awareness. Higher Spirit: You view practice as if it were doing homework, with strict rules and regulations to achieve certain goals. Your approach itself is counterproductive; you're going against the flow. Anything that doesn't bring a sense of ease and joy within you is not the essence of life. Any effort involving hardship, endurance, or limitation means that you are not living up to your passion. Because the true essence of life is joy, ease, and happiness. You must be in this kind of energy state; no matter how correct your actions might be, they are still incorrect. What's considered correct is just the definition within your physical world and your mind. As you perceive things superficially and superficially.

你们的⽬的性都太强.

Your purposes are all too strong.

问: 那我想问⼀下这种活着的喜悦和⽼⼦的⽆为是⼀种什么关系?

Questioner: I was wondering about the relationship between this joy of living and Laozi's non-action.

⾼灵: ⽆为,⽼⼦的⽆为也就是说,因为所有的⼀切都被安排的⾮常⾮常⾮常的紧密.就好像你就去观察呢些植物,它们知道春天来了,什么时候应该开花,什么时候结果.也就是说你的⽣命,你的程序也是被安排好了.什么时候,哪⼀步都被安排好了.然后你们却要费劲全⼼,费劲全⼒的去要把它打乱,打碎,打破.所以你们在做的只是在搞破坏⽽已.真正的喜悦就是你不去破坏它的时候,你不去破坏它你只看如此的完美.就像你的⾝体也⼀样,如此的完美.所以你的⽣命也⼀样.你们再聪明,再拥有多少知识,你们也不⾜以造物主的⼀丁点.所以你们呢些修⾏都是在,就好像是头脑⾥⾯设定的⼀个⽬的地给你们,但是呢⾥并没有⼀个⽬的地给你们.

Laozi: My "wu wei" means that everything is arranged in a very, very, very tight way. It's as if you were to observe those plants, they know when spring arrives and when it's time to bloom or bear fruit. This implies your life, your program is also laid out for you. Every step, every moment is predetermined. Yet, you exert all your effort trying to disrupt, dismantle, and break these arrangements. Essentially, you're just causing damage. True joy lies in not interfering; when you don't interfere, you see the perfection. Your body mirrors this perfection, hence your life follows suit. Regardless of your intelligence or knowledge, it is insignificant compared to the Creator's ability. Thus, all your practices are akin to predefined destinations in your mind, without a destination actually existing there.

因为你们只有⽣命的组成的每⼀个当下,每⼀个当下就是你们的⽬的地.⽽每⼀个当下都是在当时,当下呢⼀时刻是最完美的.就好像你们现在要逃过每⼀个完美的时刻,你们每⼀个⼈都在逃,就好像你住在天堂,享受天堂,然后你却偏偏要逃到地狱⾥⾯去.然就还把地狱当成⽣命,还把地狱当成说这是⽼天安排的,或者还把地狱当成是⽣命就应该这样,要经过什么⽕烧,什么涅槃,什么真⾦⽕炼,这些概念,这些观点都是你们物质世界的⼈为了控制你们,也就是说为了让你们知道你们不能偷懒,你要给我⼲活,你要给我创造价值你才有价值,要不然你就没有价值,你必须要产出,劳动.这是某⼀部分⼈为了控制⼀部分⼈的⼀些程序,⼀些编程,⼀些编码,或者⼀些观念.

Because you have every moment of the composition of your life, and each moment is your destination. And each moment is perfect at that time; it's like trying to escape every single perfect moment, as if everyone was escaping when they were living in heaven, enjoying paradise but running into hell instead. And yet considering hell as life, saying this is arranged by God or thinking that life should be about suffering through fires, rebirths, true gold being purified – all these concepts and perspectives are for a certain group of people to control others within their material world. In essence, it's to remind you not to take shortcuts; you have to work and create value in order to have value. Otherwise, there is no value. You must produce and labor, as part of the mechanisms, programming, coding or ideas controlled by some individuals over others.

这些观念就来让你们觉得⽣命⼀定要努⼒,⼀定要奋⽃,⼀定要吃苦.不然就是懒惰的.

These ideas make you feel that life must be hardworking, must strive, and must suffer; otherwise, it is lazy.

问: 刚才这个⽹友还想问,那可以去体验闭⿊关吗? 闭⿊关对我们有没有好处呢?

Questioner: Just now, a netizen wanted to ask if it's possible to experience a Dharma retreat. Would such an experience be beneficial for us?

⾼灵: 你们本⾝就在闭⿊关,你们每天都在闭⿊关.你们的思维,你们的脑⼦⾥⾯都是⼀堵⼀堵厚厚的墙.你们都被关在⾥⾯的.你们时时刻刻都在体验.如果你想加深你的物质体验,可以.这是你⾃⼰的选择.有没有好处?如果你不明⽩这个宇宙,你⽣命真正的意义.如果你对这些什么都不明⽩,不管你吃多少苦,你还是⼀样在你的⼩⿊屋⾥⾯.不是说在⼩⿊屋⾥⾯呆的久你就成长了.

Sage: You are all already in a state of self-cultivation, experiencing this reality every day. Your minds, your thoughts, are trapped within thick walls. You are all confined within yourselves. You experience this at all times. If you wish to deepen your material experiences, that's up to you; it is your own choice. Is there any benefit? If you do not understand the nature of this universe and the true meaning of your life, if you have no clarity on these matters, regardless of how much suffering you endure, you will still remain confined in your little 'black house'. It's not that staying inside for a long time automatically leads to growth.

问: 那我还有⼀个相关的问题,就是⽐如说在闭⿊关的过程中,或者说在修⾏的过程中出体,出体了后我们就可以跟另外⼀个次元联系.

Questioner: Well, I have a related question. For example, during the process of seclusion or while practicing and becoming embodied, after you become disembodied, you can connect with another dimension.

⾼灵: 你们现在不就是在跟另外的次元联系吗.你现在就在跟另外的次元联系呀.为什么你们要去选择最,别⼈的道路,如果别⼈喜欢这种⽅式他们可以选择.如果这不是你的⽅式你就不要去选择.就如此简单.因为每个⼈都有他独⼀⽆⼆的路.对别⼈有效的不⼀定对你有效.你们在做梦的时候都是在出体.所以出体没有你们所说的呢么神秘.

Higher Spirit: You are connecting with another dimension right now. Why would you choose someone else's path when others can opt for it if they like? If this isn't your way, don't choose it; that's all there is to it. Because everyone has their unique path. What works for others may not work for you. When you dream, you are out of your body, so the concept of out-of-body doesn't have to be as mysterious as you say.

问: 只是做梦的时候是被动出体,然后我们可能像体验主动出体,就是带着⾁体意识的出体.

Questioner: Just when we dream, we are passively out-of-body, and perhaps we could experience an active out-of-body where we carry our bodily consciousness.

⾼灵: 任何你想要尝试的你都可以尝试.但是有没有好处,就像之前刚刚说到的,⽆论什么事情都没有绝对的好处,也没有绝对的坏处,是看你如何从中去获取.就好像井⽔,井⾥的⽔你可以⽤来解渴,对吧? 你可以饮⽤,维持你的⽣命.但是这个⽔也可以把你淹死,把你呛死.你也可以⽤它⽤来⾃杀.

Higher Spirit: Everything you want to try, you can try. But does it have any benefit? As was just said before, nothing has an absolute benefit or disadvantage; it depends on how you get it. Like well water, the water from a well can be used for thirst quenching, right? You can drink it and sustain your life. But this water could also drown you or choke you to death. It's the same with using it to commit suicide as well.

问: 这个⽹友想接着问这所有⼀切背后的真相也许可以通过闭⿊关来真正了悟,也就是可以促进⼀下?

Questioner: This internet user wants to ask further if all of this could potentially be truly understood through retreats or seclusion, which might help promote it?

⾼灵:如果这是她的观念,因为你们每⼀个⼈都有不同的观念,不同的程序,不同的系统.没有哪⼀个是对的,是错的.如果这是她的观念,她觉得这种⽅式她可以达到她想要的效果,是可以达到,她可以去尝试.因为⼀旦有⼈把这个观念植⼊到你的脑海⾥⾯,你就会受它的影响.就好像是电脑系统⼀样,你装了这个软件,你就有这个反应.但是这个可以是任何软件.如果另外⼀个⼈告诉你⽤这种⽅法,OK,那你们在你们的呢个宗教⾥⾯有双修,有⽤做爱的⽅式去修⾏,明⽩我意思吗?对于他们来说也是有效的,如果你把这个植⼊到你了.所以这只是⼀个你们物质世界的⼈发明的⼀些程序⽽已.因为你们头脑⾥⾯必须要靠这些你们才能存活,你们才能去体验.

Higher Spirit: If this is her perspective, because each of you has different perspectives, different programs, and different systems. None of them are right or wrong. If this is her perspective, she feels that by using this method, she can achieve the desired outcome, which is achievable, so she can try it out. Once someone implants this perspective into your mind, you will be influenced by it. It's like a computer system; when you install this software, you have a corresponding response. However, this could be any type of software. If another person tells you to use this method, alright, in your religious context, there might be dual practice or using the act of sex as a form of meditation; do I make sense? For them, it is effective as well if you implant that perspective into yourself. So, it's just some programs created by you, humans in your physical world. You need these to survive and experience things because your minds have to rely on these mechanisms for functioning.

当然这些体验都是好的坏的,好的坏的,其实你们基本上都体验的是负⾯的.

Of course these experiences are good and bad, good and bad, actually you guys mostly experience negative ones.

问: 这个通灵的⼥孩⼦她想问这次疫情还需要多久? 然后给我们的提醒是什么? 我们如何从这次疫情中成长,谢谢.

Questioner: How long does this spirit-connected girl think this pandemic will last? And what is the reminder for us? How can we grow from this pandemic, thank you.

⾼灵: 这次疫情还有多久? 你是说这次疾病把你们⽬前⼈类经历的内在的⼀个状态呈现到这个物质世界来,以疾病的⽅式呈现出来的时间有多久? 如果是说你们⼈类受这些⽐如说⽆⼒感,分裂或者是痛苦或者是这种,你们是⼀直在这样的状态下.只是它呈现的⽅式不⼀样.有时候它是以战争的⽅式,有时候它是以瘟疫,有时候它是以你们看不到的⼼理疾病.它只是体现的⽅式不⼀样,就像是⼀个顽固的,慢性的疾病.那因为就算今天疫情⾛了,它明天还会以其他的⽅式出现,有没有把它显现出来,就是,ok,有的病你可能看不到你的⾁烂掉了,但是你内部的⾁却在烂掉.你内部的器官却在衰🗎,你只是表⾯上看上去好好的.

Higher Spirit: How long will this pandemic last? Are you saying that the time it takes for this disease to manifest in the physical world from your current human experience, as presented through the form of a disease, is how long this pandemic will last? If so, are you suggesting that humans have been experiencing states such as helplessness, division, or pain continuously, and that this state manifests differently every time - sometimes as war, sometimes as plague, and sometimes in unseen psychological illnesses, just with different expressions? It's like a stubborn, chronic disease. And even if the pandemic ends today, it might still appear through other means tomorrow. Is there a limit to how long it stays visible? Some diseases may not visibly show your flesh rotting away, but internally, your organs are deteriorating. You may seem fine on the surface, but what's happening inside is different.

那你们⽬前的这次症状呢,就是它已经带到⽪⾯上来了,你们就觉得好严重.实际上你们⼀直都是严重的状态,只是你们的媒体没有关注到这⼀点.只是它还没有到表⾯上来,它的内部在衰🗎.所以说不是单独从这⼀个事件来看时间.真正的问题在于你们⼈类意识,⼈类集体意识的⼀个程度.就是你们处在⼀个什么样⼦的精神状态,⼀个意识状态,决定着你们物质上演什么样⼦的戏.

Your current symptoms indicate that it has already manifested on the surface, leading you to perceive them as severe. In reality, you have been in a serious state all along; it's just that your media hasn't focused on this aspect. It's merely not yet surfaced—it's deteriorating internally. Thus, it's not about evaluating time based solely on this event. The actual issue lies in the level of human consciousness and collective human awareness. Your mental state and state of consciousness determine the kind of drama that unfolds with your physical bodies.

问: 关于这个我想说,我对于这次疫情的感受是不管外⾯的世界再怎么样,我认为它对我没有⼀点影响.所以在我的⾃我意识上我认为外⾯的世界和以前没有任何两样.虽然外部的世界,在新闻报道看来这个疫情很严重.那我是不是也可以说因为我⾃我意识的许可,所以我不⽤体验到这个疫情在这个物质世界上所带来的任何影响? 是不是每个⼈这样去想都是可以避免这种事情?

Questioner: As for this, I would say that my perception of the pandemic is that no matter how the outside world may be, I believe it has no impact on me. Therefore, in my self-awareness, I consider the outside world to be exactly as it was before. Although, from the perspective of news reports, the situation with the virus seems severe. Could it be that because of the allowance granted by my sense of self, I do not experience any effects of this pandemic in the material world? Is it possible that everyone could avoid such situations if they think like this?

⾼灵: 就像刚才说的所有的事情没有绝对的好也没有绝对的坏.因为这次疫情给你们也带来了很多好处.也就是说你们表⾯上看上去你们损失了⽣命,损失了财产.但是实际上这是⼀次你们集体在觉醒的⼀个阶段,你们的意识在转变.你们开始意识到实际上物质,⾦钱实际上没有那么的重要.你们也开始意识到你们⼈类每⼀个⼈⽣命都是息息相关的,并不是能单⼀的,独⽴的存在的.所以在物质层⾯上看你们可能会有损失.但是从精神层⾯来看的的话,你们实际上是在慢慢地苏醒,慢慢的意识到事情的真相.就好像你们在慢慢的要解开谜底了,要发现真相了.因为疫情它只是你们体现你们集体意识状态的⼀个反射⽽已.就像刚才说它即使没有通过疫情它也会通过其他.

Sage Spirit: Just like all the things mentioned earlier, there's no absolute good or bad; because this pandemic has brought you many benefits as well. That means, on the surface, it appears that you've lost lives and assets. But in reality, this is a stage where your collective consciousness is awakening, your awareness is shifting. You're beginning to realize that material possessions and money aren't actually that important. You also start realizing that every human life is interconnected, not existing solely or independently. So, from the physical aspect, you might perceive losses. But spiritually speaking, you are gradually coming back to life, slowly understanding the truth of things. It's as if you're slowly unraveling the mysteries and discovering the truth. Because the pandemic is merely a reflection of your collective consciousness state; even without it, it would manifest through other means.

那当你们集体意识提升的话,你们将会创造出⼀个不⼀样的世界.

When your collective consciousness rises, you will create a different world.

问: 那还有⼀种说法,就⽐如说个⼈命运的改变不仅是需要这个⼈全部的灵体达成⼀致,还需要⼈类的集体⼤灵同意,就是它是⼀个连锁的反应.所以我想知道个⼈信念对于事情的转变,对于他的体验,他是有多⼤的⼒度,或者他能够改变多少?

Questioner: There is another belief that suggests not only must a person's spirit be united, but also that the collective soul of humanity needs to agree for changes in an individual's fate. This implies it's like a chain reaction. I'm curious about how much power personal beliefs hold over transforming situations and influencing their experiences.

⾼灵: 你想⼀下,波动你每⼀个⼈的⼀个点,它都可以让你们运动起来.我今天从这个通灵的⼥孩⼦从她这下⼿,我也在转变你们的世界,这就是个⼈的⼒量.只是需要⼀个点⽽已,因为这个点就会发射出去.就像你们物质世界的⼀个发射塔,它是覆盖所有的.但是选择这个点跟你们的意愿,就是我想要做的和你想要做的正好都是我们⼀起想要做的,明⽩我意思吗? 所以会选择从她这个点,因为这是她想要做的,她想要去转变你们⼈类的思维模式,转变⼈类的命运.如果她没有这个想法,那就不会有这个点,因为同样的频率才会去相吸引.就好像两个⼈相爱,坠⼊爱河,他们必须双⽅都同意,这个事件才能发⽣.不然的话,只有⼀⽅同意的话,它不会发⽣的.

Higher Spirit: Imagine for a moment, moving every single point of each person, and it can get them moving. I am starting this spiritual intervention from the girl today, transforming your world; that's personal power right there, just one point is needed because it gets projected outwards. Like a transmission tower in your material world, it covers everything. But the selection of this point relies on your willpower - what you want and what I want to do coincides with what we all want. Do you understand me? That's why I chose to start from her point, because that's what she wants to do - she wants to change humanity's mindset and destinies. If she didn't have this idea, then there would be no point of intervention, as similar frequencies attract each other like two people falling in love; they must both agree for the event to happen. Otherwise, if only one side agrees, it won't occur.

这也是你刚才提的呢个问题是不是需要…所以说在你们看到的物质世界的所有事件,都只有双⽅或者所有⼈允许,它们才能共同上演.如果没有去加⼊的呢个,没有允许的⼈,他是不会加⼊的.哪怕你看到的是⼀次,他们双⽅都同意了要上演这个暴⼒事件,呢个受害者,他把他的⽆⼒感完完全全的演绎出来,因为他相信这个世界是暴⼒的,也就是说他相信认识残暴的,⼈是危险的,我是⽆⼒的,这个社会是危险的,他内在有这个信念,有这个想法.所以让他避免掉这种暴⼒事件就是他相信这个世界是美好的,他相信⼈是善的,他相信他是有⼒的,他是安全的,这个世界是安全的.

This is the question you raised earlier, suggesting that for all events occurring in the material world that you perceive, they only happen with mutual consent or approval from all parties involved. Without permission to join in or be part of it, individuals will not participate unless explicitly allowed to do so. Even if you observe a scenario where both parties agree on performing a violent event, the victim fully embodies their sense of powerlessness because they believe that violence exists within the world. This implies that they think acknowledging brutality is dangerous, that people are inherently violent, and consequently, they feel powerless and unsafe in society. Therefore, to prevent such violent events means they believe in an ideal world where people are kind, powerful, safe, and secure.

因为当你活在这样的世界当中,你是不可能遇到这样的事情,因为在你的世界当中你没有产⽣它,你没有去制造它去给你体验,所以当你们在打击暴⼒的时候,你就在制造它.也就是这个原因.你就在产⽣它,你在避免它的时候你就在产⽣它.

Because when you live in such a world, you can't encounter such things, because in your own world, you didn't produce it or create it for yourself to experience. So when you are fighting violence, you're essentially creating it. It's this reason - you're generating it. When you avoid it, you're still generating it.

问: 这个⽹友她想问吸引⼒法则是否是让⾃⼰处于⼀种⾃⼰富⾜的状态,频率达到了那样,从⽽吸引过来吗? 这种能量需要达到多⼤的程度才会真正吸引过来呢?

Questioner: This online user wants to know if the Law of Attraction involves placing oneself in a state of abundance, achieving such frequencies that attract it over? What degree of this energy is required for true manifestation?

⾼灵: 吸引⼒法则,就好像我刚才给你说的呢个例⼦.呢个受害者他认为这个世界太危险了,⼈们太暴⼒了,我太没有⽤了,我太⽆⼒了.我要⼩⼼⼀点,我要防范这个世界,那他就是吸引这个事件,他在防的过程他就在吸引.这个也是吸引.那你说如何吸引正⾯的事件来到你的⽣命当中是吗?

Higher Spirit: The Law of Attraction, like the example I just explained to you. The victim believes that this world is too dangerous, people are too violent, I am too useless, and I have no power. So they need to be careful and guard against the world. In doing so, he attracts these incidents; his attempt to defend himself attracts such events. This is also an instance of attraction. And how do you attract positive events into your life, right?

问: 是.

Questioner: Is it?

Answer: Yes.

⾼灵:那就是跟刚才呢个相反.你知道这个世界是安全的.你不是去偷窥它看看这个世界安不安全,然后再做出反应,⽽是说你就像⼀个妈妈怀⾥玩耍的孩⼦⼀样,妈妈把你抛到空中,你知道她的双⼿会接住你.你没有任何恐惧只有欢乐,欢快.你就想象⼀下,妈妈把宝宝抛在空中,宝宝的样⼦,她有恐惧吗?她只有享受⽣命,享受欢乐,开⼼.不是说你假装要⽤这个⽅法要去什么,然⽽你内在还是不完全相信.⽽是说你真的,就在你的世界⾥根本就没有,那你⾃然⽽然体验到的都是.不是说你选择吸引什么你就吸引什么,⽽是说你选择了好像是⼀个正⾯的房间,⼀个负⾯的房间.正⾯的房间⾥⾯所有的事情都是正⾯的.像你们物质世界说祸不单⾏,喜事连连.

Higher Spirit: That's the opposite of what you just did. You know that this world is safe. Instead of going to spy on it to check if the world is safe and then reacting accordingly, you are like a child playing in their mother's arms, knowing that her hands will catch them. There is no fear only joy, happiness. Imagine a mother tossing her baby into the air, does she have fear? She only enjoys life, enjoys the happiness, being happy. It's not about pretending to use this method for something, but rather, you genuinely are in a world where there is nothing negative. Therefore, naturally experiencing all of it. It's not that you choose what to attract and thus attract it, but rather, you choose a positive room versus a negative one. In the positive room, everything is positive. Like your material world, misfortunes come in pairs while good things happen continuously.

所以它不只是某⼀个⽅⾯,⽽所有的⼀切都会变好.

So it's not just one aspect, everything will get better.

问: 这个⽹友她还想问如何让不完全相信不攻⾃破呢?

Questioner: This internet user also wants to know how to make someone who is not fully convinced lose their doubts?

⾼灵: 不完全什么?

Ethereal: What's incomplete?

问: 不完全相信,就是⽐如说我相信我是安全的,她可能在内⼼⾥⾯不完全相信我是安全的,我是富⾜的.那如何让这样的信念不攻⾃破呢? 这种负⾯的信念⾼灵:你的物质世界都会反应给你.因为当反应给你,你⾃⼰就是说从呢个反应中学到了你应该学习的过后,那它就不⽤再服务于你了.所以你的物质世界就像是⼀⾯镜⼦,它会时时刻刻提醒你.因为你们⽬前不只是来这个物质世界体验好的,你们同样也需要体验对⽴⾯.如果⼀直只让你体验光明,你从来没有体验过⿊暗,那如果告诉你什么是光,你会不明⽩的.所以体验对⽴⾯也是你们的⼀部分,就是你不排斥它.

Questioner: Not fully believing means that, for example, I might believe I am safe, but she may not completely trust that I am safe or rich in her inner self. How can you disprove such beliefs? This negative belief states: Your physical world will reflect this to you. Because when it reflects back to you, you yourself learn from that reflection what you should be learning; then, it doesn't need to serve you anymore. So your material world acts like a mirror, reminding you continuously. Given that not only do you experience the good in this physical world but also its opposites, if you are always experiencing光明 without ever experiencing darkness, when told what light is, you wouldn't understand. Experiencing the opposite side of things is part of you; it's about not rejecting it.

问: 这个通灵的⼥孩⼦她想问玛丽莲梦露为什么这么性感,她的秘诀是什么?

Questioner: This spiritistic girl wants to ask Marilyn Monroe why she was so sexy and what her secret was.

⾼灵: 玛丽莲梦露性感的秘诀是什么? 她为什么呢么性感? 我看能不能连接到玛丽莲梦露的能量,然后让她来告诉你.我并没有觉得我性感,我也没有觉得我漂亮.⽽是我⼀直觉得我不够完美,我不满意我⾃⼰,所以我需要外在很多来让我觉得我⾃⼰变得性感和完美.因为通过呢些体验,我体验到你们看到的只是包装过的性感和美.也就是说对我来说,我就好像是模特.然后你们通过外在的包装,灯光,⾳乐,⾳响,这样呢样,化妆,然后呈现出⼀种性感的样⼦.但是我⾃⼰并没有觉得呢是性感或者是美.也就是说你们任何⼀个⼥性,如果在经历我经历的,在经历过我呢些各种包装,各种设计,你们也同样的是拥有呢样的魅⼒.

Higher Spirit: What was Marilyn Monroe's secret for her sexiness? Why was she so sexy? I wonder if I can connect to Marilyn Monroe's energy and have her tell you. I don't feel sexy, nor do I think I am beautiful. Instead, I always felt that I wasn't perfect enough, I wasn't satisfied with myself, so I needed many external factors to make me feel sexy and perfect. Because through those experiences, I realized what you see is only a packaged sexiness and beauty. In other words, it feels like I'm just a model for you. Then, you perceive this sexiness and beauty through the external packaging, lighting, music, sound effects, makeup, all these things being presented to you in such a way that makes you feel sexy. But internally, I don't feel sexy or beautiful. That means any female who goes through what I've experienced, going through various forms of packaging and design, will also possess this kind of allure.

就是说在呢个时候⽆论把哪⼀个⼥性放在我经历的⼀切,你们也同样会成为你们后⼈眼⾥或者嘴⾥的性感⼥神.所以这并没有什么好值得分享的.但是我想分享⼀下真正的性感对于我来说是什么? 真正的性感就是吸引⼒,呢种吸引⼒不是只是吸引别⼈的眼光,也就是说他的眼光在你呢⾥,他看不到你他的眼光就在别的⼥⼈的⾝上.真正的吸引⼒是⽆论他看到谁,他都会想到的是你.⽆论他看到谁,他想到的都是你.因为他觉得没有谁能够取代你,能够代替你.⽽不是只是像⼀个玩偶⼀样.但是如何才能散发出呢种让别⼈⽆论看到其他都会想到你? 那就是你的宽容,你的慈悲,你的爱,你的接纳,你的微笑,你的⽆条件的爱,你的不评判.

So what I'm saying is that at any given moment, if you were to take any woman out of my experiences and put her in front of everyone here today, you would all become the sex symbols of your offspring's eyes or mouths. There's nothing special about it. But what I'd like to share is what true sensuality means to me? True sensuality is allure, a type of allure that doesn't just draw people's gazes; it means his gaze is on you, and not where he can see others. True allure has him thinking only about you whenever he sees anyone else. No matter who he looks at, his thoughts are solely on you because he believes no one could replace or compare to you. Not like a mere doll. But how do you exude such allure that even others think of you when they see someone else? That's through your tolerance, your compassion, your love, your acceptance, your smile, unconditional love, and the absence of judgment.

因为当别⼈在遇到挫折,他会想起你对他的⿎励.当他遇到困难,他会想到你会对他⽆条件的帮助.当他在痛苦的时候,他会想到你会给他⽆条件的爱.当他受到打击的时候,他会想到你会给他⽆条件的⽀出.你的存在就好像是,你们的⼀句话叫海纳百川,就是她可以纳下任何你的经历,遭遇,不管你处于什么样的状态,不管你是平穷还是富贵,不管你是健康还是⽣病.她都完完全全的接纳你.然后这种存在就好像是造物主的存在.这才是我真正想要去追求的,我想要达到的.你们看到的呢种是只要通过后天的装饰,包装或者健⾝、减肥,或者是化妆,或者是性感的⾐服、服饰,每⼀个⼈都可以产⽣呢种效果.呢些都只是⾮常表⾯的.关于这个你还有问题吗?

Because when others face setbacks, they will remember your encouragement to them. When they encounter difficulties, they'll think of you providing unconditional help. When they are in pain, they'll recall that you give them unconditional love. When they suffer blows, they'll remember you would provide them with unconditional support. Your existence is like the saying "the ocean can hold everything," meaning she accepts any experience or hardship you've gone through, no matter your situation—whether rich or poor, healthy or sick. She fully embraces you completely. This kind of presence resembles that of a creator. This is what I truly aspire to achieve and reach for. The image you see requires only postnatal adornment, packaging, fitness, weight loss, makeup, sexy clothes, or attire; everyone can achieve this effect. All these are merely superficial. Do you have any questions about this?

问: 这个物质世界⼀切都是意识的转化,都是信念.那为什么我听说中国有⼀个很有名的建筑物破坏了地球的⽓脉,也就是⼈类所说的龙脉后,这⾥再也没有鱼变成龙? 因为⼀切都是意识和信念,为什么地球⽓脉的改变对鱼有这么⼤的影响?

Questioner: Everything in this material world is a transformation of consciousness and belief. Why do I hear that there's a famous structure in China which disrupts the Earth's meridians, also known as the 'Dragon Line'? As a result, there are no more fish turning into dragons here? Given that everything is consciousness and belief, why does a change in Earth's meridians have such an impact on fish?

⾼灵: 你是说之前鱼是可以变成龙

Higher Spirit: You mean fish used to turn into dragons?

问: 因为它正好处于地球的⽓脉.

Questioner: Because it's precisely where the Earth's chi flows.

⾼灵: 你听到的只是⼀个传说⽽已.因为你们每⼀个个体他都可以感知不同的维度.就是每⼀个个体,这⾥没有真和假.每⼀个个体感知的实相不⼀样.因为你们不断的在穿越,不断的在穿越.那他停留的呢个实相,它可能是,你们所说的看到鱼变龙.那他又回到了这个维度他又看不到了,这都是存在的.但是你需要关注的是你为什么会关注这个信息? 你想要了解的是什么? 因为你要知道你不要把你们的地球,或者你们的空间,你们这个物质世界想象成⼀个固定的,它没有固定的.你们不断的,不断的在制造它,⽤你们的意念,⽤你们的意识.它是永远是动态的.这就是为什么你们的意念,你们的意识,你们的精神状态是⾮常⾮常⾮常关键之关键.

Higher Spirit: What you hear is merely a legend. Each individual entity perceives different dimensions. There's no true or false here; each individual's perception of reality varies. Because you constantly cross dimensions, continuously shifting realities. The reality he resides in might be one where fish transform into dragons, as per your perceptions. Then, upon returning to this dimension, they can't perceive it anymore. These are all existences. But what you should focus on is why you're paying attention to this information? What do you want to understand? Because you need to realize that the Earth or space, and your material world, aren't imagined as fixed entities; they don't have a fixed state. You constantly create them using your thoughts and consciousness, making it perpetually dynamic. That's why your thoughts, your awareness, and your mental state are incredibly crucial.

是因为外在的物质⼀直在变化,⼀直在变,它会随着你们的能量状态变的,这⾥没有固定的.

It's because the external matter is constantly changing, always in flux, transforming according to your energy states, there is no fixed thing here.

问: 我在练三⼗六决的时候,右边的⽓感总⽐左边强.⽽且在守下丹⽥的时候,胸腔或者⼼轮的位置会疼,我想知道这是为什么?

Questioner: When I'm practicing the Thirty-Six Skills, my right side always has a stronger sensation of energy than the left. Moreover, when I'm guarding the lower dantian, there's pain in the thoracic cavity or around the heart wheel area. Could you explain why this is happening?

⾼灵: 你只是在跟你的⾝体玩游戏.问: 那我有没有玩错呢?

Spirit: You're just playing a game with your body. Questioner: Am I playing it wrong?

⾼灵: 这⾥没有对和错,你们在物质世界所有的游戏都是你们⾃⼰在玩,没有对和错.只有你⾃⼰去选择你想要体验什么.

Higher Spirit: There is no right or wrong here; all the games you play in the material world are just for yourselves, without a right or wrong. Only you choose what you want to experience.

# **2021/05/10 — 嫉妒⼼、背叛、婚姻与⾃杀Jealousy, Betrayal, Marriage, and Suicide**

问: 这个通灵的⼥孩⼦想问⼀下⼈类的嫉妒⼼,背叛和出轨,请问你们是怎么看的?

Questioner: This spirit-medium girl wants to ask about human jealousy, betrayal, and infidelity. Could you please share your perspectives on these topics?

⾼灵: 好的,我们先⼀个⼀个的来帮助你们从我们的⾓度来理解这些.⾸先,你问的是你们⼈类出现的嫉妒⼼.嫉妒⼼是对⾃我的⼀个否认,也就是说你在否定你⾃⼰.也就是说你还不知道你⾃⼰真正的⾝份,你还不知道⾃⼰是谁.然后当你看着能活出他们想要的样⼦,然后你产⽣的呢个情绪只是在来让你⾃⼰知道你还不了解你是谁,你还不知道你真正的⾝份.所以当你真正的知道你的⾝份过后,你⼀切⼀切⼀切的事都是,你就⾛上了你⾃⼰的道路.当你⾛上你⾃⼰的道路,没有什么,就算把别⼈的⼈⽣所有的⼀切给你,来和你⾃⼰的道路、你拥有的呢些跟你交换,你都不会.因为你们每⼀个⼈都在出⽣的时候就拥有你们所拥有的事来⽀持你的⼀切.

Higher Spirit: Alright, let's start one by one to help you understand these from our perspective. First, the envy that you humans ask about is a denial of self, which means you are denying yourself. In other words, you don't know your true identity and who you really are. When you see someone living out what they want, then the emotion that arises is simply meant to make you realize you don't understand who you are or what your true identity is. So once you truly know your identity, everything you do goes on your own path. When you walk your own path, nothing matters; even if everyone's life were given to you and you could exchange them with the paths and things you have, you wouldn't take it because each of you already has what you need to support all that you are when born.

这⼀切有可能在你们物质世界上来体现的⽅式可能是贫困,也可能是不完美、不完整、也有可能是残疾或者是其他苦难,但是唯⼀这些才能真正的去帮助你完成你的挑战.也就是说你们有时候⽅⾯期待能拥有健全的⾝体或者拥有财富,或者拥有权⼒.这些是好的事情,你们可能会去嫉妒他们.但是并不是⼀定就是你需要的,因为当你把你不需要的拿过来过后,有可能对你是⾮常⾮常⾮常⼤的影响.这些例⼦在你们⼈类社会上都⾮常⾮常⾮常的常见.就⽐如说,有的⼈他为了得到钱,然后去想法设法的让⾃⼰的⼀⽣都毁灭于⾦钱.

All of this - the ways that any of this could manifest in your physical world - poverty, imperfection, incompleteness, disability, or other suffering - might do so. But there's only one thing that can truly help you fulfill your challenge, which is to sometimes seek having a healthy body, wealth, or power. These are good things; you may envy them. But they're not necessarily what you need because once you take something you don't need, it could have an extremely significant impact on you. Examples of this abound in human society, such as when someone spends their entire life destroying themselves for money.

所以你们从你们⾃⼰⾝边的这些案例和发⽣的事情就能看出来,基本上,⼈都是在负⾯的经历这些事件,但是负⾯的经历这些事件并没有达到他们内在的⼀个成长或者改变或者变化.所以就有⼀种叫得不偿失,就是你没有得到什么,但是你却失去了很多.所以也就是说当你真正的知道你是谁,真正的做⾃⼰,在⾃⼰的道路上,你并不会产⽣嫉妒这样的情绪.当你产⽣这样的情绪,你要知道你只是需要去找到你⾃⼰,因为你拥有的东西对你来说就是最宝贵的,但是有可能对别⼈来说就是⼀⽂不值.就好像你有⼀个⾮常⾮常⾮常爱的爱⼈,他对你⾮常的宝贝.但是对于别⼈来说他就是⼀个普通的⼈,但是你们呢样⼦的爱⼈却是你⽣命中最美好的事情.

So from your own cases and what's happening around you, essentially people are experiencing negative events, but these negative experiences don't lead to their growth, change or transformation internally. This is often referred to as a loss without gain - where you lose a lot but don't receive anything in return. Therefore, when you truly know who you are, when you're being true to yourself on your own path, you won't generate feelings of envy. When such feelings do arise, you should recognize that it's simply a need for self-discovery. The things you possess might be the most valuable to you, but they could be worthless to others. Imagine having an extremely loved partner who is very dear to you, but from someone else's perspective, they are just an ordinary person. Yet, such love becomes the best thing in your life.

那怎么样⾯对别⼈对你产⽣的嫉妒⼼呢? 你需要去很好的帮助他明⽩他⾃⼰拥有的东西是多么的珍贵,宝贝.对他来说是多么的珍贵、特别、独⼀⽆⼆.让他们⾃⼰去看到⾃⼰所拥有的和⾃⼰的价值.那如何⾯对⾃⼰升起的嫉妒⼼呢? 就是说你真正的去探索⽣命的真相,然后真正的活出⽣命,你想拥有的⽣命的样⼦.就把这个变成了就是推动⼒,就好像是油,就是加油.就是内在的驱动⼒、推动⼒来推动你成为你真正想要成为和你真正想要演绎你的⼈⽣.下⼀个你说的是背叛是吗?

How do you deal with jealousy that others might feel towards you? You need to help them understand just how precious what they have is, like a treasure. How valuable and unique it is to them. Make them see the value and worth of what they possess and themselves. So, how do you handle your own jealousy? That means truly exploring the truth of life and living it authentically, as you want to live it. Turn this into your motivation, like oil, adding fuel. An inner drive or push that propels you towards becoming who you really wish to be and embodying your life. You mentioned betrayal next, right?

问: 对,⼈类的背叛和出轨⾼灵:⼈类的背叛.当你们说的背叛的时候,你们往往说的是在⼀段信任的关系当中某个⼈背叛了你.但是实际上你们真正真正能够背叛的只有你们⾃⼰⽽不是别⼈.因为背叛就是说,你在背着他⼈去做真正的⾃⼰,去想要体验⾃⼰真正想要体验的.这个对于别⼈来说实际上你是在展⽰你真实的⾃⼰,只是对你的期望与他的期望值不⼀样.所以在他⼈眼⾥看着就是我相信你,我觉得你是⼀个这么样的⼈,但是你却给我表现的是⼀个呢样的⼈,但是呢样的⼈才是他真正的⾯貌.

Questioner: Correct. Betrayal and cheating by humans. Humans' betrayal refers to when someone betrays you in a relationship where trust is involved. However, truly, the only thing you can betray is yourself, not others. Because betrayal means you are being true to yourself behind their back, wanting to experience what you truly desire. To others, you're showcasing your authentic self, it's just that their expectations differ from yours. So in their eyes, I believe in you, I think you're such a person, but you show me someone else. But the real person is who he shows himself to be.

所以当⼀个⼈把他真正的⾯貌给你表露出来或者显⽰出来,实际上是在帮助你更深⼀步的去认识这个⼈,⽽不是说你都不知道他到底是谁,因为呢样⼦的话才是背叛,你能明⽩我解释的意思吗?所以当你们眼⾥所谓的对⽅在背叛的时候,实际上对⽅展⽰的才是真实的他.只是说你⾃⼰需要放下对对⽅的所有期望,或者定义,或者你认为事情应该怎么样⼦,你认为他这个⼈应该怎么样⼦.因为你们每⼀个⼈来到这个世界上你们⾃⼰都迷失,都不知道什么是真正的⾃⼰.你们需要很多不同的体验,当然这些体验包括正⾯体验、负⾯体验都有.不同的体验来取体验了过后,你才能找到⾃⼰真正内在的呢个频率,就是和你和谐的频率.也就是说你到底是谁.所以并没有真正的背叛.

So when a person reveals or shows their true self to you, they are actually aiding in your deeper understanding of the individual, not just leaving you ignorant about who they truly are. This would be considered betrayal if that were the case because ignorance is often the result of not being fully aware of someone's essence. You can understand my explanation, right? When you perceive 'the other' as betraying, what is actually shown is their true self; it's just that you need to let go of all your expectations or definitions about this person and how they should be. Each one of us has come into this world lost, not knowing who our true selves are. We require many different experiences – both positive and negative – to find our authentic inner frequency, which is in harmony with ourselves. In essence, you understand who you truly are. Therefore, there is no genuine betrayal.

如果,你想象⼀下,你不给你的另⼀半或者是你信任的呢个⼈或者是什么,你不给他任何定义.你知道他来到这个世界上他也是需要学习和体验的.你不把他认为是什么样⼦.你不给婚姻或者爱情,给它定⼀个样⼦,你觉得应该这样.那是你们⼈类的观念.如果你没有这些观念或者没有这些模板的话,你只是允许对⽅做他⾃⼰,允许他去通过可能是负⾯的体验去找到⾃⼰内在真实的样⼦,明⽩吗?因为如果对⽅没有真实的⾃⼰,你也没有真实的你,你们之间的关系也是虚假的,你们有可能也是和错误的⼈在⼀起.当他去真正的做⾃⼰,你真正的做⾃⼰过后,你们才能遇到和你们频率⼀致的⼈.

If you imagine not defining for your other half or the person you trust, you do not give them any definition. You know that when they come into this world, they also need to learn and experience. You do not define what they should be like. You do not set a mold for marriage or love, thinking it should be like this. That is your human concept. If there are no such concepts or templates, you just allow the other person to be themselves, allowing them to find their true selves through possible negative experiences, right? Because if neither of you has a genuine self, your relationship would also be false, and it's likely that you might be with the wrong people too. Once both of you truly are yourselves, you can then meet someone who resonates at the same frequency as you.

也就是说你是在⼀个什么样的频率你就会遇到什么样的对象来给你反应你⽬前的⼀个状态.所以你唯⼀唯⼀唯⼀要做的就是说做你真实的你,保持你真正的你⾃⼰的振动频率,那么在你世界上的⼀切它都不会有虚假的,不会有错误的,就是你也不需要通过这些负⾯的⼈进⼊你的⽣命⾥来给你反应你拥有这些负⾯系统、信念.所以有时候在你们眼⾥,就是在你们⼼⽬中,你们的世界⾥也觉得这个棋好像乱掉了,因为你们害怕改变,害怕发⽣意外.但是改变和意外却是恰恰恰恰来推动你们,帮助你们⾛向你们真正的⾃⼰的道路.所以不要害怕任何突变,改变或者事情发展没有你想象的样⼦,你唯⼀要做的就是放下你所有的定义和想象,让⽣命来给你展现.

So essentially, the frequency you are on determines the kind of entities that will respond to your current state. The only thing you should do is be your authentic self and maintain your true vibrational frequency, ensuring that everything in your world remains genuine and correct without any false or erroneous elements. You don't need to let negative people into your life just to reveal those negative systems and beliefs you possess. Sometimes, from your perspective, it may seem like chaos in your world because of your fear of change and unexpected events. However, these changes and surprises are precisely what propel you towards discovering the true essence of who you are. Don't be afraid of any sudden shifts or developments that don't match your expectations; all you need to do is let go of your definitions and imaginings, allowing life to unfold its true nature for you.

因为你们头脑⼤脑⾮常的局限,或者有很多很多观念在⾥⾯.你们不知道到底什么才是对你真正好的,但是造物主会把⼀切你最好的,你连想都想不到的呢些好的给你安排到你的⽣命当中来.你唯⼀要做的就是信任和保持你⾃⼰的频率.还有什么刚才还有⼀个?

Because your minds are very limited, or there are many concepts inside of you that you do not understand. You don't know what truly is good for you, but the Creator arranges all the best things, even those you can't imagine, into your life. The only thing you need to do is trust and maintain your own frequency. Is there anything else I should mention?

问: 出轨⾼灵: 出轨.出轨和这个有点像,就像我刚刚说的,所有的意外,那出轨可能在你们的⽣活当中就是意外是吧? (问: 对) 你们应该会感谢这样的出轨事件,为什么? 它把你们真正的内在的状态给凸显出来了,就是给暴露出来了,把你们的问题、就把你内在,就好像⼀个⼈他内在的呢些器官可能都坏了,但他表⾯看上去没问题.你怎么知道你器官有问题呢? 所以当你这些症状出来了,或者事件暴露出来,这是⼀个⾮常⾮常好的时机,让你能真实的看清楚你们内在到底是⼀个什么状态,才可以供你们两个⼈双⽅去选择你们要如何.如果连你们⾃⼰内在,双⽅就是真正的真实的状态、关系状态是什么样⼦你都不知道,你还会活在你的梦⾥.

Questioner: The High Mischievousness: Adultery. Adultery is somewhat similar to this, just like I mentioned earlier, all these surprises; perhaps in your lives it could be a surprise, right? (Yes) You should thank for such an affair because it highlights your true inner state, exposing your issues. It's like when someone's organs might be broken internally, but they appear fine on the surface. How do you know that something is wrong with their organs? Therefore, when these symptoms or events are revealed, it's a very good opportunity for both of you to really see what your inner state truly is, so that you can decide how to proceed from there. If even you, as individuals, don't know the true states of yourselves and your relationship, then you're still living in your dreams.

所以表⾯上的出轨这是⼀件好事,它是让你们的关系真正的产⽣就是变化,就是变成你们想要的样⼦.它有可能对象会变,但是你的幸福是不会变的,你明⽩我意思吗?你当时的不接受和痛苦只是你还不明⽩这个游戏到底是怎么玩的,还不明⽩到底⽣命要给你什么.要知道这些所有的事情,⽣命都是要把它给你推往最好的地⽅.所以这是就是说如果你的另⼀半发⽣出轨,然后是这样⼦的⼀个视⾓来帮你们看清楚为什么会发⽣这样⼦的事情.那如果是你⾃⼰发⽣出轨的事件,也是来帮你看清楚你到底你⾃⼰什么才是真实的你.因为你内在的频率,你内在就好像有⼀个指南针,它永远都在给你指.

So, superficial infidelity is a good thing; it brings about genuine changes to your relationship, transforming it into what you desire. It might change who the object of affection is, but your happiness remains unchanged. Do you understand my meaning? At that time, your refusal and distress were due to not comprehending how this game works or what life was trying to give you. Understanding these aspects, life pushes everything towards its best outcome for you. Therefore, if one half of a couple cheats, it's about providing a perspective to help you see why such an event happens. If the infidelity occurs within oneself, it serves as a tool to clarify who the true self is. Your inner frequency acts like a compass, always guiding you towards your essence.

那你可能需要⼀些事件来去真正的明⽩到底⾃⼰想要什么样⼦⼈⽣、⽣活和⾃⼰内在的频率.因为你内在的振动频率它就会,就好像是⼀个测试仪,你⼀靠近或者你做了这件事情,或者是这样去⾏为,怎么样才是呢个真正的和你内在⼀致、和谐的⼀个状态,你可以通过这些事件去发现,去更加⼀步的靠近真我.这⼏个问题还有问题吗?

That's why you might need some events to truly understand what kind of life and existence you want for yourself, as well as the frequency within you. Your inner vibration serves as a test instrument; it shows whether your actions, behaviors, or decisions are in alignment with your true self, creating harmony and consistency. By experiencing these events, you can discover how to get closer to understanding your authentic self. Are there any more questions on this topic?

问: 没有了,我可以再接着问问题吗?

Questioner: No, can I ask another question?

问: 这个通灵的⼥孩⼦她还想知道爱情是有时间限制的吗? 因为我们有很多的婚姻是破裂的.

Questioner: Does this medium girl want to know if love has a time limit, because we have many broken marriages.

⾼灵: 爱是,你们都是爱的显现,你们每⼀个⼈都是爱的显现.爱是永远不会消失,也从来没有消失,也从来不会缺失,也从来不会因为你们表⾯做了⼀些什么.那你可能问的是你们⼈与⼈之间的爱.你们所有外在的分裂、冲突,实际上都是你们个⼈的问题,不是对⽅.对⽅也有他⾃⼰需要体验和去体验和探索学习的主题.但是当你内在达到⼀个只是爱的存在的时候,只是爱,没有任何冲突,只是允许造物主允许爱融为⼀体,就好像你现在觉得你是⼀个⼩池塘,⼀池塘⽔,就只有你.那当你融⼊整个海洋的时候,明⽩我形容的吗? 你不会有任何分裂或者冲突或者任何呢些都没有,也就是你们所说的回归源头,链接.

Higher Spirit: Love is, you are all expressions of love, each and every one of you is an expression of love. Love never disappears, has never disappeared, and has never been missing, it does not dissipate based on your outward actions alone. You might be asking about the love between people. All the outer separations, conflicts, are actually personal issues; they're not external to each other. The other person also has his own themes of experience and exploration that he needs to engage with. But when you reach an inner state where there is only love existing, only love, no conflict, allowing for the merging of creation through love, it's like feeling that you are a small pond, just one body of water, just you. Then when you merge into the ocean, do you understand this? There will be no more separations or conflicts or anything else you might perceive as being in contrast to unity, which is akin to returning to your source and connecting with it.

你们虽然有时候会有链接,但是你们的链接还不稳定,因为你们需要就是沉浸式的,就是进⼊物质世界你们才能完全的投⼊你们的⽣活.这也是物质世界存在的⼀个原因.可以完全的浸⼊式,沉浸于⾥⾯,来让你们达到⼀个纯粹的⼀个爱的状态.你刚才的问题你再说⼀遍.

You may have connections sometimes, but they are not yet stable because you need to be immersed in the material world to fully engage in your life. This is also why the material world exists – so that you can immerse yourself completely and live within it to reach a pure state of love. Please repeat the question you asked earlier.

问: 爱情是有时间限制的吗? 就是在婚姻中的爱情,因为我们有很多婚姻会破裂.这个通灵的⼥孩⼦想知道婚姻⾥的爱情有没有时间的限制?

Questioner: Is love limited in time? Specifically, within marriage, considering that many marriages end in failure. The spirit child wants to know if there is a limit to the love in a marriage?

⾼灵: 婚姻⾥⾯的爱情.⾸先,婚姻是你们物质世界给它强加于上⾯的,明⽩吗? 也就是说你们是为了社会的稳定,从法律给它⼀个条款.所以这个是你们强加在⼀些能量层⾯的东西.这是为了让它保持稳定嘛,因为婚姻稳定就社会稳定,是为了⼀种稳定.那你要想像⼀下,所有的⼀切⼀切⼀切现在说话的这⼀刻都已经转变了⽆数次了,都⼀直在变,⼀直在变.你说你跟对⽅的关系是不是也是⼀直在变.因为对⽅⼀直在变,你也⼀直在变.你们的关系不可能因为任何条款,就是法律规定或者外在的限制,就是说你外在的物质限制不了任何⽆形的东西.你们两个⼈之间的关系就是⽆形的.当然这是⼀件⾮常好的事情.为什么呢? 因为有的⼈想要追求稳定的关系,对吧?

Higher Spirit: Love within marriage. First of all, marriage is something that you have imposed upon it in your physical world, understand? That means you're doing it for the stability of society, giving it a clause through law. So this is something that you are imposing at an energetic level. This is to maintain stability because marriage stability leads to societal stability, aiming for stability. Now imagine everything has already transformed countless times at this moment where everyone speaks, constantly changing, always evolving. You say your relationship with the other person is also changing. Because they're changing and you're changing too. Your relationship can't be bound by any clause, whether it's legal laws or external restrictions. In other words, external material constraints cannot limit anything无形. The relationship between the two of you is无形. Of course, this is a very good thing. Why? Because some people seek to maintain stable relationships, right?

那当他们发现我们关系不好的时候,如果你知道你们的关系⼀直在变,那你是不是可以⽤你的能量把关系调到好的⽅向发展.如果你们关系变到了不好的地⽅,那只能说你⾃⼰内在的能量状态是⼀个不好的状态,因为关系、对⽅是因为你⾃⼰,就是关系只是体现出,婚姻关系也就是说是这个亲密的关系,这个亲密的关系就好像是⼀个放⼤镜⼀样把你内在的所有东西全都放⼤出来,你的恐惧,你的匮乏,你的占有欲,你的攻击性,你的所有⼀切,你内在的⼀切全部⽤这个放⼤镜来让你看的清清楚楚.如果你不想要放⼤镜⾥⾯的东西,你去怪婚姻和对⽅呢个⼈吗? 就是你是怪放⼤镜吗? 明⽩我的意思吗?

When they realize that our relationship is not good, if you know that your relationship has been changing, can you use your energy to develop the relationship in a positive direction? If it changed into an unfavorable situation, it just means that your internal energy state is an不良 condition because relationships and their outcomes are a reflection of yourself; as in marriage, which represents this intimate relationship. This intimate relationship acts like a magnifying glass, amplifying everything inside you: your fears, lack, possessiveness, aggression, and all other aspects of you. Your inner self is fully showcased through this magnifying glass for you to see clearly. If you don't want what's shown in the magnifying glass, would you blame marriage or the individual? Are you blaming the magnifying glass itself? Do you understand my point?

因为如果你内在都是和谐的,就好像我刚刚说的就只是爱的存在,你的放⼤镜感受的也是爱,对⽅会被你融化掉的,就是被你完完全全的包容或者融化,就是他如果是⼀个冰块的话,他在你这⾥,明⽩我的意思吗? 这就是真正爱的能量.⽆论任何恐惧、⽭盾、任何任何任何,如果你只是爱的存在的话,什么到呢⾥都会完全的消融,都会成为爱.这就是爱的能量.没有什么能够跟爱的能量去相⽐.

Because if you are internally harmonious, like I just mentioned, being love itself, your magnifying glass perceives love as well; the other person will be melted by you, fully embraced or dissolved, as if they were an ice block, do you understand? This is true loving energy. No fear, no contradiction, nothing else matters if you are simply a being of love - everything melts down and becomes love. This is the essence of love's energy; nothing can compare to it in terms of power and transformation.

问: 那你刚刚说的这个是不是也回答了这个通灵的⼥孩⼦的另外⼀个问题,她想问真正的爱是什么? 婚姻中有真爱吗?

Questioner: But is this answer you just gave also relevant to the question of this spirit-medium girl who wants to know what true love is and if there's such love in marriage?

⾼灵: 婚姻,⾸先你要明⽩婚姻是什么.婚姻只是你们物质世界为了维持⼀个稳定的现象,但是呢个现象只是表⾯的.你们很多⼈表⾯上是拥有婚姻,但是实际上是⾮常孤独,是个⽆家可归的⼈.所以有没有真爱不在乎是不是在婚姻⾥⾯,或者是有没有婚姻,跟这个没有任何关系的.你下⼀个问题.

Higher Spirit: First of all, you need to understand what marriage is. Marriage is simply a manifestation in your material world designed to maintain stability; however, this phenomenon is merely superficial. Many of you possess marriage on the surface level but are profoundly lonely and homeless within. Thus, whether true love exists has nothing to do with being within a marriage or not having one; it bears no relation at all. Your next question.

问: 这个通灵的⼥孩⼦她还想知道报复有意义吗?

Questioner: Does this spirit-seeking girl also wonder if retaliation is meaningful?

⾼灵:报复.在你们的物质世界上来说,报复就是,⽐如说你踢了我⼀脚然后我踢你⼀脚就是报复,对吗?报复有没有意义,要看于你⾃⼰.因为这个报复就好像是,你只是在陪对⽅演对⼿戏.如果对⽅给了你攻击,那么你攻击回去,你让对⽅看到他的⼀些⾏为会产⽣的⼀些结果.我们之前通灵就有说过所有的事情没有绝对的好和绝对的坏.如果你从好的来说,那你让对⽅看清楚他的某些⾏为会产⽣的⼀些结果,那他以后可能就不会再⽤这种⽅式.所以那这个可以成为好的⼀⽅⾯,就是你觉得有意义就有意义.那你觉得它没有意义就没有意义,因为它可以让你进⼊⼀个恶性循环,就是会加深你们之间的,像你们所说的因果关系.

Higher Spirit: Retaliation. In your material world, retaliation is, for example, you踢 me a kick and then I return the favor by kicking you back, right? The meaning of retaliation depends on yourself because this act of revenge is like being part of an opposing play. If the other person attacks you, you retaliate and allow them to see the consequences of their actions. We have mentioned before that not everything has absolute good or bad in spirit communication. From a positive perspective, letting the other party understand the results of their certain actions might discourage them from using this method again. Therefore, this can become a beneficial side if you find it meaningful. You define its meaning as such because it can lead to a vicious cycle, deepening what you refer to as cause and effect between you.

这完全取决于你到底需不需要更多的体验来让你明⽩,就是如果你需要去⽤报复这个体验来让⾃⼰明⽩报复是没⽤的,你可以,就是你想要进⼊这个旋涡然后去体验⾥⾯这个能量,然后OK,这个能量我就理解了、明⽩了、感受到了.那这对你来说是有意义的.如果你觉得你不要去,就是你能明⽩,那你就不需要去进⼊这个⾥⾯去体验⼀下,因为你已经明⽩这个 system是怎么运作的,明⽩我的意思吗? 也就是说就好像你们这些⼈来到物质世界,那你可能需要来到这个物质世界来体验.如果你对物质世界的所有像仇恨啊、因果啊、意识啊、振动啊、频率啊,你全都明⽩的时候,你就不需要再进⼊了,对吗?你就可以再以其他的形式再继续探索.

This entirely depends on whether you actually need more experiences to understand that if you need to use the experience of revenge to understand that revenge is futile, you can. That is, you want to enter this vortex and experience the energy within it, and then okay, I've understood, comprehended, felt this energy. This makes sense to you. If you feel you don't have to go through this, if you already understand, then you don't need to delve into this experience, because you already understand how the system works, do you see? In other words, it's as though you humans need to come into the physical world for these experiences. When you fully comprehend everything in the physical world like hatreds, karma, consciousness, vibrations, frequencies, you don't need to re-enter, right? You can continue exploring in different forms.

你们的意识虽然在不断的探索,不断的探索,但是并不是都需要进⼊物质世界这⾥⾯,这个⽅式.那在你们物质世界要不要⽤报复的⼿段或者是⽅式来让你明⽩,看你⾃⼰.但是所有的体验,只要它能让你明⽩某些事情它就是有意义的.如果你觉得这些就是消耗你的能量来明⽩对你来说没有任何意义,那你就你不加⼊.那你这样⼦的话就不会消耗太多的时间和能量在这个⽅⾯,那你就可以探索更⾼的.但是你们⼈类玩这些游戏玩的不亦乐乎.你们有⾮常强⼤的能量,但是这些能量都没有⽤到真正的,就是正⾯的显化上⾯.所以很多负⾯的能量,很多⼈拥有强⼤的能量,但是是⽤负⾯的⽅式体现出来.还有问题吗?

Your consciousness, though constantly exploring and probing, does not necessarily need to enter the physical realm here, this method. Whether or not you use retaliatory means or methods in your physical world to make yourself understand depends on you. But all experiences are meaningful as long as they allow you to gain understanding of certain things. If you feel that these experiences are merely consuming your energy without any meaning for you, then you don't have to join them. In this way, you won't waste too much time and energy on it, allowing you to explore further. But you humans enjoy playing these games immensely. You possess very powerful energy, but these energies are not utilized in true positive manifestation. Therefore, there is a lot of negative energy, with many people having strong energies that manifest negatively instead. Any questions?

问: 还有问题.这个通灵的⼥孩⼦她还想说能不能给呢些选择⾃杀的⼈⼀些指引.

Questioner: Any more questions? This spirit girl wants to offer guidance for those who choose suicide.

⾼灵: 给呢些在物质世界结束⾃⼰⽣命的⼈,给他们⼀些指引.你们来到这个物质世界之前,你们要⾃⼰去选择就是忘记⼀切,忘记⾃⼰真正只是能量,就是你需要穿上好像是⼀套⾐服.穿上这套⾐服你就成为了这个⾐服,你忘记了你只是穿了⾐服这件事情.就好像你被⼈打晕过后你完全失忆了.然后穿上这个⾐服过后,你需要时间去适应它.因为适应需要过程,⼀个时间阶段.很多⼈在适应的呢个过程当中他感到不舒服,他就想要脱掉.因为这个⾐服太沉重了,他想要脱掉这件⾐服.他想要回归到他的居所的呢种状态.所以有什么话想要告诉呢些去选择想要快速的摆脱这件不舒服的⾐服? 我想跟他们说,你本⾝就是因为你要来到这⾥去爱上这件⾐服⽽来的.

Higher Spirit: For those who end their lives in the material world, provide them with some guidance. Before you came to this material world, you had to choose on your own to forget everything and remember that you are just energy, needing to wear what seems like a suit. Once you put on that suit, you become the suit itself and forget that you're merely wearing it. It's like being knocked out completely and having no memory afterwards. After donning this suit, there is a period for adaptation because it requires time. Many find this process uncomfortable during their adaptation phase, wanting to remove it as it feels too heavy and they desire to return to their home state. I would tell those who wish to quickly escape this uncomfortable suit something: You came here precisely so you could learn to love wearing this suit.

所以在你还没有完全适应它的阶段,坚持下去.因为就好像你们⼈类⼀样,要培养⼀个习惯或者是某⼀个嗜好是需要⼀段时间的.所以你只是熬过去呢⼀段不适应的时间,你会发现你会爱上这件⾐服,因为你最主要的⽬的就是来爱上这件⾐服的,⽽不是去摆脱它.因为当你摆脱了这件,你还会再重新穿上⼀件,还需要再去适应.如果你每⼀个适应的阶段你都过不了的话,你就会反反复复的去体验这个课题.所以唯⼀就是说你需要坚定的信念,相信你会爱上这件⾐服,你会的.你会爱上这件⾐服.

So, when you haven't fully adapted to it yet, stick with it. Because just like humans, it takes time to cultivate a habit or develop a taste for something. So you're just enduring this period of non-adaptation, and you'll find that you will come to love this piece of clothing because your primary goal is to love the clothing, not to get rid of it. For when you get rid of it, you have to put on another one and go through adaptation again. If you can't make it through every stage of adaptation, you'll keep experiencing this subject repeatedly. So all that's needed is having a firm belief that you will come to love this piece of clothing, and you will. You will love this clothing.

问: 我对⼀些市⾯上胡乱打着通灵旗号的⼈事物很反感是为什么?

Why do I find people and things that misleadingly claim to be spiritual appealing in some markets offensive?

⾼灵: 你的这种反感是来⾃于你的责任⼼,来⾃你的责任⼼.因为你觉得他们的信息会误导,⽽有⼀些⼈是很轻易的就被他⼈误导.特别是蒙上了迷信的,或者是神奇的,或者是奇异的这些你们所谓的神秘的⾯纱过后,他们就会把所有的信息都当真⽽进⼊了被误导.所以对于你来说你觉得⼀个⼈要达到⾮常⾼的境界,他才能去传播这些神圣的信息.所以这是你对⼈们,对其他⼈,或者对社会,或者对⼈类的⼀种责任⼼、责任感.但是你们⼈类⼀直在被误导,不管选择什么⽅式.就算他没有选择通灵的⽅式,他有可能成为⼀个教师在误导,他有可能成为⼀个医⽣在误导,他有可能成为⼀个家长在误导,他有可能成为⼀个当官的,就是政府的⼈员在误导,明⽩吗?

Higher Spirit: Your aversion stems from your sense of responsibility, a sense of responsibility towards others, society, or humanity. You believe that their messages could mislead people, especially those who are easily influenced by others. After being draped in layers of mysticism, wonder, or the extraordinary, they would take every piece of information as true and fall into being misled. Thus, for you, it seems necessary that a person must reach a very high level of attainment to disseminate sacred messages. This is your sense of responsibility towards people, others, society, or humanity. However, humans are constantly being misled regardless of the means chosen. Even if someone does not choose the mediumship route, they could still become a teacher misguiding their students, doctors misleading patients, parents influencing children, officials or government employees shaping policy—can you understand this?

也就是说他可能不是通过通灵的信息,他可能通过其他的⾝份不断的在误导.所以那你要去反感世界上所有的⼈吗? 因为每个⼈都在误导.

In other words, he might not be receiving spiritual information; he could be being misled through various identities constantly. So, should you hate everyone in the world because each person is misleading you?

问: 那我应该如何做呢?

Questioner: So, what should I do then?

⾼灵: 你要能理解这是你的责任⼼,你对⼈类的责任⼼.因为你们⼈类还没有很好的榜样和例⼦和案例,就是来树⽴⼀个.那你去做这个榜样,明⽩我的意思吗? 不要去期待别⼈,你去做这个榜样.你觉得让你产⽣好感的呢样⼦的形象应该是什么样⼦? 那你就去成为呢个样⼦.还有问题吗?

Higher Spirit: You need to understand that this is your responsibility center, your responsibility towards humanity. Because human beings do not have very good models, examples, or cases to set a precedent for you. So, you should be the model yourself, get it? Don't expect others; you should be the model. What kind of image would make you feel favorably disposed toward someone? You should become that kind of person. Any other questions?

问: 我想问⼀下没有限制和没有幻像是⼀个什么样的关系?

Questioner: I want to know what kind of relationship exists between no limitations and no illusions?

⾼灵: 关系? 你是说⼈与⼈之间的关系吗?

Higher Spirit: Relationships? Are you talking about relationships between people?

问: 不是,就⽐如说没有限制的⼈他可能还有幻像,那没有幻像的⼈是不是就表⽰说他是没有限制的?

Questioner: No, for example, someone without limitations might still have illusions. Does that mean a person without illusions is indicative of being unlimited?

⾼灵: 幻像.没有幻像.你们经历的⼀切都只是幻像⽽已,不管你给他制造的是⼀个好的还是坏的,正⾯的还是负⾯的,这些都是幻像.是你⾃⼰投射出去的,是你⾃⼰制造的⼀个体验.就好像你⾃⼰来给⾃⼰布置⼀个场景,让⾃⼰沉浸在⾥⾯,明⽩我的意思吗? 只是有⼀些布置⼀些恐怖的,像地狱⼀样的负⾯的体验.那有的是布置的像天堂⼀样的甜蜜的体验.但是你们这些体验都只是幻像,并没有说如果是正⾯的美好的就是真的,负⾯的就是或者是相反,明⽩我意思吗? 没有哪⼀个是真的,哪⼀个是假的,都是幻像.只是你⾃⼰去决定你想要体验什么.

Higher Spirit: Illusion. There is no illusion. Everything you experience is just an illusion, whether it's good or bad, positive or negative. These are illusions that you project onto yourself and create for your own experience. Imagine setting up a scenario for yourself to immerse in, do you understand? But there are some setups filled with terrifying experiences like hellish negatives. Some are set up to be sweet like paradise. However, all of these experiences are illusions; neither positive or美好 is considered real truth, nor negative is false. Understand what I mean? There's no true illusion and no false illusion; they're all just illusions. It's you who decides what kind of experience you want to have.

那像你们所说的成道或者是什么得道,这之类的就是说你明⽩你在⾃⼰布置⼀个场景给⾃⼰玩,然后你明⽩你⾃⼰想要体验什么场景,明⽩吗? 这就是你们所谓的得道者或者是意识程度⾼的,他知道他在⼲什么.他知道他想要体验什么.那有⼀些⼈他不知道这是他⾃⼰布置的⼀个场景在⾃⼰玩,他觉得这个场景就是死的、固定的、是⽼天给的,或者是他命中注定的,明⽩我意思吗? 可以变成是真的,就是不可改变的,因为场景是随时可以换的.这个场景我不喜欢我可以马上给他换⼀个场景体验.

That's what you refer to as enlightenment or achieving it, right? It means that you understand the setup you've created for yourself, and you're aware of the scenarios you want to experience. Do you get it? This is what enlightened beings or those with high consciousness do - they know what they're doing and what experiences they desire. Some people may not realize this scenario is self-created; they think it's fixed, predetermined by fate or destiny. They feel like it's an immutable situation that can't be changed because the scenarios are interchangeable. If I don't like a particular one, I can instantly switch to another experience.

问: 那我想问,⽐如说,我现在以我的意识程度我知道这个物质世界是⼀个怎么样的回事,那你刚才说得道的⼈他也是知道的.因为修⾏就是修⼼,既然我们都知道,那我和得道的⼈到底差在什么地⽅呢?

Questioner: But I want to ask, given my current level of awareness, I know what the material world is like. You mentioned that those who have attained enlightenment also understand this. Since we all are aware of it, what exactly sets me apart from someone who has attained enlightenment?

⾼灵: 就是为什么你不能制造你想要体验的场景吗?

That's why you can't create the scenarios you want to experience?

问: 就是我也知道我的场景是⾃⼰制造的,得道的⼈也知道场景是⾃⼰制造的,那我们到底差在哪呢?

Questioner: Even though I know that my scenario is self-created, and those who have attained the path also know that scenarios are self-created, where does the difference lie for us?

⾼灵: 那就是说明你还没有得道呀.

That means you haven't achieved enlightenment yet.

问: 那我跟他到底差在哪呢? 不是说修道就是在修⼼吗?

Questioner: But where am I lacking compared to him? Aren't cultivation practices aimed at refining one's mind?

⾼灵: 你们的区别在哪? 就是说你还需要去体验⼀下不是,这⾥⾯还有你没有领悟到的和学习到的.这⾥⾯还有你的礼物.因为不是你⼀下⼦达到呢个状态就是好的,明⽩吗.这⾥没有⼀个完结的状态.就算你们已经脱离这个⾁⾝,你们还会不断的去制造这些给你们体验的.永远都没有⼀个结束的状态,完整的状态.

Higher Spirit: Where is the difference? That means you still need to experience it - there are aspects in this that you haven't grasped or learned yet. There's your gift here too; because it doesn't mean you've reached a good state all of a sudden, understand? This doesn't have a final state. Even after you've transcended these physical bodies, you'll still be continuously creating experiences for yourselves. There will never be an end to this, nor a complete state.

# **2021/05/12 — 连接克⾥希那穆提 Connecting with Krishnamurti**

问: 这个通灵的⼥孩⼦想知道她昨晚的梦是想要告诉她什么?

The girl who communicates with spirits wonders what her dream last night was trying to tell her.

⾼灵: 你稍等,我链接.昨天晚上她在梦⾥她⾃⼰同时扮演两个⾓⾊,⼀个⾓⾊她在经历事件,在感受物质界.另外⼀个⾓⾊她在指导、解说、解释、引导.也就是说就好像她在现实⽣活中也是,她⼀个⾝份她是在体验物质世界的⼀切,另外⼀个⾝份也是在,就好像解说⼀样,这是她⾃⼰显化出来不同的⾓⾊来协助⾃⼰的体验和成长.这就是在你们的物质世界中会有灵魂家族或者灵魂伴侣或者这之类的.也就是说,你们同⼀个能量可以划分不同的⾝份来体验,有的的它可能是在你的⽣活中作为你的陪伴,陪伴你成长.它有可能,⼀个你在⽣活中物质世界然后另外⼀个在更⾼的维度指导你、引导你.

Higher Spirit: Wait a moment, I'll connect. Last night in her dream, she played two roles simultaneously; one character experienced events and felt the material world, while the other role guided, explained, interpreted, and led. In other words, it's as if she experiences everything of the material world with one identity in real life, while another identity acts like a guide or explanation, helping her own experience and growth. This is similar to having soul families or soul partners in your physical world - meaning that under the same energy, different identities can be used for experiencing things. Some might accompany you in your life as companions for your growth; others may guide or lead you from higher dimensions while you're navigating through your material existence.

所以她昨天晚上的梦,她是⾃⼰化成⼀个分⾝,⼀个是在学习,⼀个是在教导.因为她需要学习的并不是真正的学习,她只是需要恢复记忆.因为这些都是她已经拥有的,她只是需要去记起来.就是好像是有⼀堆柴⽕,你看着它好像燃烧尽了,但是你放⼀点东西进去它又马上烧旺了,燃烧起来了.也就是说表灭上⽕灭了,实际上并没有.只要⼀丁点东西放进去,它马上它的⽕源又会再⼀次起来.所以她的灵感在源源不断.表⾯上看上去她好像是在获得灵感,并不是.只是把这些记忆给唤醒.

So her dream from last night was that she became a duplicate of herself, one was learning and the other was teaching. This wasn't because she needed to learn in the traditional sense; she just needed to recover her memories, as these were already hers, she only needed to recall them. It's like having a pile of firewood that you think is completely burned out, but when you add a little more it immediately becomes full of flames again and starts burning again. That means on the surface they say there are no fires left, but actually, there aren't any. As long as you put even a tiny bit in, its source of fire will instantly come back to life. This is why her inspiration was endless. It seemed like she was gaining inspiration when she was only awakening those memories that were already there.

因为这些所有的智慧和信息都是你们可以链接、共享、感知,但是对于你们物质的⼈来说,就好像你是你这个灵魂⼀直储存的所有的信息,但是即使是⼀个没有如此丰盛的、如此多体验的灵魂,他也可以随时随地的提取信息供他学习、供他使⽤、供他展⽰.我们再回到刚才你的问题,她昨天晚上的梦境想要给她传递什么信息?这些信息只是在给她埋下⼀个种⼦⼀样,然后要长成什么,或者要成为什么,或者要呈现什么,或者以什么⽅式呈现,她有她到⾃由意愿和选择.但是她已经在利⽤梦⾥的梦境和信息.

Because all of this wisdom and information are things that you can link to, share, and perceive, but for your material beings, it's as if you have access to all the information stored by your soul, yet even a soul with fewer experiences and less abundance can extract this information anytime they need it to learn, use it, or display it. Let's return to the question you posed earlier: What information was she trying to convey through her dream last night? These insights are like seeds being planted in her mind, preparing for growth into something specific, something she aspires towards, or a certain way of presenting herself. She already utilizes dreams and their messages.

也就是说她梦⾥的信息最主要是来告诉你就算你的眼睛看的⾮常⼀清⼆楚,你的⼿摸的都是实实在在,如此坚固的东西,如此看上去是不可催毁、不可变的东西,他们都会随着你的意志⼒、你的意念,你的能量,就是你去转变⽽转变.因为在你们物质⽣活当中,你们就是体验的⼀切对你们来说都太真实了.就是好像你太呢个⽣⽓暴露的⼈,他恨我,他多么真实,他真的是对我恨的咬⽛切齿.但是你们不知道你能引起他如此⼤的情愫很发硬,恨的背后其实是他在对你的需求,他需要你,明⽩吗?但是你们往往,你们⼈类往往会把它误解成只是恨⽽已.所以你们只是看到了⾮常外在的⼀些东西,然后就把它肯定和确定,然后就把它固定了、固化了.然

In other words, the message in her dream mainly tells you that even though your eyes see very clearly and your hands touch solid, tangible objects that seem unbreakable and immutable, they can all be transformed according to your willpower, intentions, or energy. Because in your material lives, everything experienced by you is so real that it seems too true. For instance, someone who lets their anger show might say with such intensity, "I hate you," making them seem very genuine and truly hateful towards you. However, what you don't realize is that the strong feelings of hatred stem from their underlying need for you - they need you, understand? But often as humans, we tend to misunderstand this as just plain hate. So you see the most external aspects, then confirm and set them in stone, only then realizing...

⽽这⼀切都是随着你们不相信,就⽐如说⼀个⼈表现出对你恨,恨之⼊⾻,他恨你.但是你并不相信他恨你,你相信他爱你.然后你爱着他,你⽤你的(没听懂)对他的动作没有任何评判,你只是爱着他、允许他去发泄他⼼中的愤怒,允许这股能量流过于他.因为你要知道他展现的只是呢⼀股能量,能量会⾛.因为没有⼀个⼈他是固定不变的.他的意识、他的变化、他的所有⼀切都在变.他的变会随着你变⽽变.那如果你确定了他就是恨我,那你也恨他,那你们恨的关系就会彼此再加深了,这个关系在⼀直加深,明⽩吗?那如果你允许他有他的能量呈现,但是我不会被他的能量状态影响,为什么?因为我爱他,我爱每⼀个存有.

And all of this comes from your disbelief, for example when someone shows hatred towards you, hate to the bone, he hates you. But you don't believe that he hates you; you believe that he loves you. Then you love him, and you do your actions with no judgment towards his moves, just loving him and allowing him to vent his anger, allowing this energy flow through him. Because you know that what he's showing is just an energy, energies go. And nobody stays the same person; their consciousness, their changes, everything they are keeps evolving. Their change will evolve according to your evolution. If you confirm that he hates me, then you hate him too, and this hatred relationship between you both gets deeper and deeper, understanding? But if you allow his energy presence, but I'm not affected by his energy state, why is that? Because I love him; I love every being.

因为他竟然来到我的⽣命当中,竟然我和他有了交联,有了⽠葛,就是我们两竟然是认识的,⾛⼊⽣命当中,那么他⼀定是我的灵魂伴侣,也就是说他⼀定是要有礼物送给我,⽆论如何我尊重他,我爱护他.那么当你坚定你这个信念的时候,你这个意念的时候,你是不是改变了对⽅?所以你⼀直有⼒量和有能⼒去转变物质世界的⼀切,除⾮你就相信了,然后你就加深了.好像⼀个东西它最开始只是个幻影,是吧?它是⾮常松软可变的,但是你的相信、你的抵触、或者你的排斥、或者你的攻击或者你的任何,你其实都在给它注⼊能量,在把它变的强壮或者稳固、加强.但是你去相信你相信的,创造你想要创造的,你的意念的转变,它慢慢就会消失掉,然后变的对你见不到.

Because he has actually entered my life, and because we have some connection or conflict, meaning that we are indeed acquainted with each other, having become part of each other's lives - this implies that he must be my soulmate. In other words, he is bound to gift me something, no matter the circumstances; I would respect him and cherish him regardless. When you firmly believe in this notion, do you alter the other person? Therefore, you possess the power and capability to transform everything in the material world, as long as you believe and deepen your faith accordingly. Imagine if an object was initially just a mere illusion - it's quite malleable, isn't it? But your belief, resistance, aversion, or even attack toward it actually infuses it with energy, making it stronger, more stable, or more potent. Yet, by believing in and creating what you wish to see, the gradual shift of your thoughts will eventually render these perceptions invisible to you over time.

为什么? 因为你没有选择跟它保持同样的频率.所以在梦⾥⾯就是让她看到外在的⼀切在你们眼⾥是如此的真实,摸的到、看的到、闻得到、感受的到、体验的到,但是却都是在受你的能量状态影响.它会随着你的能量状态改变⽽改变,你到底相信什么?你有多相信,它就有多真实.所以就算是她在梦⾥⾯是⼀池⼦,⼀个湖⽔湖⾯,清澈透底最开始.但是她在教导⾃⼰,⽤⾃⼰的意念把她变的浑浊.呢个⼀池⼦的⽔在她的焦聚⼒的状态下变成了浑浊.接下来她又再把它变得清澈透底.这也就是说当你们关注,你们关注什么,你们就相信什么,你们就会创造什么.你不是去看这池⼦

Why? Because you didn't choose to stay on the same frequency with it. So in your dream, she makes everything seem so real to you - touchable, seeable, smellable, feelable, and experiential - but all of this is influenced by your energy state. It changes according to how your energy state changes. What do you believe? The more you believe, the more it becomes true for you. So even if she's in a dream as a pool of water at the beginning, clear and deep, she teaches herself using her own念 to make it murky. Under her focus, the pool of water becomes cloudy. Then she makes it crystal clear again. This shows that whatever you focus on, what you believe, is what you create. You don't look at this pool as it is;

⽔到底是真的浑浊还是假的浑浊,因为你相信它会变得清澈.因为你知道它就算有浑浊也是因为狂风暴⾬的来临,让它暂时的失去了清澈.但是随着这股能量的转变,它终究会清澈起来.你可以加⼊你的⾏动,明⽩吗?就⽐如说在现实⽣活中,你相信呢个池⼦,在你⼼⽬中它本⾝就是清澈透底的.那你可以加⼊你的⾏动,清理池⼦⾥⾯的垃圾,保护它、爱护它.因为你相信它本⾝就应该是清澈的.你把你的⾏动加进去了,然后在你⼀直相信它,你会感染更多的⼈.他们看到你对呢池⼦⽔的尊重和热爱,他们也会加⼊你的⾏列.他们会⼀起帮助你让⽔变的清澈起来.然后你再⽤你的意念⼒让⽔变得清澈起来了.

Does water remain truly turbid or is it temporarily so because you believe it will become clear? You understand that its apparent muddiness is merely a temporary state caused by the storm, leading to its eventual clarity. You can contribute your actions towards this transformation, correct? Think of it like in real life: you perceive a pond as crystal clear within yourself. By participating and cleaning up the garbage in the pond, protecting and cherishing it, because you firmly believe it should be clear. Your actions are integrated into this process, fueled by your belief that its true essence is clarity. You influence others through your efforts; they see your respect and love for the water and join your cause. Together, you all work to make the water clearer. And finally, with your mental power, you visualize it becoming clear.

虽然只是⽤这个池⼦来做⼀个⽐喻,但是这种现象,或者这种理论,或者这种效应,它可以发⽣在任何上⾯.它可以发⽣在任何上⾯.这就是你们的能量,你们的意念,可以影响外在的物质、影响他⼈,创造你想要创造的世界,去相信你想要相信的.关于这个梦境,她现在已经有了更深层次的,你还有什么问题?

Though this explanation is merely a metaphor for using the pool, the phenomena, theory, or effect it represents can occur anywhere. It can happen anywhere; that's where your energy, thoughts, and beliefs influence external matter, affect others, create the world you want to see, and believe in what you wish to trust about this dream. With regards to this dream, she now understands its deeper implications. Do you have any other questions?

问: 能不能帮我看看我昨晚的梦境是想要告诉我什么,我需要告诉你告诉你是什么内容吗?

Questioner: Can you help me interpret what my dream last night was trying to tell me? Do I need to share the content of the dream with you?

⾼灵: 你可以,因为提供的线索越多,你说的信息越多,这样⼦我们的链接就会更稳定.也就是说我不⽤如此的消耗或者费⼒的去搜索资料.

Higher Spirit: You can do it by providing more clues, which means you're sharing more information. This will make our connection more stable - essentially, I won't have to expend as much energy or effort in searching for resources.

问: 我梦见我的母亲告诉我⼀个我们都认识的⼈死了,她很伤⼼.然后我安慰她告诉她意识、⼈格是不会死的.然后好像后来还有⼀个⼈再追我们.我也记的不是太清楚了…然后我在梦中虽然知道我⾃⼰会通灵但好像又不是很信任⾃⼰可以⾼灵:⾸先,你不要把通灵固定于⼀个特别的形式.就⽐如说你现在在跟这个⼥孩⼦通灵,你就要跟她⼀样,⽤这种⽅式通灵,明⽩吗?因为你通灵的⽅式有可能是其他.如果你只认定你通灵的⽅式是像这个⼥孩⼦⼀样,那你有可能就是把你的门全部关上了,把你的可能性全部关上了.所以你需要放下对通灵的所有所有所有认知和定义,它会以你需要的⽅式,以你激情的⽅式,以你擅长的⽅式来到你的⽣命当中.

Questioner: I dreamed that my mother told me about the death of someone we both knew, and she was heartbroken. Then I comforted her by telling her that consciousness and personality don't die. Later on, it seemed like there was another person chasing us; I wasn't sure about this part... In the dream, although I knew that I could communicate with spirits, I felt somewhat skeptical about my own abilities.

High: Firstly, don't confine spirit communication to a specific form. For example, if you are communicating with this girl in her way, you should adapt your method accordingly. Understand? You might have other ways of doing it. If you only accept one mode of spirit communication as the method that works for this girl, then you could be limiting yourself and closing off all possibilities. Therefore, let go of any and all preconceived notions about spirit communication. It will manifest in a way that suits your needs, passions, and strengths in life.

真正的通灵就是说你连接到了造物主的能量,你在演绎造物主的能量,你在呈现出它的能量,仅此⽽已.所以说它可以是各种各样的⽅式.哪怕ok你不⽤任何⽅式,你就说你想⽤造物主的眼光来看待你对⾯的呢个⼈,他会不知不觉的被你影响,他会感受到你的⽆条件的爱和包容,他不知道为什么,明⽩我意思吗?你不需要任何语⾔,不需要说任何话,就是你的眼神,那你也在通灵.所以让你们成为爱、链接爱、融⼊爱,那你的这个物质⾁体接触的⼀切,它都会散发出爱.这就是在通灵.然后关于你梦⾥⾯的信息,你在传达的这些信息,也就是说这是你想要告诉⼈们的,这是你想要分享的,你知道的.

True spiritism is about connecting to the energy of the Creator, embodying that energy, and manifesting its power; it's as simple as that. Therefore, it can be expressed in various ways. Even if you don't use any method, just imagine viewing the person across from you through the eyes of the Creator. They will subconsciously be influenced by you, feeling your unconditional love and acceptance without understanding why. Do you get my meaning? You don't need to speak or use language; it's enough for your gaze alone that can also connect in spiritism. So when you make others become love, link with love, merge into love, everything your physical body touches will radiate love. This is spiritism. And concerning the information conveyed through dreams, these are what you wish to communicate or share, things you're aware of.

也就是说关于⽣命的真相,你知道的你都想⽤你的⽅式来告诉别⼈,来帮助呢些还不知道真相的⼈,让他们看清真相.就好像别⼈没有眼睛都是盲⼈,你有⼀双眼睛,你想要把你看到的美描述给他们.因为只有当你们的物质之眼,就是物质世界的眼睛闭上了过后,你才能睁开你的⼼灵之眼,你才能睁开你的灵魂之眼.如果你⼀直睁开你

In other words, concerning the truth of life, what you know and want to convey to others in your own way, to help those who are still unaware of the truth, so they can see it clearly. It's as if everyone else lacks eyes and is blind, whereas you have a pair of eyes, wanting to describe the beauty you've seen to them. Only when your physical eyes, which are the eyes of the material world, close, can you open your spiritual eye, you can open your soul's eye. If you keep your

的物质之眼,你会沉浸于或者太相信于你眼前的⼀些东西,你被带⼊了.这就是为什么有很多盲⼈他们是⼼灵感应特别强.他们有⼀双眼睛,就算他们可能看不到你的脸,他都知道你的能量状态,你的所有信息,你的⼀切.这就是为什么有很多盲⼈他们选择了像算命这种⼯作,明⽩吗? 那有可能你有⼀双物质眼睛,你有⼀双眼睛,但是你看不透这个⼈,明⽩吗?你根本不清楚他到底是个什么样⼦.为什么? 因为他⾃⼰都不清楚⾃⼰是个什么样⼦.所以他总是展现出不同的⼀⾯,⾃⼰都不知道⾃⼰是谁.那展现出来让你看到的你也不知道他到底是个什么样的⼈.但是盲⼈却能清清楚楚的知道他是什么样的⼈.因为他们闭上了他们的物质之眼.还有什么问题?

The Material Eye, you will be immersed in or overly trust what you see before you, and you are pulled into it. That's why there are many blind people who have highly developed intuition. They have a pair of eyes that can perceive your energy state, all your information, and everything about you even if they may not see your face. That's why many blind people choose jobs like fortune-telling, do you understand? You might have the Material Eye, meaning you have a pair of eyes but you fail to see through this person, do you understand? You are completely unsure what kind of person he is. Why? Because he himself doesn't know who he is. So he always shows different aspects, not knowing who he truly is. The image presented to you is also unclear. But blind people can clearly perceive the true nature of a person because they close off their Material Eyes. Any further questions?

问: 能不能帮我们链接⼀下克⾥希那穆提? 让后这个通灵的⼥孩⼦想知道他有什么想对⼈类说的,谢谢⾼灵: 好的.你好,你可以问问题问: 你好,这个通灵的⼥孩⼦想知道你有没有什么话想告诉⼈类的,谢谢⾼灵: ⾸先,我想要谢谢她.因为我能感受的到她每⼀次对我的语⾔,我的⽂字,我的思想,我的看法的⼀种赞同和认同.可以说我说的每⼀句话没有⼀句在她⼼中有产⽣疑问或者反对或者否定的状态.这就是为什么她对我的能量状态是特别有链接感、认同感.因为她并不是⼀个就是如果有权威的信息说什么,她就全部相信的⼈.所以在拥有她这样⼦的能量状态和意识程度的⼈对我的信息的⼀些认同和赞同,我感到⾮常的欣慰.就是说就好像终于有

Questioner: Can you connect us to Sri Krsnadevaraya? Let the spirit medium ask what he has to say to humanity, thank you spiritual entity: Alright. Hello, you can ask your question.

A: Hello, this spirit medium wants to know if there is anything you have to say to humanity, thank you spiritual entity: Firstly, I want to thank her. Because I can feel that each time she speaks about my language, my words, my thoughts, my opinions, she agrees and resonates with them. It's as if every word I speak doesn't evoke any doubt or opposition or negation in her heart. This is why she has a particularly strong connection to and agreement with my energy state. She isn't someone who blindly accepts authority when they say something. Therefore, having her kind of energy state and level of consciousness agree with and resonate positively towards my information makes me very grateful. It's like finally finding a genuine understanding

⼈能把我给出去的礼物收到.因为我不断的再给⼈类礼物,但是也不断的再被误⽤.就好像我给出去的,被消化的,被运⽤的⾮常⾮常少.所以我的毕⽣在消耗了我⾮常⾮常多的时间和精⼒,我在不断的送礼物出去.也就是说我的付出和带来的变化,它不是成正⽐的.也就是说我创造的,我送出去的能量,送出去的呢个礼物远远远远超过他们收到的.然后接下来你想要知道什么信息?

Human beings can receive the gifts I give them. Because I continually provide gifts to humans, yet they are also continuously misused. It's as if the vast majority of what I give is either not digested, not utilized, or only a tiny fraction is. So throughout my life, I've consumed an immense amount of time and energy in sending out these gifts. I'm constantly giving them away, meaning that my contributions don't match the changes they bring about. Essentially, the energy and gifts I create and send far outweigh what they actually receive. And then, you might wonder, what information do you want to know next?

问: 请问你有没有什么话对⼈类说?

Questioner: Could you address humans with a message?

克:我想要告诉你们的是,我从来没有消失.我只是换了⼀种⽅式来协助你们.对你们的爱也从来没有消失.对你们也从来没有任何,就像我刚刚说的,我送出去的但是收到的⾮常少.我没有任何怨⾔或者任何悔意,或者任何失望,没有.因为我们始终是⼀体的,也从来没有分裂.只是我的能量它在以不同的⽅式.它有可能只是⼀句话,就好像这个⼥孩⼦她有可能突然想到:奥,我终于明⽩克⾥希那穆提的呢句话是什么意思.呢个时候我就存在于她的⽣命⾥,明⽩吗?所以我是在以这种⽅式存在于你们任何来感知我、或者链接我、或者来看到我的能量⾥⾯.即使呢些没有看到我的,他们也在间接受我的影响.为什么呢?

Kek: What I want to tell you is that I have never disappeared. I have just changed the way of assisting you. The love for you has never disappeared. There’s no animosity or regret or disappointment either, as what I’ve been saying before, which might have only been sent out but received very little. I have none at all. Because we are always one; there is never a split. It's just that my energy is operating in different ways. It could be as simple as for this girl to suddenly realize: Oh, I finally understand the meaning of that quote by Krišna Murty. That's when I'm present in her life, right? So, I exist in these ways within anyone who perceives me or connects with me or sees my energy. Even those who do not see me are still indirectly influenced by me. Why is that so?

⽐如说这个⼥孩⼦她对我的⼀些思想有了深刻的认知,那么她会⽤她的⽅式体现在她的⽣命中.她会⽤她的⽅式传递给她⼈.她会⽤她的⽅式演绎给她⼈.她可能变成了她的⽂字,但是真正的呢个深层次的东西是不变的,你明⽩吗?

For instance, if this girl has a profound understanding of some of my thoughts, she would manifest them in her life through her own manner. She would transmit these to others in her way. The essence that might be embodied in her words wouldn't change the deeply intrinsic components; do you see?

# **2021/05/13 — 你的想象⼒就是你的现实(⽆提问)Your imagination is your reality (no question)**

⾼灵: 可以的.我们不能去告诉你应该选择哪个和哪个,但是我们可以协助你让你⾃⼰去发现你到底想要去如何展现你⾃⼰.你叫什么名字? XXX.我先链接⼀下.那你直接问你的问题.你是说你选择这个,你可不可以还是怎样? 你的问题具体是什么?

Higher Spirit: Alright. We can't tell you which one to choose and which not to, but we can help you figure out how you want to present yourself. What's your name? XXX. Let me connect first. Then you ask your question directly. Are you saying that if you choose this option, will there be a way for you still or something else? What is the specific problem you are facing?

⾼灵: 你为什么觉得你不能积累财富呢? 因为当你有这个想法的时候你就已经在阻⽌了,明⽩吗? 就是说我能不能积累财富的意思就是说我是⼀⽆所有的.所以,你说⾼灵: 这才是影响你的.我不管外在找什么⼯作,选择什么⾏业.如果你有这个信念,就是你有这个思维模式,你有这个 ‘觉得这个财富好难拍哦’,做这个不赚钱.如果你只是看着哪个赚钱的话,你是赚不到钱的,明⽩吗? 所以你现在限制你的不是从事什么,⽽是你⾃⼰对⾃我的⼀个定义.就好像你头脑⾥⾯装了⼀个系统,你已经在按照呢个系统去运作了,你觉得你还能产出超出呢个系统运作范围的事情吗?

Higher Spirit: Why do you feel like you can't accumulate wealth? Because the moment you have this thought, you're already preventing it, understand? That means if I ask if you can accumulate wealth, it implies that you are starting from zero. So when you say Higher Spirit: This is what's affecting you. It doesn't matter what external jobs you find or the industries you choose. If you have this belief, this mindset, and you think 'gathering wealth is so hard', thinking it won't make money. If you only chase what seems profitable to you, you won't be able to succeed financially. Understand? Therefore, now what's limiting you isn't your choice of profession, but your self-definition. It's like there's a system in your mind that you're already operating within, and you think you can produce something beyond the scope of this system.

⾼灵:可是你的⽬标还是钱啊.不是不合理,⽽是你已经体现出你内在是匮乏的.因为你要知道⼀个道理是说,在你的⽣命当中、你的每⼀个当下、你任何时候你⼀直以来都是富⾜的,你从来没有匮乏过.可能表⾯上是以匮乏的形式体现在你的⽣命⾥⾯.但是就是因为呢个匮乏才是给你推上你⾃⼰的⼈⽣道路.如果没有呢个匮乏的化可能把你推不到呢⾥去.所以这种表⾯上呈现出来的匮乏实际上⼀种丰盛,实际上是你独⼀⽆⼆,最宝贵的,最需要的.

Higher Spirit: But your target is still money. It's not unreasonable; rather, you have shown that you are lacking internally. You should understand that in your life, at every moment, and anytime, you have always been abundant, never lacking before. It might appear superficially as a lack within your life. But precisely because of this lack, it pushes you onto your own path in life. Without such a lack, perhaps it wouldn't take you there. So this seemingly displayed lack is actually a form of abundance, it's unique to you, the most precious, and most needed.

⾼灵: 那是因为你思想上的匮乏.暂时的.如果你的思想模式⼀直是这样⼦,那你⼀直是体现这样⼦.所以暂不暂时是你⾃⼰决定的.

Higher Spirit: That's because of your mental limitation. Temporary. If your mode of thinking has always been like this, then you have always manifested in this manner. So whether it's temporary or not is determined by yourself.

⾼灵: 给你建议就是让你检查你⾃⼰的⼀个系统,检查你的思维模式,检查你的观念. 为什么你会觉得? 你知道贫穷跟富有的⼈的区别在哪⾥吗?

Higher Spirit: I would suggest for you to examine your own system, check your thought patterns, and question your beliefs. Why do you feel this way? Do you know the difference between poor and wealthy people?

⾼灵: 不只是信念系统.是你们的想象⼒太过于狭窄,你们要把事情定义成这样.然后定义这样就觉得是真的了.并不是这样.因为你们在这个世界上没有任何束缚.任何⼀切你都可以把它转变成丰盛,转变成财富.这个⼥孩⼦前两天写了⼀⾸诗.她说她观察到⼀棵树上结满了⽔果的树,呢棵树果实累累.呢么多的果实只来⾃于⼀颗种⼦.你想⼀下.⼀颗种⼦能结出呢么多果实.你觉得你们还不够丰盛吗? 造物主已经把你们需要的全部都给了你们.你们唯⼀要做的就是发挥和利⽤你们的想象⼒、创造⼒、激情、热情.不受任何限制.你头脑⾥的所有定义、观念,这些全是限制你的.你想最简单的⼀个例⼦.我给你⼀颗种⼦,你有了⼀颗种⼦.

Higher Spirit: It's not just about belief systems. It's that your imagination is too narrow; you define things this way and then believe they are true because of how you define them. That isn't the case. Because in this world, there are no limitations for you. You can transform anything into abundance, into wealth. Two days ago, a girl wrote a poem about observing a tree full of fruits - a fruitful tree with many fruits. So much fruit coming from just one seed. Think about it: How many fruits can come from one seed? Don't you think that's abundant enough? The Creator has given you everything you need. All you have to do is tap into your imagination, creativity, passion, and enthusiasm, without any restrictions. All the definitions and concepts in your mind are just limiting you. Consider a simple example: I give you a seed, and with one seed,

OK,那⼀颗枇杷树结呢么多果⼦,你可以⽤各种⽅式.你可以去卖掉它,你也可以去和别⼈交换,你也可以做其他的,你也可以当成爱⼼分享出去.因为当你分享出去你的爱的时候,它会回给你的.OK,你分享出去你的枇杷,那隔壁他们家有桃⼦,他给你⼀些桃⼦,那你是不是就已经富⾜了? 那如果这⼀颗枇杷树,⼀颗种⼦种出来上千颗.那你上千颗种出来⼀千棵树,你想⼀下,你的财富如此的增倍,如此的扩展.这个只是⼀个例⼦.但是通过这个例⼦,你可以想⼀下你们⼈类的思想是多么的局限性.所以并不是没有财富或者是不富⾜,是因为你们不知道你们的局限性,你们头脑⾥⾯的局限性.你们看不到,你们的意识决定了你们能看到什么.

Alright, with that one jujube tree bearing so many fruits, you can utilize them in various ways. You could sell them, trade them with others, or use them for other purposes, or share your love by distributing them. When you share your love, it comes back to you. Alright, sharing your jujubes, if your neighbor has peaches and gives you some, wouldn't you consider yourself rich? If that single jujube tree produces thousands of seeds, and you cultivate a thousand trees from those seeds, imagine how your wealth would multiply and expand. This is just an example. But through this example, you can reflect on the limitation of human thought. It's not about lack of wealth or being poor; it's because you don't recognize your limitations, the limitations in your mind. You cannot see beyond what your consciousness allows you to perceive.

你们⼈类有很多这样的例⼦.我从她的头脑⾥⾯搜索出

You humans have many examples like these. I searched her mind for

⼀个例⼦就是,有⼀个红塔⼭呢个、之前呢个.他最后出狱过后⼋⼗多岁,他种橙⼦然后种成了,赚了很多很多很多钱.如此简单的⼀个例⼦.那你说他的资源、他的年龄、他的精⼒、他的活⼒⽐你们…为什么他能做到? 所以为什么你们限制⾃⼰? 你们的年轻、你们的⽣命、你们的活⼒,这些就是你们的财富,你们最拥有的财富.你们的想象⼒,这些都是巨⼤的财富.你们只是需要把它转化出来、显现出来.

A case in point is someone who had been involved with Red Taishan previously; he ended up being released from prison at the age of over eighty. He then started growing oranges and became very successful, earning a huge amount of money. This is such a simple example. When you ask why he could do that while restricting himself based on his resources, age, energy, and vitality compared to yours? Why can't you achieve it too? So, why limit yourselves? Your youthfulness, your life force, your vitality; these are the treasures you own most. Your imagination is also a huge wealth. All you need to do is to transform and manifest them.

⾼灵: 我已经具体的,每⼀个细节都告诉你了.你⽬前的限制不在于你选择什么.

Higher Spirit: I've been specific, laying out every detail for you. Your current constraints lie not in what you choose.

⾼灵: 是你的限制,思想上的限制.你思想上的限制和匮乏和这些观念,它⾃⼰就会体现在你物质世界上.但是正是因为这种匮乏,⽐如说你内在有了这种匮乏过后,你觉得我怎么⼀直创造不了财富,或者我想要(财富).那OK,你通过这种⽅式跟我链接,那现在是不是就在给你打开财路.如果你没有,你可能赚了⼀点⼩钱,没有这个匮乏的话,那你可能还在体验⼀个这⼀辈⼦都做点⼩⽣意,图个温饱、赚点⼩钱的状态,明⽩吗? 所以即使你⽬前的体验也是在丰盛,也是你最需要的.所以你们的每⼀步每⼀步都是完美和丰盛、富⾜的.还有其他问题吗?

Higher Spirit: It's your limitations, the limitations in your thoughts. The lack and inadequacy of these concepts manifest themselves in your material world. But precisely because of this deficiency, for example, after you experience this kind of need, you wonder why I can't create wealth, or that I want (wealth). Alright, if you link to me through this way, does it mean that the path to prosperity is now open for you? If not, perhaps you've managed to make a little money with what you have, without this deficiency, then maybe you're still experiencing living one lifetime running small businesses just to get by and earn some small income. Do you understand? Therefore, even your current experience of abundance is exactly what you need. So every step you take is perfect and abundant, plentiful. Are there any other questions?

⾼灵:你如果是问⼀下,你们只是问名字,但是我们都是⼀体的.我和你和所有的都是⼀体的.我如何分辨⾃⼰.就好像你问⼀个海⾥⾯的⼀个海浪,你问呢个海浪叫什么名字?它只是海⽔,每⼀个海浪都是海⽔.所以你要我如何回答你们.⽽且你们⼈类才会⽤名字来命名.

Higher Spirit: If you are asking just for names, but we are all one entity. I am one with you and all others. How can I distinguish myself? Like asking a wave in the sea what its name is? It's just water, each wave is water. So how should I answer you? And it's humans who use names to name things.

⾼灵: 也是你们的命名.所有的物质世界的⼀切都是你们的命名.因为好让你们就是辨认.

Higher Spirit: It's also your naming. All of reality in the material world is your naming, so that you can recognize it.

⾼灵: 你是想做⽣意? 因为商⼈和教育者不⼀样的.你是只是想运作这个系统还是说你⾃⼰想做⼀个培训师,这个不⼀样的.

Higher Spirit: Are you in business? Because merchants and educators are different. Do you just want to run this system or are you aiming to become a trainer yourself, which is not the same thing.

⾼灵: 如果你是想要做⼀个商⼈,就是制作⼀个系统.那你就是需要去物⾊,就是去找到这样⼦的⼈,就是他们对这个热爱.然后你提供这个平台.那是你们共同想要的,你提供这个平台.就好像你想要从事节⽬表演,那你给他们舞台、给他们搭建(舞台),给他们所有的⼀切,布置好,然后观众找好,让他们唱戏就⾏了.因为他们喜欢唱戏,明⽩吗? 那如果你⾃⼰是喜欢唱戏的⼈,那又不⼀样了.所以你⾸先你要明确的知道你⾃⼰想要扮演什么⾓⾊,什么⾝份.

Ethereal Intelligence: If you're aiming to be a merchant, that means creating a system. In that case, you need to identify individuals who share your passion and provide them with the platform where they can express it together. This setup allows them to build upon what they love. It's like if you desire to perform in shows; you would offer them stages, construct sets for their performances, furnish all necessary amenities, arrange an audience, and let them present their acts since that's their interest.

Conversely, if you're personally fond of performing, then the situation changes. The first step is to clearly determine your role or identity that aligns with what you are passionate about.

⾼灵: 对,你⾃⼰想要做什么你都不知道,你如何把它拉到你的⽣命当中来?

Higher Spirit: Yes, you don't even know what you want for yourself, how can you bring it into your life?

⾼灵: 那任何体验你都可以去体验,你没有任何局限和限制.只要在你们的物质世界,你们物质世界有你们物质世界的规则和玩法.就是说你们有你们的法律、法规,就是说有限制.那你只要在你们的限制之内去活动,去运动,去运⽤你的想象⼒就好.在不伤害任何⼈的情况下,包括不伤害你⾃⼰.

Spirit: You can experience anything you want; there are no limits or boundaries for you. Within your material world, your world has its own rules and ways to play, which means laws and regulations exist - essentially limitations. So long as you operate within these constraints, use your imagination freely without causing harm to anyone, including yourself.

⾼灵: 你们每⼀个⼈都觉得你们的天赋是某⼀个.实际上你们没有任何限制.为什么呢? 所谓的天赋,就好像你与⽣俱来,你天⽣就是做这个的.但是⼀旦你进⼊到⼀个完完全全当下的状态、当下的链接,放下你的物质头脑,放下你的⾁体、就是观念、头脑⾥⾯的⼀切.你⽆论做什么都可以.为什么呢? 因为当你想要选择去体验呢个的时候,你可以去邀请呢股能量进⼊你.然后你就成为他了.你想象⼀下,你的⼀个⾁体,它就好像,我如何来形容? 你的⾁体只是⼀个⼯具.那真正的展现的是你的灵魂或者是什么东西.你给它放⼊不同的灵魂,它展现出不同的样⼦.你们就是如此的多样话,如此的不受局限.受局限的只是你们⾃⼰.

Higher Spirit: Everyone believes that their gift is something specific. In reality, you are not limited in any way. Why? The concept of talent seems to be innate, suggesting you were born to do this thing naturally. But once you enter a completely present state, fully connected with the now, you let go of your material mind, your physical body and all notions within your consciousness. Whatever you do becomes possible. Why is that so? Because when you choose to experience it, you can invite that energy into yourself, becoming one with it. Imagine your physical body as just a tool; it's not what truly expresses itself. What really shines through is your soul or something beyond. You can fill it with different souls, and they manifest differently. You are all so diverse and unbounded, except for the limitations you impose on yourselves.

还有呢些受局限的就是说,他们这⼀辈⼦只是想体验这个.因为他就喜欢唱歌,他只想体验唱歌的⽣活.但是如果你让他们去演戏、或者去做主持⼈,或者其他什么都可以.只要他,你说

And for those who are limited, they just want to experience it all their lives. Because he likes singing, he only wants to experience the life of singing. But if you ask them to act or be a host or anything else, as long as it's him, you know...

⾼灵: 链接.就好像你的⼀个电视.那你可以选择不同的频道进⼊.但是都是呢个电视机在播放.那你就想呢个电视机.但是你却可以播放(任何).你可以播放恐怖⽚、你可以播放喜剧⽚、你可以播放娱乐⽚,各种个样⼦,但是都是你在播放.所以你这个⼯具,你这个⾁体想要给物质世界展现的也是⼀样.你想要展现什么?

Higher Spirit: Connection. It's like one of your TVs. You can choose different channels to enter. But it's the same TV playing. So imagine that TV, but you are able to play (anything). You can play horror movies, you can play comedy movies, you can play entertainment shows, all sorts, but it's you doing the playing. So the tool, your physical body, wants to show in the material world is the same. What do you want to show?

⾼灵: ⾸先,你要明⽩如果当你完完全全的不受物质界的影响的话,你只是⼀股能量的存在.那这股能量是没有任何限制的.这⼀股能量就好像是你们进⼊了⽹络,⽹络可以搜索任何.那如果你想要搜索⼀下⼩狗,⼩狗都出来了.如果你想要搜索⼀下做饭,那做饭的都出来了,明⽩吗? 那当你⾃⼰没有你这个⾁体的束缚的时候,你想要链接什么你就可以链接什么.就像⼀个⽹络⼀样.因为你们本⾝…为什么说我们都是⼀体? 因为从能量层⾯来说我们都是来⾃于呢⾥.就好像我们都是⼟地上,草⽪上的,你是花,我是草,他是树,他是什么什么.但是我们都是来⾃于⼟地,明⽩我意思吗? 只是我们以不同的⾃已的⼀个独特的⽣命形式在呈现出来.

Higher Spirit: First, you need to understand that when you are completely不受 the influence of the material world, you are merely an entity of energy. This energy has no limitations. This energy is like entering a network, where anything can be searched for. If you wanted to search for dogs, dogs would appear. If you were searching for cooking, then cooks would come up. Do you see? When you are not bound by your own physical body, you can connect to whatever you want. Like a network because… why do we say we are all one? Because on an energetic level, we all originate from the same place. It's like we're all part of the earth, where you are a flower, I am grass, he is a tree, and so on. But we all come from the soil, understand my meaning? We just manifest ourselves in different forms as unique life expressions.

但是我们都是来⾃于,从⼟⾥⾯出来的.就是你们会说地球母亲,就是说你们都是来⾃于(地球),我只是⼀个形容.因为包括呢些⼟地都是来⾃于同⼀个(源头). 所以你们和⼟和树没有区别的,只是能量的⼀个显现.只是你们体验的更加的丰盛.

But we all come from the ground, from the earth. You would say Mother Earth, that you are all from (Earth), just a description. Because even these lands stem from the same source. So there's no distinction between you and the soil and trees; it's merely an expression of energy. You experience it more abundantly.

⾼灵: 修⾏只是你们⼈类给它的⼀个定义,明⽩吗? 你们如果真的要修的话,就是说把你们的观念,思想,记忆,什么什么都去掉.就是你们,OK,你们现在在⼀个污⽔缸⾥⾯,你要把附着在你⾝上的东西清理掉,那就是你们所谓的修习,⽽不是增加东西.

Higher Spirit: Cultivation is just a definition that your humans give to it, understand? If you really want to cultivate, that means you have to discard your concepts, thoughts, memories, everything. It's you, okay, you are now in a cesspool, and you need to clean off the things attached to you, that is what you call cultivation, not adding more things.

⾼灵: 限制你们的就是头脑.为什么? OK,我就举⼀个简单的例⼦.这个通灵的⼥孩⼦她在跟你通灵之前、链接之前她不知道任何她想要说,将要去说的话,将要遇到的事情,她不是学来的.但是她却在这⼀刻,你可以问任何问题,你可以提取任何信息.为什么? 因为她已经把她的个⼈意识放到旁边了,明⽩吗? 那你们在(被打断)⾼灵: 这就是你们所说的修⾏了,你做不到?

Higher Spirit: What restricts you is your mind. Why? Let me give you a simple example. This medium girl does not know anything about what she wants to convey or the events she's going to encounter before connecting with you. She doesn't learn it. However, at this moment, you can ask any question and extract any information. Why? Because her personal consciousness is already set aside, understand? That's why you can't do it like they say, this is what you call cultivation.

⾼灵: 你去体验你的⼈⽣,根据你的激情.你知道你发⽣的⼀切,就⽐如说,OK,接下来你可能又会遇到跟你的亲⼈和爱⼈发⽣争吵,或者是愤怒或者是怎么样.那这些都是你学习的点啊.⽣活中的每⼀个地⽅都是你突破你⾃⼰.因为唯⼀束缚的只有你⾃⼰.但是通过外在的事件你却可以⼀点⼀点的把⾃⼰的束缚拿开.这样你就在不断不断的扩展,不断不断的把阻碍你的东西拿开.那就好啦.这⾥并没有⼀个,像你们所说的,⽤这个⽅法、呢个⽅法,明⽩吗?

Higher Spirit: Go and experience your life according to your passions. You know what happens to you, for example, okay, next you might have arguments with your family members or lovers, anger, or whatever. These are all learning points. Every place in life is where you break yourself because the only limitation is yourself. But through external events, you can gradually remove those limitations on yourself. That's what you're doing - constantly expanding and removing obstacles that hinder you. And that's it. There's no method or technique like what you say; understand?

⾼灵: 唯⼀的⽅法就是放下你脑海⾥的⽅法.去尽情的体验⽣活,体验⽣活的过程当中你⾃然⽽然会有很多⼼⾥活动、感受、障碍,在你们物质世界称为的什么东西.但是这些东西都是你的点.就好像你在⾛路,你⾛路的过程中你就不断的碰到阻碍你的树枝.那你⾛过去你才能把呢个树枝给捡掉、拿开,给⾃⼰清理⼀条路,明⽩吗? 如果你不⾛过去呢? 你的路永远不会被清理掉.也就是说如果你没有去投⼊到你当下的⽣活当中,那你就不能给⾃⼰开辟⼀条路,那你就原地不动.那你的思维模式、你的束缚也是,它也原地不动.

Higher Spirit: The only way is to let go of the methods in your mind. Go and experience life fully, where you naturally have many mental activities, feelings, obstacles—the so-called things in your material world. But these are all your points. Just like when you're walking, you keep bumping into branches blocking your path as you walk. You only clear the way by going over them. Do you understand? If you don't go forward, your path will never be cleared. In other words, if you do not immerse yourself in your current life, you cannot open a path for yourself; you'll just stay in one place. The same goes for your thinking patterns and constraints—they too remain stagnant.

⾼灵: 你不要做任何练习.你们所做的练习又是把你们拉到⼀条.但是如果那是你的激情,你喜欢做,那你就做任何你喜欢做的.但是如果你是为了达到某种⽬的的话,你不需要.因为你的⽬的不是在远⽅.只有眼前、当下、⽣活中,来到你⽣命中的⼀切.不是在明天、将来、或者在⼀个呢个地⽅等着你,不是的.

Higher Spirit: Do not do any practice. The practices you do are pulling you into a line again. But if that's your passion and you enjoy doing it, then do whatever you like to do. But if it's for some goal, you don't need to because your goal is not far away. Only in front of you, now, in life, everything coming to your life. Not tomorrow, future, or waiting for you somewhere else, no.

⾼灵: 那是你们⾃⼰制造的.你们可以制造,你们⼈类最好玩的就是说你们可以制造任何你能想象出来的陪你玩耍,明⽩吗? 如果有些⼈他喜欢制造这些,他去给它这么定义,那他就这么定义了,他就这么体验了.跟你的没有关系.为什么? 如果你相信他,就跟你有关系了,你就能体验.如果你相信他,跟你没有任何关系.所以你要知道这种运作的模式是如何运作的.所以不要去看任何⼈说,这些⼈都是这么说,都是这样,他们都有这个体验然后就真的了.那的确是真的,因为⽆论你们,就算呢些精神病⼈,你们所谓的精神病⼈他们体验的也是真的呀.但是为什么你们不相信他们呢? 为什么要把他们关进医院⾥⾯呢?

Higher Spirit: That's something you created yourselves. You can create it; humans have the most fun imagining things they can create to play with, do you understand? If someone likes to create these things and define them, then they just do it that way and experience it themselves. It has nothing to do with you. Why? If you believe them, it becomes relevant to you because you can then experience it as well. But if you don't believe them, it has nothing to do with you at all. So you need to understand how this system operates. Therefore, don't take any person's word for granted that "everyone says" and "they had the same experience." It might be true, but consider those who are labeled as mentally ill too; their experiences are real too. But why do you not trust them? Why do they end up in hospitals?

因为只有他⼀个⼈在体验呢个实相,你们没有认同,你们就把他当成不⼀样的了.当你们认同了你就觉得这个是真的.

Because he is experiencing that reality alone, without your recognition, you perceive him as different. Once you accept it, you feel it's true.

⾼灵: 轮回.你们所谓的轮回,你是觉得你只是觉得,你只是这个你,这个灵魂⼀次再⼀次再⼀次再⼀次的去不同的体验⼈⽣.这⾥没有时间,也没有空间.所谓的轮回就是说你这⼀股能量,你可以选择不同的体验.在你们中国,在这个省,我体验这个.在美国,在呢个地⽅,我体验的是⼥⼈的⾝份.在中国我体验的是男⼈的⾝份.那我还在⾮洲体验⼀个动物,明⽩吗? 就是你的能量可以同时选择.就好像之前有⼀个我们在通灵的时候⼀个⽐喻.就是你的⼀只⼿,五个⼿指头,每个⼿指头放在不同的空间,⼀个放在冰⾥⾯体验冰,⼀个放在温⽔⾥体验温⽔,⼀个放在辣椒⾥⾯体验辣,明⽩吗? 但是这些都是可以收集这些信息.

Spirit: Reincarnation. Your notion of reincarnation is that you believe in it, that you are just this singular entity, experiencing life repeatedly and differently. There's no concept of time or space here. Reincarnation means that your energy can choose different experiences. In China, I experience one thing; in the United States, another; as a woman elsewhere; and as a man again in China. Even in Africa, there was an animal experience for me. Understand? Your energy has the ability to make these choices simultaneously. Like when we were channeling before, imagine your hand with five fingers, each finger representing different experiences: one in cold water feeling coldness, another in warm water experiencing warmth, and yet another in chili pepper experiencing spiciness. But you see how this can collect information?

⾼灵: 当然,整个宇宙.在你们头脑⾥⾯你们就知道宇宙,那就告诉你是整个宇宙,⽆处不在.

Higher Spirit: Of course, the entire universe. In your minds, you already know about the universe, so tell them that it's the entire universe, everywhere.

⾼灵: 是的.因为他的意识就是不断不断不断的体验,不断的变化,不断的体验,永远没有停⽌.它只是变换着⽅式.

Higher Spirit: Yes. Because his consciousness is continuously experiencing, changing constantly, experiencing endlessly without ever stopping. It simply alters its form.

⾼灵: 你如果只认同你的⾁体,你是微⼩的.如果不认同你的⾝体,那你就是没有限制的,到处都是你.

Higher Spirit: If you only accept your body, you are small. But if you don't accept your body, then you become unlimited and everywhere is you.

⾼灵: 因为你在⽤你的记忆啊.你们的记忆,你们头脑⾥的,你们的物质头脑,你们的呢个脑袋,呢个记忆.. 你可以完全不⽤相信它,因为它本⾝就是混乱的.它本⾝⾥⾯就是储存的⼀堆垃圾.就是它的都是幻像、都是假的,都是因为你的观念⽽制造出来的呢个体验.所以呢些都不是,没有营养,没有养分.⽽且你们所有的⼈困就困在呢⾥,就是呢⼀堆垃圾在你们头脑⾥⾯.所以你们还把记忆当成是像宝贝⼀样的东西,觉得你记忆⾥⾯的东西是真的.记忆⾥⾯的东西都是死的,都是死的,只有当下才是活的.你们每⼀个⼈都在喝⼀堆死⽔,发霉的,⽣粪的,就是呢种污⽔.你们还把它当成宝贝⼀样在饮⽤它.为什么你们⽆论是思想或者是⾝体都有呢么多毒素?

Higher Spirit: Because you are using your memory. Your memories, the ones stored in your minds, your material minds, the ones that create those experiences due to your concepts... You can completely disregard it because it is inherently chaotic and filled with garbage. It's all illusions, fake, fabricated by your thoughts. So none of these things have any substance or nourishment for you. And everyone is trapped within this mass of garbage in their minds. That's why you still consider memory as something valuable, believing that what resides in your memories is true. Everything inside your memory is dead; only the present moment is alive. Every one of you is drinking a pool of stagnant water, moldy, containing feces - it's filthy wastewater. And yet, you treat this garbage as if it were a precious drink. Why do you have so much toxicity in both your thoughts and body?

你们就⼀直在喝这个污⽔.有活⽔你们不喝.活的⽔是什么?

You've been drinking this polluted water. Why don't you drink fresh water? What is fresh water?

⾼灵: 是的.你现在就在搜寻最⼴的信息啊.你现在就在做这件事情啊.

Higher Spirit: Yes. You are searching for the widest information now. You are doing this thing right now.

⾼灵: 有点开窍了.

Gāo líng: Kind of had a breakthrough.

⾼灵: 不局限于任何⽅式.任何你⾃⼰激情的,哪怕你喜欢跳舞你就跳舞.因为当你当你真正的在跟随⾳乐、伴随着⾳乐在舞动的时候你的⾃我已经不再限制你了.因为你只有进⼊当下,你才能去链接到呢个⾳乐的能量.让呢个能量在你的⾝体中舞动.所以不局限于任何.

Higher Spirit: Not bound by any manner. Whatever you are passionate about, even if you like to dance, just dance. Because when you truly follow the music and move with it, your self no longer restricts you. You can only connect to that music's energy by entering the present moment and allowing that energy to dance in your body. Therefore, not bound by any limitations.

⾼灵: 完全的投⼊你的⽣活,但是知道哪些是真相,哪些是假象,哪些是你制造的幻觉,明⽩你在玩什么.就是⼀半你的⾁体是在物质世界全然的体验,⼀半你又是清醒的知道你在做什么.哪个是真的,哪个是假的,哪个是制造的幻像,哪个是别⼈的幻像,哪个是集体的意识.因为如果让你们完完全全的呢个什么的话,你们会脱离物质,你们会在这个物质世界就是学不到你们需要学的东西.因为你们每⼀个⼈都是来不断的突破和学习和扩展,明⽩吗?所以你要借助这个⾁体,链接这个⾁体,⼀半又是要脱离这个⾁体.这样做到⼀个均衡,平衡.所有的⼀切都是平衡.如果你平衡不了的话,那你就会变成像别⼈说的疯⼦⼀样,精神病.

Higher Spirit: Fully immerse yourself in your life, but know which is truth and which is illusion, which ones you create as hallucinations, understand what game you're playing. It's half of your physical body experiencing total immersion in the material world while the other half stays清醒 aware of what you are doing. What is real, what is false, what is fabricated illusions, whose illusions, and who has collective consciousness. Because if you were to be completely... whatever it means, you would detach from the material, learning nothing in this material world as you would lose what you need to learn. As each one of you comes here not just to break barriers but also to learn and expand, understand? Therefore, you must rely on this physical body, connect with this body while simultaneously detaching from it. Achieving a balance is key; all things should be balanced. If you cannot maintain this equilibrium, you could potentially turn into what others might label as crazy or mentally ill.

那如果你过于的又没有呢个什么连接呢个什么的话,那你只是在物质世界随波逐流,就是你只会体验⾁体过于层⾯⾁体带来的痛苦.所以平衡好这股能量就可以了.

If you lack that connection or link, then you're just drifting in the material world, experiencing only the physical body's suffering on its lower levels. So, it's enough to balance this energy properly.

⾼灵: 你说你在做梦的时候不知道⾃⼰做梦是吧? 你现在在物质世界就是⼀个梦,你也不知道⾃⼰在做梦.你还把它当成真的.你还把⼀切的困难、阻碍、困扰,当成如此坚不可摧.如此我是弱的,梦才是真的.你现在就是在物质世界这个梦⾥⾯.

Higher Spirit: You say that you do not know when you are dreaming? Currently, you are in the material world which is a dream, and you are unaware that it's a dream. You treat it as real. You consider every difficulty, obstruction, and trouble to be impenetrable. I am weak; thus, the dream appears genuine. Right now, you're within this dream of the material world.

⾼灵:如果你知道梦⾥⾯的⼀切都是假的,你不会受到任何伤害,只是体验⽽已.现在这些体验会让你⼼惊胆跳,会让你哭泣、伤⼼.但是真正的你就像呢个⾁体,你说在梦⾥⾯什么伤害会伤害到你的⾁体?不会的.那你在这个物质世界的梦也⼀样的,没有什么能伤害到真正的你,你只是在做梦⽽已.虽然所有的感受都是真的.

Higher Spirit: If you knew that everything in the dream is false and will not harm you but just an experience, these experiences would now frighten you, make you cry, and break your heart. But your true self is like this body; what kind of harm could a dream do to your body? Nothing! So it's the same with dreaming in this material world – nothing can hurt the real you because you're just dreaming. Although all feelings are real.

⾼灵: 因为你刚才⾃⼰都说了,我在做梦的时候我不知道⾃⼰在做梦.你⾃⼰都说了.

Higher Spirit: Because you just said it yourself, I don't know that I'm dreaming when I'm dreaming. You said it yourself.

⾼灵: 因为你还没有完完全全的活出,就好像,OK,你本⾝是⼀只蝴蝶对吧? 那你现在还是⽑⽑⾍,没有蜕变成蝴蝶啊.所以就算现在就算有⼀只⽑⽑⾍陪着你,你也觉得哪⾥不对劲,明⽩我意思吗?它有可能只陪伴你⼀段时间,等你变成蝴蝶的时候你可能又需要,要么他跟你⼀起变,要么你需要已经成为蝴蝶的蝴蝶,明⽩我意思吗?

Higher Spirit: Because you haven't fully lived yet, like, okay, you're a butterfly right? But now you are still a caterpillar, not transformed into a butterfly. So even if there's a caterpillar陪伴you now, you feel something is off, get my drift? It might only accompany you for a while, and when you become a butterfly, you might need one again, either he transforms with you or you need a butterfly that has already become a butterfly, get me?

⾼灵: 时间还未到? 这⾥像我刚才说的,没有时间,只有你⾃⼰选择何种体验.如果你想要,如果你真的是想要拥有⼀个爱⼈,然后你就可以吸引⼀个爱⼈.就是你就可以把呢个爱⼈给显化出来,呈现出来,陪你⼀起来做功课,⼀起来玩这个物质世界的游戏.如果你觉得你不需要,那么你就不需要.但是有⼀些他表⾯上觉得⾃⼰需要,但是他内在又在抵触、就是反抗、就是不要.所以这就发⽣了很多情感上的⼀些冲突.这也是他内在的⼀些冲突.但是⽆论你要不要,⽆论怎样的话,其实所有的关系它都只是像镜⼦⼀样,它把你的内在的⼀些束缚,或者你内在的⼀些东西,它给你呈现出来.你才可以着⼿,才可以供你处理.

Higher Spirit: Time hasn't arrived yet? Here, as I just mentioned, there is no time, only your own choice of experience. If you desire, if you truly want to have a beloved one, then you can attract a beloved one. That means you can manifest that beloved one, present them, accompany them in doing the work, playing this material world's game together. If you feel you don't need it, then you don't need it. But there are some who superficially think they need it but are internally resisting, rebelling against, not wanting it. So many emotional conflicts arise from these inner contradictions. This is also an internal conflict within oneself. But no matter whether you want or do not want, regardless of how, all relationships essentially function like mirrors, reflecting the constraints or aspects of your inner self to address and resolve.

那它有可能是亲⾃关系,有可能是跟上司的关系,有可能是男⼥关系.不同的关系都只是来呈现出 (被打断)⾼灵: 我现在也在吸引你啊⾼灵: 我明⽩你的意思.

It could be a personal relationship, it could be with a superior, or it could be a male-female relationship. Different relationships are only meant to illustrate that I am attracting you now. Higher Spirit: I understand what you mean.

⾼灵: 你们的所有这些,你说呢个地⽅让你平静,OK.还有⼀种就好像这个男⼈让我感受到平静.你们这些都是在从外在借助⼒量.但是这种⽅式的话,你就忘了真正的是在你内在.因为当你⾃⼰内在是平静的⼀个状态,你就算⾝处在⽆论什么地⽅你都是平静的状态.

Spiritual High: All of these things you say make me feel calm, OK? And there's another type that this man makes me feel calm. You're all relying on external forces for this. But with this method, you forget that the real essence is within you. Because when you are in a state of inner peace, no matter where you are, you remain calm.

⾼灵: 你可以去感受任何,体验任何你想要体验的.这⾥没有哪些是,就好像你在物质世界玩,你只要没有违规,没有碰到⾼压线,那就好了.这些都不是问题.但是我只是想让你看到你为什么会去寻找外在让你达到内⼼的⼀种平静.也是因为你⾃⼰内在没有,你需要外在来助⼒,帮助.或者那是你的⾃我许可,你⾃⼰给⾃⼰制造的⼀个幻想.你觉得,因为你们⼈都是要⾃⼰给⾃⼰制造⼀个呢个什么来把它,就好像变成真的了,变成真的然后你真实的体验又加深了你⾃⼰相信的.

Higher Spirit: You can go and experience anything, any experience you wish to have. There are no limitations here, just like playing in the material world; as long as you don't break any rules and avoid high voltage wires, it's fine. These aren't issues. However, I just want you to see why you seek external means to achieve inner peace. It is because your inner self lacks it, and you need the aid from outside to assist and help. Or perhaps that's a self-allowed fantasy you create for yourself; you think, since humans all must manufacture something to make it seem real, turning it into reality deepens your own belief in it.

⾼灵: 你只需要去找到是什么信念,是什么,你相信了什么你才觉得你是不强⼤的,明⽩吗?因为你如果⼀直在告诉你⾃⼰你是强⼤的,说实话,那就是说你在否定你⾃⼰,你在伪装.你只需要去找到到底你相信什么才会觉得你⾃⼰不够强⼤,⾃⼰是弱的,你到底相信了什么? 然后把这个你相信的东西拿掉,因为呢个不是属于你的,就好了.

Higher Spirit: You just need to find out what belief it is that you have about yourself being weak. Understand? Because if you keep telling yourself that you are strong, honestly speaking, you're negating yourself and disguising your true self. You just need to identify the exact belief that makes you feel inadequate or weak about yourself. And then remove that belief because it doesn't belong to you.

⾼灵: 你不知道你在⾃⼰相信了什么.那你的⽣活中你这些陪你演戏的演员他们都会引起关系,引起事件,所有东西都会帮你呈现出来.你只要留意你的⽣活,进⼊你的⽣活,全然进⼊你的⽣活就好.就像我刚刚说,你就坐在这⾥,你动都不动⼀下.就让⽼师,这个树枝你给我拿⾛,这个树枝在哪⾥呀? 你要去⾃⼰⾛然后⾛到碰到树枝,然后把它拿开,你的道路才会出来.这是你⾃⼰要⾛的,⽽不是站在原地.但是站在原地,我只是告诉你,你需要⾃⼰去⾛⼀条路.然后路上会有树枝,每个树枝阻碍你的,你只是需要把它拿开,就好了,明⽩吗?

Spiritual Being: You don't understand what you are believing in. Whatever your life consists of - these actors who accompany and play with you - will create relationships, events, and everything else will be presented to you. Just pay attention to your life, enter into your life, fully immerse yourself in your life. As I mentioned earlier, just stay here, don't move a single muscle. Allow the teacher to take away this branch, where is this branch? You have to go there by yourself and walk until you touch the branch, then remove it; only then will your path be revealed. This is for you to navigate on your own, not staying in one place. But if you stay put, I'm telling you that you need to walk a new path. Obstacles like branches will appear along the way, each obstacle blocking your progress - just clear them out of your way and continue walking. Understand?

⾼灵: 没有关系,继续,还有没有问题?

Higher Spirit: No problem, keep going, are there any more questions?

⾼灵:因为你们内在都害怕改变、害怕未知、然后都觉得⾃⼰是匮乏的.我给你讲就算你呢个房⼦⼀⽆所有了,你都要信任⽣命之所以让你⼀⽆所有,它是为了让你激发出来、让你有,明⽩吗?你不要把物质世界的呢⼀个点就是给你当成安全伞⼀样,就是庇护岗.就是我有了这个我就富⾜了.你不需要外在的任何来⽀持你内在感受到富⾜.因为外在的⼀切都是你内在显化出来的.如果你内在是,⽆论把什么拿⾛,它其实都是在给你开路,让你激发出你更⼤的能量来体现你的富⾜的话,你为什么会在乎这个?所以是你们的观念,是你⽗亲的观念在阻碍着他.因为他们觉得⾃⼰是没有⼒的.就好像他相信了,年龄⼤啊,赚不到钱了,又没能⼒啊,然后他就体验了这个现实.

Ethereal Being: Because you all fear change, fear the unknown, and feel inadequate in yourselves. I'll tell you this: even if your house is empty, you must trust that life's emptiness for you is meant to awaken something in you, to give you what you need. Don't let the material world treat safety as a shield or haven; that having it means being rich. You don't need anything external to support the feeling of richness within you because all externals are manifestations of your inner self. If you take away whatever it is they believe lacks power, and if it actually serves to create an opening for you to manifest greater energy that embodies your richness, why would you care about this? So, it's your beliefs, your father's beliefs that limit him. They feel powerless because they believe in aging, being unable to earn money, lack of ability, and then experiencing these realities.

就这⼀套房⼦啊.他相信了这些.

Just about this house. He believed these things.

⾼灵: 🗎.你不要去帮他任何.你只需要去通过他看到你⾃⼰.因为你也有你的障碍.看到你⾃⼰.实际上如果你告诉你⽗亲,你的这些都是假象,你没有任何障碍,然后你在你的⽣活中你都做不出来.如果你⾃⼰能呈现出来,哪怕我⾝⽆分⽂我也能拥有全天下.你如果能体现出这种,你就已经帮了他,明⽩吗? 因为他通过你,他会把你当成另外⼀个房⼦.他觉得我拥有了这个⼤房⼦,这个⼤皇宫,我就是富⾜的.

Sage Spirit: 🗎. Don't assist him with anything else. You just need to go through his experiences and see yourself. Because you also have your own obstacles. See yourself. In fact, if you told your father that all these are illusions for you, you don't have any barriers, then you wouldn't be able to execute it in your life. If you can present this yourself, even if I were penniless, I could still possess the entire world. If you can manifest such capability, you've already helped him understand. Do you get it? Because through you, he perceives you as a different house. He thinks that with access to this grand mansion, grand palace, I am wealthy.

⾼灵:⾸先,你要知道你们的关系的⽬的.同样也是关系,你们的关系当中是你爱他,⽆论他选择了什么.OK,这是其⼀.就是不会去因为他选择了做这件事情我就不爱他了.那是爱吗?那不是爱啊.对.但是那你既然不爱他,不在乎他,你⼲嘛会有失落感.是你头脑⾥⾯把友谊或者朋友或者觉得他应该,你是先有了⼀个应该,有⼀个定义.刚才我就说了,因为你们头脑⾥⾯的定义,那如果你能放下你头脑⾥所有定义呢? 只是去观察他到底是什么样⼦.那你其实你的友谊都是跟你觉得他是⼀个什么样的⼈建⽴的,不是跟真实的他建⽴的.

Higher Spirit: Firstly, you need to understand the purpose of your relationship. Same as a relationship, in your relationship, it's that you love him regardless of what he chooses. Okay, this is one thing - I won't stop loving him just because he chose to do something else. Is that love? That isn't love. Right. But if you don't love him and don't care about him, why would you feel a sense of loss? It's because your mind has defined friendship or friendliness or expected that he should be a certain way. You had a 'should' or a definition in your head just now. Because of the definition in your mind, if you could let go of all these definitions in your mind and simply observe who he truly is, then your friendship would actually be based on how you perceive him to be, not on who he truly is.

⾼灵: 如果我们告诉你我们对你有期望值,你会觉得怎样? 你会不会觉得你被控制了? 我们对你没有任何期望,哪怕你⽤最最最最负⾯的⽅式去成长和体验,我们都不会对你有任何评价,或者是谴责,或者是你伤害了什么什么的,⼈类或者是怎样.这⾥没有罪⼈、恶⼈、没有犯⼈.你们只是通过这种⽅式让⾃⼰去成长和体验.你们选择这种⽅式.我们顶多是告诉你,你不必需要选择如此极端的⽅式你就能学到功课.但是选择权还在你们⾃⼰⼿上.

Higher Spirit: If we were to tell you that we have expectations for you, how would you feel? Would it make you feel like you're being controlled? We do not hold any expectations for you; regardless of whether you grow and experience life in the most negative way possible, we will not pass judgment on you or condemn you, nor will there be any notion of harming humans, or anything else. There are no sinners, evil people, or criminals here; you simply choose this method to grow and experience life. The choice is yours alone. We may advise that you don't need such extreme methods to learn your lessons, but ultimately the decision lies with you.

⾼灵: 因为你这种的思维模式的话,你会⽤到爱⼈⾝上.你会觉得我男朋友怎么没有这么对我,他应该这样⼦,别的男朋友都这样.当你有了这样⼦的⼀个观念的话,你肯定是会杀掉你们的关系,会给你们关系带来很多的障碍.所以放下头脑⾥⾯的应该,让他去呈现出他⾃⼰真实的样⼦,⽽不是你认为该有的样⼦.这样你才在跟⼀个真实的⼈发⽣关系,⽽不是虚假的.不是你头脑⾥⾯幻想出来的⼀个.你说⾼灵: 能让你们感受到受伤的只有你们⾃⼰.你头脑⾥⾯的定义,不是他⼈.他⼈只是在做真实的⾃⼰.他们有他们的选择,想要去体验的.关系当中你要允许对⽅⽤他们⾃⼰⽅式去体验、感悟、领悟.你说

Higher Spirit: Because of this kind of thinking pattern you have, you would apply it to your lover. You might wonder why my boyfriend doesn't treat me like that; he should behave like so and so do other boyfriends. With such an idea in mind, you are sure to destroy the relationship, causing many obstacles between you two. So, let go of the notion in your mind that there's a certain way they should be, allowing them to show their true selves instead of what you believe they should be like. Only then will you truly be in a relationship with a real person, not a false one. Not someone you imagined in your head. You say Higher Spirit: The only ones who can hurt you are yourself. Your definition in the mind is not others; others just live as their true selves, making choices and wanting to experience things. In relationships, you need to allow the other person to use their own way to experience, understand, and gain insight.

# **2021/05/18 — 物质世界⾥最好的体验是什么The best experience in the material world**

问: 预⾔中的紫微圣⼈来⾃于东⽅,可以说说关于这个信息吗?

Questioner: The sages prophesied that Purple微Emperor originates from the East. Can you elaborate on this information?

⾼灵: 你稍等,我链接⼀下.我先要链接看看是否有关于这个信息的的⼀些信息技能.⾸先我要谢谢你们让这次通灵的链接发⽣.因为⽬前的⼀个通灵的环境和她通灵的状态,还有你们在你们的能量场是⾮常⾮常⾼,⾮常和谐的⼀个状态.所以今天我们可以给你们带来很多很多对你们有很⼤帮助的信息.就好像在你们物质世界当中,就是说你们现在这样⼦的能量状态很适合,就是⽼是会很⾼兴,为什么? 因为你们两个都是很好学的孩⼦⽽且你们的能量都是很纯洁的.⽽且你们是完完全全的打开⾃⼰,就是没有半点怀疑或者是抵触的这种能量状态.所以⾮常感谢你们这次来做这次参与通灵.因为这些信息它不只是在当下这时刻来帮助了你们.

Higher Spirit: Wait a moment while I establish the connection. I need to check if there's any information-related skill available for this session. First, let me express my gratitude for making this spirit channeling possible today. The current environment and her state of communication with spirits are so harmonious that your energy fields are extremely high and in perfect alignment. This means we can provide you with a vast amount of helpful information today. Just as in your physical world, the energy dynamics currently suit you very well; you're always happy for no particular reason. Why is this? Because both of you are diligent students who have pure energies that resonate without any doubts or resistance. We appreciate your participation greatly because these messages not only serve you at this moment but also provide assistance continuously.

它还会在以后帮助或者是给很多⼈带来帮助.因为这些都是像是光⼀样,可以照亮呢些在⿊暗中的⼈.当呢些⼈有同样的疑问或者问题,或者需要这⽅⾯的指引,他们会被指引到这些信息,接受这些信息.他们就可以从中看到光,感受光.你的问题我重复⼀遍,你是想要知道预⾔中的紫微圣⼈是什么,对吗? 在你们⽹络上,你们历史的呢些预⾔当中,出现了很多关于你们的⽬前的这个时代会出现⼀个叫紫微圣⼈的⼈.他来⾃于东⽅.然后你想要知道关于这⽅⾯的信息.关于紫微圣⼈,他不是某⼀个⼈.他是⼀股能量.就好像是太阳从东⽅升起,就是呢整个光把东⽅呢⼀⽚给照亮了.你能说他是⼀个⼈吗? 他是⼀股能量.这⼀股能量他可以通过很多⼈来展现.

It will also help many people in the future, as these are like lights that can illuminate those in darkness. When those individuals have similar questions or need guidance on this aspect, they will be directed to this information and receive it. They can then see the light and feel its presence. I'll repeat your Questioner: Are you seeking to know what the Purple微 Saint in prophecies is, referring to a figure who has appeared in many of your historical prophecies? This person comes from the East. You want to learn about information related to this. Regarding the Purple微 Saint, he is not an individual but a form of energy. It's like when the sun rises from the East, illuminating that entire area with light. Can you call him a person? No, he is energy. This energy can manifest through many people.

所以,更多是就好像是⼀群⼈的呢个光.⼀群⼈的光,他们凝聚在⼀起,好像是抱团取⽕.就是这种能量聚集在⼀起,产⽣的光,产⽣的影响⼒,产⽣的热量,产⽣的任何.所以更确切的来说,他更多的是像⼀个团体,就是⼀群,⼀⼤部分,⼀组,这样⼦的.但是为什么他们会说到某⼀个⼈.是因为呢⼀个⼈就像是领头⽺⼀样.就像是呢⼀个⼈他带领了⼀群⼈发光,其实他们呢⼀群⼈都是圣⼈,圣光.因为他们的精神层次⼀样的.然后为什么会把他说到某⼀个⼈? 因为是呢⼀个⼈他出来,他好像,就你们⼀群⼈选了他来作为就是呢⼀团能量的⼀个代表.⽽且呢⼀个⼈他是先⾏者.他是先醒来,然后再唤醒了其他⼈,明⽩我的意思吗?

So, more akin to a collective light. A collective light where individuals gather together, much like kindling fire by banding together. It's this aggregation of energy that produces the light, influence, heat, and anything else. Hence, with greater precision, it's more about a group, a large part, a set of people. But why do they refer to one person? Because that individual acts as a leader, guiding others to shine. They're all saints, holy lights because their spiritual levels are aligned. Yet, why do they focus on one person? It's because this person emerges as the representative of a group's energy, acting as a pioneer who awakens others first before others follow suit. Understand my point?

所以这会是像是⼀只队伍,但是会有⼀个带头的.然后呢个带头的,他是先醒过来,然后把其他⼈叫醒了.所以他们并没有⾼低之分.因为他们的能量状态都是⼀样的.然后这个强⼤的能量,它是⾛到哪⾥然后就感染到哪⾥,就好像你们⽬前的呢个瘟疫,疾病,流传的呢种,就是疾病到处都流传.然后将来的这股能量也会.所以说他们说这⼀股光和能量,圣洁的能量是来⾃于东⽅.你们现在,你们两个⼈⽬前在做的事情就是其中的光.你们也是其中的⼀份⼦.然后这⼀份⼦是他们,就好像⾃

So it would be like a team, but with a leader. Then the leader wakes up first and then wakes up the others. So there is no hierarchy among them because their energy states are the same. This powerful energy travels wherever it goes and infects wherever it goes, similar to your current plague, disease spreading everywhere. In the future, this energy will do the same. Thus they say that this light and energy, sacred energy, comes from the East. What you two are doing now is part of this light. You are all a part of them, just like yourselves.

⼰,因为如果你们物质世界要创造⼀些实像出来,或者是创造⼀些集体意识出来,是需要⼀批⼈的意识,意念.那然后你们就是呢⼀批⼈.然后再像是传播疾病⼀样再传播下去.所以这样⼦的能量,这个队伍会越来越壮⼤.关于这个你还有更多想要知道的吗?

Chinese translation:

So if in your material world you want to create some tangible forms or collective consciousness, it requires a group of people's thoughts and intentions. Then you become that group of people, spreading this like how diseases spread, propagating it further. Hence, the energy behind this initiative grows stronger over time. Do you have more questions about this?

问: 所以这个东⽅也就是说是太阳从东⽅升起,代表着⼀个开始.它也是指具体的位置还是说从东⽅升起?

Questioner: So this east means that the sun rises in the east, representing a beginning. Does it refer to a specific location or just that the sun rises from the east?

⾼灵: 如果是从你们的⾓度来说,的确这股能量是来⾃于你们,你们中国.因为西⽅国家⽬前的状态,他们第⼀就是有信仰的⼈,他们的信仰太,就是他们的信仰对于他们来说是个束缚.没有信仰的⼈,他们的科学对他们是个束缚.所以这⼀股能量状态是来⾃于你们这⾥.

Higher Spirit: If we're looking at this from your perspective, indeed, this energy originates from you, China. Because of the current state of Western countries, they have one issue where those with faith find their beliefs to be a constriction; for them, religion is a limitation. For those without faith, science acts as a limitation for them. So, this energy state comes from your part of the world.

但是,就好像是太阳⼀样,它从东⽅升起,没有关系.因为它总的来说它是照亮整个地球.从哪⾥升起并没有任何关系.因为每个⾓落都会被照射到.然后你们的说有⼈其实是紧密的链接在⼀起.所以没有那么就是具体的说是划分出来把它.关于这个问题还有问题吗?

But, like the sun, it rises from the east, and that doesn't matter because in general, it illuminates the entire Earth. Where it rises doesn't make any difference because every corner will be illuminated. And then you say there are actually people who are closely linked together, so not being able to draw a clear distinction between them. Is there anything else regarding this question?

问: 没有了,谢谢.然后是第⼆个问题,对于⼈类什么是真正的⾃由呢?

Questioner: Nothing else, thank you. Then, to my second question, what is true freedom for humans?

⾼灵:如果说你们⼈类有⾃由,你们⾮常⾃由.如果说⼈类没有⾃由,你们⾮常不⾃由.所以⽆论你是想要从⾃由的⾓度还是不⾃由的⾓度,你都可以去,就好像你说⽩天⿊夜你都有.所以这么说也是⾃由也是⼀部分,就像⼀个硬币的两⾯,⾃由和不⾃由都有.但是对于你们⼈类来说体验不⾃由也是为了体验⾃由.因为如果你只是体验⾃由的话,你会不知道这个是⾃由的状态.也就是说你们来到这个物质世界你们就必须要体验它的对⽴⾯.不管你是直接的体验还是间接的体验.直接的体验就是当事⼈.间接的体验就是你被动的体验或者就是你⾝边亲⼈的体验,各种体验.但是你们的对⽴⾯,你们是必须要体验的.

Divine Spirit: If you humans have freedom, you are very free. If you humans don't have freedom, you are very not free. So whether you want to approach it from the angle of freedom or the lack thereof, you can, just like saying both day and night you have it. Therefore, being free is also a part, akin to two sides of a coin, where freedom and lack thereof exist together. However, for humans experiencing lack of freedom serves as an experience for freedom. Because if you only experience freedom, you won't know what this state of freedom means. That is, when you come into the material world, you must also experience its opposite. Whether it's direct or indirect experience. Direct experience involves being personally involved. Indirect experience includes passive observation or experiences from your loved ones, among various forms. But experiencing their opposites is something that humans inherently need to do, whether directly through personal involvement or indirectly through observation or experiences of others close to them.

因为你如果不去体验的话,你是不知道呢个是什么在你们物质世界.那你的问题再说⼀遍?对于⼈类真正的⾃由就是你在体验过不⾃由,体验过束缚过后,你可以找到⾃由的路.因为当你⾃⼰通过你⾃⼰找到⾃由的路过后,这个就不会再去束缚你.因为你已经,就好像是⾃⼰摸索到了呢个道路,⾃⼰找到了呢个出路.如果是别⼈给你就是从外在的把你的障碍给拿开的话,你还会遇到障碍.因为你并不是从内在的去理解呢是你的障碍.所以真正的⾃由就是你内在拥有,就是你⼿上拿了⼀把钥匙,然后你把⾃⼰的⼿铐给打开了.⽽且你知道呢个钥匙随时在你⼿上.这就是真正的⾃由.如果你想要把⾃⼰铐起来,你可以.如果你想要松开,你可以.你掌控着.

Because if you don't experience it, you won't know what is happening in your material world. So let me rephrase your question? For humans, true freedom lies in experiencing the lack of freedom and the constraints, then finding the path to freedom. Because once you find the path through yourself, it will no longer bind you. You've essentially discovered the road and found your way out, unlike if someone else were to remove barriers from the outside for you; you'd still encounter obstacles. That's because they haven't comprehended internally that those are your hurdles. Therefore, true freedom is having that key within yourself, unlocking your handcuffs - and knowing that key is always in your hand. This is true freedom. If you want to imprison yourself, you can. But if you choose to let go, you can. You hold the power.

关于这个问题还有疑问吗?

Is there still doubt about this issue?

问: 没有了.第三个问题在物质世界能体验到最好最⾼的体验是什么?

Questioner: What is the highest experience one can achieve in the physical world?

⾼灵: 在物质世界体验的最⾼和最好的.⾸先你们要明⽩,如果你们⼀⽣下来就是什么都是最好的,从来没遇到过悲伤、伤痛、或者是痛苦、或者是束缚、或者是什么的话,你是感受不到任何⾃由、快乐、或者是.就⽐如⼀个傻⼦,你们⼈类所谓的傻⼦.他有⼀天就呵呵呵笑.⽆论看着别⼈受伤、别⼈痛苦他也笑,明⽩我意思吗? 那你觉得他这是你们⼈类所谓的幸福吗? 因为他从来没有痛苦啊?

Spiritual Being: The highest and best experience in the material world. First, you must understand that if you were born with everything being perfect, never experiencing sadness, hurt, pain, bondage, or anything like that, you wouldn't feel any sense of freedom, joy, or... Like a fool, humans call them fools. One day they would just laugh, "heh heh heh." Regardless of seeing others injured or suffering and still laughing, do you understand my meaning? Would you consider this what humans call happiness because he has never experienced pain?

问: 所以我可以认为说有好会有坏,好和坏会同时出现是吗?

Questioner: So can I assume that there are good times and bad times, and they occur simultaneously?

⾼灵: 最开始你的问题再问⼀遍.这个就好像是前⾯的⼀个问题.就是说你,OK,物质世界是个牢笼.你现在在牢笼⾥⾯,你⼿上有钥匙,你可以⾃由的进⼊.你可以进,你可以出.你掌控这⼀切.然后最好的体验就是这个.因为进和出,你知道你是可以去掌控的⽽不是被动的.当你觉得所有的事情你都是在被动,你没有转化它的能⼒的时候,你就感受到的是痛苦、阻碍和束缚.当你知道⼀切你都可以游刃有余,⼀切都在你的掌控当中.因为你懂得⼀切的规律,你懂得⼀切的法则.你能清楚它们背后产⽣它的原因,你就能⾃如的去利⽤它.因为这些都好像是你们的,就是如果你连对物质世界什么是束缚,什么是痛苦你都不了解,你如何去帮助其他⼈脱离痛苦.

Spirit: Your question is being asked again at the beginning. It's like a previous question. That is, you, okay, the material world is a cage. You are inside the cage now, and you have the key in your hand; you can freely enter and leave. You control everything. The best experience is this because you can control the entrance and exit, knowing that it's not passive for you. When you feel like all things happen to you passively and you lack the ability to transform them, you feel pain, obstruction, and restriction. But when you know that you can handle everything effortlessly, everything is under your control because you understand the rules and laws of everything. You know why these things are behind their occurrences, allowing you to skillfully utilize them. These seem like they're all yours; if you don't even understand what binds or causes suffering in the material world, how can you assist others in escaping suffering?

就好像刚刚说有⼀个傻⼦,看到别⼈受伤了,被杀了,他也在呵呵⼤笑.他觉得好好玩.这样的⼈你觉得他可以去在你们物质世界作出有智慧的事情吗?所以他必须要是理解所有的⼀切,但是他却不会被困在当中.因为他拥有⼀切的出路,就是他拥有钥匙.然后他的钥匙也可以打开别⼈的.这就是在你们物质世界体验的最好的,就是你掌控着⼀切.

Just like someone who was just saying that there is a fool laughing out loud when he sees others hurt or killed, finding it so amusing. You wonder if such a person can make intelligent decisions in your physical world? Therefore, they must understand everything but are not trapped by it, for they have all the exits – they possess the key. And their key can also unlock others'. This is the best experience in your material world, where you are in control of everything.

问: 当我们离开物质世界后,我们的爱⼈呢?

Questioner: When we leave the material world behind, what happens to our loved ones?

⾼灵: 你们的爱⼈.你们是指在物质世界你们⾝边的伴侣,你们爱的⼈? 你们爱的⼈真正的从来没有任何意义上的真的分开和离开.你们只是从你们的认知和你们的眼光,就是你的记忆,你的认知.因为你会把它当成是真的.你说我的头脑⾥⾯我只记得这么⼀点事,然后你就觉得呢是真的了.就像⼀个⼩朋友,他在出⽣的前⼏个⽉,他不记得他去过的地⽅.然后等他长⼤过后,你就说你⼀个⽉的时候你有来过这⾥.他说我不记得啊.对他来说这事没有发⽣过.那对于你们来说,你们不记得你们,就是曾经和你们呢些相爱的⼈⼀直是在⼀起的,你们就会觉得呢个没有发⽣.就像是呢些⼩宝宝,他们不记得他们曾经过的事情.但是他们的⽗母却记得.

Higher Spirit: Your loved ones. By "you," do you mean your companions in the material world, those whom you love? The ones you love are truly never actually separated or left behind in any real sense. You only perceive this separation through your understanding and perspective - that is, your memories and cognition. You tend to believe what you remember as being true. If you say that all I can recall from my mind is a limited amount of information, then you take it as the absolute truth. It's like how a child doesn't remember the places they've been before birth. When he grows up and someone says he was here at one month old, he responds that he doesn't remember anything. To him, this event never happened. Similarly, for you, not remembering your past interactions with those you loved makes it seem as if nothing occurred - akin to how infants don't recall their previous experiences, but their parents do remember them.

也就是说虽然你们的物质⾝体,你们的⾁体不记得.但是就⽐如说,你现在在跟我链接,然后我就知道⼀切.就是更⾼维度的存有,他们知道⼀切.然后所以说,你的问题是说当你们的⾁体离开了这个物质世界,你的爱⼈在哪⾥?那如果是⾁体上的爱⼈,你跟他,你们俩都消失了.就是消失的只是你们的⾁体,但是你们的意识,也就是说你们的灵魂,你们的灵魂可以再同时选择.因为你们呢会⼉还是可以继续交流,呢种交流发⽣的就像我们现在的这种交流⼀样.在你们眼⾥是通灵的表现.然后呢种交流你们还继续可以去选择你们接下来你们想要体验的.⽐如说,之前你们体验的是夫妻关系,那接下来你们可能说我们想要体验另外⼀种关系,再来彼此相爱.

In other words, while your physical bodies do not remember, higher-dimensional beings who know everything are aware of all this. When you ask about where your loved one is if they leave the physical world with their earthly love gone, what disappears is only the physical body. But your consciousness, or soul, retains its ability to choose anew because communication can still occur, similar to our current exchange. In your perception, this might be seen as spiritual guidance. You would also have the option to continue choosing experiences for yourselves moving forward; perhaps after experiencing a partnership, you might desire to explore another kind of relationship and love each other again.

所以你们可以根据你们⾃⼰想要体验的然后再继续体验.但是你们都会选择同时的,就是说以不同的⾝份的进⼊彼此的⽣命当中.因为你们本⾝就是同⼀股能量,也就是你们⼈类所理解的,就好像是转世.因为为什么你们有所谓的灵魂伴侣或者是这样⼦.为什么呢? 因为你们本⾝就是来去,这个怎么形容呢? 就像是捆在⼀起的两只脚,每⼀次进步都是⼀起进步.所以说每⼀次体验都是,你们可能借助不同的⾝体,不同的⾝份,但是回到源头,就是回到意识的阶段是共同的扩展.所以⾁体的消失和⾁体的分离只是你们的幻觉.就好像你们穿了⼀个道具去玩过家家.然后把道具脱了,然后再换上另外⼀个道具再继续玩.然后每⼀个你们都玩的不亦乐乎.

So you can choose your own experience and continue with it. But in the end, you will all opt for simultaneous entry into each other's lives, assuming different identities because you are indeed one energy, akin to what humans understand as reincarnation. Why is that? Because why else would there be soul mates or such? Because fundamentally, you come and go together, how do I explain this? It's like two feet bound together, advancing side by side at every step of the way. Therefore, each experience is not exclusive, allowing you to use different bodies and identities, but returning to their essence – consciousness – they are all expanding collectively. So the disappearance and separation of bodies are merely illusions for you; it feels as if you're playing a game with props on which you put them on and then take them off, only to replace them with another set, and each of you enjoys this immensely.

这个就可以很好的解答你.就说换了⾐服过后你们去哪⾥了? 你们还会去选择你们共同想要去体验和探索的.关于这个你还有问题吗?

This will well answer you. Just say where did you go after changing your clothes? You would still choose to experience and explore what both of you want together. Do you have any more questions about this?

问: 那我可以这样认为吗,就是从古⾄今,我们的灵魂,我们的思维其实都是不变的.⽽变的就是说我们寄存的这⼀个⾁体.他的⾁体可以各个不同.但是我们的灵魂就是最初的呢个东西.

Questioner: So can I understand this as meaning that throughout history, our soul and our mind have remained constant? It's the physical body we inhabit that has changed - it can vary greatly from one person to another. But our essence, the original thing, is our soul.

⾼灵: 你们每⼀个⾁体,每⼀个个体,他都会就是出现⼀个单独的,也就是说你这个⾁体就算消失后,你这个⼈格也是存在的.你这个⼈格,你的特性,你的所有⼀切还是存在的.这就是你们可以通灵,⽐如说你去世的爷爷,你还可以继续跟他联系的.也就是说他们的⼈格还是继续存在的.但是你爷爷转不了世,但是你爷爷的更,就是说,你爷爷他不能⽤他的⼈格去转世,因为他的⼈格是永恒存在的.就好像你想象⼀下,你们每个⼈都是⼀⽚不同的叶⼦.那有⼀⽚爷⼦它腐烂了,你其实还能看到呢个叶⼦的形状,对吗? 那它就在呢⾥.呢股腐烂的叶⼦还在呢⾥.但是⽣命意识并没有随着,就好像树根它还可以再接出来很多叶⼦.

Higher Spirit: Each of you as a physical form, each individual, he manifests separately. That means even if your physical form disappears, this personality is still there. Your personality, your characteristics, everything else remains. This is why you can commune with spirits; for example, you can continue to connect with your deceased grandfather. Meaning their personalities are still continuing to exist. However, your grandfather cannot reincarnate but his essence, the nature of him as a personality, cannot transfer into another life because that essence is eternal. Imagine each of you being a different leaf. If one paternal leaf decays, you can still see its shape, right? It's still there. The decayed leaf is still in there. But life force does not dissipate; it's like the tree roots can still produce many more leaves.

所以它的⽣命,你说: 啊 叶⼦都腐烂了,那⽣命死了吗? 没有.树还在继续接叶⼦,还在接不同的叶⼦.这就是说你们的意识不断不断的,永远都不断的.如果你不好理解的话,你就

So its life, you say: Ah the leaves have decayed, then is that life dead? No. The tree continues to receive leaves, receiving different leaves. This means your consciousness keeps on and on continuously without any end. If you don't understand it well, just

想象⼀下,你们的⾁体就是树叶,那你的这个树叶没了过后,春天来了,又会接另外⼀个树叶.你虽然看着就是说它是不同的树叶,但是它却来⾃于同⼀个⽣命.然后这个树叶就包含了这个⽣命所有的信息.你可以继续问任何你想要问的问题,因为当你的问题越多,然后我们给出的信息就越多.越可以帮助你去⽤你们的现有的⼀些认知和观念来理解.因为你们现有的⼀些观念和认知很难全⾯的理解.即使你们经常在通灵,你们经常在跟我们直接对话.但是真正真正真正你们能看到的只是⾮常⾮常⼩的⼀点.但是即使是如此⼩的⼀丁点,也⾜以让你们去改变你们的⼈⽣.这就是造物主拥有多⼤的智慧和多⼤的能量.

Imagine that your physical body is a leaf; when this leaf disappears, it's replaced by another one in the spring. Although you might perceive it as different from the previous one, it actually comes from the same life source. This leaf contains all the information of that life. You can ask any question you wish, because the more questions you have, the more information we can provide. This will help you to use your existing knowledge and beliefs to understand better, despite their limitations in comprehensively grasping this deeper truth. Even a tiny glimpse of this reality through spiritual practices or direct communication with us is enough to transform your life. This highlights the immense wisdom and power of the Creator.

即使你们⾃⼰就是偷偷的瞄了⼀眼,呢股能量都可以让你就是转变你的⼈⽣.

Even if you just gave it a secret glance, that amount of energy could change your life.

问: 接下来的问题是⽣命中只可以只要快乐⽽不要痛苦跟烦恼吗?

The question is whether life can be about seeking happiness alone and avoiding pain and distress?

⾼灵:这个跟前⾯的问题有⼀点相似.也就是说如果你只能像⼀个疯⼦⼀样天天就笑,你觉得他的⽣命有意义吗?所以烦恼和痛苦不是来让你深陷在⾥⾯.如果你觉得深陷在⾥⾯可以给你带来你想要去学习的功课,想要体验的体验的话你可以这么选择.但是烦恼和痛苦,它就像是你们所谓的天⽓的⼀个变化.然后有⼀句话叫⽉有阴晴圆缺.还有就是说你们做菜它也需要不同的味道混合在⼀起,这也是你们的⼈⽣.为什么呢?因为痛苦它可以让你更加感受到幸福和爱的⼒量.因为爱它可以融化⼀切,它可以包容⼀切.烦恼,它可以帮助你理解,如果⼀个⼈他是拥有智慧,如果你拥有了智慧过后你才发现所有的事情都不是烦恼.烦恼都是⾃⼰的认知和见解.

Higher Spirit: This is somewhat similar to the previous question. For instance, if you were forced to laugh like a madman every day, would you find meaning in his life? Hence, suffering and pain are not intended to trap you within them. If you believe that being trapped could provide lessons or experiences you desire to learn, then you might choose this path. However, suffering and pain act as changes akin to weather phenomena. There's a saying: "The moon has its waxing and waning phases." Similarly, cooking requires mixing different flavors, which is also part of your life. Why? Because pain can enhance the awareness of happiness and love's power. Love can dissolve everything; it can embrace all. Worry helps you understand that if someone possesses wisdom, upon acquiring it, they realize that not everything constitutes worry. Worries are essentially reflections of one's cognition and perspective.

⾃⼰有限的认知过后,所以你有了这个体验的话,你才能体验到另外⼀⾯,就是对⽴⾯.然后⼈们意识的提升或者觉醒,都是伴随着痛苦和烦恼.所以你们不要把痛苦和烦恼拒之门外.痛苦和烦恼也只是像是能量⼀样,你只是要懂得如何去转化它,运⽤它,来帮助你们在物质世界更好的成长.⼀味的去追求任何都是失衡的状态.也就是说最好的⼀个状态就是说你不去追求幸福快乐,也不去避免痛苦.为什么?因为对你来说所有的⼀切都是幻像,你都知道⽆论是痛苦和快乐,其实都是你头脑臆测出来的.关于这个你还有问题吗?

After experiencing the limits of your own understanding, only then can you experience the opposite side, which is its antithesis. Then, people's mental elevation or awakening are accompanied by pain and烦恼. So do not reject these as if they were outsiders for you. Pain and 烦恼 are just like energies; you just need to learn how to transform them, utilize them, to help your growth in the material world better. Pursuing anything in an unbalanced state is detrimental. In other words, the best state would be not pursuing happiness or pleasure and also not avoiding pain. Why? Because for you, everything is illusory; you know that regardless of whether it's pain or joy, they are all concocted by your mind. Do you have any questions about this topic?

问: 没有了.佛陀和观世⾳和耶稣,他们的区别是什么? 共同点是什么?

Questioner: Without Buddha, Avalokitesvara, and Jesus, what are their differences? What do they have in common?

⾼灵: 佛陀.他们都是从⾼纬度,也就是说他们已经是⾼纬度,就好像你现在链接的⾼纬度的能量.然后这股能量它们是想要来到地球.就是它们选择了来到地球,就是把⾃⼰的⼀部分投射到地球来通过⾁⾝来给你们带来礼物.也就是说我们现在在给你们送礼物,我们的礼物是通过⽆形的,就是这种传递的模式.但是我们并没有亲⾃的把⾃⼰转化成⾁⾝给你⾯对⾯的送礼物.因为对于他们来说⾯对⾯或者对于我们来说⾯对⾯的送出去我们的礼物的话,对我们来说是⼀个⾮常伟⼤的⾏为.⾮常不容易的⼀个⾏为.因为你们物质世界的⼈就好像,这么说吧,就好像你现在是物质世界的⼈,你要去⼀个原始森林,呢个原始森林的⼈特别的封闭,见到什么都攻击.

Higher Spirit: Buddha. They are all from high dimensions, meaning they already exist in high dimensions, just like the high-dimensional energy you are currently connected to. Then this energy wants to come to Earth. It is as if they have chosen to come to Earth and project a part of themselves onto Earth through their physical bodies to give gifts to you. In other words, we are giving gifts to you now, our gifts are transmitted in an intangible way, through this mode of transmission. However, we do not personally transform into physical forms to hand deliver these gifts face-to-face. To them, or for us, delivering our gifts face-to-face would be a very grand and difficult action. Because in your material world, it's akin to saying that you, as someone from the material world, having to go to an isolated forest inhabited by people who are very closed off and aggressive towards anything they encounter.

因为他觉得都是有害的.然后他们都在⽤暴⼒的⼿段,⽤战争或者是⽤武器,⽤暴⼒统治或者是压榨他⼈,这种最原始的.那我们告诉你们,呢种⼈类因为他们的认知太狭隘,他们会把所有的⼀切都当成在攻击他,就算你是他家⼈、亲⼈或者爱⼈.他都把你们当成攻击的⼀⾯,⽤直接的、间接的、各种⽅式攻击.因为他们永远把任何外在的⼈或者物,他都当成是敌⼈⼀样.这就是你们⽬前⼈类的⼀个状态.你们把基本上的所有的外在的⼀切都当成是外在的,就是对⽴的,就是敌⼈.所以任何想要靠近你们的⼈,你就会对他产⽣怀疑,你会觉得他是不是在对我就是⼼怀不轨.你觉得他的善意是不是他想要怎么我.

Because he perceives everything as detrimental. Then they all use violent means, through warfare or weapons, violent rule or exploiting others, the most primitive form. We tell you that such humans, due to their narrow understanding, view anything and everything as an attack on them, even if it is family members, relatives, or loved ones. They see everyone as an attacking force, using direct, indirect, and various ways of attack. Because they always perceive any external person or object as an enemy. This is the current state of humanity. You see the fundamental aspects of everything around you as opposing forces, as enemies. Therefore, anyone wanting to approach you will instigate suspicion; you'll question their motives, thinking perhaps they have ill intentions, doubting whether their kindness has ulterior motives.

所以你们表⾯上看上去是和谐礼貌,实际上你们很多关系很多关系都是对⽴的.

So on the surface you appear to be harmonious and polite, but in reality, many of your relationships are actually opposing each other.

那如此就是低认知的⼀个社会环境⾥⾯,如此就是野蛮原始的⼀个部落,你觉得你赶把⾃⼰送上去吗?因为你可能讲的,他们都听不懂.因为你们有不同的语⾔.就是你说的话,⽆论再对再好再正确.但是他们根本就不懂.他们在⽤最原始的,就⽐如说最简单的⼀个例⼦.你去了原始部落,然后呢个⼈他的器官出现了问题.你跟他说我可以瞬间的让你的问题没有,让你的肿瘤消失,但是他不会相信你,他会选择相信他们野蛮的医⽣把它割掉,明⽩吗?他们对⾝体也是⼀种排斥,明⽩吗?要知道肿瘤也是你们的⼀部分.你们的意念可以让肿瘤产⽣,你们的意念也可以让肿瘤消失.但是呢些野蛮⼈他会把他的⾝体割掉.那他不断的又在长肿瘤又不断的割掉.

In such a low-cognition society or in such a savage and primitive tribe, do you think you can push yourself up there? Because what you say might not be understood by them because of different languages. Whatever correct and right your words may be, they just don't understand. They use the most basic example, for instance: if you go to an原始tribeand someone's organ has a problem. You tell them that I can instantly make their issue disappear, remove their tumor, but they won't believe you; they would choose to listen to their savage doctors who cut it off. Understand? They have a kind of rejection towards the body, understand? Remember, tumors are also part of you. Your thoughts can create tumors, and your thoughts can also make them disappear. But those savages will cut off their bodies repeatedly, having tumors form again and again and being cut off repeatedly.

他为了杀死肿瘤,他要把⾃⼰健康的呢⼀部分也全部杀掉.你们很多为了杀死外在的⼀些东西,就算长到你们⾝体⾥⾯的,你们宁愿⾃杀.你们因为头脑⾥⾯的⼀些想法或者痛苦或者不能接受某些事情,你们选择结束⽣命.因为你们就是头脑⾥⾯或者你们的认知⾥⾯只有最原始的⽅法,就是毁灭.毁灭⼀切,哪怕是你们⾃⼰,你们也觉的在所不辞.那如果让你去进⼊到⼀个他们眼⾥只有毁灭⼀切的部落,你想象⼀下,你需要何等的勇⽓,你才敢真正的进⼊呢⾥,然后真正的去唤醒或者改变他们的观念和想法,让他们知道他们不需要⽤毁灭的⽅式,明⽩我意思吗? 所以他们都在就是⽤这样的⽅式来想要你们进化或者学习或者领悟,看到的更呢个什么⼀点.

He is trying to kill the tumor by sacrificing all of his healthy parts. You do the same for eliminating external things, even when they grow inside your body; you're willing to commit suicide. You end your life because of thoughts or pain in your mind, or due to inability to accept certain situations. You choose this option due to the only method available in your mind or understanding - destruction. You would destroy everything, including yourselves, and consider it worth it. Imagine being asked to enter a tribe that sees nothing but destruction everywhere. How much courage would you need to actually step into their world and genuinely influence their beliefs and thoughts, showing them there's no need for destructive methods? Therefore, they use this approach to try guiding you towards evolution, learning, or enlightenment, aiming for greater understanding.

就是在这个转变和进化的过程当中,你们不需要如此的残暴、惨烈的⼿段去做这些.你们惨烈的⼿段,对⾃⼰,对他⼈,对孩⼦,对⼀切,然⽽你们都觉得呢是爱,都觉得呢好像是最好的⽅法.所以在我们来看你们,然后你们就是⼀个如此原始的.但是呢在你们的地球也有很多很多⼀些这样⼦意识状态的⼀些存有在你们⾥⾯.他们也在⽤⾃⼰的⽅式想要去,怎么说,就好像之前说的瘟疫病毒感染,他们想要去感染,但是这些感染是正⾯的,充满爱的感染.关于这个信息你还想知道什么?

During this transition and evolution process, you do not need such brutal and savage methods to achieve these goals. Your brutal methods are inflicted upon yourselves, others, children, and everything else. Yet, you believe they are acts of love and the best approach. Thus, in our perspective, humanity appears as an incredibly primitive being with an abundance of similar consciousness states within your collective. These entities also utilize their own methods to propagate what could be described as a positive, loving infection akin to the earlier discussed scenario of viral infections spreading through the population. However, rather than causing harm, these infections are intended to spread positivity and love. What further information about this subject would you like to know?

问: 呢他们的区别呢?

Questioner: What's the difference?

⾼灵: 他们的区别,他们的却别在于就是他们来到物质世界选择的路都不⼀样.问: 这个路指的是什么?

Higher Spirit: The difference between them lies in the paths they choose when they come into this material world. Questioner: What does this path refer to?

⾼灵: 就是去⽐如说要如何的去进⼊,再如何的去成为,再如何的去影响和唤醒.但是并不是只有⾁体在的时候他们才在真正的帮助你们.为什么? 其实因为呢个⾁体也不是真正的⾁体,只是你们觉得.为什么不是真正的⾁体呢? 因为⼀旦你要在这个世界上,就是你在这个地球上出⽣了,你就必须有⼀个物质的⾝体,就好像你去买了⼀个道具是吧? 你想把呢个道具注⼊你的能量.那这个道具必须是活的,是有⽣命的.那每⼀个⽣命它都有它⾃⼰⾁体的⼀个意识.你顶多就是能选择和它的意识达到⼀种连接或者合⼀或者是这样的⼀个状态.

Higher Spirit: It's about how to enter, how to become, and how to impact and awaken. But it's not only when they are physically present that they truly assist you. Why? Actually, the body isn't a true physical body; it's just what you perceive. Why is it not a true body? Because once you're in this world, if you were born on Earth, you must have a material body, like buying a prop. You want to infuse that prop with your energy. That prop has to be alive and full of life. Every life form has its own consciousness of the physical body. At most, you can choose to connect or unify with its consciousness or reach this kind of state.

问: 所以我可以理解为是⽅式不同,但是他们要传达的信息基本上都是类似的?

Questioner: So I can understand that it's a different approach, but they are essentially conveying similar messages?

⾼灵: 他们都是⾼智慧的,他们都是⾼纬度的.他们都是为了去爱或者是帮助或者是唤醒,为了是你们的转变,都是爱.因为当你成为⼀个,就是说,就这么简单,你们⼈类也会,当你是个⼤⼈,你会不⾃觉地,⾃主的,主动的去帮助呢些⾛路摔跤的⼩宝宝.你就会去帮助⼩宝宝.所以你们也⼀样,你们会去帮助⽐你们弱的.就是在你们眼⾥看着觉得他们需要帮忙,你们会主动的去帮助的.然后他们的不同,他们的不同就像你们每⼀个每⼀个⼈其实都不同.但是你们每⼀个每⼀个⼈也都相同.所以这个同和不同也是⼀样的.还有什么问题?

High Spirits: They are all highly intelligent, they are all multidimensional. They are for love or to assist or awaken, for your transformation, it is love. Because when you become one, simply, human beings also, when you're an adult, you would subconsciously, autonomously, actively help those who stumble and fall as babies. You would help the little babies. So similarly, you will help those weaker than yourselves. When you see them in your eyes needing assistance, you will proactively offer help. Their differences are like each one of you, every individual is unique. But every one of you also shares similarities. Thus, this concept of similarity and uniqueness is interconnected. Do you have any other questions?

问: 请问还有什么信息是可以传达给眼前这位通灵者的?

Questioner: Could you please share more information that could be conveyed to this medium in front of us?

⾼灵: 我链接⼀下.信息想要传达给她的就是,呢些在关注她的蜕变和成长和成为的,就是在其他维度⼀直来帮助你们,帮助她转变的呢些存有.他们想要说的话是⾸先,他们感到⾮常⾮常的欣慰,就是感到⾼兴,感到满⾜,应该最好的词语形容就是欣慰.然后她在⾛上这条道路,然后她不需要有任何怀疑,也不需要有任何恐惧或者害怕,因为她的每⼀步,她所需要的所有的指引都会出现在她的⽣活当中.因为她⾛的不是,就是不是她⼀个⼈的路.她⾛的是很多很多存有想要⽤这股能量去转变你们物质世界的.所以这些信息想要告诉她就是坚信你⾃⼰,然后其他的都交给所谓的造物主.因为就好像她现在⾛在空中,但是每⾛⼀步,前⾯就会⾃动呈现⼀个台阶.

Higher Spirit: I'll link it. The message aims to convey that those who are watching her transformation and growth, becoming helpers in other dimensions assisting you all with her transformation. What they wish to communicate is firstly, their immense joy and satisfaction, possibly the best word would be 'heartened'. Then as she embarks on this path, she doesn't need to doubt or fear; because every guidance she needs will appear in her life. Because she isn't walking alone; she's walking with many beings who wish to use this energy to transform your physical world. Thus, the message wants her to believe in herself and leave the rest to what you might call the Creator. As if she's now walking through the air, but every step ahead automatically presents a step or platform.

然后唯⼀就是说不要去害怕.为什么这⾥什么都没有我却要把脚放下去,明⽩吗?不需要产⽣这种恐惧,或者未知,或者害怕,或者担⼼.她只要相信她的脚下去就会有⼒量⽀撑着她,就是这种全然的信任,对未来,对未知.还有吗?

Then it's just about not being afraid. Can you understand why I would put my foot down here when there is nothing, and yet do so without fear, uncertainty, or worry? There is no need for such feelings of dread, the unknown, or concern. She only needs to trust that her foot will have support beneath it, a total trust in the future, the unknown. Is that all?

问: 关于这位通灵者她现在的恐惧是什么?

Questioner: What is her current fear regarding this medium?

⾼灵:她现在就好像是刚刚学会⾛路的孩⼦.她很兴奋,就觉得,哇,我不⽤在地上爬了.我现在可以⾛路了.更多的是呢种兴奋感.然后喜悦感,和呢种觉得我终于有⼒量的呢种感觉.然后她⽬前的恐惧,只能说在她的意识程度她没有任何恐惧.但是⾝体层⾯,就是说你们⾝体旧有的⼀些模式,旧有的⼀些习惯,也就是说你继续⾛你就会跑起来,是⼀个习惯的过程,明⽩吗?就像是⼀个刚学会⾛路,刚知道⾃⼰拥有⼒量的⼀个孩⼦⼀样.她兴奋、快乐、她迫不及待的不停的想要去⾛.但是她还会有⼀点跌跌撞撞的,但是接下来回越⾛越顺,越⾛越好.所以只需要去信任,去尽情的玩耍.还有问题吗?

Higher Spirit: She is now like a child who has just learned to walk. She is thrilled, feeling, wow, I don't have to crawl on the ground anymore. I can walk now. It's more of an excitement. Then joy and that sense of finally having strength. And currently her fear could only be described as she doesn't have any fear in her awareness level. But physically, at your body level, it means the old patterns and habits you have accumulated over years, such as continuing to walk and then suddenly running, is a process of habituation, understand? Like a child who has just learned to walk and discovered they have strength. She's excited, happy, can't wait to keep walking. But she will stumble a bit at first, but the more you practice, the smoother it becomes, the better she walks. So all you need to do is trust and enjoy playing. Any questions?

问: 没有了,谢谢.

Questioner: Nothing else, thank you.

# **2021/05/27 — 你们来到这个世界上唯⼀的⼯作就是享受⽣命The only job you have in this world is to enjoy life.**

问: 第⼀个问题我想问关于爱情的.我发现⾃⼰每次在遇到喜欢的⼈的时候都会感受到⼀股很拘谨或者说是紧张的能量.它会让我做出⼀些限制我⾃⼰的事情,⽐如说我需要怎么做,不能怎么做,才能被爱.我想知道这股能量是什么? 我是不是相信了⼀个限制性的信念才会这样?

Questioner: My first question is about love. I've noticed that every time I encounter someone I find attractive, I feel a sense of nervousness or tension. This energy makes me self-limit in certain ways, wondering what actions are acceptable and which ones aren't to be loved. I want to know what this sensation represents and if it stems from holding onto limiting beliefs about love.

⾼灵: 我先链接⼀下,我感受⼀下.你叫什么名字?问: 我叫XXX⾼灵: XXX,你想要知道当你在接触你喜欢的男孩⼦的时候,⾝体产⽣的感觉,你觉得这是限制性的信念.⾸先你为什么会觉得当你⾝体有反应这就是限制性的信念呢? ⽐如说⾝体有反应,你肚⼦饿了,也是你⾝体有反应呀.

Higher Spirit: I'll connect first and feel it out. What's your name? Ask: My name is XXX. Higher Spirit: XXX, you want to know the sensations that arise in your body when you interact with a boy you like, and you think this is a limiting belief. Firstly, why do you feel that having physical reactions means there are limitations? For example, when your body reacts because you're hungry, it's also just your body reacting.

问: 因为我发现⾃⼰在被这股能量影响的时候会出现很多限制⾃⼰的做法,⽽且还会想很多.所以我觉得这⼀定是有⼀个信念在限制我.

Questioner: I've noticed that when I'm influenced by this energy, there are many restrictions on myself and my thoughts become overwhelming. Therefore, I believe there must be a limiting belief holding me back.

⾼灵: 那就不是⾝体的感受⽽更多的是你陷⼊了你的思绪.你陷⼊了你⾃⼰织的⼀个⽹⾥⾯去.

Higher Spirit: It's not so much about your physical sensations, but rather that you've gotten lost in your thoughts. You're ensnared in the web of thoughts you've woven yourself.

问: 因为我⼀直想把这个信念挖出来,就是我在相信什么? 我为什么这样限制⾃⼰?

Questioner: Because I've always wanted to dig out this belief: What am I believing in? Why do I limit myself like this?

⾼灵:你是在害怕你完完全的失去控制,明⽩吗?就好像这段感情它会朝你未知的,你不知道,你不确定要朝这个⽅向⾛.你更多的是⼀种害怕你控制不了,明⽩吗?害怕你控制不了,失控的⼀个状态.所以你会好像要预先的想很多种,如果这样我要怎么样⾯对,怎么样解决,这样,这样.但是这所有的⼼理活动都是你编织⼀张⽹,然后把⾃⼰像蜘蛛⽹⼀样,但是你⾃⼰是个蚊⼦.你同时是个蜘蛛又是个蚊⼦.所以你只需要信任⽣命,信任⼀切都是来,就是对你个⼈的经历和成长是最好的安排.你只需去信任它.你现在就是在做着不是你本⾝应该做的事情,就⽐如说怎么发展,⾛哪个⽅向,你的⼈⽣体验,这些事你交给命运,就你们叫的交给⽼天,明⽩我意思吗?

Higher Spirit: You're afraid of completely losing control, understand? It's like the relationship might go in a direction you don't know, that you can't predict, and you're unsure about it. You're more afraid of not being able to control it, understand? Afraid of being out of control, the state of loss of control. So you try to anticipate many scenarios: if this happens, how should I handle it, how do I solve it? But all these mental activities are like weaving a web that traps you, just as you're a mosquito trapped in a spider's web. Yet you consider yourself both a mosquito and a spider. You simply need to trust life; believe that everything is arranged for your personal experiences and growth—it's the best setup for you. Just trust it. You're doing something now that doesn't belong to you; for instance, how things will develop, which direction they'll go, your life experiences—these should be left in the hands of fate, as people say, 'it's up to God.' Do you understand my point?

交给命运,交给神,交给造物主,交给你的⾼我.因为这个不是你能去理解的.因为你的头脑⾥⾯只会从你的经历、你的经验、你的记忆⾥⾯去寻找.呢⾥⾯的东西你如果去寻找,你就会给⾃⼰再制造⼀个同样的⼀个地图去给⾃⼰⾛.那你就还继续陷在⼀些你过去的⼀些伤痛或者过去的⼀些经历在⾥⾯.这你们⼈对你们⼈的整个运作的⽅式还不清楚,还不了解.你们觉得是你们的头脑在掌控着⼀切,想象⼀下如果你们的头脑真的能够掌控⼀切的话,新冠疫情你们早就战胜了,明⽩吗?所以,所有的⼀切它都是⼀股能量,然后这股能量它永远都在变化.它会往下就好像在你们物质世界呢样,那它也会上坡,那它也会平.你不需要去对它做任何⼲扰.

Delegate it to fate, to God, to the Creator, and to your higher self. For this is beyond your comprehension, as you only seek answers within your experiences, memories, and understanding. If you were to search for resolution there, you would merely create a similar map for yourself that leads back into past pains or experiences you're trapped in. You humans still don't fully understand how everything operates amongst yourselves; you underestimate the complexity of interactions among individuals. It's as if you believe your minds control everything, but imagine if your minds could truly control everything, you would have already overcome the COVID-19 pandemic by now. All things are an energy that is constantly in flux, rising and falling like the landscape on Earth, offering both challenges and opportunities without needing any interference from our side.

因为它⼀直都在变化着,流动着.然⽽就算你⾃⼰产⽣的这种,⽐如说你⼼⾥堵得慌,或者是怎样怎样.任何的这种你不需要过度的去给它命个名,说我这是什么什么限制,我这是怎么了.你只需要就让它知道, OK,我只是⼀个感受,我⾝体产⽣的⼀个反应⽽已.这个反应会来,它也会⾛.你不要让这个感受就是让你产⽣恐惧感.因为这样⼦如果某⼀些感受⼀来,你产⽣恐惧,你以后就会严重话.没有任何关系.你只需要享受命运把你带到的任何⼀个地点.就好像你在做⼀辆⽕车,你并不知道前⾯的风景有什么,到底是⼭还是⽔,到底会看到什么.但是你只需要去享受你眼前说的风景.

Because it's always changing and flowing. Yet even when you experience something like discomfort in your heart or whatever it might be, there is no need to overly label or categorize these experiences as limitations or problems with yourself. You only need to acknowledge that they are simply sensations, reactions of your body. These reactions will come and go; do not allow them to induce fear within you. If you feel fear when certain feelings arise, it could escalate over time without any consequences. All you have to do is embrace wherever life takes you. It's like riding on a train where the scenery ahead is unknown – whether mountains or water, what you will see – but all that matters is enjoying the view right in front of you.

如果你的头脑⾥⾯装的全是担⼼,或者不知道,或者胡思乱想的话,眼前的风景你会错过的.你们的命运是⾮常短暂的.就是说你们的⾁体的命运,你们的⽣命是⾮常短暂的.但是怎么样可以让你们的⽣命加倍呢? 就是说你在每⼀个当下你真的,⽐如说就像⼀辆在往前开的⽕车,如果你在当下你可以看到外⾯的花,还能看到草,能看到⼈,能看到⽜,你看到的景象到你的眼⾥越多,那就说明你⽣命的⼀个跨度就越⼤.那有的⼈什么都没看到,⼀晃眼⽽过.还有的⼈呢他是沉浸在⾃⼰的脑海⾥⾯,眼前什么他都看不到,明

If your mind is filled with worries or uncertainties, or if you're lost in thought, you'll miss the scenery right before you. Your destinies are very short-lived; that's referring to your physical lives and the brief span of your existence. But how can you extend your life? Simply put, by appreciating every moment you truly do—like being on a train moving forward and noticing flowers outside, grass, people, cows—the more sights you see with your eyes open, the wider the scope of your life's experience becomes. Some people miss everything as they rush by without looking. Others are lost in their own thoughts, not seeing anything before them, blinded by their own mental world.

⽩吗?那他就是与⽣命擦肩⽽过.这就是区别.如果你在这段感情⾥⾯你还是去,因为⽆论这个⼈你们⽤什么样的⽅式长时间还是短时间,它都会给你带来你的礼物.如果你只是在你的头脑⾥⾯各种各种演戏,你会让它真的发⽣在你的⽣命⾥,明⽩吗?因为你⼀直在安排呢个剧情,那么事情就会可能朝你害怕的呢个⽅向发展.那你其实就在扭曲⼀段关系,明⽩吗?本来是给你带来礼物的⼀段关系,你却把它变成了⼀段给你的伤害.本来是快乐你却把它变成痛苦.你⼲扰它会把你物质世界发⽣的事情,⽐如说你预先想了⼀个或者害怕⼀个,然后在你物质世界,它会把这个物质世界的事情按照你⼤脑⾥⾯预演的呢个⽅向去推.为什么呢?因为它要证明⾃⼰是对的.

White huh? That means he's barely brushed past life. This is the difference. If you're in this relationship, whether long or short, it will still bring you your gift regardless of how you handle the person. But if you play various scenarios only in your mind and make them happen in your life, do you understand? Because you've been scripting everything. Thus, things might develop towards the direction you fear. You're distorting a relationship, right? A relationship meant to bring you a gift is instead causing you harm. Happiness was meant for you but became pain. Your interference impacts the events in your physical world, like what you anticipated or feared beforehand, and then it unfolds according to how you've rehearsed in your mind's script. Why is that? Because it wants to prove its correctness.

这是你们⼤脑的游戏,也是你们⼩我的游戏.就是你们想要去把物质世界的事情朝呢个⽅向推,然后来说:你看吧,我说的是对的吧.这就是负⾯信念,它们去运作的⼀个模式.

This is a game for your mind, and also for your little self. It's when you want to push the events of the material world in that direction, then say: see, I was right. This is negative belief, the way it operates.

问: 我现在其实对宇宙和⽣命感到越来越信任.但是如果当我又升起这种负⾯的感觉的时候,是不是(被⾼灵打断)⾼灵:你不要把这种感觉定为⼀个负⾯.你把它定成⼀个这是你成长的⼀个过程.你允许它,明⽩吗?你允许它,你允许它会产⽣⼀种可能不确定,但是你只是看着它这种感受.因为你知道这种感受它会来,它也会⾛.如果你看到⼀个感受升起,你马上想把它灭掉的时候,你的内在就发⽣冲突了.不要有任何想要消灭它的(想法),明⽩吗?因为恐惧是你们的朋友.你想象⼀下如果⼀个完全没有恐惧的⼈在你们世界上⽣存,他早就死了.所以说恐惧是你们的朋友.它们是想保护你的.只是你可以告诉它:嗨,朋友,我知道你的信息,我收到,谢谢.就好了.

Questioner: I actually feel increasingly trust towards the universe and life right now. But if negative feelings resurface in me again, is it (interrupted by High Spirit) Higher Spirit: Do not label this feeling as negative. You can see it as a process for your growth. Allow it, understand? You allow it to happen, you acknowledge its potential uncertainty but just observe it. Because you know that such feelings will come and they will go. If you immediately want to get rid of a feeling when it surfaces, an inner conflict arises in you. Do not have any intention to eliminate it (the idea), understand? Because fear is your friend. Imagine if there was someone without fear living in your world, he would have died long ago. So fear is indeed your friend; they are meant to protect you. Just tell them: Hey, friend, I acknowledge the information you share and thank you for it. That's all.

⽽不是把它⼀顿乱打,说滚开,⾛开.因为你想你在打它的时候你是不是也在消耗你⾃⼰.你还需要拿出⼀股⼒量来跟它⽃争.这样⼦的话你⾃⼰就是⽆⼒了.你只需要告诉它: 谢谢你想要告诉我或者提醒我的事情,我收到了.

And not just乱strike it and say get out of my way because you want to know if you are also draining yourself while hitting it. You need to exert power against it in order to defeat it. This would leave you powerless. All you have to do is tell it: Thank you for the message or reminder that you're trying to impart; I've received it.

问: 那我还想问⼀个问题就是这个出现的男孩⼦是来帮助我在我⾃我突破的这个过程中来帮助我突破的吗?

Questioner: And I also want to ask, is this boy who appears here coming to help me overcome my self-improvement process?

⾼灵: 所有的,就算你现在在跟这个⼥孩⼦通灵,她也是来帮助你⾃⼰,看到你⾃⼰,像镜⼦⼀样.所有的关系都是这个⽬的.

Spirit Guide: Everything, even if you're communicating with this girl right now, she is here to help you yourself, to see yourself, just like a mirror. All relationships have this purpose.

问: 因为这个男孩⼦他是我前段时间冥想聚焦出来的.我不懂的是他只是我对接到的频率吗?不是说这个我们认识的⼈都是以前有灵魂协议的吗?

Questioner: This boy is someone I channeled through meditation recently. The question I have is, am I just connecting with his frequency? Isn't it true that all people we know had soul agreements in past lives?

⾼灵: 你是想要知道你们是知道你们是什么样⼦的关系是吗? 什么样的关系你现在就可以去创造你们的关系呀.你可以根据你现在,你想要你们成为什么样的关系? 你明⽩我意思吗? 你们永远都有⾃由去创造你们想要创造的⼀切.

Higher Spirit: Are you wanting to know about the kind of relationship you are aware of that you both are in right now? You can create your relationship from this moment forward. You can base it on what you desire for yourselves. Do you understand me? You always have the freedom to create whatever you wish.

问: 我明⽩你的意思.但不是说,就像这个⼥孩⼦她以前也问过⼀个问题就是爱情⼀定是特定的⼀个⼈吗? 然后你们当时也回答过说你们⼀定是有灵魂的协议,然后才会碰到的.

Questioner: I understand your point. But isn't it like the girl who once asked whether love must be with a specific person? And then you guys said that you must have a soul pact to meet each other.

⾼灵: 你想要知道这个⼈是不是你的特定的呢个⼈是吗?问: 🗎,可以告诉我吗?

Higher Spirit: Are you asking if this person is your specific someone? Ask: ♡, can you tell me?

⾼灵: 我们不可以告诉你.因为这会影响你从这段感情当中去得到你应得到的,明⽩吗? 它会改变你的轨迹.我们不能去⼲涉你们的轨迹.⽽且你也不能太过于去把你的命运或者就是这种事情交给不管这个声⾳是来⾃于哪⾥.哪怕是来⾃于神,明⽩吗? 你要知道你⾃⼰就是神.所以不要去来⾃外在,你是要去跟随你⾃⼰真实的(感受). ⽐如说你特别相信权威信息,就这个⼈他真的是如神⼀般的存在.然后这个⼈来告诉你,你和他是,就是他是⽣命中唯⼀的爱⼈.然后你跟他是天⽣⼀对的.他把这个信念给了你.但是在这段关系当中他却⼀直暴⼒你,他⼀直打你,暴⼒你,恶毒的对待你.但是因为你相信呢句话.你便停留在这段受暴⼒的关系⾥⾯.

Higher Spirit: We cannot tell you. Because it will affect what you should gain from this relationship, understand? It will change your trajectory. We cannot interfere with your trajectories. And you also cannot excessively entrust your fate or such matters to the source of this voice, whether it comes from God, understand? You must know that you are god yourself. So do not come from the external; you should follow your own true feelings. For instance, if you greatly trust authoritative information and believe that person is a divine being. Then, this person tells you that they are your sole love in life, destined to be together with you. They give you this belief. But during the relationship, he continually abuses you, beats you, treats you cruelly. But because you believe those words, you remain trapped in this abusive relationship.

所以你能明⽩我的意思吗? 不要去听任何外在的⼈来告诉你该如何去决定你的命运.因为只有你⾃⼰才知道哪条路是最好、最适合、最舒服和你最想体验的.因为你是新的,你是新的.你来创造.所以没有⼀条规定的死路要你去⾛.你⽤你的⽣命,你对⽣命的理解去创造⼀条(路).

So can you understand what I mean? Don't listen to any external people telling you how to decide your fate. Because only you know which path is best, most suitable, most comfortable, and the one you most desire to experience. As you are new, as you are new. You come to create. So there's no prescribed dead road for you to follow. Use your life, your understanding of life, to create your own (path).

问: 因为我第⼀次感受到,我不知道这个能不能叫显化,因为我觉得还挺快的.然后我想问⼀下关于我的⼯作,因为前⾯我问过关于我的⼯作,当时告诉我的是我只需要去放松和关注我⽣命中美好的点就⾜够了.那我现在就是在放松,也没有特意的去聚焦(被打断)⾼灵: 你们唯⼀唯⼀唯⼀唯⼀唯⼀来到这个世界上的⼯作就是享受⽣命本⾝.不是说你必须要去某个地⽅打个卡才叫⼯作,明⽩吗?

Questioner: Because I experienced it for the first time and I'm not sure if I can call this manifestation because it felt quite quick to me. Then I want to ask about my work since previously I had asked about my work and was told then that all I need is to relax and focus on the beautiful aspects of life, which I am doing now, but without intentionally focusing (interrupted). Hierarchy: The only thing you come into this world for is to enjoy life itself. It's not about having to check in at a specific location; understand?

问: 明⽩,但是因为物质世界是要去赚钱的嘛⾼灵: 那你需要利⽤你的想象⼒,赚钱的⽅式各种各样的呀.你如果只是说想要解决我的物质⽣活问题,那你就能解决.不⼀定是需要呢种按部就班的呢种⼯作的形式才能解决.像你们⽹络,这个平台太多了.

Questioner: Understood, but since the material world is about making money...

A: You need to use your imagination; there are many ways to make money. If you just want to solve my material living problem, then you can do it. It doesn't necessarily have to be a structured job format to resolve. There are too many platforms like yours on the internet.

问: 我想问就是说,如果是从物质世界的⼈来看的话我什么都没有做.

Questioner: I want to ask if, when looking at humans in the material world, I haven't done anything.

⾼灵: 对,因为你还陷在你们的头脑⾥⾯.你们给⼈的⼀⽣有⼀个规定,觉得要有⼀个家庭,有⼀个对象,有⼀个⼯作,有⼀个正⼉⼋经的事情.但是这并不是,并不是每⼀个灵魂来到这个世界上想要体验这样⼦的⼀个体验,明⽩吗? 如果是别的灵魂想要体验的可以这么体验.但并不是每⼀个灵魂它都是需要这样的⼀个体验.所以你不需要把⾃⼰架在⼀个条框⾥⾯,觉得必须要符合这个才是正常的.这样会让你产⽣焦虑,因为你就会觉得你⽬前还没有达到⼀个正常的状态.这样会让你分裂.这样没有让你在⼀个合⼀的状态.因为当你真正达到⼀个合⼀的状态,你会感受到⽣命的圆满和饱满.

Spirit Guide: Yes, because you are still trapped in your mind. You have a set definition for a person's life, thinking there should be a family, an object, a job, and regular routines. But this isn't the experience every soul wants to go through on Earth. Understand? Other souls can choose such experiences if they wish. However, not every soul needs or desires this type of experience. Therefore, you don't need to confine yourself within a set pattern, feeling like it's normal only if you fit into it. This mindset will cause anxiety because you'll feel like you haven't reached a 'normal' state. It will make you split inside and disrupt your unity. You won't be in a harmonious state when you truly achieve unity, as that is when you can fully embrace the completeness and fullness of life.

当⽣命真正的圆满,你感受到圆满的时候,你外在的⼀切都是来⽀持你的,明⽩吗? 就像你需要吃的,别⼈会把吃的给你送到你门⼜.你就是这样的受者,再⼩的需求你都会被⽀持.但是那不⼀定是你头脑⾥⾯想要的呢种,明⽩吗?

When life truly achieves completeness and you feel that completeness, everything outside of you supports you, do you understand? It's like needing to eat, and someone brings food right to your doorstep. You are the receiver with even the smallest needs being supported. But it doesn't necessarily match what your mind wants, do you understand?

问: 那我需要去做的就只是放松和全然的信任,能做到这两点就已经很好了,对吗?

Questioner: So all I need to do is just relax and completely trust, right?

⾼灵: 就是像刚才说的,去进⼊⽣命中,就好像去进⼊每⼀个当下,你看到的风景.这样⼦你也会灵感源源不断.只有是你⾃⼰把你⾃⼰当成是⼀个⾁在运动的时候,⾁体,就是你只是把你⾃⼰当做是⼀团⾁在动的时候,你才会感受到限制,才会感受到不满,才会感受到需要去做这做那.当你达到了⼀种就是你知道你⾃⼰就是造物主,明⽩吗? 你内在没有任何匮乏、需求或者是什么什么的话,当你达到那样的状态的话你不会有任何这样⼦的想法.然后你⾃⼰的创意或者是灵感会源源不断的,这些就会来⽀持你.然⽽你确是在⼀种完完全全享受⽣命的状态下.呢种状态你可以尽情的去享受,然后创作、发挥.然后这些所有的⼀切它都会⽀持你物质世界所需的⼀切.

Higher Spirit: Just like what I mentioned earlier, immerse yourself in life as if you were entering each moment, the scenery you see. In this way, your inspiration will flow continuously. Only when you view yourself merely as a piece of flesh moving around do you feel restricted, dissatisfied, and needing to do things. When you reach a state where you know that you are the Creator, understand? Without any lack, needs, or anything else within you, without feeling deprived, in such a state, there will be no thoughts like these. Then your own creativity or inspiration will flow continuously, supporting you as these come into play while you're fully immersed in enjoying life. In this state of complete enjoyment and creation, everything supports the physical world's requirements.

你如果需要⼀个⼯作室,你的⼯作室就会有.你需要⼀个房⼦,你的房⼦就会有,明⽩我意思吗? 因为当你⼀旦陷⼊你需要做点什么的时候,你就在⽤你的⾁体在运作了.你只是把你当成⼀个⾁体在运作.如果你只是当成⼀个⾁体在运作,你⾥⾯会有不断不断不断产⽣的⼀切需求、欲望,明⽩吗?因为你已经选择进⼊这个模式.就好像我刚刚告诉你的是两个模式,⼀个是浑然天成的模式,⼀个是你只⽤了你的⾁在运动的模式.两个模式体验是完全不⼀样的.所以当你选进⼊⼀个浑然天成的模式,你是不会有任何的匮乏感.因为你知道你就是造物主,你就是给的所有⽀持.你需要的⼀切它都会呈现在你眼前.就好像你是个创作家,就好像你是个画家,你在⾯对⼀张⽩布.

If you need a studio, your studio will be there. If you need a house, your house will have it, do you understand me? Because once you are in the mode of needing to do something, you're operating through your body. You're just considering yourself as a body in operation. If you consider yourself only as a body in operation, then within you continuously, there's going to be all kinds of demands and desires because you have chosen this mode. As I just told you about two modes - one being the natural mode where you are inherently who you are, and the other is when you're merely using your body to operate. The experience of these two modes is entirely different. So when you choose to enter into a natural mode, there's no sense of lack because you know that you are the creator, you are the giver of all support. Whatever it is that you need will be presented before you. It's like being an artist or a painter facing a blank canvas.

你要⽤你的意念去显现上⾯需要什么.OK,我觉得我的世界⾸先它需要有⼀个城堡⼀样或者是⼀个农庄.那它有两只鸡,有⼏只鹅,它有⼀个主⼈,它有⼀个仆⼈,明⽩我意思吗?那你们物质世界其实也是⼀样.

You should manifest what your mind deems necessary. Alright, I feel that my world first needs a structure like a castle or a farm. It has two chickens, a few geese, it has an owner, and it has a servant, understand my meaning? Your material world is essentially the same.

问: 这个让我想起来了在赛斯书⾥他说的构架⼀和构架⼆.构架⼀好像就是指这个物质世界,构架⼆好像就是指创造物质世界的这⼀界.

Questioner: This reminds me of the Frameworks I and II in the Seth books. Framework I seems to refer to this material world, while Framework II seems to refer to the realm that creates this material world.

⾼灵: 是,因为你进⼊⾁体的时候,你其实就只在⽤你的⾁体⾏动,你呢⾥永远都是受限的,明⽩吗? 你永远都不会产⽣新的灵感,你永远都是在处理眼前的⼀个事情⼀个事情.哪个事情摆在你眼前你就处理哪个事情.

Higher Spirit: Yes, because when you enter the body, you are essentially just using your body to act, and you are always limited within yourself, do you understand? You will never generate new inspiration, you are forever dealing with one thing at a time. Whatever issue is in front of you, you deal with it.

问: 那需要怎么做才能达到你刚才说过的浑然天成的状态呢?

Questioner: How can one achieve a state of natural harmony as you described just now?

⾼灵: 因为很多⼈还不知道⾃⼰想要什么,明⽩吗? 他们不知道他们头脑⾥⾯所思所想实际上就是在打草图,在画上⾯作画.所以他们会投射⼀些恐惧的事情或者挫折发⽣在⽣命⾥⾯.因为你的内在的恐惧也会投射上去供你体验.你内在的匮乏.你⽐如说你觉得你找不到⼯作,你觉得你没钱,那你这个想法都会投射在物质世界,然后你再去体验.那它就会通过这种状态,⽐如说找不到⼯作这种⽅式来体现出来.这实际上是你内在的恐惧啊.

Sage: Because many people do not know what they want, understand? They don't realize that their thoughts in the mind are actually drafts, drawings on a canvas. So they project fears or setbacks into their life. Because your inner fear also gets projected to be experienced. Your internal lack. For example, you feel you can't find a job, you feel like you have no money, then this thought is projected into the material world and you experience it. It would manifest through that state, such as not being able to find work, which is actually your inner fear.

问: 我最近其实做的最多就是听歌放松,就是每天都很开⼼.这样做是不是⽬前为⽌对我就已经有很⼤的帮助了?

Questioner: Lately, I've been listening to music a lot as a way to relax, and it's making me very happy every day. Is this currently having a significant impact on me?

⾼灵: 你还是在进⼊⼀种框架模式,就觉得,OK,呢个权威信息或者呢个⽼师说的⽣活应该是这样,我就要按照这个模式,明⽩吗? 我要达到这个⽬的,达到这个状态,我才是成功的,才是呢个什么的.因为这⾥并没有⼀个固定的模式应该怎样怎样怎样.⽽是说真正的达到⼀种内在的和谐状态.所以它可以是⼀种你在忙碌的状态表现出来.但是你享受.你在充满激情的去创作,明⽩吗? 不要进⼊任何条框⾥⾯,框架⾥⾯.当你进⼊框架⾥⾯你会把它当成就是什么东西你都拿这个来做标椎.然后你内在又会产⽣冲突、分裂.那你觉得为什么我⽬前会有这样⼦的事情发⽣? 每段路都有它你可以从中去获取的⼀些礼物,就可以对你有所帮助.

Higher Spirit: You're still in a framing mode, thinking that if I accept the authoritative information or what the teacher says about life should be this way, then I have to follow this model. Do you understand? My goal is to achieve this state, and only then am I considered successful—or whatever it might be. Here, there isn't a fixed model of how it should be; rather, true inner harmony is the key. So it can manifest as being busy and productive, but also enjoying it with passion. Don't fall into any boxes or frames—be spontaneous. When you enter this frame, you treat everything according to these standards, leading to internal conflicts and splits within yourself. You wonder why certain situations happen now. Each journey offers lessons that can benefit you.

你不需要去好像就在跟我对答案⼀样.看我,哎呀,⽬前⾛的⽅向对不对呀.然后这个思维模式对不对啊.你不需要.因为为什么? 你⾃⼰就是神,明⽩吗? 你⾃⼰就是神.

You don't need to seem like you're just checking my answers. Look at me, oh my gosh, is the direction I'm going in right? And is this thought process correct? You don't need to. Why not? Because, understand, you are God yourself.

问: 我还有⼀个问题就是我觉得我最近抽塔罗牌抽的越来越准.我想知道这是不是跟我对它相信和信任的程度有关系呢?

Questioner: I have a question - I feel that my readings of tarot cards are becoming more accurate recently. I want to know if this is related to the degree of my belief and trust in it?

⾼灵:你觉得越来越准是因为你对它的解释越来越贴近,明⽩吗?所以这是你对塔罗牌的解释.因为牌它只是⼀个中性的,重要的是解读的⼈去如何解读.同样⼀张牌不同的⼈他会有不同的解读.这些也就像是照镜⼦⼀样,它反射你当下的⼀个状态.但是你要记住不管它准不准,它只是像镜⼦⼀样呈现的是⼀个当时的状态.但是镜⼦⾥的东西永远是在变化当中的,明⽩吗?所以不要去让任何信息限制你.哪怕它很准,哪怕对⽅是⼀个像神仙⼀样的⼈存在,他说什么都准.你也不要去把他们的话当成任何限制.因为你是活⽣⽣的创造者.当下你永远都有选择,去选择你最想要体验的.

Higher Spirit: You think it's becoming more accurate because your interpretation of it is getting closer to the truth, right? So this is how you interpret the Tarot cards. The cards themselves are neutral; it's important who interprets them and how they interpret them. Similarly, one card can have different interpretations for different people. These reflections in a mirror-like manner reflect your current state. But remember, regardless of whether it's accurate or not, it only presents a snapshot of the moment. But what's inside the mirror is always changing, right? So don't let any information limit you. Even if it's very accurate and even if the person speaking is like an immortal who says everything correctly, don't take their words as limitations. Because you're the living creator. In every moment, you always have a choice to choose what experience you want most.

问: 我想问我的指导灵还有没有别的信息给我的?

Questioner: I would like to ask if my guide has any other messages for me?

⾼灵: 还有没有别的信息是你的指导灵想要给你的.让你尽情的享受和玩耍,明⽩吗? 因为你们本⾝就是在⼀个游戏乐园⾥⾯.不要把⼀切当成是限制或者是束缚,或者让你紧张的.你们只是在玩耍.难得来⼀次游乐园,你想,你真的很难得来⼀次游乐园.就好像你花了天价的票,买了游乐船在游乐园⾥⾯.你要是不好好享受,不好好玩,不尽情的玩,总是沉浸在⾃⼰:啊,我要⾛这边,左边迈出我的第⼀步,我要怎样怎样怎样.你如果都纠结在这⾥的话,啊,我会不会摔跤,我会不会怎样怎样.你如果纠结在这⾥的话,游乐园的时间到了,因为游乐园的时间是有限的.你说我还没开始玩,怎么你们就结束了呢?你不是亏死了吗?

Higher Spirit: Are there any other messages from your guiding spirit for you to enjoy and play to the fullest, understand? Because you are essentially in a playground. Don't see everything as limitations or restrictions, or things that make you tense. You're just playing. It's难得to come to a carnival once in a while, think about it, how rarely do you get to come here. Like buying expensive tickets for the Ferris wheel at the carnival. If you don't好好enjoy, play properly, and play to your heart's content, always dwelling on yourself: oh, I'll go this way, taking my first step on the left side, what will I do, etc. If you're too concerned about these things, like, will I fall down, how will I behave? If you're overly worried about these things when at the carnival time is limited. You say I haven't started playing yet, why are you already done? Aren't you losing big-time?

所以像个孩⼦⼀样,⼀看到眼前吸引你的东西你就扑上去,尽情的玩.玩了马上跑去玩另外⼀个.因为你体验的越多,你的⼈⽣就越划算.不然的话你的门票你就亏了.你时间到了,天⿊了,你要回家了.这是你们⾃⼰选择的要去的这个地⽅.你可以问⼀些关于抑郁症的,因为这个⼥孩⼦头脑⾥⾯她想要问她最近看到了⼀些关于抑郁症⾃杀的信息.

So like a child, you just扑上去 when you see something that吸引 you and have fun with it尽情. Then you move on to the next one right away because the more experiences you gain, the better your life is worth. Otherwise, you're losing money on your ticket. Your time has run out, the sky is dark, and you need to go home. This is a place that you yourselves chose to visit. You can ask questions about depression since this girl wants to inquire about some recent information she saw on suicide related to depression in her mind.

问: 那能不能⿇烦你讲⼀些关于你能感知到的在这个⼥孩⼦脑海⾥关于抑郁症的问题呢?

Questioner: Could you please share some insights on what you perceive about depression issues in this girl's mind?

⾼灵: 因为她对抑郁症患者有⼀种特殊的感情,特殊的链接感.因为她觉得抑郁症患者都是⼀批⾮常⾮常,就是,怎么来形容,就好像是⾼级种⼦.就是都是⼀批⾮常有思想,有爱⼼,有奉献精神,舍⼰为⼈的精神,都是⼀批这样的⼈,在她⼼⽬中.然后但是只是他们在⾁体中受困,因为他们还不清楚物质世界运⾏的模式,和不清楚⾃⼰的⾝份.他们被困在物质世界.所以她想要去帮助更多的抑郁症患者.在你们的认知⾥⾯你们对抑郁患者实际上是有⼀种束⼿⽆策的.为什么? 你们要么就是⽤药物,⽤药物让⼈产⽣⼀种不死不活的状态.他虽然不死他其实也没活着,明⽩吗? 因为你连⾃⼰想要死的呢种能⼒都已经没有了,能量.

Higher Spirit: Because she has a special feeling for patients with depression, a special sense of connection. She feels that these patients are like very high-grade seeds. They're all individuals who have deep thoughts, love, and a spirit of selflessness, sacrificed for others. They're all such people in her perception. But they are just trapped in their physical bodies because they don't understand the mode of operation of the material world and they're unclear about their own identity. They're stuck in the material world. That's why she wants to help more patients with depression. In your awareness, you actually feel helpless when dealing with depressed patients. Why? Either through medication that induces a state of neither life nor death. Although they aren't dead, they also aren't truly alive. You understand? Because even their ability to want to die has been lost; it's about energy.

所以,为什么你们的科技发展到现在,就是在你们的眼⾥现在是很发达,医疗,医学也很发达,但是还是救不回抑郁症患者想要离开这个世界的⼼呢? 因为⼼病只有⼼才能治,明⽩吗? 药治不了⼼病的.只有⼼才能去真正的去唤醒另外⼀个⼈的⼼.⽤药物唤醒不了.

So, why is it that despite your advancements in technology to the point where they are considered sophisticated in fields such as medicine and medical science, you still cannot save those suffering from depression who wish to leave this world? It's because mental illnesses can only be treated by the mind itself. Understand? Medicines cannot cure mental issues. Only the mind can truly awaken another person's heart. Drugs cannot do that awakening.

问: 那这个⼼要怎么样去唤醒呢?

Questioner: How does one awaken this mind?

⾼灵: 你们每⼀个⼈都是治疗他⼈的⾼⼿.你们每⼀个⼈,不是说只有他是⼼理学专家或者他是医⽣,他才能治⼈.NO,不是这样⼦的.你们都有天⽣治疗他⼈,唤醒他⼈,疗愈他⼈的功能.那就是⽤你们的⼼,⽤你们的爱.抑郁症患者,他们是⼀群个⾮常,就好像怎么说,像磁铁⼀样专门在吸引呢些负⾯的信息,然后把它记录,你明⽩吗? 你想⼀下⼀个磁铁到处在吸吸吸吸.他是把这种所有的负⾯的事件,他只记录负⾯的事件.然后快乐的事件,或者幸福的,他不记录下来.他只记录这些负⾯的语⾔,负⾯的感受,负⾯的事件.就好像他会去收垃圾,捡⼀堆垃圾过后就放在家⾥⾯储存起来.然后就坐在垃圾堆⾥⾯,感受垃圾堆的恶臭,感受垃圾堆的呢个什么.

Higher Spirit: Each and every one of you is a master at healing others. Not just those who are psychology experts or doctors; no, it's not like that. You all possess the innate ability to heal, awaken, and cure others – using your heart and love. Patients with depression attract negative information specifically – like magnets drawing in negativity, recording it, do you understand? Imagine a magnet absorbing everything around it continuously. It only records the negative events; happy or joyful incidents are not recorded. Only negative language, feelings, and events are stored. It's as if they're collecting trash, accumulating piles of it at home to store. Then they sit in that pile, feeling the stench and all other unpleasant aspects of it.

渐渐渐渐就觉得这个世界,这个垃圾堆永远都是这个样⼦.他不会去清理.

Gradually, it felt like this world, this heap of garbage, would always remain the same. It wouldn't be cleaned up.

问: 那我想问⼀下这些抑郁症的⾃杀患者是⽣前的灵魂设计,还是他们到这个物质世界之后因为没有和他们的⾼我达成⼀致⽽最后选择死亡的呢?

Questioner: I wonder if we should discuss whether these patients who commit suicide due to depression have their soul design planned before birth or if they choose death after reaching this physical world because they couldn't align with their higher selves.

⾼灵: ⽣前设计永远没有去设计⼀条⾃杀的路,明⽩吗?问: 也可能是设计的⼀部分呢? 我听过这样的说法⾼灵:⾃杀,就好像我刚刚跟你说到的例⼦.你买票进了游乐园过后,你还没有开始玩,你就想要⾛了.你选择了来到这个物质世界,就是你选择了来到这个游乐场,你还没有玩,你还不知道你是来玩的.你就看到这个游乐园说:哇,这么多⼈,乱哄哄的.看这个⼈,你推我我推你.这⾥也不太对,呢⾥也脏兮兮的.我要⾛了. 因为你们每⼀个⼈,抑郁症,它其实也是在表达⾃⼰.它在表达它对这个社会的⼀个不满.但是他不知道他拥有转变的能量.因为他们会觉得这个就是,永远都是这样⼦,固定的.

Spirits: You should never design a way to suicide before birth, do you understand? Questioner: It could be part of the design though, right? I have heard such statements from spirits: Suicide is like what I just mentioned. Imagine buying a ticket for an amusement park and then deciding not to play any games. You chose to come into this material world, which means you chose to visit this amusement park. Before even playing any games or knowing that it's meant for fun, you decide you want to leave because there is something wrong about it and it appears dirty. Seeing the chaos and people pushing each other in such a place makes you realize, "So many people here! It's not right." You see everything going poorly and messy around you. That's when you want to go home. Everyone who suffers from depression expresses themselves through their condition. They show their dissatisfaction with society but don't understand that they hold the power to change it because they perceive this state as permanent, fixed.

你们的思想能投射出⼀些负⾯的,那也能投射出⼀些正⾯的.所以说他忘记他有转变的功能,转变的能⼒.他被你们的物质世界催眠了.如果他知道物质世界实际上就是⼀场梦,外在看到的⼀切都不是真的,能有⼀个更⼴阔的视野去看待每⼀件事情,去知道他⾃⼰有转变的能⼒.那么他们就会把⾃⼰的天赋发挥的⾮常的好.因为⼀个能让⾃⼰去勇敢的⾯对,结束⽣命的⼈,他⼀定是⾮常有勇⽓和有巨⼤能量的.所以他们只是相信了错误的⼀些东西.所以⾃杀者其实也是在对你们的

Your thoughts can project negatives, and they can also project positives. This means he forgot about his ability to transform or the power of transformation. He has been hypnotized by your material world. If he knew that the material world is actually a dream, if everything you see externally isn't true, then having a broader perspective on every situation and knowing he has the power to change would be beneficial. Then they would utilize their gifts exceptionally well. Because someone who can bravely face and end their life must have great courage and energy. So, they just believed in wrong things. Therefore, those who attempt suicide are actually challenging you with

⼀个时代抗议.就是对你们当前的⼀个抗议.但是他们没有选择正⾯的去表达他的抗议.正⾯的表达抗议就是说我来创始模式,来⼈们看到,让⼈们模仿. 因为你们⼈类模仿能⼒是特别强的,明⽩我意思吗?

A generation protests against you, that's a protest against your current state, but they didn't choose to express it positively. Positive expression of protest means I'm creating a model for people to see and emulate because humans have an exceptionally strong ability to imitate, do you understand me?

问: 🗎,就⼤家⼈云亦云,就很多.是这个意思吗?

Questioner: When everyone follows the crowd, it's like this, right?

⾼灵: 你刚才说到⾃杀是不是灵魂的协议? ⾸先,你们每⼀个选择来物质世界的⼈,他们都是来协助转变的.当然就是,你在转变的同时你⾃⼰也在发⽣转变.这都是相互的.因为没有任何⼀个是单⼀的转变.就好像我是要长成⼀棵⼤树.然后我的⼤树材料可以⽤来建筑房⼦.那你在长成⼤树,在贡献你⾃⼰的时候,你⾃⼰也在不断地壮⼤.然后灵魂它永远、永远、永远不断的在⼀个进化当中,在⼀个成长、成为.在⼀个就是不断的扩展当中.所以没有⼀个固定的.你可以就是说给⾃⼰设⼀个⼩⽬标.但是呢只是⼩的⽬标供你转换.然后呢个⼩⽬标就被你们当成是协议,明⽩吗?

Soul: You mentioned just now that suicide is part of the soul's agreement? Firstly, every one who chooses to come to the physical world are there to assist in transformation. Of course, as you undergo this transformation, so do you yourself. It's reciprocal because no single entity remains unchanged during this process. Imagine I'm growing into a big tree. Then, the materials from my tree could be used to build houses. As you grow into a big tree and contribute yourself, you are also continuously expanding. And souls are eternally in a state of evolution, growth, becoming, constantly expanding. There is no fixed transformation. You can set small goals for yourself, but these just serve as stepping stones for your own transformation. Do you understand that?

就好像你说我要去四川,那你去四川只是你的⼀个⽬标,你能把它当成是你终⾝的命运吗?明⽩我意思吗? 我只是去四川旅游⼀下,去玩⼀

It's as if you say I'm going to Sichuan. Then, going to Sichuan is just your goal, can you consider it as your life destiny? Do you understand what I mean? I am merely visiting Sichuan for a vacation, to have fun.

下.那只是我⽣命中其中⼀站⽽已.所以不要把⼀个灵魂当成是⼀个完整的,就是说ok他这⼀⽣就只有这⼀个课题.⼀⽣它也是像⼀个灵魂的⼀夜⼀样.你想象⼀下.所以虽然我知道死亡并不能真正的伤害他们,真正的存有.但是提前退出游戏,提前结束游戏,这是⼀种不划算的选择⽅式.你们可以有更好的选择⽅式.因为物质世界真的真的⾮常适合你们去成长和体验.⽽且他在物质世界限制性的体验,就是这些困住他的,他还会再继续经历.所以死亡并不能让他解脱.

Down there. That was just one station in my life. So don't see a soul as a complete being, meaning okay, his entire lifetime is just about this single subject. A life is like a night for a soul. Imagine that. So even though I know death can't truly harm them, the true entities. But quitting the game prematurely, ending it early, is not an efficient way to play. You have better options. Because the material world really suits you perfectly for growth and experience. And the restrictive experiences in the material world are what bind him; he will continue to endure these. So death doesn't free him from his predicaments.

问: 我有⼀个问题就是,⽐如说我死了,因为就像我做梦的时候,我不记得我现在的⾁体意识.那我死了之后的灵魂还会保有我现在的意识吗?

Questioner: I have a question. For example, if I die, just like I don't remember my current physical awareness when I'm dreaming, will my soul retain my current consciousness after death?

⾼灵: 你是说你到时候变成了意识体过后还会不会有现在的(记忆)? 会,有⼀段时间,会,是⼀个过程.这是⼀个过程.就好像你⾃⼰在做梦是吧? 你早上醒过来的时候你还会迷迷糊糊的再去回味你的梦是不是? 你还会把梦⾥的情形再回味⼀遍,然后还是很清楚的知道梦⾥发⽣了什么事情,对吧? 但是你不会⼀直在这样的状态下,明⽩吗?

Higher Spirit: You're saying that even after you become a consciousness entity, will there still be your current (memories)? Yes, for a period of time, it's a process. It's a process. Isn't this like when you dream about yourself? When you wake up in the morning and you find yourself still thinking back to your dreams, right? You'll replay the situation from your dream and still clearly remember what happened inside the dream, correct? But you wouldn't stay in such a state indefinitely, right?

问: 明⽩.那等到我不在这个状态下的时候我在什么样的状态下呢?

Questioner: I see. So what state am I in when I'm not in this state?

⾼灵: 你想象⼀下你在物质世界中从梦中醒来.你会做其他事情啊.你会起床啊.啊,我要吃东西了.我要吃这个.啊,我今天要去哪⾥玩.

Spirit: Imagine waking up from a dream in the material world. You would do other things, right? You would get up. Oh, I'm hungry. I want to eat this. Oh, where am I going to play today?

问: 我前段时间做梦,我会在梦⾥⾯记得有⼈会给我钱啊,然后还有⼈莫名其妙的给我送⾐服.我就觉得很不可思议,就是去逛商场,她就要把东西送给我.然后我想知道这个梦它是要给我传递什么信息呢?

Questioner: I had a dream recently where someone would give me money in my dreams. Additionally, there were instances where people would send me clothes for no apparent reason while I was shopping at the mall. It seemed very unusual to me that she would offer to give me things. I wonder what message this dream is trying to convey?

⾼灵: 传递的信息就是说,就像刚才给你说的⼀样,你不会缺任何东西.物质也好,⾦钱也好.你不要有这种匮乏的感受,明⽩吗? 你想,如果真正的你能达到呢种浑然天成,与神合⼀,就是你就是源头的呢种状态,你⾝边会吸引多少⼈,明⽩吗? 因为你们物质世界有这样的⼈啊.他们多少⼈给他拿钱啊.多少⼈给他就是买机票去旅游去享受,邀请,这样呢样,是不是? 所以你不需要有任何这⽅⾯的担忧.你只需要去成为你真正的⾃⼰,以你激情的⽅式.⽐如你特别喜欢画画,那你就疯狂的去画画,不去想明天的饭怎么办啊.你觉得呢些像达芬奇他们在画画的时候会想过我明天没钱交房租了怎么办啊? 明⽩吗? 他们在作画的时候有担⼼这些问题吗?

Higher Spirit: The message being conveyed is that, just as I mentioned earlier to you, there will be no lack of anything. Be it material or money, don't let the sensation of scarcity take hold of you. Can you understand? Imagine if you were able to achieve a state of oneness with the divine, where you embody the essence of the source itself. How many people would be drawn to you, do you see? There are individuals in your physical world who provide money, book flights for others to travel and enjoy, inviting them in this manner, right? Therefore, there's no need for concern on this front. All you have to do is become the authentic self that you truly are, expressing yourself through passion. For instance, if you particularly enjoy painting, immerse yourself fully in it without worrying about what will be served for dinner tomorrow. Could Leonardo da Vinci or others who were engrossed in their art ever ponder over how they would pay rent when they didn't have money? Can you see that they didn't have these worries while creating their masterpieces?

他们全然的沉浸在他们想要创造的⼀种世界⾥⾯.他忘记⼀切.哪怕我不吃饭,明⽩吗? 他们被吸引到他们创造的世界去.当你沉浸在这样的世界⾥⾯,你没有任何匮乏的感受.当你还有匮乏的感受的时候是因为你沉迷在物质世界了.

They are completely immersed in the world they wish to create. They forget everything. Even if I don't eat, understand? They are drawn into the world they have created. When you are immersed in such a world, you experience no sense of lack. You experience a sense of lack when you are immersed in the material world.

问: 我还有⼀个问题就是我前⼏天在梦⾥有⼈跟我说你们⼈类离醒来还要好久.然后当时我特别⽣⽓的回他说⼈类已经在醒来的路上了.这股能量带动我⾁体⼀起把这句话说了出来,然后我就醒了.我想知道这个代表什么呢?

Questioner: I have another question. The other day in my dream someone told me that human beings are still a long way from waking up. At the time, I was very angry and replied that humans are already on the path to awakening. This energy made me say those words out loud with my physical body, and then I woke up. I want to know what this means?

⾼灵: 你所发⽣的的⼀切,哪怕是⼀个梦境,你是⼀个设计者,你是⼀个创造者.你可以给它定义,给它设计⼀个正⾯的来服务你的信息.然后你就会享受享⽤你定义的呢个意图,明⽩吗? 就⽐如说,你可以说对⾯的呢句话是⼀股⼒量在拉扯你,但是你最终坚信了你⾃⼰.你在物质世界将来也会体验到很多和你相反的声⾳,和你相左的声⾳,明⽩吗? 但是你还是坚持的表达你⾃⼰.因为呢才是真正的你.然后你要你⾃⼰知道你只有做你⾃⼰,说你⾃⼰

Soul Guide: Whatever happens to you, even a dream, you are the designer, you are the creator. You can define it and design a positive intent to serve your information. Then you will enjoy using the intention that you defined, understand? Like for example, you could say that this sentence in front of me is pulling at you with force, but ultimately you believe in yourself. In the material world, you will also experience many opposing voices and conflicting voices, understand? But you still persist in expressing yourself because that is truly who you are. Then you must know that you can only be yourself, speak your own truth.

真实的感受你才能不憋屈.那你要做⼀个不憋屈的⼈.任何事件,任何事情,任何能量,你都可以把它转化成动⼒去达到你想要的⽅向,明⽩吗? 你才是呢个创造者.不要把⼒量交给任何,哪怕是我们.因为我们也是看戏的⼈,就是我们也是在等待奇迹,我们是在期待你们创造奇迹,⽽不是我来给你讲奇迹.因为你本⾝就是⼀个奇迹.

You can only achieve true feelings without feeling constricted. Therefore, you should strive to be a person who is not constricted. With any event, any situation, or any energy, you have the ability to transform it into a driving force towards your desired outcome, understand? You are the creator. Do not delegate power to anyone, even us, because we too are mere observers waiting for miracles ourselves, and it's through your creation of miracles that we await wonders, rather than me imparting them to you. For you are the miracle itself.

问: 那你们曾经有过物质的⾝体吗?

Questioner: Have you ever had a physical body?

⾼灵: 现在这股和你联系的能量从来没有过物质的⾝体.因为我们不需要去体验,明⽩吗? 就好像在你们的物质世界,当你们的意识程度达到⼀定的程度的时候,你不再需要去体验呢种苦难、病痛或者被压榨、被欺负.因为你只会去体验跟你频率相似的呢个空间.

Higher Spirit: This energy connected to you has never had a physical body before. Because we don't need to experience it, understand? Just like in your material world, when your consciousness reaches a certain level, you no longer need to experience that kind of suffering, illness, or being oppressed or bullied. You will only experience the space similar to your frequency.

问: 那不是说意识它是⼀个成长的过程.那难道你们这个意识⼀诞⽣的时候就是⼀个很强⼤的状态了,我们是要从⼩宝宝长起来吗?

Questioner: Isn't that saying consciousness is a process of development? Does this mean that when your consciousness is born it's already in a very powerful state? Do we need to grow from babies?

⾼灵:也有像我们这类似的意识来成为物质世界的⼈去体验的.这个要看每⼀个你选择什么样⼦的.就好像你这个⼈,你想要去呢⾥.就好像你,OK,虽然你是皇宫⾥⾯的⼈,但是你想要⾛到⼩巷⼦⾥⾯去体验⼀下,明⽩吗?因为你是有这个权利,你有这个⾃由,你可以去任何体验的.

Higher Spirit: There are similar forms of consciousness that come to experience life in the physical world like us. It depends on what kind you choose. Just like with you as an individual, you want to go there. For instance, even though you might be someone within a palace, yet you wish to venture out into the narrow streets and experience it, right? This is because you have that freedom, that choice, to embark on any form of experience you desire.

问: 那我想问⼀下你们和外星⼈有什么联系呢?

Questioner: I was wondering if you have any connection with aliens?

⾼灵: 我们跟他们的区别是我们现在已经没有任何⾁体,我们只是⼀股能量的形式的存在.这股能量它并不是在某⼀个地⽅.并不是说我现在在和你交流的时候我就不存在于其他地⽅了.它可以到处都是,到处都在.因为像你们物质世界,物质这个东西就好像你有⼀把剪⼑,你给我了你就没有了.因为你只有⼀把剪⼑,明⽩吗? 那就是你们固定的是物质世界.就好像你这个⼈,你今天在朋友家,那你就不会存在在你爸妈家,明⽩吗? 那是你们物质世界的游戏.但是在我们的维度不是这么玩的.所以我们不受空间的限制.

Higher Spirit: What differentiates us from them is that we no longer have any physical bodies; instead, we exist as a form of energy. This energy does not reside at one specific location. It's not the case that when I'm communicating with you now, I cease to exist in other places. It can be everywhere and present everywhere because things like your material world are akin to giving me a pair of scissors; once they're given to me, they belong to me. You only have one pair of scissors, right? That's how you perceive the fixed nature of the material world, much like yourself being at your friend's house wouldn't mean that you cease to exist at your parents' house. That's simply how the game works in your material world. But it isn't played this way in our dimensions. Hence, we are not bound by space.

问: 那我想问⼀下为什么地⼼⼈的⽂明要⽐地表⼈⾼这么多?

Questioner: I wonder why the civilization of those underground people is so much higher than that of those on the surface?

⾼灵:地⼼⼈.基本上基本上基本上的⽂明都⽐你们地球要⾼.因为你们⼈类是在⼀种脱离,就好像怎么说,你们是与造物主分裂的、分开的,单⼀存在的.虽然有的他们是有时候会有链接,会有感知,呢些⼈.他们就有⼒量有能量.明⽩吗?但是总的来说,总体的⼈类,他们是存在⼀个分裂的状态,就好像,这么说吧,你去蹦极的时候,去跳蹦极的时候,如果跟造物主联系的⼈就是有着绳⼦,他可以随便乱跳是吧?他尽情的体验.那你们⼈类没有绳⼦,想象⼀下.你们在做多么伤害⾃⼰和危险的事情.所以你们会产⽣恐惧感,你们会害怕.你们会受伤,你们会伤到⾃⼰.所以你知道你其实可以有个绳⼦系在你腰带上,尽情的去玩耍,⽆论你怎么样你都是受着保护的.

Higher Spirit: Underground People. Basically, virtually all civilizations are higher than yours on Earth. Because humans are detached, separated from the Creator, existing as a single entity. Although sometimes they might have connections or perceptions, those individuals possess power and energy. Do you understand? However, in general, overall humanity exists in a divided state, like when you go bungee jumping and if someone connected to the Creator has a rope, they can jump around freely, experiencing everything. But humans without such a connection are doing things that harm themselves and are dangerous, leading to feelings of fear, causing anxiety and injuries. Hence, you might feel you could have a rope tied around your waist for protection while having fun, no matter how adventurous you go, ensuring safety regardless of the circumstances.

你就不会担⼼害怕了.你知道你怎么样你都是被牢牢的捆住的.你可以尽情的去展现你的各种姿势,尽情的去玩耍.但是任⼀时刻你都有这种选择,不是说你们没有选择.因为当你们选择去没有绳⼦也是你们⾃⼰的意愿,明⽩吗?如果你觉得没有绳⼦的体验是你想要体验的,你也是被⽀持的.这就是你得到造物主的何等的⽀持和⾃由.即使你是想要去体验毁灭,你也是被允许的.所以特别是呢些抑郁症患者,如果他们知道他们其实永远都是这样⼦的⼀个状态,就是永远都有选择,永远都是受到⽀持、拥护和他(体验的)原来只是幻觉.他永远都可以尽情的去玩耍.只是能真正的去,有

You wouldn't worry or be afraid. You understand that no matter what you do, you are tightly bound. You can express all your various poses and play as much as you like. But at any moment, you have this choice - it's not that there's no choice because when you choose to go without the rope, it's also your own desire. If you feel that experiencing without a rope is what you want, you are supported too. This is how much support and freedom you receive from the creator. Even if you want to experience destruction, you're allowed. So especially for those with depression, knowing they're always in this state - of having choices at all times, being perpetually supported, embraced, and realizing that their previous experiences were just illusions. They can play as much as they want without limitations. It's just about truly doing it, experiencing freedom.

可能哈,就⽐如说是其他⼈在听到这⼀番话,他就会觉得你胡扯.他们不相信.有的⼈他就会相信,相信了他就拥有了⼒量.因为呢根绳⼦是隐形的呀,明⽩吗? 隐形的,你只有相信你才能体验到它真的是在拉扯着你.如果你不相信,它没有⼒量.所以当你们的信息真的是能传播,传播不说,因为你们⼤脑都会去抵触⼀些就是不符合⾃⼰经验或者经历或者常规的信息的.然后这样⼦会唤醒更多的抑郁症患者,让他们⽤正⾯的⽅式去创造,⽤正⾯的⽅式去展现⾃⼰.

Perhaps, just like when other people hear this, they would think you're making things up and not believe you. They only believe certain individuals who then gain power from believing it. You see, the 'rope' is invisible, right? Invisible; you can only experience its pull on you if you believe in it. If you don't believe, it has no power. Therefore, when your information truly spreads and isn't just spread around, because your brains will resist certain information that doesn't fit their own experiences or encounters or norms. This would awaken more people with depression, allowing them to create positively and showcase themselves in a positive manner.

问: 那⽐如说现在⼤部分的⼈类⼤家都在睡觉,有⼩部分醒来了.那这⼩部分醒来的⼈,他的意志在他死了后还能继续吗?

Questioner: Say most humans are currently sleeping, and a small part has woken up. Can the will of those who have awakened continue after they die?

⾼灵: 你是说如果⼀个觉醒的⼈死去和⼀个不是觉醒的⼈死去,他们的体验是不是⼀样是吗?因为醒着的⼈继续醒着,睡着的⼈继续睡着啊.

Higher Spirit: Are you saying that the experience of a awakened person dying is the same as that of an unawakened person dying? Because the awake one continues to be awake, and the sleeping one continues to sleep.

问: 那这个醒着的⼈,如果他下⼀次还需要投胎的话,他这个醒着的状态还会继续吗?

Questioner: If this conscious being needs to be reborn again, will this state of consciousness continue?

⾼灵: 醒着的状态还会继续吗? 你是说如果⼀个觉醒的⼈他选择再次投胎的时候问: 如果是觉醒的⼈,投胎对于他来说是⼀种选择对吗?

The High Spirit asks if the state of waking will continue. You're saying that when an awakened person chooses to be reborn, they ask: If it's an awakened person, is being reborn a choice for them?

⾼灵: 你说的这些在物质世界觉醒的⼈,他不是这⼀世才觉醒的.他已经是觉醒的⼈,他只是把记忆找到⽽已.他只是恢复了他,为什么是叫觉醒呢? 你⾃⼰想象⼀下觉醒的意思.他从梦中醒来,知道⾃⼰在做梦啊.所以他不是说,他是已经是⼀个觉醒的意识去选择就是⼈的⾝体.然后就⽐如说佛陀,他本⾝就是⼀个觉醒者,本⾝就是⼀个⾼意识的⼀个能量.他选择了⾁⾝,⾁⾝必须要经历遗忘的时代.经历了遗忘然后再记起来,然后再恢复.恢复过后,他在唤醒更多的⼈.

The Higher Spirit: The individuals you refer to as awakening in the material world are not awakening for the first time in this lifetime. They have already awakened; they just found their memories. They're simply recovering themselves. Why is it called 'awakening'? Please imagine what 'awakening' means. They wake up from a dream and realize that they were dreaming. So, he's not saying that he already is an awakened consciousness choosing to inhabit a human body. For example, Buddha himself was an awakened being, a high-energy entity with advanced awareness. He chose the physical form, which requires experiencing the era of forgetting. After going through the period of forgetting and remembering, he then recovers. Following this recovery, he awakens more people.

# **2021/06/15 — 敏感的能量体Sensitive Energy Beings**

问:我的第⼀个问题是,我有时候在躺下来静观冥想的时候,当我渐渐关闭我的头脑的时候,就会有⼀股能量冲到我的头上来.我能感受到这股能量,起来后我的头就会很疼.但是我感觉这股能量想要来,就是它就把我包围了.然后我想问⼀下这股能量想要告诉我什么?还是它是我的指导灵吗? 还是有什么原因吗? 谢谢⾼灵: 你稍等,我链接⼀下.你叫什么名字?问: 我叫XXX⾼灵: XXX,你想要知道你在冥想的时候感受到⼀股能量,然后呢股能量,你想辨别它是什么? 是吗?

Questioner: My first question is that sometimes when I am lying down for meditation and shutting off my mind gradually, there would be a burst of energy coming up to the top of my head. I can feel this energy; after waking up, my head would be very painful. But I feel like this energy wants to come, it just envelops me. Then I want to know what message does this energy want to convey? Or is it my guardian spirit? Or is there any reason behind it? Thank you Spirit Guide: Please hold on, let me connect. What's your name?

Spirit Guide: You asked whether the energy that you feel during meditation, which then wants to come and envelops you, has a specific message or if it is just connected to your guardian spirit or if there is some reason behind it.

English Translation:

Questioner: My first query involves instances where, while lying down for meditation and suppressing my thoughts, I would experience an energy surge reaching my head. I can sense this energy; upon waking up, I'd often face severe headaches. However, I perceive that this energy seeks to come near, enveloping me like a blanket. I'm curious: What message does this energy intend to convey? Is it my guardian spirit making itself known? Or is there some underlying reason for these occurrences? Thank you Spirit Guide: Please wait while I connect. May I know your name?

Response from Spirit Guide: You asked whether the energy felt during meditation, followed by an attempt to envelop one's body, carries any specific message or association with a guardian spirit or has any explanation behind it.

问: 对,对⾼灵: 我感受到的是,你的⾝体是⾮常敏感,你的能量⾮常敏感.敏感到就是如果你不,就是,没有很好的利⽤这股能量,你就是特别容易⾛到精神失常的呢种(状态).因为你就像⼀个,你想⼀下如果你没有⽪肤,就是呢些灰尘,呢些细菌,呢些脏东西,呢些什么⾐服上的⽑,就是这种刺,⼀碰⼀下你,你就感受的⾮常的强烈.这是你⾮常敏感的⼀个体质.这个敏感的体质呢,它就像是⼀把双刃⼑.它可以给你带来好处,它也可以给你带来不舒服,明⽩吗? 所以,你感受到的就是,因为你们,就是⽣活在这⾥它有很多不同的空间.就是不同的,因为本⾝所有的⼀切都是能量,都是振动,都是频率.所以你感受到的只是⼀个振动频率.

Questioner: Yes, about you Higher Spirit: I sense that your body is very sensitive, and your energy is extremely sensitive. Sensitive enough that if you don't use this energy well, you are particularly prone to mental instability or breakdowns because it's like being in a scenario where you have no skin protection. Imagine dust particles, bacteria, dirt, hair from clothes touching you; these things would register with you very intensely. This is due to your very sensitive constitution. The sensitivity here can be likened to having a double-edged sword. It can bring benefits, but it can also cause discomfort. Understand? What you sense is that because you live in an environment with many different spaces and frequencies - everything being energy, vibration, frequency - what you feel is just one of these vibrations.

问: 那我想问这个振动频率是不是⽐我们物质世界的振动的频率⾼,所以我才会觉得头特别疼?

Questioner: I want to know if this vibration frequency is higher than that of our physical world, which is why I feel particularly dizzy?

⾼灵: 因为当你进⼊⼀种状态的时候,你就可以感受呢个频率.然后有很多(⼈)做像灵媒的⼀样的⼯作的时候,他们的⾝体就是⼀个接收器.所以你也是⼀样.然后你可以通过这个,就好像说这是⼀个信号,你感受到这个信号,你可以继续深⼊.当你进⼊深⼊的感受的时候,你就可以开始接收信息了.所以,是你的⾝体会越来越适应.

Sage: Because when you enter into a state, you can feel that frequency. Then, there are many people who do work like mediums, their bodies are just receivers. So, you're the same. Then, you can go through this as if it's a signal, you feel the signal and you can continue to delve deeper. When you enter into deep feelings, you can start receiving information. So, your body will adapt more over time.

问: 那是不是说我要去多多练习这⼀种冥想? 然后我就可以掌握这种技术?

Questioner: Does that mean I need to practice this kind of meditation a lot? Then can I master this technique?

⾼灵:这个看你⾃⼰.你不需要去逼你⾃⼰做任何事情.因为更多的不是练习,⽽是允许,相信它,⽽没有内在的恐惧.如果你内在恐惧的话,⽆论你怎么练习,你只会开始烦躁.所以当你认清楚其实你永远不会受到任何伤害,你永远都是安全的,你连接⼀切,就是说你允许连接⼀切.它们的样⼦呈现,它们的⽅式呈现.你没有任何恐惧或者抗拒或者害怕.当你在这样的状态下去放松,然后你的⾝体会越来越,就好像是⼀个电流⼀样,你可能最开始⼀碰,你全⾝⼀跳,因为⾝体不适应.它会把这个事情当成危险.那当你经常去感受这个电流,你对这个电流熟悉了.

Higher Spirit: This is up to you. You don't need to force yourself to do anything because more than practice, it's about allowing and believing in it without inner fear. If there's inner fear, no matter how much you practice, you'll just start getting agitated. So when you realize that you're never going to get hurt and that you're always safe, connected to everything means allowing connections. The way they appear, the way they manifest. You have no fear or resistance or fear. When you relax in this state, then your body becomes like an electric current; you might jump when you touch it initially because the body isn't used to it and perceives it as dangerous. But when you often feel this current, you become familiar with it.

你知道它是⼀股电流,它对你的⾝体不会造成任何伤害,你的⾝体产⽣了不会抗拒的时候,那你就不会有任何的不适感.

You know it's an electric current that won't harm your body in any way. When your body produces something without resisting it, you will experience no discomfort.

问: 我的第⼆个问题是我新认识的这个男孩⼦他又跑回来找我了.我想知道是不是因为我还有什么⼈⽣的课题还需要在他这⾥去突破? 因为我看见他在我们这个物质世界的⽹络媒体上..我想知道他是⼀个什么样的⼈? 因为我对他不是很了解.因为我看见他在⽹络媒体上也追踪了特别特别多的⼥孩⼦.

Questioner: My second question is that this boy I've recently gotten to know has come back to find me again. I wonder if it's because there are still life lessons I need to overcome through him? Because I saw him on the web media of our material world... I want to know what kind of person he is, as I don't know much about him. Especially since I've seen that he follows an extremely large number of girls on the internet media.

⾼灵:他们是什么样的⼈根本不重要.重要的是在你的世界⾥⾯他是什么样的⼈,明⽩我意思吗?就⽐如说他本⾝在所有⼈⾯前他都是个坏蛋,但是你⽤你⽆条件的爱让他感受到了真正的爱,他决定把他最真实最真实的⼀⾯展现给你.因为呢个坏蛋⾝份是对这个社会的不信任,明⽩吗?是⼀种防范.所以这个世界上没有绝对的好⼈和坏⼈,重要的是你的能量状态会把他.因为如果你是⽆条件的爱,你对他⼈没有任何期待的,你不会期待他是个好⼈或者坏⼈.你没有任何期待,你只是允许他做他⾃⼰.你只是信任.当你还在评判他是个好⼈我跟他交往,他是个坏⼈我就不跟他交往.你就是把⾃⼰放在⼀个就是限制性的状态之下,你并不能真正的去认识谁.

Higher Spirit: What kind of people they are doesn't matter at all. What matters is who he is in your world, do you understand? For example, if he acts like a bad guy in front of everyone, but you show him unconditional love that makes him feel true love, he decides to reveal his most genuine self to you. Because the identity of being a bad egg is distrust towards society, right? It's a form of protection. So there are no absolute good or bad people in this world, what matters is your energy state will guide him. If you give unconditional love and have no expectations for others, you don't expect them to be good or bad. You have no expectations; you just allow them to be themselves. You simply trust. When you're still judging whether he's a good person before interacting with me, or not bothering to interact if he's deemed a bad person, you are limiting yourself in this restrictive state and cannot truly understand who they are.

因为你们所有⼈都是来成长,来学习,来体验.这⾥根本就没有好和坏.你们所有⼈都被允许⽤你们⾃⼰想要的体验⽅式.并不是说体验的⽅式没有益.就⽐如说这个⼈他不知道⾃⼰,因为年轻⼈,是⼀个喜欢只是被⾁体吸引的,还是说什么.因为他还对真正的灵魂层⾯的吸引或者是真的爱,他还从来不认识,没见过.那么他通过他去不断的寻找只是⾁体的吸引,然后投⼊到这个⾁体的吸引,当他投⼊到⼗次⼋次过后,他⽆论怎样他都觉得为什么这么美丽的⾁体都不能真正让我感受到爱,感受到合⼀,感受到…那他就能从这⼗次的经验⾥⾯知道原来他真正的爱是什么,明⽩我意思吗?那这⼗次就是有意义的.

Because all of you are here to grow, learn, and experience. There is no such thing as good or bad here. Everyone is allowed to use the way they want to have their experiences. It's not that there is no benefit to the way one experiences things. For example, someone doesn't know themselves because young people prefer being attracted by physical bodies rather than something else - like a genuine soul-level attraction or true love. They've never encountered it before. So through continuously seeking just physical attraction and then investing in it, when he tries eight or ten times, no matter how hard he tries, he still wonders why such a beautiful body doesn't truly make him feel love, unity, etc. That's when he realizes from these ten experiences what true love is like. Do you understand? Those ten experiences are meaningful.

因为这⼗次,他通过经历这⼗次,他得到了认识,得到了转变,得到了提升.所以你不能把这⼗次他想要去体验的经验拿⾛.如果拿⾛来变成像你们⼀个,像⽐如你们的宗教说不能碰⼥⾊.或者他⽗母告诉他不能去随便跟谁交往.他只能变成内在分裂的,因为他有这个欲望,他有这个喜好,但是他又不能去做.他就会产⽣冲突,明⽩我意思吗?所以说⼀切体验都有意义,不要⽤你们的头脑去评判任何.因为你不知道他们想要去突破⾃⼰的点是什么.但是你可以选择,就⽐如说,你⾃⼰如果你跟他有同样的功课,明⽩吗?就⽐如说你们上学的时候,你分到这个⼩组,你和他⼀组.你们做同样的实验.那他分到另外⼀个⼩组.那如果你更⾼的话,你就分到更⾼的⼩组级别.

Because through these ten times, he gains understanding, undergoes transformation, and achieves elevation from them. So you cannot take away the experiences that he wants to go through. If you remove them, it's like turning his religion into one that forbids contact with females or sex, similar to how your religions might say not to touch a woman. Or if his parents told him not to casually interact with anyone. He would become internally divided because of this desire and preference, but he can't act on them. This would create conflict for him. Do you understand? Therefore, every experience has meaning; don't use your mind to judge anything blindly. You don't know what point they're trying to break through in themselves. But you can choose. For instance, if you share the same task with him, understanding that he might have been assigned a different group during school projects. If you are at a higher level, you would be placed in a higher group tier.

最后根据你们⾃⼰想要体验的什么,想要做什么实验.然后分到同⼀个⼩组.然后如果你对他的实验不感兴趣,你不想加⼊.那么你就可以选择其他的.那如果你觉得这系列你还有想要体验的想要探索的,那你可以玩⼀下.那你玩⼀下你也随时可以: 哎呀,我觉得这个不是我想要呢个什么的.那你可以终⽌退出.

Based on what you want to experience and the experiments you wish to conduct, you will be allocated to the same group. If you find someone's experiment uninteresting and do not wish to join, you have the option to choose another one. However, if you feel there are still experiences or explorations you're interested in from this series, you can proceed with it. You may stop and exit at any time: "I don't think this is what I'm looking for."

问: 我还有⼀个问题是我做了⼀个梦,梦见我的奶⽔特别多,然后在给⼩孩喂奶,奶⽔⼀直溢出来.然后我的对⾯,我⼀边在喂奶,我的对⾯我爸妈就⼀直在劝⼀个男⼈⼀定要把我娶了.然后这个男⼈就特别不愿意,旁边还有⼏个⼥的.然后我想知道这个梦境给我传递的是什么消息?

Questioner: I have another question about a dream where I dreamed that my milk was very abundant and I was feeding my child, with the milk constantly dripping out. My parents were advising a man opposite me to definitely marry me. The man did not want to do this at all, while there were some other women nearby. I wonder what message this dream is conveying to me?

⾼灵: 你梦见你在喂奶,然后你爸妈又在跟别⼈聊天,让他来娶你.你在梦⾥⾯的感受是什么呢?

Soul High: You dreamt you were nursing a baby, and then your parents started chatting with someone else about marrying you off. What was your feeling in this dream?

问: 我的感受是我就觉得很惊奇,为什么有这么多的奶⽔? 然后我记不太清楚当时的感受,我只是觉得⾼灵: 为什么你会对这个梦有兴趣呢?

Questioner: My feeling was that I found it surprising, why there is so much milk? Then I couldn't quite remember the sensation at that time; I just felt Spirit High: Why would you be interested in this dream?

问: 因为我起来了之后我去查了⼀下物质世界的⼈关于这个的解梦,好像还说这是⼀个挺好的梦.但是我又知道这(被⾼灵打断)⾼灵: 为什么你要把⼀切都分⼀个好和坏呢? 当你去进⼊这个是好的坏的,你又进⼊你的头脑⾥⾯.因为你们头脑是追求快乐摆脱痛苦.你这样⼦的话并不能真正的,就是你想要去创作,你想要去学习,你却把你学习的阻碍,就是⽐如说你想要长肌⾁,你却把所有的重量拿开,明⽩我意思吗?所以这⾥并没有⼀个好和坏.那如果我告诉你这是个⾮常坏的梦你是不是就充满了恐惧?那这就是你的束缚,为什么你要去相信别⼈?为什么你不能⾃⼰定义你⾃⼰想要体验什么在这个物质世界?

Questioner: Because after I woke up, I looked into the interpretations of people in this material world about this dream, and it seems they say it's quite a good dream. However, I also know that (high spirit interrupted) Higher Spirit: Why do you categorize everything as good or bad? When you try to differentiate between what is good and what is bad, you are stepping into your own mind. Your mind is focused on seeking happiness and escaping pain. This way of thinking will not help you truly create or learn, because when you want to achieve something like building muscle mass, instead of doing the opposite by removing weights, which I mean? So there is no good or bad here. If I were to tell you this dream was extremely bad, would you be filled with fear? That's your constraint. Why do you trust others? Why can't you define for yourself what experiences you want in this material world?

⽽是让别⼈,因为别⼈说是个很坏的梦,那只是因为他所有他经历的他都把他变成坏的,就算好的他也变成坏的.那你也想跟他成为⼀样的⼈吗? 你可以问你的梦境的其他问题⽽不是⼀个,如果你⼀直是在从好和坏的⾓度来去探索⼀件事情的话,你需要放下的是你头脑⾥⾯对好和坏的⼀个定义.这个才是你的问题,⽽不是说这个事件怎么样怎么样.

And if you let others decide that it's a bad dream because everything he experiences turns out to be bad, even the good ones turning into something negative, are you willing to become someone like him? You can ask your dreams other questions instead of just one. If you're always exploring things from a perspective of 'good' and 'bad', what you need to let go is the definition that resides within your mind about what constitutes 'good' and 'bad'. That's your problem, not how this particular event unfolded or was interpreted.

问: 我明⽩了,我刚才没有太听清楚的是你说我可以从哪⼀个⾓度来问我这个梦境?

Questioner: I understand, but I didn't catch clearly just now which angle you suggested I should ask about my dream from.

⾼灵:不是从好和坏的定义来去问你的梦境.因为如果你每⼀件事情,就好像你刚才前⾯的问题也是这个男的,就是我们的关系是好的坏的.这个梦是好的坏的.那你就陷⼊你的头脑.你应该放下的不是这个问题就是好和坏.⽽是放下你头脑⾥去追求好的,去定义好的.这才是你的突破点.

Higher Spirit: Don't ask about your dreams based on the definitions of good and bad. Because if you think about everything like the previous question you just mentioned, whether our relationship is good or bad, this dream being good or bad, you'll get stuck in your mind. What you should let go of isn't the issue of good versus bad. It's letting go of chasing after what feels good and trying to define goodness in your mind. That's where your breakthrough lies.

问: 因为有⼀次通灵的时候告诉我说我还有很多限制、恐惧之类的.他说如果我⾮要给⾃⼰制造⼀个幻像,那我就制造⼀个正⾯的.所以我现在都是尽量的把⼀切我所经历的物质世界的,梦⾥的,我都给它⼀个正⾯的定义.然后这个正⾯对于我来说它就是⼀个好的定义.那我这样做对吗?

Questioner: Because once in a spirit reading, it told me that I still have many limitations and fears. He said if I were to create an illusion for myself, then I should create a positive one. So now, I am trying to give all the experiences of my physical world, as well as those from dreams, a positive definition. Then, in my view, this positivity is a good definition. Is it right for me to do this?

⾼灵:你在问这个问题:我这样做对吗?你又在追求对和错.所以你还是被限制在对错、好坏.因为如果他这个信息它在那⾥.你可能,有的⼈他是到死的⼀天他才明⽩为什么⽣命中会发⽣呢样的事情,明⽩我意思吗?并不是说你们在每时每刻当下你们就要去把呢个谜底去解开.它有时候只是⼀个信号.但是你会在你需要知道呢个信号是什么的时候你就会知道这个信息.不然的话你就每⼀天就在⾃⼰的头脑⾥⾯,任何做个梦也要开始纠结,开始这样呢样.然后发⽣⼀点不舒服也要开始这样这样.你就会真正的与你的⽣活擦肩⽽过.你来到这个物质世界上最重要的是你当下的⽣活的每⼀个,就⽐如说你梦醒了过后,你就花了⼀天时间两天时间⼗天时间⼀直在想呢个梦.

Higher Spirit: You're asking this Questioner: Am I doing this right? You are still seeking what is right and wrong. So you are still limited by the concepts of right or wrong, good or bad. Because if that information is there, some people might only understand why things happen in their lives until they die on that day and realize why such events occur, do you see my meaning? It's not that you have to solve that puzzle at every moment all the time. Sometimes it's just a signal. But when you need to know what that signal means, you will then receive this information. Otherwise, you might start worrying about anything from your dreams onwards, even starting to obsess over minor discomforts. You would truly miss out on experiencing life in this physical world. The most important aspect here is the quality of your current life in every moment - like pondering that dream after waking up for hours or days trying to understand its meaning.

到底什么意思呢?到底什么意思呢?那你⼗天的⽣命是不是就错过了?呢⼗天你可以做好多好多好多事情.你可以去花园⾥⾯去看⼩⾍⼦,当你通过看⼩⾍⼦的呢个过程激发了很多灵感,然后你写了很多诗.你突然发现了造物主的秘密.你突然发现⾍⼦跟花的关系,明⽩我的意思吗?就像我刚才说的,你的这种很容易⾛到极端,就是失常,就像是精神病⼀样的状态.就是他眼睛不会看地上,他永远都是看着天空,对着天空说话.这样⼦就跟你的状态⼀样,你永远都在看我的头脑,我的经历,我的什么.你错过了你眼前美丽的花朵,花的⾹味.你进⼊不了.因为你在你的头脑⾥⾯,你想要分清楚.你需要信任你的⽣命展开的⽅式.

What does that even mean? What does that even mean? Would you have missed out on those ten days of your life? In those ten days, you could do so much, so many things. You could go to the garden and see worms. When you observe the process of worms, you might get inspired and write numerous poems. Suddenly, you might discover the secrets of the creator. You might suddenly understand the relationship between bugs and flowers. Do you understand what I mean? Like what I just mentioned, it's very easy for you to go too far, to become abnormal, like being in a state of madness. His eyes don't look at the ground; he always looks up towards the sky, talking to the sky. This is similar to your condition. You're constantly focusing on my mind, my experiences, everything about me. You miss out on the beauty of flowers and their scent right before you. You can't access it because you're trapped in your own thoughts trying to figure things out. You need to trust how your life unfolds.

这些信息它会在该你需要知道的时候进⼊你的⽣命.你们最重要的是真正的,你们通灵需要学习的有⼀个是,就是与地球链接扎根,第⼀步就是扎根.所以你需要与你的⽣命,你的⽣活,你当下的⼀切,就是你这个物质世界扎根下来.你想⼀下如果你是没有扎根的话,你如何去吸收养分,如何成长,如何去链接? 你飘的.你继续说,所以关于这个梦的信息.然后就是⾄少今天我们可以让你看到你⾃⼰进⼊的⼀个死胡同.对错、好坏、还有就是说通灵信息对你的⼀种限制.因为我希望我们的信息对你们的传递没有任何限制.就是不是说你⼀定要照着上⾯去做.你只是跟随你⾃⼰.

These pieces of information will be introduced into your life when you need to know them. What is most important for you is the real, and one thing that you need to learn about spirit communication is how to connect deeply with Earth. The first step in this process is to ground yourself. So you need to connect with your life, everything you live right now, and ground it into the material world you are part of. Imagine trying to absorb nutrients, grow, or link without having roots. You would just float around. So talk about this dream information then. And also today we can show you a dead end you've entered into, regarding what is right, wrong, good, bad, and how spirit communication may limit you. Because I hope that the information we share with you doesn't come with any limitations. It's not like you have to do exactly as instructed. You just follow yourself.

因为当你跟随你⾃⼰内在的呢个指引的话,所有信息你才能真正的明⽩,⽽不是说我们通灵信息说我要这样,然后我就这样.那你就是迷信⽽⼰.因为你只有通过你⾃⼰,当你的意识达到了

Because when you follow your own inner guidance, all information can truly be understood by you, rather than just following spiritual messages saying 'I should do this,' and then doing it blindly without understanding. That would merely be superstition, because you are relying solely on yourself, waiting until your consciousness has reached that level.

⼀定程度,这些通灵信息才对你真的有⽤.就是你才能真的去理解这些信息的真正的意义.

To a certain extent, these spiritual messages are truly useful to you. It is then that you can really understand the true meaning of these messages.

⽽不是说只是照着它的教条照做.

And it's not just about blindly following its dogma.

问: 我明⽩了,我可能需要后续再消化⼀下⾼灵: 没有关系,你的意识它会在需要的时候再⼀次出现你的脑海⾥或者⽣命⾥,呢个时候你就会更能明⽩.所以更重要的是就是放轻松,然后enjoy your life,去享受你的⽣命.因为这⾥并不是说要完成功课,不是⼀件严肃的事情,不是⼀件要考试的事情.你们⽣活在物质世界当中要处理的压⼒和什么已经够多了.不需要就是你再⾃⼰给⾃⼰增加这些压⼒.你要知道当你在灵性世界去追求⼀种⽐如说智慧,就是我要⾮常智慧,我要没有恐惧,我要怎样怎样.你其实还是在你的头脑⾥⾯,明⽩我意思吗? 你还是在你的头脑⾥⾯.为什么? 你觉得你不完美,你觉得你不够好.你还是在否定你⾃⼰.

Questioner: I understand that I might need to further digest this.

A: Higher Spirit: No problem; your consciousness will reappear in your mind or life when needed, and at that time, you'll comprehend more clearly. Therefore, what's most important is to relax, then enjoy your life, savoring its beauty. This isn't about completing tasks; it isn't a serious matter, nor an exam situation. The pressures of living in the material world are already substantial enough for you. You don't need to add these stresses to yourself. Realize that when pursuing something spiritual, like wisdom ("I must be very wise," "I must have no fear"), you're still within your mind. Do you understand? You're still confined within your mind because you feel imperfect and believe you're not good enough; you're essentially denying yourself.

你继续问问: 还要⼀个问题是我想问⼀下⼩我的⾃由意志和⾼我的规划的关系.

Continue asking: Another question I'd like to inquire about is the relationship between my lesser self's free will and the higher self's planning.

⾼灵: ⾼我没有任何规划,不是说他有⼀个规划.因为你所谓的⾼我是他⽆处不在,他没有限制.只有你的⼩我有限制.所以如果他在这⾥体验不到,他可以在其他地⽅体验.其他地⽅体验不到,他可以在另外⼀个地⽅体验.他有各种体验或者是创造的⽅式.然后你说是⼩我的限制,你就是说的你⾁体的限制.你⾁体的限制就是来⾃于你的物质头脑⾥⾯⼀直在追求好不好、对和错、好和坏.然后要追求的是要达到⼀个圆满或者更美好,或者更什么什么的⼀个状态.为什么? 因为当你去在追求⼀个更好的时候,然后⾸先这⾥并没有⼀个更好的.为什么? 因为在每⼀个当下,就是它不是⼀条前进的路.

Higher Spirit: The Higher Self has no planning, not in the sense that he has a plan. It's because you consider your Higher Self to be everywhere, unrestricted; whereas your Lower Self is limited. So if he can't experience it here, he can experience it elsewhere. If not there, he experiences it somewhere else; he has various ways of experiencing or creating. You say the limitation comes from the Lower Self, which means your physical body's limitations. The limitations of your physical body stem from your material mind's constant pursuit of what is good and bad, right and wrong. Your goal is to achieve perfection or a more beautiful state. Why? Because when you pursue something better, there isn't necessarily a better thing beforehand. Why? Because each moment isn't simply progression; it's not linear progress.

如果你只把它看成⼀条前进、上升、往前⾛,眼⾥只有⽬标的话,你其实你就错过了⽣命的当下,错过了每⼀个宝贵的⽚刻.为什么? 因为你眼⾥只有前⾯啊,你没有往地下看啊.其实地下才是你的前⾯,地下才是你的⽬的地,明⽩吗? 你是低下头呢⾥才是你的⽬的地.你⼀直盯着前⾯往前跑,往前冲啊,你觉得不冲我就落后了.这⼩我的限制是来⾃于你们物质世界对⽣命的⼀个理解.你们认为⽣命就好像只是你这个⾁体.但是你的⽣命是更加更加真正的⼤的.你继续问,因为当你提的越多然后这⾥⾯的信息才流⼊的越多.

If you view it only as a path of progression, elevation, or moving forward with your eyes solely on the goal, you're actually missing the present moment and every precious moment of life. Why? Because you're looking only ahead. Actually, beneath your feet is where you should be looking. It's beneath you that is your "front" and destination, understand? You reach down to find what's there - it's your destination when you bend your head down low. You keep staring straight ahead at the path as you rush forward, thinking, if I don't push on, I'll fall behind. This limitation of the small self comes from how your physical world perceives life. You believe that life is merely this physical body. However, your life is much bigger and more genuine than that. You continue to ask because when you ask more questions, then more information flows into this context.

问: 我的这个问题好像就有点像是物质世界⾥算命的问题了.

The question seems like it's about fortune-telling in the material world.

⾼灵: 你说,任何问题你都可以说.如果没有答案的话,那这边就不会说,问: 因为我现在还在体验限制,然后不管是在⾃由上还是在⾦钱上,就是各种的这⼀种限制.然后我其实很想知道,如果说⾮要以时间来看的话,我还需要有⼤概多久的时间可以突破限制.因为我觉得这个问题就像算命的.

Higher Spirit: You can say anything. If there's no answer, then this side won't speak. Ask: Because I'm still experiencing constraints now, whether it's freedom or money, all kinds of limitations. Actually, I really want to know how long it will take for me to break through the constraints if we look at time alone. Because I feel like this question is similar to fortune-telling.

⾼灵: 你现在就可以突破,就在我跟你说话的这⼀瞬间你就可以突破.

Higher Spirit: You can break through right now, at this moment while I am speaking to you.

问: 我明⽩就是我看到了我就可以放下.可是这个物质世界,就⽐如说我现在住的房⼦,它是实打实存在的,然后我的物质实相它不像灵界⼀样⼀下⼦就可以变到另外⼀个地⽅.所以我就特别想知道,如果可以的话,我体验的物质实相,它的转化还需要多久?

Questioner: I understand that when I see something, I can let it go. However, in the material world, for example, the house I live in exists concretely. Unlike the spiritual realm where things can instantly change to another place, my material reality doesn't allow such immediate shifts. So, I'm particularly curious about knowing how long it would take for me to experience a transformation of this material reality if that were possible?

⾼灵: 它还需要多久? 你是说让我跟你说⼀个时间吗?问: 我知道我不应该这样问你⾼灵: 不是,为什么呢? 如果我告诉你,你只要相信你明天会中彩票或者有⼀笔意外的财富.你只要真正的相信⽽不去半点怀疑,然后沉浸在这种喜悦当中,怎么办啊? 我明天就中彩票了.当你真正的能达到呢种就好像是完全就是已经拿到钱的呢种感受,明⽩吗? ⽽不是说哎呀,我可不可以这么想啊? 哎呀,我可不可以拿到⼀笔钱啊? 你就会吸引这样的事情发⽣在你的⽣命当中,这就是区别.

Ethereal: How long does it need to take? Are you suggesting that I should give you a time frame?

Questioner: I know I shouldn't be asking this of you.

Ethereal: Not that. Why not? If I told you that you would win the lottery or receive an unexpected wealth tomorrow, just believe in that without any doubt and immerse yourself in that joy. What if I were to tell you that you would win the lottery tomorrow? When can you truly reach that state of feeling like you already have the money, understand?

And not simply saying, "Can I think this way?" or "Can I receive some wealth?", but you will attract such occurrences into your life. This is the difference.

问:我能不能帮我认识的呢个男孩⼦问⼀个问题.他的问题是他投资了⼀个项⽬,然后刚开始他对这个项⽬特别有信息,觉得可以赚钱.可是经过⼀段时间了之后项⽬⼀直在亏钱.然后他就很犹豫不知道要接着去跟进还是从这⾥⾯撤出来.然后我给他抽的塔罗牌是钱币五,就是⼀个在寒冬的教堂门⼜有两个乞丐.然后我就觉得他的内在是想要离开的,是匮乏的.但是他又有能⼒,只要他相信他可以转变,他就可以转变.但是我这样说他们是不会理解,他们也不会相信的.所以我不知道这种在物质世界像是算命⼀样的问题,我是不是可以问呢?

Questioner: Can I help my acquaintance's son ask a question? His concern is that he invested in a project and initially had much hope for it, seeing potential to earn money. However, after some time, the project has been losing money continuously. He is now indecisive about whether to continue supporting it or withdraw from it. The tarot card I drew for him is "The Lovers," which depicts two beggars at a church door in winter. This made me believe that he's feeling like leaving and lacking internally. Yet, he has the capability to change if he believes he can do so. However, they would not understand or trust my explanation. So, I wonder if it is appropriate for me to inquire about such questions regarding the material world, which seem akin to fortune-telling?

⾼灵: 这⾥没有结果,没有⼀个肯定的答案.因为事件它永远都是在变化当中的.⽽且它的变化是随着当下⼈的能量和意识转变的.所以⽆论什么事情它绝对没有你做这个准赚钱,你做这个准亏.⽽是说你的⼀个状态,它会朝哪个⽅向发展.你的能量才是呢个发电的,怎么说,才是呢个engine, 才是呢个核⼼.你的意念,你的能量.你们不是觉得是你们要⾃⼰去配合这个世界.⽽是你们是在转变这个世界,操控这个世界,为什么你们总是不能明⽩呢? 然⽽操控它的不是你的头脑,⽽是你真正你内在的呢股,我就相信,我就要到呢⾥.我不管有什么阻碍,阻碍全是我的动⼒,我从来没想过它不会发⽣.

Higher Spirit: There is no outcome here, no definite answer. Because events are always in a state of change. And this change is due to the transformation of people's energy and consciousness at the moment. So, regardless of anything, it absolutely does not guarantee that you will make money or lose money by doing something specific. Instead, it's your state that dictates which direction it will go. Your energy powers this. In other words, it's like a turbine, or an engine, the core is you. It's your thoughts and your energy. You don't feel like you are supposed to adapt to the world. Instead, you're transforming the world, controlling it. Why can't you understand that? Yet, it's not your mind that controls this; it's that inner essence within you that I believe in, that I want to reach into. I don't care about any obstacles because they are all my driving force. I've never thought that something wouldn't happen.

然后当你有了这个相信过后,就是你相信这件事情发⽣过后,你慢慢感染到你⾝边的⼈.啊,你⽼婆也相信你了.你⽼婆也全⼼全意相信的时候她就在给你能量.你另外⼀个朋友也相信了,她加⼊了你,更多的⼈加⼊,更多的⼈相信.如果你们全世界相信,你们天上会多⼀个太阳出来,明⽩吗? 是真的相信他就会多⼀个太阳出来.我这只是⼀个⽐喻.所以是你们⽤你们的⼀个意念、信念、能量去创造这个物质世界,⽽不是物质世界固定在呢⾥的.所以你到底需要吸引多少⼈来相信你的梦想,来⽀持你的梦想? 希特勒想要杀多少⼈,明⽩我的意思吗? 他的这个想法都受到了⽀持,都有呢么多⼈来⽀持他,来陪他演戏.包括呢些受害者也是来⽀持他的,明⽩我意思吗?

Then when you have this belief, which is your belief in something happening after that, it gradually spreads to the people around you – oh, your wife believes in you too. When she fully believes and trusts you, she's giving you energy. Another friend of yours believes, joins you, more people join and start believing as well. If everyone worldwide believes, would there be an extra sun in heaven? Understand that true belief leads to this creation. I'm just using a metaphor here. You're creating the physical world with your single idea, faith, or energy, not having it fixed somewhere. So how many people do you need to attract to believe in your dream and support it? How many lives did Hitler want to take, do you get what I mean? His ideas were supported, so many people supported him and played along with his game, including those who were victims of his actions, understand my point?

所以真正的真正的阻碍不是这个事件,⽽是说你的意念到底有多⼤的影响⼒.就像我们之前像你说过的,你到底有多相信,你相信能相信多久? 会不会遇到遇到⼀点什么挫折,你已经动摇了.你动摇了你还有⼒量吗? 你想⼀下你的⽛齿,如果它动摇了,你还能⽤它来(咬东西)吗? 它已经没⼒了.所以你需要坚固的⽛齿你才能咬东西,俩颗动摇的⽛齿你试试,咬不掉的,它没有⼒量的.

So the true hindrance is not the event itself, but rather how much influence your thoughts have. Just as we've discussed before, how much do you believe in yourself, and for how long can you sustain that belief? Will you waver when faced with setbacks? If you lose faith, do you still possess the strength to act on it? Consider your teeth; if they're not strong, can you use them to bite into something? They lack the force. Therefore, you need sturdy teeth to bite things, whereas two wavering ones might struggle to make an impact as their power is compromised.

问: 然后这个通灵的⼥孩⼦她还有⼀些问题.她的第⼀个问题是为什么负⾯信念⼀直要缠着我们?

Questioner: And then, this spirit-communicating girl has some more questions. Her first question is why negative beliefs keep haunting us?

⾼灵: 不是负⾯信念要缠着你.⽽是你去选择它,你觉得它对你有益.因为你们的头脑只会去选择对你有利,有益的事情.所以你要问你⾃⼰为什么要选择它? 就⽐如说有⼀个负⾯信念就好像你有⼀段感情,你需要去⼩⼼翼翼的防着别⼈这段感情才能坚持下去.当你在⼩⼼翼翼的防着别⼈,外⾯的⼈的时候,呢就是你的⼀个信念.然后你觉得这种做法它是可以帮助你维持感情的.所以不是这个⼩⼼翼翼防着这个举动它来缠着你.⽽是你去选择它来⽀持你,明⽩我意思吗? 你只需要的就是说更多的认识,更多的认知.因为为什么? 你们的眼睛,你们的头脑是相信眼见为实.

Higher Spirit: It's not that negative thoughts are clinging to you; rather, it's your choice to pick them up and believe they benefit you. Your mind only selects things that are advantageous for you. So the question becomes why would you choose such thoughts? Consider a negative belief like being in a relationship where you must constantly guard against others to keep it going. When you're carefully guarding against others' actions, that's your belief at work. You think this approach helps maintain the relationship. It's not that this act of caution is what's chasing after you; rather, you choose it to support yourself. Do you understand? All you need is more awareness and understanding. Why? Because your eyes, your mind believe in seeing is believing.

就⽐如说你们曾经看着你们的⽗母是这样的⾏为,看着别⼈是这样的⾏为,你就会不⾃觉的进⼊⼀种这样做才是对的⼀个状态.慢慢就会形成⼀个信念.因为你还不知道有其他⽅式.还没有其他⼈给你演⽰其他⽅式.所以这就是为什么你们需要更多的正⾯的榜样来演⽰真正的爱情的样⼦,或者真正的拥有财富的⼈的样⼦,或者真正的怎么样怎么样的样⼦.就是需要更多的正⾯的,积极的榜样来影响更多⼈让他们看到,因为他们只相信他们能看到的东西.你的眼睛.因为你在物质世界.你继续问.所以你只要搞清楚这个负⾯信念它其实给你带来的恐惧或者伤害、担⼼、害怕超过于真正能给你带来有益的东西过后,它们只是你在其他地⽅捡过来的时候,你就可以放下来.

It's like when you've seen your parents act in certain ways and others too, which makes you unconsciously assume that this is the right way to behave. Over time, these behaviors become ingrained as beliefs because you don't know any other method or haven't been shown alternative methods by someone else. That's why you need more positive role models demonstrating true love, real wealth, or genuine ways of doing things. You need more positive and inspiring examples influencing others so they can see it for themselves since what they believe is only based on what they perceive with their eyes in the physical world. They keep asking questions because once you understand that negative beliefs create fear, hurt, worry, and anxiety outweighing beneficial outcomes when you just pick up other people's ideas elsewhere, then you should let go of those fears.

你的负⾯信念它其实还有⼀个功能就是它会阻⽌你去发现真相,明⽩吗? 因为你发现你⼀往⾥⾯去看你会害怕,就好像⼀个⿊⿊的洞,你不敢往⾥⾯去看.你觉得⾥⾯有魔⿁,⾥⾯有什么出现,好害怕.我看⼀下我会不会就掉下去啊? 我看⼀下我会不会被吓死啊? ⾥⾯会不会有什么出现? 就是因为你内在会产⽣这种恐惧感,然后它来阻⽌你不往⾥⾯看? 为什么? 因为当你发现你更加的往深⼊看,就是更加的勇敢的执念,更加的看的时候,怎么什么都没有? 那你开始觉得我简直是有病,或者是怎么怎么,怎么怎么神经.当你发现其实⾥⾯什么都没有的时候,你就放开它了.你就不会在被呢个⿊暗的洞给影响着,害怕着.

Your negative beliefs actually have a function of preventing you from discovering the truth, do you understand? Because when you delve deeper, you're afraid, like looking into a dark hole and are不敢 venture in. You think there might be demons or monsters lurking inside, and you fear what could appear. I wonder if I'll just fall down if I look? Or if something will scare me to death? Will anything appear at all once I discover it's empty? It's because of the fear generated within you that then prevents you from looking further in? Why? Because when you find out there is nothing deeper, you let go. You no longer let that dark hole affect or terrify you.

所以为什么你们有⼀句话叫直⾯你的恐惧.不要逃避,继续往下看,你会看到⾥⾯什么都没有,都在你的头脑⾥⾯.

So why do you have a saying that translates to "Confront your fears directly. Don't run away. Keep going, and you will see that there is nothing inside, it's all in your mind."

问: 你刚才说的这个,我突然想起来了,就是元吾⽒,就是元⽼师说的就是⽐如说这种负⾯的能量,负⾯的感受来的时候,直⾯这股能量,然后当彻底感受这股能量的时候,告诉⾃⼰何为真相.然后再⽤意念转换这股能量.是不是都是从不同⾓度说的都是⼀件事?

Questioner: The explanation you just gave me reminded me of something related to Yuan Wu Shi and Teacher Yuan. When referring to negative energy or feelings, they talk about confronting this force directly. Then, when one fully experiences it, they are told what the truth is. Afterward, through mental transformation, they change this energy. Are these all different ways of describing the same concept from various perspectives?

⾼灵: 因为当你看到⾥⾯什么都没有过后你不需要转换啊,它已经⾃动发⽣转换了.你继续问问: 这个通灵的⼥孩⼦想知道当你清醒的知道你的恐惧来⾃⼀个负⾯信念,却还是去除不了恐惧,该怎么办?

Spirit guide: Because once you see that there is nothing inside and it doesn't require a switch because the transformation has already occurred automatically. You continue to ask: This spirit medium wonders what should be done when she's aware in full consciousness of her fear originating from a negative belief yet still can't rid herself of the fear?

⾼灵: 像我刚才这么说,就⽐如说啊,我去直视了呢个⿊洞,发现⾥⾯什么都没有,但是你还是害怕.那就说明在你的内在,因为像我刚刚说的你去发现外在什么都没有,都是来⾃于你的脑海⾥⾯的.那只能说明你的脑海⾥⾯它还有残留的东西,还有残留⼀些其它的负⾯信念影响着你.你只是需要进⼀步的⽤这种同样的⽅式慢慢的挖掘.那有可能,⽐如说我看到⾥⾯什么都没有,我还是有恐惧,然后⽐如说你又继续看.你看到你: 哇,原来我担⼼现在是我没有,那是不是明天就有了呢? 那明天就有了这又是你另外的⼀个负⾯信念.所以只需要⽤同样的⽅式,继续的探索、探索.⽽且不需要去push yourself, 不需要去强迫你⾃⼰来达

Higher Spirit: Like what I just said earlier, for example, if I were to directly face a black hole and found nothing inside but still feel afraid, it indicates that within you, because of what I just mentioned - you discovered the absence outside which originates from your mind. This only shows that there are still remnants in your mind, lingering negative beliefs affecting you. You simply need to delve deeper using this same approach gradually.

For instance, even if I see nothing inside and still feel fear, then perhaps upon further examination, you might ask: Oh, originally my concern was the absence of something now; does that mean it will be present tomorrow? The presence tomorrow is yet another negative belief affecting you. So, just use this same approach continuously to explore more without pushing or forcing yourself.

到⼀个毫⽆恐惧的⼈.因为就是不要去追求任何,因为当下的都是最好的.我们不会⽤⼀个完美的标准来期待你们赶快的成为.因为⽣命的本⾝它并没有⼀个完结的状态,完美的状态.我们对你们没有任何期待.你在继续问问: 这个⼥孩⼦的下⼀个问题是我们的信息和与神对话的信息有很多相似之处.与神对话是我们物质世界的⼀本书.然后她想问这些信息都是来⾃同⼀个地⽅吗?

To a fearless person, because there's no pursuit of anything, as what is present is the best. We don't have a perfect standard to expect you to quickly become that. Because life itself doesn't have an end state or a perfect state; we have no expectations for you. You continue to ask: The girl's next question is about similarities between our messages and information on conversing with God. Conversing with God is a book in our physical world, then she wants to know if these messages are coming from the same place?

⾼灵: 她最近在看呢个与神对话,然后很多信息都是从你们通灵的信息当中,就是说很相似,很类似.然后你们想知道这个信息是不是来⾃于同⼀个信息? 然后我想说这些信息都是来⾃同⼀个地⽅.呢个地⽅就是什么? 就是纯粹的爱,纯粹的能量,纯粹的爱.都是来⾃于光,来⾃于爱,来⾃于神.是的.就好像你们去取⽔.你们可能是在不同的井⾥⾯取到⽔.这个⽔呢喝起来都会有⼀点点不⼀样.但是⽔的源头,井⽔,两⼜井或者多⼜井的源头的呢个⽔是同⼀个地⽅,明⽩吗? 然后他们只是⽤不同的⽅式,⽤⾃⼰能理解的预⾔.因为你们要变成你们的物质语⾔,你必须要在你的物质世界你拥有呢个表达的⽅式.⽤⾃⼰的⽅式.

Higher Spirit: She's been reading about God lately, and much of the information she has received seems to be similar or analogous to your spiritual insights. The question is whether these informations originate from the same source? I would say that they indeed come from the same place. What exactly is this place? It's a place of pure love, pure energy, pure love, all originating from light, love, and God. Yes, it's like drawing water from different wells; each well might give you slightly different water to drink. But the source of that water, whether it comes from two wells or multiple wells, originates from the same place. It's clear, right? They just use different methods, in their own comprehensible prophecies because you must translate your spiritual language into a form that resonates within your material world; you must have a way to express this using your own understanding and ability.

就好像井它有不同的(没听清),它有地质的影响,它还是有⼀点点不同的味道.但是它来的呢个源头都⼀样.

It's as if there are variations (I didn't catch it clearly), with geological influences, they do have a slightly different taste. But the source from which they come remains the same.

问: 这个⼥孩⼦想知道她可不可以睁开眼睛通灵?

Questioner: The girl wonders if she can open her eyes for spiritual communication?

⾼灵: ⽬前她不可以睁开眼睛进⼊状态.为什么呢? 因为当她⼀睁开眼睛的时候,物质世界的现象,物质世界的⼀切就会把她拉⼊到物质世界.这是她⾝体的⼀个功能.就好像你在梦⾥⾯是吧,你在做梦.突然把你弄醒了,你还能继续做梦吗? 你不能.但是她传递信息的⽅式有很多种.有⼀种⽐较深⼊的状态就是这样⼦的状态和你们交流.但是她也会有她喜欢的⽅式,⽐如说写诗.其实也是⼀样的.只是说她现在写诗的链接还没有如此的像我们现在的链接这么流畅,明⽩吗? 那如果她能通过写诗的⽅式来传递信息的话,她就是⽤另外⼀种状态,但是其实呢些信息是通灵信息.她感知到⼀些,她感知到能量、感知到爱.然后她把她⽤⾃⼰的语⾔描述出来.

Higher Spirit: Currently, she cannot open her eyes to enter a state. Why is that? Because when she opens her eyes, the phenomena and all aspects of the material world will pull her back into the material realm. This is a function of her body. Just like being suddenly awakened from a dream, can you continue dreaming? No, you cannot. However, there are many ways for her to transmit information. One of these involves deeper states where she communicates with you in this manner. But she also has preferences and methods that she likes; for example, writing poetry is one such method. Essentially, it's the same process. It's just that now, her connection through writing poetry isn't as smooth or direct as our current link. Does that make sense? If she could transmit information through this poetry-writing method, she would use a different state of being, but in reality, those messages are spirit communications. She perceives certain things—energy and love—and then expresses them in her own words.

她这样的状态她就是在她的物质世界睁开眼睛,然后在描述.

In her state, she opens her eyes in her material world and then proceeds to describe.

问: 这个⼥孩⼦还有⼀个问题就是外星⼈分好和坏吗?

Questioner: Does this girl also ask if aliens are divided into good and bad?

⾼灵: 如果你去问⼀个坏⼈,你说你坏不坏? 他说我是好⼈.如果你去问希特勒,你问他坏不坏? 他告诉你我在做⼀件正确的事情.我在优化⼈类,我让⼈类变的更好.⼀切变的更好的东西怎么会是坏的呢? 明⽩我的意思吗? 所以好和坏只是不同的⽴场,站在不同的⾓度. OK,就⽐如说有⼀个外星⼈他突然⾛到你床边.然后对他来说,他觉得你是⼀个沉睡的⼈.你是被⼀切的恐惧笼罩着,你在痛苦当中.他想要来帮助你.但是你可能看到他你就会晕厥.他可能会先给你打⼀个,就是⿇醉你.因为他们为了减轻你的痛苦.在这个过程中,你们觉得你们被外星⼈绑架了,然后他又要⿇醉你.但是在他的⾓度来说,因为他的认知⽐你先进,他能看清楚⼀切.

Higher Spirit: If you ask a bad person if they are bad, they will say that they are good people. If you ask Hitler, asking him if he is bad, he would tell you that what I'm doing is correct; I'm optimizing humans, making them better. How can things that make everything better be considered bad? Do you understand my point? So, 'good' and 'bad' are simply different perspectives from different angles. Alright, imagine an alien suddenly walks to your bedside. For him, he sees a sleeping human being who is overwhelmed by fear, suffering in pain. He wants to help you. But the sight of him might cause you to faint. To start, he would sedate you because they want to alleviate your pain. In this process, you feel like you have been abducted by aliens and are about to be sedated. But from his perspective, as his cognition is more advanced than yours, he can see everything clearly.

他觉得他在拯救你.所以,就算你们物质世界的好和坏都是因为你们站在不同的⾓度.你们站在你们⾃⼰的⼀个⾓度,他们站在他们对⽴⾯的⼀个⾓度.你们有你们的就是对事件的⼀个看法.他们有他们对事件的⼀个看法.然后外星⼈也⼀样.但是但是但是基本上外星⼈的进化程度都⽐地球⼈⾼.也就是说如果真的要分好和坏的话,他们不坏.因为为什么? 越是进化程度⾼的⼈,他们越不会去⽤负⾯的⽅式去体验、成长.因为他们知道这是没必要的.就好像你们俩现在意识程度在不断的提⾼不断的提⾼.你们不会

He feels that he's saving you. So, even if the good and bad in your physical world are due to your differing perspectives – you from your own angle, they from their opposite angle – you have your perspective on events, while they have theirs. And extraterrestrials are no exception. However, despite this, extraterrestrial beings' level of evolution is generally higher than that of humans. That means if one were to categorize as good or bad, they would not be considered bad for the reason that those with a higher level of advancement do not resort to negative experiences or growth; it's unnecessary for them. Just like how you both are continuously elevating your consciousness – you won't

去杀害别⼈,伤害别⼈.因为你们知道你们其实是⼀体.伤害别⼈也是在伤害⾃⼰.你们不会去做这个选择,就算你们拥有伤害⼈的武器,明⽩吗?像呢些进化程度、意识程度⾼的⼈.只有意识程度低的⼈,因为在他的认知⾥⾯他没有其他⼿段可以解决问题,他才会采⽤暴⼒的形式.所以单独把有暴⼒倾向的⼈或者是⽤暴⼒的⽅式来展现⾃⼰的⼈,就是单独把他们的暴⼒拿⾛是解决不了问题的.就是说不允许打⼈怎么样.⽽是说要去提⾼他的认知.这就是你们⼈类来到地球,物质世界经历的⼀个⽬的或者意义.就是你们经过这种有⾎有⾁,如此深刻的感受才知道,体验⼀些负⾯的感受,你就知道不应该这样.因为你如此深刻的体验过.只有这样⼦.

To harm others, to hurt others. Because you know that you are one and the same. Hurting others is also hurting yourself. You wouldn't make this choice even if you possessed weapons capable of harming people, right? For those who have evolved and their consciousness is high, only those with lower levels of awareness would resort to violence because they perceive no other means to solve issues within their understanding. Therefore, taking away the violent tendencies of individuals or the manner in which they exhibit themselves violently alone doesn't solve the problem. It's not about banning physical contact; rather, it's about elevating their consciousness. This is what human beings are meant to experience and understand through the tangible world on Earth - that by deeply experiencing pain and negativity, one realizes that such actions should be avoided, as they've been vividly experienced before. Only in this way does understanding truly emerge.

⽽不是说把你们全部逼的不允许你们⼲坏事.⽽是你们⾃⼰内在的真实的⼀种,呢才是真正的⾼尚.你想象⼀下,⼀个绅⼠⼀个君⼦.他是表⾯遵从君⼦的模样,去成为⼀个君⼦.但是他内在不是这样的.你能感受的到的.你们不是有⼀句话叫伪君⼦吗? 他发⾃内⼼,他内在⼀致的,你们才能真实的感受他.呢样⼦才是真实的,真正的.才是有感染⼒,影响⼒.内在才是和谐的.你还有问题吗?

And it's not about forcing you to do nothing wrong. It's your true inner self that is truly noble. Imagine a gentleman or a knight who outwardly conforms to the appearance of a knight, yet he behaves as one inside. However, his inner self isn't like that. You can feel this. There's a saying among you, "fake knights." Only when someone comes from their heart and maintains consistency internally can you truly feel them. That is true, genuine, and has influence, impact, and harmony within. Isn't there any more question for you?

问: 我想知道我平常⽇常⽣活⾥的所思所想,我的指导灵是不是都知道? 就是他都知道我在想什么?

Questioner: I wonder if my guiding spirit knows all the thoughts and feelings that arise in my daily life - everything that goes on inside me?

English:

⾼灵:你的指导灵.⾸先你的指导灵他并不是固定的⼀个对象.就⽐如说现在我在跟你聊天,我就是你的指导灵.然后你的所思所想是不是都知道.如果我们俩⼀链接的话,是都知道.他并不是固定的⼀个对象跟在你的屁股后⾯监视你,监控你.⽽是说就⽐如像学⽣⼀样,⽼师我这⾥有问题.然后⽼师就⾛过来.⽽不是说呢⼀个⽼师就⼀直在你屁股后⾯看着你,跟着你,等着你,围着你.

Higher Spirit: Your guide spirit. First of all, your guide spirit is not a fixed entity. For instance, if I were to talk with you right now, I would be your guide spirit. We would both know each other's thoughts and feelings if we connected. It does not follow you around constantly monitoring or supervising your actions. Rather, it works like a teacher responding to the student who asks for help. The teacher comes over when needed, rather than standing behind the student at all times, observing, following, anticipating their every move.

问: 我的最后的⼀个问题是我想知道我现在跟我的⾼我的同步度是⼀个什么样的状态?

My final question is, I want to know what level of synchronization I am at with my high self right now?

⾼灵: 是⼀个什么样⼦的状态? 你是又在拿着标尺来衡量你⾃⼰吗? 如果你觉得你内在是⼀个充满喜悦,快乐,真正的热爱⽣命的⼀个状态,这个就是同步的.这个就是⼀个标准,这个就是⼀个尺⼦.你可以去⽤这个标准来看你⾃⼰的⼀个状态.但是你不要总是去追求这个状态,明⽩吗? 如果你想象⼀下,你想直接跳过所有的成长,所有的时间,变成这样⼦的⼀个⼈,那你不是个傻⼦吗? 所以放下任何追求.

Higher Spirit: What kind of state is this? Are you using a ruler to measure yourself again? If you feel that internally you are in a state filled with joy, happiness, true love for life, this is synchronicity. This is a standard, this is a ruler. You can use this standard to look at your own state. But don't always strive for this state, understand? Imagine if you want to skip all the growth and time and become such a person directly, wouldn't that make you silly? So let go of any pursuit.

问: 这个通灵的⼥孩⼦还想知道我们如何更好的传播这些⾼维信息?

Questioner: Does this clairvoyant girl also want to know how we can better disseminate these high-dimensional information?

⾼灵: 你们如何更好的传播这些⾼维信息? 就是说你们像我们对你们⼀样.像我刚才说的我们对你们没有任何要求.我们对你们没有任何期望.那我也希望你们会对呢些就是对信息还不明⽩、不了解的⼈没有任何期望,没有任何要求.因为⼀旦你有期望,你有要求,你就会产⽣什么? 失望感.为什么他们不听我的话呢? 我的信息呢么好.你就开始产⽣失望感.那如果你⾃⼰的状态是⼀个失望的状态,你想象⼀下你在我们的信息当中受益了吗? 没有.所以如果你都没有从我们的信息当中受益,你如何把你的礼物交给别⼈.就想象你怎么去送出去⼀个你没有拥有的东西.然后我来回答你刚才你如何能够更好的去传播这些信息?

Higher Spirit: How do you better disseminate these high-dimensional messages? In other words, how are you doing this like we do with you, as I just said earlier - that there is no requirement or expectation from us for you. There should be none for you too when it comes to those who don't understand or are not aware of the information. Because once you have expectations and demands, what happens? Disappointment arises. Why aren't they listening to me? My message is so good, you start feeling disappointed. If you expect and demand from others, it leads to disappointment. Now imagine if your own state is one of disappointment; would you think that you benefited from our information? No. So, how can you give away your gift when you haven't benefited from the information yourself? It's like trying to share something you don't possess. And now I'll answer how you could better spread these messages based on what you just asked.

就是说你⾃⼰就是光,你⾃⼰就是爱,你⾃⼰就是⾏⾛的神.在你遇到的每⼀个⼈,在你见到的每⼀个眼睛,在你⾯前的任何⽣命,包括动物,包括植物,任何,包括任何⼀切.包括不是⽣命的⼈,就包括⽯头,包括任何.你出现在他们的⾯前,你都是⽤允许和神的慈爱的眼神看待他们,相信他们.⽆条件的爱就是说你对他们的状态没有任何期待、没有任何评判,没有任

In other words, you are the light, you are love, you are walking divinity. Every person you encounter, every eye you see, every life in front of you, including animals, plants, anything and everything, even not-living beings like rocks or any entity, you appear before them with eyes that permit and view them through the lens of divine kindness, believing in them without reservation. Boundless love means no expectations, no judgments, no conditions attached to their state or actions.

何觉得你不应该有这个⾏为.没有任何这种产⽣.为什么? 因为你相信⽣命是永恒的.你相信他们此刻在经历他们需要经历的.你尊重他们需要⾛的路,哪怕是⽤最恶的⽅式呈现.哪怕他⾮常不符合你的观念,你的世界观.你只是相信他们拥有永恒的时间去体验他们应该体验的.⼀切体验都有意义.也让他们知道就是你对他们的永远的理解,永远的允许和永远的信任,永远的爱.因为当你达到这样⼦的⼀个状态的时候,它能从你的眼神⾥⾯,从你的⾝上看到神.当他看到神,他就放下了,明⽩吗? 当他真正的见到神过后,他就放下⼀切⽤负⾯的⽅式去伤害⾃⼰或者伤害他⼈.所以当你头脑⾥⾯升起任何评判的声⾳,或者反对的声⾳,任何打击,你们不应该这样.

Why do you feel that this action is not justified? Why doesn't there exist such a production? What's the reason? Because you believe in the eternity of life. You believe they are going through what they need to go through right now. You respect the path they need to walk, even if it's presented in the most vile way possible. Even if it doesn't fit your views or your worldview at all. You just believe that they have eternal time to experience what they should experience. Every experience has meaning. Also, let them know that you have an everlasting understanding of them, an eternal allowance and faith, and constant love because when you reach this state, one can see the divine in your eyes, and on you. When he sees the divine, he lets go, do you understand? After truly seeing the divine, he lets go of all negative ways to harm himself or others. Therefore, when any judgmental or opposing voice arises within your mind, or if there's any strike against you that it shouldn't be like this,

任何这样⼦的状态你就是个⼈.你如果是个⼈的话,你根本传播不了神的信息.但你头脑⾥⾯没有任何这样⼦的⼀个信息存在.你只是去允许⼀切的时候,他能认出你.当他能认出你的时候,他就是从⿊暗当中⾛到光当中了.所以不需要去苦⼜婆⼼的去劝,不需要去讲⼀堆⼤道理.⽽是你⾃⼰进⼊呢个状态,⽽是你⾃⼰本⾝你就是神.

Any state of that nature you are an individual. If you are an individual, there's no way you can spread the message of God. But there is absolutely no such information existing in your mind. You just allow everything when he recognizes you. When he can recognize you, it means he has moved from darkness into light. Therefore, there is no need for you to force yourself or preach a lot of doctrines. It's simply that you enter that state and inherently you are God.

问: 这个⼥孩⼦的最后⼀个问题是这些信息就像是宝藏.为什么我们迫不及待想要分享宝藏⽽不是私藏宝藏呢? 这股分享欲是来⾃于神吗?

Questioner: The girl's last question was that these pieces of information are like treasures. Why do we rush to share treasures instead of keeping them to ourselves? Is this desire for sharing attributed to divine inspiration?

⾼灵:我们给你们的信息对你们的确是宝藏,如果你能认出来它是宝藏.那如果你认不出来的时候它就什么都不是.所以你们觉得是宝藏是因为你们拥有这个意识程度和拥有这些经历,和拥有这⼀切体验,你能认出它.就好像你戴了⼀个眼镜你就能看到,你要不戴眼镜你看不到.那呢些⼈,他是没有戴眼镜的.然后为什么你想要把这些就是说你戴着眼镜看到这个分享出去⽽不是说就⾃⼰享受?因为你好像是,这么说吧,就⽐如说在⼀个⿊暗的屋⼦⾥,你⽤了这些你提升了,你就⾃⼰变成了光了.你想要去藏住你的光吗? 你想说我不能让我的光发射出去,我要⾃⼰拥有.我不能不能不能.遮住我的光.这是不可能的.

Higher Spirit: The message we give you is indeed a treasure for you, but if you can recognize that it is one. If you cannot see that it is so then it means nothing to you. Therefore, you consider this information as treasure because of the consciousness level that you have, the experiences you have had, and all these other experiences you've been through which allow you to identify its value. Like when you wear glasses, you can see what's there; without them, you cannot. Those people do not wear their glasses, so why would you want to share your view as if you wore glasses while keeping the same for yourself? It seems like you're in a dark room using these and becoming light yourself. Would you hide your light? Do you wish that your light could not be shared because you cannot allow it to shine outwards when you have access to it? No, you cannot hide or prevent the shining of your light. This is impossible.

因为你⾃⼰在呢个过程当中,你就已经是,他们还是⿊,你已经在⼀点微弱的光然后越来越亮越来越亮.就是成长的这个过程,提升意识转变的这个过程,它是你不可能⾛回头路的.也就是说当你成了通透的光过后,除⾮你⾃⼰想要体验,就是选择把⾃⼰呢个什么,你只是⼀个光的存在的.然后真正的光和真正的爱,就是说意识程度达到了⼀定的时候,你就是爱,你并不是说你需要去得到什么,别⼈需要怎么样怎么样,你才给出.你就是爱.当你就是爱的时候,你会在别⼈需要的时候伸出你的⼿.因为为什么呢?因为你就是爱.你会在别⼈需要经历痛苦的时候给出你的爱.为什么?因为你就是爱.所以⼀切答案就是说你就是爱,这就是爱.那为什么会有分享欲?

Because by the time you're in that process, you are already, they remain black, you are already a tiny light then getting brighter and brighter. The process of growth, the process of elevating awareness and transformation, is one where you cannot go back. In other words, once you become a transparent light, unless you choose to experience being just an existence of light,真正的光和真正的爱 come when your level of consciousness reaches a certain point – you are love. You don't need anything from others or require them to do something in order for you to give love; you inherently are love. When you truly are love, you extend your hand to help others when they need it because that's who you are. The reason you want to share is because you are love. You offer your love to others when they need to experience pain, because that's what love does – it doesn't ask for anything in return; it simply exists and gives without expectation.

因为这就是爱.别⼈寻找,我就给他.因为这就是爱.还有别⼈⼜渴,我给他⽔.为什么? 因为这就是爱.所以这就是爱.神就是爱.

Because this is love. I give to others what they seek, because this is love. And then there are others who are thirsty, and I give them water. Why? Because this is love. So this is love. God is love.

# **2021/06/16 — ⼀直想⾃杀是为什么Why would someone always want to commit suicide?**

⾼灵: 你是什么时候,这是第⼏次有⾃杀的念头?

Higher Spirit: When was it and how many times have you had suicidal thoughts?

⾼灵: 从⼩就有.为什么你还⼀直都没有采取⾏动呢?

Higher Spirit: You've known about it since you were young. Why haven't you taken any action yet?

⾼灵: 所以你并不是真的想⾃杀,你只是想要从你现在⽬前的束缚当中,就是⽬前的状况当中,⽬前的处境当中解脱出来,对不对?

Higher Spirit: So you're not really trying to commit suicide; you just want to get out of the constraints you're currently experiencing, right?

⾼灵: ⼀个真正想要⾃杀的⼈,他不会是因为,就⽐如说我现在没钱,那如果给你⼀⼤笔钱你还⾃杀吗?

Higher Spirit: A person who genuinely wants to commit suicide wouldn't do it just because, for example, I don't have any money now. Would you still commit suicide if I gave you a large sum of money?

⾼灵:对呀,你就不会想⾃杀.所以你的问题不在于你想⾃杀.⾃杀不是你想要去解决的问题.你就不⽤钻到呢个⾥⾯去.因为呢些想要结束⽣命的,他是拥有⼀切.不管他拥有什么,他拥有家⼈,拥有爱他的⼈,拥有财富,拥有地位,他还是想要去结束⽣命.你是因为如果给了你钱,你就不会想要⾃杀.所以你并不是真的想要⾃杀.你是想要从你⽬前的处境当中出来.你是逃避.你更多是逃避.因为你找不出来更有效的⽅式⽅法去逃避.就⽐如说你找不到其他出路,你就觉得⾃杀是⼀条路,你明⽩我意思吗?所以你的问题不在于你想⾃杀.你并不是想⾃杀的⼈.你只是每次觉得找不到出路的时候,你就想着⾃杀是个出路,明⽩吗?

Higher Spirit: Indeed, you wouldn't want to commit suicide either. So your problem doesn't lie in wanting to commit suicide; it's not something that you're trying to resolve by ending your life. You don't have to go into that. Because those who wish to end their lives already possess everything - regardless of what they have, whether family, people who love them, wealth, status, they still want to end their lives. Your issue stems from the belief that if you were given money, you wouldn't want to commit suicide. Therefore, it's not that you really want to commit suicide; you're just trying to get out of your current situation. You're escaping. It's more about escaping because you can't find a more effective way to do so. Just like when you don't find any other出路, you perceive self-harm as an option. Do you understand? Hence, your problem doesn't lie in wanting to commit suicide; you aren't someone who wants to commit suicide. You just consider it as an escape whenever you feel there's no way out, do you get it?

⾼灵: 不代表你想⾃杀呀⾼灵: 这不代表你想⾃杀呀.你不是想要结束⽣命.你是不想有压⼒的活着,明⽩吗? 如果你连你⾃⼰的问题都搞不清楚,就是你头脑⾥的想法,你到底是为了什么问题.你连这些你都不清楚的话,你也处理不了.你在这个物质世界,你的⾁体,你⾸先你就好像你在拿⼀个棍⼦打影⼦⼀样.你觉得你拿⼀个棍⼦在打地上的影⼦,有⽤吗? 所以⽆论你做出伤害⾃⼰或者是结束⾃⼰⽣命或者是损害⾃⼰⽣命,你都是拿⼀个棍⼦在打地上的影⼦.你只能做出这样的动作.你试着下次拿棍⼦,⽐如说⼀个⼈站在呢⾥,地上的影⼦就是太阳照射他地上的影⼦.你拿个棍⼦打地上的影⼦,你说你要把它杀死,你去试试.

Higher Spirit: It doesn't mean you want to commit suicide. Higher Spirit: This doesn't mean you want to commit suicide. You're not seeking to end your life. You just don't want to live under pressure, understand? If you can't even figure out your own problems - the thoughts in your head about why you're facing them - if you don't know these things, then you can't handle them either. In this physical world, with your body, it's like trying to hit a shadow with a stick. Do you think hitting a shadow on the ground with a stick is effective? Therefore, no matter what damage you inflict upon yourself or try to end your life or harm your own existence, you're still hitting at shadows - and you can only perform such actions. Try next time to use a stick like this - imagine someone standing there, casting their shadow from sunlight on the ground. With a stick, you try hitting that shadow as if it needs to be killed, see how that goes.

⾼灵: 不是你该如何获得物质上的宝藏.是因为你本⾝就拥有物质上的保障.如果你没拥有物质上的保障的话,你今天还能跟我对话吗?

Sage: It's not about how you acquire material wealth; it's because you inherently possess the security of material resources. If you didn't have that security, would you still be able to converse with me today?

⾼灵: 那只是你头脑⾥的⼀个想法⽽已.你需要处理的不是物质世界的事情,⽽是你头脑⾥⾯的想法.

Higher Spirit: That's just an idea in your mind. What you need to deal with isn't things of the material world, but the ideas in your head.

⾼灵: 我不是赛斯,我没有名字.如果你想要⽤赛斯给我命名,对你来说可以,你也可以.

Higher Spirit: I am not Seth, I have no name. If you want to call me Seth, it's up to you, you can do so if you wish.

⾼灵: 对你来说什么是叫⼈疯了?

Higher Spirit: What drives you mad?

⾼灵: 对你来说什么是匪夷所思?

Higher Spirit: What is inconceivable to you?

⾼灵: 你们物质世界对疯和匪夷所思、不正常,你们这些定义你都有误,如何来? ⼀个正常的⼈,你说他们是疯⼦.⼀个真正的杀⼈魔⿁,真正的是⾃⼰内在是奔溃的、分裂的、伪装

Higher Spirit: In your material world, madness and the unbelievable, the irregular, how do you define them? Even one defines normality incorrectly. How can a normal person be considered crazy? A true psychopath, truly within they are shattered, torn apart, disguised.

的,然后你却说他们是个正常的⼈.所以⽤你们的物质世界的词语,你们定义不了任何的.

The, then you say they are normal people. So using your material world's terms, you can't define anything.

⽐如说,你们好多就算是作为教师,或者是警察,或者是领导,他们都是⼈格分裂的.表⾯上是⼀个⼈格来应付你们⽇常⽣活,实际上隐藏了另⼀个⼈格.但你们却说他是正常的.

For instance, many of you have teachers, or police officers, or leaders who are actually split personalities. They present one personality for your daily interactions, but there's another hidden personality beneath the surface. Yet, you claim they're normal.

⾼灵: 你想解脱.⾸先你要明⽩是什么让你感受到你在被束缚? 你从哪⾥解脱? 你要去认识真正的你.真正的你是⼀个没有任何形体,你如何想要困住他?你现在唯⼀能做的就是⽤你的物质头脑,就是⽤你这个⾝体的⾁体,⽤你的⾁体的这个意识去给⾃⼰制造很多恐惧去体验.这是你唯⼀能做的事情,你不能束缚任何.你也从哪⾥解脱不了任何,明⽩吗?你连束缚都束缚不了,你如何解脱呢? 所以如果你只是把你当成这个⾁体的话..

Higher Spirit: You want to be free. First, you need to understand what binds you and makes you feel confined? From where do you seek freedom? You must come to know the true self that you are. The true self is formless; how could you possibly imprison him? Currently, all you can do is use your material mind, through your body's physicality, with its consciousness to create many fears for yourself to experience. This is what you can do now, since you cannot bind or confine anything else in the process of seeking freedom from yourself. Understand that even binding yourself is beyond your capability; how could you ever hope to find freedom? Therefore, if you only see yourself as this physical being...

⾼灵: 你现在就是死的状态,明⽩吗? 你觉得你是活着吗? 你并不是.你现在就是死的状态.因为你⾝体的能量,你的细胞,你的所有东西都是堵塞的.活的⼈,就是说他是通透的.然后死的⼈他是堵塞的.就⽐如说你现在如果活的话,就是说你是⼀个⽔管,⽔能从你的⾝体当中流过,你能感受到⽔,你能体验到⽔,你能让⽔滋养你.然后你再能把⽔有效的去传递给其他需要⽔的地⽅,那你是活的.那⽔到你这⾥来根本进不去,你也流不出去,你觉得你是活的吗? 你就是堵塞的.那就是死的.你如何去杀死⼀个本是死的东西?

Soul: You are in the state of death now, understand? Do you think you are alive? You are not. You are in the state of death right now because your body's energy, your cells, all of you are blocked. A living person is said to be permeable, whereas a dead person is blocked. To give an analogy: if you were alive, you would be like a water pipe, allowing water to flow through your body; you could feel the water and experience it, letting the water nourish you. Then, you could effectively convey this water to other places that need it, making you live. But for you here, the water cannot come in or go out; do you think you are alive? You are blocked; you're dead. How can you kill something that is inherently already dead?

⾼灵: 因为什么? 是因为你头脑⾥⾯⼀直想要去找⼀些有意义的东西.是因为你的头脑,它会去定义⼀切: 有意义⽆意义、好和坏、正常不正常.这都是你头脑..

Ethereal Spirit: For what reason? It's because your mind has always been seeking something meaningful. It's your mind that defines everything as meaningful or not, good or bad, normal or abnormal. This is all your mind.

⾼灵: 因为这⾥没有为什么.

Higher Spirit: Because there's no reason here.

⾼灵: 你问的问题是如何有办法让你赚到钱,是吗? 你⽬前拥有什么? 你拥有⼀个,就是说你流出去的是什么? 你拥有什么? 你想要获得什么你⾸先得给出去什么.因为你的物质世界是你给出去什么你就获得什么.那你有什么?

Higher Spirit: You asked how you can make money through methods, right? What do you currently have? You own one thing, which means what are you letting out? What do you own? To obtain something, you first need to give away something else. As your material world is what you receive based on what you give out. So, what do you have?

⾼灵: 就是如果你是⼀个农民,你要种东西的话,你现在种什么?

Sage Spirit: If you were a farmer and you wanted to grow things, what would you plant now?

⾼灵: 那你⾃⼰知道⾃⼰的答案了.

Higher Spirit: Then you already know your own answer.

⾼灵: 那是你⾃⼰的⾁体需要去解决的问题.

Higher Spirit: That's a problem you need to solve with your own body.

⾼灵: 还有问题吗?

Higher Spirit: Any more questions?

⾼灵: 那是你的问题,你可以觉得任何都是对的.这⾥没有对和错.只有你⾃⼰想要体验什么.⼀切体验都有意义.

Higher Spirit: That's your issue; you can think anything is right. There's no right or wrong here. Only what you want to experience. All experiences have meaning.

⾼灵: 痛苦也有意义.

Higher Spirit: Pain also has meaning.

⾼灵: 你们没有买任何,你们没有花任何钱.

High精灵: You didn't buy anything, you didn't spend any money.

⾼灵: 你来这⾥的主要原因是什么? 你是想要稳是什么原因你来这⾥? 原因就是来感受你的意念到底是在⼀个什么样⼦的程度.就是来照镜⼦.

Higher Spirit: What is the main reason you came here? Why did you come here, seeking stability? The reason for your visit is to experience at what level your intentions are. You're coming to look in the mirror.

⾼灵: 你是说怎么样可以离开地球吗? 怎么样可以离开地球? 你是说你的⾁体吗? 那你是说什么? 你想从你的痛苦当中解脱.那你就不要再给⾃⼰投射出恐怖的画⾯、恐惧的画⾯给⾃⼰体验.

Higher Spirit: You're saying how to leave Earth, right? How to leave Earth? Are you referring to your physical body? Then what are you talking about? You wish to be free from your suffering. So don't project frightening images upon yourself, and don't let the experience of fear haunt you.

⾼灵: 你怕,你就在产⽣它.你的恐惧就是在滋⽣它.

Higher Spirit: You fear it because you are creating it. Your fear is nourishing it.

⾼灵: ⾸先你要知道我们来这⾥不是来安慰你,也不是⼼理医⽣.所以你的任何情绪,你想要表达,你都可以在物质世界找⼀个,他可以倾听你的⼈.所以如果我们给你带来的信息,你完全不能理解的话,⽆论你再链接多少次,结果都是⼀样.你⾸先你⼀定要明确的知道,你到底想要什么? 如果你想要⾃杀,你不需要去告诉任何⼀个⼈.你有权利做任何选择.但是只是让你明⽩,⽆论你想要怎么样去对待你的⾝体,你只是就像在⽤棍⼦打⼀个⼈影⼦.因为你对他造成不了任何伤害.如果你想要去花费这个⼒⽓,你可以去尝试.因为你允许去⽤各种⽅式来让⾃⼰成长和体验.还有问题吗?

Spirit: First of all, you need to understand that we are not here to comfort you or to be your psychologist. Therefore, any emotions you want to express can be directed towards someone in the physical world who is capable of listening. So if the information we bring does not make sense to you, no matter how many times you connect with us, the result will remain unchanged. You must clearly know what it is that you truly desire. If you wish to commit suicide, there is no need to tell anyone. You have the right to make any choice. However, let me clarify that whatever actions you take towards your body are akin to striking a shadow - you cannot cause harm. If you choose to expend energy on this pursuit, you may attempt it, as you are allowed to use various methods for personal growth and experience. Any further questions?

⾼灵: 你要问你⾃⼰⾼灵: 就连路边的⼀个流浪狗,⼀个要饭的,他们都受到了保障.为什么你会问你有没有保障?

Higher Spirit: You should ask yourself, Higher Spirit: Even a stray dog on the roadside, even a beggar, they are all guaranteed. Why would you ask if you have any guarantee?

⾼灵: 所以说你说这个世界没有给你千军万马,没有给你城堡,没有给你⼀堆黄⾦.然后你就要⽤你的⽣命去跟它抵抗是吗?

Higher Spirit: So you're saying that when this world doesn't give you armies of ten thousand or castles or a pile of gold, you have to use your life to resist it, right?

⾼灵: 你怎么知道他在享受呢? 你们每⼀个⼈能享受的东西都是⼀样.你们能享受的东西都是⼀样,就是爱.呢个是不⽤花费任何⾦钱.所以错误的是不是为什么有些⼈能享受荣华富贵,⽽是你头脑⾥⾯对享受荣华富贵的呢个错误的定义.是你以为,是你觉得.

Higher Spirit: How do you know he's enjoying it? Everything you can enjoy is the same – love, which doesn't cost any money. The mistake isn't why some people can enjoy wealth and prosperity, but rather the wrong definition of enjoyment in your mind that makes you think and feel that way.

⾼灵: 你得不到你想要的东西那是正常的.因为呢是你头脑⾥⾯⾼灵: 这是正常的⾼灵: 还有问题吗? 我在什么地⽅? ⾸先,我不是有⼀个物质⾝体,我只是⼀股能量.所以,就好像你问⼀个空⽓,你说你在什么地⽅? 就好像你问⼀滴海⽔,海⾥⾯的⽔,你问这⼀滴⽔你在什么地⽅? 它在整个海洋⾥⾯,它在整个宇宙⾥⾯.

Higher Spirit: You can't get what you want. That's normal because your mind is Higher Spirit: This is normal for Higher Spirit: Are there any other questions? Where am I? First, I don't have a physical body; I'm just an energy. So, it's like asking the air or a drop of sea water - "Where are you?" It's the same as asking one part of the ocean water in the vast sea, or even the universe.

⾼灵: 你不能做的事情⾮常⾮常多.因为你本⾝⾁体就是受限制的.所以你不能做的事情或者你做不到的,得不到的,这是很正常的.

Higher Spirit: You can't do an awful lot of things. Because your very physical body is limited. So the things you can't do or can't accomplish, or can't obtain, that's completely normal.

⾼灵: 没有未来,不是你没有未来,是所有⼈都没有未来.

Higher Spirit: There is no future, it's not that you don't have a future, it's that nobody has a future.

⾼灵: 这⾥没有未来.你们总觉得你们的时间是好像是往前⾯⾛,⼀⼆三四这样⼦,这⼀个过程.那是你们头脑⾥⾯产⽣的幻觉.这⾥没有未来.只有每⼀个每⼀个瞬间.如果你问你在哪⼀个瞬间你会幸福或者快乐.然后这个抉择在于你,在当下每⼀个瞬间.你选择你⾃⼰拥有的体验.没有谁能够阻⽌你任何你想要体验的.所以这就是为什么你清楚的知道你想要什么是⾮常重要的.如果你不知道的话,你就会随着外在的影响,你会被集体意识,被社会上⼤多数的状态影响.

Higher Spirit: There is no future here. You always think that your time goes forward in a sequence like one-two-three-four, this process. That's just an illusion created by your mind. There is no future here. Only every single moment. If you ask which moment would bring you happiness or joy, the choice lies with you in each and every instant. You choose your own experiences. No one can stop you from experiencing what you want. Therefore, it is crucial to clearly know what you want. If you don't know, you will be influenced by external factors, by集体 consciousness, and by the majority state of society.

⾼灵: 你还有问题吗?

Higher Spirit: Do you have any more questions?

⾼灵: 没有任何⼈能解决你的困境.因为你是呢个唯⼀制造你困境的⼈,你也是唯⼀,就好像脚在你⾝体上,你如果不愿意跨出来,谁也强迫不了你,明⽩吗? 所以需要你⾃⼰做出选择.我们只能告诉你,你放⼼的迈出你的脚,你是安全的.但是你的脚要不要迈出来,在于你⾃⼰的选择.如果你是说⾁体死亡的话,你们⼈类的寿命就是七⼗到⼀百年,你可以计算⼀下你的⾁体时间

Higher Spirit: No one can solve your predicament because you alone are the one who created it, just like a foot on your body. If you don't want to step out, no one can force you to do so. Do you understand? Therefore, the choice is yours to make. We can only tell you that if you take a step forward with confidence, you will be safe. However, whether or not you choose to step out depends solely on your decision. If by 'death' you mean physical death, human life spans range from 70 to 100 years; you can calculate how much time is left in your body.

# **2021/06/28 — 突破⾃我,建⽴与他⼈的联系Breakthrough Self-Limitations, Build Connections with Others**

问: 我现在个⼈性格⽅⾯哪些地⽅是需要突破和提升的?

Questioner: What aspects of my personal character do I need to break through and improve now?

⾼灵: 你叫什么名字问: XXX⾼灵: XXX,我现在链接⼀下你的能量,感受⼀下你⽬前的能量状态.你喜欢跳舞吗?

Higher Spirit: What is your name? Asking: XXX Higher Spirit: XXX, I am about to connect with your energy and feel your current state of energy. Do you like dancing?

问: 不是太喜欢⾼灵: 那你可以试着听⼀些节奏感⾮常强的⾳乐,然后让⾃⼰的⾝体随着呢个节奏感⾮常强的⾳乐舞动起来.为什么要做这样的事情? 是因为就好像你需要把你的⾝体,就好像你现在⾝体的⼀些细胞或者能量它是堵塞的⼀个状态,然后你在,等你真正能跟⾳乐,节奏感强的⾳乐融为⼀体的时候,那就说明你是在跟外界达到链接了.因为当你没有跟外界有所链接的话,你就好像你⾃⼰是在⼀个,像⼀个⽐如说⼀个透明的球,你站在⾥⾯.如果你站在⾥

Questioner: Not too fond of Higher Spirit: In that case, you can try listening to music with very strong rhythmic patterns and let your body move in sync with the powerful rhythm. Why do such a thing? It's because it seems like you need to get your body into a state where its cells or energy is stagnant, just as if your current physical self was stuck. When you're able to merge with the music, especially the rhythmic tunes, that indicates you've established a connection with the outside world. Because if you haven't connected with the external world, it feels like you're inside, like being in an invisible bubble, standing alone within.

⾯,你想要跟别⼈去交往的话,你的温暖他们感受不到.就是你们之间会有屏障.就是你们之间也没有链接感.也就是你就好像在玻璃屋⼦⾥⾯在跟⼈打交道.所以对⽅感受不到你的温暖,也感受不到你的爱,也感受不到你是⼀个,就是流动的呢个状态.那当你在学会让你的⾝体和⾳乐融为⼀体的时候,你的⾝体就在,你就在教它去链接.因为你必须要跟随着⾳乐,你的⾝体,就是要让⾳乐、呢些节奏进⼊你的⾝体.就好像你现在是个绝缘体,你需要把你变成可以导电,因为这样⼦你接触的每⼀个⼈,你们之间才会有链接.因为你想象⼀下,如果你想要打动别⼈的⼼,或者是⾛进别⼈的⼼,或者是想改变或者是任何影响.如果你都是绝缘的,你怎么影响对⽅?

If you want to interact with others, they can't feel your warmth; there is a barrier between you. You don't have that connected feeling with them. It's like dealing with people through a glass house. Therefore, the other person doesn't feel your warmth or love, nor do they sense that you are in a flowing state. When you learn to merge your body with music, your body teaches itself how to connect because you must follow the music; your body allows the rhythms and melodies to enter it. You're like an insulator right now, but you need to transform yourself into something conductive so that when you touch others, there will be a connection. Imagine trying to touch someone's heart or get into their thoughts or influence them in any way. If you're all insulated, how do you impact the other person?

所以这就是你⽬前你需要连接,就是让你的⾝体,让它的呢些堵塞的,或者是⿇⽊,或者是紧张的这些全部通通的.就是让你的⾝体重新跟万事万物,⽐如说跟⼈有了连接,跟你的内⼼有了连接,跟植物、动物这些.这样⼦你就能,就是不再只是根据你的⽇程表在做事.因为⽬前你是好像是在按照课本上,就好像你有⼀个⽇程表每天要做些什么.然后你就是按照呢上⾯的事在⾏动.⽽不是说跟随着,⽐如说你⼯作的地⽅,你没有跟他融为⼀体.你⼯作的对象,你⾯对的⼈,你没有跟他们有很强烈的链接感.就好像有⼀句话叫公事公办的呢种.所以你会感受到就是说,虽然你做出了很多的⼯作.你想象⼀下,你在⼀个玻璃⾥⾯,你做了很多⼯作,你做出很多努⼒.

So this is what you need to connect with at the moment, which involves getting your body unblocked or awakened, whether it's numbness or tension, making sure that every part of it is in a state of flow again. It means reconnecting your body with everything around you, such as humans, yourself internally, plants, animals and so forth. This way, you won't just be doing things according to your schedule anymore. Currently, you seem to follow a textbook regimen, like having a daily routine that dictates what needs to be done. You act upon it accordingly. Instead of integrating with the environment where you work, be it your workspace or the people you interact with, you don't have a strong sense of connection. It's as if you're being very bureaucratic about things. So you'll feel like despite all the hard work and effort you've put in, imagine yourself working inside a glass box doing all this work.

但是你却没有对外界有很⼤的影响.因为你们中间隔了⼀层玻璃.所以这是⼀种把内在的感官,就是让你的个⼈就是⼀个接受,就是你可以接受对⽅的⼀个状态,然后对⽅可以接受到你的⼀个状态.因为你们在影响别⼈的时候就好像⽐如说,对⽅是冰⽔、是冷⽔,然后你是开⽔,明⽩我意思吗?你们如果达到了呢种链接的话,那你就会把他给变热.如果你们没有链接的话,他是冰的还是冰的,你是开的还是开的.融⼊不了在⼀起.然后因为当你⽬前,你的⾝体⾮常的,也就是说你⾃⼰的⾝体就是⼀个保障.你的⾝体它就拥有了巨⼤的智慧,拥有⼀切你可以利⽤.但是你却对它的开发很少.

But you don't have a significant impact on the outside world because there's a layer of glass between you. This means that you're in an inner state of receptivity where you can receive from others and they can receive from you. When you influence someone else, for example, if they are cold water, then you are hot water. Do I make sense? If you achieve such a connection, you would warm them up. Without a link, if they're still ice cold, or if you're still steaming hot, you can't blend together. And because your body currently acts as a shield, it possesses immense wisdom and everything that can be utilized for you. However, you barely develop its capabilities.

因为当你在真正真正的⼀个⽼师,⼀个⽼师他讲的不是他头脑⾥⾯的知识,不是他储存和学习书本上的知识.⽽是说他本⾝他就像是⼀个管道⼀样,他把宇宙的智慧,宇宙的能量通过他,就好像别⼈来你这⾥取⽔,你只是⼀⼜井.如果你只是拥有你头脑⾥的知识,那么你这⼜井⾥⾯的⽔就像是死⽔⼀样,在给对⽅喝,明⽩我意思吗?那如果你让你的⾝体就像⼀个接收器⼀样,你是敞开的,你是不断的接收能量,你在当下下载所有的智慧.那你就是⼀⼜活井,就是你的⽔就是活的.你的井⽔是源源不断的.取的⼈越多,你的⽔越多.然后它是有⽣命⼒的,它是可以滋养⼈的.⽽不是说⼀滩死⽔的话,它⾥⾯滋⽣很多细菌.

Because when you are truly a teacher, the knowledge that he shares is not just what he has stored and learned from books in his mind; it's more like he acts as a conduit, channeling the wisdom of the universe and its energy through him. It's akin to someone coming to your well for water - you're simply a well. If you only possess knowledge in your mind, then the water in your well would be stagnant, much like giving stale water to others. Do I make sense? But if you allow your body to act as a receiver, opening up continuously to receive energy and downloading all wisdom in the present moment - that makes you a living well; your water is alive and flowing abundantly, with each more people drinking from it, the more water there is for you. It's full of vitality, nourishing life instead of being stagnant with bacteria.

因为你们头脑⾥⾯储存的知识,头脑⾥的这些都是死⽔.所以你需要把呢个通道给打通.打通过后你就会发现真正的智慧在当下即可取得.⽽你根本就

Because the knowledge stored in your mind and the thoughts within are stagnant waters. So you need to open that channel. Once opened, you will discover that true wisdom can be accessed right now. And you'll realize

⽤不上书本上学习的任何,呢些呆板的.因为⼈,对⽅如果是知道你是死⽔的话,他的头脑会有⼀种,就不会想要再继续吸收呢些.⽽且这种⽅式也只会打造更多的呢种,像我刚才说的死⽔的井⼀样,对⽅也会变成呢个样⼦.当他们离开了这种就是,就⽐如说你教他要这样反应,如果对⽅没有做出这样⼦的⼀个反应的时候,他会不知所措,他是不知道.为什么?因为你把他养成了就好像是⼀个机器⼈.你给他输⼊这个程序,他只有这个程序能解答.如果超出了他解答的范围,他就不知道该怎么办了.这样⼦的⼈他不能做出任何的创作.他能做出的东西⾮常的有限.你们需要就是把每⼀个变成真正的,像我刚才说的是它⾥⾯流出来的是活⽔的井.

Utilizing none of what was learned from the books, those rigid rules because people, if they knew you were stagnant water, their minds would have a sort of resistance and wouldn't want to continue absorbing such. Moreover, this method only fosters more stagnant wells, like I mentioned earlier, turning the other party into that same state. When they leave this situation, for example, if you instruct him on how to react, when the other party doesn't respond in that manner, he will be at a loss. Why? Because you've nurtured him into behaving like a robot, inputting a program into him where he only responds according to that program. If it exceeds his response capacity, he's unsure of what to do. Such individuals cannot create anything original; their output is limited. You need to transform each one into something akin to the well I mentioned earlier, flowing with living water instead.

这样⼦的活⽔井,他可以滋养他⾝边遇到的每⼀个⼈,还有他的客户,所有他接触到的⼀切.

Such a fountain of fresh water, he can nourish every person he comes across, as well as his clients and everything he touches.

问: 那我是否可以抛弃以往的脑袋⾥⾯的⼀些知识⾼灵: 知识就像是⼯具⼀样,你可以,如果你拥有智慧,明⽩吗? 你就可以很好的去运⽤它.就好像如果你没有拥有很好的智慧,你去运⽤它的时候,它只会成为你的,好像是障碍⼀样会挡住你.为什么?因为它会挡住你去跟智慧链接.所以,不是说你要去屏蔽掉你脑袋⾥⾯的知识,⽽是说你去理解知识它就像⼀个⼯具⼀样.你需要⽤呢个⼯具你就拿起来.你不需要那你把它放下去.就好像⼀把⼑,⼑是⼯具.你要⽤⼑的时候,你把⼑拿起来.如果你⼀直把呢把⼑拿在⼿上,它是不是会影响你⾃⼰的个⼈⽣活,它会变成你的负担.

Questioner: Can I discard some of the knowledge in my mind?

A: Knowledge is like a tool; you can do so if you have wisdom, right? You can use it well. Just as if you don't possess good wisdom, when you use it, it will only become an obstacle for you, hindering your progress. Why? Because it blocks you from connecting with wisdom. So, it's not about blocking knowledge in your mind but understanding that knowledge is like a tool. You take up the tool when you need to use it. If you don't need it, put it down. Like holding a knife; the knife is a tool. When you need to use the knife, you pick it up. But if you keep holding onto the knife constantly, wouldn't that affect your personal life, turning into a burden for you?

它会影响你,你⽐如说你要去睡觉的时候你也拿着,你要去跟你的⼩孩玩耍的时候你也拿着,它会影响到你⾃⼰的⽣活,也可能会伤害到别⼈.伤害到别⼈就⽐如说,因为知识它永远都是过去的,它是死的.但是当下永远都是创造新的,只有当下你才能创造新的.如果你孩⼦当下他创造了新的,然后你却拿着你呢些死的东西来看待他或者是对待他,去说教他.你就是在拿⼑⼦在伤害他,因为你把他的创新的呢个思想给谋杀了,给抹杀了.所以说并没有说这⾥是要放掉还是不放掉.⽽是说当你拥有就是说,就是说当你提⾼你的认知,当你拥有智慧,这⼀切⼯具你都会知道我该拿出来的时候拿出来,该放下的时候放下.它不会成为你的阻碍,

It will affect you, for example when you're about to go to sleep and still holding it, or when you're playing with your child, you have this. It will impact your own life, and may also harm others. For example, because knowledge is always past, it's dead. But the present is always creating new things; only in the moment can you create new things. If your child creates something new in the moment, but you hold onto these old things as a perspective or how to treat him, lecturing him instead of embracing his innovation. You're essentially stabbing him with a knife because you've killed his innovative thoughts and ideas. So it's not about whether to let go or not here; rather, when you have certain tools due to your elevated cognition and wisdom, you know when to use them and when to release them. They won't become an obstacle for you.

⽽是成为你的助⼒.还有其他问题吗?

And be your assistance. Any other questions?

问: 第⼆个问题是怎么样去提⾼⼈的意识⾼灵: ⾸先,当你的意识在有限的时候你是提⾼不了任何⼈的意识.因为你看不到对⽅的意识有什么问题,就是你想你就在迷宫⾥⾯.你跟别⼈是⼀样,你们是在同⼀个程度,你们戴着同样颜⾊的眼镜去看待这个世界,你怎么样去告诉别⼈你看到的这个世界的颜⾊是有雾的?你⾸先你需要取下你⾃⼰的眼镜,你能看到⼀个真实的世界.你才能带领他们去看到⼀个真实的世界.所以你是想帮助他⼈,再说你并不需要主动的去帮助他⼈去提升他⼈的意识.为什么?因为你们所有⼈都是连接在⼀起的.你想象⼀下,就好像你们现在每个⼈都在⿊暗⾥⾯,然后你说我怎么样可以,就是教会别⼈发光.

Questioner: The second question is how to improve people's consciousness.

A: Firstly, you cannot elevate anyone's consciousness when your own awareness is limited. You can't see any issues with the other person's consciousness because you're trapped in a maze, just like everyone else. You are at the same level, seeing the world through the same colored glasses. How do you explain that the colors of the world you perceive are foggy to others? First, you need to remove your own glasses and see the real world before you can guide them towards seeing it too. Thus, when you want to help others, you don't necessarily need to actively work on improving their consciousness. Why? Because you're all connected. Imagine that each person is in darkness right now, asking how they could teach others to shine light.

Translation ends

你⾃⼰就是说,你的意识不断的提升和扩展的时候,他们就会随着你的扩展.因为这个能量的影响,就是⽐如说你会发光,他们会挡不住你的光,你的光会照亮他们,这是必然的.也就是说这不是⼀件就是说你去帮别⼈去办这件事是办不到的.只能是从你⾃⼰,你⾃⼰要有这个理念,就是你想要不断的突破

You yourself have said that as your consciousness keeps growing and expanding, they will follow along with your expansion. Due to the impact of this energy, for instance, you might shine light, and they can't avoid being illuminated by it; your light will necessarily brighten them up. This means that this isn't something you could achieve just by helping others; rather, it has to come from yourself. You have to hold onto this idea that you're seeking continuous breakthroughs on your own initiative.

你⾃⼰,不断的拿开你⾃⼰的束缚.然⽽你的每⼀次突破,你⾃⼰的突破就是你们整个集体,你们的⼈类集体意识.因为你想象⼀下,你现在头脑⾥⾯的所思所想,所有看法都是你们这个社会所有⼈类的看法.为什么你头脑⾥⾯会跟他们⼀样呢?明⽩吗?因为他们的思想,他们的⼀些理念,概念都在影响着你.这叫集体意识.所以当你在改变的时候,你已经改变了你⾝边的所有⼈.所以你不需要特意的去做⼀件改变的事情.他们不得不被你散发出的光,散发出的爱,受到影响.就是他们在⿊暗中,如果你亮起来了.

You yourself, constantly removing your own constraints. Yet each time you break through, your personal breakthrough is also the breakthrough for your collective, your human collective consciousness. Understand why? Because what you think in your mind, all your ideas and perspectives are everyone's ideas and perspectives in this society. Why would your thoughts be the same as theirs? Get it? It's because their thoughts, their concepts influence you. This is called collective consciousness. So when you're changing, you've already changed everyone around you. You don't need to刻意 do anything to change. They can't help but be influenced by the light and love you emit. Imagine if you were shining brightly in darkness.

问: 那就是说我在⾃我改变和提升的时候⾼灵: 那就是说这⾥没有外在,只有你⾃⼰.只有你⾃⼰.你能帮助的也是只有你⾃⼰.当然在你帮助你⾃⼰的时候,你也帮助了整个⼈类.因为受⼒永远是双向的,它没有单向的.就好像你在让你⾃⼰就是,你去了解你⾃⼰,认识你⾃⼰,然后突破你⾃⼰,是整个⼈类受益.就好像你是⼀棵树,你在不断的成长,然后你开出的花,所有⼈都能闻到你的⾹味.你结出的果会分享给整个⼈类.如果你去观察⼤⾃然,你们所有都是彼此⽀持.你们是⼀个整体⽽不是单⼀的存在.所以⽆论,就是说你们有⼀句话叫种⽠得⽠种⾖得⾖,也就是说⽆论你做出的对⾃⼰,对他⼈,永远永远都是相互彼此影响的.

Questioner: That means when I'm transforming and elevating myself?

A: That means there is nothing external here; only yourself. Only yourself. The help you can provide is only for yourself. Of course, while helping yourself, you are also helping humanity as a whole because the force always acts in both directions; there is no one-way flow. Just like when you're letting yourself grow, understanding yourself, then surpassing yourself, benefits the entire human race. Like you being a tree constantly growing and blossoming, everyone can smell your fragrance, and your fruits are shared among humanity. If you observe nature, you see that all of you support each other; you're an interconnected whole rather than separate entities. So no matter what, there's a saying: sow the same seeds you'll reap, meaning whatever you do to yourself or others will always have reciprocal effects on both parties.

⽽不可能是只有单⼀影响,⽐如说只影响到你⾃⼰⼀个⼈.所以你对我⾃⼰的⼀个⾃我否定,你其实也在否定他⼈.你对你⾃⼰不爱的话,你其实也是不爱他⼈.所以你对你⾃⼰爱,也是在爱他⼈.你对你⾃⼰肯定,也是在肯定他⼈.明⽩这层关系吗?当你有这个概念过后,你会慢慢的去发现你的⽣活中,你会越来越发现你们的这种紧密联系,这种联系的感觉.你就会把你⾃⼰当成⼀个个体,就是当成⼀个⼈在⾏动,你看到的是整个整体.当呢个时候,你才能真正的就是去,你做出的每⼀步都是在共同进步,共同成长,共同突破的.下⼀个问题问: 怎么样成为⼀个好的培训⽼师?

And it's not just a single influence affecting only one person, like yourself. Therefore, when you negate yourself, you're also negating others. If you don't love yourself, you're also not loving others. Thus, loving yourself is also loving others; affirming yourself is also affirming others. Do you understand this relationship? Once you have this concept, you'll gradually realize the intricate connections and feelings within your life. You will see yourself as an individual acting as a single entity, observing the whole instead of just parts. At that point, every step you take will truly be about collective progress, growth, and breaking barriers together. Next Questioner: How do you become a good teacher?

⾼灵: 培训.在你们物质世界才有培训这个字.培训就是说把不是的培养成是.但是在我们这⾥,我现在告诉你,你本来就是.你只是把你⾃⼰误认为不是,明⽩我意思吗? 就⽐如说我告诉你,你⾃⼰本⾝就是⼀个智者,你是⼀个拥有智慧,你是知晓⼀切,你是拥有⼀切智慧、能量,所有⼀切的.但是你现在却把你弄成了个不是,明⽩吗? 为什么呢? 因为你们物质世界是这么教你的.你要学这个专业知识,你要这样做,你要呢样做.你反⽽还把⾃⼰弄成了⼀个不是.所以没有培养两个字,只有就是说把不是你的东西,你认清楚.

Higher Spirit: Training. There is the word "training" in your material world. Training means to cultivate what isn't into what it should be. But here with us, let me tell you now, you already are. You just mistake yourself for not being so, understand my meaning? For example, I tell you that you naturally are a wise one, possessing wisdom and awareness of everything, carrying all kinds of intelligence and energy within you. But you have made yourself into something not like this. Do you get it? Why? Because your material world teaches you to do this professionally: study this field, follow these instructions, act accordingly. You instead make yourself appear as something not genuine. So there's no concept of 'training' here; it's more about recognizing what isn't inherently yours and acknowledging it truthfully.

你⼈⽣成长的⼀个过程就是把你⼩时候,⽐如说你在⽗母,你在其他眼⾥看到的,你觉得⼈应该怎样,呢些观念,集体意识还有呢些头脑⾥⾯对你就是不是的呢个定义,要把它认清楚.就是你通过⼀层⼀层的这些束缚和幻像,来认清楚你到底真正的是谁.只有你看到了这个过后你才能看到别⼈.因为你们每⼀个⼈都是个假⼈,都是⼀个假象,都是⼀个假的形象.就是他们本⾝都是,然后现在弄成了都不是.然后你们还在继续往这⽅⾯去把他培养成更加不是的.所以你们的⾏动,你们能创造出来的东西是如此的有限,你们的⾏动是如此的受阻.也就是说你不是要去变成什么,就是把对⽅或者⾃⼰变成什么样⼦.

The process of human growth is to clarify the notions and definitions that you held as a child, influenced by your parents, society, and your own thoughts about how people should be. This involves recognizing these concepts clearly through layers of constraints and illusions, thus identifying who you truly are beyond them. Only after seeing this for yourself can you see others. Remember, each one of you is a counterfeit, an illusion, and a false image, mirroring their original selves that have now become distorted. You're perpetuating this distortion by nurturing it further, leading to actions with such limited potential and hindered capabilities. It's not about transforming into something else; rather, it's understanding and accepting who the other person or yourself already is.

⽽是说恢复你原本的样⼦,你去记起来你⾃⼰是谁,记起来你的真实⾝份.然后因为你的真实⾝份不只是你的⾁体.你们需要记住和知道的是这⼀点,你不只是你的⾁体.如果你只是当成⼀个⾁体,你在这个物质世界⾏动的话,你会充满了恐惧,你的⼀切⾏动的呢个点,就是呢个宗旨,你内在都会有⼀个恐惧感在促使你,就⽐如说你会怕⾯临着没有⼯作,失业,⾯临着被炒掉,或者⾯临着你⾃⼰没有做出业绩你会害怕,各种恐惧在⽀配着你.你的⾏为是没有表达你真正的你.所以你

And that means restoring your original self, remembering who you are, recalling your true identity. Then, because your true identity is not just your physical body. What you need to remember and understand is this point: you are not just your physical body. If you consider yourself merely as a body, acting in this material world, you will be filled with fear, the essence of your actions would always have a sense of fear driving you from within, such as fearing unemployment, losing your job, or fearing that you won't achieve results and being afraid of various fears controlling you. Your actions do not reflect the true essence of who you are. Therefore,

必须要知道你的真实⾝份.你不只是你⾃⼰的⼀个⾁体,你还有你更⾼的存在.然后呢个存在是永恒的.有⼀句话叫天⼈合⼀.你现在只是把你当成⼈在⽤,如果你是知道你是天,那和你的⼈合⼀了过后,你可以做任何,就是创造任何你想要创造的.你可以展现出任何你想要展现的,明⽩我的意思吗? 这个接下来她还会更详细的,然后让你去了解.因为你们对这⽅⾯的,就是了解的很少.但是我已经把想要表达的,就是对你的⼀个这些,然后下载了给她.她可以再进⼀步的详细的给你讲解.你还有其他问题吗?

You must understand your true identity. You are not just a physical body of yourself, you also have a higher existence. Then that existence is eternal. There's a phrase called 'Heavenly Man Unity'. Right now, you're only considering yourself as human. If you realize that you are heaven, and after uniting with your human self, you can do anything. You can create anything you want to create. You can show anything you want to exhibit. Do you understand my meaning? This will be explained in greater detail later, allowing you to gain a deeper understanding. Because you know very little about this aspect. However, I have already communicated what needs to be expressed to her, regarding your situation and downloaded the necessary information for her. She can provide further detailed explanations. Do you have any other questions?

问: 作为⼀个培训师,我们能给其他⼈送出的最好的礼物是什么⾼灵: 我想你以后把你的名字改掉.你不是培训师,你叫你⾃⼰⼤师,或者园丁⼀样,就是因为你这么想,你要去培训的对象,就是帮助的对象.他们都是每个⼈⾝上压了很多链条,把⾃⼰的⼿脚给捆绑住了,思想也束缚了.你需要把他们这些拿开,明⽩吗? 那这个不叫培训师,这个叫什么师你可以⾃⼰想⼀想.然后呢,但是你要能做到这⼀点,你必须要先从你⾃⼰⾝上下⼿.这就是为什么她刚才告诉你,你的能量没有流动.所以你要先让⾃⼰就是⼿可以⼿舞⾜蹈,就可以像跳舞⼀样轻松.让你的能量在你的体内流动起来.你达到这样的状态,然后关于这个我已经下载给她,这些信息.你其他问题呢?

Questioner: As a trainer, what is the best gift we can give to others?

Higher Spirit: I think you should change your name later on. You are not a trainer; call yourself master or gardener instead, as this reflects how you perceive yourselves and who you are training - they are those who have many chains weighing them down, binding their limbs and restraining their thoughts. You need to help them break free of these constraints. This is not about being a trainer; think about what kind of 'master' or 'gardener' you would be. However, you must first address this issue within yourself before addressing it for others. That's why she just informed you that your energy wasn't flowing. You need to start by ensuring that your hands can move freely and easily like dancing, allowing your energy to flow throughout your body. Only when you reach this state would the information already downloaded to her become applicable. Do you have any other questions?

问: 其他就是你这边还有什么需要传递给我们的⼀些信息⾼灵:传递给你的信息就是说,你的⼯作,你真的的⼯作是做你⾃⼰.让你⾃⼰活过来,这才是你的⾸要⼯作.因为你只有把你真正的⼯作做好了过后,它才能帮助你⽬前现有的⼯作.如果你只是专注于你⽬前现有的⼯作的话,你能做的,你能展现的⾮常少,你能帮助的也⾮常少.所以你真正的⼯作是找到你真实的⾝份,做你⾃⼰.

Questioner: Any other messages you would like to convey to us?

Higher Spirit: The message I want to pass on to you is that your real job is to be yourself and bring yourself back to life. This is your primary task because only when you do this properly can it assist with the current work you have. If you focus solely on your current job, there's very little you can actually do or show, and even less help you can provide. Therefore, your real job is to discover your true identity and be yourself.

# **2021/06/29 — 你当下就拥有⼀切你想要的You already possess everything you desire.**

问: 我想知道我前天早上在意识清醒但⾝体不能动的情况下,看见我了⼀张男⼈的脸,是为什么呢? 有没有什么信息要传达给我呢?

Questioner: I want to know why, on the morning two days ago when my mind was conscious but my body couldn't move, I saw a man's face. Is there any message being conveyed to me?

⾼灵: 眼睛是睁开还是闭着的状态?

Higher Spirit: Are the eyes open or closed?

问: 我觉得眼睛可能是闭着的.但是我感觉像是灵视打开了.我能看见房间⾥的⼀切⾼灵: 你想问⼀下为什么会看到还是说?

Questioner: I feel like my eyes might be closed, but it's as if my spirit vision is open. I can see everything in the room. Higher Spirit: Do you want to inquire about why you see this or something else?

问: 我想问⼀下我看到的呢⼀张男⼈的脸,我为什么会看到⼀张男⼈的脸? 然后他有什么信息想要告诉我?

Questioner: I want to ask about the face of a man that I saw. Why do I see a male face? And what information does he want to convey to me?

⾼灵: 我链接⼀下.你想要知道为什么会看到呢张脸? 他有什么信息想要告诉你? 你⾸先你要知道你的体质.你本⾝就是⽐较敏感的体质.敏感的体质呢,你会发现你经常会有这种现象,这种经历.所以就好像你现在在物质世界,你看到谁你都会去习惯.就是说⾛在街上,街上有⼈很正常.然后你看到有动物,有房⼦,这些都很正常.那如果你是⼀个敏感的体质,你会看到其他的存有.就好像有些⼈他可以看到⿁魂,是吧?那经常看到,经常看到,他也会习惯.但是如果每个通灵⼈都是说为什么我会看到这个⿁,为什么我会看到这个⿁?你永远都解释不完,明⽩吗?就好像你是⼀个收⾳机,你只是在打开接收的状态.你突然收到这个,收到这个频道.

Higher Spirit: I'm connecting now. You wonder why you see that face? What information does he want to tell you? First, you need to know your constitution. You are of a more sensitive constitution. A sensitive constitution will lead you to find such phenomena and experiences frequently. So in this material world, it's normal for you to notice anyone around you. As you walk down the street, seeing people is common. Seeing animals or houses is also normal. But if you're someone with a sensitive constitution, you'll see other entities as well. Some people can see spirits, right? And when they see them often and get used to it, it becomes habitual. However, if every spirit medium says why I see this spirit, why I see that ghost? The explanation will never end; you understand? It's like being a radio receiver; you're just in an open reception mode, receiving whatever channel comes through.

你不可能去问为什么会有声⾳进来,为什么会有画⾯进来.因为这本⾝就是你的,就是当你意识扩展越来越,你会觉察到更多的.但是如果你问它的意义何在,或者是你怎么利⽤它,就看你⾃⼰.为什么?因为有的⼈他会把这个功能来变成就是帮助他,有的⼈呢变成影响他.你⽐如说很多精神病患者,他们就是因为分不清楚哪些是正常⽣活.所以他就在⼀种失常的转态,在⼀种混乱的状态.信息,有什么信息想要告诉你? 如果你⾃⼰想要把⾃⼰的就是,就好像你在调收⾳机⼀样.你刚刚可能模模糊糊听到⼀点声⾳,你想要更清楚的收听,那么你就会继续调频,对不对? 所以接下来以后你如果想要去更多的往这⽅⾯探索,那你可以继续的保持你的频率.

You cannot inquire about why sound enters or why images come in because these are inherently yours. As your consciousness expands and you become more aware of things around you, you will notice more details. However, if you question their purpose or how to use them, it depends on you. Why is this so? Because some individuals utilize this feature as a tool for assistance, while others might let it affect them negatively. For instance, many psychiatric patients struggle with distinguishing between normal life and abnormal conditions, leading them into a state of disturbance or confusion. The information they receive may seem like it wants to convey something to them. If you wish to improve your understanding and clarity, similar to adjusting the radio, you might need to continue tuning in to get a clearer picture. Therefore, if you're interested in delving deeper into this area, you should maintain your current frequency of exploration.

就是你不要断开连接.那么接下来你就会收到更多的信息.但是这取决你⾃⼰想要断开还是连接上.因为你⾃⼰可以选择.因为当你如果选择打开这个通道的话,就会越来越多的存有会找上你.因为你想象⼀下,这个跟物质世界是⼀样的.就⽐如说你告诉所有⼈你是⼀个通灵者,你可以帮他们链接上他们去世的亲⼈.那是不是很多⼈知道了过后都会找上你,对不对? 那在灵界也⼀样啊.他们也会找上你,当你敞开你⾃⼰.

You just don't disconnect. Then you will receive more information afterward. But whether you choose to disconnect or connect depends on yourself because you have the choice. Because when you open this channel, there would be more entities seeking you. Just imagine it's similar to our physical world. For example, if you tell everyone that you are a medium who can help them connect with their deceased loved ones, wouldn't many people seek you out after knowing about you? Correct? The same happens in the spiritual realm. They will also seek you out when you open yourself up.

问: 我想知道的是这种链接,它更多的是,就⽐如说我要去练习呢种状态,还是说我更多的是⾃我意识的许可? 就是我相信⾃⼰是可以链接上他们的.还是⼆者都要去做,就是既要练习,然后同时通过练习更加的相信⾃⼰?

Questioner: What I want to know is whether this connection is more about practicing certain states or granting myself self-awareness permission? Do I believe that I can connect with them or do both need to be done - practice and also have the confidence in oneself through practice?

⾼灵: 这个必须要你内在不抗拒,没有恐惧感.然后主动的开放⾃⼰,然后信任.就是完完全全的把⾃⼰交出去.因为当你⼀开始,当你的头脑参与,就是你恐惧或者发⽣这样⼦的,你的⾝体就会断开.所以这取决你⾃⼰想不想要更多的去达到链接.因为你有⾃由的选择,想要去如何体验.

Soul Guide: This absolutely requires that you are not resistant within yourself, have no sense of fear. Then, proactively open yourself up and trust wholeheartedly, giving yourself completely over because when your mind gets involved at the beginning, due to your fears or such occurrences, your body disconnects. Hence, whether you want more connection depends on you. You have a free choice as to how you wish to experience this.

问: 我想知道你能不能关于我要去体验⼀份新的⼯作也好或者说新的赚钱⽅式也好,对于这个新的体验,⽬前为⽌有没有什么⼤的限制性的信念或者是束缚在影响这种体验进⼊我的⽣活⾥?

Questioner: I wonder if you could tell me about any significant limiting beliefs or constraints that might be affecting my ability to experience a new job or a new way of earning money, and whether there are currently any barriers stopping this new experience from entering my life?

⾼灵: 你想要去⼯作、赚钱,⽬前你的个⼈信念有没有影响你的? 你就好像你在往前⾯⾛路,然后你要让我告诉你,说你前⾯有没有挡住你的路,有没有东西挡住你的路? 你⾃⼰⾛过去你不就知道了吗.你还没有迈出脚,你先来问别⼈前⾯有没有东西挡住你的去路.你为什么会怕它挡住你的去路呢? 你应该问你⾃⼰为什么会担⼼前⾯有东西会挡住你的去路? 因为你如果你相信你⾃⼰是有脚,有⼒⽓和有办法的.就是挡住你又怎样呢? 如果它有东西挡住你的话,你可以⽤⼿把它拿开啊.拿不开你可以⽤脚把它拿开啊.那如果太重的话,你可以问别⼈⼀起帮忙把它拿开呀.你懂我意思吗? 所以你只⽤放⼼⼤胆的去体验,去⾛,选择你想要去的⽅向.

Higher Spirit: Do you want to work and earn money? Is your current personal belief influencing you? It's like you're walking forward, and now you're asking me if there's anything blocking your path. Wouldn't you just know once you take a step yourself? You haven't even moved yet; you're asking others first about obstacles in front of you. Why are you afraid it will block your way? You should be asking yourself why you're worried that something might block your path since you believe in having feet, strength, and the ability to handle things. What if there is an obstacle in your way? You can use your hands or feet to remove it; even ask others for help if it's too heavy. Do you understand? So just confidently experience and move forward towards the direction you choose.

⽽不是还没有去开始选择⽅向,还没有开始迈出去,你就问我前⾯的路会不会顺呐? 前⾯有没有什么障碍啊,会不会很恐怖啊? 哦,有恐怖的事情发⽣,那算了吧,我还是不要去了.基本上的⼈不就是这么过的吗?

Rather than not even starting to choose a direction or take the first step, you ask me if the road ahead will be smooth, if there are any obstacles, or if it will be terrifying? Oh, if something scary happens, then let's just forget about it; I don't want to go anyway. Essentially, isn't that how most people live their lives?

问: 我的下⼀个问题是,我想知道⼀件事情发⽣它是中性的,然后我们去体验.那作为我的话,我可能会给这个中性的事情定义⼀个我想要的体验,⽐如说对我来说可能是⼀个好的体验.那我去把⼀件事情往好的⽅向定义和我的头脑去追求好,呢个⼆元性的好,他们是互相⽭盾的吗? 因为上次通灵告诉我,我现在最⼤的限制是我在追求好.但是我对这个还不是特别理解.就是我去给与⼀件事情好的定义,正⾯的定义和我头脑⾥去追求好…我不知道这个问题具体应该怎么问…⾼灵: 你想要知道你去追求好和头脑⾥⾯给它定义好之间的区别吗?问: 🗎⾼灵: 你头脑⾥⾯去定义什么,我们⼀直说你头脑⾥⾯定义什么你就会体验什么.

Questioner: My next question is about a situation where an event occurs that is neutral, and then we have the experience. If it were for me, I might define this neutral thing with an experience I want, such as defining it as something good for me. Is there a contradiction between defining things in a positive direction and pursuing 'good' within my mind? Given that Spirit last informed me that my biggest limitation is my pursuit of 'good,' but I'm still not fully comprehending this concept. The act of defining an event positively or giving it a positive definition, versus pursuing 'good' in my mind, seems to present a paradox. Higher Spirit: Are you seeking clarification on the distinction between pursuing 'good' and defining what is good within your mind?

其实最重要的不是你定义什么,⽽是说你⾃⼰是在呢个频率呢个状态.频率,就是真正的频率.就⽐如说你头脑⾥⾯⼀直说: 啊,这是件好事,这是件好事.然后你却是⼀直,⼼⾥却是⾮常的担⼼.你⼼⾥的担⼼的呢个状态,你只是在⾃欺欺⼈.因为如果你真的是,就是说你不去呢个什么.⼀件事情真的是你,只是把⼀个事情就是说,知道它什么都是来服务于你的,都是好的.那你根本你头脑⾥⾯不会想要去有何种定义.就好像刚刚说的,因为你对⽣命全然的

The most crucial thing is not what you define, but that you are in which frequency and state. The frequency here refers to the true frequency. For instance, if inside your mind you're always saying, "Ah, this is a good thing, this is a good thing," yet internally you're deeply worried. Your state of worry is just self-deception because if it truly was that way, meaning you don't perceive something as what it is—it's all about serving you, everything being beneficial. You wouldn't want to define anything in your mind at all. Just like what we discussed earlier, because you see life as a whole.

⼀种信任.你信任你⾃⼰,你信任⽣命,它给你的都是⽀持你的,你也信任你⾃⼰.就算有⼀个障碍出现,那你也有能⼒把它给搬开.你能达到你想要去的地⽅.最重要的是你⾃⼰的呢种状态,⽽不是你脑⼦⾥⾯或者嘴上说什么.⽽是你⾃⼰活出来,就是你⾃⼰,你就是呢样的状态.不管你嘴巴上说什么,你嘴巴上可以,明⽩吗? 你可以什么都不说,你可以什么都不想,但是你就在这样⼦的状态当中.这个才是最重要的.

A trust. You trust yourself, you trust life, for it gives you all the support that sustains you, and you also trust yourself. If there is an obstacle appearing, then you have the ability to move it away. You can reach where you want to go. Most importantly, it's your own state, not what's in your mind or on your lips, but who you are living as, which is you, you are that state. Regardless of what you say with your mouth, you can understand, right? You can say nothing, you can think nothing, but you're just being in this kind of state. This is the most important thing.

问:下⼀个问题是我看到朱莉王说我们的头脑,我们的思想对命运有35%的改变的⼒度.那我想知道你们⼀直都说我们才是创作者,命运在我们⾃⼰⼿上.那如果只有35%的改变⼒度,我想知道为什么是这样? 其次是这个⽐例可以加⼤吗?

Questioner: The next question I saw Julie Wang mention that our minds and thoughts have the power to change fate by 35%. I wonder why you always say we are creators, that our destiny is in our own hands. If there's only a 35% chance of changing it, I want to know why? And secondly, can this percentage be increased?

⾼灵: 你为什么会去相信别⼈说的话? 我们通灵说过很多次,⽆论别⼈说什么他都是真的.不管是朱莉王还是⼀个流浪汉,就是⼀个no body,他什么都不是,他说的话也是真的,明⽩我意思吗? 他说的话是真的是因为他就是这么体验的.他在他的世界⾥⾯就是真实的.但是他们的世界跟你有什么关系? 你们虽然共享着⼀个世界,但是你们却都在⾃⼰的世界⾥⾯,明⽩我的意思吗? 当你只有去相信他的话,然后你就加⼊了他的世界,跟他有共同的体验.然后他的话才能影响到你.所以每个⼈说的都是真的.并不是因为他是⼀个通灵师,他说的都是真的.其他哪怕是⼀个再愚蠢的⼈或者是⼀个精神病.精神病告诉你的话它也是真的,你为什么不相信呢?

Higher Spirit: Why do you believe in what others say? We have communicated through spirits many times; whatever anyone says is true—regardless of whether it's Julie Wang or a homeless person, who is just an insignificant nobody. Regardless of their identity, what they say is true because that's how they experience things. Their reality is real within their world. But do you understand the connection between their realities and yours? You share the same world, yet each operates in his or her own personal space. When you believe what they say, you join their world, sharing a common experience with them. It's only then that their words can affect you. Therefore, everyone is telling the truth—regardless of whether they are spirit mediums or ordinary people, madmen, or even those with mental illnesses. Why don't you believe them when they tell you the truth?

因为精神病他们体验的世界就是他嘴上说的.他说你看,天空上这⾥⾯有

Because of their mental illness, the world they experience is what he says it is. He says, look at this in the sky here.

⼀个天使两个翅膀,它在跟我说话.嘿嘿嘿,他在笑.你们为什么不相信呢?但是他体验的就是真的呀.所以,你⼀定要记住的是,你们并没有在同⼀个世界⾥⾯.OK,就像现在的物质世界⾥你看到这个世界,那是因为你们这些⼈都有相同的believesystem.你们都相信同样的,就是你们头脑⾥⾯都装了同⼀个系统.就好像你们这个游戏,你们都植⼊了同⼀个程序,那你们可以有同样的体验.但是你要知道在你们同样的空间⾥⾯还有其他的.这就是为什么说其他维度.这个空间还同时存在于其他.然后呢些维度,通灵⼈可以感知到.就是说这些感官特别敏感的⼈.当他们打开他们的感官的时候,他们就能感受的到.但是你们却感受不到.为什么?

A being with two wings, it was talking to me. Hehehe, he was laughing. Why don't you believe? But what he experienced is really true. So, the thing you must remember is that you are not in the same world. Alright, just like how you see this material world because all of you share the same belief system. You all believe in the same thing; it's as if there was a program installed in your minds. Like when you play games and have the same program implanted, then you can experience similarly. But you must understand that there are others in your same space too. That's why they talk about other dimensions. This space also exists elsewhere. Then, there are psychics who can perceive these. These are people with very sensitive senses. When they open their senses, they can feel it. However, you cannot feel it because?

因为你们不相信.就是你们头脑⾥⾯没有植⼊呢个程序呀,明⽩吗?因为对你们来说,没有什么灵啊,没有什么⿁魂啊.那你感应不到它们.为什么?你不相信.这些通灵⼈为什么能通灵?因为他们就相信他们可以接受到信息,他们可以跟另外的世界的⼈沟通.因为他们相信啊.你能去拿哪⼀个通灵⼈,你说他不相信有灵界吗?他不相信,他就不可能体验的到.所以⼀个好的通灵⼈,他是百分之百的相信他感受到的任何,接收到的任何.所以,你现在的问题是说,并不是说谁说的话,到底谁可不可信,到底怎么样怎么样.

Because you don't trust. That's because the program hasn't been implanted in your mind, understand? Because for you, there is no spirit, no ghost. Therefore, you can't perceive them. Why? Because you don't believe. Why can mediums communicate with spirits from another world? Because they believe they can receive information and connect with people from elsewhere. It's because of their belief. Can you point out which medium doesn't believe in the spiritual realm? If he doesn't believe, then it's impossible for him to experience it. So a good medium is one hundred percent sure about every perception and every piece of information they receive. Therefore, your question now isn't whether someone's words are true or false; it's not just about how things should be.

⽽是说你为什么会去相信⼀些权威信息或者是他有⼀点,⽐如说能通灵的能⼒或者能预知的能⼒,然后你就把他的话就全部相信了.并不是这样⼦的.这才是你应该去思考的,就是为什么.你觉得他厉害的⼈,然后他说什么都相信.就连我们,我们都告诉你们不要完全相信我们的话.你⾃⼰去创造,你⾃⼰去体验.物质世界的⼈,没有谁是绝对的正确的,不管他说的有多对.那只是在他的世界⾥⾯,他的体验,他的呢个平⾏世界⾥⾯,他的呢个宇宙⾥⾯.但是你创造你的.你创造你的,是独⼀⽆⼆的.

And that you would believe in some authoritative information or that he has something, such as the ability to communicate with spirits or foreseeing abilities, and then you take everything he says at face value. That's not how it should be. This is what you should think about - why you trust someone so much that you accept everything they say. Even we tell you not to completely believe in our words. You should create your own experiences, you should experience things for yourself. There isn't anyone in the physical world who is absolutely correct, no matter how right they might seem. That's just within their own world, their experience, their parallel universe, their universe. But you create your own reality. You create your own unique path.

问: 我⾃⼰的最后⼀个问题是,我想知道,可能也许这些信息都是他们给我的.但我还想问⼀下有没有什么信息是我的指导灵或者我的⾼我想要告诉我的?

Questioner: My final question is, I wonder if all this information was given to me by them. But I also want to know if there's any information that my guiding spirit or higher self wishes to convey to me?

⾼灵: 你想要知道有没有什么信息给你? 刚才前⾯所有信息都是给你的呀.这些信息都是你⽬前需要的.就算是你现在是在跟造物主,是在跟能量,是在跟神,就是最⾼的源头,你在跟这样⼦的能量接触的时候,他都告诉你不要去完完全全的听从他,你⾃⼰创造.那你为什么还总是会选择⼀些你觉得对⽅很厉害的⼈,然后他们说的什么你都去相信? 因为所有的信息,所有的信息,我就说就算他不是什么达⼈,不是什么权威⼈,哪怕他是个精神病,他的话也是真的.所以你在这⾥并不是来求证谁的话是真,谁的话是假.因为都是真的,也都是假的,看你如何选择.

Higher Spirit: Do you want to know if there is any information for you? All the previous information was indeed for you. These pieces of information are what you currently need. Even when you're interacting with the Creator, energy, God, or the highest source, and when you're in contact with such energies, they all tell you not to follow them entirely; instead, create your own path. Yet, why do you always choose people whom you perceive as powerful, and blindly believe whatever they say? Because all information is true - every piece of it, regardless of whether the source is an expert or a mental health patient. You're not here to verify who's right or wrong; because everything is true and simultaneously false, your choice determines the truth.

问: 我突然想到⼀个问题,我突然想到我在上个星期,我在调节频率的时候感受到呢股能量,就是我有时候会感受到⼀股能量,它冲到我的头⾥来,我会觉得头很胀.我上周在感受到呢股能量的时候,我放松了.我放松了之后就慢慢的听见了⾳乐的声⾳,然后我也不知道是⾃⼰出现的幻听还是真的听见了,我听见有⼀个男性的声⾳告诉我说: ⼉⼦,你再忍⼀忍.我想知道,这个可能也许就和第⼀个问题,你要跟我说的答案是⼀样的.

Questioner: I suddenly had a thought - in the last week when adjusting frequencies, I was able to feel this energy. Sometimes, it feels like there's an energy pushing into my head and I feel very dizzy as a result. Last week, while experiencing that energy, I relaxed. After relaxing, I started hearing music; I'm not sure if it was an auditory hallucination or if I actually heard something. A male voice spoke to me saying, "Son, bear with it." I wonder if this might relate to the first question and the answer you're going to give me could be similar.

⾼灵: 是的,当你打开,就好像你打开的开关越来越多,那你接收到的也越来越多.那你可能链接任何,捕捉任何.但是你只⽤放⼼你不会错过任何信息就好了.因为你就像你在你的世界⾥⾯,你在你的物质世界⾥⾯,你如此多的画⾯,如此多的⼈,陌⽣⼈,如此多的事件在发⽣,明⽩我意思吗? 你如果每⼀个都去钻研半天,都去为什么、为什么.

Spirit: Yes, as you open up, it's like the switches you're opening are getting more and more, so the inputs you receive are also increasing. You can connect to anything, capture anything. But just know that you won't miss any information. Because you're in your world, in your physical world, there are so many scenes, so many people, strangers, so many events happening, do you understand? If you delve into each one for half a day and wonder why, why...

问: 下⼀个问题,这个通灵的⼥孩⼦她想知道为什么盲⼈做梦也看不见呢?

Questioner: The next question is about this medium girl who wants to know why blind people can still dream but cannot see.

⾼灵: 为什么盲⼈做梦,在他们的梦⾥也看不见? 因为你们在做梦的时候,还是你的意识在活动.还是你的就是还是你这个⾝体.你如果你离开了你这个⾝体,你是不是就做不了梦了?那如果你还在你这个⾝体⾥⾯,盲⼈他还在⽤他的⾝体.所以他在做梦的时候,他的感知还是跟他⽩天的感知是⼀样的.就是还跟他醒的时候.也就是说如果你的⾝体⾥⾯使⽤的是这个程序,那么在你开机和关机的状态,都还只是这个程序.除⾮你换⼀个.就是你觉得这个程序已经不适合你了,你想要换⼀个,另外⼀个.就⽐如说你最开始选择开车,那车的功能是这些.那你又想体验其他的.你就⽐如说你要开飞机,那飞机的功能又是呢样的.

Higher Spirit: Why do blind people dream and can't see in their dreams? Because even when you're dreaming, it's still your consciousness that's active – it's just your body. If you were to leave your body, could you still dream? But if you remain within your body, the blind person continues to use it. Therefore, during his dreams, his perception remains similar to what it is during the day or when he's awake. Essentially, if your body uses this program, then being on or off the program doesn't change anything; unless you switch it. If you feel that the program no longer suits you and you want to try something else – another one. For example, initially you chose driving, which has certain features. But then you desire to experience something different – like piloting an aircraft, for instance, which would have its own set of features.

所以说,他只有就是换⼀个⾝体,他才能有呢些功能来⽀持他.但是盲⼈是可以看到的.只是是你们没有共同的,就是怎么说呢,如果他告诉你他的世界,你⾃⼰你也想像不出来的,明⽩我意思吗?因为是,就好像在你的系统⾥⾯没有呢个程序.他告诉了⼀个你的程序⾥⾯不存在的.因为如果你闭上眼睛,你还是可以有画⾯.⽐如你摸到⼀个柱⼦,你知道这是⼀个柱⼦.但在盲⼈的世界⾥⾯,你们不是同⼀个柱⼦.所以就像前⾯刚刚说的⼀样,你们每⼀个⼈虽然是在共享着⼀个世界,就是在同⼀个世界看上去.但是你们完全都是在⾃⼰的世界⾥⾯.你们并没有在同⼀个世界⾥⾯.你们每⼀个⼈都是独⼀⽆⼆的视⾓在感受着这个世界.

So essentially, he needs a new body in order to have those abilities that support him. But the blind can see; it's just that you don't share this ability. How would you understand if he were to describe his world to you, something unimaginable? This is because there's no corresponding program within your system for what he's describing - a feature absent from your own procedure. Even when you close your eyes, you can still visualize things; like touching a pillar and knowing it's a pillar. But in the blind person's world, we're not referring to the same pillar. So akin to what I just mentioned, even though everyone shares the same world, viewing it together, each one of us experiences our own individual worlds separately. We do not share the same world; every perspective is unique and individual when perceiving this world.

所以为什么你们每⼀个⼈都是独⼀⽆⼆的?每⼀个⼈都是珍贵的,每⼀个⼈都是独⼀⽆⼆的?因为你想象⼀下,拍电影的时候会需要很多的摄像机,不同的机位去拍摄不同的画⾯是吧?你们每⼀个⼈就是⼀个摄像机.都在以你们的视⾓,你们的⾝份去体验着这个世界.然后这些体验全部都收集,你想象⼀下,是多么的独⼀⽆⼆.因为为什么会有⼀些残疾⼈?因为你想如果你的眼睛是睁开的话,你会受到⾮常多的⼲扰,外在,物质世界.当你受到太多的⼲扰的话,你不能去,就⽐如说,你在户外⾮常嘈杂,各种各样的声⾳,各种各样的⼈流、然后车、然后各种声⾳.你想要去听某⼀个声⾳的话,你是听不清楚的.

So why is it that every single one of you is unique? Every single one is precious and unique because imagine when making a movie, there are many cameras with different angles to capture various scenes, right? You all are like those cameras experiencing the world through your own perspectives and identities. All these experiences are gathered together – just imagine how truly unique that must be. And why do some people have disabilities? If you think about it, when your eyes are open, you would face so many interruptions from the outside, from the material world. Too much interference makes it impossible to focus on one thing like trying to listen to a specific sound amidst loud noises and crowds of people moving around cars in a noisy outdoor environment – making it hard to hear clearly even if you want to.

就⽐如说你想要听⼀个⼈唱歌,这样嘈杂的环境怎么听得到,对不对?那如果把所有的噪⾳都拿开,你是不是就能完完全全的欣赏到美丽的歌声了?那盲⼈的呢种⼲扰,你想象⼀下.他如果眼前,物质世界眼睛睁开的时候,他受到各种各样的⼲扰.他还怎么去专注的在某⼀个,明⽩我意思吗?所以我们,就好像你们每⼀台摄像机都在⼀个特写.这就是你们存在的意义.因为你们每⼀个⼈都是造物主的眼睛.

Imagine you want to hear a person singing; how could you possibly listen in this loud environment? Right? But if all the noise was removed, would you then be able to fully appreciate the beautiful melody? What about distractions for blind people? Can you picture it? When their eyes are open in the material world, they are subjected to various disturbances. How can they focus on anything specifically? That's why we're like each of your cameras focusing on a close-up shot; that's what life means to you all because every one of you is an eye of the creator.

问: 做事的时候,脑海⾥总会有⼀个声⾳.那个声⾳来⾃于哪⾥?

Questioner: When doing things, there is always a voice in my mind. Where does that voice come from?

⾼灵: 你们在做事的时候,脑海⾥⾯总会有⼀个声⾳,那个声⾳来⾃于哪⾥? 那个声⾳来⾃于你⾃⼰.你⾃⼰⽐如说你现在在这样说话的时候,但是你想你张嘴,你还是可以这样说话,明⽩我意思吗? 所以你只是⽤,就像是哑语,就是⽤不发声,就是只是嘴巴上的没有发声.但是你⼼⾥在发声.你也可以选择把它说出来.你只是觉得我说出来我可能会伤害到别⼈,会影响到别⼈,明⽩吗? 我说出来可能别⼈会觉得我是疯⼦.所以你们选择在脑海⾥⾯说.但是呢个还是来⾃于你们⾃⼰的.你继续说问: 我突然有⼀个问题,我想问⼀下就是物质世界显化的快与慢,它跟什么是有直接的关系?

Higher Spirit: When you are doing things, there is always a voice in your mind, where does that voice come from? That voice comes from yourself. For example, when you are speaking like this now, but imagine you open your mouth and speak anyway, do you understand my meaning? So, you use it as a kind of sign language, which involves no sound being made with your mouth; it's just the sound is not coming out. But your heart speaks. You can choose to express that internally. The reason you might feel hesitant to say it aloud is because you think it could potentially harm others or affect them, do you understand? I might be perceived as crazy if I were to speak my mind. Therefore, you choose to articulate these thoughts in your head. However, it still originates from within yourself. You then ask: Suddenly, I have a question. What I would like to inquire about is the speed at which manifestation occurs in the physical world and what directly influences this process?

⾼灵: 物质世界显化的快和慢跟什么有关系?

Higher Spirit: What is related to the speed of manifesting in the material world?

问: 🗎,它受什么影响的更多?或者说我们怎么样做才能更快的去显化?

Questioner: Which is more affected by it, ♎? Or how can we speed up its manifestation?

⾼灵: ⽐如呢? ⽐如你问⼀个具体的问题问: 就⽐如说我想要去显化⼀个我喜欢的⽣活⽅式或者是赚钱⽅式,然后我想知道这⼀种显化它需要在物质世界,因为物质世界的灵性导师说你需要把你的思想(被打断)⾼灵: 当下就拥有了呀.你当下就拥有了.你只是看不到⽽已.所以你需要做的不是说它没有到来.⽽是说你看不到,因为你的意识程度决定了你能看到什么,明⽩吗? 就好像⽐如说,你说我想要很多鲜花,我喜欢鲜花.但是你⾯前却是⼀堆粪便.你不知道粪便⾥⾯就有你鲜花的种⼦.你只是不知道⽽已.然后正是这些粪便可以让你的鲜花长的⾮常的艳丽、茂盛.因为施肥料嘛,明⽩我意思吗? 是因为你们看不到本质,就是看不到真正的本质.

Higher Spirit: For example? Like if you ask a specific question like: for instance, I want to manifest the lifestyle or way of earning that I like, and I wonder how this manifestation is needed in the material world because spiritual teachers in the material realm say you need to focus your thoughts. Higher Spirit: You already have it right now. You just can't see it yet. So what you need to do isn't to say it hasn't come, but that you simply can't see it, because the level of your consciousness determines what you can perceive. Understand? It's like saying I want many flowers as I like them, and I know I like flowers. But in front of you is a pile of manure. You don't realize there are flower seeds inside the manure; you just aren't aware of it. And it's these very manure that can make your flowers bloom beautifully and abundantly because they serve as fertilizer. Understand me? It's because you cannot see the essence, or rather, fail to recognize the true essence.

你们看到的是幻像.然后呢个幻像是你⾃⼰投射出去的.所以这⾥并没有⼀个显化快和慢.因为你只有当下.你只有当下.你当下都在经历你当下需要去经历的,都是最宝贵的.只是说你看不到它,认不出它.为什么? 因为你们处在不同的频率.也就是说有⼀话叫⼀念天堂⼀念地狱.你需要的不是把你的处在的这个环境变成什么样.⽽是说你的⼼境,你个⼈的状态,你的感受.因为当你的状态和感受改变了的话,你体验到的就是不⼀样的世界.所以外在是什么不重要.重要的是你⾃⼰内在的⼀个状态.就好像就⽐如说,就算是皇宫,你们英国的戴安娜王妃,她住在皇宫⾥⾯.她拥有美貌,她拥有所有的⼀切.但是她却是崩溃的,⾮常痛苦,明⽩我意思吗?

What you see is an illusion. Then that illusion is projected by yourself. So there's no concept of speed or slowness here. Because you only have the present moment. You only have the present moment. Whatever you are experiencing in the present moment is what you need to experience, and it's all precious. The only thing is that you can't see it or recognize it. Why? Because you are at different frequencies. That means there's a saying: one thought leads to heaven, another to hell. What you don't need is to change your environment into something else. You need to change your mindset, your personal state, and your feelings. Because when your state and feelings change, the world you experience becomes different. So what's external doesn't matter; what matters is your internal state. Just like say, even if it's a palace, like Diana, Princess of Wales in England, she lived in a palace. She had beauty and everything else. But she was in despair, very miserable, do you understand my meaning?

如果外在就能决定她快乐或幸福状态的话,那她⼀定是个⾮常幸福的⼈.那她为什么如此痛苦的⼈⽣? 因为她拥有⼀切,拥有你们物质世界的⼈梦寐以求的⼀切,权利、地位、财富、美貌.什么没有? 什么都有.所以重要的并不是你们要去把外在变成什么样.⽽是说你内在是什么样⼦.因为佛陀或者呢些克⾥希那穆提,像呢些觉悟者,他们并没有拥有豪华或者是奢侈的⼀个⽣活状态,明⽩吗? 相反他们是⼀⽆所有在物质世界.你继续说

If externals could determine her state of happiness or fulfillment, she would certainly be a very happy person. But why is she suffering so much in life? Because she has it all – the very things that people in your material world desire most - power, status, wealth, beauty. What doesn’t she have? She has everything. So what matters isn't about making the externals become a certain way; rather, it's about being this way internally. Because enlightened beings like Buddha or Krishnamurti don't live luxurious or extravagant lives, do you understand that? Instead, they are devoid of anything in the material world. You can continue to speak.

问: 但是⽐如说像佛陀,像克⾥希那穆提,就是他们不去拥有这些是他们的选择.但是当他们内在达到了这样的状态,如果他们愿意的话,他们也是随时可以在物质世界拥有他们想要的⼀切,如果他们想的话.因为是内在决定外在.我这样理解对吗?

Questioner: But for someone like Buddha orKrishnamurti, it's their choice not to have these things. But if they are at such a state internally, then they can also have whatever they want in the material world whenever they choose to, because what you have on the inside determines what you experience on the outside. Is my understanding correct?

⾼灵: 因为对于他们来说他们已经拥有了⼀切呀.对于他们来说他拥有⼀切他需要的.他需要的,⽽不是他头脑想要的.只有你们的头脑,你们的物质头脑才会需要如此多的东西.你们的灵魂并不需要.你们的灵魂就是体验体验体验.

Spiritual High: Because for them, they already have everything. For them, he has everything he needs - not what his mind wants, but what he actually needs. Only your minds, your material minds, would need so much. Your spirits don't need that. Your spirit is all about experiencing, experiencing, experiencing.

问: 呢物质头脑需要的这种东西,这种欲望它和修⾏有冲突吗?

Questioner: Does this desire for such things conflict with cultivation practice?

⾼灵: 有没有冲突要看你⾃⼰呀.要看你⾃⼰.你⾃⼰如果可以满⾜你所有,然后在⼀个快乐的状态.你就可以,明⽩吗? 这⾥没有可不可以.你可以去体验⼀切你想要体验的.都有意义.

Higher Spirit: It depends on you whether there is a conflict or not. It depends solely on you. If you can satisfy yourself and maintain happiness within you, then you understand? There's no concept of 'can' or 'cannot'. You can experience everything you desire, and each experience holds meaning.

问: 另外⼀位⽹友想问宇宙有边界吗? 如果有形状是什么样的? 还有⽐宇宙更⼤的存在吗?

Questioner: Another online user wants to know if the universe has a boundary. If so, what shape does it have? Is there anything larger than the universe?

⾼灵: 宇宙有没有边界? 你就好像,如何来形容? 如果你想象⼀下空⽓,你们呼吸的呢个空⽓.你觉得它会有边界吗? 能量它⽆处不在.因为你⾸先如果你要说边界的话,你⾸先得有⼀个空间,对不对? 但是空间是你们的物质世界体验到的.这⾥没有空间,也没有时间.当⼀个没有空间的存在.你继续说

Higher Spirit: Is the universe bounded? You're like, how to describe it? If you imagine air, the air you breathe. Do you think it has boundaries? Energy is everywhere. Because first, if you say there's a boundary, you have to have a space, right? But space is your experience in the material world. There's no space here, nor time. When there's existence without space, you continue saying...

问: 下⼀个问题有⼈想问妄想型精神分裂症也就是偏执型精神分裂症是否不是真正的精神病?因为他们的社会功能保持的很好,看起来跟正常⼈⼀样正常,只是有⼀些妄想⽽已,⽽且⼀般的治疗精神病的药物对改善他们的妄想都⽆效.这位⽹友觉得对于妄想型精神分裂症应该⽤⼼理咨询的⽅法来处理,⽽不应该⽤药物的⽅法来处理,是否正确?

Questioner: The next question asks if paranoid schizophrenia, which is also known as schizotypal schizophrenia, is not a true mental illness? Because they maintain good social functions and appear just like normal people, except for having some delusions. Moreover, ordinary medications used to treat mental illnesses are ineffective in improving their delusions. This online user believes that the approach to dealing with paranoid schizophrenia should be through psychological counseling rather than medication. Is this viewpoint correct?

⾼灵: 因为你们⾸先你们⼈类对精神病定义和正常⼈的定义就有误.还有妄想也有误.什么是妄想? 你们这个世界体验的东西都是你们的妄想呀.是你们每⼀个⼈的妄想.你住的这套房⼦是某个⼈的妄想.你⽤的这个⼿机是某个⼈的妄想,明⽩吗? 你想象⼀下,⼏百年⼏千年前,如果你说我的⼿机,我有⼀个像这样⼦的东西.然后我可以跟世界各个⾓度去听到他们.别⼈是不是会觉得你这是在妄想? ⾸先你这个问题就有问题.什么是正常⼈? 如果真正的正常⼈的话,真正的正常⼈的话,他是没有任何恐惧,没有任何担忧,他只有喜悦,他是健康,他是喜悦的.因为他知道他像鲜花⼀样,他知道我什么时候该发芽,他知道我什么时候该开花.他知道这就是我.

Higher Spirit: Because you humans first have a mistaken definition of what is mental illness and what is normal. And there's also the misunderstanding of delusion. What is delusion? Everything you experience in this world is your own delusion, every single one of yours. The house you live in, the phone you use; they are all someone else's delusions, do you understand? Imagine for hundreds or thousands of years ago if you said I have a device like this that allows me to hear from different angles of the world. Wouldn't others think that you're hallucinating? First and foremost, your question has a problem. What is normal? If it were truly normal, these people would experience no fear, no worries, only joy. They would be healthy, living in constant bliss because they know when to bloom like flowers, knowing precisely the seasons for germination and blooming; they understand this is just how life works.

他不会去着急担忧⾃⼰如何绽放.他也不会去害怕⾃⼰绽放.他也不会嫉妒别⼈⽐他开的更艳丽,你明⽩我意思吗? 这才是正常的.因为他知道他受到造物主的⽀持.有蝴蝶,有⾬⽔,有阳光.他所需要的⼀切都有.这样的状态才是正常的.但是你们世界上有⼏个⼈是正常的? 精神病,再说到精神病,他们的世界也是真的,只是你们不同意⽽已.同意的⼈多了,那就是正常的了.你下⼀个问题问: 这个⽹友她想知道已经绝经⼏年的妇⼥如何怀孕?

He wouldn't worry about how to bloom himself or fear the process of blooming. He wouldn't envy others for their more vibrant blooms either, do you understand what I mean? This is normal behavior because he knows that he's being supported by the creator. Butterflies, rain, sunlight - everything he needs is provided. Such a state represents normalcy. But how many people in this world are actually like him? Mental illness exists and so does their reality; it just doesn't align with your view. More acceptance means more normality. Your next Questioner: A fellow internet user wants to know about how a woman who has already been menopausal for several years can conceive a child.

⾼灵: 已经绝经,也就是说你的⾝体已经没有⽣育功能,如何怀孕? 那你需要改变你对怀孕的⼀个认知啊.因为你们医学上也有很多呢种让不孕的⼈有办法⽣孩⼦,让男性都可以⽣孩⼦.你们不是有过这样⼦的吗.所以还有对你来说孩⼦是什么? 如果孩⼦是⼀个灵魂加⼊你的⽣命当中来.那你可以有各种⽅法去邀请⼀个灵魂加⼊你的⽣命当中来.只需要你放下对⽣孩⼦这个定义.因为你们⼈的物质头脑会有执念.就是这个⼈⼀定要以这种⽅式来到我的

Higher Spirit: Already gone through menopause, meaning your body no longer has reproductive function, how can you get pregnant? You need to change your perception of pregnancy. Because there are many medical methods that allow infertile individuals to have children and even male individuals. Haven't you had something like this before? So what does a child mean to you? If a child is an essence joining into your life, then you can use various methods to invite an essence into your life. You just need to let go of the definition of having a child because human material minds have attachments. This person must come in this particular way to me.

⽣命⾥才是.并不是这样⼦的.这就是在限制,限制你们⾃⼰.因为灵魂,就⽐如说很多很多他们⾃⼰⽣的孩⼦却完全没有亲近感.因为什么? 因为呢个灵魂只是想在这个时机通过这个时间来到这个世界上,明⽩吗? 然后却跟没有任何⾎缘关系的⼈如此的亲密.所以你们头脑去更多的认识对这个.⽽不是说有⾎缘关系的才会怎样怎样.那你们社会上已经有⾮常⾮常多的例⼦.有⾎缘关系但是却是互相厌恶对⽅.没有⾎缘关系却是如此热爱对⽅.你继续问: 我突然想到⼀个问题就是,我想问你因为前段时间跟⼀个男孩⼦远程的相处.然后现在我们分开了.

In life, it's not like this. This is about limitation, limiting yourselves. Because the soul, for example, many of them have their own children but feel no affection towards them. Why? Because that soul just wants to come into the world at this time through this period, understand? Then they become so close with people who have no blood relation whatsoever. So your mind should understand more about this. Not that there has to be a relationship based on blood ties for it to work. There are already plenty of examples in society. People with blood relations may hate each other, while those without any blood connection can love each other so deeply. You continue asking: I suddenly thought of a question - because recently I interacted remotely with a boy. Now we're apart.

然后我发现我在关系⾥我⽐较难去做⾃⼰,就是我还是会想要去,⽐如说如果说有⼀个要求就是我本⾝不太愿意,但是对⽅会⾮常想.我可能会想要去满⾜对⽅的要求.然后我的这⼀种在关系⾥不是很能坚持⾃⼰的这个做法,是因为我还不够爱⾃⼰吗?

Then I realized that in my relationships, it's hard for me to be myself; I still tend to want to fulfill the other person's requests even if they're not something I'm particularly willing to do. For instance, if there's a demand from them that doesn't align with what I'd prefer, I might still try to satisfy their request. This difficulty in sticking to my own self in relationships might be because I don't love myself enough?

⾼灵: 你想找到为什么你会有这样⼦反应的原因是吗?

Higher Spirit: Are you trying to find out why you have such a reaction?

问: 是⾼灵: 找到了你会怎么样呢? 找到了你就改变了吗?问: 找到了我想我应该,我想要改变吧.

Questioner: Would you be affected if I were to find a higher spirit? Would you change your behavior if I did?

Questioner: If I were able to find someone or something that influenced me deeply, would I be expected to change myself based on that experience?

⾼灵: 改变了你就快乐了吗?

Does changing make you happy?

问: 也许我会得到我更想要得到的结果… 我不知道…⾼灵:所以你需要⼀步⼀步的这样问⾃⼰.当你问到⾃⼰,你可以⾃问⾃答,当你问到⾃⼰,就像你刚才⼀样,你就哈哈⼤笑.我只能告诉你只是你还没有遇到呢个⼈⽽已.因为当你遇到呢个⼈的时候,你不需要改变任何.你可以⽤任何你想要的⽅式去相处.你做什么都不会出错.所以不要在⾃⼰⾝上找原因,只是时机未到⽽已.并不是说你要多完美,多努⼒去维持⼀段关系,明⽩吗? 那就说明呢段关系本⾝就不是你的.问: 下⼀个问题是这个⽹友她想知道各⼤宗教都要求⼈帮助别⼈⽆私奉献(被打断)

Questioner: Maybe I'll get the results I truly desire... I'm not sure... Higher Spirit: So, you need to ask yourself step by step. When you question yourself, you can answer your own questions, just like you did earlier, laughing out loud. I can only tell you that it's simply because you haven't met that person yet. Because when you do meet that person, you won't have to change anything. You can interact with them in any way you want. Whatever you do will be right. So don't blame yourself; it's just not the right time yet. It doesn't mean you need to be perfect or put in a lot of effort to maintain a relationship. Understand? That means that relationship wasn't meant for you. You asked: The next question from this online friend is about wanting to know what major religions require of people regarding selfless giving and helping others (interrupted).

⾼灵: 这不是,这是你们⼈要求⼈.这是你们⼈要求⼈.宗教也是你们⼈创造的.也是你们后⼈创造的.你继续说问: 她想问各⼤宗教都要求⼈帮助别⼈⽆私奉献,但是又⼀本书叫⾃私的基因,是说⼈类社会得以保存发展壮⼤,全都是由于⾃私的原因.⾃私才使⼈类社会⽣存下来. 我们到底是应该⽆私奉献还是应该有⼀定的⾃私,应该怎样达到平衡?

Higher Spirit: This is not so; this is what human beings ask of each other. Religion is also created by human beings and their descendants. You continue to say that she wants to ask about the various religions which require humans to help others selflessly. However, there's a book called Selfish Gene which states that human society has survived and thrived due to selfish reasons; it was selfishness that allowed human societies to survive. Should we be selfless or have some degree of selfishness? How do we achieve balance in this regard?

⾼灵: 这个世界本⾝就是平衡的.是你们⾃⼰在让它失衡.也就是说造物主把所有的东西都是创造的⽆⽐的完美,你们⼈为在让它失衡.是你们⾃⼰在让它失衡,然后让你们体验到失衡.然后就算你们想要体验这种失衡,你们都是被允许的.然后如果你要问⾃私.⾸先你要知道⽆论是宗教也好,书籍也好,它们都是每⼀个⼈每⼀个个体在描述他们感知、认知的这个世界,他们的理解.因为每⼀个⼈都是独⼀⽆⼆的视⾓.所以这⾥并没有哪⼀个是对的,哪⼀个是错的.那你还可以说这个世界是因为你们男⼥看到彼此就有欲望,你也可以这么说呀.要没有欲望你们早都灭绝了.⽆论哪⼀个论点你都可以去找到来⽀持你的,明⽩我意思吗? 所以这不是⾃私与不⾃私和奉献.

Higher Spirit: The world itself is inherently balanced. It's you yourselves who are making it imbalanced. In other words, the Creator has endowed everything with unparalleled perfection, and it's you humans who are causing imbalance. You yourselves are making it imbalanced, then experiencing that imbalance. Even if you want to experience this imbalance, you're allowed to do so. And when you ask about selfishness, first you need to understand that whether it's religion or books, they are each person's individual description of their perception and cognition of the world, their understanding. Because every person has a unique perspective. So there is no right or wrong here. You could also say that this world exists because men and women have desires when they see each other. You can say that too. Without desire, you would all be extinct already. No matter which argument you choose, you can find evidence to support it. Do you understand? This isn't about selfishness or selflessness or sacrifice.

⾸先,你不需要去,因为宗教上⾯要你怎么样,要你做个奉献的⼈,你就去做个奉献的⼈.但是你⼼⾥却⾮常不情愿的奉献,明⽩吗? 你想我⾃⼰都吃不够我还要去奉献.你觉得你这样奉献出来会带来正⾯的吗?不可能的.最重要的是你们的意识,你们的状态.呢个才是真正的影响到外界的.⽐如说奉献,你们物质世界就很多⼈⾃⼰累得要死已经没有⼒⽓再做任何事情.但是呢你觉得我还是要去为我的孩⼦,去照顾他,奉献.但是你在照顾,奉献或者你在做饭的呢个过程,你⼼⾥却充满了怨⾔,你⾮常不情愿.你的呢种情绪都会在⾷物⾥⾯.孩⼦吃到你的⾷物,他没有感受到爱,他只是感受到:我好像不应该存在,明⽩吗?我是被嫌弃的.

Firstly, you don't have to go because if religion tells you what to do or asks you to be a奉献 person, then you should become one. However, your heart is very unwilling to give in willingly, right? You think even I can't satisfy myself and yet still want to make sacrifices. Do you believe that sacrificing like this would bring about positive results? That's impossible. What truly impacts the external world are your consciousness and state of mind. This is what really affects others. For instance, when it comes to making sacrifices, many in your material world might be exhausted to the point where they have no strength left for anything else. But you still feel that I must take care of my child, contributing or cooking, while your heart is filled with resentment, very unwilling. Your emotions are all within the food you cook. The child doesn't feel love when eating it; instead, he feels: 'I should not exist,' understand? I am disliked.

所以说表⾯的追寻任何都是没有任何作⽤的,反⽽是反作⽤.只有你⾃⼰通过物质去体验,就⽐如说,OK,我体验了⾃私,我体验了奉献.那我最后发现原来奉献的时候我的⼼⾥才是如此的喜悦.我在⾃私的时候原来我其实并没有呢么的愉快.你体验了两种感受过后,那你下次会⾃动的去选择奉献,明⽩吗?那

So the pursuit of anything superficially serves no purpose; instead, it has a counterproductive effect. Only by experiencing through matter do you realize that when you give, your heart is filled with joy unlike any other experience. I was not actually as happy when I was being selfish. After experiencing both feelings, you'll naturally choose to give next time, understand?

是你⼼⽢情愿的,⽽不是说遵循于什么.当你达到了呢样⼦的⼀个状态的时候,那你的奉献才真正的能给别⼈带来愉悦.因为你是愉悦的.所以关键的在于你内在的⼀个状态和感受.

It's when you are willingly devoted, not just following something. When you reach that state, then your contribution truly brings joy to others because you are joyful yourself. The key lies in your internal state and feeling.

问: 这个⽹友她还想问⼈的命运是上天注定的吗?

Questioner: This internet user also wants to ask if human destiny is predetermined by heaven?

⾼灵: ⼈的命运是注定的吗? 如果说⼈的命运是注定的话也只能说呢个命运是你注定的.为什么? 你选择了这个物质世界,你这次的功课,你想要体验什么,你想要突破什么.因为这是你必须要去⾯对的,你选择了你来突破这个.你只是忘了⽽已.所以说如果说它是注定的,是的.它是注定的.就是你注定了,OK,我注定了我要来体验精神病状态,或者我体验盲⼈.那是不是已经注定了? 然后但是你们每⼀个⼈注定的都是收获,都是就是快乐、喜悦,就是成功的⼀个状态.为什么这么说呢? 因为你来给你设置的都是最终就是来让你拿到礼物的.那都是最想要的,也是你最需要的.

Higher Spirit: Is human destiny predetermined? If one were to say that human fate is predetermined, then it can only mean your own fate is what you have predetermined. Why is this so? You chose this material world, the lessons you undertake for this life, what you wish to experience and what you want to break through. This is because these are things you must face, something you chose to overcome. It's just that you've forgotten it all. So if it is predetermined, yes, it is predetermined. Your fate is set in stone, okay? I was destined to experience the state of madness or as a blind person. Does this mean that everything is already predetermined? But for each and every one of you, your destiny is to reap happiness, joy, success; the ultimate goal is to receive gifts that are most desired and necessary for you.

问: 我明⽩了.那我们可以,⽐如说在投胎之前我设定我想要去体验A,然后我进到了物质世界之后我们可以有修改的权限吗? 有的话,有多⼤的程度呢?

Questioner: I understand. So, could we, for example, set before being reborn that I want to experience A, and then have the ability to make adjustments after entering the material world? If so, how extensive would this ability be?

⾼灵: 有修改的权限吗? 就⽐如说我最开始选择了⼀个盲⼈来体验,是吧?问: 🗎⾼灵: 然后我最后又想看到,我不想做盲⼈了.那你放开这个道具呀.重新换⼀套⾐服呀问: 那就是得离开这个物质世界然后重新再来过吗?

Spirits: Do I have permission to make adjustments? For example, if at the beginning I chose a blind person for experience, right? Questioner: Spirit Gao Ling: Then later I thought I didn't want to be blind anymore. So release this prop and change into another set of clothes, right? Questioner: That means I need to leave this physical world and start over, correct?

⾼灵: 如果你给⾃⼰选的呢个是⾮常有局限性的,是的.你需要.你的选择不是如此的局限性,就是当你在完成这个体验过后,你是还可以去继续体验.但是这个需要你就是说是⼀个觉醒的⼈,明⽩吗? 就是你知道我不是我的⾁体在控制,⽽是有更⾼的存在.然后你内在会有强烈的呢个愿望去想要做什么.你继续说问:还有⼀个⽹友问如何在⼊世的同时保持⽐较好的觉照⼒,在相对出世的环境⾥,⼼境清静⽆染⽐较容易.但是进⼊社会后会不⾃觉的受到集体意识的影响,你叫难保持清明(被打断)⾼灵: 你们来到这个世界上本⾝就是要让你们完完全全的投⼊的呀.因为只有你完全的投⼊过后,你才能给你带来如此深刻的体验.呢个深刻的体验才是最重要的,明⽩吗?

Higher Spirit: If you choose something very restrictive for yourself, yes. You need your choice not to be so restrictive, because after completing this experience, you can still continue experiencing. But this requires you to be an awakened person, understand? It means that I am not controlling my physical self; rather, there is a higher existence within me. Then you will have a strong desire for what to do next. You ask further: Another online friend asked how one can maintain better mindfulness while being engaged in the world simultaneously, achieving relative tranquility and purity in environments more detached from worldly affairs. But after entering society, they involuntarily get influenced by collective consciousness, making it hard to stay clear-minded.

Higher Spirit: You came into this world itself to fully immerse yourselves because only by doing so can you gain such profound experiences. The profoundly impactful experience is the most important part, understand?

所以说深刻的体验对你们来说⾮常的重要.那他想要问的问题就是说他不想被物质世界蒙蔽双眼.但是你需要体验蒙蔽双眼的呢个过程.因为这是等你以后觉醒过后,就是你不再被物质世界蒙蔽双眼过后,你才能去利⽤它.就是去发挥它,去正⾯的使⽤它,使⽤你的经历.不然你好像没有,就好像,OK,之前的体验之前的经验都是⼀个武器.如果你没有把这个武器拿到⼿上过后,你后⾯没有武器啊.所以你不需要去逼⾃⼰达到任何状态.除⾮你⾃⼰就是头脑

So profound experience is very important for you. The question he wants to ask is that he doesn't want to be blinded by the material world, but you need to go through the process of being blinded by it. Because only after your awakening and no longer being blinded by the material world, can you use this to your advantage. To utilize it positively, using your experiences. Otherwise, it's like having nothing; all those previous experiences were a weapon. If you don't acquire that weapon, you'll have none left later on. Therefore, there is no need to force yourself into any particular state unless you are the mind itself.

⾥⾯在追求.那如果你有这个追求的话,你在厌世啊,明⽩吗? 呢也是你头脑的⼀个追求,你头脑在追求⼀个就是追求清静吧.当你头脑⾥⾯在追求⼀些东西的时候,你其实还是在被它蒙蔽了呀,对不对? 你还是进⼊了幻像呀.那他的问题就是说如何才能拥有,就是⼼不乱.如何能做到⼼不乱.你⾸先你⼼乱也是很好的体验.那如何能做到⼼不乱? 就是说那这就是你通过体验⼼乱了过后,你才能去做到⼼不乱,明⽩吗? 这就是你达到⼼不乱的⼀个过程,你还要把这个过程给放弃掉.不要去追求任何,因为所有的礼物都在当下.

Inside you are pursuing it. If you have this pursuit, you're being pessimistic, do you understand? It's also a pursuit of your mind, seeking tranquility. When your mind is pursuing something, you're actually blinded by it, right? You've fallen into illusion. The issue then becomes how to possess, meaning the heart remains undisturbed. How can one achieve an undisturbed heart? First, experiencing heart disturbance is good practice. So, how do you achieve a peaceful heart? This comes from understanding that after experiencing heart disturbance, you can then attain peace, right? This is your journey towards achieving inner tranquility, which you must let go of. Don't pursue anything because all the gifts are in the present moment.

问: 这个通灵的⼥孩⼦想知道很多通灵师可以看到未来发⽣的事情,那她想知道她如何可以看到未来?

Questioner: The spirit-sensitive girl wants to know how many mediums can see future events. She wonders how she can see the future too?

⾼灵: 她想知道她如何看到未来? 你知道为什么她不需要看到未来吗? 因为她要是看到未来,这个未来是在限制她.因为她创造未来.有⼀些通灵师是可以看到⼀些.觉知不⾼的通灵师他们会觉得这个就是定了.但是当你的意识达到⼀定的程度你就知道,就好像是⼀张⽩纸,你可以画任何你想要画的.⽽不是说么个画⾯是这样⼦、是这样⼦.然后她是可以看到别⼈的未来的.她都不需要通灵她就可以看到.但是她看到的这个未来也可以会改变.也就是像刚刚说的,改变的不是未来⽽是你内在的状态.⼀念天堂⼀念地狱.同样的体验,但是你却拥有不同的⼼境.你还有问题吗?

Higher Spirit: She wonders how she sees the future? Do you know why she doesn't need to see the future? Because if she saw the future, that future would limit her. Because she creates the future. Some psychics can see some. Low-awakening psychics might think this is set in stone. But when your consciousness reaches a certain level, it's like a blank canvas; you can draw whatever you want. Not that there's one picture like this or that. And she can see others' futures. She doesn't need to channel; she can see it. But the future she sees can also change. It's not that the future changes but your inner state changes. One thought is heaven, another is hell. The same experience, but you have different moods. Do you have any more questions?

问: 这个⽹友她想问台湾⼤学前校长李嗣芩发现了⼀个灵界,也就是意识的世界.⾥⾯有上帝有什么关公,⽼⼦空⼦等等.只有开天眼的⼈才能看见,她想知道他发现的这个灵界是否就是清明梦出体所进⼊的那个意识界.这个灵界是客观存在的真实世界,还是只是由⼈类的集体意识构造出来的? 还是有⼀些⼈是真实存在的,有⼀些⼈是集体意识构造出来的,⽐如关公.这两类⼈在灵界中有什么区别?

Questioner: The online user wants to know if the spiritual realm discovered by former president of National Taiwan University Li Sicheng, which includes realms like those inhabited by God, Confucius, Laozi, and Kuan Yu, is accessible only to those with the ability to see through their "heavenly eye." They are curious about whether this spiritual realm he found is equivalent to the conscious world one enters during a lucid dream. Is it an objective reality or just a construct of human collective consciousness? Could some individuals exist as actual beings while others might be part of this collective construction, like Kuan Yu? What are the distinctions between these two types of entities in the spiritual realm?

⾼灵: 就⽐如说关公,那是不是你们⼈取的名字? 相信他的⼈多了就成真了.所以不在乎是哪⼀个⼈说了什么,哪⼀个是真哪⼀个是假.就算不是很多⼈去认同⼀个事情,就只有⼀个⼈去认同这个世界、⼀个事情,呢个⼈他都可以有相应的体验. 又回到⽐如说精神病患者,对吧?

Sage Spirit: For example, about Guan Gong, is that the name given by humans? The more people believe in him, the more it becomes true. So it doesn't matter who said what; the truth vs. falsehood is not the focus. Even if very few people agree on something, there can still be a corresponding experience for one person. It's akin to someone with mental illness, right?

# **2021/07/10 — 你们是来创造的,不是来融⼊的You are here to create, not to assimilate.**

⾼灵: 你说吧,什么问题?问: 我今⽣的使命是什么?

Higher Spirit: Say it, what's your question? Asking: What is my mission in this life?

⾼灵: 你今⽣的使命是什么? 你叫什么名字?问: XXX⾼灵: XXX,你今⽣的使命是什么, 我先来搜索⼀下.你⾃⼰给⾃⼰设置的挑战是⾮常的巨⼤.就是说你挑战的束缚,就好像有的⼈给⾃⼰挑战的就好像是⼀级,然后你的是⼗级.你⼗级的挑战.为什么你需要给个⼈设定的如此⼤的挑战? 因为你是⼀个⽼灵魂.你不是⼀个刚刚很幼⼩的.因为如果是幼⼩的,你这么想你们的现在世界上如果⼩朋友去拿呢个重量,他就会⾮常轻的⼀个重量给⼩朋友,对不对?因为他是个⼩朋友.那如果你已经是个⼤⼒

Higher Spirit: What is your mission in this life? And what's your name? (Question) Higher Spirit: XXX, what is your mission in this life? I'll search for it first. The challenges you set for yourself are extremely large. That means the constraints you're challenging are like level one for some people and you're at level ten. You have a level ten challenge. Why do you need to set such a big challenge for yourself? Because you are an old soul. You're not a very young soul. If it were a child, when they think about picking up something in the world now, they would give a very light weight to children, right? Because they're children. But if you're already grown-up...

⼠,那你就需要拿⾮常重量级别的⼀个重量给你⾃⼰去挑战.因为你不会去碰呢些⼩的或者幼⼉园或者其他⼩朋友的呢个重量,对不对? 为什么呢? 因为你的级别已经达到了呢个.所以你选择了这样⼦的⼀个就是重量级的挑战性给你.因为你已经进化和发展到了就是呢个级别.就是⼤⼒⼠的级别和⼩朋友的级别,你们的重量体验的是不⼀样的.然后最主要的,你是去体验你突破.最开始的呢个突破的,它会是来⾃于你的家庭,来⾃于你个⼈,来⾃于你的背景,你的环境.这些是你突破.然后在⾯对的是整个社会,是国家,明⽩吗?

Man, you need to take on very heavy challenges for yourself. You won't touch those small weights or the kids' weights, right? Why not? Because you've already reached that level. So you choose such a challenging weight because you've evolved and developed to that level. The weight experiences are different between大力 (strong men) and kids. Most importantly, you're experiencing breaking through from your family, personally, from your background, and environment. This is what you break through. Then, facing society, country, do you understand?

问: 我的灵魂的计划是什么?

Questioner: What is my soul's plan?

⾼灵: 你灵魂的计划,就是说,你需要这个不断的,⼀层⼀层的突破.然后呢突破,就好像我刚刚说的,先是来⾃于⼩范围再到⼤范围突破.这些突破它不单单只是在你的个⼈.它还会体现在你个⼈想要去从事的呢个领域,⾏业⾥⾯.因为你以后在事业上⾯,⼯作上⾯,你也会⾯临很多就是需要你去突破,需要你去挑战.就是你会是⼀个创新者,改⾰者.就是前⾯没有⼈⾛过的路,你会去⾛.

Spirit Guide: Your soul's plan means that you need this continuous, layer-by-layer breakthrough. Then comes the breaking through, just like I mentioned earlier, starting with small scopes and expanding to larger ones. These breakthroughs are not confined only to your personal life; they will also manifest in the fields or industries you wish to pursue professionally. Because later on, in terms of career and work, you will face many situations that require you to break through and challenge yourself. You'll be an innovator and a reformer, venturing into paths where no one has gone before.

问: 我需要突破什么?

Questioner: What do I need to break through?

⾼灵: 你需要突破什么? 它⼀步⼀步的会在你⼈⽣的每⼀个道路上出现.所以你现在不需要去知道将来你需要体验的是什么.因为现在告诉你了,你也不会有任何的理解.它只是来让你知道你的每⼀步都会有你所突破的地⽅.就⽐如说你现在要突破的是你考试.这也是突破.你现在要⾯临突破的是你内在的⼀些感受.你⼼⾥的⼀些想法,这些也是供你突破的.还有⽐如说你没有完完全全的展现你⾃⼰的⼈格,或者展现你⾃⼰真实的情绪、情感.这也是需要你突破的.所以每⼀步它都会有⼀个突破,并不是说⾛到哪⾥才会有⼀个突破.

Sage Spirit: What are you breaking through? It will appear step by step on every path of your life. So there's no need for you to know what you'll experience in the future right now. You wouldn't understand if I told you, as it is something for you to encounter later. The purpose is simply to remind you that with each step you take, there will be a breakthrough somewhere within you. For example, your current challenge might involve overcoming an exam. This too constitutes a form of breaking through. Now, what you're facing is the need to break through certain feelings within yourself and thoughts in your heart. These aspects also serve as opportunities for growth. Additionally, not fully expressing your personality or genuinely showing your emotions and feelings are areas that require you to push past limitations. So every step carries a breakthrough; it's not just about reaching certain points where you'll experience one.

问: 我有⼀个同性恋朋友,他应该怎么样融⼊这个社会?

Questioner: I have a gay friend; how should he fit into society?

⾼灵: 你的同性恋朋友他应该怎么样融⼊这个社会? 你们不是来融⼊原有的社会.你们的⽬的是来不断的创新.就是你不断的在建⽴⼀个社会应该有的样⼦来给他们融⼊你们,明⽩我意思吗? 因为你想⼀下,你们的社会难道是⼀直没有变的吗? 你们的社会是⼀直在变⼀直在变.因为这⾥就没有⼀个固定的或者是稳定的或者是不变的社会.你们的国家,你们的⼈民,你们的社会,你们每⼀个⼈的思想,这⼀直⼀直都是在变的.所以你们要做的并不是说去让这些同性恋的怎么去融⼊现在现有的社会.因为现有的社会是⼀直在变的.⽽是说通过你们如何去创造⼀个包容性,多元化的⼀个社会.你们去创造⼀个社会,然后你们活在⾥⾯,你们⽣活在⾥⾯.

Higher Spirit: How should your gay friends fit into this society? You're not here to fit into the existing society; you are here to innovate continuously, essentially creating what society should look like for them to fit in with you. I mean, think about it, has your society never changed at all? Your society is constantly changing because there's no fixed or stable or unchanging society here. Every aspect of your country, your people, and society, as well as everyone's thoughts, are always evolving. Therefore, what needs to be done isn't forcing gay individuals into the current societal framework. Since that existing framework keeps transforming too. It's more about creating a society with inclusivity and diversity through how you construct it. Then live within it, thrive within it.

所以不是说你要去适应以前的,旧有的.因为这⾥没有⼀个以前,也没有⼀个旧有.它⼀直在变化.它⼀直是根据你们每⼀个⼈的思想,每⼀个⼈头脑⾥⾯想要的.你⽐如说你⾃⼰想要⼀个怎么样的社会? 然后你就去打造它.然后你就去创造它.这个地球是你们的.这个社会是你们的.所有的⼀切都是你们的,你们来创造.⽽且⽼⼀代的

So it's not about adapting to something old or past here because there's no past and no old. It's always changing. It evolves according to what each one of you wants in your mind, in your head. For instance, what kind of society do you want? You build it. You create it. This Earth is yours. This society is yours. Everything belongs to you; you create it, and the older generation...

⼈,就是说呢些思想固化或者思想观念呢些什么的.他们随着⾁体的消失,这些也会慢慢慢慢消失.只会你⾃⼰想要去继承他的思想观念,明⽩吗? 就⽐如说⽼年⼈的观念,他⼈已经死了,但是你还在活在呢个观念⾥⾯.那就是你⾃⼰主动的去承受了他们的⼀个观念.然后还活在⾥⾯.那你需要打破的不是呢个死去的⼈,因为⼈已经死掉了.打破的是你头脑⾥⾯你为什么要把别⼈的观念继续抗住你⾝上.所以你需要突破的是你⾃⼰,⽽不是外在.你看你们社会上以前呢些旧有的,很多观念你们继续保持,你们继续⾃⼰主动的把它们拿到⾃⼰⾝上.让它来束缚你,继续去体验.因为为什么呢? 因为制造观念的呢个⼈早死了.为什么你还去选择它? 还去体验它?

Human, that is to say, those fixed thoughts or ideas. As their physical bodies disappear, these will gradually fade away. The only thing you might want to do is carry on their thoughts and beliefs. For instance, the views of an elderly person who has passed away but whose ideas you still hold onto - this means you are consciously accepting that person's perspective and living within it. You need to break away from not just the dead person because they are gone. What you need to overcome is why you continue to bear someone else's beliefs on your shoulders when their mind is empty. So, what needs breaking through is yourself, not external factors. Observe how in society, old-fashioned ideas that once governed people still persist. Individuals choose to keep these ideologies alive by adopting them as their own, allowing them to restrict and continue influencing their experiences. Why do they do this? Because the creator of those thoughts has long since departed. Yet, why do they still opt for it?

那是你们⾃⼰的选择.因为你们永远都有选择去选择你想要体验什么.然⽽你们这些选择也会渐渐的影响到你们的下⼀代.因为如果你们下⼀代他继续跟你们⼀样,他们不去突破.你继续问,还有其他问题吗?

That's your own choice because you always have a choice of what experiences you want to have. However, these choices will gradually affect the next generation because if your children continue like you, they don't break through. You keep asking, are there any other questions?

问: 没了

Questioner: Gone

# **2021/08/15 — ⼀切都在完美的运⾏中Everything is running perfectly**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: 先是这个通灵的⼥孩⼦她有两个问题.她的第⼀个问题是如何摆脱对⾷物的欲望?

Questioner: First of all, there are two issues for this clairvoyant girl; her first question is about how to overcome the desire for food?

⾼灵: 如何摆脱对⾷物的欲望? ⾸先,你们在物质⽣活中最重要的事情就是要把你的这个⾁体给照顾好.把这个⾁体照顾好,这⾥⾯就包括它会有这⽅⾯的需求,就是对吃对喝.但是你要记住的是,你却不能万万全全让这个物质⾁体,就是让它来掌控⼀切,明⽩我意思吗? 就好像你有⼀个动物,你有⼀只宠物,然后你跟它是⼀体的,就是你们是⼀体,⼀条船上的,就是合作伙伴⼀样.你要把它照顾好,让它在⼀个正常、健康的状态.但是你却不能让它完完全全的掌控⼀切,明⽩我意思吗? 你想象⼀下如果你有⼀只猎狗.你们本⾝就是⼀起出去打猎,然后去寻找猎物,然后捕捉猎物,然后⼀起做这样的事情.然后你却完全就是没有任何对它的影响能⼒或者操控能⼒.

Higher Spirit: How to rid yourself of the desire for food? First and foremost, in your material life, what you need to do is take care of this body of yours. Taking care of this body includes recognizing its needs for eating and drinking. But you must remember that you cannot completely let this physical body control everything; understand me? It's like having a pet or an animal companion. You're together in the same boat, as partners, and you need to take care of it so that it stays healthy and in good condition. However, you cannot allow it to control everything completely. Understand what I mean? Imagine if you had a hunting dog. We are out there hunting for prey, capturing them together, doing this as one unit. But you have no power or influence over the dog; it's not controllable by your actions alone.

或者完全是由这只充满了兽性的动物来操控你.你们会怎样? 明⽩我意思吗? 所以这⼀切都是关系到你的和谐运作、平衡.如何应该不是说摆脱欲望.你想⼀下如果你完全没有这⽅⾯的需求,如果你对这些⾷物完全没有了兴趣,那你的⼈⽣是不是就已经也少了很多的美好?应该是如何平衡好你和⾷物之间.因为这关系到任何,不只是⾷物.还包括到⽐如说任何,⽐如说药物.如果适量的药物,它可以救你的命,帮助你.但是如果你过量呢?它会杀害你.就是所有的药物,医⽣都告诉你要控制好呢个量对不对? 你控制好量,它就是(没听清).你要控制不好…所以这个可以是任何,不只是⾷物.也可以是酒精或者是药物或者是其它任何.

Or completely by this animal full of beastly nature controlling you. What would happen to you then? Do you understand what I mean? So everything is related to your harmonious operation, balance. How should it not be about freeing yourself from desires. Think about if you had no need for this aspect at all, if you were completely uninterested in these foods, wouldn't your life already have less beauty? It's about how you should balance between you and food because it affects anything, not just food. It also includes things like medication. If the medication is taken in a proper amount, it can save your life, help you. But if you take too much? It will kill you. All medicines that doctors tell you to control the dosage correctly, do you understand? You need to control well… so this can be anything, not just food. It could also be alcohol or medication or any other thing.

就好像是你们⽣活中离不开的⽕.你如果你能掌控它,⽕可以对你有很⼤的帮助.如何你不掌控它… 还有⽔,任何都是这样.所以应该是如何平衡好你跟⾷物的关系.

It's like fire in your daily life - something you can't live without. If you can control it, the power of fire can be very beneficial to you. But if you don't control it... the same goes for water, and anything else. So, it's about finding balance in how you relate to food.

⾼灵: 你还有问题吗?

Higher Spirit: Do you have any more questions?

问: 有,这个通灵的⼥孩⼦第⼆个问题是如何把⾝体维持到瘦的状态?

Questioner: Does this spirit-connected girl have a second question about maintaining her body in a slim state?

⾼灵: 如何把⾝体维持到瘦的状态? ⾸先,你们所说的瘦不是就是怎么说,就是要看你们⾃⼰的⼀个标准是什么.因为对于有些⼈来说的瘦,他们是畸形的标准.他们是不允许有任何脂肪存在的.脂肪存在对于你们的⾝体有很⼤的帮助,很⼤的好处.它甚⾄可以平衡你的情绪.所以任何任何东西都说到平衡.所以你如果你是完全不想要脂肪,像健⾝运动员呢样⼦的话,这样也是不平衡的.所以如果你⾃⼰不是专业的,就是健美之类的,就是不⽤去苛刻的⼀味地去追求极端.因为任何极端的都会引起失衡.它失衡不只是从健康⽅⾯,它还从你的精神,你的情绪,你的各⽅⾯.所以⼀切都是在不要失衡.

Higher Spirit: How to maintain your body in a slim state? Firstly, the "slim" you refer to is essentially up to your own standard; what counts as slim for one person may be deformative or restrictive for another. Fat is crucial for your body and has many benefits; it can even help balance your mood. Everything comes down to finding harmony. If you absolutely refuse any fat, like a fitness model might, this is also imbalanced. Unless you're specifically training for muscle aesthetics, there's no need to excessively pursue extremes, as anything extreme will lead to imbalance. Imbalance affects not just your physical health but also your mental and emotional states and other aspects of life; everything should aim to maintain harmony.

如果你就是说不去刻意的去追求,⽐如说我⼀味地去追求瘦或者我⼀味地去追求任何.你就允许你的⾝体它⾃⼰调节在它健康的⼀个⽔准,⼀个平衡的⼀个样⼦.然后你也不⽤去担⼼或者失去操⼼或者是担忧或者是任何这种⾏为的话,你的⾝体它会⾃动调节到⼀个适合你们的状态.因为你们的⾝体⾮常的有智慧.因为很多⼈,就⽐如说在饮⾷上⾯吃的⾮常⾮常多,实际上也是他的⼀种焦虑或者⼀种精神层⾯的失衡,导致他会进⾷过多.那如果他在精神上他没有某⼀种焦虑或者压⼒或者就是任何强迫性的⾏为的话,他⾝体也不会过多去⾷⽤太多的⾷物.所以当你就是说放⼿就是轻松,然后不去某⼀个极端的去担⼼或者害怕或者焦虑这样⼦的状态的话,你的⾝体

If you simply do not刻意 pursue anything, for instance, if I solely chase after being skinny or any other pursuit, allowing your body to naturally regulate itself at a healthy level and in balance. Without concern, or loss of worry or anxiety, the body will automatically adjust to a suitable state because it's very wise. Many people consume excessively due to anxiety or mental imbalance; this leads to overeating. If their mind lacks any form of anxiety, stress, or compulsive behavior, their body won't overconsume food either. Thus, when you say letting go is freeing and not overly worrying, fearing, or being anxious about your state, the body

也会保持在这样的状态上.这就是可以让你们保持在⼀个健康、平衡的状态.就是不是去刻意的去追求某种极端.

And it will also maintain this state. This is how you can stay in a healthy, balanced state. It's not about pursuing some extreme intentionally.

问: 请问我可以再接着问问题吗?

Questioner: May I ask another question?

问: 我的下⼀个问题是就我现在⾃⼰在当下的这⼀个状态⾥,我的指导灵和我的⾼我有没有什么信息是想要传递给我的?

Questioner: My next question is about any information that my guiding spirit and Higher Self might have for me while I am in this current state?

⾼灵: 你的⾼我有没有什么信息想要传递给你? 我链接⼀下.你⽬前的信息还是说需要信任、放⼿.信任和放⼿.信任⽣命.因为你们还是觉得你们会需要⽤你的物质头脑去,就好像钻研或者是去研究或者是这⽅⾯的计划让你的⽣命或者事情朝哪个⽅向发展,或者是迫使它朝哪个⽅向发展.实际上并不是的.因为⽬前你和通灵这个⼥孩⼦,你们两个⼈都会觉得好像有⼀种在浪费时间,就是没有做真正有意义的事情的呢种状态.因为⽐如说你们两个⼈都会有相同的爱好,就是对这些灵性层⾯的⼀些,像我们⽬前在做的事情,对这些上⾯有强烈的兴趣.但是你们并没有花很多时间在这上⾯.

Higher Spirit: Do I have any messages for you regarding your height? Let me link it. You still need to trust and let go. Trust in life. You both feel like you might be wasting time, not doing anything truly meaningful because you think that you would need to use your physical mind, perhaps by researching or planning certain aspects of your life or forcing things in a particular direction. Actually, it's not the case. Both you and this medium girl are feeling that there's a sense of wasted time, as if you're not doing anything significant since both of you share similar interests in spiritual realms like what we're currently involved in – having strong interest in these areas but spending little time on them.

然后你们就会觉得好像没有⾛在,就是你想要的或者你激情的或者你热情的呢条路上.你们都会有这样的感觉.所以在你们的⼼灵深处你们总会觉得好像缺少⼀点什么.但是你们要知道的,真正的灵性并不是说只有你们在跟我们链接,我们在联系、我们在交流,这样⼦的状态才是灵性,并不是.⽽是你⽣活中每时每刻它都是灵性的存在.因为它表达的⽅式并不是说只局限于像这样⼦的⽅式.它表达任何.就⽐如说你喜欢画画.当你真的静下⼼来在做⼀副创造的时候,你其实就在通灵,你就在链接,明⽩我的意思吗?所以说你在任何,⽐如说你跟陌⽣⼈,你给了陌⽣⼈⼀个友好的眼神,呢个眼神真的触动了他.为什么?

Then you would feel as if you were not walking on the path that you desire or are passionate about or enthusiastic for. We all have these feelings deep within us. Therefore, there is always a sense that something is missing in our hearts. But what you need to understand is that true spirituality is not just about connecting with us; it's about being connected and communicating during interactions like this state of connection. It goes beyond that. Spirituality exists at every moment in your life because its manifestation does not necessarily have to be limited to such specific states of connection. It expresses itself in any way, for example when you enjoy painting. When you truly concentrate on creating something, you are channeling energy and connecting with the spiritual realm; you understand my meaning? Therefore, this sense of spirituality can be found anywhere, even in a friendly glance you give a stranger that truly touches them. Why is that so?

因为在你的头脑⾥⾯你没有任何个⼈对他的评判,或者你的恐惧,或者你的任何就是物质⾝体有的东西.就是没有任何,⽐如说你对⿊⼈的经历,就是⿊⼈在你⽣命中给你带来够什么,这些经历都是属于你物质⾝体的.如果你能抛弃所有这些,就是你物质⾝体⾥⾯残留的⼀些东西.你只是给他(没听清)或者给他⼀个微笑,这样你就是在通灵.为什么?因为你让他从你的眼中,你的微笑当中看见了光和爱,看见了爱.明⽩我的意思吗?当你的⾝体⾥⾯还残留着物质⾝体的东西,就是你在跟他接触的时候你头脑⾥⾯有:我之前接触⿊⼈给我留下的是这个印象.那你就是在进⼊物质⾝体.这样的话你就是在受物质世界影响.

Because in your mind, there is no personal judgment of him, or your fear, or any of the things that are part of your physical body - nothing at all, such as your experiences with black people, what they brought to your life; these experiences belong to your physical body. If you can discard all this - everything that's left over in your physical body - you just give him a look (I didn't hear clearly) or smile, and that's how you're channeling. Why? Because you let him see light and love through your eyes, through your smile - see the love. Do you understand my meaning? When your body still carries things from your physical self, when you're interacting with him and there's something in your mind like: The impression I got from previous interactions with black people was this... then you're entering into your physical body. In that case, you are being influenced by the material world.

那你如果在受物质世界影响的话,你就是不会给别⼈带来呢种就是震撼或者是⼼灵触动或者是温暖或者是爱的感觉,明⽩吗?所以你在处处,你们在每个时候,你们都可以给别⼈制造这种感觉.可以从对你⾃⼰开始.你对你⾃⼰,你真的再看你的⾝体时候,你没有对它评判,你没有在嫌弃它了,明⽩我意思吗?当你对它充满了嫌弃,明⽩吗?你的呢种嫌弃感会迫使你去焦虑的去做某些事情.它可能让你从⾷物上⾯,也可能让你从其他⽅⾯,各种⽅⾯.所以说你可以先⽤这种⽅式去对待⾃⼰.你可以充满⽆条件的爱去看待你的⾝体,去看待你⾃⼰,去看待你所有.你能⽤这样的态度来对待⾃⼰的时候,你才会有这样的态度去对待他⼈.

If you are influenced by the material world, then you won't be able to inspire feelings of awe, emotional impact, warmth, or love in others. Understand? Therefore, at every moment and with everyone, you can generate such sensations. You can start this process with yourself. When looking at your own body, if you stop judging it and no longer criticize it, then you understand my meaning? When you fill your mind with criticism, you will be forced to excessively care for certain aspects of yourself, whether through food or other means. In essence, you should first adopt this mindset towards yourself. You can love your body unconditionally, and yourself, without reservation. And only when you approach yourself in such a manner, are you capable of extending that same understanding and care to others.

不然的话你在看待他⼈的时候,你的⾔语也充满了⼀个,好像标杆⼀样,尺⼦⼀样.你在对⽐,你在评判.因为我们之前通灵⼀直给你说不要去定义 (语⽓很重)任何⼈,也不去定义(语⽓很重)你⾃⼰.因为你在定义的呢⼀刻,它就已经发⽣了千变万化,⽆数个变化.因为所有的变化它就在⼀刹那、⼀瞬间.就是在每⼀个当下,⽽不是说需要⼀个时间.不是⼀天两天三天四天,不是这个.这个发⽣不了任何.是当下的呢⼀瞬间你突然,就好像你明⽩了世界上所有发⽣的⼀切,你回忆起了所有,呢⼀瞬间.就算有⼀个⼈前⼀秒钟他刚杀完⼀个⼈,当他放下⼑的呢⼀刻,他突然醒悟到他其实⼼中并没有

Otherwise, when you look at others, your words are filled with a standard or a ruler, comparing and judging them. We've been telling you not to define anyone, nor yourself, because the moment of definition already triggers countless changes. All these changes happen in an instant, in each and every moment, not over time. Not just for one day, two days, three days, four days - it's not like that. Nothing happens during such periods. It's in this instant when you suddenly understand everything that has happened in the world, recalling all of it. Even if a person just killed someone seconds ago and then puts down their weapon, they might suddenly realize he never truly felt anything.

任何恨.他的恨是爱.为什么? 因为他爱这个⼈,觉得这个⼈为什么没有按照他爱的呢种⽅式去⾏动某⼀件事情,他更多的是⼀种失望.明⽩吗? 呢个失望就是包含着爱.所以当他⼀下就去了解到他⾃⼰明⽩他⾃⼰产⽣的这个情绪他并不是真正的恨的时候.他就变了⼀个⼈,马上就变了⼀个⼈.

Any hatred towards him is actually a form of love. Why? Because he loves this person and feels that the person should have acted in a certain way according to how much he loves them. It's more about disappointment. Do you understand? This disappointment embodies love. So when he suddenly realizes and understands his own emotions, recognizing they are not truly hatred, he transforms into someone different, changing instantly.

断线,JOJO转述断线的部分: 他杀⼈之后他明⽩了他根本就不恨呢个⼈.他实际上是很深爱呢个⼈.因为呢个⼈做了⼀些事情让他失望了.然后他明⽩了什么是爱.然后他已经明⽩了什么是爱.⽽你还不明⽩什么是爱的⼈.你怎么去评判他是⼀个杀⼈犯? 这是他(⾼灵)要解释的.就是说你连爱是什么你都不知道.⽐如说爱是⼀个蝴蝶,你连从来都不知道蝴蝶是什么,没见过蝴蝶.然后他(杀⼈犯)是个见过蝴蝶的⼈,你怎么去评判他? 所以他(⾼灵)就让我们不要对任何⼈,哪怕是个杀⼈犯,也不能去评判他,说他是个罪⼈或者是怎么样.

Cut the wire, JOJO restates the cut part:

"After he killed that person, he realized that he didn't actually hate this person. In fact, he deeply loved them. It was because this person let him down with their actions that he came to understand what love is. Then, he understood it already. It's you who still don't understand what love is. How can you judge someone as a murderer? This is what Gao Ling wants to explain: if you don't even know what love is, how can you criticize them? For example, imagine if love were a butterfly and you had never seen or known about butterflies before. Then, how could you evaluate someone who has seen a butterfly? So, Gao Ling urges us not to judge anyone, not even a murderer, as a sinner or anything of the sort."

⾼灵: 你再接着问问: 我想知道能不能给我现在就是,因为我想要去聚焦我喜欢的⼯作.能不能就这⽅⾯给我⼀点指引和信息?

Higher Spirit: Please ask me more: I want to know if you can guide and provide information for me right now, as I aim to focus on the work that I enjoy?

⾼灵: 刚才在前⾯已经说,就是说你还在觉得所有事件发⽣是你头脑去研究,去钻研,去迫使它发⽣的.因为当你进⼊呢样⼦的状态的话,你会持续的去体验呢样⼦的状态,持续的还在找还在找还在寻找,还在考虑,还在研究.明⽩我意思吗? 你只需要去放下任何的,就是如何 ‘焦距’ 这个问题在你脑海⾥⾯.因为像我刚刚告诉你,你在每⼀瞬间你都可以去做你激情的事情.就⽐如说每⼀刻,每⼀个当下你就是可以让,好像是在训练你的⾝体,就是训练你的,就像我刚刚说的你要把你物质⾝体的⼀些记忆、评判,因为我刚刚跟你说到评判有多么重要.就说为什么你不能去评判任何⼈呢? 哪怕他是个杀⼈犯.你想⼀个杀⼈犯你都不能轻易的去评判他.

Higher Spirit: Just now we already talked about how you believe that all events happen because of your mind studying, researching and forcing them to occur. When you enter such a state, you continuously experience this state, constantly searching for answers, considering, studying. Do you understand me? All you need to do is let go of the question of 'focusing' in your mind. As I just told you, every moment you can engage in activities that excite you. For instance, at any given moment, during each instant, you could almost train your body as if practicing. This relates to what I previously mentioned about how crucial it is to remember and judge your physical self; I explained why it's so important not to judge anyone, even someone who has committed a crime like murder. You should never easily judge such an individual.

你还别说其他⼈,对不对? 所以你要放下所有的定义和评判,包括对你⾃⼰,对你⽬前的处境,对你⽬前经历的所有的⼀切.因为你们都是不知情的⼈.⽽且如果当你知情了的话,当你知情⼀切的话,你会觉得⼀切都很完美.你就不会想要去⼲涉它,明⽩吗?

You see, not just others, right? Therefore, you need to let go of all your definitions and judgments, including for yourself, your current situation, and everything you're experiencing at the moment. You are all unaware parties. And if you were aware of everything, knowing it all, you would find everything perfect. You wouldn't want to interfere with it, understand?

问: 因为我现在头脑⾥有⼀个问题是⽐如说我看到Dr Joe或者怎么样,只要是在当下的这⼀刻,完全的进⼊当下的这⼀刻,链接到了以太的能场,我们就可以从呢个能场去创造物质.然后我现在就被这个想法就是⼀直,怎么说呢,就是我觉得我需要这么去做.然后这么做回帮助我聚焦,我就是⼀直摆脱不掉这个想法.

Questioner: I have a question in my mind right now, for example, if I see Dr Joe or anything like that, as long as it's in the present moment and fully immersed in this present moment, connecting to the etheric field. We can create matter from that field. And right now, I'm fixated on this idea; how should I say, I feel like I need to do this. Doing so will help me focus, I just can't shake this thought.

⾼灵: 你不知道如何摆脱你头脑⾥的想法? 刚才我们说到如果你在见到⼀个⼈,你的头脑⾥⾯完全是你⾃⼰的⼀些记忆,你的想法,你的评判,你的任何声⾳的话,你见的不是呢个⼈.如果你见不到呢个⼈真正的呢个什么什么的话,那你就在错过⼀切.就好像呢个⼈本⾝是来到你⽣命中带给你⼀份礼物或者是来offer你⼀个⾮常好的⼯作或者是怎样.但是你却看不到.你是进⼊了你⾃⼰头脑⾥⾯创造的⼀个世界.

Spiritual Guide: Don't you know how to extricate yourself from your own thoughts? Earlier, we discussed that when you encounter someone, the entity in your mind is solely made up of your memories, thoughts, judgments, and any other sounds - it's not actually the person you're seeing. If you fail to see who the real person truly is, then you're missing out on everything. It's as if this individual has come into your life to offer you a gift or provide you with an excellent opportunity, such as a job, but you can't perceive it. You've entered the world that you've created within your own mind.

问: 那我是不是就是应该,就⽐如说就像物质世界⼈说的,睡觉就是睡觉,吃饭就是吃饭.就是我在做什么事情的时候,脑袋⾥不要有就是,把⾃⼰安在当下的这⼀刻是不是对我就会有帮助? 就是不是呢么活在头脑⾥?

Questioner: Shouldn't I simply do things like sleeping when I sleep and eating when I eat, focusing on being present in the moment whenever I'm engaged in an activity? Would living mindfully be beneficial for me?

⾼灵: 你需要明⽩就是你们真正真正真正的,最最最最有意义的是你在当下.你在当下最有意义的是你如何不错过当下.如何不去错误的定义当下和如何不去屏蔽当下.因为很多⼈在当下的时候他们是在屏蔽的当下的⼀个状态.所以说当你能完全的不被你的这个,就好像我刚说你的物质⾝体实际上是⼀只猎狗,是你的⼀个partner,是你的⼀个合伙⼈,是你的⼀个搭档.明⽩吗? 它做的只是部分⼯作,你却把所有的⼯作都交给它的话.所以你要知道什么时候是它出⼿,什么时候你出⼿,什么时候⼀起.

Higher Spirit: You need to understand that what truly matters the most for you is your presence in the now. What's most meaningful about being in the present moment is how you don't miss it, how you don't misdefine it and how you don't block out or ignore it. Many people are in a state of blocking out their current moments when they're actually living them. So, when you can fully be not bound by your own mindset, like I just said that your physical body is akin to a hunting dog, your partner, a co-creator, and a companion. Can you understand? It does only part of the work, yet you delegate all the tasks to it. Therefore, you need to know when it's its turn to step in, when you should take action, and when you both should collaborate.

问: 我还有⼀个问题就是现在不是打这个新冠疫苗.然后我看到有很多关于新冠疫苗的阴谋论.并且很多的灵性的导师还有⼀些所谓的通灵⼈,就是可以通地球之外⽣命的⼈,都说这种疫苗不要打.打了之后会减少⾁体和你的复合体,你的灵体的链接.我知道每⼀个⼈说的都是真的.但是我想到这个之后我就总觉得这个问题它会困扰我.就是我没有完全把他们说的话抛到脑后去.

Questioner: I have one more question - now that we're not administering this COVID vaccine. I've noticed many conspiracy theories about the COVID vaccine, and spiritual leaders as well as so-called mediums who claim to communicate with extraterrestrial life have said you should avoid getting it. They say that after receiving it, there will be a decrease in your physical body and your connection between your body and your soul. I understand that each of them is telling the truth. But whenever I think about this, I always feel troubled by the question - whether or not to believe their words completely.

⾼灵: 所以你的问题是你想要知道疫苗到底对你有没有影响? 别说是疫苗,任何病毒都对你不会有任何影响.只要你不去就是,它能带给你的影响就是,就好像就是怎么说,你本⾝就有⼀个炸弹,它是导⽕线.所以说因为你的⾝体,就算这个疫苗是对你有影响.但是你要知道你的⾝体都是永远永远都在不断的不断的更新.明⽩我意思吗? 你永远都是⼀个新的你.所以说不管是疫苗的影响,还是药物的影响,还是其他真正就是⾃然中的⼀些,这些病毒对你带来的影响.它都是随时会被你的⾝体给不断不断的更新.就这么说吧,你想象你的⾝体是⼀杯⽔.然后呢你的呢⼀杯⽔不断的在注⼊新的⽔,然后也不断的有⽔在出去.然后外在的病毒,呢个就是脏⽔.

Higher Spirit: So your question is whether you want to know if the vaccine will have an impact on you? Forget about vaccines; any virus would not have any impact on you. As long as you do not expose yourself, it can only cause harm by analogy; it's like a bomb that you already possess, where you are the fuse. This means, due to your body, even if the vaccine does have an effect on you, but you need to understand that your body is constantly renewing itself. Do you get my point? You are always a new person. Therefore, whether it's the impact of vaccines or drugs, or other actual influences from nature such as viruses, they will all be continually updated by your body at any moment. To put it simply, imagine your body is a cup of water that continuously receives fresh water while also having some being drained out. External viruses would then be considered like dirty water.

脏⽔进来了,但是你不断的有活⽔进去.然后你又不断的有⽔排出去.那你过⼀段时间是不是你的⽔就全部重新换了⼀遍?所以你的⾝体也是这样.所以你要相信你的⾝体.你只是去信任它.你不⽤去对任何⼈,因为很多⼈有很多恐惧.呢些恐惧只是对他们有效果,只是对他们可以带来影响.你只要不去加⼊他们.

The dirty water comes in, but you continuously have fresh water going in. Then you continuously have water going out. So after a while, isn't it that all your water gets completely renewed? Similarly, your body works the same way. Therefore, you should trust your body. Just believe in it. You don't need to convince anyone else, as many people are filled with fear. Those fears only work for them and can affect them. All you need to do is not join them.

问:我有个问题是当我在冥想的时候,就是当我在进⼊状态的时候,这段时间我都没有在感觉到呢股能量来找我.但是我发现,⽐如说我要经历⼀些对我影响⽐较⼤的物质事件的时候,总会在前⼏天接收到这个梦.然后我就发现我经历的事情跟这个梦就对应上了.它算是我的⼀种通灵的⽅式吗? 还有就是为什么我最近都感受不到呢股能量了呢?

Questioner: I have a question. When I'm meditating, especially when I'm in the state of entering into it, I don't feel that vital energy seeking me out during this period. However, I've noticed that before experiencing significant physical events affecting me greatly, I receive these dreams days prior. I found that the events I experienced corresponded with these dreams. Could this be considered my way of connecting with the spiritual realm? And why can't I sense this vital energy recently?

⾼灵: 最近都感受不到呢股能量? 你是想要持续感受到同⼀股能量吗? 就好像你要知道你在你的⽣命当中,你的⼈⽣当中,你的所有经历当中,你不能去完完全全体验同⼀件事情,不可能.明⽩我意思吗? 因为就算你是同⼀个爱⼈,你觉得你是在跟同⼀个爱⼈⼀起吗? 不是.你其实每⼀个时刻你都是⼀个新的爱⼈.呢个爱⼈会变成什么样也是根据你的⼀个状态,你的⼀个(没听清)状态,变成什么样.你觉得你是在跟同⼀个你交往吗? 你的呢个你也⼀直在变.你可以回顾你⾃⼰的⼀⽣.所以任何任何,去追求同⼀个感觉是你们头脑的,明⽩吗?

Higher Spirit: Haven't you been feeling that energy lately? Are you looking to continuously experience the same energy? Like how you can't fully immerse in experiencing the exact same thing throughout your life or even when it comes to your relationships; there's no way. Do you understand what I mean? Because, even if you're with the same lover, do you feel like you're truly together with them? No, actually, at every moment, you are a new person. That love could evolve into something different based on your current state or condition. Do you think you're in the exact same relationship as before, considering how you've always changed over time? You can reflect on your entire life journey. So, trying to chase after that feeling is merely your mind's way of thinking; do you understand this?

⽐如说头脑得到了⼀个什么刺激,呢个刺激给它带来了快感过后,它就会总会去追求.就像狗⼀样.狗仔某⼀个地⽅发现了好吃的,它会经常往呢⾥跑.这就是你们物质⾝体的⼀个呢个什么.但是你要知道的是你永远不可能体验同⼀个事情也好,⼈也好,物也好,不可能完完全全的有同样的.你觉得呢是同样的,呢只是⼀个假象.呢只是⼀个假象.所以永远,每⼀个当下,每⼀个时刻都是新的.这就是我告诉你的为什么你不要定义你⾃⼰,不要定义他⼈.为什么? 因为每⼀个当下都是新的.

For example, when the mind receives some stimulation that brings pleasure, it will always seek after that stimulus. Like a dog, if it finds something delicious, it will frequently go back there. This is what your physical body is like. But you must understand that you can never experience exactly the same thing, person, or object twice completely. You might think it's the same, but it's just an illusion—a mere illusion. Therefore, every single moment, every instance, is always new. This is why I tell you not to define yourself or others. Why? Because every moment is brand new.

问: 那如果我们对⾃⼰有全然的信任,是不是可以跳的出所谓的阴阳五⾏? 就是这种东西它不对我们有影响? 因为经常看到有⼀些⽂章..

Questioner: If we have complete trust in ourselves, can we transcend the so-called Yin and Yang五行?, meaning this concept doesn't affect us? Because I often come across articles...

⾼灵: 你觉得⼀句话说它对你有影响,是不是跳出它的影响? 你就已经受它的影响.你就已经在受它的影响.为什么你会觉得呢个是可以影响到你的呢? 当你想要去做某⼀件事或者你想要去逃避某⼀件事的时候,你已经是在进⼊它了, 明⽩吗? 所以当你在抗拒,或者是在躲,或者是在逃,或者是在拒绝什么的时候,你实际上就在进⼊它.因为⽐如说呢些外国⼈,他们根本没有什么阴阳五⾏这个概念,你觉得他会想着如何去逃出它的影响吗? ⽐如说⼩孩⼦,他也没有这些概念.所以当你在想着如何逃出它的时候,你就已经在受它的控制.你已经就进⼊它了.

Higher Spirit: Do you feel that a single statement has an impact on you, as if breaking free from its influence means you are already affected by it? The very act of feeling it can affect you implies that you are already within its grasp. Why would you think that such words could impact you? When you desire to do something or seek to evade certain things, you are already stepping into its realm. Right? Hence, when you resist, dodge, flee, or refuse something, in essence, you are entering it. So, if foreign individuals with no concept of Yin-Yang and Wu Xing principles think about escaping from its influence, how could they possibly be trying to escape from an influence they don't understand? For children without such concepts, when you ponder on how to escape its impact, it's already indicative that you're being controlled by it, having unwittingly stepped into the realm of this concept.

问: 然后这个通灵的⼥孩⼦她想知道她的⾼我和指导灵有没有什么信息带给她? 对于她当下的这个状态,这个点.

Questioner: Then, for this spirit-channeling girl, she wonders if there is any message from my higher self and guides to bring her? Specifically, for her current state, at this point.

⾼灵: 我链接⼀下.今天所有信息她都会从中受益.有⼀点就像我刚说的你们都对灵性有⾮常⼤的兴趣和热情和激情和爱好.你们都想有更多这⽅⾯的⾏为.觉得好像⽬前没有进⼊这⽅⾯就是在浪费⽣命或者浪费时间.然后这些信息已经告诉你们并不是说只有通过这样的⽅式你们才在通灵,明⽩吗?你们任何任何全然的成为爱的时候,就是头脑⾥⾯没有任何恐惧、评判或者就是任何,就是不受你的物质⾝体的影响的时候,你们就是在通灵.为什么?因为你就只是爱,纯粹的爱.你就只是⼀股爱的能量.呢股能量消融⼀切.为什么你们会对这个能量,就好像有⼀种向往或者是上瘾的⾏为,不断的想要去体验?为什么?

Spirits: I'll link it. All the information she will benefit from today. There's a bit like what I just said that all of you have very great interest and passion and enthusiasm for spirituality. You all want more actions in this area. Feel as though not being able to enter this area is wasting life or time. Then these informations have already told you that it's not only through such ways that you are channeling, right? Understand? You're channeling anytime you are fully becoming love, when there's no fear, judgment, or anything in your mind that isn't affected by your physical body. You're channeling because you're just love, pure love. You're just a wave of loving energy. That energy dissolves everything. Why do you yearn for this energy, as though it were an addictive behavior, wanting to constantly experience it? Why?

因为你们体验到的就是完全没有任何烦恼,没有任何,只有全然的爱的能量,让你们不断的想要去体验.然⽽我告诉你的是你们随时都可以有这种能量.不是说要进⼊这样的状态,你才能成为这种能量.你们随时都可以.你们不是等待他⼈来给你们制造这种能量.⽽是你们⾃⼰也成为呢样的能量,去让他⼈体验.然后这个,任何时候你都可以去练习.就是你⽣命中的当下的每⼀个⽚刻、每⼀个时刻.它不是说特定、指定的.就是需要成为什么样⼦.然后这些信息对你和她的帮助都很⼤.因为当你们越来越链接,就是⽆限的爱的能量的时候,你们就会有很多时间在这样的状态.很多时间在这样的状态的话,你们⾃然⽽然会让很多⼈从你们⾝上见到这种⽆条件的爱.

Because what you experience is total blissfulness with absolutely nothing to worry about - only the pure energy of love that constantly entices you into experiencing it. But I tell you that you can have this energy at any time; not just when you enter such a state, but anytime. You don't wait for others to create this energy for you; rather, you yourself become that kind of energy, allowing others to experience it as well. This practice is possible at any moment in your life, in every single instance. There's no need to reach a specific state or condition to become this energy; the information will be very helpful for both you and her because as you increasingly connect with this infinite love, you'll spend more time in such states. Spending a lot of time like this naturally leads many people to see unconditional love from you.

所以今天的信息就像是⽔.你们好像是⼟地.你们受到了⾬⽔的滋养.你的⼟地⾥⾯的万物,⼀切都会受到滋养,怎么样都会受到滋养.所以它⼀定会就是发芽、开花、结果.所有的信息都是爱的滋养.所以这些信息对她来说都会有很多的帮助.如果再问⼀下有没有什么特别的信息给她的话,就是说去热爱你的⽣命,热爱你⽣命中发⽣的每⼀件事情,热爱你⽣命中的每⼀天,每⼀个⽚刻.不要去抗拒任何.

So today's message is like water. You seem to be the land. You are nourished by the rainwater. Whatever is in your land, everything will be nourished, somehow or other, it will always be nourished. So it must inevitably lead to germination, blooming, and fruiting. All information is nourishment from love. Therefore, these messages will be very helpful for her. If there's anything particularly special about the message for her, it would be to love your life, love every happening in your life, love every day of your life, every single moment. Don't resist anything.

问: 我想问⼀下我脉轮的情况..

Questioner: I'd like to inquire about my chakra situation.

⾼灵: 你要知道刚刚像我说的,你不要给你有任何任何的定义.如果我现在告诉你,你的脉轮是堵塞的和你现在的脉轮是通的,有什么变化吗? 因为当我在说这⼀分钟,你也可以马上转换到另外⼀个状态.明⽩我意思吗? 就好像这个⼈,像我刚刚说的,刚刚杀了⼀个⼈,前⼀秒钟刚刚杀了⼀个⼈.你让我说这个⼈他是好⼈还是坏⼈? 我刚想说他是坏⼈的时候,因为他杀了⼀个⼈.他放下⼑的呢⼀刻,他已经领悟到什么是真正的爱,他就变成了圣⼈.你让我怎么去说? 让我去说他是罪⼈还是圣⼈? 所以说如果像我刚才说的,你的每⼀时刻你都可以成为呢种就是连接爱的状态.就是成为呢种放下你的物质头脑.那如果你基本上都是在

Higher Spirit: You must understand that what I just said to you means nothing for your personal definition. If I tell you now that your chakras are blocked and they're flowing freely, does this make a difference? Because at the moment I'm speaking, you can instantly switch to another state. Do you get my point? Like this person I mentioned earlier who just killed someone in the last second before he put down his weapon, turning into a saint after realizing true love. How do I label him as good or bad? When I was about to say he's evil due to killing someone, but at that moment of putting away his weapon, he comprehended what true love is and became a saint. How can I determine if he's a sinner or saint based on these changes? Thus, understanding that every single moment you can be connected to the state of love, letting go of your material mind. If you predominantly focus on this aspect in your life

这样的状态下,那你整个⼈都是通的.没有任何堵塞,明⽩吗? 但是物质体验对你们来说也⾮常重要.你不需要只是去追求达到呢个状态.因为当你在追求的时候,你就在错过你当下的功课.所以说⼀些痛苦也好,体验⼀些⼼理的纠结或者是茫然,或者是愤怒,也⾮常好.因为只有你们的物质头脑才会⼀味地去追求⼀些让你爽的东西,明⽩吗? 所以你,当你,我告诉你呢个状态是最好的,如果你⼀味地去追求它,你又进⼊了它,明⽩我的意思吗?

In this state, you are all through. There is no obstruction whatsoever, understand? But material experience is very important to you as well. You don't need to just strive for that state. Because when you're pursuing it, you miss your current lessons. So experiencing some pain, going through psychological dilemmas or confusion, or anger, is also very good. Because only your physical mind would relentlessly pursue something that gives you pleasure. Understand? Therefore, when I tell you this state is the best, if you一味ly chase after it and enter into it, do you understand my meaning?

问: 我想问⼀下关于我准备材料换居留卡的问题⾼灵: 你是说你的材料的信息,有什么想要给你的? 这些信息要给你的,我这边要给你的就是说,⽆论什么事情发⽣,⽆论你在什么环境,你都可以去enjoy它.你都可以去完完全全享受你的⽣命.⽽不局限于你要指定某⼀件事情这样发⽣,或者是要这样发⽣你才能去享受⽣命,明⽩吗?

Questioner: I have a question regarding the documents and information needed for my residence card replacement. High Intelligence: You're referring to the details of your materials; what kind of information do they want to provide you with? The information that will be provided to you is this: no matter what happens or where you are, you should enjoy it. You can fully live your life without being confined to a specific situation or condition for enjoyment. Do you understand?

# **2021/08/24 — 婚姻与两性关系Marriage and Interpersonal Relationships**

⾼灵: 你问吧问: 在婚姻关系中或是在两性关系中,如果对⽅没有满⾜⾃⼰,⾃⼰就会觉得不开⼼或者不喜欢对⽅.所以我想问,为什么在关系中我们都想要让对⽅按照⾃⼰的模式去运作呢?

Higher Spirit: Ask away: In a marriage or in relationships between men and women, if the other party does not satisfy oneself, one would feel unhappy or dislike the other person. So I want to ask, why do we all want the other party to operate according to our own patterns in a relationship?

⾼灵: 我重复⼀下你的问题.你想要知道在婚姻或者在其他关系当中,如果对⽅没有按照你想要的⽅式去运作,然后你就会产⽣情绪.关于这个,这个对于你们来说是⼀个,基本上对你们物质世界的⼈来说都是⼀个⾮常⼤的⼀个障碍和功课.然后这个就是你们所谓的 ‘我’, 然后你们还有’执’.然后 ‘我’, 为什么我们很多通灵信息都说,我们上⼀次通灵说的是你要放下你的,就是你在见到⼀个⼈的时候,你放下你对他的任何记忆,任何观念,任何概念.存储的任何信息,你都要放下.因为你只有这样你才能真正的去,不只是去见到真正的对⽅.你也在帮他见到真正的他.因为他可能连他⾃⼰都没有见过呢个真正的他.

Spirits: I'm going to repeat your question back to you. You want to know what happens in a relationship when the other person doesn't operate the way that you want them to, and you generate emotions about this. Regarding this, it's really big obstacle for people like you who are in this physical world, and it is also part of the lesson you have here. This "I" aspect within you, along with your 'attachment', is what we're talking about. We often say that when you meet someone, you need to let go of any memory, thought or concept that you hold about them, including all stored information. You must release this because only in doing so can you truly see the real person - not just yourself but also helping them to see their true self, which they may even not be aware of themselves.

当你们就是沉浸在⾃⼰呢⼀套,你、你的记忆、你的概念、你的观念、你所有的⼀切.你在⾥⾯的时候,那是你认识他的⼀个障碍.那是你认识你的⼀个障碍.这个是⼀个⾮常⼤的⼀个障碍,⽆论是在你的⾃我认知当中,还是在你们的关系当中都是⼀个⾮常⼤的障碍.所以通过这个就可以让你们更加深刻的领悟到,或者体会到,到底就是你的物质头脑⾥⾯呢些定义、见解、观念、记忆、思想,就是你在动的时候,你在运动的时候,在运⾏的时候,在分析的时候,它对你是多⼤的影响! 当它在产⽣活动的时候… 我跟你讲你们现在通灵是怎么发⽣的.通灵发⽣就是说,当她现在,她头脑⾥⾯没有她个⼈的⼀些记忆、个⼈的见解、个⼈的思想、思维这些.她把呢些关闭.

When you are completely immersed in your own system – your memories, your concepts, your ideas, and everything about you – that is a barrier to understanding him. It's also a barrier to understanding yourself. This is a very large barrier, whether it exists within your self-awareness or in your relationship with others. Through this realization, you can more deeply comprehend or experience how the definitions, perspectives, ideas, memories, and thoughts that define your physical mind impact you when you are moving, in motion, running processes, analyzing situations – just how much of an effect they have on you! When these mental activities are occurring... Let me explain how channeling works for you now. Channeling happens when she clears her mind of personal memories, personal insights, and personal thoughts or ideas in her head. She shuts them off.

她关闭了,现在这个声⾳就出来.这就是你们所谓的智慧,这个就是你们所谓的灵感也好,或者是链接,链接你的⾼我.你可以称它任何,你们觉得.那如果你们现在在通灵的时候,她的呢些思想、观念还在活动的话,你这些信息是进不来的.所以,并不是说这些信息需要你们去学习,需要你们去寻找,需要你们去背诵或者需要去记忆.只是说,就好像是⼀⼜井,不是你要给它,怎么样给它牵引⽔,给它找⽔.⽽是说把它堵塞的地⽅拿去,它的⽔就出来了.所以它本⾝就是通的.就好像你想⼀下,你们每⼀个⼈都是⼀⼜井,然后井,所有的都链接着源头.然后你只需要把它堵塞的拿掉、通掉过后,你就可以得到.

She is shutting off now; this sound is coming out. This is what you call wisdom, or inspiration, or the link to your high self. You can name it whatever you want. If her thoughts and ideas are still active when you're channeling, then this information cannot reach you. Therefore, it's not about learning these messages, seeking them, memorizing them; it's simply like a well: you don't need to find water or draw water from it. Instead, if you remove the obstruction, the water flows out naturally because the well is already open. It seems as though everyone has their own well that connects back to the source. All you need to do is unclog your well and let it flow freely, allowing access to its contents.

所以当你有这些就是物质的头脑的意识活动 存在的时候,它不只是对你,就是说对⽣活中的⼀个见解,或者智慧或者是什么.它也会对你关系,对你其他的带来⼀定的影响.但是这些影响都很好.为什么? 你可以通过任何⼀个点,就⽐如说你的这个问题,它的症状是通过你们的夫妻关系呈现出来的.那好,那你可以从夫妻关系着⼿,然后去⼀步⼀步的,就好像叫,顺藤摸⽠.明⽩我意思吗? 那你就发现智慧了,你就成长了.有⼀话叫,烦恼⽣智慧,就是烦恼即菩提,这之类的.就是说任何让你们产⽣烦恼的,你都可以顺着它,然后去⼀步⼀步的去找到源头,去链接源头.然后这就是你们⽣命的意义.

So when you have these cognitive activities of the material mind existing, it's not just for you; that is to say for an opinion or wisdom or something in your life. It also impacts your relationships and other aspects to a certain degree. But these effects are all positive. Why? You can address any one point, such as this issue you're facing, whose symptoms manifest through your marital relationship. So, starting with the marital relationship, you then proceed step by step, like following the vine to find the melon. Do you understand what I mean? Then you discover wisdom and grow. There's a saying: trouble begets wisdom; trouble is enlightenment; this sort of thing. Any source of discomfort or disturbance in your life can be traced back to its origin, linked to its root. This is the meaning of life for you.

就是说通过你⾃⼰在⽣活中显化的这些困难也好,烦恼也好,痛苦也好,挫折也好,然后你去⾃我探索,去找到出路.所以说我们又回到你之前的问题,你再问⼀遍.

It means through the difficulties, troubles, pains, or setbacks that manifest in your life, you then engage in self-exploration to find a way out. Therefore, we are back to the question you asked before; ask it again.

问: 为什么在关系中,如果对⽅没有满⾜⾃⼰,⾃⼰会不开⼼或者不喜欢对⽅? 为什么在关系中我们都想让对⽅按照⾃⼰的模式来运作?

Questioner: Why would I be unhappy or not like the other person in a relationship if they do not meet my needs? Why do we all want our partners to operate according to our patterns in relationships?

⾼灵: 是的,呢个就是你所谓的 ‘⼩我’.因为即使是不是对⽅,你就算 ‘对⽅’ 仅把它叫成 ‘命运’.如果命运没有按照你头脑⾥⾯,就⽐如说你想升官发财,你想变成⼀个⼤美⼥或者⼤帅哥,你想⾝家多少多少,你想拥有多少财富,或者是其他的任何.命运没有按照你想要的模式去运⾏,然后你就开始厌恶⽣命,或者觉得⽣命是没有意义的,也会有很多.那你换到关系上也是这样.那是因为你还在觉得你⾃⼰是你的⼀个,就是说你把你⾃⼰认同成你的⾁体,你的物质头脑.你太去赞同你的物质头脑了.但是这个⼥孩⼦是她的问题,然后我想说其实她并没有.她只是看着她⾝体的情绪,但是她并没有陷进去.

Higher Spirit: Yes, that's what you call 'little me'. Even if it isn't the other person, even if they are just the 'other', you would still refer to them as 'destiny'. If destiny doesn't follow your mind's pattern, for example, like wanting to rise in rank and gain wealth, or transform into a beautiful woman or man, or have an amount of assets, or any other desire. When fate does not run according to the way you want it to, then you start to despise life, or feel that life has no meaning, there are also many instances like this. And when it comes to relationships, it's the same. That's because you still think of yourself as 'yourself', meaning you identify yourself with your physical body and material mind. You too readily agree with your material mind. But it's her problem, then I want to say that she doesn't actually have one. She just observes her body's emotions, but she doesn't get lost in them.

因为她有⼀颗,就好像是有个旁观者,她观察到了⾃⼰产⽣的这种情绪,她并没有去,想要去控制或者是改变,或者是如何去改变对⽅.因为如果你还是在执迷不悟当中的话,你们不会有这次交流,明⽩吗?因为他们会发⽣争吵,⽽不是说在这⾥来和我交流,和你交流.那就说明她已经觉察到了,带出来的呢样的情绪是她的物质头脑,⽽不是对⽅.之前我们通灵 信息说过,并不是让你的⼈⽣中永远都快快乐乐,没有烦恼.⽽是说当你在产⽣烦恼的时候,或者是⾛到呢个在迷雾当中,你知道怎么出来,明⽩吗?当你知道怎么出来的时候,你根本就没有被困,你是⾃由的.所以说,⽬前的⼀个⾃我认知的⼀个⾓度,就是呢个程度来说,她已经不是局中⼈.

Because she has one, it's as if there's a bystander, she observes the emotions that she generates, she doesn't seek to control or change them or how to change the other person. Because if you are still lost in obsession, there won't be this exchange between you, understand? They would argue instead of coming here and exchanging with me, with you. This indicates that she has already become aware of the kind of emotion that is her material mind, not the other person's. Previously we communicated spiritual information stating that it doesn't mean your life should always be happy without worries forever. But rather when you are experiencing distress or lost in confusion, do you know how to find your way out? Understand? When you know how to find your way out, you're not trapped; you're free. Therefore, from the current perspective of self-awareness, she is no longer someone within it.

因为当你在局中⼈的时候,你是不可能去有这样的问题产⽣的.你会觉得是遇到不对的⼈,或者是 ‘哎呀,他这个⼈的习性’, 或者是你还想着是不是换个⼈就好啦,是不是⼀顿争吵就好啦,还想去从外在去改变局⾯.但是你们的这次交流是在向内看.当你就是说有了这个意识的时候,其实你已经是出来了,明⽩吗?所以你们已经算是很清醒的⼀个状态,⽽不是梦中⼈.因为真正在梦中的⼈的话,他是不知道⾃⼰是个做梦的状态.如果你现在是来告诉 ‘我的这个梦怎么样,怎么样’, 那就说明你已经知道你是在做梦.那还有就是说其实答案你们已经知道了.你就问就是说如何,当对⽅没有达到我想要的,如何就是说,当⾃⼰产⽣不满的情绪,如何放下.

Because when you're in the game, these kinds of issues don't arise. You might feel that it's because of wrong people or 'oh, this person's habits', or maybe thinking that changing someone else would help or that arguing once could change things from the outside. But your exchange here is looking inward. When you are aware of this, you've already stepped out, right? So you're in a very clear state, not like being lost in a dream. Because if someone's truly in a dream, they don't know they're dreaming. If you're now telling me 'how does my dream go', it means you're aware that you're dreaming. And also, the answer is already known to you. You're asking how do you let go when the other person doesn't meet your expectations, or how do you release negative emotions when you feel dissatisfaction.

你说如何放下什么?

"You ask how to let go of what?"

问: 就是如何放下控制或者是期待? 然后怎么样才能在这样的,就是当对⽅和我在关系中有不同的需求的时候,我们如何才能更好的和谐相处?

Questioner: How do you let go of control or expectations? And how can we better coexist harmoniously when there are different needs in the relationship between us and another person?

⾼灵: 控制和期待.你的控制和期待,你是在⽆意识当中运⾏的,明⽩吗? 就⽐如说,你去打也好,去骂也好,去任何争吵也好,你还是在控制当中.你在控制当中.如何放下它? 你能明⽩这些如果已经是,这个不是来对对⽅,是来对于你⾃⼰的⼀个,就是你能明⽩你产⽣的这些情绪,其实你已经放下了,明⽩吗? 你不需要去,就是你能领悟到这个是产⽣于你,你已经就⾛出来了.你已经就⾛出来了.因为接下来的呢些情绪,这就是只有不明⽩的⼈,他才会继续在这个产⽣的情绪当中.他会继续在这个情绪当中,想要强迫的去改变,或者是改变对⽅,就是改变.如果你已经就是去明⽩了,你就已经放下了.

Higher Spirit: Control and anticipation. You are operating on an unconscious level with this, understand? For example, whether you go to fight or to scold, in any argument, you are still within the realm of control. How do you let it go? Can you comprehend that if these already have been addressed, they are not directed at the other person but rather towards yourself? You can understand that the emotions you generate have already been released, right? You don't need to strive to change or alter this understanding, because once you realize it is generated from within you, you've already stepped out of it. You've already stepped out. The subsequent emotions are only experienced by those who do not understand. They continue to be ensnared in these emotions, attempting to force changes upon themselves or others, essentially changing their perspective. If you have understood this, then you have already released it.

就好像你在⿊暗当中,当光已经进来过后,⿊暗就已经不存在了.⽽你不需要去说我如何赶⾛⿊暗.你继续问.

As if you're in darkness when light has already come, and the darkness no longer exists. And you don't need to say how I drove away the darkness. Just continue asking.

问: 那在婚姻关系中我们双⽅,⽐如说他想打游戏,然后我想让他跟我⼀起吃饭,这种互相意见不⼀致或者是不和谐的时候,我们如何才能更好的和谐相处? 这个问题可以在单独说⼀下还是说刚才前⾯已经概括了?

Questioner: When there are discrepancies or disharmonies in our relationship, such as him wanting to play games while I want us to have dinner together, how can we better coexist and maintain harmony? Should this question be discussed separately or is it already covered in the previous context?

⾼灵: 你⾸先要明⽩的是: 外⾯没有任何⼈! 你唯⼀需要和谐相处的是你⾃⼰! 是你⾃⼰! 是你和你的关系,你和你⾃⼰的物质头脑.你想⼀下,如果你的物质头脑没有产⽣呢种,他为什么不陪我? 他为什么要这样? 为什么要呢样? 如果它完全没有产⽣这种想法、观念、情绪,明⽩我意思吗? 如果它不产⽣任何,那还会有后续的⼀些⼼⾥不爽,他怎么不陪我,这些产⽣吗? 不会的.所以,你唯⼀需要和谐相处的是你跟你的这个⾝体,就是跟你的物质头脑,它的运⾏模式,⽽不是对⽅.因为你们的物质头脑会根据对⽅的⼀些活动、意识,然后产⽣,

Higher Spirit: The first thing you need to understand is that there are no outsiders! You only need to be harmonious with yourself! It's just you! It's you and your relationship with yourself, your material mind. Think about it: if my material mind didn't produce such feelings, why wouldn't he accompany me? Why would he do this? Why would he want that? If there were no idea, concept, emotion produced at all, do you understand what I mean? If nothing is produced, how can there be subsequent mental discomfort, why won't he accompany me, these things happening? No, it wouldn't. So, the only thing you need to be harmonious with is your body, that is, your material mind and its operational mode, not the other person. Because your material mind would generate responses based on the other person's activities or consciousness, then produce such feelings accordingly.

就好像ok,对⽅他在动了,他没有看我,他在⾃⼰… 然后你就开始出现评判的声⾳,你就开始寻找,他总是在打游戏,你看昨天打,今天也打,每天都在打.就开始记忆,开始活动.

It's as if you say okay, he moved, he didn't look at me, he was doing something... and then your critical voice starts to appear, looking for reasons. He always plays games, you see him playing yesterday, today too, every day. Memories start surfacing, activities begin.

⼼⾥之前的呢些怨恨开始浮现,明⽩我意思吗? 你如果去观察你的头脑意识,就是它如何运作的.你如果去,就是细⼼的,细致的,就是⾮常灵敏的去捕捉你任何⼀个⼼⾥活动,你产⽣的⼀个念头,产⽣的⼀个声⾳.你去观察它,你就会发现你的头脑它⼀直在评判,它⼀直在定义,它⼀直在喋喋不休.之前我们跟你说过,不要去定义任何.不要去定义任何⼈.不要去定义你⾃⼰.不要去定义任何事情.因为所有的所有的⼀切,它⼀直都在转变当中.因为当你在定义的时候,实际上你在加强.你在加强它.就是你还在继续去投射它.就是你在制造它.就⽐如说你⾃⼰在说: 他总是在打游戏.呢是你⾃⼰头脑⾥⾯的.呢是你⾃⼰头脑⾥⾯的声⾳.

The resentment that had been dwelling in my heart began to surface, do you understand? If you were to observe your mind consciousness and how it operates; if you were to be meticulous, carefully capturing any activity of your thoughts or sounds generated within you. By observing this, you would discover that your mind is constantly judging, defining, and chattering incessantly. Previously, we told you not to define anything; not anyone, not yourself, nor anything else. All because everything is always in flux. When you attempt to define something, you're essentially reinforcing it, projecting it further into reality or creating it anew. For instance, when you say 'he's always playing games,' that's simply your own mind talking within itself.

然后呢,你的这个会⼀直⼀直投射出同样的⼀个状态.因为我们⼀直在跟你们通灵,然后在跟你们传授的⼀个概念就是说,你的任何就是宁静的状态、你的情绪、你的任何呢些什么,不是因为外在物质怎样你怎样,明⽩我意思吗? 不是你真正的拥有⼀个完美的对象,因为永远都没有完美的对象.因为你就连你⾃⼰(也不是完美的),明⽩吗? 所以这⾥永远都没有⼀个会完完全全完美的,就这么说,就算给你们⼀个机器⼈,什么都按照你想要的模式去设计.你给它设置好啦过后,有⼀天你会死在你⾃⼰设置的模式⾥⾯,明⽩我意思吗? 你会发现很多模式你以后都不再喜欢.你才发现这些模式,就是杀死你的也是呢些模式.

And then, your projection will maintain the same state indefinitely because we have been in communication with you and conveying this concept that whatever state of calmness or emotion you possess is not due to external material conditions. Do I make sense? It's not about truly possessing a perfect object because there has never been a perfect one. Because you are not even perfectly yourself, do I understand you correctly? Therefore, perfection cannot exist here completely; it's as simple as that. Even if we were to give you a robot designed precisely according to your preferences, once set up, eventually you would find yourself trapped within the confines of your own programming. It won't take long before you realize that many patterns you prefer now will no longer appeal to you in the future. You'll discover that the very patterns that govern your life are also those that might end it for you.

就是你讨厌的也是呢些模式,你不喜欢的也是呢些模式.所以你们不需要去跟任何⼀个⼈和谐相处.唯⼀需要和谐相处的是你的物质头脑.让它不要在播放你不喜欢的.让它不要再去下⼀些负⾯的定义.因为你们如何去定义什么,接下来你们就会如何反应,你们就会如何体验.所以这⼀切,发⽣的⼀切,外在的⼀切, 因为外在的⼀切都是中性的,给它⼀切正⾯的定义.

It's the same patterns that you dislike, and it's those same patterns that you don't like. Therefore, there's no need for harmony with any person. The only thing needing harmony is your material mind, preventing it from playing what you don't like. Don't let it create further negative definitions. Because how you define something determines how you react to it, and how you experience it. Hence, everything that happens, the external world, because everything external is neutral, give it all positive meanings.

问: 我还在跟呢个男孩⼦相处,他回来找我.然后我觉得他好像越来越喜欢我.然后我对他也是有⼀种依赖的情绪.但是我知道我们最后不可能在⼀起.我想知道我要怎么做才能让这段关系是快乐的? 然后最后结束的时候,彼此都不会受到伤害? 因为我有时候会觉得我好想在骗他.但是他要不在的话,我确实也是会难过.所以能不能就这⽅⾯给我⼀点指引?

Questioner: I'm still involved with this young man who keeps coming back to me. I feel like he's starting to like me more and more. There's also a sense of dependency from me towards him. However, I know we can't be together in the end. I want to know how to make our relationship enjoyable for both of us so that when it ends, neither party gets hurt. Sometimes, I feel like I might be lying to him. But if he were not around, I would indeed miss him. Could you give me some guidance on this?

⾼灵: 你们,⾸先你要知道你究竟离不开的是这段关系的什么? 到底是这段关系给你带来的呢种,就是让你⾃⼰觉得你的存在感.因为你们离开关系,你会不知道你存在.所以你到底是想通过这段关系来觉得你⾃⼰是在被关⼼,或者是被呵护,或者是重要性,或者是在被爱,或者是你觉得你很孤独、很寂寞,需要有⼀个伴,或者是有个⼈说说话.如果你只是通过这个关系来满⾜你的某些需求的话,所以你必须,就好像我刚刚说,你必须要有⼀颗⾮常敏感,就是灵敏的去观察你⾃⼰所产⽣的这些情绪、感受.然后你⼀点⼀点的摸清⾃⼰.因为认识⾃⼰是⼀个过程,不是⼀天两天.也不是通过⼀件事,两件事.你需要花⼀辈⼦、⼀⽣的时间来认识你.

Higher Spirit: First, you need to understand what specific aspect of this relationship you can't live without? Is it the sense of your own existence that the relationship brings to you, making you realize your presence? If you were to leave this relationship, you wouldn't know your own existence. So, are you seeking care or nurturing, feeling important, being loved, or experiencing loneliness and isolation that prompts you to need company or someone to talk to? If you're just using the relationship to meet certain needs of yours, then you must have a very sensitive awareness, observing your emotions and feelings generated from yourself. Gradually understand yourself because recognizing oneself is an ongoing process, not something achieved within a few days or by a couple of incidents. It requires a lifetime of effort and dedication.

所以这个事情的这些情绪,因为你不需要,⽬前不需要给⾃⼰下任何定义,给你们的关系下任何定义.你只是去观察在跟他这段关系,你产⽣的情绪.OK,你有⼀句话: 我离不开他.那你离不开,你再继续问你⾃⼰,你离不开他什么? 离不开他每天给你的问候? 离不开他每天有个⼈来陪你打发你的⽆聊时间? 你⼀步⼀步的问⾃⼰,到底离不开什么? 所以这样⼦你就能⼀步⼀步的去认识⾃⼰,发现⾃⼰原来你是如此害怕孤独.原来你是如此觉得你不重要,因为你需要别⼈来确认你的重要性.原来你是如此的害怕⾯对⾃⼰.原来你的⽣活是如此的⽆聊.你可以通过⼀步⼀步⼀步⼀步的.所有的关系就像镜⼦⼀样.所有的关系就像镜⼦⼀样.它是来让你看清楚⾃⼰.

So, regarding these emotions in this matter, you don't need to define yourself or your relationship right now; no definitions are required. You simply observe the feelings that arise when being with him. If you say, "I can't live without him," then indeed, you cannot. You should ask yourself: What am I unable to do without? Without his daily greetings? Without someone to keep me company and alleviate my boredom every day? Gradually question yourself about what exactly you are unable to do without. This way, you'll step-by-step come to know yourself better, realizing how much you fear loneliness, how much you feel unimportant because you need others to confirm your importance, how afraid you are of facing yourself, and just how dull your life is. You can unravel these truths by examining every relationship one step at a time; all relationships act as mirrors reflecting the true self.

这是关系存在的⽬的,来帮你认识⾃⼰,你也在帮对⽅认识他们⾃⼰.为什么你们在恋爱的时候都会⾮常的快乐、幸福?为什

This is the purpose of any relationship – to help you understand yourself as well as helping others understand themselves. Why are you both so very happy and content when in love? Why

么? 因为你觉得在这段关系当中,你是如此的完美,你是如此的美丽,你是如此的重要,你是如此的独⼀⽆⼆.因为你们享受这种独⼀⽆⼆的感觉,特别的感觉,被重视的感觉,被关注的感觉,被赞美的感觉,被需要的感觉.它满⾜了你这些.所以所有的关系它都可以把你带⼊到⼀个⾃我认知,⾃我认识,⾃我觉察,还有⼀个就是说对⽣命的探索,对⽣命的⼀个认知.因为你会通过关系产⽣很多情绪.然后这些情绪都是这些,就好像刚才我说的顺藤摸⽠.呢个⽠就是你们的礼物.这个问题你还有想要问的吗?

Why? Because you feel that in this relationship, you are so perfect, so beautiful, so important, and so unique. You enjoy the feeling of being unique, special, valued, noticed, praised, and needed. It fulfills these needs of yours. So all relationships can lead to self-awareness, self-knowledge, self-reflection, and an exploration of life. Because you will generate many emotions through relationships, which are like that fruit we were talking about earlier – the fruit is your gift. Do you have any more questions on this?

问: 这个问题我问完了.我还有⼀个问题就是呢个让我通过⽤书写的⽅式来和他达到链接的指导灵,他有没有什么话想要跟我说?有没有什么信息想要带给我?

Questioner: I have asked my question. I have another query - does the guiding spirit want to convey any messages to me through this written format, or share any information with me?

⾼灵: 你想问之前说让你⽤书写来链接的呢个存有有没有话想要带给你? 他的信息是,你现在就好像是在收集资料,在寻找素材.然后⽆论在你⽣命中给你带来负⾯的,正⾯的所有情绪、所有感受,这些都会,将会是你以后宝贵的资料和材料.好像你要⽤来做⼀个艺术品.想要建⼀个皇宫是或者是房⼦.那你现在在不停地⾛在⼩路上在捡,这捡⼀个⽯头、捡⼀个树枝.你不断的在捡这些.然后你都可以利⽤起来来装饰你的房⼦.所以说,你们有⼀句话叫做艺术来源于⽣活.所以说在⽣活当中,你不要觉得你或者是现在正在虚度时光,或者是在浪费,或者是在荒废.你所需要的就是说把⾃⼰全然的放出去,去放⼿,不要有任何头脑⾥⾯有任何定义.

Higher Spirit: You want to ask about the entity who asked you to connect through writing? Its message is that at this moment, you are gathering data and seeking materials. All of the negative and positive emotions, feelings, in your life will become valuable resources and materials for you in the future, like building a piece of art or constructing a palace or house. You're continuously collecting stones and branches as if walking on a path. You are constantly accumulating these elements which you can use to decorate your own space. So indeed, there is an expression that says art comes from life; therefore, within your life, don't see it as lost time, wasted time, or something neglected. What's required is fully immersing yourself without any preconceived notions in the process.

‘啊,好像这件事情跟我想象的不⼀样,或者不是我真正要⾛的路,因为你不知道你要⾛什么路.所以你只需放⼿的去体验.如果你觉得把⾃⼰喝的烂醉你就能体验到彻彻底底的痛,彻彻底底的爱就去做.⼀切都是体验.⽽这些体验你都可以把它当成像做菜⼀样,运⽤在你的作品⾥⾯去.尽情的体验.你们来到物质世界的⽬的就是尽情的去体验.为什么?因为你们是有了⼀个帮你去尽情体验的⼀个⾝体.你会产⽣痛,你会产⽣所有的感觉,温暖的感觉,难过的、悲伤的、孤独的.这些深刻的体验.

Ah, it seems this matter is not as I imagined or is not the path I truly wish to take, because you don't know what path you're meant to walk on. So, simply let go and experience. If you feel that getting completely drunk allows you to fully experience profound pain and love, then do so. Everything is an experience. And these experiences can all be treated like cooking ingredients, applied into your work. Indulge in experiencing. The purpose of coming to this world of matter is to indulge in experiencing everything. Why? Because you have a body that helps you indulge in experiencing various sensations. You will feel pain, every kind of feeling - warmth, sadness, loneliness, and the depth of these experiences.

⾼灵: 然后还有⼀段信息我是想要带给这个通灵的⼥孩⼦.你们⽣活只需要去制造快乐,像玩游戏⼀样.当你把你们的⽣活,就是过的像玩游戏⼀样,你⽼公就不会如此沉浸在游戏⾥⾯.因为他⽣活中就在玩游戏.所以⽤你的想象⼒、创造⼒来让你们的⽣活更有意义,更放松,更像游戏⼀样充满刺激,充满,你要去获胜,充满竞争⼒.正好你们⽣命中现在有⼀个⼩孩⼦,⼩孩⼦也是特别喜欢玩游戏.所以不要古板,利⽤你的想象⼒.因为当你们的⽣活充满了游戏、充满了竞争⼒,充满了快乐的情绪的话,也有助于你⾃⼰,就是不⽤如此的,怎么说呢个,死板或者是传统,或者是有规律.去打破⼀切.你们最近经历了有⼈来到你们的房⼦⾥,把你们的家弄乱,明⽩吗?

Higher Spirit: And there's another message that I would like to bring to this medium girl. Your life should be about creating happiness, just like playing a game. When you live your life as if it is always about playing a game, your husband will not be so immersed in games anymore. Because his life consists of being engaged in them anyway. So use your imagination and creativity to make your life more meaningful, more relaxing, more like playing a game full of excitement, competition, and the thrill of winning. And fortunately, now that you have a child in your lives who also loves to play games. So don't be rigid, make good use of your imagination. Because when your life is filled with games, competition, and joy, it also benefits yourself, making your routine less mundane, traditional, or predictable. Break everything down. You've recently experienced someone entering your home and disrupting your household order, understand?

虽然是在⼩偷偷了你们的东西,他弄乱⼀切,明⽩我意思吗?当他在打破这⼀切的规律的时候,实际上他是在把你引领到⼀条更加安全的路上.所以不要害怕去打乱⼀切.就好像今天你的⼩孩把你的书给打乱了.然后你很⽣⽓的打他.然后你好像有⼀种害怕把事情打乱的感觉.你想想,如果你和孩⼦⼀起,来⽤呢个打乱的书,把它堆成⼀个房⼦.让他在这个过程中快乐了.然后你也不会如此的紧张.要学会从呢⼀堆打乱的东西当中,去被破坏过后去创造.就是因为这⼀切打乱并不是真的打乱,⽽是说是在带领到更有创意,更有创作,更有意义的路上.所以说表⾯上的破坏不会破坏掉任何.你只有去担⼼,担⼼外在的破坏会破坏掉.

Even though the thief has taken your things and messed everything up, do you understand? When he disrupts all of this, in fact, he is guiding you to a safer path. So don't be afraid to mess everything up. It's like when your child has made your books chaotic today. Then you are angry and scold him. You seem to have the fear of disrupting things. Think about it; if you and your child were together using those chaotic books, stacking them into a house, making him happy in the process. You wouldn't be as tense. Learn to create from that heap of chaos after destruction. Because this disruption isn't truly destructive but is guiding towards more creativity, innovation, and significance. Therefore, superficial destruction doesn't destroy anything; you only need to worry about external disruptions potentially harming things.

因为真正的有序,真正的规律是掌握在你们的内在.⽽不是依靠、依赖在外在.明⽩我意思吗? 你们的婚姻关系也是⼀样.并不是说你们每天要坐在呢吃饭,然后聊⼀些话题,然后看上去你们是如此的完美,明⽩我意思吗? 你们的关系是如此的完美,如此的有序.⽽实际上呢? 你们只是在遵守⼀个死的程序⽽已.呢不是活的东西.你们需要的是活的,因为爱永远是活的.爱不是死的.不是说你像呢些教堂⾥⾯

Because true order, true law is held within you, not relying on or depending upon the external. Do you understand my meaning? Your marriage relationship is similar in that sense. Not saying that you need to sit down and eat every day, then discuss some topics, making it seem as if everything is perfect, do you understand me? Your relationship seems so perfect and orderly. But actually, you are just following a rigid procedure; it's not living. What you need is something alive because love is always alive. Love does not die. It's not like those things in churches...

的呢些信徒,你遵守了这些规矩,你就是⼀个⾼尚的⼈,你就是⼀个神的使者或者是什么.活的,活的,不在乎外在如何呈现,如何表现.所以不要去害怕去打乱,不要去害怕被破坏.你只是需要去⽤你的呢⼀颗有创造⼒的⼼、活的爱,去把⼀切⼀切⼀切⼀切带领到爱的道路上.因为只有爱的呢条路,才是正道,才是真正的有序.其他所有的⼀切都不是,明⽩吗?如果你们始终始终都是如此爱着对⽅,都是对对⽅产⽣的激情,你在乎你们今天是在桌⼦上吃饭还是在地上吃饭吗? 明⽩吗? 你根本不在乎.所以你们的这⼀次信息会对她有⼀个⾮常⼤的提升.

Those of you who follow these rules are noble beings, messengers of God or something like that. Life, life, it doesn't matter how you're manifested or expressed outwardly. So don't be afraid to disrupt things; don't be afraid of it being destroyed. You just need to use your creative heart, living love, to lead everything to the path of love. Because only the path of love is the right way, the true order. All else is not, understand? If you continue always loving each other, and it's all about passion for each other; do you care if you're eating on a table or on the ground today? Understand? You simply don't care. Therefore, this message will greatly elevate her.

然后你们又通过这⼀次看到了,表⾯上他们有⼀次不愉快的午餐,但是这次不愉快的午餐却对她灵性上有⼀个飞跃式的突破,你想象⼀下.所以这次破坏是不是正⾯的破坏.他们是不是又通过正⾯来服务了你们.这些信息不只是能帮助到你们,它能帮助到很多的⼈.你想象⼀下.所以不要对眼前的⼀些景象、幻像给吓到.你觉得哇,我们这次好像没有呢个什么,竟然有这样⼦,是不是以后关系要变差了? 不要有任何这样⼦.只有你去担⼼它会变坏、会变差,你才会去防⽌.如果你根本就没有这⽅⾯的担⼼,你只是想要去创造.在每⼀个当下创造快乐,去享受⽣命.⽽不拘于任何.

Then you saw how unpleasant their lunch was, but this unsatisfactory meal led to a spiritual breakthrough for her. Imagine that - so is the destruction actually positive? Are they serving you positively through it? This information isn't just beneficial to you; it can help many others too. Imagine that. So don't be alarmed by眼前的 scenes or illusions. You might think, "This time, we didn't get what we were expecting; everything seems changed now, does this mean our relationships will worsen?" Don't worry about any such thing. Only when you're concerned about things going wrong do you try to prevent it. If there's no concern at all about the future, you simply want to create happiness in every moment and enjoy life without being confined by expectations or constraints.

# **2021/08/30 — 关于驱魔Regarding Exorcism**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

问: 这个⼥孩⼦想知道为什么她对今天买的这本古⽼的圣经有这么强烈的感觉?

Questioner: This girl wonders why she feels so strongly about the ancient Bible she bought today?

⾼灵: 我现在链接⼀下.她想要知道为什么她对她⼿上拿的这本书有呢么强烈的感觉? 我搜索⼀下信息.我现在需要让她进⼊到⼀个稳定的链接状态.这个过程就好像你们在调试收⾳机⼀样.她会慢慢的让呢个信号稳定.然后让呢个频率保持在⼀个链接的状态,然后所有信息才会进来.她想要知道为什么她对这本书有这么强烈的感觉? 为什么? 因为她对很多,就是有历史的,就像你们所说的古董这些东西会有很强烈的感觉.因为它们这些物品储存着⼤量的能量.就⽐如说古⽼的房⼦或者是古⽼的,就是有储存⼤量的(能量)的古⽼的树,或者是像她说的这本书.因为这些物品它⾥⾯就好像是⼀个古⽼的⼈,就⼀个⼏百岁的⼈,你想⼀下.

Higher Spirit: I'm connecting now. She wants to know why she has such a strong feeling for the book in her hands? I'll search some information. I need her to be in a stable connection state right now. This process is like you adjusting a radio, slowly stabilizing the signal and keeping it at that frequency so that all information can come in. Why does she have this strong feeling for this book? Why? Because she's sensitive to things with history, like antiques, which often give her intense feelings because they hold large amounts of energy. Imagine an old house or tree - these items store vast energies. It's like an ancient being inside them, a being several hundred years old, think about it.

你们任何⼈都会对⼀个⼏百岁的⼈,对他们感兴趣.为什么? 因为他就储存着很多很多信息,储存着很多很多能量.那呢些能量在释放的过程中具有⽆限的信息.所以并不是因为它是⼀本圣经.圣经没有特别的意义.就算是⼀本其它的书籍,如果有如此的能量… 所以她被吸引的是呢个能量,⽽不是它是⼀本圣经活⼀本什么.如果它变成⼀个其它的物品,她也会同样的产⽣兴趣.因为这股能量会把她带⼊,就好像是⼀扇门.你想象⼀下,有⼀个屋⼦有⼀扇门.呢个门后⾯藏着各种各样的东西.你就好想进去,然后探索.所以说这个物品也像是给她打开了⼀道门,让她进去探索.所以就算是⼀个⼀两百岁的⼈坐在她的⾯前,她也会对他很感兴趣.

You would all be interested in someone of hundreds of years old, right? Why is that? Because they hold a tremendous amount of information and energy, which are limitless during the process of release. It's not because it's the Bible; the Bible has no special meaning. Even with another book if it holds such energy... So what attracts her is that energy rather than whether it's the Bible or some other book. If it were to become an entirely different object, she would still be just as interested. Because this energy will take her in like a door. Imagine there is a room behind a door with all sorts of things inside. You'd want to go and explore. So that item also opens up for her like a door, allowing her entry into exploration. Thus, even if it's an old person hundreds of years old sitting right in front of her, she would still be very interested.

是这个原因,你还有其他问题吗?

Is it for this reason? Do you have any other questions?

问: 请问这本书有没有什么信息想要传达给她?

Questioner: Is there any message the author wants to convey through this book?

⾼灵: 这本书有没有什么信息想要传达给她? 我刚刚说这本书就好像给你打开了⼀扇门.然后呢扇门⾥⾯有着各式各样的…然后你可以去探索.这个信息就好像这本书⾥⾯有⽆数的内容,⽆数的内容.就好像是⼀个宝藏⼀样.就好像是⼀个箱⼦,⾥⾯有各种各样的东西供你去探索.你可以哪怕是翻开任何⼀页,打开任何⼀个章节,你都可以从中去提取信息.这些就像是镜⼦⼀样.它并不是说,⽐如说同样的信息,这个⼥孩她去读和她⽼公去读和她的朋友去读,他们就是得到的完全不⼀样.所以说重要的不是说呢个信息的本⾝,⽽是说你再去提取,你在去阅读,你在去领悟,你从中就是得到的是什么.所以它会对不同的⼈,就是不同的⼈你会得到不同的东西.

Higher Spirit: Does this book have any information it wants to convey to her? I just said that this book is like opening a door for you, and then inside that door are all sorts of... And then you can explore. This message is like the book containing infinite content, countless contents. It's like a treasure box filled with various items waiting for you to discover. You could even open any page or chapter, and extract information from it. These are like mirrors, reflecting aspects of what you're seeking without suggesting that someone would receive completely different insights just by reading the same piece of information - whether it's the girl herself, her husband, or her friends. The essence is not about the information itself but how you interpret and learn from it. So depending on who reads it, you will perceive different meanings.

问: 请问⽤圣经驱魔是真的吗?

Questioner: Is it true that one can use the Bible to exorcise demons?

⾼灵: 你是说你们在电视上看到这种⽤书来驱魔,就是这个书可以给他带来呢种⼒量.可以就是只有你,如果你没有这个信仰,就是你不相信圣经.就是你没有这个概念,你没有这个信念,没有这个信仰,你也不坚信就是圣经有强⼤的能量.你也不知道圣经有能量,那它是没有任何效果的,明⽩吗? 所以说只有你去坚信,OK,你的这本书有强⼤的能量,你要利⽤这个能量然后把对⽅的魔去驱⾛.但是实际上真正真正驱⾛魔的是你的意念.就是你坚信这件事情会发⽣.然后呢么它就在你的世界⾥⾯创造了这个被驱除掉的呢个结果.还有就是说对⽅也加⼊你的实相.他也加⼊你.为什么? 他看着你如此逼真,就是他看着你演的如此逼真,明⽩我意思吗?

Higher Spirit: You're saying that on TV they show using books to exorcise evil spirits, correct? The book itself brings this kind of power; only you can use it if you believe in the Bible. If you don't have that faith or concept, you won't believe the Bible has such strong energy. Without belief and faith, you wouldn't trust its immense power either. You wouldn't understand that the Bible possesses such energy. So, it's pointless without conviction; right? That means only by believing can your book carry this great power; then use this force to expel the evil spirit from the other party. But truly, what drives out evil spirits is your mind. If you firmly believe it will happen, then within your world, that belief creates the outcome of expulsion. Moreover, the opposing entity also joins your reality because they see how genuine you are, realizing the truth in your portrayal.

他也进⼊了你的幻像.他也相信了,然后你们俩成功地,共同地创造了⼀个结果.也就是说,只有你相信了,你百分之百的相信了.然后他也加⼊了你.然后你们

He also entered your illusion. He believed as well, and then the two of you successfully and jointly created a result. That is to say, only when you fully believed in it, with one hundred percent faith. Then he joined you. And then the both of you...

就可以驱魔成功.如果任何,就是你不相信书有这个能量,然后你也不相信就是你能成功驱魔,或者是他不相信你这些,都不会成⽴.因为⽐如说有的⼈,他第⼀次不相信.他第⼆次、第三次,他看着你如此的逼真,他也相信了.所以,是这样创造的,⽽不是真正的呢个书带有任何,就是这个书好像是⼯具⼀样,要看⽤在谁⼿⾥.⽤在别⼈的⼿⾥它可能什么都不是.但是⽤在你这⾥,它却变成了像有魔法般的奇迹.那有的⼈,就⽐如说他对能量完全不感冒.他看到这⼀本这么破旧的书,他觉得是垃圾.问: 我想问⼀下关于呢个要我⽤书写链接他的指导灵的事情.因为我还没有成功的链接上他,所以我想问⼀下还有什么是需要我去做的更好或者改进的呢?

You can successfully exorcise the demon. If any of this is true, if you don't believe that the book has this power or that you won't succeed in exorcising the demon, or if he doesn't believe your methods, then it won't work. Because for example, some people might not believe at first but after a second or third attempt, seeing your actions so convincingly, they might start to believe. So it's created this way, rather than thinking that the book itself possesses any real magic. It's more like an instrument depending on who uses it; in someone else's hands, it could be nothing, but for you, it transforms into a miraculous feat akin to magic. Some people, perhaps completely indifferent to energy, might see such an old book as trash. They would ask: I want to inquire about the process of using this written guidance from my spirit guide since I haven't successfully connected with him yet. Could there be something else I need to do or improve for this connection?

⾼灵: 你⾸先要明确的你想要做什么? 你可以先运⽤你的想象⼒.你可以先开始,就好像我刚刚说你在驱魔的过程,你⼀定要连你⾃⼰也骗了.就是你⾃⼰也完全沉浸在⾥⾯.那么如果你真的是想要通过书写,你要看你⾃⼰.你如果是真的,⽽不是说你觉得你之前得到⼀些信息,他们让你怎么做你就去做.不是.⽽是说你真的想要去创造⼀个作品,想要表达.然后你在沉浸进去,就试着,就好像你是在找⼀个东西,你最开始可能没有头绪,慢慢慢慢你找到⼀点线索,慢慢慢慢线索越来越多,慢慢慢慢全部都是你找的呢个东西.你们物质世界赚钱也不这样嘛.最开始可能不知道要怎么赚钱.然后开始尝到⼀点甜头,然后开始越来越多,越来越多,像滚雪球⼀样.

Higher Spirit: Firstly, you need to clarify what you want to achieve? You can start by using your imagination. Begin as if I just told you about the process of exorcism; you must deceive yourself too. That means fully immersing yourself in it. If you truly want to create through writing, you need to look at yourself. If it's genuine rather than merely following information you think was given to you before, then do not blindly follow instructions. Rather, if you genuinely wish to create a piece of art, an expression, then immerse yourself into it. At first, you might not know how to start, but gradually you'll find some clues, and as you find more clues, they all point to what you're looking for. Similar to making money in the material world; at first, you may not know how to start. But as you begin to see a small success, then more comes your way, accumulating like snowball rolling downhill.

这就是你们,就是物质世界经验的⼀切是你们的,就是你相信,然后你的信念再制造,然后再加倍的… 就是你越相信你可以很轻松的挣钱,然后钱越是来的很轻松.问: 请问我最近对美国的⼀个通灵传讯着Abraham hicks的传讯特别感兴趣.她的传讯可以让我更好的理解我们的通灵传讯.我想知道我为什么呢么喜欢她的信息? 是有什么特别的意义吗?

This is all you, everything of the material world experience is yours, it's what you believe in, and then your belief creates more, and amplifies... The more you believe that you can easily make money, the easier money comes to you. Questioner: Can I please inquire about my recent interest in a channeling from America by Abraham Hicks? Her channelings can help me better understand our own channelings. I wonder why I am so fond of her messages? Is there any special significance behind this preference?

⾼灵: 因为你⾃⼰本⾝也是⼀个传播者.你⾃⼰也是⼀个传播者.就好像你找到了你的同类⼀样.所以,你会对你就是和你同样的,或者同类,就好像有些⼈他特别特别喜欢魔术.那他就会对所有的魔术师感兴趣.有的⼈特别喜欢唱歌,那他也会对呢些… 有些画画.那你是喜欢和,就是呢些其他维度,就是你们看不到的,呢些存有联系.然后你也在就是进⼊这个门.你也在朝这⽅⾯⾏⾛.就好像我刚开始说,你最开始有⼀个线索.然后在寻找,慢慢慢慢的越来越多,越来越多.所以你会对⼀系列,关注⼀系列的⼈都是这类型的.

Higher Spirit: Because you yourself are also a disseminator. You yourself are also a disseminator, just like finding your own kind. So, you would be interested in those who are like you or of the same kind, much like some people really enjoy magic and thus become fascinated by all magicians. Some people love singing and might be drawn to anyone related to music. Others might be fond of painting and appreciate connections with artists from unseen dimensions. Like I mentioned at the beginning, you started with a clue, then found more as you searched, leading to an increased interest in this area. Therefore, your focus is on a series of individuals who share these similar interests, connecting across various dimensions that are not visible to you.

⾼灵: 然后这个⼥孩⼦还想知道,曾经拥有这本书然后呢个主⼈他的⼀些信息.这个主⼈曾经是⼀位很仁慈,很仁慈的⼀个⽼头.然后当他拥有这本书的时候,他已经是到了⽼年的时代.⽽且当他拿到这本书的时候,它已经,就是这个并不是新的.已经是经过了很多⼈⼿然后落在他的⼿上.然后这个仁慈的⽼⼈,他的性格⾮常的安静.然后他有很多很多就是说他⼼⾥默默爱着的⼈.因为他的性格不是呢种轰轰烈烈,就是⽕爆,就是激烈的呢种性格.因为他的性格⽐较内向,然后⽐较安静,⽐较腼腆.然后就像⼩溪⾥⾯的⽔,⽽不是⼤江⾥⾯的江⽔,就这种感觉.所以他的能量是很平和,很平和.然后他经常在深夜的时候然后打开书,就是翻开⼀页.

Higher Spirit: Then this girl also wants to know about the former owner of this book and some details about him. The owner was once an extremely kind elderly man. By the time he owned this book, he was already in his old age. And when he got this book, it wasn't new anymore; it had been through many hands before reaching his possession. Then the benevolent old man has a very quiet personality. He loves many people deeply from the bottom of his heart because of his character not being one of those who make a big splash, fiery, or intense type. His nature is more introverted and quieter, somewhat shy like water in a small stream rather than the river water of large rivers. Therefore, his energy was very peaceful and calm. And he would often open the book at night, flipping through its pages.

然后这个书可以把他带到⼀种更加的,就是深沉的⼀个状态.所以他会经常经常的翻看这本书.然后他想要带给这个⼥⼠的信息是,我希望我,就是这本书带给我的宁静,呢种peaceful,呢种和谐,呢种感觉,可以同样的带给你.然后就是想让她知道,你们所有所有所有都是连接在⼀起的.就是虽然看上去我们好像是相差了⼀个世纪,但是实际

Then this book can take him to a more profound state. Hence, he will frequently flip through this book. He wants to convey to the lady that I hope I could bring her the peace, harmony, and sense of well-being that this book has brought me. He also intends for her to understand that everything is interconnected. Although it might seem like centuries apart superficially, in reality,

上我们都是,就好像有⼀条线是链接在⼀起的.所以他说他还可以像⼀个⽼者,然后在你⾯前,在她⾯前给她讲故事.虽然对她来说,她感兴趣⼀切古⽼的东西.那么就是对她来说这个⽼⼈已经很⽼,然后他也可以给她讲故事.只要你们就是说有兴趣.然后你们还有机会真正的,就好像在跟他⾯对⾯的交流,去感受他的能量,去感受他的⼈⽣故事,去感受他的喜怒哀乐.因为他之前在晚年的时候特别的孤独.然后没有⼈就是可以倾诉,也没有听众,也没有⼈可以听他分享.但是他很愿意把他的,就是对⽣命的感悟跟你们分享,如果你们愿意去倾听.因为他的性格是呢种,就是不是强迫的.如果你不喜欢,那么他就不会做.只有在你们特别就是希望想要,然后他才会加⼊.

In our situation, it's as if there's a string connecting us together. Hence, he can still narrate stories like an elderly person in front of you and her. Although she is interested in everything ancient. To her, this old man is already very aged, and he can also tell her stories. As long as both of you show interest, there will be the opportunity for genuine face-to-face interaction, where you can experience his energy, understand his life story, and empathize with his joys and sorrows. Prior to this stage in his life when he was particularly lonely, he had no one to confide in, nor did he have an audience or someone willing to listen to him share. However, he is very willing to share his insights on life if you are willing to listen. Given his personality, it's not about forcing anything upon you; if you don't like it, then he won't do it. He will only join in and engage when there's a genuine desire or hope for interaction from both of you.

你还有问题吗?

Do you have any more questions?

问: 请问还有没有什么是我的⾼我,我的指导灵或者其他任何的存有想要带给我的信息呢?

Questioner: Is there anything else that my higher self, my guide spirit, or any other beings wish to convey to me?

⾼灵: 特别的信息带给你的就是希望你们能有更多的这样的交流.因为这样的交流不仅仅是在滋养你们.还会就好像是滋养更多更多.就⽐如说你们俩是⼀⼜井.你们在允许呢个⽔从这⼜井⾥湧出来.湧出来过后你们⾃⼰是⼀⼜活的井⽽不是枯井是吧? 然后呢些⼜渴的⼈都会来你们这⾥取⽔.然后取⽔的⼈会越来越多,会越开越多.所以希望你们⽤这种⽅式保持这⼜井是不会⼲枯的.这就是要给你们的信息.因为有很多⼜渴的⼈,他们希望从中… 他们⼀直在寻找⽔源,他们只是⽬前还没有找到⽽已.然⽽你们就好像是光⼀样.如果你们不熄灭,那么他们最终会找到你们.所以你们需要不断的散发出你们的光,供呢些⿊暗中的⼈,让他们能找到亮点.

Higher Spirit: The special message you receive is to encourage more of such exchanges because these exchanges are not only nourishing you; they are nourishing much more. Imagine that you and your friend are two wells allowing water to spring from this well. Once the water springs out, you become a living well rather than a dried-up one, right? And then thirsty people will come to fetch water from here. As time goes on, more and more people will seek to quench their thirst at your source. Therefore, it is hoped that you maintain this well from drying up through such exchanges. This is the message for you because there are many thirsty souls who wish to find sustenance… They are constantly seeking a source of water but have not found it yet. However, you serve as light. If you do not extinguish your light, they will eventually come across you. Thus, you need to continually radiate your light to provide hope for those in darkness so that they can find their own beacon of light.

# **2021/09/05 — 什么才是合适的对象What Constitutes an ideal couple**

⾼灵: 你说吧,你的问题⾼灵: 你明明想对别⼈好… 因为你们物质世界的⼈都在⽤头脑来评判,就是来评估、来判断、来计算、来衡量你的所有东西.当你在⽤你的头脑…所以你会⽤你的头脑去不断的,就好像你⾃⼰在逼迫你去做⼀件事情.就这么想⼀下,你⾃⼰是你的孩⼦.然后你给他找了⼀个特别好的对象,然后你觉得这个对象特别满意.然后你要强迫他好好的维持这段关系,明⽩吗? 你说这段关系它可以照顾你,可以让你⼀辈⼦幸福.然后可以让你⾐⾷⽆忧,可以让你不⽤操⼼,可以让你这样呢样.他跟你说了很多很多.也就是说你的头脑已经肯定了这段关系它会带给你有利的… 它肯定了给你带来有利的.然后你的头脑,你们的⼤脑⽤来做什么?

Higher Spirit: Speak up; your question is... Higher Spirit: You want to do good for others... Because in your material world, people use their minds to judge you, assessing, judging, calculating and measuring all of your things. When you use your mind, you constantly force yourself into doing something like this. Just imagine you are your own child. Then you find a particularly good match for him. You think this person is very satisfied. Then you force him to maintain this relationship properly, do you understand? You say the relationship can take care of you and bring you lifelong happiness. It promises to ensure your comfort in food and clothing, not having to worry about anything else. He tells you a lot, meaning your mind has already confirmed that this relationship will benefit you with positive outcomes... Your brain is used for this kind of thing?

就是去评估⼀切,然后去抓住⼀切对你有利的.你只会去做出对你有利的选择.就⽐如说⼀个发霉的苹果,⼀个好苹果.你肯定是去拿呢个好苹果对吧? 因为这是你们头脑运⾏的模式.你会去抓住⼀切对你有利的东西.所以这就是为什么你现在产⽣的冲突就是你的头脑的冲突.还有就是说你的物质⾝体,你的头脑根本不清楚你到底来到这个世界上,就是说你的灵魂选择这个⾝体想要体验的主题是什么,明⽩吗? 你不知道的.也就是说,你想你的⽗母他给你介绍⼀个好的,让你好好处这个关系.因为他觉得你会怎样怎样怎样.这是他头脑分析出来的.但是他并不知道你来到这个世界上你想要去体验的是什么.你的灵魂主题是什么.这个就是冲突.

The process involves assessing everything and seizing what benefits you. You'll only make choices that are advantageous to you, like choosing a good apple over a moldy one because that's how your mind operates. Your brain instinctively grabs the best options available. That's why the conflict you're experiencing now is within your own mind. Also, regarding your physical body, your brain lacks understanding of what your soul chose this body for and what experiences it aims to have here. You don't know that. So, your parents might introduce you to someone they believe would suit you well, thinking about how things should be based on their analysis, but they don't realize what specific experiences or themes your soul desires in this life. This is the root of the conflict.

⾼灵: 你的灵魂主题是什么? 你可以继续问.你可以继续问问题.

Higher Spirit: What is your soul's theme? You can keep asking questions. You can continue asking questions.

⾼灵: 好,那你听我说.所以⽬前你这样的情况,你应该如何去.这是⼀次你很好的机会去认识你⾃⼰.认识你⾃⼰,认识你的头脑、物质头脑和你们的这个社会的⼀些定义和观念,对婚姻的⼀个观念,明⽩吗? 婚姻这个,就好像是⼀个固定的事情加在⼀个不固定的状态上⾯去.就⽐如说你们物质社会说婚姻,你必须要忠诚于⼀段关系,你只能有⼀段关系.就好像你只能跟⼀个⼈有链接.那你跟其他⼈,⼀切万物都失去了链接.这种本⾝就是扼杀你们的.因为你们本⾝每⼀个⼈就是跟⼀切万物,不只是⼈有链接,还跟动物或者是植物,跟⼀切万有都有链接的.所以就好像要把你其他的所有线切断,然后让你只跟你的对象链接,明⽩吗?

Higher Spirit: Alright, so listen to me. So in your current situation, how should you proceed? This is a great opportunity for you to understand yourself. Understand yourself, your mind, material mind, and certain definitions and ideas about society, particularly regarding the concept of marriage, do you get it? Marriage is like a fixed thing imposed on an unstable state. For example, in your material society, marriage requires loyalty to one relationship and limits you to only one. It's as if you can only be connected to one person, thus disconnecting from everything else and everyone else. This inherently kills you because each of you are already interconnected with everything, not just humans but also animals or plants, with all existences. So it feels like you're being forced to sever all other connections, leaving you only connected to your partner, do you understand?

这是你们的社会,是为了社会的⼀个稳定,⽽指定的⼀个… 所以你可以通过你⾃⼰产⽣的⼀些情绪,产⽣的⼀些感受,然后去探索⽣命的真相,探索更深层次的东西.因为你的每⼀步,你⾃我的⼀些进步,你都是带动的你们整个⼈类,转变他们的⼀些认知和观念.都是带动的整个⼈类的进步.那如何来处理就是你们觉得在婚姻⾥⾯的,就是要切断⼀切的其他关系的这种.就是如何你们还想,怎么说,就是如何才是⼀段真正,这个婚姻真正是有利于对⽅,也有利于你?如何才能维持好这样⼦的关系?那就是说你们彼此都允许彼此做真正的⾃⼰.当你在没有允许你做你真正的⾃⼰,你也不会允许她做她真正的⾃⼰.

This is your society, designed for stability within it... So you can explore the truth of life and delve into deeper aspects by generating emotions and feelings through yourself. Because each step you take in personal advancement acts as a catalyst for the entire human race, influencing their perceptions and ideas. This drives the overall progress of humanity. The key is to handle relationships within marriage or commitment – to sever ties with all other connections. How do you then ensure that such a relationship truly benefits both parties involved? How can you maintain harmony in such dynamics?

The answer lies in allowing each person to be their authentic self. When you fail to accept and allow your partner to be themselves, it becomes difficult for you to also embrace who they are without reservations or conditions.

当你不允许她做她真正的⾃⼰,你也不会允许你做你真正的⾃⼰.你们都在⽤⼀些好像是枷锁⼀样,想要去控制对⽅,限制对⽅.拿你们所谓的爱的名义.但是⽆论你如何限制,你限制不了任何.

When you do not permit her to be her true self, you also do not allow yourself to be your true self. Both of you are using some kind of fetters, trying to control each other, limiting each other under the guise of love. But no matter how much you restrict, you cannot restrict anything.

⾼灵: 你限制不了你⾃⼰.你现在⽬前你看到没有.你在试图限制你⾃⼰,为什么? 因为你觉得这是⼀个正确的选择.你要限制你⾃⼰来做这个正确的选择.然后呢? 结果呢? 结果你伤害了对⽅,你⾃⼰也很痛苦,你还不知道怎么办.所以如果你连你⾃⼰也限制不了,你为什么要去限制别⼈? 你这个只是两败俱伤,对不对? 但是你们物质世界又有婚姻这⼀条.那你如何在这样⼦的情况下,就是说对⽅做⾃由的⾃⼰,你也坐⾃由的⾃⼰.那是不是就意味着你们每⼀个⼈就好像,就不能有稳定的关系了呢? 那是需要你们这个社会,对关系的重新的定义.因为在你们的物质世界⾥,你们有时间的观念.时间就是好像说你们这⼀辈⼦.

Higher Spirit: You cannot limit yourself. Why do you see this now? You're trying to limit yourself in order to make the right choice. But why? Because you think it's the correct thing to do, to limit yourself for that right decision. And what then? What is the outcome? You hurt each other, causing pain to both of you, and you're still not sure how to proceed. If you can't even limit yourself, why would you try to limit others? It's just a mutual loss, isn't it? Yet in your material world, there exists something called marriage. How do you navigate this situation where each person should be free to be themselves without causing harm or pain? Does this mean that stability in relationships becomes impossible for everyone? That requires a redefinition of relationships within your society because time is a concept deeply rooted in your material world, as it seems.

你们想要给⼀辈⼦加⼀个就好像是保证⼀样,保障⼀样.你想你们需要认识到的是你们其实没有⼀辈⼦.你们只有当下的⼀瞬间,只有这⼀瞬间.为什么? 你看到⽬前世界上,这次疫情,这次瘟疫,多少天灾⼈祸.以后还会等多.所以你们根本就没有将来.你只有当下.你只有当下去诚实的⾯对你⾃⼰,诚实的⾯对他⼈.因为当你选择诚实的做你⾃⼰的话,对⽅也会去诚实的做她.所以其实不只是你,不只是你,你们这个社会基本上的⼈都是有这个需要去重新定义关系,需要重新去认识.因为当你的头脑放下,就是你放下你的定义,就是说你这

You want to give a lifetime as if it were a guarantee, a guarantee. What you need to understand is that you don't actually have a lifetime. You only have this instant, just this one moment. Why? Look at the world today, with the pandemic and all the disasters happening worldwide. There will be more in the future too. So there's no future for you. You only have the present. You must face yourself honestly, face others honestly. Because when you choose to be honest with yourself, the other person will also be honest with you. It's not just about you; it's not just about you. The fundamental people in society need a redefinition of relationships and need a new understanding because when your mind lets go, that is when you let go of your definitions, saying this

⼀⽣需要保障.你不需要任何保障,你永远都是安全的.明⽩吗? 你更不需要从关系中得到保障.

A lifetime requires assurance. You don't need any assurance, you are always safe. Understand? You don't even need to get assurance from relationships.

⾼灵: 你要放下你需要⼀个保障.头脑就不会去追求呢个保障,就像保护伞⼀样.头脑就不会去追求它.

Spiritual Being: You need to let go of the need for security. The mind wouldn't then chase after that security like an umbrella, protecting itself. The mind wouldn't chase it.

⾼灵: 放下对你觉得你的⼈⽣应该怎么样的⼀个定义.因为你不知道.因为你的物质头脑,你的⼤脑只是设定来,你(没听清)你,就是你眼前的你去体验,你专注于当下.⽽不是设置于来你去定义你的⼈⽣,你的⼈⽣你永远定义不了.所以通过你内在产⽣的这些烦恼,你可以去认识⽣命是什么, 认识灵魂是什么,认识真正的快乐,真正的⾃由,真正的爱是什么.你们所有⼈,所有⼈都是跟⼀切万有,所有的⼀切,不只是各种⼈类,还跟你看不到的,就⽐如我们现在在链接.你想象⼀下如果你要断绝跟我的链接,跟我的关系,或者你想要去断绝跟地球,跟⼤地,跟植物,这些⼀切的联系.不可能的.你们世界上所有的⼀切,所有的⼀切是⼀个整体.

Higher Spirit: Let go of your definition of how you think your life should be. Because you don't know. Because your material mind, your brain is just set up to have you experience what's right in front of you, to focus on the present moment, not setting yourself up to define your life as you try to define it; your life can never be defined by you anyway. So through these worries that arise from within you, you can come to understand what life is, understand what a soul is, understand true happiness, true freedom, and true love. All of you are connected to everything and every being on Earth, not just humans, but also things you cannot see like we're linked now. Imagine trying to sever your connection or relationship with me, or wanting to cut ties with the Earth, with the earth, with plants, with all these other things. It's impossible. Everything in this world, everything is one whole.

所以不要觉得婚姻是把你跟其他东西都断绝关系,断绝联系.然后把你关在⼀个⼩屋⼦⾥,只跟⼀个⼈过⼀辈⼦.这不是灵魂来这个地球上的意义.那你婚姻中的对象,她可以和你是⼀起去…. 你帮助她做真正的⾃⼰,⾃由的⾃⼰.她帮助你去做真正的⾃⼰.然后你们彼此信任对⽅.为什么?因为当你们彼此信任你们的关系,就是你们给出百分之百的信任.你们的关系会永远的⾛下去,会真的⾛下去.如果你⼀直在防备,⼀直在保护,或者⼀直在控制的话,那也就是不相信.那如果你不相信你们的关系,就算没有得到呢种表⾯上的破坏,就是⽐如说离婚或者是分开.但是实际上是破坏的,明⽩吗?实际上内在是破坏的.为什么?因为你们两个⼈都是破碎的.

So don't think of marriage as severing ties with everything else and isolating you in a small house for life just with one person. That's not the purpose of a soul coming to this earth. Your partner in marriage can be someone who helps you become your true self, free and authentic. She helps you do the same, then you both trust each other. Why? Because when you trust each other in your relationship, it means you give 100% trust. The relationship will always continue on an actual path of trust. If you are constantly on guard, protecting or controlling, that's also a lack of trust. Even if there is no apparent destruction like divorce or separation, the inner damage has occurred because both of you are broken in essence.

⽽且它不仅断了你跟外界的⼀切联系、链接,也断绝了你跟她之间所有的链接.就是好像是两败俱伤.

And not only does it sever all your connections to the outside world and your links with her; it's like a mutual destruction between the two of you.

# **2021/09/22 — 信任与放⼿Trust and Letting Go**

⾼灵: 你说吧,什么问题问: 你好,我的第⼀个问题,就这段时间我的⾼我和指导灵有没有什么重要的信息要带给我的?

Spirit Guide: Please tell me, do you have any important messages for me during this time from my high self and guiding spirit?

⾼灵: 你的⾼我和你的指导灵有没有什么重要的信息要带给你? 你叫什么名字?问: 我叫XXX⾼灵:XXX,我现在链接⼀下.她现在链接⼀下.然后下⾯是有⼀些信息想要传达给你的.然后这些信息说他们能感受到你的每⼀步突破.每⼀步你都在把你⾝上的,就是不属于你的能量在慢慢的给释放掉.然后你的转变⾮常⼤.然后他们都为你感到就是像欢呼⼀样.然后你是⼀个⾮常⾮常就是⽤⼼和努⼒和好学,然后你的这些精神都让他们感受到特别的,就是,就是对你的⼀种称赞.就是让他们觉得你很棒.然后,还有就是,你现在进⼊了⼀种就是越来越发现宇宙运⾏的模式,就是同步性.

Higher Spirit: Do your higher self and your guiding spirit have any important messages for you? What is your name?

Questioner: I am called XXX.

Higher Spirit: XXX, I'm connecting now. She's connecting now. And there are some messages that want to be conveyed to you below. They can feel every step of your breakthroughs. Every step you're releasing energy that doesn't belong to you gradually. Your transformation is huge. They are all cheering for you as if it were a celebration. You are extremely diligent, hardworking, and eager to learn, and they feel this special admiration for you - they think you're great. Additionally, now you are entering into discovering more about the patterns of the universe's operation, synchronicity.

还有就是随着呢个波浪,然后就是就好像你在波浪上⾯,随着呢个波浪把你带到你需要带到的地⽅.然后你越是放⼿,越是允许,就是你越是不去强迫它,不去过多余的⼲涉的话,你会越来越多的发现惊喜,明⽩吗?也就是说,你的⽣命中不断的会有更多的惊喜.然后只有当你在不信任或者想要去强迫,就是来 ‘快⼀点,快⼀点’,就是如果你失去了你的耐⼼,如果不耐烦或者不信任的话,就开始是在,就是你感受到⼀些阻碍.你就会感受到就好像是困难,就好像是缓慢.就是你越是想快,然后越慢.所以你越是在⼀种放松和 ‘随波逐流’,就是越是在这样的⼀个状态的话,你其实就是快.然后你就会发现⽣命中处处都是惊喜和丰盛,还有就是美好.

And with that wave, then it's like being on the wave itself, being taken to where you need to be by that wave. The more you let go, the more you allow, meaning the less you force it or interfere unnecessarily, you will find surprises more and more often, right? That is, there are constantly more surprises in your life. And only when you lack trust or try to force it, like 'come on, come on', if you lose patience, get impatient, or lack trust, then you start feeling hindrances. You'll feel like obstacles, like being slow. The more you want to speed up, the slower it becomes. So the faster you are in a state of relaxation and 'going with the flow', that is, staying in this condition, you're actually moving quickly. Then you will discover that life is filled with surprises, abundance, and beauty everywhere.

然后你会越来越多的体验到这个.因为我们说的再多,对你来说没有,你只能理解它这个概念.但是你真正的能明⽩它的运⾏模式需要你还在物质世界去体验.所以你还是会去体验这两种模式.然后等你真的在抓狂的时候请你记住,你只是在体验就是另⼀头.就好像有A有B,有苦的,有甜的.你在去体验苦的时候实际上是让你知道你可以去选择甜的.它并不是真的苦,明⽩吗?所以你会来来回回在这个模式⾥⾯去,直到你稳定了你的能量.就是直到你已经就是,OK,掌握了这样⼦.就是我不需要再去不停的尝试,因为我已经知道了哪边是苦,哪边是甜,我可以随时选择.然后你也不去抵触苦,明⽩吗?

Then you will experience this more and more because no matter how much we talk about it, for you there is none. You can only understand the concept of it. But to truly comprehend its operational mode, you need to experience it in the physical world. So you will still experience these two modes. And when you really start going crazy, please remember that you are just experiencing the other side - like there's A and B, bitter and sweet. When you're experiencing the bitterness, it's actually showing you that you can choose sweetness. It's not really bitter; do you understand? So you will go back and forth between these two modes until your energy stabilizes. That is until you've got it, okay, I have it figured out. I don't need to keep trying because I know which one is bitter and which one is sweet, I can choose at any time. And you also won't resist the bitterness, do you understand?

你也不去贬低,或者抵触,或者嫌弃,或者打击任何呢种,就是去强调它.因为你知道它们在呢⾥,你随时有你的选择权利.好了,你还有其他问题吗?

You don't undermine, resist, despise, or attack any of them; instead, you emphasize them because you know they exist, and you always have the choice. Alright, do you have any other questions?

问: 下⼀个问题是我们怎么给别⼈解释我们都是⼀体的? 怎么样解释才能让别⼈更好的理解.

Questioner: The next question is about how to explain to others that we are all one. How can we explain this in a way that helps people understand better?

⾼灵:你不需要做任何解释.因为你怎么样去解释,⽤他们的理解能⼒,⽤你们的理解能⼒,你们都理解不了.你们只需要成为.就是你在对待,就是在你的眼⾥,你在对待每⼀个⼈,每⼀个物,每⼀个⽣命,每⼀个存有,每⼀个存在,你在对他们的时候你跟他们是⼀体,明⽩吗?你跟他们是⼀体.你成为他们,你融⼊他们.你没有分⽴,没有对⽴.没有就是我怎么样怎么样,你怎么怎么样.你没有呢种.你跟他们⼀起,你能理解他们的经历,你能理解他们的思维模式,你能理解⼀切,他们的⼀些⾏为,明⽩我意思吗?所以当你在给他们,就是你成为呢样⼦的状态,那你就在告诉,就是给他们展⽰什么是⼀体.你在向这个世界,在向其他⼈们展⽰.

Higher Spirit: You don't need to offer any explanation because no matter how you try to explain it using your understanding or theirs, neither of you would understand each other. All you have to do is be present. When you interact with everyone, every object, every life, every being, and existence, envision yourself as one with them. Understand that you are connected, intertwined without division or opposition. Forget about trying to dictate how things should be; instead, just exist harmoniously together. You comprehend their experiences, recognize their thought patterns, and understand everything they do. Get it? You blend into them, become them, there's no separation or opposing forces. There is simply you existing alongside them, understanding their behaviors. Do you get what I mean? When you embody this state of unity for others, you are essentially showing them what unity looks like. You're demonstrating to the world and to others what it means to be one with each other.

所以不管你说多少遍,因为你们只能⽤你们的物质头脑去理解.那

So no matter how many times you say it, because you can only understand with your material mind.

你们的物质头脑能理解的东西都是你们已知的,明⽩吗? 所以你如何去理解呢些未知的? 就好像你头脑⾥⾯没有呢个程序,就⽐如说,我现在要打印⼀种⽂字,但是你的呢个电脑⾥⾯都没有呢个程序,这个⽂字的程序,你怎么显现?所以,你只有去展现出来,你成为呢样⼦.但是你不需要去强迫你⾃⼰去成为.呢就是虚假的,就是好像是你们所谓的装绅⼠.就是你装的好像很绅⼠,但是你内在对他们充满了嫌弃.所以这都是你们去逐渐去理会,去理解和感悟的⼀个过程.你们不需要就是即刻就达到就好像,因为这⾥没有⼀个终点.没有⼀个终点,没有⼀个完成的⼀个模式.根据你⾃⼰的当下的⼀个状态,你去做真实的你,展现真实的你就⾜够了.

What your material mind can comprehend is what you already know, understand? So how do you go about understanding those unknowns? It's like there's no program in your head; for example, I'm printing this text now, but the program for this text doesn't exist in your computer. How do you manifest it? Therefore, you only need to show yourself as such, but there is no need to force yourself into becoming so. That would be false, like putting on a gentleman's mask. You pretend to be very gentlemanly, yet inside you're filled with disdain for them. These are all processes that you gradually understand and comprehend. There is no instant solution here because there is no end point or completed pattern. Based on your current state, being your true self and showing that enough suffices.

然后你知道就是总会明⽩什么是⼀体.因为你们要先去体验就是分离,分开的⼀个状态,分裂的⼀个状态,是吧? 你先去体验了这个过后,你才会体验到合⼀的⼀个状态.你才知道原来合⼀才让我真正的感受到我⼼⾥的⼀种和谐的感觉.因为⽆论你做出什么⾏为、⾏动的时候,你都会产⽣感觉,你的⾝体,你的灵魂,你的这些都会产⽣感觉.那这些感觉它就会,就好像是来告诉你这个是对的.你们每⼀个⼈都会知道,ok,这个是对的.⽆论你们做了多少,就是迫不得已的事情,然后你们总会知道这个是对的.只需要你们⾃⼰去体验.

Then you would eventually understand what unity is. Because you need to experience the state of separation first, being divided, fragmented, right? You only experience this unity afterward, and then you know that unity truly allows me to feel a sense of harmony within myself. Regardless of whatever actions or behaviors you might take, sensations will be generated; your body, soul, all of these would produce feelings. These feelings then communicate to you that it's correct. Everyone would understand, "Okay, this is right." No matter how many times you do something out of necessity, ultimately, you always know it's right. You just need to experience it yourself.

因为⽆论我们多少次的告诉你,只有合⼀的⼀个状态才是真正能让你们感受到就是⼀个合⼀的状态,就是…问: 我明⽩了,请问我可以再接着问问题吗?

Because no matter how many times we tell you that there is only one unified state that truly allows you to feel unity, it's just... Questioner: I understand, may I ask another question?

⾼灵: 问: 前⾯⼀直告诉我说信任和放⼿.我对放⼿还不是特别理解,能不能就 ‘放⼿’ 再解释⼀下?什么叫 ‘放⼿’ ?

Higher Spirit: You said ask: Always telling me about trust and letting go. I'm not quite understanding the concept of 'letting go', could you please provide an explanation for 'letting go'? What does 'letting go' mean?

⾼灵: 你,刚刚都有说,你会体验两种.就⼀个是A,⼀个是B.⼀个是苦的,⼀个是甜的.所以你在你的⽣活当中你会去经历你想要去促使,就是迫使,想要去⽤⼒,努⼒的去促使某件事情的发⽣.然后当你真正的放下的呢⼀瞬间,它就发⽣了.所以,你会去有这两种体验来让你感受到⼀个是⽤尽全⼒,⼀个是顺其⾃然的呢种状态.所以你会体验这种,两种.因为当你的⾝体,你的意识熟悉这种模式过后,它会⾃动选择⼀个对你有效,或者是有,就是你⾃⼰更加喜欢的⼀个状态去运⾏.

Ethereal Spirit: You've heard it all before; you will experience two. One is A and the other is B. One is bitter and one is sweet. Therefore, in your life, you will go through what you want to push for, forcing yourself with effort to make something happen. Then, when you truly let go at that moment, it happens. So, you'll have these two experiences to feel both the exertion of all your efforts and a state of letting things unfold naturally. You will experience this duality because once your body and consciousness are familiar with this pattern, they automatically choose a state that is effective or more preferable to you for operation.

问:我还有⼀个问题就是昨天我联系的这个男孩⼦他跟我说反正他也想清楚了,就是我们不合适,也不会有结果.然后当时其实我⼼⾥明⽩其实他说的是对的.但是我⼀种失控的状态,然后就拼命的想要去挽回.然后最后也挽回了.然后我昨天下午乃⾄到今天早上,我都觉得,还是有⼀股能量,还是会觉得⽣⽓,甚⾄会觉得有恨的感觉.虽然我没有把这种话感觉表达出来,虽然我知道这个情绪它不是我,但是我想知道为什么我会有这么⼤的反应?

Questioner: I have another question. Yesterday, when I reached out to the boy who contacted me, he said that he had made his decision clear; it was a mismatch between us and there would be no outcome. At that moment, I knew he was right. However, due to my uncontrollable state of mind, I desperately tried to salvage the situation. In the end, I succeeded in挽回it. Yesterday afternoon up until this morning, I still felt an energy within me; anger even rose to a point where there were feelings of hatred. Although I did not express these emotions outwardly and recognize that they are not truly mine, I want to know why I reacted so strongly?

⾼灵: 因为这是你⾃⼰选择想要去体验的.就像刚刚我说的你会选择去体验⼀个⽤⼒,⽤尽全⼒,努⼒,就是🗎⼒想要去控制或者迫使某件事情成为你想要的样⼦.然后你还会去体验另外⼀种就是跟这种完全相反的模式.这都是你的两种极端,你⾃⼰会去体验的.你会,就⽐如说你刚刚说的呢个事件当中,你就是在体验你⽤尽全⼒去促使某件事情给你带来的感受.这是你去体验的⼀个过程.

Higher Spirit: Because this is what you choose to experience on your own. Just like I said earlier, you would choose to experience exerting every ounce of effort, using all your might, making a great effort, straining to control or force something into the way you want it. Then you will also experience the opposite extreme, which is completely contradictory to this approach. These are two extremes that you yourself will experience. You will, for example, in the situation you just described, be experiencing the feelings brought about by your utmost effort in trying to make something happen as you desire. This is part of your process of experiencing various sensations and outcomes.

问: 我想问⼀下关于我的下⼀份⼯作有没有什么信息想要带给我?

Questioner: I was wondering if you have any information about my next job that you would like to share with me?

⾼灵: 你的下⼀份⼯作有什么信息想要带给你? 你⾃⼰是⼀个就好像传播的⼯作.就是对你们来说这是关于灵性的.就是对⽣命的⼀个认知,对宇宙的⼀个认识,对个⼈,就是⾝⼼灵这些层⾯的,你个⼈是更倾向于这⽅⾯的,就是在你的内在.你想要把你的爱好和你喜欢和你激情的事情,就是做成像⼯作⼀样的⼀个状态.所以即使你去体验了⼀些就是跟这些不太有关系的⼀些⼯作,但是最终你还是会回到这些⽅⾯去传播,因为你是⼀个传播者.所以,你还是会去选择成为⼀个传播者的⼀个,就是事业.但是你不需要就是说马上⼀瞬间就要去选择,因为在你这之前,你⾃⼰还要有很多去体验的.因为你本⾝来到这个物质世界就是去体验的.

Higher Spirit: What information do you have about your next job? You are a facilitator role as if spreading knowledge. It's spiritual for you; it's about understanding life and the universe, on all levels of personal, physical, mental, and spiritual aspects. Personally, you lean towards these areas within yourself. You want to turn your hobbies and passions into something that feels like work. So even if you've experienced some jobs unrelated to this, ultimately, you will return to spreading information because you are a facilitator. You will choose to be in the profession of being a facilitator, but there's no need to decide immediately; you have yet to experience many things before this.

You came into this material world for experiences yourself.

就是你体验⼀种失控的也是体验.刚才说了你不要去排斥它.因为你会觉得这个好像不是我,我学了呢么多知识,为什么我还呢么失控?你要知道你(没听清)任何,都只是⼀种体验⽽已.所以不要去拒绝这种感觉和这种经历.因为对你来说很宝贵.你如果去拒绝它的话,就在你的⼯具箱⾥就少了⼀个可供你使⽤的⼀个⼯具.就好像有⼀个魔术,有⼀个材料,有⼀个素材,你把它丢弃了.因为你在作画的时候,你不可能只需要⽩⾊,明⽩吗?你也需要⿊⾊,明⽩吗?你的任何迫使你变成理智,或者是不要失控,或者是只是去体验好的,只是在⼀种积极的状态,这个都是假的,这个都是装出来的.因为呢不是真实的你.真实的你允许⼀切能量流过你.

It's an experience of a sense of loss of control, which is also an experience. As just mentioned, do not reject it; because you might think that this doesn't seem to be me, I've learned so much knowledge, why am I still losing control? You need to understand that anything (not fully understood) is merely an experience. Therefore, don't reject these feelings and experiences as they are invaluable to you. If you were to reject them, it would mean missing out on a tool available in your toolbox. It's like throwing away magic, material, or raw materials during painting; can you understand? You also need black paint, right? Any force that pushes you towards rationality, or prevents loss of control, or just allows for good experiences and maintains a positive state is false. These are all pretenses because they do not represent the true you. The true you allows all energies to flow through you.

只有当你去抗拒这些能量的时候,你才会产⽣痛苦,或者是挣扎,或者是在受折磨的感觉.如果你还是允许它流过你,⽽不去给它任何评价,或者是评判,或者是揣测,或者定义的话,它变不会给你带来任何影响.你继续说.

Only when you resist these energies do you produce pain, or struggle, or a sense of being tormented. If you still allow it to flow through you without making any judgment, appraisal, speculation, or definition, it will not affect you in any way. You continue speaking.

问: 我能不能问就是我现在正在联系的这个男孩⼦他的灵魂任务是什么? 因为我⽼是想要帮助他,但是我觉得好像又帮不太到他.

Questioner: Can I ask what is the soul mission of this boy I am currently in contact with? Because I always want to help him, but I feel like I can't really do much for him.

⾼灵: 他只是⼀⾯镜⼦.他只是⼀⾯镜⼦来让你看清楚你⽬前的⼀个状态,⼀个⼼⾥状态,⼀个意识状态.因为这⾥真的没有任何⼈需要你帮助.唯独是你的意识的⼀个不断地不断地的认知,不断的变化,不断的就是让你⾃⼰越来越轻,明⽩吗? 因为当你是属于⼀个沉重的状态,你想象⼀下你⾃⼰都是,翅膀都是⾮常沉重都飞不起来,你如何去帮助别⼈? 只有你⾃⼰就是开⼼快乐,就是轻易的飞着,然后让他们看着,啊,我也有翅膀,我也能飞,他能⾃⼰飞起来.然后你们⼀起享受⽣命.你的展现让别⼈看到⽣命的可能,⽣命的⽆限,⽣命的美好.就是对其他存有最好的帮助.

Higher Spirit: He is merely a mirror. A mirror to let you see your current state, psychological state, mental state. Because truly, no one here needs your help. The only thing needing attention is the continuous and unceasing awareness of your consciousness, constantly changing, leading you to feel lighter and understand this process. For when you're in a heavy state, imagine yourself struggling with burdensome wings that can't lift off. How could you possibly assist others? Only by being joyful and effortlessly flying will you make it visible to them - behold, I have wings too, I can fly. Together, we celebrate life. Your demonstration opens the possibility for others to see unlimited potential in life, the beauty of existence. This is the best assistance you can give to other beings.

问: 我想知道为什么会有存有会选择去阿富汗、塔利班这种这么极端的地⽅? 他们在物质世界是想要体验什么才会去这种地⽅?

Questioner: I want to know why certain people would choose to go to places like Afghanistan, where the Taliban operates, which is so extreme? What experiences with material life do they seek in such places?

⾼灵: 你觉得只有这种地⽅才叫极端吗? 外在的物质并不是真正的极端.只有你们内在.有的⼈即使⽣活在⼀个你们所谓最好的国家,最富有的地⽅,或者是⽣存在最富有的家庭,什么都好.但是他们内在他们却经历着⽆⽐的痛苦,⽆⽐的煎熬,明⽩吗? 所以外在你经历和体验不重要,重要的是你内在的状态.重要的是你内在处在⼀个什么状态.然后为什么会有像你说的呢些充满战争的⼀个地⽅存在? 因为其实你们本⾝你们⼈类,先别说⼀个团队,⼀个组织,⼀个国家.你们⾃⼰个⼈ ,就是你这⼀个⼈,你内在都是充满战争的,都是充满分裂的,都是在⼀种就是战争的状态下,你明⽩吗? 你说你们⼏个⼈可以真的轻轻松松的去享受⽣命?

Higher Spirit: Do you think only these places are extreme? Outer material things are not truly extreme. It's only within you where people can experience unimaginable suffering even if they live in what you consider the best countries, richest areas, or in the wealthiest families, everything seems to be fine on the outside. But internally, they undergo intense pain and torment, right? So it's not about your external experiences or what you go through; what matters is your internal state. It's crucial that you are aware of your inner condition. Then why do places like these exist where conflicts occur constantly? Because in reality, each individual human being, regardless of whether they belong to a team, an organization, or a country, carries within them the essence of conflict, division, and is in a state of warfare internally. Do you understand that when you say that a few people can really easily enjoy life?

你们哪⼀个⼈不是拿着⼀个鞭⼦在鞭笞着⾃⼰,去赚钱,去努⼒,去做各种,去减肥,⽆论你们想要做什么,明⽩吗? 你们都是没有完完全全的允许你⾃然的成为.你们都在 push,你们都在就是强加.那所谓的战争不就是本来他们可以轻松的好好的过他们的⽇⼦,你却偏要去⼲涉.你想要从他们⾝上去,⽐如说通过战争去夺得⽯油.那你是不是在通过

Each one of you is holding a whip in your hand, beating yourselves to make money, to work hard, to do all sorts of things, to lose weight, understand? You are not fully allowing yourself to be natural; you are pushing, forcing. That so-called war is when they could have lived their lives peacefully and easily, but you interfere. You want to gain oil from them, for example, through war. Aren't you then trying to gain

push yourself,然后让你去赚更多的钱呢? 明⽩吗? 去产⽣更多的价值.你这是不是也是⼀种同样的⾏为? 所以你们⼈类的,外在发⽣的所有的⼀切,美好的、悲惨的、悲痛的、痛苦的,所有的⼀切都是你们内在的⼀个意识状态呈现出来,通过事件呈现出来.⽆论外在发⽣多少悲惨的事件,只是把你们内在的⼀个状态给呈现出来⽽已.如果这是单纯的存外在,就⽐如说去阻⽌这些事件发⽣的话,你明⽩我意思吗?就是说你不关注你的意识程度,或者你内在的⼀个状态,你只关注外在.那就是你们所有的国家的⼀个政策,法律或者是任何,就好像你们⽤的呢个⽌痛药⼀样,⿇醉剂⼀样,任何这种.只是说把这个问题给掩盖了.

Push yourself, and then make more money? Understand? Generate more value. Is this also a similar behavior for you? Therefore, all the external happenings of human beings, the beautiful, the tragic, the sorrowful, the painful - every single thing is manifested through your inner state as consciousness through events. No matter how many terrible events occur externally, it merely reveals your internal state. If this were purely an external existence, for example, trying to prevent these events from happening, do you understand what I mean? That means you don't focus on the level of your consciousness or your inner state; you only pay attention to the outside. This is like all the policies and laws in your countries or any other external measures – akin to painkillers or anesthetics – that simply cover up the problem.

就是说你看到呢边有⽕,你把这边⽕扑了,然后⽕又从另外⼀⾯出来了,明⽩吗?它会通过其他的形式再显现出来.为什么?因为你根本就没有找到起⽕源.你根本就不知道什么在起⽕.你只是不断的在扑⽕.扑掉了这边,然后呢边再不断的呈现出来.就好像你不断的再补⼀样.拆东墙解决表⾯的⼀个⽅式⽅法.那真正的什么⽅式⽅法可以改变你们⼈类?让你们达到⼀个就是和谐的状态⽽不是通过战争的⼀个状态.就是你们⾸先要放过的不是别⼈⽽是你⾃⼰.你们没有哪⼀个⼈在放过⾃⼰.

That is, when you see fire over there and extinguish it, only for the fire to reappear from another side, do you understand? It will manifest in other forms because you haven't found the source of the fire. You don't know what's causing the fire. You're just constantly trying to put out fires. As soon as you extinguish one area, the same issue keeps resurfacing, like continuously patching up a problem. This is akin to addressing symptoms rather than tackling the root cause. What method can truly alter humanity and lead them to a harmonious state instead of a state marked by conflict? It begins with forgiving yourselves rather than others. None of you have forgiven yourselves.

问: 最后⼀个问题是想知道有没有什么信息想要带给这个通灵的⼥孩⼦或者是带给所有⼈?

Questioner: The last question is whether there is any information you would like to convey to this spirit medium or to everyone?

⾼灵: 今天的信息都是带给你们的,然后也是带给你们⼈类的.也就是说当你们真正的真正的去通过⼀些负⾯体验,为什么你可以去感受,去经历呢么多负⾯的体验? 就是造物主允许你去经历呢么多负⾯的体验.因为你经历了负⾯体验,你才会去成为正⾯体验.就是你才会去… 所以这些体验都是对你们有⾮常⼤的意义和帮助.所以不要单纯的去阻⽌⼀些外在的事件的发⽣.为什么? 外在的事件的发⽣就像警钟⼀样,或者是像提醒你⼀样,就像镜⼦⼀样让你看到你们的问题所在,意识状态是什么样⼦.

Higher Spirit: The information given today is for you and your species. This means when you truly undergo those negative experiences, why can you feel and experience so much negativity? It's because the Creator allows you to go through all these negative experiences. You need to go through negative experiences in order to become positive ones. That's how you will understand... So these experiences have great significance and assistance for you. Don't simply block external events from happening. Why? External events serve as alarms or reminders, like a mirror reflecting your issues and the state of your consciousness.

那通过你们看到外在的⼀些状态,然后你们⾃⼰也体验到了就是说通过法律,通过其他的途径,就是以暴制暴的途径根本不能改善或者呢个什么的话,你们就会选择其他⽅式⽅法.就是你们⽬前你们⾃⼰在探索的,你们现在在探索的.就是通过⾃我,就是你⼈,你个体,你的⾃我,你的意识的提升,你来展现真正的⽣命的样⼦.你活出来呢个样⼦.让更多⼈和你⼀样.就好像你先点亮⾃⼰,然后其他的也会逐渐的,慢慢的亮起来.

That through your observation of external conditions, and then experiencing them yourselves, by means of laws or other methods - the violent response approach does not actually improve anything or leads to nothing better, you would choose other ways. The paths you are currently exploring, which you are currently delving into. By elevating yourself through self-awareness, individuality, consciousness, you demonstrate what true life is like. You live it out in this manner, allowing others to see and emulate your lifestyle. As you light up yourself first, others will gradually follow, illuminating their paths too.

# **2021/09/25 — 活在当下Live in the Present**

⾼灵: 你说吧 什么问题问: 有⼀个⼥孩⼦,前⼏天她的孩⼦掉进⽔⾥溺⽔了,想知道为什么会显化这次溺⽔的事件?

Higher Spirit: Speak. What's the question? Questioner: There is a girl whose child drowned in water a few days ago and wants to know why this drowning event manifested.

⾼灵: 为什么要显化这次溺⽔的事件? ⾸先,你们显化什么,就是说溺⽔的事件不是必须要发⽣的.不是说命中注定要发⽣这件事情,明⽩我意思吗? 但是是根据你们当下的⼀个状态,就⽐如说你当下,OK,你的收⾳机调整了这个频率,就被你调到了⼀台,是吧? 因为你同时有⼀⼆三四五六七⼋九.当你选择了⼀台,你就选择进⼊了⼀台的所有节⽬,对吧? 那⼀台的节⽬跟⼆台,三台,四台,五台,六台都有区别.那你当下的频率选择进⼊⼀台,那⼀台就会有⼀台的事件会发⽣,明⽩吗? 那么他们呢个事件发⽣的时候,当时的状态是两个⼈都没有在现实⽣活中.都没有在物质世界当中,就是说她没有跟她眼下的(没听清)发⽣链接,就是没有在当下.

Higher Spirit: Why manifest this drowning incident? Firstly, you're manifesting what you do; it means that the drowning event doesn't have to happen. It's not predestined for this thing to happen, understand my meaning? But it depends on your current state; like right now, okay, your radio tuned this frequency and was adjusted to one channel, yes? Because there are multiple channels available from one to nine simultaneously. When you choose one channel, you enter all the programs of that particular channel, correct? Then each channel has different content compared to two, three, four, five, six. So when you select a certain channel, events related to that specific channel will occur, right? During those times they didn't connect with their current reality; not in the physical world, meaning she was not connected to her present self or surroundings.

那如果两个⼈都没有在当下的话,明⽩我意思吗? 就像你们⾛神⼀样.如果你们⾛神的话,是不是你们⾛路会摔倒,会撞东西? 会发⽣这种事情? 那如果他们当下,呢个状态都在⾛神的状态,那意外的事情是不是就发⽣了? 所以说这个事件的发⽣是根据他们当下的频率,他们进⼊的状态.因为你们每⼀个当下你们都有选择要进⼊什么频率,明⽩吗? 所以,这个事件是这么形成的.也就是说每个事件接下来怎么发展,你进⼊什么物质世界,体验什么是根据你当下的频率,你选择进⼊什么⽽产⽣的.所以说这此这个事件为什么会发⽣, 为什么会显化? 那是因为当下的呢个意识频率进⼊了呢种状态,然后出现了这样的事情.你接着问问题.

If neither of them is present in the moment, do you understand what I mean? Like when you zone out. If you were to zone out, would walking become an issue for you, where might you trip or bump into things? Would something like that happen? And if they are present, if their state mirrors being absent-minded, then accidents occur, right? The occurrence of events depends on the frequency and state they are in during that moment. You each have a choice about which frequency to enter at every moment, correct? So, this is how these events unfold. This means that the progression of any event, the world you step into, and what you experience all depend on your current frequency and the choices you make. Therefore, why an event happens and manifests is due to their consciousness frequency entering a state, leading to such occurrences. You may proceed with your question.

问: 因为这件事,她很⾃责,所以想知道怎么从这件事情⾥⾛出来?

Questioner: Because of this matter, she feels very guilty, so she wants to know how to get out of this situation.

⾼灵: ⾃责.她产⽣的⾃责,她怎么样从这个事情中⾛出来? ⾸先就是说你有没有从这个事情当中受益.因为如果受益过后,你就知道外在发⽣什么不重要,重要的是外在发⽣的事情是如何⽀持你的.那如何从这个事件当中受益就是说,你们现在就在进⾏当中.因为你们知道了你们物质世界显化的事件不是什么命中注定的,不是什么什么什么的.⽽是说你的每⼀个意识状态都不断的在显化,只是你们现在显化的⾮常的快.就⽐如说,你可能不在状态的时候,或者是⾛神的时候,或者是什么什么的,突然切菜切到⼿了,对吧? 突然⾛路撞到脚了,这些都是.只是说他们这次经历的是⽐较凶险的⼀次.就是说对他们来说是⽐较凶险的⼀次.

Higher Spirit: Responsibility. She feels responsible, how does she get out of this situation? First is to say have you gained from this situation. Because if there is gain after that, you know what happens externally doesn't matter; it's important how the external events support you. How to benefit from this incident means that you are in the process now. As you know, your material world manifesting events are not predetermined or anything like that. Instead, every state of consciousness keeps manifesting, just that they are being manifested very fast now. For example, when you're not focused and suddenly cut your hand while chopping vegetables, right? Or, when you walk and suddenly trip your foot. These are common occurrences. Just that this time's experience was particularly severe for them.

但是我还想让你们知道的⼀个信息就是说你永远都是安全的.因为这个事情在你们物质世界看起来是⾮常凶险的.但是在我们看来你们都是安全的,明⽩吗?就好像你们在玩游戏的时候,突然发⽣了⼀次⽐较惊险的事情.但是我们知道你们只是在玩游戏⽽已.因为所有的⼀切都是为了你们的成长.因为这次事件会让她的⽼公还有她⾃⼰的意识都会产⽣变化,明⽩吗? 你继续问问: 还有⼀个问题就是这次事件如何能给她带来正⾯的服务,那是不是你已经回答过这个问题了呢?

But there is another thing I want you to know, that you are always safe. This situation may look very dangerous in your physical world. But for us, it's safe for all of you, do you understand? Like when you're playing a game and suddenly something risky happens. But we know that you are just playing the game because everything is for your growth. Because this event will change her husband as well as herself, do you understand? Now, ask another Questioner: How can this event provide positive service to her? Have you already answered this question?

⾼灵: 正⾯的服务有⼀点就是说,你现在知道你的意识是每分每秒,就是每个当下都在投射到物质世界.就是它都会锁定⼀个,就是说你的状态都会进⼊⼀个就好像是频道,选择⼀个频道.然后进去,那每⼀个频道都体验不同的事件,对吧? 所以它是根据你当下的⼀个状态,⼀个意识状态和你就是,来去进⼊的.就好像你们不断的在⽤你们的头脑,就是在⽤你们的意识在选择台,就是电视台,电视节⽬,频道.然后你选择什么,你就会体验什么,明⽩吗?这个会让你们更加深刻的意识到,就⽐如说,你选择,你看这个⼈不顺眼.那你选择进⼊⼀个频道.你就会越看他越不顺眼,越来越多,挑剔他看不顺眼的东西.

Higher Spirit: The positive aspect of this service is that you now understand that your consciousness projects into the material world every second, locking into a channel or frequency based on your state of being. You choose a channel, and then you enter it, experiencing different events for each channel. It's according to your present state and level of awareness that determines which channel you access. It's like you're constantly tuning in with your mind, selecting channels such as TV stations or programs. Whatever channel you choose, you experience what aligns with that choice. This will deepen your realization: if you disapprove of a person, choosing to enter into their channel amplifies your negative perception and scrutiny towards them over time.

那如果你觉得就是说,我不⽤我的头脑任何给他定义,给他分析.我只是去呢个什么,就是觉得⼀切来到我的⽣命当中都是美好的.如果你进⼊这种状态的话,你又是看着他另外⼀⾯,你就越看他越觉得他真的是像天使⼀样,明⽩吗?所以说,为什么我们⼀直在说你头脑不要有任何定义,不要定义任何⼈,任何事情.为什么?因为它的每⼀秒每⼀秒,每⼀个当下,每⼀个瞬间,它都在不断的变化.⽽它朝哪⽅⾯变化是根据你⾃⼰在制造呢个体验.还有这个事情就是说,因为她⾃⼰通过这个事情,第⼀她感受到了神的存在.然后她⾃⼰都告诉⾃⼰说神不是通过就是像我们这种联系,像我们这种接触,现在这种,你才能感应的到.

If you feel that I don't use my mind to define or analyze him for you. Instead, I just let things be beautiful as they come into your life. If you enter this state, then by looking at his other side, you will only see him more and more like an angel, right? So that's why we keep saying not to define anyone with your mind or any situation; why? Because every single moment is constantly changing. And the direction it changes in depends on what experience you are creating for yourself. Also, because she herself experienced the presence of God through this event. Then she told herself that God isn't just something you connect with or touch like we do; now, you need to feel her presence too.

⽽是他在你⽣活中的…就好像对她来说,呢天救她⼉⼦的呢个⼥的,呢⼀瞬间,她就是神在她⾝边,明⽩吗?呢⼀瞬间就是神在她⾝边出现.所以神并不是某⼀个对象,或者某⼀个⼈,或者某⼀种.他是任何.他是任何.他可以是你坐在河边上看着天空的云.因为它在净化你,它在让你平静.它也是神.他也可以是你看到的⼀只鸟,明⽩吗?他们是这样⼦跟你们紧密链接.就是你们本⾝就是神.⽐如说你觉得你现在在⽤你的头脑运⾏.OK,你是个⾝体.那如果你遇到危险的事情,你都难以想象你会做出什么事情,然⽽呢⼀瞬间你就是神,明⽩吗?所以说,并不是叫你们像呢种宗教书上说的神时上帝,他是⼀个对象.不是的.因为你们所有

And he is in your life... like the woman who saved her son for that day, at that moment, she experienced God by her side, right? That moment was when God appeared beside her. So God is not a specific object or person, or a particular thing; he's anything. He can be you sitting by the river watching the clouds in the sky because it cleanses you and makes you calm. It's also God. Or, he could be a bird that you see, right? They are connected to you in such a manner. You yourselves are God. For example, if you feel that now your mind is running things for you. Okay, you're a body. But when faced with dangerous situations and you struggle to imagine what actions you'd take, yet at that moment you become God, right? Hence, it's not about following religious texts by referring to God as the Almighty; he isn't an object. No, because all of you

⼈都想有⼀个固定的对象,让你们去,就是引导你们.但是你们⾃⼰就是(神). 你继续问问: 最后再想问⼀下还有没有什么信息是要带给她或者带给我们呢?

Everyone wants a fixed object to lead you, which is essentially guiding you. But you yourselves are (God). You can keep asking: And finally, do you have any last information that needs to be conveyed to her or us?

⾼灵:这些信息带给你们就是说,第⼀,请你们放⼼.因为所有事件的经历,⼀切都是来让你们的意识不断不断的,就是去体验,去产⽣变化,去成长,去意识,就是扩展你的意识.所以这个事件对你们来说是⼀次惊吓,但对我们来说是⼀个中性事件.就是任何事件它都是来帮助你们成长的.⾄于你能从呢个事件当中获取多少,是要看你⾃⼰.所以说,这个事件,⽽且你们都是在我们的看护当中.因为我们都是你们.也就是说,这次对她来说,她感觉她是体验到了像神迹⼀样的事件.因为在你们物质世界看来的确是⾮常凶险的⼀件事情.但是在如此精确的时间,就是在让他不受伤害的情况下,在如此快速的,这本⾝就是⼀件奇迹.让孩⼦没有受到任何损伤,只是惊吓.

Higher Spirit: These messages are to reassure you that first of all, please trust in this process. All experiences, every event happening to you is designed to bring about the expansion of your consciousness - to allow it to experience and evolve through its own growth, and to make you aware of yourself. This event has frightened you; however, to us, it is a neutral event. Any event is meant to help you grow. The extent to which you can benefit from such an event depends solely on yourself. Therefore, this event took place under our watchful eye, as we are all part of you. For her, she felt that the event was akin to a miracle because it seemed like something very dangerous in your physical world, but given that she remained unharmed yet experienced fear, it inherently defies logic - a marvel in itself for us.

所有⼈都只是惊吓⽽已.他们没有任何伤害.所以在你们物质世界看来这是⼀件奇迹.然后你们⽣命本⾝就是充满了奇迹,不只是这样的事情才是奇迹.所以就像上次我们给你说,⽣活中处处都是奇迹.然后我们都是⼀体的.因为她⾃⼰通过这次事件,她感触到⼀个⽣命在这个物质世界上⽣存,除了就是⽗母对他的照顾,所有⼈都⽀持彼此的⽣命.也就是说即使是陌⽣⼈,路⼈.所以你们,我们,所有都是⼀体的.我们在⽀持你.我们⽤这样⼦传讯的⽅式在⽀持你们.你们任何时候只要有问题我们都会出现在你们的⾝边.然后像物质世界的事情,任何发⽣的事情都会有⼈出现在你们的⾝边.

Everyone was just scared; they were not hurt at all. So in your material world's perspective, this is a miracle. Then life itself is full of miracles, not just such events being miraculous. Therefore, as we told you last time, there are miracles everywhere in life. We are all connected because she herself experienced through this event that life exists in the material world beyond just the care from parents; everyone supports each other's existence. This means even strangers or passers-by support each other. So you, us, and all others are interconnected. We are supporting you. We use these messaging ways to support you. Whenever you have any issues, we will be by your side. Then for things happening in the material world, there will always be someone present by your side when anything occurs.

所以,所谓的神,你们所谓的神,是在通过不同的⽅式,不同的进⼊你们的⽣命当中⽀持你们.因为我们本⾝就是⼀体的.所以不要把所谓的神当成⼀个对象来供着让他来保护你,明⽩我意思吗? 因为你本⾝就是神.你们都是彼此⽀持,就是你也在保护他们,你也会,这是⼀样的.你们都是彼此⽀持彼此的⼀个存有.

So, the so-called gods, your so-called gods, are supporting you through different ways and methods by entering into your life in various forms. Because we are all one being. So do not worship the so-called gods as an object to be protected for they are already protecting you. Understand my meaning? Because you are god yourself. You support each other; you protect them just like they also protect you, it's reciprocal. We are all supporting and caring for each other beings.

# **2021/10/02 — 意识是⽆处不在的Awareness is omnipresent**

⾼灵: 你说吧,你想要问什么问题?

Higher Spirit: Speak up, what do you want to ask?

问: 第⼀个问题是,前段时间有个⼥孩⼦的⼉⼦落⽔了,然后正好有⼀对母⼥经过把她的孩⼦救了起来.然后她想问这⼀切发⽣的这么巧合,就是她的⼉⼦落⽔,然后正好被⼀个⼩⼥孩看见,接着⼩⼥孩就告诉她妈妈.请问这⼀切都是巧合吗?

Questioner: The first question is about a situation where recently a girl's son fell into water, and then two women passing by happened to rescue her child. She wants to know if everything that happened was just a coincidence - her son falling into the water and being seen by a little girl who then told her mother. Is all of this just a coincidence?

⾼灵: 巧合,只有你们才有巧合.为什么你们会把它们叫巧合呢? 因为你们只看到了表⾯.所以当你没有看到就是最深层次的,OK,就好像⼀个⽆线电你看不到它是如何运作的.所以你看不到它们之间的⼀个牵连.所以在你们眼⾥就是巧合.但是你们所有⼈遇到的任何事件、任何⼈、任何都不是巧合.就是在你们灵魂层⾯,你们只有允许.允许对⽅进⼊,允许这样的事件发⽣.允许对⽅进⼊你的⽣命当中来.就是你们彼此都有,双⽅都有,你们双⽅都需要去体验这个.你们才会去,就是去体验到这样⼦的.所以你们就好像两个⼈结婚,⾛到⼀起.你说是不是只是⼀个巧合让他们遇到?

Higher Intelligence: Coincidence only exists because you have it. Why do you call them coincidences? Because you only see the surface. So when you don't see it is at its deepest level, okay, just like a radio that you can't see how it works. So you can't see the connection between them. Therefore, in your eyes, they are coincidences. But every event, person, and anything that all of you encounter is not coincidence. It's only because on your soul level, you allow. You allow each other to enter, allowing such events to happen. Allowing each other to enter your lives. Both of you need to experience this. That's why you do it, meaning to experience this way. So it seems like two people getting married and coming together, saying whether it was just a coincidence that brought them together?

是他们本⾝就是说我这次选择这个⾁体来体验,就是要跟这个灵魂⼀起去完成共同的.

Is it that they themselves are saying that this time I choose this body to experience, so as to complete together with this soul.

问: 我们还有⼀个疑问就是,因为这件事情我们之前通灵也说过.说是当时是因为他们没有完全的专注于当下才发⽣了这件事 (⾼灵: 是的). 那如果他们专注于当下了,就不会发⽣这件事.那这对救起她⼉⼦的母⼥就不会⾛⼊他们的⽣活.那是不是说如果当时他们专注于当下他们就会进⼊另外⼀条时间线了? 就不会遇见这两个⼈了? 这个应该要怎么解释呢?

Questioner: We have another question, which is that we had mentioned before about this matter when communicating with the spirit. The explanation was that it happened because they were not fully present at the moment. If they had been fully present, such an incident would not have occurred. Then, if they were truly focused on the present, those two women who saved her son would not have entered their lives. Does this mean that if they had been completely in the present moment then they would have followed a different timeline and not encountered these two individuals? How should we understand this?

⾼灵: 你的问题就是说如果他们当时没有发⽣这样的事件,那这⼀对母⼥会不会⾛到他们的⽣命当中?

Higher Spirit: Your question is whether if such an event hadn't happened back then, would this mother and daughter end up in each other's lives?

问: 🗎⾼灵: 然后可以这么说,因为这⼀次的事件对这个这个⼥孩⼦来说,对她的意识是⼀个⾮常⼤的转变.为什么是⼀个⾮常⼤的转变? ⾸先,就是说她明⽩你们物质世界体验的⼀切,就是你是如何创造你的实相.然后呢,你又是如何就是你跟造物主的紧密链接.也就是说看上去再危险的事情你都是安全的,这⼀点是肯定的.虽然她还是在很恐慌的转态,明⽩吗? 但是刚才前⾯我说,如果她的灵魂没有设置事件或者⼈物,那是不会发⽣的对不对? 也就是说,在每⼀步,就是逐渐去醒悟,或者逐渐成长,逐渐蜕变,怎么说就好,在呢个过程她都有给⾃⼰设⽴⼀些事件给⾃⼰体验.也就是说这次在他们的层⾯.就好像我要给⾃⼰设⼀个闹钟,对不对?

Questioner: ⠐⾼靈: Then one could say that this event has been a very significant transformation for her because it's all about how she creates her reality through understanding the experiences of material world and her connection to the Creator. Why is it such a big transformation? Firstly, she understands that every experience in your physical world allows you to create your own reality and how you are intimately connected with the Creator. Essentially, even though something appears dangerous to her, she realizes that she's always safe. This understanding is very comforting despite her current state of panic. However, I mentioned earlier that for her soul not to have set up these events or characters, it wouldn't happen at all, right? That means in every step along the journey, as she awakens and grows, she sets up events for herself to experience. It's like setting a timer for yourself, isn't it?

我要给⾃⼰⼀个wake up call,我要设⼀个闹钟,OK,来让我这样⼦.所以说,她的物质⾝体是不太会理解和明⽩.但是在最⾼的层⾯她是设⽴了⼀系列的事件来带领她⾛上她需要⾛上的道路.

I need to give myself a wake up call; I will set an alarm clock for myself, okay? Let me do this step by step. Thus, her physical body would not be able to understand and comprehend easily. But at the highest level, she has established a series of events that guide her to take the path she needs to go on.

问: 我听明⽩了.那我就有⼀个新问题,那你们说是因为她没有专注于当下,所以才发⽣的这个事件.这个事件它可以不⽤发⽣.可是又说这个事件是体验灵魂已经设计好了,那这不有点⽭盾吗?

Questioner: I understand. Then I have a new question. You said that this incident happened because she was not focused on the present, so it could have been avoided. But you also said that this experience is part of what her soul has already designed, doesn't that seem contradictory?

⾼灵: 就好像你⾃⼰需要去… 因为在你们看来你们物质世界发⽣的⼀切都是太真实的.但是这⼀切都是,所有的事件都是中⽴的,都是来帮助你们去意识的⼀个提升,⼀个转变,⼀个升华.所以你们,因为所有的⼀切,如果在你们的灵魂层⾯你们没有允许或者你不想去体验这个,你是不会的.但是为什么就是说,让你来清醒.也就是说OK,开悟的⼈就是清醒的⼈,是吧? 那清醒的⼈和你们梦游的⼈,那就是梦游的⼈就是没有开悟.你说⼀个是在梦游的状态,⼀个是开悟的状态.虽然事件你们都设定了,对吧? 事件设定了,但是对你们来说,你们不同的⼈,会对⼀个事件,这个事件当中,就好像OK,⼀堆粪,有的⼈就会⼀直

Higher Spirit: Just like you need to go… because everything that happens in your physical world appears too real to you. But all of it is neutral; all events are designed to help facilitate an awareness elevation, transformation, and ascension for you. So you must allow or want to experience this within your soul level; otherwise, you won't. Yet the reason given here is to make you aware (or awake). Essentially, those who have awakened are considered as being aware (awake), right? That means the one who is "asleep" in their dreams versus someone who has awakened—they remain unawakened. You're comparing one who's in a dream-like state against one who is enlightened. Although you've set the events into motion, haven't you? Events are set, but for each of you as different individuals, your perception or experience of an event might differ – viewing it like a heap of dung where some may perceive it continuously…

⽣活在…好讨厌,好臭,怎么样怎么样…那有的⼈就会把这⼀堆粪来转化成肥料.也就是说可能看上去是同样的事件,但是在不同的意识程度的⼈当中产⽣的变化和他从中受到的到底是负⾯的还是正⾯的影响,就取决于你们⾃⼰.你继续问.

Living in... how disgusting, how stinky, what should one do... Some people would then transform this pile of dung into fertilizer. That is to say, although it might seem like the same event, the changes that occur and the impact they have on individuals at different levels of consciousness, whether it's a negative or positive effect, all depends on yourselves. Keep asking.

问: 那有⼀个新闻,讲的是⼀个英国警察奸杀了⼀个⼥孩⼦.然后这个这个⼥孩⼦叫Sarah Everard.然后我们想知道这个⼥孩⼦是因为相信了什么样的信念,有什么样的信念系统,她才会感召到这样的事件发⽣到她的⾝上.这种事件也是巧合吗? 还是她的灵魂层⾯已经同意加⼊到这个杀⼈犯,就是他们俩要⼀起完成这个事件?

Questioner: There was a news report about a British police officer who murdered a girl named Sarah Everard. We wonder what beliefs she held and what belief system led her to this event. Was it just coincidence, or did her soul level agree to join the murderer, suggesting that they were meant to complete this act together?

⾼灵: 这个有⾮常⾮常多的… 这个为什么呢? ⽐如说好像你们每⼀个⼈都有权利去,从更⾼的层⾯说,有权利去选择我想要如何去体验,明⽩吗? 所以有的⼈他可能就是觉得我现在已经进⼊⼀个随机的死亡事件,明⽩吗? 那他可能⾛的⾛的就掉进井⾥就死了.他也可能⾛的⾛的突然车就呢个什么了.就是说我现在已经想转换了.就是说OK,我在物质世界体验已经⾜够了,我想转换.那么他就会被吸引⼀场,就是随机的这种死亡事件⾥⾯去.他就会参与⼀个这样⼦的.所以这些是要看在他的灵魂层⾯的⼀些…因为根据你们,OK,说你的意识或者你的信念或者什么创造你的实相,这只是其中的⼀部分.

Higher Spirit: There are so many reasons for this... Why is that? For example, it seems that each of you has the right to go through, at a higher level, the choice of how I want to experience things, do you understand? So some people might think that they have already entered into random fatal events, do you understand? And so he might end up dying by falling down a well. Or it could be that while driving, something happens with the car. In other words, I'm now considering changing my experience. That is, okay, I've experienced enough in this material world, and I want to change. So they are attracted into such random death events, participating in something like this. These decisions depend on their soul levels because according to you, understanding your consciousness or beliefs that create your reality, just part of it is taken into consideration.

问: 那另外⼀部分是什么呢?

Questioner: And what about the other part?

⾼灵:不只是另外,还有⾮常多⾮常⾮常多.那有的就是说我只想体验⼀下到⼆⼗多岁,然后我就不想体验了,明⽩吗?因为我不想体验呢种,就是说我要体验⽣孩⼦,还要体验做家庭主妇,我还要体验年⽼.我不需要体验呢么多.我就体验,就⽐如说我⼆⼗⼏岁,我最享受的就是年轻貌美,然后又没有家务缠⾝.我可以⾃由的做我⾃⼰,对吧?我就喜欢体验就是我最有活⼒,就是他只是想要体验你们物质世界最有活⼒的呢个阶段.那么他就会遇到这种随机的事件,然后来让⾃⼰转化.我们说他是转变,转化,就是说他是蜕变,就是再去体验其他的.然后我们再换个模式,换个游戏去玩.OK,我现在从这个游戏退出,我想在换个游戏玩.

Higher Spirit: Not just that, there are many, many more. That means I only want to experience being in my twenties and then I don't want to experience anymore. Do you understand? Because I don't want to experience things like getting pregnant and being a housewife, I also want to experience growing old. I don't need to experience that much. I just want to experience, for example, when I'm in my twenties, the most enjoyable thing is being young and beautiful without being tied down by household chores. I can freely be myself, right? I like experiencing when I have all my energy, which means he only wants to experience the most vibrant stage of your material world. So he will encounter random events that allow him to transform himself. We call this transformation; it's a process where he experiences other things and then we switch to another mode or game to play. Okay, I want to exit this game now and try something else.

因为你们所以⼈都是把⼈⽣当成从⽣下来到⽼.不是的.你们的这⼀⽣只是⼀个⼩⽚段,⾮常⼩的⼀个⽚段.可能对你们来说是很长,但实际上来说它是⾮常⼩的⼀个⽚段.但是这个⽚段你想要它多么精彩,你可以决定.

Because you all consider life as starting from birth to old age, but no, your entire lifetime is just a small segment, an incredibly tiny one. It might seem long for you, but in reality, it's a very small segment. But this segment can be made as spectacular as you want; that's up to you to decide.

问: 我想知道我为什么每次做梦的时候都会回到我奶奶家的⽼房⼦? 为什么每次都是这个场景,有什么特别的信息吗? 还有什么东西需要处理吗?

Questioner: I wonder why every time I dream, I am back at my grandmother's old house. Why is it always this scene? Is there any special information? And what needs to be dealt with?

⾼灵: 因为你们所有的moment, 所有的⽚刻,所有的瞬间,所有的就是呢些画⾯,它们都还是存在§的.这就是为什么你们会有呢种穿越时间,穿越时空的呢种概念.它们都是还存在的.然后当你睡觉的时候,当你放松下来的时候… 你想当你睡觉的时候你要知道,你不像你⽩天⼈只能在这个房间,只能在这个地点,就⽐如说只能在法国,只能在英国,明⽩吗? 为什么你们做梦你们是摸不着头脑的.就是当你变成意识的时候,you are everywhere.你不是

Higher Spirit: Because all of your moments, all of your instances, all of those scenes still exist. That's why you have this concept of time travel and traversing space-time - they're still there. Then when you sleep, when you relax... When you think about sleeping, know that at night you're not confined to your room or location, like in France or England; understand? Why do you dream things so out-of-the-blue? Because when you become conscious, you are everywhere. You're not limited by physical boundaries.

说你你只有…你的物质⾝体你需要焦距,它只能在这⾥对不对? 当你变成不是物质⾁体的时候,它⽆处不在,就是所有的⽚段,所有的⽚段…当你醒过来的时候你只能记得⼀丁点.但是你的呢些意识,就是到处都在,⽆处不在,这种状态.

Saying that you have only...your physical body needs to be focused on, is it correct? That it can only be here? When you become not a physical being, it's everywhere, all the fragments, all the fragments... when you wake up, you can only remember a tiny bit. But your consciousnesses are everywhere, present in every place, non-existent. This state.

问: 最后⼀个问题是能不能邀请刚才提到的这个被杀害的⼥孩⼦的灵魂…(被⾼灵打断)⾼灵: 可以邀请,但是我不建议你们邀请.为什么呢? 因为她会再经历⼀次她被杀的过程.我觉得她不需要去体验呢些.因为体验呢些会对她造成⾮常⼤的⼀个消耗还有恐惧.这就是呢些通灵⼈去给他们通灵⼀些,像就是去世的呢些⼈,她再有过⼀次经历.就是她(指这个被杀害的当事⼈Sarah)上学、上课的地⽅通灵的时候,通灵⼀次.她链接到了她的有⼀次的死亡的经历.然后呢次死亡的经历给她带来的恐惧,给她带来的恐慌,就是被杀死的感觉,她又再⼀次重新体验了⼀次.

Questioner: My last question is about inviting the spirit of this murdered girl... (High Spirit interrupted) Higher Spirit: Yes, you can invite her, but I do not recommend it. Why? Because she will relive the process of being killed again. I don't think she needs to experience that. Experiencing these things would cause her a huge amount of exhaustion and fear. This is what spiritual mediums do when they communicate with deceased individuals; they allow them to have a second experience. When Sarah's spirit was contacted during her school or class period, she connected with her past death experience. The fear and panic that came from that previous death experience were repeated feelings for her as if she had been killed again.

所以我们是可以邀请这个被害者来跟你们分享,但是我觉得这个…还有呢个就是死者她也觉得她不想要这个⼥孩⼦去经历她所经历的,因为呢个….(断线)接着链接⾼灵: 你说吧

So we could invite this victim to share with you guys, but I feel that... and also she feels that she doesn't want the girl to go through what she went through, because... (line cut)

High Ling: You can speak now

问: 就是刚才不是断线了嘛,然后Sarah,就是呢个被害的⼥孩⼦好像还有什么没有说完的信息,能接着把呢个信息说完吗?

Questioner: Wasn't there a disconnection just now? Then, Sarah, the deceased girl, seemed to have some unfinished information. Can you continue with that information?

⾼灵: 她说这个体验是她⾃⼰独⼀⽆⼆的体验.这是她想要去体验的.因为你们每⼀个⼈选择了什么体验都是独⼀⽆⼆的.你继续问问: 那能不能分享⼀些和死亡有关的,就是死后的意识的转变.然后死后的状态…关于这些能不能再有⼀些分享?

Higher Spirit: She says that this experience is her own unique experience. This is what she wants to go through because each of you has chosen a completely unique experience. You continue by asking: Can you share some about death, the transformation of consciousness after death and then the state afterwards? Can there be more sharing on these topics?

⾼灵: 刚才说到这个⼥孩⼦之前在去上课的时候,她有进⼊⼀个像是通灵的状态或者是催眠的状态.然后她体验过,对你们来说是有⼀世,然后她被杀害的呢个过程和呢个过渡.然后我可以跟你分享⼀下她当时的感觉.当时的感觉她是⾮常⾮常的恐惧、恐慌,哭泣.因为她是⼀个五岁的⼩⼥孩躲在床底下.然后她的亲戚,就是她的家⼈,她的family member要杀害她.因为她的family member 是知道,就是他们想要争夺权位,争夺呢个位置.就是想要掌控财产、财富.呢个时代的⼈,他们有很强烈的就好像预知、预感.因为他们知道这个⼥孩⼦将来会有⾮常强⼤的能量.

Higher Spirit: Just now when talking about the girl before going to class, she had entered a state of spirit communication or hypnosis. Then she experienced it for you as one lifetime, and then her process and transition being killed. I can share with you what she felt at that time. The feeling was extremely terrified and panicked, crying because she was a five-year-old girl hiding under the bed. Then her relatives, which are her family members, were going to kill her. This is because they knew that their family members wanted to seize power, control positions. They wanted to dominate wealth. People of this era had very strong premonitions, knowing that this girl would have a powerful energy in the future.

所以他们必须要在她⼩的时候就结束她的⽣命,不然的话,等她成年过后,她强⼤的能量就会影响到他们的家族,明⽩吗? 所以她当时经历了呢个被杀害的过程.最开始她⾮常的恐惧.她不明⽩为什么就是还是亲⼈,有⾎缘关系的⼈会去伤害她,这个弱⼩的她.所以她经历了⼀系列的死前的恐惧.然后当她已经就是被杀害过后,她经历了放松.⾸先是放松,就是所有的恐吓,恐惧都消失了.消失了过后接下来她说,她并不就是怨恨呢些杀害她的⼈.因为她明⽩了真相,就是你不可能,就是没有谁可以去消灭她,明⽩我意思吗?就是说你摧毁不了任何.你觉得你把她杀了.你杀的只是⼀个道具⽽已.那道具我可以有⽆数个,明⽩吗?

So they had to terminate her life when she was young, otherwise, once she grew up, her powerful energy would affect their family, understand? So she went through the process of being killed. Initially, she was very afraid. She couldn't comprehend why close relatives, those related by blood, would harm such a weak little girl like her. Therefore, she experienced a series of pre-death fears. Then, after being killed, she felt relief. First, there was a sense of relief as all the threats and fear vanished. Once they were gone, she said that she did not harbor hatred for those who had killed her. Because she understood the truth: it was impossible, no one could eliminate her, understand? In other words, you cannot destroy anything. You might think you've killed her, but what you've killed is just a prop. I can have as many props as I want, understand?

所以你把我这个道具拿⾛,我还有其他道具.这就是为什么现在有链接到你刚才说的,就是你想要描述⼀下死亡.死亡就是说这个道具,OK,坏了,不好⽤了.你这个道具坏了,不好⽤了.那你有⼀个新的道具,又好⽤又灵活,各种.那你肯定是要把呢个坏了不好⽤的呢个,就是不灵活的呢个道具放下,去拿呢个好⽤的道具,对不

So when you take away this prop of mine, I have other props. That's why there's a link to what you just described, which is the desire to talk about death. Death means that this prop, it's broken, it's not usable anymore. Your prop is broken, it's not usable anymore. So you have a new one, it's good and flexible with all sorts of uses. You definitely want to replace the broken, non-functional, less flexible prop with the new good one, right?

对? 所以,只是说你们作为道具本⾝,你们还不知道,你以为你是独⼀⽆⼆的存在.你以为我的这个道具没有了,然后我就不能再继续去展现我⾃⼰了.但是你们内在的⼀个恐惧,然后这个恐惧是你们⼀直携带的.就是说真正的死亡的呢个时刻,应该说是转化的时刻.直到你们转化的时刻,你们才发现你还可以继续玩.

So? Therefore, just as you, as props, don't know it yet, you think you're a unique existence. You believe that once my prop is gone, I can no longer continue to show myself. But there's an underlying fear within you, and this fear has been carried by you all along. That is the moment of true death – or rather, the moment of transformation. It's only until your time for transformation comes that you realize you can still go on playing.

问: 那既然死亡是解脱,是⼀种转化….我的问题是我有⼀次在冥想的时候看到的呢个很可怜的⼥⼈,她好像在坐牢,她把什么事情都认为是⾃⼰的错.所谓的我的某⼀世的呢个⼈⽣.这个⼥⼈到底是⼀个什么样的⼈? 她经历了什么样的事情? 她为什么呢么可怜? 我能不能知道这些信息?

Questioner: If death is liberation and transformation, why did I see a very unfortunate woman in meditation, as if she were imprisoned, blaming everything on herself – the life of someone in her past existence. Who was this woman? What happened to her? Why is she so pitiful? Can I know these details?

⾼灵: ⾸先你不要把她当成是你,明⽩吗? 你想要知道她为什么呢么可怜? 最最可怜的是你们不知道真相,你们不知道真相⼀切都会变的可怜.当你们知道真相过后,⼀切都并没有任何可怜还是不可怜,只有体验,不断的体验.因为任何体验,就是说只要你想去体验,你都是被允许的.

Higher Spirit: First, don't think of her as yourself, understand? Why do you want to know why she's so pitiful? The most pitiful thing is that you don't know the truth - when you don't know the truth, everything becomes pitiful. Once you know the truth, it doesn't change whether things are pitiful or not; there is only experience, continuous experience. Any experience means that if you want to experience something, you're allowed to do so.

问: 那如果死亡是⼀种解脱,是⼀种转化.那为什么这个⼥⼈的⼈格…因为你曾经告诉过我,我看到她是因为我要去释放她.因为我以前在某些⽅⾯是有委曲求全,是有压抑的.那为什么以前经历的这些⽚段会对我这⼀世造成影响?

Questioner: But if death is a relief and a transformation, why does this woman's personality... You've told me before that I see her because I need to release her, as you once explained to me. Because in the past, there were certain aspects where I was submissive, where I was suppressed. Why do these past episodes affect my current life?

⾼灵: 影响.你只有允许它去影响,你才有影响加深,明⽩吗? 你只有去允许它,⽆论是正⾯影响也好,负⾯影响也好.就好像⽔在呢⾥,你只有想去喝⽔你才会喝到⽔.你只有想去⽤呢个⽔来呛死你,你才会被呛死.这些⽔,你怎么样⽤,它可以给你解渴,它可以让你去…所以⽆论你连接到什么,你想它如何服务与你,它就像⼯具⼀样.因为它们都像⼯具⼀样.你就就算你物质世界经历的⼀切,所有的⼀切,其实都是,就好像是你学习的⼯具,你学习的课题,给你锻炼,给你练习.你都是可以去⽤这些信息.所以你做梦也好,⽆论是从别⼈呢听到的故事,或者看到的电影、电视或者是怎样.任何任何,所有的⼀切你都可以来利⽤它.

Higher Spirit: Influence. You only have influence when you allow it to impact, do you understand? Whether it's positive or negative influence. Like water in a river; you can only drink the water when you want to drink it. You would only drown if you try to suffocate yourself with that water. These waters, how you use them, they can quench your thirst or they can let you... So no matter what you connect to, and however you want them to serve you; they are like tools because they all function as such. All the experiences in your material world, everything is akin to learning tools, lessons for you to practice and be trained on. You can utilize this information however you see fit. Whether it's from stories told by others or movies, TV shows, etc., anything at all, every single thing you can use to benefit yourself.

就是你让它来正⾯服务你还是负⾯服务你,对你带来什么影响,正⾯影响还是负⾯影响,这都取决于你⾃⼰.

It's all about how you use it to serve you positively or negatively, and what impact that has on you, whether it brings positive or negative effects, which ultimately depends on yourself.

问: 但是这也是因为我有了所谓的意识的提升,我才懂得如何转化.那我没有这些知识的时候,它确实是在带给我负⾯的影响.就是说当我意识当灵性的存在,意识的提升的时候,它带给我的就是正⾯的影响.那当我没有这些知识的时候,呢个⼥⼈的呢个⼈格它就被我压抑在⾝体⾥⾯.那可能现在很多⼈也都是…⾼灵: 被压抑在你⾝体⾥⾯只是你⾃⼰去相信它,只是你的⼀个说法⽽已,明⽩吗? 只是⼀个说法⽽已.因为为什么呢? ⾸先如果你说她是⼀个被压抑在你⾝体的⼈格,你也可以说的通.就是⽆论你想要⽤哪个点来理论,来说什么,你都是受到⽀持的,都是可以说的通的.因为你已经进⼊了呢个实相,你想要在⾥⾯继续探索,你想要怎样都可以.

Questioner: But this is also because I have had what you might call an upgrade in consciousness; only then did I learn how to transform. When I didn't have these insights, it was indeed having a negative impact on me. In other words, when my awareness rose to that of a spiritual being with upgraded consciousness, the influence became positive. But when I didn't possess this knowledge, that woman's personality would be suppressed within me. And perhaps many people today are... Higher Spirit: Being suppressed inside you is just something you believe; it's merely your way of putting things together. You see? Just a way to put things together. Why is that so? Firstly, if you say she's someone who was suppressed in your body, it can also make sense. No matter which point you choose to argue or what theory you want to use, there are always reasons to support it and justify your claims. You've already entered this reality; you're allowed to explore within this context, doing whatever you wish.

你可以把呢个⼥⼈制造成⼀个魔⿁让你体验,明⽩吗? 你内在分裂的⼀个魔⿁,你可以体验的就是,简直真的⽐电影情节还有精彩.你们为什么喜欢看电影? 因为你们想要不同的电影.在看电影的时候你就觉得好像⾃⼰在体验⼀样,是吧? 体验开⼼,体验快乐,体验感到,体验伤⼼,然后体验什么,体验恐怖.那你们现实⽣活中你就是在体验这些.

You can create this woman into a demon for you to experience, understand? A split demon within you, what you're experiencing is truly more spectacular than any movie plot. Why do you like watching movies? Because you want to experience different stories. When watching movies, you feel as if you're experiencing something yourself, right? Experiencing joy, experiencing happiness, experiencing emotions, experiencing sadness, and then experiencing horror. In your real life, you are experiencing all of these things.

问: 我还有⼀个问题就是假如我在现实⽣活中⾃⾔⾃语的跟我的⾼我说话,他能知道吗?

Questioner: I have another question - if I talk to myself in my daily life, will my higher self be able to hear it?

⾼灵:你本⾝就是你⾼我的⼀部分.也就是说他的回答也会从你的嘴巴⾥出来.你可以去做任何你想要去做的.你只要头脑⾥⾯有个想法,你就可以去尝试.为什么?因为你不想尝试的时候它就不会尝试了.所以不要给⾃⼰有任何局限,或者是对不对,或者这样做可不可以.只要你想去尝试,你都可以去尝试,你都是被允许的.

Higher Spirit: You yourself are a part of me that is higher. In other words, his answer would come out of your mouth too. You can do anything you want to do. As long as there's an idea in your head, you can try it. Why? Because if you don't want to try, then it won't try either. So don't limit yourself or question whether something is right or wrong. Just because you want to try, you are allowed to try.

问: 我看了⼀本书,上⾯提到了睡眠编.我想问⼀下它是不是就像⽂字上看起来的这么简单?

Questioner: I read a book that mentioned sleep programming. I want to know if it's as simple as it appears in the text?

⾼灵: 你想问⼀下这个是不是有效果的或者是有⽤的是吗?

Higher Spirit: Are you asking if it's effective or useful?

问: 也可以这么说吧.我相信它是有效果的,但是我又想听⼀听你们的回答.

Questioner: You could say that. I believe it's effective, but I also want to hear your responses.

⾼灵: 你要知道这⾥没有⼀个任何的⽅式⽅法,只有你⾃⼰去创造.你觉得这种⽅法可以让你链接到⾼我,你就会按照这个体验去体验.如果你觉得通过写字,⾃问⾃答.你们不是有⼀本书叫 «与神对话»吗? 他们就是通过这种⽅式.所以像刚才前⾯说的,任何你想要去尝试的,你都可以去尝试.因为不是我们就是来告诉你们,哪个是….你们才是创造者.你们才是创造者.你既是创造者,也是体验者,也是分享者,也是改变者.

Higher Spirit: You need to understand that there is no single way here; only you can create it yourself. If you feel that this method helps you connect with your Higher Self, then you should experience it as such. If you believe that through writing and self-questioning and self-answering like in the book "Conversations with God", which you have, is a way, then so be it. You are the creators; you create, experience, share, and transform.

问: 你说我们才是创造者.虽然说没有不可以改变的计划.但是⼤部分来说,我们还是会按照灵魂规划去⾛.那就是说⼀切都是被计划好的,但是你们又说我们才是创造者…这不是⽭盾吗?

Questioner: You say we are the creators. Although there is no unchangeable plan, most of the time, we still follow the soul's blueprint. That means everything is planned out, but you also say we are the creators... Isn't this contradictory?

⾼灵: 就好像,我这么告诉你,就好像你播了⼀颗种⼦在这个⼟壤⾥⾯.那它会长成⼀棵树.长成⼀棵树,它是固定的,对吧? 它是⼀棵参天⼤树,它寿命有多长,这些是固定的,对吧? 但是它的树要长多少枝,它分多少芽…然后就⽐如说,就是形状,就是各种.你们都是….(断线)第三次链接⾼灵. 问: 就是还是想就刚才第⼀个问题再问⼀下.就是呢个⼥孩⼦的⼉⼦不是落⽔了嘛.然后以前你们说过这件事情它不是⼀定要发⽣的.当时发⽣是因为他们没有专注于当下,所以才发

Higher Spirit: As if I am telling you this, as if you had planted a seed in the soil. It will grow into a tree. A grown-up tree is fixed, right? It's a towering tree. How long its life span lasts, those are fixed, right? But how many branches it has to grow… and then for example, like shapes, various shapes. You all… (broken line) Third time link Higher Spirit. Questioner: As if you're asking again about the first question just now. The girl's son was drowned, wasn't he? And previously you said that this thing didn't have to happen. It happened because they weren't focused on the present moment, so it did

⽣了溺⽔的事件.然后刚才问的时候又说它是已经,就是在灵魂层⾯上已经是设计好了,就是没有巧合的事情.我就感觉这两个就有些⽭盾.能不能就这俩个说法给我们解释⼀下.

There was an incident of drowning. Then, when I asked just now, they said it had already been designed on a spiritual level, there are no coincidences. I feel these two statements are somewhat contradictory. Could you explain these two explanations to us?

⾼灵: ⾸先我想跟你说的就是,她刚才链接的能量和现在的能量已经是不⼀样的,明⽩吗? 就好像⽐如说,OK,你们现在在打电话对吧? 你每次打进的电话,它的接线员都不⼀样.为什么? 因为在灵界来说,就是在你们跟我们联络的另⼀⽅来说,就是我们现在在打电话,对不对? 另⼀⽅它也有想要体验的,明⽩吗? 也就是说,呢个它,就是我现在想体验⼀下给她们传授呢些什么,那我来体验.所以,现在你们链接的能量是不⼀样的.还有就是说你刚才在产⽣不理解,两个说法的能量也是不⼀样的.你刚才,前⾯有通灵的信息就是说你说可不可以在睡觉之前有信息跟⾃我链接.我说你可以通过这个⽅式,可以通过呢个⽅式.所有的⼀切都是说的通的.

Higher Spirit: First of all, I want to tell you that the energy just connected and the current energy are different now, do you understand? Just like when you make a call okay? Every time you call in, it's with a different operator. Why is that so? Because for us on Earth, from your perspective communicating with us, we are making this call right now, correct? The other side also wants to experience something, do you see? In other words, I want to experience giving them some information and then experiencing it myself. Hence, the energy you're connected with is different now. Moreover, there was confusion in your understanding just now; the energies of these two explanations are not alike. You asked if you could receive messages for self-linking before going to sleep earlier on. I said that you can do so through this method and that everything makes sense.

然后就刚才的呢个点,就是说,你的意识决定你体验什么.这个也可以给你们开⼀堂成长的课.这个点也是说的通的,你们意识决定你们体验什么.然后就你刚才说为什么又是说她已经是给⾃⼰选择了去体验这⼀系列? 这也是说的通的.也就是说你不能把任何的⼀个,就是⾸先,我们所有的⼀切,我⾸先要转化成你们能理解的⽂字,来跟你们交流.然后任何概念都不是概念,任何概念又都是概念.任何概念都不是概念,当你不去把它当成概念.任何概念也都是概念,当你把它去当成概念.所以你就好像说,你说⽔润万物,⽔让我们的⼀切就是什么什么的.你们都呢么多赞美⽔的诗词,或者书,对不对?⽔有多好.但是,你们上次不是说呢个溺⽔的事件吗?

Then regarding that point you just mentioned, your consciousness determines what you experience. This can also be used to teach a lesson about growth. It makes sense that your consciousness decides what you experience. Then when you asked why she chose to experience this series of events? That makes sense as well. Essentially, you cannot translate everything into words that are understandable and applicable for communication. Any concept is not just a concept; any concept is also a concept. The same applies: any concept is not a concept when you do not perceive it as one. Conversely, every concept is indeed a concept when you view it as such. So you might say, "Water nourishes all things," suggesting that water affects our entire existence in various ways. You have so many poems or books praising the virtues of water; isn't it true how good water is? But last time, didn't you discuss the drowning incident?

你如果来问我,为什么⽔呢么好,我们所有的长辈都在称赞⽔有多好,什么⽣命之⽔,什么源头全是靠⽔,什么什么.那为什么⽔杀死了我们这么多⼈?所以任何任何,就是信息也好,⽂字也好,概念也好,不要去追求⼀个论证.因为为什么你们科学⼀定要各种论证?就算你们就是科学,就是现在已经出来呢些百分之百肯定的事情,明⽩吗?它都不是百分之百的.就好像这个药,抗⽣素或者是青霉素它可以挽救多少⼈,治多少病.那为什么呢两个⼈又死了呢,⽤了青霉素过后?所有这段信息可以让你们很好的去明⽩,⽆论是在我们传达的信息当中,还是在你们的⽣活当中.这么说吧,⽐如说为什么你们在恋爱中、或者爱情中、或者夫妻中,这么多仇恨的事情产⽣?

If you were to ask me, why is water so beneficial? Our elders all praise water for its benefits, calling it life-giving water and the source of everything. Why has water killed so many people instead? So, with any information, text, or concept, do not seek a proof. Why must your science always seek proofs? Even if you claim to be scientists who have confirmed things beyond doubt, understand that they are not completely certain. Just like how antibiotics or penicillin can save and cure many lives, why did two people die after taking it? This information can help you understand clearly, whether in the messages we convey or in your daily lives. Let's put it this way: for example, why do so much hatred arise in relationships, love, or marriage?

就是说我呢么爱他,我呢么信任他,他在我⼼中呢么完美,他为什么会变成这样⼦?我接受不了他变成这样⼦,然后把他杀掉.所以,即使我们的通灵信息,我们的交流,⼀切的⼀切,⼀切的⼀切.它随时都是在变化着,没有⼀个固定的.没有任何⼀个是固定的.这么说吧,就好像我们是⽔,然后你⼀直从这⾥取⽔.然后你有时候会问为什么今天的⽔跟之前的⽔不⼀样? 因为你看不到它⽔背后,⽔的源头发⽣了什么变化.你继续问,信息才会继续的出现.

This means that even if I love him so much and trust him so completely, and he is perfect in my heart, why would he become like this? I can't accept that he has changed into this person, so I kill him. Therefore, even our spiritual communication, all of it, everything constantly changes; there's no stability. There isn't anything that stays the same. To put it simply, it feels like we're water, and you keep taking water from this source. And sometimes you ask why today's water is different from yesterday's? Because you can't see what's happening at the root of the water, how its origin has changed. You continue to question, and information continues to appear.

问: 那她这个发⽣的事件到底是不是注定的?

Questioner: After that event occurred, was it destined to happen?

⾼灵: 所有的事件都是注定的,又都不是注定的.为什么又都不是注定的呢? 为什么你们需要去不断的让你们醒过来呢? 因为醒过来过后,你就可以操作后台了.你可以编程了.OK,命中注定是⼀个所谓的程序,对吧? 那如果你是程序员呢? 你想⼀下.OK,如果命中注定,电影⾥⾯的剧情是导演,是写剧本的,你要按照这个演对吧? 那如果我是写剧本的呢?

Higher Spirit: Everything is predetermined, and yet it isn't. Why aren't everything predetermined? Why do you need to constantly wake yourselves up? Because once you wake up, you can operate the backend. You can program. Alright, predestination is a supposed program, right? But if you're a programmer, what would you think about this? Alright, if predestination exists, and the plot in movies is directed by a scriptwriter, you have to follow that script, right? Then, if I'm the scriptwriter?

问: 那我们怎么样才能成为写剧本的呢?

"How do we become scriptwriters?"

⾼灵: 怎么样成为写剧本的.然后就是你前⾯的呢段信息.你前⾯的呢段信息就是说你的意识在什么,你就体验什么.那为什么又说,她后⾯有个信息就说她⾃⼰设计的要体验这个对吧? 那她也设定了她要⾛神,明⽩吗? 这下⼀下就能跟你们说的通了,你们就能想的通了.为什么? 因为她需要体验⾛神这个状态,她才能体验到不⾛神的状态是什么样⼦的,明⽩吗? 所以⾛神也是她的功课.然后通过⾛神,你们得到的信息才知道原来是因为我⾛神,对不对? 然后你们就变的不⾛神了,对不对? 这是不是⼀个过程?

Higher Spirit: How do you become a scriptwriter? Then, the preceding information you mentioned states that your consciousness determines what you experience. But why is there an additional piece of information saying she has designed to experience this specifically, implying self-created experiences? She also sets her intention for distraction. Now, both aspects can align with our discussions. It becomes clearer to understand. Why is that? Because she needs to experience the state of distraction to understand what it's like not being distracted. Do you follow? Distraction is part of her work. Through distraction, we receive information that reveals the reason: I was distracted, right? Then, we avoid distraction, correct? This seems like a process, doesn't it?

问: 那是不是就是说如果我们是写剧本的,那在这⼀刻我就可以选择不⾛神?

Questioner: So does that mean if I'm writing a script, at this moment can I choose not to daydream?

⾼灵: 你⾸先知道你并不是⼀下⼦就能去获取所有的信息,所有你都能消化掉,对吗? 它是⼀个过程.就好像你吃饭你要⼀⼜⼀⼜的吃,对吧? 然后为什么就是说她注定设置了这个课程给⾃⼰? 那你要知道她设定的这个课程是来让你们去通灵,来了解呢个意识决定了你体验什么的呢个点.OK,意识决定体验什么,它是个果实对吧? 是个果,是个苹果.你们是需要去前⾯的体验才能拿到这个苹果,如果没有前⾯的体验你是拿不到这个苹果的.如果没有呢个体验,你说你们两个怎么能理解,怎么能得到呢段信息,你们是得不到的.

Spirit High: Firstly, you know that you cannot get all the information at once, nor can you digest it all immediately, right? It's a process. Just like when you eat, you have to take bites one by one, correct? Then why is it said that she was destined to set up this course for herself? You need to understand that the course she sets up is meant for you to gain spiritual connection and understanding of the point where your consciousness determines what experience you will have. Okay, consciousness determines what experience you will have; it's like a fruit, right? It's an apple, something you must go through experiences in front of to obtain this knowledge. Without those experiences, how can you understand or receive that information? You simply cannot.

问: 那我又有⼀个问题,就是这些知识,我们在还是能量状态的时候都是明⽩的.然后在化⾝成为物质⾁体的时候就忘记了.然后又要重新学习,那这不就是多此⼀举吗?

Questioner: But I have another Questioner: If we understood this knowledge while we were in our energy state, then forgot it when incarnated into physical bodies, and had to relearn it all over again. Isn't that redundant?

⾼灵: 我怎么跟你解释,跟你形容这个呢? 你就好像⽐如你⼩时候学会了骑⾃⾏车.然后你已经很久很久没有骑了.你长⼤过后,你骑⾃⾏车还是需要去把呢个技术捡回来,对不对?你还是需要去经历呢个从骑的不稳到稳的⼀个过程,对不对?那是不是你就不能enjoy骑⾃⾏车了呢?

Higher Spirit: How do I explain to you or describe this? Imagine that when you were young, you learned how to ride a bicycle. But then, you haven't ridden it for a very long time. When you grow up, you still have to revive the skill of riding again, right? You still need to go through the process of going from being unsteady to becoming steady while riding, right? Does this mean that you can't enjoy riding a bicycle anymore?

问: 不是,但不是说也有很多很多的维度,有三维四维五维六维七维,那为什么意识就不去选择体验更⾼的维度呢? 它三维体验过后,它为什么不去选择四维五维六维,就还要在来回的体验三维呢?

Questioner: No, but it's not like there are many dimensions such as three-dimensional, four-dimensional, five-dimensional, six-dimensional, and seven-dimensional. Why doesn't consciousness choose to experience higher dimensions? After experiencing the three-dimensional world, why doesn't it move on to experience the four-dimensional, five-dimensional, or six-dimensional worlds instead of repeatedly experiencing the three-dimensional world?

⾼灵: 那是因为你对意识的⼀个误解啊.因为你觉得它好像在你⾥⾯被你困住了,只能来体验这个吗? 那是你的⾁体,你的⼯作.你还是在⽤物理空间来考虑这个.你还是在⽤物质的⾁体来考虑这个.所以,就前⾯的呢⼀段信息能让你们更好的理解,更好的理解.也就是说你在懵的状态发⽣的事情,也是你⾃⼰给⾃⼰引导在⾛向清醒的状态的⼀个过程.也就是说如果没有给⾃⼰设置呢个事件,你们是不可能得到呢个信息.呢个信息就是告诉你,你的意识决定你体验什么.因为⼀个是before,⼀个是after.⼀个是开悟前,⼀个是开悟后.因为我刚刚说为什么你们可以⾃⼰设定程序对吧?

Higher Spirit: That's because of a misunderstanding you have about consciousness. You think that it's trapped within you and can only come to experience this through your body? Your body and the work you do are what they are, still considering in physical space. You're still thinking of consciousness through a materialistic perspective. So, the previous piece of information would help you understand better, understand better. That means that the events happening while you're confused are also part of the process guiding you towards a state of awareness. In other words, without setting up such an event for yourself, it would be impossible to receive this information. This information tells you that your consciousness determines what you experience. Because there's before and after - before enlightenment and after enlightenment - as I just explained why you can set up your own programs, right?

那你必须要在呢个⾥⾯,你必须要有呢个体验,你才知道你需要去⾃⼰设定程序,明⽩吗?所以这就是为什么你要在不同的能量层⾯和不同的,OK,你的呢个⽚段是属于呢个部分的,你还在呢⼀部分.那这个⽚段是属于这个意识程度的,你要在这⼀段的意识程度.你继续问,因为刚才的解答她已经能理解,就是这两段信息产⽣的.

That's why you have to be in that space, where you need to have that experience so you know that you have to set your own program, right? This is the reason why you're at different energy levels and parts, okay? Your segment belongs to this part, and you're still in this part. This segment belongs to this level of awareness, and you are within this level of awareness. Keep asking because she understands from the previous answer that these two pieces of information have been produced.

问: 那请问还有没有什么信息要带给这个⼥孩⼦的?

Questioner: Could you tell me if there's any other information that needs to be conveyed to this girl?

⾼灵: 我们的信息都是你们在,你要知道你们永远都是受到⽀持的.包括你们头脑⾥⾯的疑问.所有你们想要获得的信息,想要去探索的领域,你们都是被⽀持的.也就是说你可以去选择任何你想要体验的.然后这个信息已经就是能让她⾮常的理解,你们前⾯就是发⽣的疑问,你的意识决定呢个什么,她给⾃⼰设了这个程序.就是让她能理解.还有就是说任何时候你们都是受到我们的⽀持.然后⽀持你要知道就是说,它不仅仅是⽀持的你们俩个单独的个体.它们⽀持的是你们整个.因为你们⼈类的,就是你们的后⼈也是站在你们的肩膀上.因为他们的意识程度又会不⼀样.他们是在你们的理解程度上⾯.所以你们选择了⼀次又⼀次.

Higher Spirit: All our information is here for you; you should know that you are always supported, including all your doubts in your minds. Every piece of information and every field you wish to explore is supported. This means you can choose anything you want to experience. The information has enabled her to understand your previous doubts; your consciousness decides what she sets as a program for herself. It ensures she understands this process. Moreover, it must be known that support from us is available at any time. This support doesn't only cater to individual entities like yourselves; it supports the entirety of you because humans, and their descendants standing on your shoulders, have varying levels of consciousness. They are operating within your understanding level. You chose again and again.

你刚才问为什么我还要去选择来体验这个? 是因为你选择了,就好像,OK,我现在在跟你联系对不对? 我对你们的爱来让我来帮助你们去成长,去明⽩,去理解,是吧? 但是我并没有化成物质的⾝体.你们这些选择了物质⾁体,也是来帮助整个⼈类来转变的.这⾥⾯可能有你们亲近的⼈,⽐如说你们爱的⼈.你们⼀起对吧? 因为你只有变成了⾁体你才会有呢么多的情感体验,呢么丰富的情感体验.包括你们体验的呢种痛苦也好,伤⼼也好,悲伤、恐惧还有快乐,任何,只要你们成为⾁体才能.. 所以这些都是你们⾃⼰想要去体验的,还有你们想要去推动意识不断不断,就好像是⼀个作品.你不断的在更新它更新它.然后在投⼊加⼊你们的爱,你们的智慧.

You just asked why I would choose to experience this? It's because you chose, like, okay, now we're connected, right? My love for you helps me to assist your growth, understanding, and comprehension. However, I'm not physical. You have chosen the physical body too, to help humanity transform. There might be people close to you, say those you love. Are you guys together? Because only when you become embodied do you experience so many emotions, rich emotional experiences, including all kinds of pain, heartache, sadness, fear, and happiness, any feelings that can only happen if you're embodied... So these are experiences you want to go through and the consciousness you want to keep pushing forward. Like a piece of work, you continuously update it and add your love and wisdom into it.

问: 我想问⼀下我的⾼我和指导灵还有没有什么别的信息想要带给我的?

Questioner: I want to ask if my higher self and my guide spirit have any other messages they wish to convey to me?

⾼灵: ⽆论你想要什么,你都是受到⽀持的.你就好像是个被宠坏的孩⼦,你要星星给你星星,要⽉亮给你⽉亮.你唯⼀要做的就是spoil yourself.这就是要给你的信息.你们⼈类最⼤最⼤的⼀个问题就是,你们不敢想.你们不敢要.不要说不敢要,你们连想都不敢想.为什么? 你们觉得这不是扯淡吗? 这是她⽼公最喜欢说的⼀句话.这不是神经病吗? 你竟然想这些,这不可能的.就是你们在没开始想之前你们⾃⼰就把它给灭了.所以去想⼀个你最不敢想的,然后看⼀下你是否能得到⽀持.你就会知道你到底是有多么的受到造物主的⽀持.就⽐如你们物质世界有⼀句话就是⾮常危机的时刻,千钧⼀发,对不对?

Etherean: Whatever you want, you are supported. You're like a spoiled child, asking for the stars and receiving them, demanding the moon and getting it. All you need to do is spoil yourself; this is the message. The biggest problem humans have is that they don't dare dream, much less ask. Don't say you don't dare ask; you don't even dare to dream. Why? Isn't it ridiculous? This is what her husband loves to say. Is this insane? To actually think about these things? It's impossible. You're already squashing your own dreams before they have a chance to come true. So, try to imagine the most daring thing you could possibly do and see if you receive support for it. That will show you how much you are supported by the Creator. Like in the human world, there is a phrase that describes a critical moment; when it's hanging by a thread, isn't that right?

这种可能性就发⽣在了她孩⼦的⾝上.还有什么不可能? 还有什么不可能? 我们以前最喜欢⽤希特勒的事件.希特勒想要灭掉⼀个族,⼀个种族.他的这种疯狂的想法都得到了你们的⽀持,你还有什么想法不会得到⽀持?! 你的想法都是美好的,明⽩吗? 都是想让这个世界变的更美好的,你们为什么不敢想? 谁不⽀持美好的事件? 如此反⼈类、如此暴虐的事件都会受到⽀持.为什么你觉得你想要让世界变的更好不会受到⽀持呢? 你为什么还不⾏动呢? 还有问题吗?

This possibility happened to her child. What else is impossible? What other impossibility could there be? We used to like Hitler's events the most. Hitler wanted to exterminate a race, an entire species. His insane notions were all supported by you! And what idea of yours wouldn't be supported?! Your ideas are all beautiful, right? They're all about making this world better. Why don't you dare to think such things? Who wouldn't support something美好? Such inhuman and tyrannical actions would receive support. Why do you think that wanting to make the world better isn't supported? Why aren't you taking action yet? Any more questions?

问: 没有了,谢谢.

Questioner: That's all, thank you.

# **2021/10/04 — 算命的说我这辈⼦命苦怎么办The fortune-teller said I'm destined for a hard life, what should I do?**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: JOJO⽼师,我想问⼀下就是我不喜欢我⾃⼰的⼯作和⼯作的环境,但是我又离不开,因为我怕⾃⼰没有经济收⼊⽆法⽣存,我应该怎么办呢?

Questioner: Master JOJO, I want to ask what should I do if I don't like my job and the environment it provides, but I can't leave because I fear I won't have any income to survive without it?

⾼灵:好的,我现在已经不是JOJO⽼师.JOJO⽼师把她⾃⼰就是让给我们来和你们交流.我们现在是通过她来和你们交流.然后你的问题是说你现在在物质世界的体验产⽣了⼀些就是让你,就是怎么说就是⼼⾥很不爽,对吧?因为你对你⽬前体验的呢个环境的⼀些制度和呢些现象让你产⽣,OK,你想问⼀下,你的问题就是说如何统⼀,如何让你在⼀个你⼼⾥舒服的环境下去⼯作?那你的问题是说是为了你⾃⼰在这样的⼀个环境,还是说你⾃⼰想要改变这个环境?你在问⼀下你⾃⼰.你是想跳出这个环境到⼀个适合你的环境,还是说你想让这个环境改变?你想跳出这个环境对吧?那你现在已经收到了你内在的指引.那你为什么没有去跟随呢?

Higher Spirit: Alright, I am no longer Master JOJO. Master JOJO allowed us to communicate with you directly. Now we are communicating through her guidance. Your question is about how your current experiences in the physical world have led to feelings of discomfort for you - both emotionally and mentally. You're wondering how to unify these experiences into a more comfortable environment where you can work, essentially asking if it's for your personal benefit or if you want to change the existing system that frustrates you. Your question is about whether you should seek out an environment that suits you better or try to transform the current one. It seems like you're questioning this decision internally but have received guidance within yourself. The question is why you haven't followed this inner guidance yet?

⾸先你要知道,如果你们每个⼈都是⼀个⾮常厉害的催眠师,对不对?你不断的在暗⽰⾃⼰.OK,你⾸先暗⽰⾃⼰经济不允许,是吧? 你不断的在暗⽰⾃⼰.然后你不断的这么相信,那你在现实⽣活中肯定就是这么体验呀.明⽩我意思吗?你都已经给⾃⼰,就好像说,你现在是⼀个机器,你植⼊了这个程序.那你设定了这个程序,植⼊了这个程序,就是你相信什么、信念.那你在现实⽣活中肯定就是这样体验的呀.你看出来这⾥的⽭盾了吗? 就是改变你相信的.去改变你相信的,去改变这个程序.就⽐如说,OK,你要知道物质世界,就是你体验的这个世界,⽆论你相信什么你就体验什么,明⽩吗?就好像是榨汁机,你放进去黄⽠,它就出来黄⽠汁.

Firstly, you need to understand that if each of you were a very skilled hypnotist, right? You continuously suggest to yourself. Okay, first you suggest to yourself economic unaffordability, isn't it? You continuously suggest to yourself. And then when you keep believing in this, that's exactly how you experience reality, right? Do you get my point? You've essentially programmed yourself, as if you are now a machine with this code implanted. You set the program by which you believe and what your beliefs are. And thus, in reality, you indeed have this experience. Have you noticed the contradiction here? It's about changing what you believe. Change what you believe and alter that program. For instance, okay, you need to realize that the material world, the one you experience, is whatever you believe it to be. You get it? Like a juicer; if you put in carrots, out comes carrot juice.

你放进去西红柿,它就出来西红柿.你把西红柿放进去过后,你告诉说你不喜欢西红柿的呢个汁.这是你放进去的呀,明⽩我意思吗?那你告诉我你说,OK,你说我不喜欢西红柿.那你如果不喜欢西红柿,那你喜欢什么? 你⾸先要知道你喜欢什么? OK,我喜欢苹果.那你就去找⼀个苹果,放⼀个苹果进去,喝苹果汁呀,明⽩我的意思吗?如果你⾃⼰都连你⾃⼰喜欢什么,想要什么都不知道.机器肯定它是混乱的,⽽且别⼈丢进去⼀个,你就让别⼈给你丢进去.就⽐如说,oh你妈妈给你丢⼀个信念,那你就,她给你制造了⼀个信念.然后你就去体验.或者是谁,你呢个领导给你制造了⼀个、丢进去⼀个,这个就是你得到的果,后果.不是有因有果,对不对?

You put in the tomato, and it comes out as a tomato. After you have placed the tomato inside, you tell me that you don't like the juice from the tomato. This is what you've put in, understand? Then, when I ask you why you don't like the tomato, you say 'Okay', 'I don't like tomatoes'. If you don't like tomatoes, then what do you like? You first need to know what you like. Okay, I like apples. So you should find an apple and put it in, drink the apple juice, get my point? If you yourself are unaware of your own likes or desires, then how can a machine make sense of that confusion? And if someone else is throwing things at you without your input, it's as though they're creating their own belief for you to experience. Or perhaps from your leader, you receive an outcome based on what has been thrown in by them - the result of their actions. Isn't there cause and effect, right?

如果你不喜欢这个果,那你⾃⼰就去创造⼀个你想要体验的果.⽽且你说的就是说经济不⽀持,这也只是⼀个信念,明⽩吗?这也只是⼀个你去相信了它,你就会去体验.如果你相信你是贫穷的,你就会去体验贫穷.你就会觉得,哇,这个也需要钱,呢个也需要钱,这⾥也缺钱,呢⾥也缺钱.赚钱好难.为什么?因为你已经设置了这个体验给⾃⼰体验?你⾸先要知道你的物质世界它是如何运⾏的,对不对? 就好像OK,你有⼀辆车.这个车是帮你达到你呢个⽬的地.如果你连这个车怎么样⽤都不知道,那你不是要出车祸吗?我们现在在交流,然后我就是来告诉你你为什么会体验这个?你体验这个是因为你⼀直在⾃我暗⽰,⾃我催眠.你相信了.

If you don't like this fruit, then go create a fruit that you would want to experience. And when you say it's not economically supported, that is just a belief, right? That's also just something you believe in and thus, you will experience it. If you believe you are poor, you will experience poverty. You will feel like, oh, this needs money too, that needs money as well, here there's no money, over there there's no money. Making money is so hard. Why? Because you have already set up this experience for yourself to experience. First, you need to know how your material world operates, don't you? It's like saying okay, you have a car which helps you reach your destination. If you don't know how to use this car, wouldn't you be likely to get into an accident? Now we are communicating and I am here telling you why you experience this situation because of self-hypnosis and self-suggestion. You believed in it.

然后你们任何所相信的东西,它都会在物质世界显现出来来加强你相信的,明⽩吗?就相信世界上有⿁的⼈,他会遇到很多⿁,来加深他的恐惧,来继续体验⿁.你想⼀下你们世界上任何创造出⼀番奇迹的⼈,他们都是坚定不移相信他们的⼀个他们相信的事情.⽆论多少⼈来反对他. OK,就⽐如说你们都知道的马云,对不对? 他曾经遭受多少⼈拒绝? 多少⼈笑话? 多少⼈笑他怎么样怎么样,是吧?所有⼈都不相信他,对吧?他唯⼀让他成功的就是他坚信.你坚信某⼀件事情,你就在创造呢个实相给你体验.你是不是,就⽐如说⼀个⼈出来你妈说你⼏句,你相信的东西你马上又开始怀疑了,你又不相信了,你又开始动摇了,对不对?然后⼀

Then whatever you believe in, it will manifest in the physical world to reinforce what you believe, understand? So for those who believe in ghosts, they will encounter many ghosts to deepen their fear and continue experiencing them. Think about any person in your world who has created wonders; they are absolutely convinced of something that they believe in, no matter how many people oppose him. Okay, like for instance, do you know Jack Ma? Right? He was rejected by so many people, weren't he? How many people laughed at him? How many people mocked him and said what about him, right? Everyone didn't believe in him, right? The only thing that made him successful was his faith. You create the reality that you experience when you strongly believe in something. Aren't you someone who might doubt your belief if your mother scolds you a few times, start to question it again, and then lose confidence, right? And then

个有权威的⼈,或者⼀个呢个什么你所谓的⼈⽣导师,他出来跟你说⼏句,你又动摇了,对不对? 你的朋友出来劝你⼏句,你又动摇了.你说那你体验的世界是什么? 就是这么摇摆不定呀.你继续问问: 那我怎么才能知道我选择的道路是我的道路呢?

An authoritative person, or a so-called life coach, comes out to tell you a few words, and you waver again, right? Your friends come to advise you, and you still wobble. So, what kind of world are you experiencing if it's always this uncertain? You continue by asking: But how do I know that the path I choose is mine?

⾼灵:你的所有感受和⼼,它只是你的,像⼀个指南针⼀样.它给你指向你的道路.然后它的路已经给你指到呢个位置,你还不敢⾛出去.那就是因为你不够坚信,明⽩吗?你还不够就是,把⾃⼰交出去.因为你们所有⼈类都有对⽣存的恐惧.这个恐惧是长期以来植⼊在你们的信念⾥⾯的,所以你们都会有对⽣存的恐惧.但是我想要告诉你们,你们每⼀个⼈都拥有你们所需要的⼀切,就是你们都是富⾜的.哪怕你⽬前经历的这些看似是阻碍,对不对?看似是困扰或者是烦恼,看似是这些东西.它都是你的礼物,它都是你的丰盛,为什么?因为这些体验它会让你想要去提问,想要去找到原因.OK,那我就和你链接上.那我和你链接上我就给你指引.

Higher Spirit: All your feelings and heart, they are just yours, like a compass that guides you to your path. Then when its path has already pointed you to that location, yet you still dare not walk out. That is because you lack enough belief and understanding; do you see? You have not fully surrendered yourself. Because all humans share the fear of survival. This fear has been deeply implanted in your beliefs over time, so this fear exists for each one of you. But I want to tell you that every single one of you possesses everything needed, meaning you are all rich. Even if these current experiences appear as obstacles, right? As troubles or worries, like these things. They are gifts given to you; they represent your abundance. Why is this so? Because these experiences stimulate a desire in you to question and seek the reasons. Alright, let's connect now. Upon connection, I will provide guidance for you.

这会加强你的信⼼,加强你的⽅向感.那这个是不是你的富⾜,对不对?所以就算是你眼前的这些问题,你的经历,它都是你的富⾜,它都是来⽀持你的.所以你需要建⽴你对造物主的⼀个信念.就是你跟它越链接,然后你的信念就会越强,你越会觉得你⾃⼰就是造物主.信念因为它有⾃我强化的⼀个功能.那你现在所经历的⼀切都不断的在强化.那我和你的交流,它在给你正⾯的强化.因为你们也会有负⾯的强化,对不对?所以你多去制造⼀些正⾯的给你⾃⼰来强化你的信念.你就好像是你们物质世界有钱⼈越来越有钱,为什么?他相信他能创造⾦钱.没钱的越来越没钱.他相信他就是,啊,钱很难赚.他相信钱很难赚.他相信他是穷的,明⽩吗?

This will strengthen your confidence and enhance your sense of direction. Is this not your abundance? So even the current issues or experiences you face are your abundance; they support you. Therefore, you need to build faith in the Creator. The more connected you are with it, the stronger your belief becomes, and you'll feel that you are the creator yourself. Belief has a self-strengthening function, so what you're experiencing now is continuously being reinforced. Our interaction gives you positive reinforcement. You also have negative reinforcement, right? So create more positives for yourself to reinforce your belief. It's like how rich people in your material world keep getting richer; they believe they can create wealth. Those without money stay poor because they believe it's hard to earn money—they believe money is difficult to come by. They believe they are poor. Do you understand this?

这就是因为你们会有两个极端.你继续问问: 有个催眠师说我这⼀辈⼦就是来受苦的…⾼灵: 你之前有过催眠课,是吗? 问: 那怎么样才能破?

This is because you'll have two extremes. You keep asking questions like: A hypnotist said I'm destined to suffer in this lifetime... Higher Spirit: Did you have hypnosis lessons before, right? You asked: How can I break it?

⾼灵: 你下想要破什么? 你是想要如何去破你⼈⽣的主题吗? 你说的他是谁? No,你们所有⼈都误解了.你们觉得你们的命运是更⾼层次的安排对吗?你的问题不是很明⽩.你想要了解什么?你为什么不直接问你灵魂的障碍,就是你体验的障碍是什么,或者是你的主题是什么? ⾸先你要知道是说⽆论你去相信什么,OK,就算有⼀个催眠师或者谁谁谁⼤师告诉你你这⼀辈⼦就是来受苦的,OK,是吧?他说的呢句话,你相信了你就会进⼊这个体验. 所以外在说什么不重要,哪怕是我,现在在跟你通灵,我告诉你什么说什么不重要.重要的是你要如何去运⽤这个信息,明⽩吗?重要的是你要如何去运⽤这个信息.你可以把这个信息来正⾯运⽤.

Higher Spirit: What do you want to break? Are you trying to break the themes of your life? Who is 'he' that you're referring to? No, all of you misunderstand. You think your fate is arranged by a higher power, right? Your question isn't very clear. What are you seeking to understand? Why don't you directly inquire about what's hindering your soul, which is the obstacle you experience, or what your theme is? First, you need to realize that no matter what you believe in, okay? Even if a hypnotist or someone else tells you that this lifetime is meant for suffering, okay, they're saying something. If you believe it, you'll enter into that experience. So, what's being said externally doesn't matter, even if I'm channeling now and telling you whatever I tell you doesn't matter. What matters is how you apply this information, understand? What really matters is how you apply this information. You can use this information positively.

还有没有任何⼈他可以告诉你⼀个确定的未来,没有任何⼈.所以你也不要就是,除⾮就是你相信他了,他告诉你你的这⼀⽣会发⽣这样的事情,你的体验怎么样怎么样.你相信他了你就会此体验.就算就算你们最强⼤的是你们⾃⼰.就算你⾃⼰灵魂层⾯设⽴了⼀些功课,如果你有⾜够⾼的意识能⼒的话,你是可以更改的,明⽩吗? 你不是说只有等你们游戏结束,我退出这个道具过后重新选择,你们现在就可以重新选择你想要体验的.所以就算是你灵魂层⾯上有⾃⼰给⾃⼰设置了这个体验,如果你觉得OK,I had it enough,就是我已经从中学到了我该学的,拜拜.⽐如说你突然体验了瘫痪,你体验了呢个⽆⼒.那你突然之间OK,我这个体验我结束了,我不想再继续探索了,我想体验其他的,你的⾝体都

Is there anyone who can tell you a certain future for sure? No one at all. So don't assume anything unless you trust them and they inform you that this sort of event will occur in your life, how your experiences are going to unfold. If you believe them, then these experiences will come true. Even if you have the strongest force within yourself, even if you've set tasks for yourself on a soul level, if you possess enough high consciousness ability, you can change it, understand? You're not saying that you need to wait until the game ends and I exit this device before making new choices; you can start choosing your experiences now. Even if there are experiences predetermined by your soul level where you've set them for yourself, if you feel like enough is enough, I learned what I needed to learn, goodbye. For example, if you suddenly experience paralysis, if you lose the ability to move. Then all of a sudden, you say this experience has ended, I don't want to continue exploring it; I want to experience something else, your body

可以根据你的意愿来让你再⼀次站起来,明⽩吗? 这就是你们到底有多强⼤.所以没有什么能够限制你们,哪怕是你们⾃⼰写下的合同也限制不了你们.只是你们要相信⽆论你想要做什么你都是得到⽀持的.这个坚信、相信、信念、信任,是你们的魔法棒,是你们打造,制造⼀切的呢个最强的武器.离开这个武器什么都不会发⽣.明⽩吗? 离开这个武器你体验的就是不确定,或者是⼀团糟.因为你受到什么影响,你就会经历什么影响.你说.所以你只⽤锁定你想要的就可以了.你只⽤锁定你想要的.因为你⼀切所担⼼的,所害怕的,所抗拒的,所挣扎的,这些东西全都是你在给⾃⼰投射这些体验给⾃⼰体验,明⽩吗? 所以问: 是注意头脑⾥的想法吗?

You can be made to stand up again according to your wish, understand? This is how powerful you truly are. So there's nothing that can limit you, not even the contracts you yourselves have written. It's just that you must believe that whatever you want to do, you will receive support for it. This faith, belief, confidence, trust – these are your magic wand, your strongest weapon in creating and manifesting everything. Without this weapon, nothing happens. Understand? Without this weapon, you experience uncertainty or chaos because whatever influence you are under is what influences you. You said so; thus, all you need to do is focus on what you want. Focus only on what you want. Whatever you're worried about, afraid of, resist, or struggle with – these experiences that you project onto yourself and experience them for yourself – it's all because of your own beliefs and fears manifesting in reality. So the question then becomes: Are you paying attention to the thoughts in your mind?

⾼灵: 对,注意你头脑⾥⾯的呢些.就好像你头脑⾥⾯都是⼀个设计图.它都在出稿⼦,它不断的在出稿⼦,不断的在出稿⼦.你物质世界体验了什么…物质世界它是什么功效呢? 唯⼀就是镜⼦.物质世界发⽣的事件就是来让你看清楚你⽬前是什么状态.但是,你在当下的每⼀个⽚刻,当你认识到了, OK,I don’t want this. 我不想要再体验这个,你可以马上⽴刻转变你眼前的⼀切.你说继续问问: 那我应该怎么做呢?

Higher Spirit: Yes, pay attention to those in your mind. It's like you have a design map inside. It keeps producing drafts continuously, constantly creating and updating them. You experience things in the material world... What is the function of the material world? Its only purpose is a mirror. The events happening in the material world are meant to help you see clearly what state you're currently in. However, with every moment in the present, whenever you realize something, I don't want this anymore. If you no longer wish to experience it, you can instantly change everything around you right away. So, my next question is: What should I do now?

⾼灵: 我想告诉你,根据你的能量状态,你唯⼀缺的就是信⼼,坚定不移的信⼼,信念.因为这些让你没有⼒量,明⽩吗? 这是你最缺的,反复听上⾯的录⾳,这些录⾳会建⽴你的信⼼.会让你即使你在不喜欢的环境,你都有⼒量去创造你想要的环境,明⽩吗? 你都不需要离开呢个环境,⽽是你有能⼒去转化它,改变它.

Higher Spirit: I want to tell you that the one thing you lack is confidence—firm and unwavering confidence. This lack of confidence makes you weak, understand? This is what you're missing most; listen repeatedly to the recordings above, they will build your confidence. You'll have strength to create the environment you desire even in an unpleasant setting, understand? You don't need to leave that environment; rather, you have the ability to transform it, change it.

问: 那我外在的环境..

Questioner: Well, about my external environment...

⾼灵: 不要去相信你外在的.因为你被你外在的⼈或者事件或者影响被它们影响很⼤.不要去相信它们.

Higher Spirit: Don't trust your outer world because you are greatly influenced by people, events, or influences in it. Don't trust them.

问: 如果我对什么感受到强烈的链接我就去做,对吗?

Questioner: If I feel a strong connection to something, then I should do it, right?

⾼灵: 如果你感受到有强烈的链接,那么你就去做.因为你们⼈⽣最最最幸福的,就是说它每⼀路,每⼀个阶段,每⼀天,每⼀个当下它不断的有惊喜.所以这个惊喜你⾃⼰去体验就好了,明⽩吗? 你去打开你的礼物.你现在就好像来让我把你的礼物去打开,那你这样就失去了拆礼物的意义,对吗? 你只需要保持⼀颗兴奋的⼼,就是哇,我明天又有礼物.我明天会有什么礼物呢? ⽣命会把什么礼物送到我的⽣命当中来? 每⼀个⼈、每⼀件事、每⼀个图⽚、每⼀个景象都是礼物.你只要有⼀颗兴奋的⼼,期待的⼼,像孩⼦拆圣诞礼物⼀样,明⽩吗? 如果你想象⼀下,⼀个孩⼦,他最enjoy,最⼤的兴奋就是说⼀堆礼物他要⼀个⼀个打开的呢个过程.

Higher Spirit: If you feel a strong connection, then just do it. Because the happiest part of your life is that it constantly brings surprises at every step, every stage, every day, and in every moment. So, experience this surprise yourself, understand? Open your gift. It's like you're asking me to open your gift for you, which would mean missing out on the joy of unwrapping it, right? All you need to do is keep an excited heart, wondering what gifts await tomorrow, and what life might bring into my world every day. Every person, every event, picture, scene - they're all gifts. Just stay thrilled and curious like a child anticipating their Christmas presents. Imagine, for a child, the biggest thrill lies in the process of opening each gift one by one.

如果你把他的礼物全部打开放到他⾯前,他会失去呢个兴奋的,明⽩吗? 所以说你们去⾃⼰打开⾃⼰的礼物,只是保持呢股热情和兴奋和期待就可以了.

If you were to lay out all of his gifts in front of him and open them for him, he would lose that excitement, right? So please, go ahead and open your own presents yourselves. Just maintain that sense of enthusiasm, excitement, and anticipation.

问: 能不能请我的⾼灵给我⼀些信息⾼灵: 我链接⼀下,你现在你的⾼灵有什么信息想要传达给你.你想要⼀些信⼼来⾃于你的⾼灵.⾸先,你是⼀个⾮常⾮常,怎么说就像⼀个孩⼦,孩⼦⼀般的呢种就是,⼀颗孩⼦般

Questioner: Can you ask my high spirit to share some information with me? Higher Spirit: I'll connect for a moment. Your high spirit has messages they want to convey to you. You desire assurance from your high spirit. Firstly, you're incredibly like a child in many ways, just like a child would be, with the innocence and purity of childhood.

的就是,怎么说呢,就⽐如说你可以这么说孩⼦.他的所有情绪都是表露出来,他不深藏他的情绪.所以你就像是⼀个孩⼦⼀样,你把你所有的⼀切都是展现出来,都是表现出来的,是吧? 然后就是希望你可以保持你的这种纯真,⽽不受到呢些⼤⼈的影响.呢些⼤⼈就是说他们很成熟,他们很认真,他们很卖⼒,他们很呢个什么的在过⽇⼦.他们很严肃,他们情感都不外露.他们都⾯⽆表情,明⽩吗? 因为孩⼦会观察⼤⼈,然后会跟⼤⼈学习.就会慢慢变得越来越⼤⼈了.所以这个信息是告诉你不要去学习⼤⼈.因为他们对⼤⼈的理解是不对的.

The essence of this statement is that you're suggesting children should express all their emotions openly, not hiding them like some adults do. You should show everything, let it be seen and understood without reservation. The hope is that you maintain this innocence or purity without being influenced by older folks who claim to be mature, serious, hardworking, and so on. They seem very grown-up, stern, emotionally restrained, with unreadable expressions. It's mentioned because children do observe adults and learn from them, gradually becoming more like them over time. The message is not to emulate these adults whose understanding of behavior is incorrect or flawed according to this perspective.

所以你即使成为⼤⼈的样⼦,你也要就是保持你的,就好像重新给他们展现出⼤⼈的样⼦,以你⾃⼰的⼀个⽅式来展现出⼤⼈的样⼦.这就是你的指导灵给你带来的信息.

So even if you become a grown-up, you must still maintain your essence; it's as though they are being shown the appearance of adults again by you in your own way. This is the message your guiding spirit has brought to you.

问: 我想问⼀下关于爱和另⼀半…⾼灵: ⾸先你们把爱都锁定着⼀个对象.你会觉得就是只是⼀个对象,明⽩吗? 如果你不把你的爱,就是感受到家,安全感,锁定到⼀个对象,那么你处处都能感受到爱和归属感,明⽩吗?就在你当下的,⽐如说,你当下跟路边的⼀只流浪狗在⼀起.你就可以跟它感受到爱和链接感和安全感.因为在呢⼀⽚刻它就能提供给你,明⽩吗?所以不要把它固定成⼀个异性,⼀个对象.就是只能是他,这⼀辈⼦.因为你们⼈类往往就是因为有这个观念,所以会受到很⼤的伤害、痛苦.觉得为什么他不爱我了,为什么他抛弃我了?为什么怎么样怎么样.因为如果你是⽤此观念去寻找爱情的话,那么注定你会受伤的.

Questioner: I would like to ask about love and the other half... Higher Spirit: Firstly, you have locked your love onto one entity. You perceive it as just one entity, right? If you do not lock your love, which includes feelings of home, security, onto an entity, then you can feel love and a sense of belonging everywhere, right? In your current moment, for example, if you are with a stray dog on the sidewalk. You can experience love and connection with it and security. Because in that instant, it can provide that to you, right? So do not fixate it onto one gender or entity as being exclusively him/her for this lifetime. Because humans often suffer greatly due to this belief, feeling why they no longer love them or abandon them. Why things go wrong like that. If you seek love with this viewpoint, you are destined to get hurt.

所以说重新定义,你只需要敞开你⾃⼰去链接任何.然后当下呢个链接就是你…为什么你们⼈类都会有⼀种就是想要安全感和归属感和爱的链接呢?那是因为你们都知道你们的源头就是爱,明⽩吗?就是你们于造物主的链接,就是与源头的链接,回到了源头,就是你们的终点.那就是你们就是说,最主要的.那通过爱情是可以给你制造⼀个假象,就是通过他⼈可以给你制造⼀个假象,你觉得你连接上了.为什么分⼿呢么痛苦呢?你想⼀下你就失去连接了.所以如果你们⼈类能认清楚这⼀点,你们是跟万事万物,所有的⼀切都连接的.因为你们本⾝就是⼀体的,那么你们永远都不能跟任何失去链接,明⽩我意思吗?断去链接只是⼀个假象⽽已,你说问:

So to redefine it, you just need to open yourself up to link with anything. Then, the connection in that moment is you... Why do humans have a desire for security, belonging, and love connections? It's because you all know your origin is love, right? The connection with the Creator, the connection back to the source, is like returning to your end point; it's essentially what you are talking about. This is mainly through love, creating an illusion that you're connected to another person. Why is heartbreak so painful when a relationship ends? You need to consider losing that connection. So if humans could truly understand this, recognizing their connection with everything and anything because they are one being, then they can never lose connection with anyone permanently. You see my point? Breaking the connection is just an illusion; you're asking...

⾼灵: 就是和⼀切万物都有链接啊,那就是最好的.问:⾼灵: 你为什么,你有⽆数个⽆数个,你有⽆限的时间去体验.你⽬前就体验你想要体验的,不要逼迫你⾃⼰.就好像你在对⼀朵⼩花说,你还是花苞花蕾的时候,你就说为什么我打不开⾃⼰,为什么我打不开? 你看别⼈花都开的呢么漂亮,为什么我打不开⾃⼰? 你打开⾃⼰是迟早的事.因为呢就是⽣命的本质.所以你不需要着急,也不需要强迫⾃⼰.⼀切都顺其⾃然.你只需要去享受你⽣命的每⼀个阶段,因为每⼀个阶段都很美好.你看⼀个漂亮的花瓶,它不是所有的花都是盛开的状态.它也有花蕾.呢个花蕾也衬托出了美,对不对?所以顺着问: 我觉得物质世界的⼯作⾮常的限制我

Divine Spirit: Everything is connected, and that's the best way. Questioner: Divine Spirit: Why do you have countless opportunities to experience things over infinite time? Just experience what you desire right now; don't force yourself. Imagine telling a little flower why it can't open itself when it's still in bud form, asking why it can't bloom like others. You see how beautifully others bloom, yet question your own inability to open up. Opening yourself is inevitable because that's the essence of life. So there's no need for urgency or compulsion; everything unfolds naturally. Enjoy each stage of your life as they are all beautiful. Just like a beautiful vase, not every flower is in full bloom; it also has buds which enhance its beauty. Therefore, I feel constrained by the limitations of the material world.

⾼灵:那是因为你们对⼯作的⼀个误解.你们觉得⼯作就是我朝九晚五去打卡,去坐在呢,别⼈给我钱才叫⼯作.不是.你真正的⼯作就是做你⾃⼰.当你真的呈现出你⾃⼰,真实的呈现出你⾃⼰,你就⾃动的在服务于整个⼈类,明⽩吗?你就⾃动的在服务于整个⼈类.就好像OK,你是⼀朵鲜花也好,你是⼀棵⼤树也好,你只需要成为呢棵⼤树,那么你就在美丽整个世界,你就在⽀持,你就在制造什么,像⼆氧化碳供给⼈类呼吸.你是鲜花,那你的⾹味⾃然就会蔓延整个世界,明⽩我意思吗?

Higher Spirit: That's because of a misunderstanding about work. You think that work is going to your job from 9 to 5, clocking in, sitting there, and getting paid by others for it. No, no, not really. Your true work is being yourself. When you truly show who you are, presenting the real you, you automatically serve humanity. You're supporting the whole world without even realizing it. Like when you're a beautiful flower or a big tree, all you need to do is just be that tree, and beauty will be spread across the world, supporting life, contributing like CO2 for humans to breathe. When you're a flower, your fragrance naturally fills the world, understanding?

所以你只需要去在你⾃⼰想要去体验的路上去成为你真正的⾃⼰,然后不去给它⼀个定义,怎么样才叫⼯作,哪怕就像是,你⽐如说你⾛在街上,然后你看到了⼀个流浪汉,你坐过去跟他讲⼏句话,那如果呢是你想要做的.如果你不想要做,你只是跟随你想要做的.你就在疗愈他.疗愈并不是说你需要怎么样,你是医⽣,我是病⼈,然后我来疗愈你.⽽是说你时时刻刻你呈现出你真实的你.就是OK,你是⼀朵鲜花,那我在你⾯前,我成为我鲜花的样⼦,明⽩吗? 它是⾃动发⽣的,它不是强迫的去发⽣的.是在每⼀个当下,⽣命在你的每⼀个当下都有惊喜.你们总会觉得⼈的⼀⽣是⼀条长长的路通向哪⾥.你们的⼈⽣是每⼀个⽚段.你继续说

So all you need to do is to become your true self on the path that you want to experience, without trying to define it, what constitutes work. Maybe for instance, if you're walking down the street and you see a homeless person, and you go over to chat with them. If this is something you desire, if not, then follow your desires. You are healing him. Healing isn't about you being the doctor and me being the patient coming to be healed. Rather, it's about you consistently presenting who you truly are in every moment. Being okay, you're a beautiful flower, and I'm here before you becoming my floral self. It happens naturally, not forced upon. In each and every present moment of life, there is surprise waiting for you. You always perceive your lifetime as a long road leading to somewhere. Your life consists of its individual segments. Please continue...

问: 我想知道当我害怕的时候我要怎么办?

Questioner: I want to know what to do when I am afraid?

⾼灵: 你害怕的时候怎么办? 你害怕的时候你允许她去害怕,明⽩吗? 你允许她去害怕.因为⽆论什么都是能量.能量它永远永远都是在变化当中.能量只有你去就是加强它的时候,就是你想要把这种害怕消除,你才会产⽣分裂.所以就像是天⽓⼀样,这些它都会过去的.这是你成长的⼀个过程,就好像你这么看,你看到⼀个⼩孩,他很⼩的时候他怕⿊,对吧? 他长⼤⾃然就不怕了.所以说你要知道它这只是⼀个成长的过程.

Sage (High Spirit): What do you do when you're afraid? When you're afraid, you allow her to be afraid, right? You allow her to be afraid. Because everything is energy. Energy is always changing. Energy only splits when you try to eliminate this fear, because whatever it is, it's always in motion. It's like weather; these things pass. This is part of your growth process, just like you see a child who's scared of the dark as they're young, right? As they grow older, they naturally aren't afraid anymore. So you need to understand that this is simply a part of their growth process.

问: 如何才能加速得到我想要的⽣活呢?

How can I speed up to get the life I want?

⾼灵: 加速.你允许就是在加速它,你信任就是在加速它.如果你的头脑去太多的⼲涉,就是在阻碍它.就⽐如说,怎么说,你放下有加速的这个念头它就在加速.因为如果你so exciting,就是你很兴奋,然后 so enjoy 很享受的呢个过程,你为什么想要它加速呢.因为过程才是最重要的.还有问题吗?

Higher Spirit: Speed up. By allowing you are speeding it up, by trusting you are speeding it up. If your mind interferes too much, you are hindering it. For example, how can you say that letting go of the idea of speed-up actually accelerates it? Because if you're so excited and really enjoying the process, why do you want to speed it up when the process is what matters most? Any further questions?

问: 我想知道我是谁?

Questioner: I want to know who I am.

⾼灵: 你叫什么名字?问: 我叫XXX⾼灵: 你叫XXX.你想要知道你是谁.你⾸先你想要知道你的这个问题,你如果是问你在物质世界你这个⾁体,你这个个体是谁的话,你⾃⼰能找到答案.如果你想要知道就是说从更⾼的层⾯你是谁的话.那么我告诉你,你就是⾏⾛的神来体验,明⽩吗?所以你不受任何限制,你只需要把你这么⼏⼗年来到地球上,就是你的⼀些,⾁体上、头脑⾥⾯积累的⼀些认知、概念、恐惧,就是把这些慢慢慢慢的去掉.然后慢慢慢慢的把这些不是你的的东西去掉,呢个就是你真正的⾝份了.所以你要做什么,你不断的观察⾃⼰,看⾃⼰,哪些不属于你的,把这些不是你的归还给别⼈.把你⾝上的呢些不属于你的拿开,限制你的拿开.

Higher Spirit: What is your name? Questioner: I am XXX. Higher Spirit: You are XXX. You want to know who you are. First, you want to know about this question. If you ask who you are in the material world, your body and individual self, you can find the answer for yourself. But if you want to know on a higher level who you truly are, then I tell you: you are a walking god experiencing life, understand? So there are no limits for you; you just need to remove the accumulated knowledge, concepts, fears, and other non-yourself elements that you've gathered over several decades living on Earth. Gradually eliminate these non-yourself aspects until you reveal your true self identity. Therefore, what you should do is constantly observe yourself, identify what doesn't belong to you, return it to others, and remove from yourself whatever does not truly belong to you and limits you.

剩下的就是你,明⽩吗?

The rest is up to you, understand?

问: 是要逃离⼤脑吗?

Questioner: Is it about escaping the brain?

⾼灵: ⼤脑只是⼯具.它是供你来使⽤的.你以前的经验和认知,只是来让你看清楚哪些是来限制你.你的每⼀个当下都有你的探索或者是学习.每个当下都有.它不是在学校⾥⾯发⽣的,不是在教室⾥⾯发⽣的.⽽是在你每⼀个当下,你的念头⾥⾯,你的情绪⾥⾯,你的⽣活⾥⾯,⼀切的⼀切,⽆处不在.

Higher Spirit: The brain is just a tool. It's provided for you to use. Your past experiences and cognition are merely to help you see what limits you. Every moment of your present contains either your exploration or learning. This happens in every single moment. It doesn't happen at school, nor in the classroom. Instead, it occurs within your thoughts, emotions, life, everywhere.

问: 我还是没太明⽩⾼灵: 如果有任何不懂的你可以继续问.

Ask: I still don't quite understand Higher Spirit: If there's anything you don't understand, you can keep asking.

问: 我想知道⽬前我的束缚是什么,需要克服什么?

Questioner: I want to know what my current limitations are and what I need to overcome.

⾼灵: 我感应⼀下你的能量状态.你⽬前束缚你的需要客服的是什么.你叫XXX.然后你想知道⽬前你的.. 我们不能说客服,⽽是说与他为舞.你需要与什么为舞? 与他为舞就是说你跟他跳舞.OK,就好像你⾝边有⼀条狼,你说我是不是要客服它? 客服就是要把它怎么怎么样.⽽是说你要与狼为舞,明⽩吗? 因为所有出现在你⽣命中的⼀切都是你的⼯具,都是你可以利⽤它,可以转化它,可以使⽤它.我感应⼀下你⽬前最最最最最最需要转化的是内在的灵活度.灵活度.也就是说在你的观念和思想上⾯你过于的束缚.就是活动度很⼩.

Higher Spirit: I'll sense your energy state. What do you need to overcome currently that binds you, oh XXX. Then you want to know about... We can't say 'overcoming', but rather dancing with it. What are you dancing with? Dancing with him means you dance with him. Alright, imagine there's a wolf by your side and you ask if I have to overcome it? Overcoming would mean dealing with it in some way. Rather, you should dance with the wolf, understand? Because everything that appears in your life is a tool for you, something you can use, transform, or utilize. I'll sense what you most need to convert at this moment - flexibility, flexibility. Meaning there's too much restriction on your thoughts and beliefs. Your range of movement is very limited.

⽐如说你的想象⼒,创作⼒,就是你的就是如何把⼀个东西变成⼀百个、⼀千个、⼀万个,就是这样的想象⼒,就是灵活度,在这⽅⾯你可以做功课,明⽩吗?

For instance, your imagination, creativity is about transforming one thing into a thousand or even ten thousand versions. It's this ability to imagine and be flexible that you can work on. Do you understand?

问: 能再具体解释⼀下吗?

Questioner: Could you explain a bit more specifically?

⾼灵: 就⽐如说你每次买菜只买同⼀个类型,买⾐服只买同⼀个类型,明⽩我意思吗? 你交朋友只交同⼀个类型,明⽩我意思吗? 然后去穿不同风格的⾐服,去不同的地⽅,交不同的朋友,扩展扩展扩展.问: 那我不断的去扩展是不是就可以找到我⾃⼰的道路了?

Higher Spirit: Like when you buy groceries, you only buy one type of item, or when you shop for clothes, you stick to one style; do you understand what I mean? If you only make friends with people who are very similar to you, do you get my point? Then, try stepping out of your comfort zone by wearing different styles of clothing, visiting various places, and making new friends. It's like expanding your horizons. Questioner: Would constantly seeking new experiences help me find the path that suits me best?

⾼灵: 是,当你刚才,我说的你不断的扩展、转变,体验不同的变化你会找到.你会发觉出你很多⾯,明⽩吗? 因为你现在就是受到限制.问: 能帮我看⼀下我的婚姻会不会有什么问题吗?

Higher Spirit: Yes, when you just expanded and transformed constantly and experienced different changes, you would find out many aspects of yourself. You would realize that you have many facets because now you are restricted. You asked: Can you please help me check if there will be any issues with my marriage?

⾼灵: 当你在扩展你的灵活度,你的婚姻会变好.所以它不会有问题.问: 我想知道怎么才能链接我的指导灵并和他沟通?

Higher Spirit: When you expand your flexibility, your marriage will get better. So there won't be any problem. Questioner: I would like to know how to connect with my guiding spirit and communicate with him?

⾼灵: 你想要知道⾃⼰如何链接你的指导灵和他沟通? 那就是去做你最兴奋的事情.因为你们不要误解只有这种通灵的⽅式或者对话的⽅式才可以链接,明⽩吗? 有各种各样的链接⽅式.所以你不要把呢些就是⽐如说跟你链接,你把它给忽视掉了,忽略掉了.因为当你越是去追求你⾃⼰兴奋的事情,你做你喜欢的事情,你越是在⾥⾯的话,那么你就越是跟他们是同频.你们之间就好像是有⼀股能量线,越来越强,越来越强.然后你便是,你们就好像是叫什么天⼈合⼀的状态.你在物质世界展现的就是这种合⼀的状态.

Higher Spirit: You want to know how you can connect with your guide and communicate with him? That is by doing what excites you most. Understand that this form of connection or dialogue is not the only way, right? There are various ways to link. So don't overlook those connections, like connecting with them. The more you pursue activities that excite you, do what you love, and immerse yourself in it, the more synchronized you will be with them. It's as if there's an energy line between you two, growing stronger over time. You're essentially reaching a state of harmony or unity. In your physical world, this is how such unity manifests.

问: 什么才是我最需要体验的呢?

Questioner: What is it that I really need to experience?

⾼灵: 你眼前经历的⼀切都是你最需要体验的,你不要把它pass掉就好了,不要把它忽略掉,不要把它给呢个什么,就好像是赶快赶快过掉.

Higher Spirit: Everything you are experiencing right now is exactly what you need to experience the most, just don't pass it up, don't ignore it, and don't rush through it as if trying to speed past it.

问: 那我的天赋是什么呢?

Questioner: What is my talent?

⾼灵: 你们总是把天赋当成是⼀个.如果你真正的说你们每个⼈的天赋的话就是你们⽆所不能.你们世界上已经有很多⼈,呢些⼈已经给你们展现出了他是多么的,可以同时是这个又是呢个又是呢个.如果你真的是⼀定要找出⼀个,就是说你在哪⽅⾯做的会⽐较好的话,那我可以给你说,你在服从的⽅⾯做的⾮常好.就是你在细节,服从,就是做辅导,就是辅助的呢个⼯作或者是领域你会做的特别好.因为你有很强烈的服从的意愿和⼼.所以你可以找⼀个你特别敬佩或者是特别敬仰的⼈,然后去辅助他的⼯作,你会做的⾮常好.

The Higher Spirit: You always think of talent as a kind of power. If you truly talk about everyone's talent here, it means that you can do anything. There are already many people in your world who have shown how capable they are, being able to do this and that simultaneously. If you insist on finding one aspect where you excel, I could say that you're particularly good at obedience. You excel in details, following instructions, tutoring, or contributing in related fields. You would perform exceptionally well. Because you possess a very strong desire and heart for conformity. So, you can find someone you admire or respect greatly, then assist with their work, and you will do it exceedingly well.

问: 那我怎么才能有⼀个我满意的⼯作呢?

Questioner: How can I have a satisfactory job?

⾼灵: 你都已经说了你的感觉,你都说了你的⼯作不是很满意,但是你又不愿意放⼿.那你就继续体验呀,因为这是你想要体验的呀,明⽩吗? 所以你也是受到⽀持的呀.

Higher Spirit: You've already expressed your feelings; you've said that your job isn't very satisfying, but you're unwilling to let go. Just continue experiencing it then, because this is what you want to experience, right? So, you are indeed being supported.

问: 我也很纠结…⾼灵: 你内在的纠结,你的所有状态你都会体验的.问: 我们为什么什么都往负⾯看呢?

Questioner: I'm also torn...Higher Spirit: You will experience all of your inner turmoil and states. Questioner: Why do we always see things in a negative light?

⾼灵: 你们把所有的东西都往负⾯看也是⼀种⾃我保护,明⽩吗? 因为你会觉得往负⾯看这样⼦的⽅式可以保护你不受到冲击和失望和落差.所以你们也是保护你们⾃⼰.因为像失望或者是落差或者是没有得到,呢带来的失望感⽐呢种去,呢种更加的难以让⼈接受.你是在保护⾃⼰不去经历失望,或者是落差,或者是什么呢种,就好像明明是⾃⼰到嘴⾥的又没得到的呢种落差感,失望感.你们是保护⾃⼰不去体验这个.因为如果你在⽤⼀种模式去运⾏的话,你⾸先你是相信了呢种模式会服务于你,会让你就是说好受⼀点,好过⼀点.所以这就是你为什么要去选择这种模式.我只是告诉你你为什么要去选择它,明⽩吗?

Higher Spirit: You see all aspects of things from the negative perspective as a form of self-protection, right? Because you feel that this way of looking at negatives protects you from shocks, disappointments, and letdowns. So you're protecting yourself in this manner. As disappointment or letdowns or not receiving anything bring feelings of disappointment that are harder to accept than others. You're protecting yourself against experiencing these feelings of disappointment or letdowns, or such a sense of missing out when something is right there in front of you and yet you don't get it - the feeling of a gap between what was available and what wasn't. You're shielding yourselves from this experience. If you're running on a certain pattern, you first believe that this pattern serves you, making things easier for you to handle. This is why you choose this pattern. I'm just explaining why you opt for it; do you understand?

如果它对你真的是⼀点⽤的没有,你是不可能选择的.

If it truly offers you nothing, you wouldn't choose it.

问: 那怎么样做才是对的呢?

Questioner: How should it be done correctly?

⾼灵: 那是你⾃⼰的选择,如果你觉得这种⽅式是真的在保护你了,让你好过⼀点,那你可以选择这种模式.这⾥没有对和错,这⾥永远没有对和错,好和坏.只有你到底想要体验什么,明⽩吗? 你所有想要体验的,你都是受到⽀持的,都是被允许的.

Higher Spirit: That's your own choice; if you feel that this method truly protects you and eases your burden, then you can opt for this model. There is no right or wrong here; there are never rights or wrongs, good or bad. Only what you actually want to experience counts, understand? Everything you wish to experience is supported and allowed.

问: 如何链接我的真我?

Questioner: How do I link my true self?

⾼灵: 在跟你的真我.还有你可以不断的问你⾃⼰,你不断的提问,不断的提问,你不断的问,明⽩吗? 就是⾃⾔⾃语⼀样.

Higher Spirit: In communication with your true self. And you can continuously ask yourself, keep questioning, keep asking questions, and understand that it's like talking to yourself.

问: 如何才能把真我和头脑分开?

How can I distinguish between my true self and my mind?

⾼灵:真我和头脑分开?你现在所提问,所有这些⽬的,你是想要你的⾁体更加靠近你的真我.就是OK,你的⾁体是个⼯具.你的真我是想要利⽤这个⼯具.你是想要他们更好的衔接,更好的work together, 更好的⼀起⼯作,⼀起创造. 还有问题吗?

Higher Spirit: Separating True Self and Mind? The questions you are asking and all these purposes are that you want your physical body to be closer to your true self. Essentially, your body is a tool. Your true self wants to utilize this tool. You want them to connect better, work together more effectively, and collaborate in creating. Do you have any other questions?

# **2021/10/05 — 你不可能⼀下⼦就理解所有You can't possibly understand everything at once**

⾼灵: 你问吧,什么问题问: 我可以知道现在在和谁交流吗?

Higher Spirit: Ask away, what question do you have: Can I know who I am currently communicating with?

⾼灵: 她刚才连接的时候,她链接了赛斯⽼师,所以现在是赛斯⽼师的能量来和你们交流.但是任何你们想要去链接其他层⾯的,你们都可以通过你们在交流当中得到转换.你开始问你的问题.

Higher Spirit: She just connected earlier and she linked to Master Seth, so now it's Seth Teacher's energy interacting with you. But anything that you want to connect to other levels, you can do through the transformations you get during your interactions. You may begin asking your questions.

问: 我想知道我适合做什么呢?

Questioner: I want to know what I am suited for.

⾼灵: 只要你对它有兴趣,你想做,你⾮常喜欢,那就是适合你的.所以,问: 我想知道为什么我这么怕蛇?

Higher Spirit: As long as you are interested in it, want to do it, and really like it, that is what suits you. So, you ask the Questioner: I wonder why I am so afraid of snakes?

⾼灵: 你想要知道你为什么对蛇产⽣恐惧,是吗? 我帮你看看.你叫什么名字?问: 我叫XXX⾼灵: XXX,你现在想要知道为什么你会对蛇产⽣⾮常⼤的恐惧? 你的恐惧来⾃于动弹不了,明⽩吗?就是你害怕你没有掌控权,你没有主动权,你完全被束缚了.因为你是⼀个希望什么事情你是有掌控的,就是你能做出⼀些⾏动或者是什么的.然后蛇对你来说就是⼀个象征,象征你束⼿⽆策.束⼿⽆策是你最害怕的⼀个状态.所以蛇只是⼀个,因为在你的头脑⾥⾯,你觉得它的⼒量会让你失去你的掌控.就是让你变的束⼿⽆策,呢种窒息感、呢种⽆⼒感,这是你害怕的.所以如果是另外⼀个动物,你联想到它,它会给你带来这种感觉的话,你也是会害怕的.

Higher Spirit: Do you want to know why you have fear towards snakes? Let me help you with that. What's your name?

Questioner: I am XXX.

Higher Spirit: XXX, now you want to know why you develop a very big fear towards snakes, right? Your fear comes from being unable to move, got it? That is you are afraid of losing control and lack initiative; you feel completely bound. Because you hope that for everything, you can have control - that you can make some actions or something like that. Then, for you, the snake symbolizes a state where you are helpless – you are stuck without any power to act. This is your most feared situation because you are someone who desires to have control over things. The snake to you represents being unable to do anything. That helplessness is what terrifies you. So if another animal brings about that feeling for you, you would also feel afraid of it.

所以你害怕的是这个.

So it's this that you're afraid of.

问: 我怎么做才能摆脱掌控感?

Questioner: How can I get rid of feeling in control?

⾼灵: 这个掌控感,你的掌控感.⾸先你不要认为它是来妨碍你的,明⽩吗? 这个是你与⽣俱来的⼀个,就好像OK,你是⼀只螃蟹,那你如果是螃蟹的话,那你就有螃蟹的脚夹⼦,对不对?那因为你跟别⼈不⼀样,⼈家是鱼,你是螃蟹.你与⽣俱来的夹⼦你总是觉得碍你的路.你说总是两个呢么⼤的夹⼦在你前⾯,让你视线也不好,让你不是很好的⾏动,你觉得它妨碍了你.并不是的.你应该知道你天⽣以来你就是与众不同的,明⽩吗?你不是鱼,鱼有鱼的优势,你有你的优势.所以你只是需要去让这个夹⼦更好的服务于你,然后去灵活的运⽤它.因为这是属于你的.你知道你什么时候应该⽤它去夹⾷物来给你.

Higher Spirit: This sense of control, your sense of control. Firstly, don't think it's there to hinder you, understand? This is something innate to you, like okay, you're a crab, so if you are a crab, then you have the crab claws that come naturally, right? That because you are different from others, they are fish, but you are a crab. You feel your innate claws always get in your way. You say these two large claws are always in front of you, affecting your vision and hindering your movement. You think it's getting in the way. But that's not true. You should understand that you were born different, okay? You're not a fish; fish have their advantages, and you have yours. So you just need to learn how to better utilize this tool for yourself, then use it flexibly. Because this is yours. You know when to use it to grab food for yourself.

你知道什么时候它不去就是让它夹到你⾃⼰,伤害到你⾃⼰,或者伤害到你夹到你爱的⼈,明⽩吗?你只是需要这个⼯具出的时候它能顺利的出去,收的时候能顺利的收回来.你只是需要去掌握这个.⽽不是随时,你要去抱你的宝宝的时候夹⼦把它夹伤了.就是你操控不了.

Do you understand when it's supposed to miss and let it hit yourself, hurt yourself, or hurt the person you're trying to protect by using it? You just need this tool to operate smoothly in both directions - coming out when needed and retracting without issue. It's about mastering this function rather than accidentally harming your baby whenever you attempt to hold them. Essentially, you're struggling with control over its use.

问: 那这个掌控感是不是也是我的⼀个标志?

Questioner: Does being in control also signify something about me?

⾼灵: 是的,因为你们每⼀个⼈都是独⼀⽆⼆,你们每⼀个⼈都有你们的所长,你们的优势,你们的特点.这个特点是需要你很好的利⽤和贡献出去.为什么? 因为你们物质世界很多⼈就需要你这样的⼈格.然后这样的⼈格可以做很好的,像领导的⼯作,明⽩吗? 但是到了⼀定的程度你觉得有⼀些妨碍你了,那你只是需要好好的去学会如何灵活的运⽤它.

Higher Spirit: Yes, because each and every one of you is unique, each and every one of you has your strengths, your advantages, your characteristics. This characteristic requires you to utilize and contribute it well. Why? Because in the material world, many people need personalities like yours. Such personalities can do excellent work like leadership, understand? But when you reach a certain level, you might feel that there are some hindrances to you, then all you need is to learn how to use this flexibility wisely.

问: 我想问⼀下我选择来到地球我的⼈⽣蓝图是什么?

Questioner: I want to ask what my life blueprint was when I chose to come to Earth?

⾼灵: 你选择来到地球你的⼀个⼈⽣蓝图是什么? 我链接⼀下.你再说⼀遍你的名字.XXX,我现在来搜索⼀下你的信息.我想要帮你链接⼀下你的信息.你想要知道你这⼀⽣来到这个地球体验的主题是什么? 你最喜欢最喜欢的就是⼀切都是转变、转化的⼯作.就是你喜欢,就好像变魔术⼀样,就把⼀个死的变成活的,这种转化,这种转变.把⼀堆废物变成宝藏,明⽩吗? 你⾮常的喜欢这样的⼀种转化的⼯作,转变的⼯作.所以你的⼈⽣就会,这是你兴奋的.

Higher Spirit: What is the life blueprint you chose to come to Earth? I'll link that. Please say your name again, XXX. I'm about to search for your information. I want to help you connect with your information. You want to know what the theme of this lifetime is for you on Earth, experiencing everything as transformation and transmutation work. You love it just like magic, turning something dead into something alive, these transformations and changes. Turning a pile of trash into treasure, do you understand? You greatly enjoy this kind of transformational work and change. Therefore, your life will be full of excitement like that.

问: 我想问⼀下什么是内激素?

Questioner: I'd like to know what are internal hormones?

⾼灵: 内激素是你们⾃⼰物质世界取的⼀个名字,我不知道什么是内激素.但是你是对这些⽐较有兴趣,就是有激情的.然后你体验的就会有⼀系列的转化的呢些…问: 那我应该怎么转化呢?

Spirit: Hormones are a name you have given to your own material world, I don't know what hormones are. But you seem more interested in these, the passionate ones, and the transformations that come with experiencing them... Questioner: How should I undergo this transformation?

⾼灵: 如果你想要去转化的话,你⾸先你需要从你⾝边,从你⾃⼰…就⽐如刚才我说你觉得你这个妨碍你的这个螃蟹的呢个夹⼦,你把它转化成你⾮常好⽤,来帮你的⼀个⼯具.那你就是⼀个转化呀.就是⼀个最开始会妨碍你的障碍变成了你的⼯具,这就是个转化的⼯作.

Higher Spirit: If you want to transform, the first thing you need is from your surroundings, yourself... like the pair of crab claws that were bothering you just now, if you can transform them into a useful tool for helping you, then you have already transformed. This obstacle that was hindering you at first has become a tool for you. That's transformation work.

问: 那怎么把⿊暗转化成光明呢?

Questioner: How can we turn darkness into light?

⾼灵: 光明,⾸先你要明⽩光永远变不了⿊暗.所以你能做的… 因为我刚才说的你的激情,你想要体验的就是把死的变成活的.⽽不是说你想要体验毁灭,明⽩吗? 这个不⼀样的.所以你是给它⽣机.

Higher Spirit: Light, first you need to understand that light can never become darkness. So what you can do... because I just talked about your passion, what you want to experience is to bring the dead back to life, not destruction. Understand? This is different. So you are giving it vitality.

⾼灵: 你的问题是什么? 你直接问你的问题,你不需要描述.因为通过你的问题我们就会把给你的信息给你带出来.

Higher Spirit: What is your issue? Just ask your question directly; you don't need to describe it. Because through your question, we will provide the information to you.

问: 请问我适合链接的能量是什么?

Questioner: Could you tell me what kind of energy would be suitable for me to link?

⾼灵: 你适合链接的⼀个能量.如果不适合你的能量你是触不到的呀,明⽩吗? 你是触碰不到的呀.所以说你没有必要去问这个问题.如果不适合你,你们频率不⼀致,你根本怎么样都达不到啊.所以就好像你是个⼩朋友,你现在才⼏⼗厘⽶⾼,你告诉我,哪个适合你? 呢个两⽶⾼的你够都够不着,你问这个问题是没意义的.所以你只要需要去充满你的热情,你想要去玩什么.你像个孩⼦⼀样,你想要玩什么你去玩,⽽不是说妈妈,哪个是跟我呢个什么的,你⾃⼰就能⽤说摸的到,明⽩吗? 是你的世界,你来探索.

Higher Spirit: You are suitable for connecting to a particular energy. If you're not suited to your own energy, then you simply cannot touch it; understand that you can't reach it at all. Therefore, there is no need to ask this question. If you're not a match in terms of frequency, no matter how hard you try, you will never achieve it. It's like comparing yourself to a child, asking which toy would suit them when they are only a few decimeters tall and the taller, two-meter high toys are out of reach. Asking such a question has no meaning. What you should do is focus on your enthusiasm for what you want to play with. You should behave as if you're a child, wanting to play whatever game interests you, rather than asking your mother which toy matches her expectations; instead, you should be able to touch and use the toys that resonate with you. Understand, this is your world, and it's up to you to explore it.

问: 我以后会不会经历过什么事之后也突然可以通灵了?

Questioner: Will I be able to communicate with spirits suddenly after experiencing something in the future?

⾼灵: 你想知道你会不会出现⼀个事件然后让你⾃⼰会通灵是吗? 你⾸先你不要去只把通灵定义成⼀个模式.就⽐如说你现在在跟这个⼥⼠通灵,你只定义成这个⼀个模式.通灵就是说你放下你⾃⼰的头脑,你的物质⾝体,你的操控.就好像说你特别喜欢掌控,你放下你的掌控.它就像⼀台车⼀样.你现在就是把呢个主驾驶让出来,让更⾼的能量来带你去兜风,明⽩吗?因为你不知道它带你兜风的呢个风景是你平时不会去到的地⽅.这就是通灵.那这个通灵的⽅式你们不要局限于任何⼀种.不要局限于任何⼀种.哪怕我跟你讲你就是在睡眠当中,睡眠当中你都可以发⽣.你就跟随梦的场景带你去体验,然后你就可以提取梦的信息.

Spirits: Do you wonder if there will be an event that allows you to channel spirit energy? First, don't define channeling as just one pattern. For example, when communicating with a lady through channeling, you only see it as this singular pattern. Channeling means setting aside your mind, physical body, and control. You let go of your need to control everything, like stepping out of the driver's seat in a car. Now you're letting higher energies guide you on a ride without knowing where it will take you. This is channeling. Don't limit yourself to any one method for channeling. Even during sleep, this can happen as you follow dream scenes and experience them, then extract information from those dreams.

所以你只是需要有这个渴望,就是说OK,我对灵界的信息特别感兴趣.你渴望,你渴求,然后你兴奋,然后你不去定义它如何发⽣在你的什么当中,它就会到来.不要定义它发⽣的 (没听清),⽽且不要太过于依赖你的头脑和你已知的知识.因为这些都是障碍.就⽐如说如果你是咨询师,你下⼀次在跟别⼈做咨询之前,你可能会去看⼀下他的背景呀,他的病例呀,然后去了解⼀下他的情况呀,然后去看⼀下你需要什么对策. 呢我不需要任何这些.当你去有备⽽来的话,那你就是在⽤物质头脑去理解,明⽩吗?所以你不需要任何准备,因为你该需要的信息和任何信息,你只需要放下你的头脑,就是让你的头脑不碍事.

So all you need is this desire that okay, I'm very interested in spiritual information. You crave, you thirst for it, and then you get excited. Don't define how it manifests in your life, and don't be too reliant on your mind and what you already know. As these are obstacles. For example, if you're a therapist, before the next session with someone else, you might look into their background, case studies, or understand their situation to prepare for any strategies. I do not need anything like that. When you come prepared, then it's your material mind understanding rather than being receptive. So no preparation is needed because whatever information you require and all that, just let your mind not be in the way by letting it not hinder you.

因为头脑会经常跑出来,刚才呢个念头不是神经病吗?我怎么…你把呢个放开.任何你的经验,你的经历,你的物质世界体验的⼀切把它放开.你看看你会如何去运⾏.因为你就会进⼊呢个⾃动运⾏的模式.你突然觉得为什么我说出来呢么多,好像以前没有这个概念的⼀些话语.呢种状态就是通灵.通灵并不是只有⼀个固定的模式.

Because the mind often pops out like that, was that just a symptom of insanity? How... release that. Release any of your experiences, your journeys, all your sensory perceptions in this material world. Watch how you would operate without them. You'd enter an automatic mode of operation. Suddenly, it feels strange to have said so much, as if these words don't belong to a concept I've ever known before. That state is called channeling. Channeling isn't just one fixed pattern.

问: 我为什么会选择转化当成我的兴奋啊?

Questioner: Why do I choose transformation as my excitement?

⾼灵: 这是你的兴奋啊,你想要体验的呀.就好像你特别喜欢在海⾥⾯去潜⽔,去看鱼.因为你充满了兴奋.然后你问别⼈我为什么会选择去海边啊,海⾥呀? 因为任何你想要探索的你都是被允许的.

Higher Spirit: This is your excitement, the experience you desire. Like how you particularly enjoy snorkeling in the sea to see the fish, because of your thrill. Then you ask others why I chose the seaside, the sea? Because anything you wish to explore is allowed for you.

问: 那我需要去学习哪些灵性知识才能更好的成长呢?

Questioner: What spiritual knowledge do I need to learn in order to grow better?

⾼灵: 你们不需要去跟随任何真理也好,道理也好,概念也好.因为这些写概念的⼈只是个 (没听清),明⽩吗? 他们是通过这样达到了⼀条路.但是你们每⼀个⼈都是⾃⼰⾛出属于你的路.所以太多的条条框框,或者是什么什么的.如果你没有get ready,就是你没有准备好去原谅某个⼈,但是你看着这个⼈,你又要强迫⾃⼰去原谅他,你就会产⽣内在分裂的.所以就好像⼀个种⼦它还没有要发芽的时间,因为冬天.那你强迫它去长成⼤树.所以如果它需要在⿊暗⾥体验就让它体验.即使是别⼈和你, 你们都不需要push yourself.你们不需要强迫⾃⼰赶快成长.因为这⾥没有时间,没有时间.

Higher Spirit: You don't need to follow any truths, principles, or concepts as well. These people who write about these concepts are just (misheard), understand? They have reached a path through this means. But each and every one of you is walking out your own path. So there are too many restrictions or whatever. If you're not ready, meaning if you're not prepared to forgive someone, but you look at this person and force yourself to forgive him, it will create an inner split within you. So it's like a seed that hasn't reached the time to sprout because of winter. You're forcing it to grow into a tree. So if it needs to experience in darkness, let it experience. Even if others and you don't need to push yourself; there is no need to force your own growth here. Because there's no time, no time.

你们都好像,你们呢种追逐的过程就好像⼀定要赶快的达到的呢种⼼态和⼼理给你们⼈类产⽣了⾮常⼤的阻碍,精神.就⽐如说焦虑、焦急.你们都在错过真正的⽣命.因为真正的⽣命没有明天、将来和前⾯和⽬的地.你所有的所有的⼀切都是在你眼前,都是在你当下.然后你们每⼀个⼈都在逃开.都在迫不及待的要去somewhere.there is nowhere to go.然后你需要的⼀切指引,你需要的⼀切的说明书,你的指引都全部包含在你的⾥⾯.就好像⼀颗种⼦,它要如何发芽、如何长出叶⼦、如何开花,你觉得它会跟其它的⼀颗种⼦学习吗? 明⽩吗? 它呢些信息都已经包含在⾥⾯,所以你也⼀样.

You all seem to have a mindset and psychological pressure that pushes you humans to always rush towards achieving something, creating a huge barrier for you in the spiritual sense. Such feelings like anxiety and urgency make you miss out on true life because true life doesn't have a tomorrow or future or anything ahead of it with destinations. All your experiences happen right here, right now. Each one of you runs away from this reality, eager to rush off somewhere without any place to go. You seek constant guidance and manuals that tell you what to do next, but all these are already contained within you. Like a seed needing sunlight for growth, would it learn from other seeds? Understand that the information needed is already inside of you, just like a seed knows its own process of sprouting, growing leaves, and blooming.

如果呢是你的兴奋,你觉得他们的信息让你很exciting,就是兴奋.你可以去收获呢个exciting,就是让你看到⽣命如此的美好.但是放下所有的概念.因为你不然你就会按照这个模式.那如果你按照呢个模式的话,你就没有做你⾃⼰,没有⾛你⾃⼰的路.因为你们每⼀个⼈,为什么之所以有呢么多⼈,个体,因为你们每⼀个⼈就是像百花齐放⼀样.你每⼀个⼈如果都长成⼀个样⼦,都长成同⼀个花,有意义吗? 所以每⼀个⽣命都是独特、独⼀⽆⼆、美丽.这才是⽣命真正的意义.

If it is your excitement, and you find their messages exciting or stimulating, that's the kind of excitement that can show you how wonderful life truly is. But let go of all concepts because if you hold onto them, you will be bound to follow a certain pattern. If you adhere to this pattern, you won't be being true to yourself, nor walking your own path. As each one of you is unique, just like the myriad blooms in a garden—would it make sense for every single flower to look alike and come from the same species? Each life, therefore, is unique, singular, and beautiful - that's the true essence of life.

问: 我要怎么做才能让内⼼感到平安?

Questioner: How can I do to feel at peace within myself?

⾼灵: 内⼼平安? 为什么你会觉得你的内⼼是不平安的呢? 为什么平安是⼀个追求的状态呢?明⽩吗? 你想⼀下….

Higher Spirit: Inner peace? Why do you feel that your inner self is not peaceful? Why is peace a state to be pursued? Understand this concept... And think about it...

问: 那你能不能教教我如何追求⼼理平安?

Questioner: Could you teach me how to pursue mental peace?

⾼灵: 那是你⾃⼰对你⾃⼰不认识,对⽣命的本质不认识.那是你对你⾃⼰,对⽣命的误解.所以才会导致你有这些想法和动作.那如果现在我们帮你是来让你看清⾃⼰,看清⽣命的真相呢? 你就不会产⽣⼀系列的后⾯的这些动作和感受了,明⽩吗? 所以我不是教你去如何追求你的平安.⽽是让你知道为什么你会觉得不平安.因为当你知道是因为你的⼀些想法导致你有这样⼦,那你把呢些想法,就是让你看清楚这些想法是错误的,你⾃动就放下了,你⾃动就不会有后⾯的呢⼀些⾏为.所以呢是你们所有⼈对⽣命的误解,对你⾃⼰的误解会导致你们做⼀些,这些⾏动.

Higher Spirit: It's because you don't know yourself, you don't understand the essence of life. It's a misunderstanding of yourself and life that leads to these thoughts and actions. Now, if we help you now is to help you see yourself clearly, see the truth about life? Then you wouldn't generate a series of subsequent actions and feelings, would you? Understand? I am not teaching you how to pursue peace. Rather, I'm letting you know why you feel unrestful. Because when you know that it's due to your thoughts causing this state, then by recognizing those thoughts as wrong, they become evident to you, and you automatically let them go. You naturally就不会 have these subsequent behaviors. So, it's all of you misunderstanding life, misunderstanding yourself, leading you to perform certain actions.

问: 我还是不太明⽩⾼灵: 我这么来跟你举个例⼦吧.你们都有觉得,啊,⾷物⾮常好,⾷物可以让我们⽣存下去.然后必须要吃东西不然就会死掉.然后呢你们每个⼈都有这个想法.然后不停的塞,不停的塞,不停的把好的全部往肚⼦⾥⾯塞.你本来只需要取,⽐如说五百克的⾷物你就已经达到了你⾝体所需.你却要塞个⼏公⽄,⼏⼗公⽄进去.然后你再说好难受啊,⾷物怎么这么难受,⽣命怎么这么难受,啊我的胃怎么这么不好,我要怎么样可以把胃变好? 然后你又去买药来治你的胃病,明⽩我意思吗? 问: 请问我还有没有别的信息是需要传递给我的呢?

Questioner: I'm still not clear about it. Let me give you an example to explain this better. You all have noticed that food is very important because it allows us to survive and when we don't eat, we die. Every one of you has thought this before. And so, there's a continuous effort - constant eating, stuffing ourselves with as much good food as possible until our bodies are full. But in reality, what your body really needs might just be around 500 grams of food per day. Instead, you're consuming several kilograms or even tens of kilograms worth of food unnecessarily. Then you complain about how uncomfortable this is and how painful it is for life to be like this. You ask yourself why your stomach isn't well and what you can do to make it better? You then seek medication to treat your gastritis. Do you understand me now?

Questioner: Is there any other information that needs to be communicated to me besides this?

⾼灵:我今天给你的信息,你不可能⼀下⼦全部都吸收和明⽩和消化.它需要你后⾯,就⽐如说你再投⼊到你的物质世界,你再经历⼀些痛苦,你再经历⼀些挣扎.然后你再回过来看,明⽩吗? 所以你不要push yourself.在我这⾥我们的交流,永远永远都不要去强迫⾃⼰马上要去明⽩,去吸收或者成为.因为这⾥没有⼀个⽬的地,没有赶快,没有速度.你唯⼀就是想要加速的话,就是允许你⼀切.哪怕你现在⼀个字都不明⽩,你也允许它.

Higher Spirit: The information I am giving you today cannot be completely absorbed and understood in one go. It requires you to apply it later on, like when you immerse yourself back into your material world and experience more pain and struggles. Then, when you look back at it, will you understand? So do not push yourself. In our interactions here, there should never be a compulsion to instantly grasp or assimilate the information; nor should you strive for an immediate transformation. There is no destination, hurry, or speed involved. The only way to truly expedite this process would be by allowing everything as it comes, even if you do not understand any of it at this moment.

问: 请问我们成长的必经之路是什么?

Questioner: What is the compulsory path we must go through as we grow?

⾼灵: 你们每⼀个⼈都不⼀样.你有你的,他有他的,别⼈有别⼈的.但是必经之路就是说你们都会经历束缚,然后再找到⾃由.你们都会经历⿊暗,然后再找到光.所以这就是必经之路.

Higher Spirit: Each and every one of you is different. You have your own, he has his own, others have theirs. Yet the path that must be traversed is that you will all experience confinement, and then find freedom. You will all go through darkness, and then find light. So this is the path that must be taken.

问: 请问我什么时候可以达到天⼈合⼀?

Questioner: When can I achieve harmony with heaven?

⾼灵: 这个会发⽣在你的⽣命中吗? 你是想要知道你⽣命中有哪些是确定的吗? 如果你想要说是哪些确定的话,没有⼀个任何是确定的.都是你⾃⼰,你的⾃⼰就是想要去创造如何的体验.如果你的这个想要去体验合⼀的状态,你只需要放下任何⼀切,头脑⾥⾯的任何,就是放下你的想法、认知、经验、记忆、所有⼀切.你就达到合⼀了.它不是在⼀个过程.不是说我告诉你⼗年过后你可以达到,⼗天过后,no,现在就可以,马上、即刻.没有⼀个特定的⽅式⽅法,没有⼀个特定的… 如果有些说他有⼀个⽅法可以达到,那只是属于他⾃⼰的.那只是属于他⾃⼰给⾃⼰创造的⼀个,就是说我相信我⾃⼰这样⼦我就达到了.那么他⾝上就好像是有⼀个暗⽰.

Higher Spirit: Will this happen in your life? Do you want to know what is certain in your life? If you are asking about the certainties that are there, nothing is certain. It's all you, and how you create your experience is up to you. If you want to experience unity, all you need to do is let go of everything - anything inside your mind, including thoughts, perceptions, experiences, memories, and everything else right now. You reach unity immediately. It's not a process. There is no specific time frame; it doesn't matter if I tell you that you can achieve this in ten years or ten days; the answer is no. It can be done right now, instantly. There is no specific method; there isn't even... If someone says they have a method to achieve it, that's just something they've created for themselves, believing that by doing so, they are achieving unity. So, in their case, there might be an indication or hint.

因为你们的⾝体就好像是⼯具⼀样,会通过你们植⼊什么然后感受什么.所以如果问: 所以我现在就可以合⼀吗,不需要过程吗?

Because your bodies are like tools that sense what you implant in them, so if asked, "So can I unite now without a process?"

⾼灵: 没有⼀个过程.

Higher Spirit: There is no process.

问: 所以呢些⽅法只是别⼈的⽅法吗?

Questioner: So are those methods just other people's methods?

⾼灵: 属于他们的,对于他们有⽤的.你⾸先要明⽩是什么阻碍了你感受不到合⼀.如果你能明⽩的话,再把它拿开的话.⽽不是说你本⾝不合⼀,要把他变成合⼀,不是这样的.是你本⾝就是合⼀的状态,是什么阻碍了你没有体验到合⼀? 这个才是你需要去探索的.

Higher Spirit: What belongs to them and useful for them. You first need to understand what is preventing you from feeling unity. Once you understand this, remove it instead of saying that you are not unified, trying to make it unified; it's not like that. You inherently exist in a state of unity, but what prevents you from experiencing unity? This is what you should explore further.

问: 那到底是什么阻碍我没有体验到合⼀呢?

Questioner: What is it that prevents me from experiencing unity?

⾼灵: 你说呢? 你告诉我到底是什么阻碍你没有体验到合⼀呢? 你头脑⾥⾯的认知啊.你们⼈类总会觉得,我觉得,我在书上看到的别⼈怎么说,啊,本⾝就是这样⼦.是不是? 你们头脑⾥⾯都有这个.科学家是这么说的.呢个什么⼈是这样说的.呢个权威⼈⼠是这么说的.呢个圣经上⾯是这么说的.告诉你圣经都不要相信,明⽩吗? 圣经都不要相信.就算我说的话你也不要相信.任何任何概念,任何条款,任何话,你全部把它放下.

Higher Spirit: What do you think about that? Tell me what is preventing you from experiencing oneness - not your cognitive understanding in your mind. Isn't it true that humans tend to believe what they feel, think they read in books or hear others say, like this is how it inherently is? Scientists say the same. Someone says this, an authority says this, even what's written in the Bible is said. Don't trust the Bible either. You shouldn't trust anything I say. Any concept, any rule, any word - just let them all go.

问: 但是要放下⼀切感觉很难⾼灵: 即使它很难,但是体验呢个难对你们也⾮常有意义,明⽩吗? 因为你们本⾝来到物质世界就是体验这个的呀.你不然就失去了来到这⾥的意义,就是你要体验束缚.

Questioner: But it's hard to let go of all feelings. HGA: Even though it's difficult, experiencing this difficulty is very meaningful for you, isn't it? Because you came into the physical world to experience this kind of thing. You would lose the purpose of being here if you didn't experience being bound by it.

问: 请问你认识赛斯⽼师吗? 你们有物质的⾝体吗?

Questioner: Do you know Mr. Sēs Teacher? Do you have physical bodies?

⾼灵: 你问我有没有,赛斯只是⼀股能量.他们就好像OK,我长成这样,我是这样⼦的感觉.然后他们给我取个名字.然后下次我来.. 你的名字也只是让别⼈知道这个是你,明⽩吗? 所以你们给我叫赛斯.也是这股能量它的讲话的风格,它的能量状态是这个.所以你们叫他赛斯.你想要问我们现在有没有物质⾝体? 我们没有.我们是能量的状态.

Higher Spirit: When you ask me about it, Seth is just a force of energy. They're like, okay, I look this way, I feel like this, then they give me a name. Then next time when I come... Your name is also to let others know that this is you, right? So you call me Seth. It's because of the style of its speech and its energy state - it's like this. So you call it Seth. You want to ask if we have physical bodies now? We don't. We are in an energy state.

问: 那你为什么不选择来地球?

Questioner: Why didn't you choose to come to Earth?

⾼灵: 我为什么不选择来地球? ⾸先这⾥没有我,明⽩吗? ‘我’ 只是属于你们的.你们有个体,就是单独存在的.呢个才是 ‘我’.那如果没有呢? 没有单独存在呢? 那还怎么叫 ‘我’ 呢?怎么叫 ‘你’ 呢? 因为这⾥没有对象.因为你们⼈类只知道地球.就好像你⽣活在地球上的⼀个⼩⼭庄,⼩⼭村.然后呢个⼩⼭村就是你们所有的⼀切认知了.就是你只在这个⼭村⾥长⼤,见过所有的⼈.然后你问⼀个从其他城市来的⼈,你为什么不来我们⼩⼭村⽣活呢? 明⽩吗? 因为你从来没有⾛出去过.

Higher Spirit: Why didn't I choose to come to Earth? Firstly, there is no 'me' here, understand? 'I' only belongs to you. You have individuals, which are separate existences. That is 'me'. But what if there isn't? What if there's no individual existence? Then how can there be 'me'? How can there be 'you'? Because there's no object here. Because humans just know about Earth, like living in a small mountain village on the earth. And that little village is all your cognitive understanding. You grow up only in this village and have met everyone. If you ask someone from another city why they don't live in our little village, do you understand? Because you've never left before.

问: 那到底什么才是⽆限?

Questioner: But what exactly is infinity?

⾼灵: 因为但是你现在是受困于你的物质头脑.你的物质头脑只能,你所说的⼀切,所问的⼀切,所有产⽣的问题都是在你的物质头脑⾥⾯,已知的程序⾥⾯,明⽩吗? 就是你曾经吸收过什么,看到过什么,接受过什么只是… 就好像你是⼀个电脑,然后只给你装了这⼏个程序,你只能在这⼏个程序⾥⾯运⾏.所以你的问题只能有呢么⼏个.我解释给你了,你只能⽤这⼏个认知去把它翻译出来.所以你们都是有限的.你⼀个有限的东西你想要去理解⽆限,你如何去理解?

Higher Spirit: Because but now you are trapped in your material mind. Your material mind can only handle what you say, what you ask, all the problems that arise are within your material mind and known programs, understand? That is what you have absorbed before, seen, accepted, just... as if you were a computer, then only loaded with these few programs, you can only run in these few programs. So your questions can only be so many. I explained it to you, but you can only translate with these limited cognitions. Therefore, you are all limited. You, being limited, trying to understand the infinite, how do you comprehend this?

问: 那我为什么要当⼈类体验有限呢?

Questioner: Why would I want such a limited human experience?

⾼灵: 你,如果只是说你的物质⾝体的话,是吗? 因为你只有进⼊物质⾝体,你才能体验到这⼀切的⼀切.如果你没有物质⾝体,你是体验不到被束缚的感觉,恐惧的感觉,压⼒的感觉,这所有⼀切你都体验不到.

Higher Spirit: If you're just talking about your physical body, right? Because only by entering the physical body can you experience all of this. If you don't have a physical body, you won't feel restricted or fearful, or any sense of pressure - you wouldn't be able to experience any of it.

问: 我怎么感觉我们像是在兜圈⼦?

Questioner: Why do I feel like we're going in circles?

⾼灵: 都什么圈⼦? 如果你觉得兜圈⼦是你想要体验的,如果你还没从中得到你想要得到的,你可以⼀直兜啊.因为这⾥没有时间啊,没有今天明天后天.因为你要知道你的⼤的你不是局限于在你这个⾁体⾥⾯.只有你这个⾁体才有限制,明⽩吗? 只有你的⾁体才会受限制.所以你觉得你困住了你的灵魂,困住了你的⾼我,或者困住了你的呢个什么吗? 没有.你永远都不可能做到的.你还有问题吗?

Higher Spirit: What kind of circle? If you feel like going around in circles is what you want to experience, and if you haven't gotten what you want from it yet, you can go on doing so because there's no time here, no today, tomorrow, or the next day. Because you have to understand that your grander self isn't limited within this physical body of yours. Only your physical body is restricted. Do you get it? Only your physical body would be restricted. So do you feel like your soul, your higher self, or whatever else has been trapped by you? No. You can never do such a thing. Do you have any other questions?

问: 我感觉我热爱的灵性知识给我带不来财富…⾼灵: 你怎么知道你热情的灵性知识不是在给你就像是投资呢? 打基础呢? 明⽩吗? 怎么不是让你的⼀⽣站的跟⾼,收⼊跟⾼呢? 你明⽩我意思吗? 你觉得你好像现在是在⼀种亏的⼀种状态,是吧? 就好像是我这边花的精⼒多了,呢边花的少了,我在损失,是吧? 那是假象.你现在是在投资.你现在是为了让你将来的⼀⽣,就⽐如你现在是⼀百块钱⼀⼩时.你为了让你达到⼀万块⼀⼩时,你在做投⼊.你们物质世界做⽣意的⼈都是要先要拿钱出来啊,都是先要投⼊啊.

Questioner: I feel that the spiritual knowledge I love doesn't bring me wealth...

A: How do you know that your passionate spiritual knowledge is not investing in you, laying a foundation for you? Get it? Why isn't it making your life higher, with higher income? Do you understand my meaning? You seem to be in a losing state now, right? It's like I'm expending more energy here and less there; I'm losing, right? That's an illusion. Now you're investing. You're doing this for your future life, say, you're earning $100 per hour currently. To reach $1,000 per hour, you're making investments. People in the material world running businesses have to put money out first; they all make investments first.

问: 请问我寻找灵性和我从事精神治疗的创业是不是冲突的?

Questioner: Can I seek spirituality and engage in spiritual counseling as a business without conflict?

⾼灵: 这么说吧,你的⼀个就是物质世界创业的呢个东西就好像⼀⼜井,对不对? 然就呢你现在去寻找灵性的知识,就好像你在井⾥⾯不断的去找到⽔源.如果你的⽔源没找到你的井有⽤吗? 明⽩吗? 那你⾥⾯只有⼀些死⽔,死⽔是不能滋养⼈的.所以说是不是你有了⽔源,你是不是需要有⼀⼜井来供别⼈,给别⼈带来,解决他们的问题.解决他们⼜渴的问题,对不对? 所以这个没有冲突的.没有冲突,⽽且你在寻找⽔源的过程不会给你的井带来影响,⽽是帮助.因为你在知晓你需要⾛的⼀切路线.所以你只需要允许.

Supernatural: Let me put it this way, your entrepreneurial venture in the material world is like a well, right? And now that you're seeking spiritual knowledge, it's like continuously finding water sources at the bottom of a well. If your well doesn't have any water, does it matter for your business? Can you understand? You only have stagnant water inside, and stagnant water cannot nourish people. So, if you do find the water source, do you need to provide another well for others, so they can bring it to solve their problems? Like quenching their thirst? There's no conflict here. No conflict at all. And the process of searching for water doesn't affect your well but helps instead because you're aware of all the paths you need to take. All you need is permission.

问: 但是我现在确实⼀直在亏钱… 我的付出⼀直没有结果⾼灵:那是因为你⾃⼰头脑⾥⾯有对事情的⼀个,就是结果的⼀个叫什么定义了.就是这件事情⼀定要朝这个⽅向发展.然后你觉得如果呢个种⼦在中间没发芽…怎么我天天给它浇呢么多⽔,施呢么多肥,它怎么不发芽,明⽩吗?你看不到它内在产⽣的变化.你只在看结果,你只在看芽有没有出来.你却不知道它内在⼀直⼀直在变化,产⽣变化.你没有允许,还有你头脑⾥的定义.就是对你想要的,执着于你的结果,就是应该是什么样⼦.因为你⾸先要知道你的头脑它什么都不知道.你觉得你的头脑知道,实际上它什么都不知道.然后你却相信⼀个什么都不知道的⼯具.

Questioner: But indeed I'm losing money right now... The results of my efforts have not been fruitful.

A: That's because you've defined what "results" means in your mind; the outcome must follow a certain direction. You think that this situation has to develop in that way. If you consider that the seed didn't sprout... Why, even if I water it every day and fertilize it thoroughly, why doesn't it sprout? Can you understand that you can't see the internal changes happening? You're only focusing on the results, observing whether the芽 have emerged or not. However, you don't realize that internally, constant changes are occurring. You haven't given permission, and there's your mind's definition: a tool that doesn't know what it's doing with what you want, believing in an outcome that should be a specific way. First of all, you need to understand that your mind knows nothing about this. You think your mind knows, but actually, it doesn't. And yet, you trust an ignorant instrument.

刚才跟你说了妨碍你们合⼀的状态是你们的头脑,对吧?头脑它只是⼀个⼯具.你却是百分之百的依赖你的⼯具⽽不是依赖你⾃⼰.这就是出现的问题.怎么依赖你⾃⼰?就是你刚才说了,那你认清楚你头脑是⼲什么的.不受任何影响,包括你的头脑问: 但是我⼀直没有看到变好的迹象⾼灵: 那是你对变化的⼀个定义.就好像我刚刚说你把种⼦埋到地⾥⾯.你觉得它⼀定要发芽才是你的付出有结果.但是它内在产⽣的变化,⽐如说种⼦不断不断的,⼀点⼀点的在扩

The state that I just mentioned to you which impedes your unity is your mind, right? Your mind is merely a tool. You are completely dependent on this tool rather than on yourself. This is the problem. How can one depend on oneself? Just as you said earlier, you need to realize what your mind does. Not being influenced by any external factors, including your mind asking: But I haven't seen signs of improvement, Grand Spirit: That's how you define change. Like when I just mentioned planting a seed in the ground; you think it must sprout for your efforts to yield results. However, the internal changes that occur are crucial, such as the continuous and gradual expansion of the seed over time.

⼤的呢个状态你没看到,你也没有耐⼼去等待.因为发芽是迟早的.⽽且对别⼈最⼤的帮助就是允许他去经历他所需要经历的.就好像你如果看着⼀个⽑⽑⾍在蜕变,你说好吃⼒啊,我要帮你⼀把你的呢个壳被你脱掉.然后它死了.然后我说我这么⽤⼒的帮你,你怎么死了呢? 你可以帮助他看到他是如何的在他的受苦的过程中受益.看到他的⼒量,他有⼒量转变.看到他,所有⼈都会犯错.看到他,⿊暗的经历是⾮常有必要的.看到他,这个世界上没有⼀个完美的⼈.这就是你对他最⼤的帮助.就是让他内在不产⽣分裂,攻击.因为每⼀个⼈,⾸先这⾥没有⼀个好的状态,因为你们⼈类最喜欢追求⼀个好的状态.

The big state you didn't see, and the patience to wait for it is not something you showed. Because germination will happen eventually, and the greatest help you can offer others is allowing them to go through what they need to experience. Imagine if you watched a caterpillar transforming, and said it's tough, I'll give you a hand and remove your shell. Then it dies. Then I say I was so helpful, why did you die? You can help someone see how they benefit from their suffering process. See his strength, that he has the power to transform. Notice everyone makes mistakes, dark experiences are necessary for growth. Realize there isn't a perfect person in this world, which is your greatest gift to them. Let their inner peace remain intact without division or aggression. Because everyone doesn't start with a good state, you humans always strive for perfection.

就是精神健康,然后⼈什么⾝体健康,各种的,安稳的状态.没有⼀个好的状态,只有⼀个适合他和他需要的状态.呢个被害,OK,⽐如说他是个被害者.呢个被害的过程是他需要去体验和他需要⽤他的⼒量去转变、去转化的.你让他在从你⾝上看到就是他如何,就是说如何拥有,你想你⾃⼰你就是个魔术师,你可以把死的变活的对吧?你让他看到,哇原来我们有这么强⼤的能量把死的变活的,那我也来试试.这就是你对他最好的帮助,让他看到⼀切的可能和他内在的⼒量.

It's about mental health, then physical health and all sorts of other stable states. There isn't a single good state, only a suitable one that meets his needs. Being a victim, okay, for instance, he is the victim. The process of being a victim is what he needs to experience and use his strength to transform and convert. You let him see how it applies to him, essentially how to possess this power. Imagine you're a magician, you can turn dead things into living ones, right? Let him see that we have such powerful energy to turn the dead back to life. Then he decides to try himself. This is the best help you can give to them, showing them all possibilities and their internal strength.

问: 我想知道我去世的外婆已经投胎转世了吗?

Questioner: I wonder if my late grandmother has been reborn and reincarnated?

⾼灵: ⾸先你外婆她只是属于⼀个⼈格.她的⼈格永远都是存在的.就好像你想象⼀下,⼀棵树它有⽆数个叶⼦,每⼀⽚叶⼦都是不同的,对吧? 但是呢⽚叶⼦它如果掉到地上,就是落下来了,它的呢个叶⼦的形状都永远存在的.所以你外婆的⼈格是永远存在的.不是你外婆去变成怎样怎样的.然后她在回归到,就好像是你来到哪⾥,你从什么产⽣你再回,就是你的⽔好像流出来然后你的⽔再回归到呢个源头.问: 那我外婆现在变成另外⼀个⼈格了吗?

Soul: Firstly, your grandmother is only one personality entity. Her personality will always exist. Imagine a tree with countless leaves; each leaf is unique, right? But when that leaf falls to the ground, it's lost, yet its shape remains forever. So your grandmother's personality is always existing. It's not about her becoming something else. Then she returns, like you being where you are and coming from somewhere else returning back to where you started; your water flows out but eventually comes back to its source. Questioner: Has my grandmother now become another personality?

⾼灵: 因为⾸先如果她再变成另外⼀个⼈格体验的话,呢个⼈格跟你没有关系的.只有你外婆的呢个⼈格才跟你有关系.所以你可以问你外婆的呢个⼈格她有没有信息要带给你.你可以这样问.我链接⼀下.你再说⼀下你的名字.

Higher Spirit: Because if she transforms into another personality, that personality is not related to you. Only your grandmother's personality has a connection with you. Therefore, you can ask your grandmother's personality if she has any messages for you. You can ask like this: I'll connect her next. Then say the name of your grandfather again.

问: 我叫XXX⾼灵: XXX想要知道他外婆有没有信息想要带给他.有信息,然后这个信息呢.⾸先她想要⾮常感谢这个⼥⼠,然后她说因为她(通灵者)对你的意识转变有⾮常⾮常⼤的帮助,所以她⾮常感谢这个⼥⼠来帮助你.因为这种帮助是⾮常难得的.然后她感谢可以通过我们现在这样的交流来给你带来信息.然后她想给你的信息就是说不要把⾃⼰逼得太苦了.她现在有⼀种想要流泪的感觉,就是⼼疼你的感觉,想要抱你的感觉.因为她说你是⼀个特别坚强懂事,就好像是顶梁柱⼀样的感觉.她想要你有被宝贝、被宠、被爱就是这种感觉.所以她想要你,她说⽆论你怎么样你都是最好的.这⾥没有⼀个好的样⼦让你达到,去成为更好.

Questioner: My name is XXX Jiulintang. I'm wondering if my grandmother has any messages she wants to convey to me. There are indeed messages for me; firstly, I wish to express my deepest gratitude to the lady. She notes that because of this medium's ability to facilitate your spiritual transformation and development, she is profoundly thankful for her assistance. This level of help is highly rare. She appreciates being able to provide information through our current interactions. The message she wants to share with you is to not push yourself too hard. There is a sense of wanting to cry, which signifies that she feels sorry for your situation and wishes she could hug you. She emphasizes how you are very strong and responsible, like a pillar supporting the house. She desires for you to feel cherished, pampered, and loved - this comforting sensation. Therefore, she wishes to reassure you: no matter what happens, you are always the best; there's no standard set for your improvement or excellence.

因为你⼀直有⼀个想要让⾃⼰变的更好强烈的呢种愿望.然后她说你⾃⼰本⾝就是最好的.然后她说她永远爱你.然后她的爱从来就没有消失过.信息说完了.你还想知道外婆有没有怪你?我链接⼀下.她说你是⼀个(听不清).她是⼼疼的,她⼼疼你总是把⾃⼰逼的很呢个什么,就是好像逼的很紧.她只是⼼疼.她没有怪你,她没有怪你任何.因为这⾥没有任何可以责怪的.她唯⼀就是⼼疼你.

Because you've always had a strong desire to become better. Then she said that you are the best already. Then she said she loves you forever. And her love has never disappeared. That's all the message. Do you want to know if your grandmother blamed you? I'll link it for you. She called you (indistinct). She was心疼, feeling pity because you always push yourself too hard, like being pushed tightly. She just feels pity and doesn't blame you at all; she doesn't blame you for anything, because there's nothing to blame here. Her only concern is for your welfare.

# **2021/10/16 — 疗愈前世伤痛与建⽴安全感Healing Past Lives Wounds and Establishing Security**

⾼灵: 你说吧什么问题问: 你好,这个通灵的⼥孩⼦还是会怕⿊或者是⽐如背后突然出现的⼈或者什么还有她可能会怕⾼.她想问⼀下怎样去疗愈这种⼼情? 是不是可以做⼀些清理和疗愈?

Higher Spirit: Ask your question.

Questioner: Hello, does this spirit medium still fear the dark or being startled by someone suddenly appearing behind her, or anything else? She might also be afraid of heights. Could you guide on how to heal such feelings? Is it possible to do some clearing and healing for that purpose?

⾼灵: 好的.我先链接⼀下.我想要链接⼀下她的⾝体,感受⼀下她的…我现在感受到⼀些她部分⾝体⾥⾯的恐惧是源⾃于就是她妈妈在怀她的时候,因为她妈妈就是⼀个特备容易受到惊吓的⼈.然后就是她在作为还是胎⼉的时候就受到了很多惊吓.然后呢种惊吓是会储存在你们的⽆意识⾥⾯.所以她这只是其中的⼀部分.因为我们就好像你现在是有⼀⼤块需要清理的地⽅对吧? 我们要把它⽐如说这⼀块的来源,就像是⼀个花园⾥⾯得杂草.然后这⼀块的杂草是属于⽯头缝⾥⾯的,另外⼀部分是属于树旁边的.就是我们要把它分类.因为把它分类过后,然后再来清理.

Higher Spirit: Alright. I'll connect first. I want to link her body and experience...I'm sensing some fear in parts of her body that originated when she was in her mother's womb because her mother is someone who is very easily startled. Then, during her time as a fetus, she experienced numerous scares. These fears are stored in your unconscious minds. This is only one aspect; just like you have a big area to clear now, right? We need to categorize this issue akin to weeds in a garden: some in the cracks of stones and others next to trees. We must classify them before proceeding with cleaning.

所以⽬前我们说到的就是你刚才提到的呢种,她怕受到惊吓,就是因为她母亲在遇到⼀些事情、事件或者信息就是外在,物质世界发⽣的⼀切,她会突然的⼼⾥⼀颤,你知道呢种感觉吗? ⾁体上的产⽣的呢种突然加深,就发抖,就是突然抖了⼀下,就是呢种惊吓的感觉.然后这种突发的感觉,就⽐如说你是⼀个正在熟睡的胎⼉.你突然抖了⼀下,感觉掉在地上⼀下,呢种震惊,就是这种感觉.然后我们需要把关于她这个害怕突然收到惊吓的这种感觉,因为你想⼀下如果你是个⼩宝宝,如果你本⾝是特别有安全感的在睡觉,如果是抱着你的⼈不⼩⼼⼀下⼦就把你掉下来了,不⼩⼼就把你掉下来了,就是不断的在把你摔下,明⽩我意思吗?

So what we're discussing here is the type of fear you mentioned earlier, where she's startled because her mother experiences sudden, physical reactions to things, events, or information happening in the external, material world. She gets a sudden jolt and you understand that sensation? A sudden increase in bodily reaction, shaking, as if she's been jolted suddenly, do you know that feeling? The kind of fear that manifests physically. Like being an unborn fetus who suddenly shakes, feeling like they've dropped to the ground, a sense of shock, that kind of fear. Then this sudden sensation occurs, for example, when you're sleeping peacefully and suddenly you shake, feeling as if you've fallen off the bed, that sense of amazement, that feeling. And then we need to address her fear of being startled in this way because if you were a small baby, if you were particularly safe and secure in your sleep, and someone accidentally let you drop you for a moment or consistently dropped you, would you understand my meaning?

那你肯定在你的后续当中,你的⾝体它会储存的,对吧? 因为你们的物质⾝体是有⼀个储存的记忆功能.它不只是你就是你脑海⾥⾯能想起来的,还是有你想不起来的,它们也储存的.然后这个你们科学家、⼼理学家都有去分析.就是各种记忆在某个区域储存信息,然后你们就会记录下这些.当它经常这样发⽣的话,你的⾝体它也会就是时不时的担⼼,就是恐惧.所以我现在是想让你们知道呢种感觉的来源.然后呢⽬前我们是可以把这个从她的母亲呢⾥带来的恐惧感帮她清理掉,好吗? 我们先从这⼀步开始.

That's why your body definitely stores this in your subsequent, right? Because the physical body you have can store memories. It's not just what you can recall from your mind; there are also things that you don't remember, but they're stored as well. Scientists and psychologists have analyzed this extensively. They've identified different memory zones where information is stored, which we then record. When this happens frequently, your body naturally becomes concerned – indeed, it experiences fear. I want to help you understand the origin of such sensations. Currently, we can assist in removing the fear she inherited from her mother, right? Let's start with this step.

⾼灵: 接下来我要调整⼀下,然后你做接下来的清理⼯作.因为你⾸先⽆论你再清理什么东西,你⾸先你要了解就是清理的是什么,对吗? 就⽐如说你想要清理这个房⼦,那你⾸先要知道我是针对这个房⼦的灰尘,地上的垃圾或者是什么什么的.你⾸先要知道从哪⾥下⼿.我们现在知道了从哪⾥下⼿.然后我们现在就是要进⼊⼀个把她带⼊胎⼉的⼀个状态.然后现在她会慢慢的进⼊⼀种胎⼉的感觉.她现在感觉她的全⾝都在收紧,就是全⾝都进去了⼀种包裹紧缩的⼀个状态.呢个状态就像是,你想象⼀下你在打开⼀个还没有发芽的绿⾖或者⾖芽,对吗?然后它的所有胚胎、胚芽、它的⾝体都是弯曲的,紧裹在⼀起.现在我们要把她的⾝体回到呢样的状态.

Spirit: Alright, I will adjust it and then you do the next cleaning job because whatever you clean first, you need to know what you are cleaning, right? For example, if you want to clean this house, you first need to understand that you are dealing with house dust or garbage on the floor. You have to know where to start. We now know where to start. Now we are entering a state of bringing her into the womb. She will gradually enter a feeling like being in the womb. She feels her entire body constricting, which is a state of being wrapped tightly. This state is akin to imagining you are unfolding an ungerminated green bean or its sprout, right? All the embryos and germ cells are curled up together. Now we need to return her body to such a state.

她的⾝体已经回到了呢样的状态.然后我们接下来是要让她的意识,就是让她的感受,让她的状态要回到呢样的状态.你现在感受⼀下,你现在重新去创造你在你妈妈⼦宫⾥⾯的⼀个状态.⼦宫把你包围的特别特别紧.然后你突然感受到的⼀种振动.呢个振动并没有任何危险.呢个只是⼈类在⾏⾛的时候,上楼梯下楼梯带来的呢种波动.它不会让你失去任何的安全.不会让你进⼊任何危险.然后每次你妈妈在⾛动的时候她会提前告诉你,宝贝我现在要下楼梯,你可能会感受到上下振动,这个没有关系,你不需要害怕.这个只是上下的振动.你会习惯这样的感觉.

Her body has returned to that state. The next step is to bring her awareness back into the condition where she feels and experiences herself as being in that same state. Try to experience this now; recreate in your mind the sensation of being inside your mother's womb, with her uterus enveloping you tightly from all sides. You will suddenly feel a vibration. This vibration poses no danger. It is simply an effect of human movement, like walking up or down stairs, causing undulations that do not compromise any safety and do not involve any risk. Whenever your mother moves around, she will inform you beforehand if she's going to descend the stairs. You might sense vibrations due to ascending or descending. This is no cause for alarm; there is nothing wrong with it as these are simply vibrations from up and down movements. Gradually, you will get accustomed to this sensation.

你在⼀个⾮常⾮常安全的环境,你被⼦宫紧紧的包围着,你被造物主紧紧的守护着,你不会有任何危险,你能感受的到.你知道你

You are in an extremely safe environment, completely hugged by your womb, tightly protected by the Creator, free from any danger, and you can feel it. You know who you are.

是如此的弱⼩和⽆助,所以你觉得你害怕失去保护.⽣命,你需要知道⽣命它的本⾝就是⼒量.你可以安⼼的享受在⼦宫⾥⾯舒适的阶段.

So small and helpless that you fear losing the protection, life needs to know that life itself is power. You can trust in the comfortable stages of enjoying being inside the womb.

⾼灵: 好了,她呢⼀段在⼦宫⾥⾯的经历我们已经给她重新命名.也就是说她之前的呢个就⽐如说产⽣⾝体抖动的呢个感受,因为你们给它有⼀个不好的名字,就不如说,啊我要失控了,我要摔跤了所产⽣的呢种感觉.如果我们告诉她你这种感觉是正常的,只是说我们⾛楼梯上下波动的时候产⽣的⼀个波动,明⽩我意思吗? 那么你的⾝体它就会接受这个暗⽰,它就会创造⼀个另外的感受,它会储存下去.它就会储存另外⼀个.

Higher Spirit: Alright, we've given her a new name for the experience she had in the womb. This means that the sensation she experienced, such as body tremors, which was given an unfavorable name by you, like 'I'm losing control,' or 'I'm going to fall,' has been reimagined. If we tell her that this feeling is normal and only occurs during fluctuations when climbing stairs up and down, do you understand what I mean? Then your body will accept this suggestion and create another sensation, storing it for future reference. It will store another one.

问: 明⽩了.那刚才你们给她做的这个疗愈对于她怕⿊也是⼀样吗?

Questioner: I see. Does the healing you just did for her also apply to her fear of the dark?

⾼灵: 这个是对她总是没有安全感,这个是安全感.就是她总会觉得有意外,就是会不会我要是不⼩⼼后⾯会不会突然出现个什么的惊吓.怕⿊又是另外⼀种.

Higher Spirit: This is about her always feeling insecure, this is about security. She constantly feels that something might happen unexpectedly, like if I accidentally turn around, will there be some sort of scare behind me. Being afraid of the dark is another thing.

问: 那能不能请你们对她怕⿊这种也帮她做⼀个疗愈?

Questioner: Could you help her with her fear of the dark as well, if possible?

⾼灵:好的,你稍等.我又需要连接她的能量.我在搜索她怕⿊的信息.这个通灵的⾁体有恐惧⿊,想要知道为什么会恐惧⿊.我链接到⼀段信息.然后这段信息,因为这段信息是她有⼀⽣,就是你们所谓的她曾经经历.我想让你们知道你们这个灵魂,你们虽然这⼀⽣,对你们来说是⼀⽣,但是对于⼀个灵魂来说它只是⼀个阶段.就⽐如说你的⼀⽣你有青年阶段、幼⼉阶段,然后成年阶段.这些都是你成长的⼀个阶段.所以在她的灵魂⾥⾯有⼀个阶段,她经历了严重的⿊暗恐惧的⼀个经历.呢个经历是她当时,因为我知道如果把这段信息带出来可能又会引发出她内在的⼀些,就好像你们所说的陈年往事,陈年旧伤.

Higher Spirit: Alright, just hold on for a moment. I need to connect with her energy again. I'm searching for information about her fear of darkness. The physical embodiment of this channeler fears the dark and wants to know why she feels that way. I've linked to an information segment. Then, this piece of information is from her lifetime, which would be what you refer to as past experiences. I want you to understand that your soul, even though it may seem like just one life cycle for you, it's merely a phase for the soul. Like when you have stages such as youth, childhood, and adulthood throughout your life; these are phases of growth. Therefore, there is a stage within her soul where she experienced severe fear associated with darkness. That experience was during a time when, knowing that bringing this information out might trigger old wounds or memories for her, similar to what you call "past lives" or "old scars."

就是⽐如说谈起你⼩时候受伤的⼀件事情你可能还会哭,这样⼦的⼀个现象.但是没有关系.因为她…我们要需要把她带出来我们才能清理.然后她愿意去尝试和接受.因为她是⼀个⾮常勇敢的灵魂,她愿意⾯对所有所有的伤痛.OK,那我们接下来就要先讲故事了.呢段⿊暗的经历是她被⼀群⼈,被别⼈活活的钉死在棺材⾥⾯.因为她是⼀个能量⾮常强⼤的⼀个⼥巫,明⽩吗? 因为她有能⼒,就是她有超能⼒,她有通灵的能⼒.她的这些能⼒都让她变的与众不同.因为⼈们的⼀些⽆知,就是他们害怕强⼤的能量.因为他们害怕强⼤的能量会对他们的⼈⽣带来破坏.就⽐如说这个⼥巫她有超能⼒,那她会不会突然⼀⽣⽓就把我们这个村庄、这个部落就全部毁灭了这种.

For instance, you might still cry when talking about getting hurt as a child. This kind of situation doesn't matter because we need to bring it out in order to heal. Then she is willing to try and accept it, as she's a very brave soul ready to face all kinds of pain. Alright, let's start the story now. This dark experience was when she was brutally nailed into a coffin by a group of people. She was such a powerful witch that one understands? Because she has extraordinary abilities, including psychic powers and the ability to communicate with spirits. These capabilities make her stand out from others due to human ignorance of strong energy. People fear that such power might disrupt their lives, like if this witch were to suddenly lose her temper and destroy our village or tribe in an instant.

所以呢些⼈们是害怕这样⼦的能量的发⽣,所以就在她⼀次熟睡当中,你想以个⼈在睡梦当中,然后把她强⾏的放在了棺材⾥⾯,然后钉起来.然后她是活活的在⾥⾯,呢种⽆助、呢种挣扎、呢种⾯对⿊暗、在这样的恐惧下结束⽣命的.然后呢⼀世的经历对她造成了,就是她的⾁体的惨痛的经历对她造成了⾮常⼤的恐惧.所以她不只是,我们现在又说到她另外⼀个恐惧.因为她怕⿊对不对? 她还有⼀个很害怕的是怕蛇.

So people fear the manifestation of such energy, so they forcibly placed her in a coffin during her deep sleep like one would in a dream, and nailed it shut. She was alive inside, struggling with feelings of无助, desperation, confrontation with darkness, all under the terror that led to her demise. Her life experiences in this lifetime have caused her immense fear for physical suffering. Therefore, she has another fear we're discussing now. She's afraid of darkness, isn't she? She also greatly fears snakes.

问: 为什么⾼灵: 因为在呢个棺材⾥⾯有很多很多蛇.因为呢些⼈想要看她,如果她真的是拥有强⼤的能⼒,那么她能不能就是⽤她的能⼒,⽐如说把钉死的棺材打开? 能不能⽤她的能⼒把蛇给杀死或者怎样? 这就是当时⼈类达到⼀个多么极端的就是如此极端的⼀个⼿段或者⽅式⽅法,明⽩吗? 所以呢⼀世给她带来了这种,就是⽐如说如果这段经历发⽣在你⼩时候,你被经历过这样的情况,那你是不是后⾯这⼀⽣都被这个事件影响.因为你们每⼀次在选择⼈格的时候你们都忘记以前所有发⽣的⼀切.所以你们便不会记得这些事情,但是这个事情带来

Questioner: Why? Higher Spirit: Because there are so many snakes in that coffin. Because those people wanted to see her, if she truly has powerful abilities, then can she use her powers, for example, by opening the nailed coffin? Can she kill the snakes or do something else with her powers? This was a method or way that humans reached such extreme measures back then, right? So this lifetime brought her this situation. If this experience occurred when you were young and you went through such circumstances, wouldn't this event affect your entire life afterwards? Because every time you choose your personality, you forget everything that has happened before. Therefore, you won't remember these things, but this event brings

的影响还在的.但是你只是不知道为什么? 所以我们接下来要清理的就是关于她在棺材⾥⾯给她带来的⼀些恐惧.好.现在我使⽤的是观世⾳菩萨的疗愈的能量来疗愈这个⾝体.这个⾝体它现在就在我的眼前.她去世的时候她的眼睛是睁的⾮常的⼤、突出.然后像是⼀种七窍流⾎的呢种状态.然后我们现在要轻轻的帮她把眼睛闭上.因为我们现在要恢复她⾝体的⼀个舒适度.因为当她离开这具⾝体,她的⾝体是⼀个⾮常惨烈的或者痛苦的或者呢种状态的话,这种状态会带到她的灵魂⾥⾯去.所以说到这⾥,你们物质世界,就是有⼀个动作就是死不瞑⽬的⼈帮他们闭上眼睛、帮他们⾝体恢复好,这是⼀个很好的⼀个过程.所以现在我们在开始来恢复她⾝体的⼀个柔软度.

The effects are still present. But you just don't know why? So what we need to clear next is about the fears she brought into her body when she was in the coffin. Alright. I am using the healing energy of Avalokitesvara, the compassionate one, to heal this body. The body is right before me now. When she passed away, her eyes were wide open and very large, protruding outwards. Then there was a state like bleeding from seven orifices, and so on. Now we are gently helping to close her eyes for her. We need to restore comfort to her body because when she left this body, if her condition was extremely tragic or painful, such feelings would be carried into her spirit. So as we speak of this now, in your physical world, there is an action: help those who died with their eyes wide open close them and ensure their body's restoration. This is a good process. We are beginning to restore the softness of her body now.

就是不要让它在⼀个僵硬的状态下脱离这个⾝体.闭上你的眼睛,因为你知道你只是转换了⼀种⽅式存在.因为你对⽣命的认知,你知道任何⼀种物质上的体验的结束都只是⼀种转化⽽已.所以允许你的眼睛轻轻的闭上.再轻轻的闭上你的嘴巴,让你的⾆头放松下来,放松呢种紧张感.让你的⾆头轻轻的回到你的⼜腔⾥

Just don't let it detach from the body while in a rigid state. Close your eyes because you know that you are merely shifting into another mode of existence. As you understand life, you know that any end to a physical experience is simply a transformation. So allow your eyes to gently close. Then gently close your mouth, letting your tongue relax, releasing that tension. Let your tongue gently return to your mouth.

⾯,让它软下来.让你的喉咙也开始放松.让你的双⼿开始放松.你的双腿全部都放松下来.接下来你能感受到你的整个⾝体都放松下来.然后在这⾥我还想送给你⼀段话.因为这话这段信息可以帮助你今后在脱离⾝体的时候,就是因为当你反抗、抵触就是被动的脱离⾝体,和你⾃愿的脱离⾝体,两种会截然不同的效果.你总是好像是你⾃⼰⾃愿的⾛出这道门或者是你被强烈的冲劲被⼈推出这道门.⾃愿⾛出来你的⾝体不会受到任何伤害,在你精神层⾯你也不会受到任何恐慌、恐吓.当你还没有准备好,被⼈推你出来会给你带来恐吓感.所以我现在要引导你让你重新主动的离开这具⾁体,⽽不是被动的离开这具⾁体.然后你想象⼀下,你是⼥巫,你有强⼤的能量.

Let it soften up. Let your throat begin to relax. Let your hands start to relax. Your legs are all relaxed down. Next you can feel your whole body relaxing down. And in this moment, I want to give you a piece of advice because this message can help you when you're about to separate from the physical self. When you resist or are against it is very different from doing so willingly. You seem to either voluntarily step out through that door, or be forcefully shoved out by someone else. If you do it voluntarily, your body won't suffer any harm and there wouldn't be any panic or fear in your spirit realm. But when it's not ready yet, getting pushed might bring about a sense of fear. Now I'm guiding you to actively leave this body again instead of passively leaving it. Imagine yourself as a witch with powerful energy.

然后你可以操控的不只是物质世界的,其他你还可以操控动物的意念,你可以跟它聊天.你可以跟它玩,像玩你的宠物⼀样.有很多⼈把蛇当成智慧的象征.很多⼈把蛇当做是他的宠物.虽然你没有和蛇建⽴很强烈的感情.但是呢,你知道⽆论什么事,只要你想,你都可以和它建⽴好的感觉.所以你想象⼀下你现在可以马上和蛇建⽴成朋友的关系、宠物的关系那就是你的宠物.因为你对世界万物,你对⼀切⽣命你都充满了爱、充满了喜欢、充满了想要去探索它们的欲望.你相像⼀下呢些蛇是你的宠物.你可以⽤意念和它们沟通和它们交流.现在想象⼀下因为你知道脱离⾁体只是⼀次转换⽽已.然后你现在进⼊⼀次转化.然后这次转换由这个宠物陪着你.

Then, you're not just controlling the material world; you can also control the thoughts of animals, and you can chat with them. You can play with them like they're your pet. Many people consider snakes as symbols of wisdom, and some even treat them like pets themselves, despite the lack of strong emotional ties between them and their snakes. But you understand that anything goes with these creatures; you could develop a great connection just by wanting to do so. Imagine being able to instantly build friendships or pet relationships with snakes, turning them into your own pets. This stems from your love for all of life's creations and your desire to explore them. Picture having snakes as pets; you can communicate and interact with them using your mind. Now imagine this transition process, knowing that stepping away from the body is just another form of transformation. As you enter this transformation, envision your pet being there by your side throughout it.

然后呢⼏条蛇是你的宠物.它们⼀看到你就想亲近你,就像⼩狗狗⼀样⼀看到你就想舔你,就想摸你.蛇也是⼀样,所以请接受它们对你的触碰.然后宠物和你⼀起安静的躺在呢⾥.因为你知道你的能量没有在这⾥得到充分的释放.但是你可以去在其他的时间、空间,就是时间的其他的阶段去释放你的能量.但是任何跟随你的呢些都不会有任何消失.任何你的能量都携带着陪着你.呢些才是真正没有谁能剥夺,没有谁能从你这⾥拿⾛.呢些才是真正属于你的.你知道当⼀朵花开的特别漂亮,或者⼀棵树的种⼦长的特别⾼⼤,因为它需要的不只是呢个种⼦,它也需要有⼀个⾮常适合它⽣长的环境.所以你将会挑选在其他环境来让你内在的种⼦发芽.

And then a few snakes are your pets. They want to be close to you as soon as they see you, just like little puppies who can't help but lick and touch you the moment they catch sight of you. Snakes share this instinct too, so please accept their touches on you. Then, the pets lie calmly with you inside. You know your energy isn't fully being released here. But you can channel it in other times, spaces, or phases of time instead. However, whatever follows you won't disappear; your energy is always accompanying you. These are truly yours, things no one can take away from you or rob you of. They are genuinely yours. You see, when a flower blooms beautifully or a tree seed grows tall and strong, it's not just about the seed itself; it also needs an environment that's perfectly suited for its growth. This is why you'll choose other environments to nurture your inner seeds as they grow.

好了,这具⾁体带来的恐惧和呢种就是之前的挣扎都已经梳理完了,清理完了.因为我们让她重新的去梳理了呢个过程.

Well, all the fear and struggle that this body brought have been dealt with and cleaned up, because we made her go through the process again.

问: 有⼀个⽹友想问植物⼈是想来体验什么的?

Questioner: A web user wants to know what a vegetative state patient might want to experience?

⾼灵:植物⼈想要体验的是什么?⾸先,你要知道这个分很多不同的情况.有的是家属的执念,明⽩吗?就是我家属我还有执念,我不能接受死亡.我⼀定要⽤钱或者⽤⽅法或者⽤办法把这个⾁体留在我⾝边.然后呢因为对他们的爱,明⽩吗?就是说你就像⼀个孩⼦他的玩具已经破了、坏了、或者是臭了,他不愿意丢.那妈妈爱孩⼦,你也不强迫他丢掉,对吧?所以这是属于他们双⽅的⼀个,就好像OK,如果你还没有ready,如果你还没有接受好如何⾯对死亡.那么我来陪伴你,来让你知道其实你留着⼀具⾁体是没有任何⽤的,明⽩吗? 有这样的情况.但是还有更…因为你⾸先要知道你们每⼀个⼈的功课实际上是不⼀样的.

Spirit: What do vegetative patients want to experience? First, you need to understand that there are many different situations involved. Some involve the执着 of family members, right? That is, I, as a family member, have my own执着 that I cannot accept death. I must keep using money or methods or means to keep this body by my side. Then, because of their love, right? You're like a child whose toy has broken, spoiled, or smelt bad, and they don't want to discard it. The mother loves the child, you shouldn't force him to throw it away, okay? So this is about both parties agreeing that, if you're not ready yet, if you haven't accepted how to face death well. Then I'll come along with you to show you that keeping a body actually serves no purpose, right? There are situations like this. But there are also more... Because you should know that each of your tasks is different.

你们虽然选择了同⼀个呢个什么,但是就好像你们选择了同⼀个场地,但是你们要体验的都是你们⾮常⾮常个⼈的.我刚刚说的只是其中的⼀个现象.那也有包括当事⼈对他⾁体的⼀个执念.他对⽣命的⼀个理解,也有.(断线)

You may have chosen the same thing, but it's like you chose the same venue, yet each of you is experiencing something intensely personal. The example I mentioned earlier is just one manifestation of this phenomenon. It also involves the individual's fixation on their physical body and their understanding of life.

# **2021/10/17 — 得⽩⾎病的原因于疗愈Reasons for Leukemia and Healing**

⾼灵: 你好问: 你好,观世⾳菩萨,能否请您疗愈⼀下我⽬前⾝体的病痛?

Higher Spirit: Hello

Questioner: Hello,观音 Buddha, could you please heal me of my current physical ailments?

⾼灵: 你叫什么名字问: 我叫XXX⾼灵: 我先感受⼀下你的能量状态.我感受到你的⾝体是在⼀种冲突,就是它既有软、⽆⼒的地⽅,也有特别僵硬的地⽅.就是在两种极端的⼀个状态下⾯.你现在想就⽐如说很硬很硬的泥和⽔,它们这样的状态.硬泥和⽔这样的状态.所以我们现在需要做的是要把硬泥和⽔糅合在⼀起,明⽩吗? 揉成呢种软泥的状态.因为你想⼀下⽔和硬泥它们现在是两种不同的状态,分⼦状态.所以它会导致⼀个就像是不能和谐的糅合在⼀起.这个你只需要闭着你的眼睛,然后我这边来操作就可以.

Higher Spirit: What is your name?

Questioner: My name is XXX

Higher Spirit: I will first feel your energy state. I sense that your body is in a conflict; it has both soft and powerless areas as well as particularly stiff parts, existing in an extreme state between these two extremes. Imagine very hard mud and water, their states – the contrast between the hard mud and water. So what we need to do now is to blend the hard mud and water together, understand? We want to form it into a soft clay-like state. Since you can consider that water and hard mud are in different molecular states currently, causing an inability for harmony. You just need to close your eyes, and I will perform this task.

因为这是你⾝体的能量层⾯的,所以… 现在我们要做的是你看到,你闭着眼睛想象⼀下,在你的脑海⾥⾯你看到在我们眼前,放在你眼前的,正常的状态的话它是柔软的泥.但是我们现在⾯临的状态是⽔是⽔,然后呢个泥就像⽯头⼀样硬邦邦的.就是呢个泥⾥⾯的⽔它已经全部被分离出来了.所以我们要把分离出来的⽔再揉回到泥⾥⾯去,带回来它的这个泥本来的状态,就是柔软的状态.呢些被分离出来的⽔都是你⾝体不能接受的,就是你排斥的⼀些东西.因为就是在你世界⾥⾯就好像很⿊⽩分明.就⽐如说你⽐如⼀定要把⾃⼰做成这样的状态,不然就不是你,明⽩我意思吗? 就是你有很多这种条条框框来,⽐如说你贴⼀个标签,上⾯写好⼈这些,坏⼈呢些.

Because this is about the energy level of your body, so... What we are doing now is for you to visualize with your eyes closed. Imagine in your mind's eye, before us and in front of you, what would be a normal state of soft mud if things were as they should. However, the situation we face now has water like it's separate from the mud - but hard, akin to stone. The water within this 'mud' is completely separated out. We must then mix back that separated water into the mud, restoring its original state, the soft one. These separated waters represent things your body cannot accept, or what you reject. In your world, there's a clear distinction - like needing to become someone with specific characteristics; otherwise, it's not who you are. You have many rules and labels that define you: for example, attaching a 'good' label on yourself and 'bad' ones elsewhere.

然后如果好⼈做了坏⼈的事情那么他就不是好⼈了.就是你把所有事情都分的是如此的明确.因为我现在想让你接受⼀个事实是好⼈也是坏⼈,坏⼈也是好⼈.就是不是⽔是⽔,泥是泥.⽔也是泥,泥⾥⾯有⽔.⽔⾥⾯有泥,泥⾥⾯有⽔,明⽩我的意思吗? 它们是分不开的.因为最主要的就是融合在⼀起.融合、和谐,最主要的是这个.这个融合包括你⾃⼰对你⾃⼰的⼀个接受程度.就⽐如说你不允许你不开⼼,你不允许你骂脏话,你不允许你做⼀些什么什么,明⽩我意思吗? 如果你觉得你说了⼏句脏话或者是不礼貌你就不是好⼈? 这个不是你对⾃⼰的呢⼀种,就是有明确的呢种界限或者是标准.这个是需要你从你⼼底⾥去放下的.为什么?

Then if a good person does something bad, they're no longer good; you see everything clearly divided. But now I want you to accept the fact that even good people can be bad, and bad people can be good. It's not like water is water and mud is mud; water can also be mud, with mud within it, and mud can have water. Water contains mud, and mud has water, do you understand? They are inseparable because they're intertwined, or they blend together harmoniously, which is the most important thing. This blending includes accepting yourself. For example, if you don't allow yourself to be unhappy, not let yourself swear, or not allow yourself to do certain things—do you get my point? If saying a few curse words or being impolite makes you think you're no longer good, that's because of the clear boundaries or standards you have for yourself. This requires you to release this from your heart, don't you see?

因为⽐如说我现在把它们糅合在⼀起.把⽔和泥糅合在⼀起对不对? 那是通过我的外在来帮你糅合在

Because for example, right now I'm mixing them together. Am I mixing water and mud together, no? That's through my external helping to mix them together.

⼀起.但是你的⼀个,就是你的⼀个运⾏的模式,你的⼀个⾝体的意念或者想法它会逐渐的再把它们分开.

Together. But your one, that is your running pattern, your body's thought or idea, it will gradually separate them.

问: (不知道问的什么)⾼灵: 你又把⽔分成⽔,泥是泥了.所以我想让你从根本的去找到呢个为什么⽔是⽔,泥是泥的呢个状态的形成.就好像现在这是你的⼀个⼯作是吧? 这是你的意念上的⼀个⼯作.然后⽔是⽔、泥是泥,它呈现的是属于你的内在和意念的⼀个状态.它是⽆意识的,你是不知道它是如何运作的.但是别⼈⾯前它的⼀摊泥它就是⼀摊泥.湿度、软度、它各⽅⾯都是适中的对不对? 它就是呢个状态.但是在你的⾯前,因为你们每个⼈⾯前的呢滩泥都是你们意念的呈现.但是在你的⾯前,你的呢个⽔和泥是分开的,这两个物质是分开的.你觉得它们俩是要就是各是各的,你觉得它们是不能兼容的.但是现在就是兼容的,这才是和谐的.

Questioner: (I'm unsure what the question is referring to)

Gao Ling: You've separated water from mud; they are distinct now. So I want you to delve into understanding why water remains water and mud stays as mud in their natural states. This is akin to your current task, right? It's a mental work for you. When water is water and mud is泥, it reflects the state of your inner self and thoughts. It operates unconsciously - you're unaware of its mechanism. But when shown a pile of mud by others, it indeed remains as just mud; its consistency, moisture are balanced, correct? This is how it exists on its own terms. However, in front of you, each individual's mud represents their mental manifestation. Your water and mud, however, are distinct substances. You perceive them as separate entities that can't coexist harmoniously. Yet, in reality, they do blend together beautifully.

因为⽔⽀持泥,泥也⽀持⽔.⽔也是泥,泥也是⽔.就是当你,因为只有你们的头脑才会去给

Because water supports mud and mud also supports water. Water is mud and mud is water. It's when you realize that only your mind tends to create this distinction.

它定义什么.当你放下你头脑⾥⾯所有的定义的时候,你的⼼⾥不会排斥它们分不清楚的这种状态.哦,泥本⾝就是这样.⽔是为了泥,泥是为了⽔.所以就是我们经过这次我们的治疗后,以后在你的⽇常⽣活中,放下你头脑⾥的任何就是贴标签,你要去给它说你这个⾏为是不对的,我这个⾏为是不对的,我这个⾏为是对的.不要去有任何声⾳,接受⼀切,明⽩吗? 就好像是你⾃⼰的孩⼦,他调⽪捣蛋还是他乖乖的上学,他考试成绩很好,他两个都是你孩⼦.并不是你调⽪捣蛋你就不是我孩⼦,我就不要你了.啊你考试成绩好你就是我孩⼦,我要你.你是去接受⼀个真实的⼀个⽣命的⼀个状态.⽽不是把它归成什么是你想要的,什么是你不想要的.

It defines what. When you release all the definitions in your mind, there won't be any rejection or confusion of a state that is incomprehensible to your heart. Oh, mud itself is like this. Water exists for mud, and mud exists for water. Therefore, after undergoing our treatment, from then on in your daily life, refrain from attaching labels to thoughts within your mind, telling yourself actions are wrong or right based on personal judgment. Don't let any sounds influence you; accept everything clearly understand? It's akin to treating your own child: whether they misbehave or diligently go to school, or excel in their exams, both scenarios make them your child. You can't discard them because of bad behavior and decide not to have them as children. Even if they perform well academically and achieve good results, that doesn't mean you only claim them as your child. You acknowledge every aspect of life's true nature without biasing towards what aligns with personal expectations or dismissing what doesn't.

所以就是后⾯的⼀个状态,你⾯前的呢堆泥是⼀个什么状态,你的意念会慢慢的再把它显化出来.然后这个⽔和泥就是你⾝体的状态.你说什么?

So it's the state behind, what state is your面前 pile of mud in, and your consciousness will gradually manifest that. Then this water and mud are states of your body. What do you say?

问: 我的⾝体为什么会有这个不正常的状态呢?

Questioner: Why does my body have this abnormal state?

⾼灵: 你⾝体不正常的⼀个状态刚才已经给你分析的很透了.它是因为你对所有事情的⼀个,这个是好的、这个是不好的,⼀个归类⼀个定义.呢些定义都是假的.都是你头脑⾥⾯制造的,都是你觉得,都是这个社会觉得,都是外在的,都不是真实的.但是这样⼦会造成⼀种排斥.就是这种会造成⼀种排斥,就⽐如说你会排斥我排斥,你会排斥你⼀些⾏为、想法、念头.你会觉得呢些是不对的.所以这是你去检验你⾃⼰的⼀个过程.因为这不只是你,这是你们⼈类都拥有的⼀个,他们有的⼈只是他们的冲突呈现在各个⽅⾯.就是各种⽅式呈现.好,那我接下来,因为我们⾸先就是说在治疗⼀个问题,在解决⼀个问题,在治疗⼀个病的时候要知道它是如何形成的.

Higher Spirit: The abnormal state of your body has been analyzed thoroughly just now. It is due to your classification and definition of everything as good or bad, which are all false constructs made by your mind that you and society perceive as real. However, these definitions lead to rejection. This kind of rejection causes you to reject certain behaviors, thoughts, and ideas. You believe they are wrong. Therefore, this process is how you test yourself because it's not just you; humans in general possess this trait where some merely present their conflicts in various ways or aspects. Now, let me proceed since our primary focus is diagnosing the problem, addressing it, and treating a disease by understanding its formation.

那现在知道就是说你⾝体形成的原因.那接下来第⼀次是我的能量来把它糅合在⼀起.但是接下来是你,就是你去从⽣活慢慢的剔除,就是去除⼀些不是你的,不属于你的呢些分化.现在你⾯前的呢堆泥⾮常⾮常的僵硬.然后我们将慢慢慢慢的把它给揉⼊到⽔⾥.任何我们想要你知道你的⾝体⾮常⾮常,原本就是⾮常⾮常和谐的运作在⼀起.它所有的⼀切都是和谐的运作.但是你们⼈们会根据你们的习性、习惯,

And now you understand the reason your body has formed. In this way, my energy will be the first to blend it together. But from then onwards, it's up to you. You'll gradually remove aspects of it through life, eliminating those that are not truly yours, that don't belong to you. The clay before you is very rigid indeed. We shall slowly incorporate it into water. It's important for you to know that your body was originally extremely harmoniously functioning together. Everything about it worked in harmony. But people like you, based on habits and practices,

⽐如说⼀个例⼦就是说你想要⾝体变的更好,然后去吃很多很多保健品.就是在多此⼀举的情况下给它增加了很多负担.就⽐如说你本⾝就是⼀个完美的你.但是你处处都在不允许你的情绪产⽣.你在说我不能做⼀个发脾⽓的或者是怎么样怎么样的,就是你对⾃⼰的⼀个要求或者定义.你在阻碍了呢个能量,就是顺畅的从你⾝体当中流过.所以你原本你就是完美的.当你在不允许你的情绪展现的时候,你就在阻碍呢个能量从你的⾝体当中流过去的时候,你就把呢个堵塞的能量产⽣了,在你的内在.所以当你们极端的去追求好的时候就是在破坏就是在失去平衡.你想象⼀下,平衡就像⼀个跷跷板.跷跷板你站在中间是平衡的.

For example, if you want to improve your health and then consume a lot of dietary supplements - doing this is just adding unnecessary stress by overloading yourself. As if you were already perfect but forbidding the natural flow of emotions within you, saying things like "I cannot be angry" or similar restrictions on self-definition that block energy from smoothly passing through your body. Hence, even though you are naturally perfect, when you suppress your feelings, you obstruct this energy flow and generate stagnation internally. Therefore, when you excessively pursue perfection, it disrupts balance and harmony. Imagine a seesaw, where standing in the middle represents balance.

但是你觉得左边,呢边的风景⽐较好或者左边⽐较有优势,你往左边⾛,你就失衡了.明⽩吗?所以你们去追求坏也好,追求好也好,哪⼀种追求都是失衡的⼀个状态.⽽是说回到最初,回到最原始的⼀个状态,允许⼀切.现在你需要把这些观念变成真正你⾃⼰的观念.因为这个观念就像是你⾝体运⾏的⼀个程序.它会影响着你⾝体是和谐还是失调的.所以最完美的你就是真正的你.你不需要通过任何学习、努⼒或者是监控你⾃⼰,监测你⾃⼰或者是如何怎样怎样的,明⽩吗?你不是被打造出来的,你是被允许出来的,就是允许你⾃⼰呈现出现.就是把累加在它⾝上的呢些不是它的东西拿⾛.现在已经在开始慢慢的松动.能感受到你的喉咙呢⾥很严重的堵塞.

But you feel that the view on the left side is better or that going left has an advantage, and when you move in that direction, you become imbalanced. Understand? So whether you pursue what you consider bad or good, both forms of pursuit lead to a state of imbalance. Instead, returning to your original essence, allowing everything as it is, is the way forward. This means turning these ideas into genuine beliefs for yourself, because this concept acts like a program that influences the harmony or disarray within your body. The ultimate perfect you is the true you, not something achieved through learning, effort, or self-monitoring. You're not fabricated; you emerge through permission, allowing yourself to be as you are. It's about removing what doesn't belong to you, which is already starting to loosen up. You can feel a severe blockage in your throat.

你喉咙⾥⾯严重的堵塞是因为有很多很多话,就是很多表达都被你,就是说你想要说⼀些负⾯的或者是想要表达⼀些破坏性的,但是你会觉得这些是破坏,这些是不好.然后又被你压回去了.就⽐如说有⼈欺负你,你想骂他⼀句.你觉得我应该做个好⼈,好⼈不应该是这样⼦.然后你就不骂了.所以你喉咙⾥⾯,喉咙呢个部位有很多没有表达的,有很多没有被允许的.但是你要知道表达的⽅式有很多种.它不只是需要通过负⾯或者是辱骂或者是怎么样的⼀个情况.它可以由中性,中性就⽐如说我不喜欢你这个⾏为,你这个⾏为伤害到了我.这是属于中性的表达.明⽩吗?

The severe blockage in your throat is due to you having a lot of things to say that are either negative or aimed at destruction. You feel these actions would be harmful and not good, so they are suppressed within you. For example, if someone were to bully you, you might want to scold them. However, you believe as a good person, one should not act this way and thus refrain from doing so. As a result, in your throat area, there is an accumulation of unexpressed feelings that have been forbidden. You must understand that there are various ways to express oneself; it does not solely need to be through negativity or insults. A more neutral approach could involve stating that you do not like someone's behavior because they harmed you. This is a form of neutral expression, which I hope you understand.

因为你要记住的⼀件事情就是说你不能只顾及着你不伤害别⼈,还有就是说你允许别⼈伤害你也是⼀种伤害.你也在伤害,你也在允许伤害发⽣.你不允许伤害发⽣,OK,那你只是在不允许伤害别⼈的事情上做到了对吧?但是你没有做到就是说你不允许伤害在你⾝上发⽣.你这还是不对的,明⽩我意思吗?你不允许伤害发⽣是你不允许伤害发⽣在任何⼈⾝上,也包括你⾃⼰.你能看到这个区别吗?所以你以后不允许伤害发⽣在任何⼈⾝上.最主要的是你.因为当你在表现出你不允许任何伤害发⽣的能量的时候,你已经在告诉周围的⼈.你也阻⽌了他们在持续性的⽆意识的伤害他⼈的⼀个⾏为.就⽐如说有⼈他没有觉得他呢句话他随⼜骂⼈是⼀种伤害⾏为.

Because what you need to remember is that you cannot just focus on not hurting others, and also allowing others to hurt you is a form of harm as well; you are also causing it and permitting it to happen. If you do not allow harm, okay? Then, you're only doing it when it comes to preventing harm to others, right? But failing to prevent it from happening on yourself isn't right. Do you understand my point? You should not allow harm to occur anywhere, including yourself. Can you see this difference? Therefore, in the future, you will not allow any harm to happen to anyone else. The main thing is you because when you exhibit energy that you do not allow any harm to happen, you are already informing those around you and preventing them from continuing unconscious acts of harming others. For example, someone who doesn't realize that calling out or cursing at people is a form of harmful behavior might need to be made aware of it.

这是他的⽆意识⾏为,他不知道他在说梦话,他不知道他在梦游的时候踩到你了.他是

This is his subconscious action; he doesn't know he's talking in his sleep, he doesn't realize he steps on you while he's walking in his dreams. He is...

⽆意识的,他是随⼜的.但是如果你是OK,允许他的话,他会继续这种⾏为模式.因为他不知道这种模式他有伤害到别⼈,他是睡着的⼈.那你需要给他提醒⼀下.提醒最主要是你的能量⽽不是说你需要多⼤的脾⽓或者是怎样,多暴⼒.所以你这样⼦即使是不允许别⼈伤害你,你也让他知道他的⾏为会伤害到别⼈,那他可能就是会收敛⼀点⾃⼰的⾏为,也不会⽆意识的在伤害到其他⼈.这就是为什么你们⽣活中呢种就是处处的让⼈的呢种⾏为,就是处处的允许别⼈对你做⼀些什么的总会得到⾮常惨烈的⼀击,明⽩吗?允许你的喉咙⾥⾯把所有的就是你想要表达的都让它表达出来.因为你相信你⾃⼰不会伤害到任何⼈,明⽩吗?

Unconsciously, he's impulsive. However, if you allow him and he continues this behavior pattern, it's because he doesn't realize how his actions harm others; he's unconscious about it. You need to remind him. The reminder comes from your energy rather than having a big temper or using violence. This means that even if you don't tolerate others harming you, you should make them aware that their actions can hurt others. Consequently, they might be more mindful of their behavior and avoid unintentionally causing harm to others. That's why in life, constantly allowing people to do things to you always results in severe consequences. Understand? Let all the feelings inside your throat come out, because you trust you won't harm anyone.

就好像你只有担⼼从你嘴巴⾥⾯吐出来的是⽕,⽐如说呢个⽕会伤害到⼈,但是从你嘴巴⾥流出来的是爱,明⽩吗?但是你却不局限于爱是什么形式.在你们⼼⽬中你们觉得爱⼀定是温柔的、轻柔的,明⽩吗?爱,它可以是呢种⼒量,把对⽅就是警告对⽅他的⾏为伤害到了他⼈,这也是爱.这是对你⾃⼰爱,这是对他的爱,为什么?你会让他变成⼀个有觉知的⼈,就是他注意到⾃⼰的⾏为.让他看镜⼦看⾃⼰检查⼀下⾃⼰.那你也是在防⽌了他在继续在⽆意识的伤害到其他⼈.所以这是爱.你们很多⼈害怕展现⾃⼰的⼒量,觉得⼒量会伤害到别⼈,觉得⼒量是暴⼒,觉得⼒量是负⾯的,明⽩吗?

It's as if you only worry about what comes out of your mouth being fire - that the fire could harm people. But when love flows from your mouth, do you understand? Yet you are not confined to what love looks like in your minds; you think love should be gentle and soothing. Do you understand? Love can also be a force warning someone their actions have hurt others - this is love too. This is self-love and loving for another, right? Because you're making them aware of their own behavior, making them look at themselves in the mirror to check on themselves. And thereby preventing further unconscious harm to others by them. This is love. Many of you fear showing your strength as it might hurt others; you think strength equates to violence and negativity.

好了,你喉咙⾥⾯的能量现在慢慢慢慢的在软下来,就是慢慢慢慢的在疏通,慢慢慢慢的根据你信念的⼀个调整,它会越来与畅通,明⽩吗? 你要知道你⾃⼰嘴巴⾥吐出来的都是爱,⽽且不局限于它表现的形式,明⽩吗? 你的⽛齿有的是有利的,正常的,有⼀些是软的.所以你需要把你的⼒道平衡.当你在⼀个⼒道平衡的⼀个能量状态,然后这个问题也会慢慢慢慢的消失的.你说什么? 这个是

Alright, the energy in your throat is now slowly softening, gradually opening up and being adjusted according to your belief. It will become more畅通over time, do you understand? You need to realize that whatever love you express through your mouth extends beyond its form. Do you get it? Your teeth have various qualities: some are sharp and normal, while others are soft. Hence, you must balance your strength. When you're in a state of balanced force, this issue will gradually disappear. What did you say? This is...

⼀系列的像我刚才说的泥的⼀个状态.硬的泥的⼀个状态和⽔的⼀个状态.那它就是发⽣在你⾝体的,呈现在你⾝体的呢些部位.有的是僵硬的,有的是⽆⼒的呢种感觉.但是接下来你会有⼀个恢复的过程.因为能量的整合已经整合,就是完整,已经完整的整合.然后就好像⽐如说下⽔道,我们清理了⼀次对吧? 我是⼯⼈,你找来我们做了⼀次⼤扫除.但是接下来需要你在你⽣活当中有⼀个垃圾把它捡掉,有⼀个垃圾把它捡掉,才不会导致⼀个⼤的阻塞.好,接下来还有问题吗?

A series of states like the one I mentioned earlier - the state of hard mud, the state of soft mud, and the state of water - these occur within your body and manifest in various parts. Some feelings are stiff, while others feel无力. However, there will be a recovery process next. Because the energy integration is now complete, having been fully integrated. Then it's like cleaning out a drain; we've done that once, correct? I'm the worker you hired to do a thorough clean-up. But following this, you need to take responsibility for your daily life and ensure that garbage gets picked up, lest it cause significant blockages again. Alright, are there any more questions now?

问: 那我还需要去医院吗?

Questioner: But do I still need to go to the hospital?

⾼灵: 你需不需要去医院? 如果你觉得你去了医院它可以加速你,就是这是⼀个加速的⼀个过程,就是你的信念.就好像你需不需要见⼀个像你们所说的半仙.如果你觉得这个半仙你见了你会,哇我已经见半仙,我已经好了,那你就去.明⽩我意思吗? 因为你外在所有⼀切都是来加深你的信念的,加深你相信的东西.它可以让你更加相信你就去做.但是不要去负⾯加深任何你的,就是不要加深负⾯的,就⽐如加深恐惧,就⽐如说就不要给⾃⼰制造很多恐惧.就⽐如OK,你对医⽣医院会有不好的体验,是因为你曾经体验了不好的医院.但是你呢个医院只是⼀⼩部分.这⾥有很多很多好的医院.这个⼥孩⼦她在国外体验的医院都是好的.

Higher Spirit: Do you need to go to the hospital? If you feel that going to the hospital will speed up your recovery, which is an accelerated process based on your belief, understand my meaning? Because everything external is designed to deepen your faith in what you believe. It can strengthen your trust and prompt you to act accordingly. However, don't amplify any negatives; avoid deepening negative beliefs like fear. For example, don't create unnecessary fears about doctors or hospitals. If your experience with doctors has been unpleasant because of past bad experiences, remember that not all hospitals are the same. There are many good ones. This girl had positive experiences at hospitals abroad.

呢些⼈都是特别特别好的奉献着.所以医院对她来说是⼀个好的印象.这就是根据你们每⼀个⼈的记忆.如果你医院是不好的⼀些记忆的话,你不要再回到给你制造不好记忆的地⽅.当你的泥恢复到了柔软的状态,呢个什么的状态,所有的⼀切就是说,你在担⼼你适合运动,你在这个⽅向你还是在觉得什么是最好的.你还是在⼀种状态就是说什么是最好的.我需要怎样怎样才是最好的,你还是在追求最好的.你现在最好的就是和谐.因为当你想着,你运动就是你⾝体有⼀股能量,你想要去⾛⼀些路,你就会去⾛,累了你就会修习.⽽不会说我今天⼀定要运动三个⼩时.天天运动三个⼩时对我⾝体最好.不是这种的.不是.

Those people are exceptionally devoted. So the hospital is a good impression for her. This is based on everyone's memory. If your hospital was a bad memory, don't go back to the place that created those negative memories. When your clay returns to its soft state, the situation you're in, all of it becomes about whether you feel comfortable with exercise or if you are still uncertain about what is best for you. You are still in a state of uncertainty about what is best and how things should be done. You are still striving for perfection. The best thing you can do now is to find harmony. Because when you think about exercising, it's because your body has energy that wants to move and walk some distance. If you get tired, you will rest. It's not about insisting on three hours of exercise every day being the best for my body. That's not how it works.

问: 那我要不要吃素呢?

Questioner: Should I become a vegetarian?

⾼灵:吃素和吃⾁又回到了刚才的呢种,没有绝对的纯吃素⾷最好的.没有纯吃⾁是最好的.没有任何⼀种最好的.我把世界所有最好的⾷物给你.你塞到你肚⼦⾥⾯会变成怎样?你的⾝体它会适量的提取它所需的,去信任它.因为你的⾝体是有智慧的.你不需要去看着这本书告诉你,这个好,买回来吃.呢个好,买回来吃.因为所谓的这个好呢个好这个好,只是他们的信念.⽽且所有的都吃适量.⽽不是说这个好我就吃⼗⽄,呢个不好我就⼀点不吃.这是头脑的游戏.最主要的是达到⼀种平衡的状态.你的⾝体总体来就是你长久以来的⼀种,我都说意念,你的呢堆泥和⽔它显化的是你意念的⼀个状态.

Higher Spirit: Eating vegetarian and meat has returned to the previous state; there is no absolute best when it comes to pure vegetarian food or pure meat. There's no such thing as the best universally. I provide you with all the world's finest foods, but how will they transform once inside your body? Your body, being wise, will extract what it needs in moderation and trust its instincts. For your body has wisdom. You don't need to follow someone else's book telling you this is good or that is better; buy it and eat. Some things are deemed 'good' based on beliefs. It's about consuming these foods适量 rather than following a strict 'good' versus 'bad' diet, which is merely the brain playing games. The main thing is to achieve a state of balance – something your body has been accustomed to for a long time, which I call mental state manifesting through your mind's desires and conditions.

因为当你的能量,内在的⼀个状态是在⼀个和平、和谐的⼀个状态,所有的⼀切它⾃⼰就会和谐的运转,⽽不是说你要怎样怎样它才会运转.⽽它本⾝就在运转当中.你不要去给它仍⼀个这个进去,仍⼀个呢个进去给它阻碍.你想⼀下你们的⾝体是⼀个正在⾃⼰和谐运转的齿轮⼀样.然后今天你说这个特别好对⾝体特别好,你扔到呢个齿轮⾥⾯去,仍了⼀颗⽯头进去.哎呀,这个钻⽯特别好,仍了⼀个钻⽯进去,你齿轮卡住了,转不动了,明⽩吗? 转不动了,机器不动了,你们就各种换零件,各种这样各种呢样.但是实际上只需要把卡在齿轮⾥⾯的呢⼏个⽯头拿出来就⾏了.它就会再⼀次⾃动的运作.问: 那我应该怎么做呢?

Because when your energy, an inner state is in a peaceful and harmonious state, everything operates harmoniously by itself, not saying that you have to do this or that for it to work; rather, it's already working within itself. You shouldn't impose anything unnecessary upon it, giving it impediments. Imagine your body as a gear system operating in harmony with itself. Today you say something is particularly good for the body and throw that into the gear, throwing a stone into it. Oh, this diamond is excellent, but thrown a diamond into it, and now the gear gets stuck, can't turn anymore. Understand? It's stuck, the machinery stops functioning. You start changing parts in various ways. But in reality, all you need to do is remove those few stones stuck inside the gear. And it will operate automatically again. Questioner: What should I do then?

⾼灵: 就是和谐、平衡.就是把卡在齿轮⾥的⽯头拿出来,不断的往外捡,让它达到⼀个和谐运作的状态.

Higher Spirit: It's about harmony and balance. It's about removing the stones stuck in the gears, constantly picking them out, allowing it to achieve a state of harmonious operation.

问: 那找到医术很好的医⽣会不会有帮助呢?

Questioner: Wouldn't finding a skilled doctor be helpful?

⾼灵: 医术是什么? 刚才都跟你说了,你的治疗,你的拯救就是你恢复的⽅式就是你本⾝就是个正常完美和谐运作的⼀个齿轮.你只需把卡在⾥⾯的⽯头拿出来.就不是说你是坏的,我们要修修修.⽽是把⼀些,不要强加给它东西.就是像刚才我说的,你沉浸在分类、定义.哪个是好,哪个是不好.我们不要,这个不要呢个不要.这个好这个我要,好的全部要过来,明⽩我意思吗?这种状态会蒙蔽你的眼睛,为什么?它会只在⾃⼰的世界⾥⾯挑挑拣拣,你看不到⽣命真正的美好.

Higher Spirit: What is medicine? As I just explained, your healing and saving are the way you recover. You're simply a normal, perfect, harmonious cog in this system, needing only to remove the stone blocking you. It's not that you're bad; we need to fix things. Rather, we should refrain from imposing on it. Like what I said earlier, getting lost in categorization and definitions, distinguishing good from bad. We shouldn't do that. We should embrace all the goodness, understand? This mindset blinds you because why? It limits to looking at life through its own lens, not seeing its true beauty.

问: 那我这种状态是什么原因造成的呢?

Questioner: What causes this state of mine?

⾼灵: 这个原因是怎么造成的? 这是你们的集体意识.你们⼈类都拥有这个…因为当你们就是说选择这个⾁体来到这个世界上,你们同时也选择了这个世界拥有的业⼒.就是这个世界⽬前拥有的⼀个,就是运作的⽅式.默认的加⼊他们这个世界是这么运作的,他们有这些观念.就是你⽐如说掉进⼀个臭⽔缸⾥⾯,你怎么样⾝上都会沾上它们的呢些臭⽔的,对不对? 你刚才我说的呢些都是清理的⼀个过程.你会在你⽣活当中⼀步⼀步的去发现: 我刚才我又在分类了,我刚才的呢个念头又是在呢个什么了.我不需要否定我⾃⼰,我不需要阻碍我⾃⼰,明⽩吗? 念头并不是你.它就像是⼀个从你眼前飘过的⼀朵云⼀样,它会流过的.除

Higher Spirit: How did this happen? This is your collective consciousness. You humans all have this... because when you choose to come into the world with this body, you also chose the karma that this world possesses...the way it operates right now. The default understanding of how their world functions leads them to believe in these concepts. For example, if you fall into a stinking pond, wouldn't everything on your body沾上 its smell? Right? What I just mentioned are processes for cleansing. You'll gradually discover this in your life: I was categorizing again, and my thoughts just went somewhere else. I don't need to reject myself, nor do I need to hinder myself, understand? Thoughts aren't you; they're like a cloud passing by in front of you; they will flow past.

⾮你就是受到了它的恐吓,就是你害怕,你怎样怎样.然后它才会影响到你.它本⾝是没有⼒量的.你想象⼀下你的所有念头或者想法或是任何⼀切它只是你眼前飘过的⼀些假的⼀个像动物吧.假的动物只有你才有⼒量让这个动物变成活的来恐吓你,来影响你,明⽩吗? 它变活的⼒量是你给的.然后它是靠恐惧为⾷.担忧、恐惧就是它的⾷物.你给了它,它就变活的,然后再来跟你⼀起来演对⼿戏了,明⽩吗? 当你不再给它喂⾷物呢,它就死了.它没有任何⼒量的.

It's either because you've been intimidated by it or because you're afraid of what might happen; only then does it affect you. It has no power on its own. Imagine all your thoughts or ideas - they're just false entities, like animals passing in front of you. False animals can only become real through the power that resides within you, allowing them to scare you or influence you; do you understand? Your ability to make these entities come alive is what gives them their power. They subsist on fear, worry being their food; you provide it, and they become real, then act alongside you in a scene. You see? If you stop feeding them with fear, they die - they have no power without your contribution.

问: 那我⼀个⽉过后病会好吗?

Questioner: Will I be better after one month?

⾼灵:没有未来.这⾥没有未来.你们只有眼前,你们只有当下,只有眼前.没有未来.因为你眼前的⼀个状态,就是你⽬前的⼀个状态决定了你的体验.你能体验到哪⾥也是你的当下的状态决定的.就⽐如说你突然现在的⼀个状态是就好像豁然开朗,就好像有⼀句话是⽴地成佛.就是你突然了⽆了⼀切.然后你进⼊呢个状态.呢个状态是⼀个,像是⼀个频道⼀样.然后你就会不断不断的体验这种.那如果当下的状态你是很痛苦,你继续在想要就是挣脱这个状态,呢是⼀个状态.那你就会持续的制造这样⼦的⼀个状态体验.那你告诉我未来在哪⾥.只是每⼀个当下你的⼀个状态制造了你继续停留在哪⼀个状态下⾯.

Sage: There is no future. There is no future here. You only have what's in front of you, the present, right in front of you. No future. Because the state that you are experiencing now determines your experience. Where you can experience is also determined by your current state. For instance, if suddenly you're in a state where everything has been enlightened, like there's a saying, "standing up and becoming Buddha." You've suddenly lost everything. Then you enter into this state. This state acts like a channel. You'll constantly experience this kind of thing. If the present state is very painful, and you want to break free from it, that's a state. You will keep creating these kinds of experiences. So tell me where the future is. It's just that with every single moment, your state creates where you continue to stay in that state.

就⽐如说我们在翻下⼀页的时候,翻下⼀页你下⼀页会翻到什么是你现在这个时刻决定了你会翻到哪⼀个.那刚才我说的呢两种状态是不同的页⾯.明⽩我意思吗?因为在你们所说的未来,就好像是OK,我今天不好不舒服,那我呢个可能⼀个⽉过后就好了.那如果你持续的在翻同⼀页的话,制造这样的状态的话,你⼀个⽉过后还是同样的,是不会好的.就是时间它改变不了任何⽽是你⾃⼰的⼀个状态.所以每⼀个当下,⽽且你现在的这个当下决定你下⼀个当下体验什么.是这样⼦的.还有问题吗?

It's like when you turn the next page; what you flip to on that new page is determined by where you are now. The two states I mentioned earlier were different pages. Do you understand me? Because in your so-called future, maybe it's fine today, and then a month later, it's all better. But if you keep turning the same page and creating this state, even after a month, you will still be experiencing the same thing; it won't get better. It's time that can't change anything but your own state. Therefore, every single moment, and what you are experiencing now decides what you will experience next. Is that clear? Any questions?

问: 我还是不太明⽩⾼灵: 没有关系,你可以把这⼀份录⾳拿回去反复听.然后你在⽣活当中,你只要不去严格的要求你⾃⼰,明⽩吗? 不要去严格的,把你当成⼀个犯⼈⼀样⼀直盯着.这个没做对,这个没做对.你想⼀下,⼀个⼈如果是在这样⼦的状况下,他能放松吗? 他能真的呈现真实的⾃⼰吗? 他⼀直在被监控中,觉得要呈现⼀个完美的⼈.明⽩吗?

Questioner: I'm still not clear about it, Spirit High: It's fine, you can take this recording back and listen to it repeatedly. Then, in your daily life, you just need to stop being overly critical of yourself, do you understand? Don't be too strict with yourself, don't keep staring at yourself like a convict who has made mistakes all the time. Imagine if a person were constantly under such scrutiny, could they relax? Could they truly express their authentic self? Would they always feel pressured to appear perfect? Do you get it?

问: 那我请问是我需要保持在这样⼀个状态吗?

Questioner: Or should I be maintaining such a state?

⾼灵: 你不需要保持任何,你不需要做任何.你只是,我现在是告诉你你不需要去做的事情,明⽩吗? 这⾥没有⼀个你要怎样做才对的,你要呢样做才对的.就是让你放下这个念头,你要怎样做才是对的念头.当你在说持⼼在什么,维持什么,你这个本⾝你就是像刚才我说的,你的这种⽆意识的⾏为,你的这种强迫性的⾏为,你⼀定要做些什么.⽣命只是存在.你看花,它有我⼀定要去跑跑跑到处跑,跑给哪个⼈去展现我的颜⾊我的⾹味吗? 我要去给别⼈送去我的⾹味吗? 你想⼀下,如果你们世界上的植物有意识或者动物也有你们⼈类这种想法的话,世界会变成怎样? 狮⼦会说我要跑到⼈类⾯前给他们展现我的⼒量,这样我才有价值,明⽩吗?

Higher Spirit: You don't need to hold onto anything. You don't need to do anything. You just need to understand that I'm telling you not to do something, can you comprehend? There is no right or wrong way for you to be doing it here; there's nothing prescribed by anyone on how you should be doing things. It's about letting go of the idea that there has to be a specific way for you to be doing it. When you speak of maintaining your mind in something, keeping yourself in check, essentially what you're doing is akin to the unconscious behavior I just mentioned, your compulsive nature where you have to do something. Life exists without judgment. Do you see flowers and immediately think about running around everywhere to show off their colors or fragrance? Would they feel compelled to send their scent to others? Consider this: if plants in your world were conscious or animals thought like humans, how would the world look then? Would lions run towards humans to display their strength, saying that's what makes them valuable, can you see it?

你本⾝就是完美运作的,你不需要去学习任何概念,任何⽅式⽅法.

You are perfectly operational on your own, you don't need to learn any concepts or methods.

问: 是开⼼快乐的活着吗?

Questioner: Is it about living happily and joyfully?

⾼灵: 不是开⼼快乐的活着.因为你把它只是开⼼快乐的活着又当成⼀个⽬标了.你又把它当成⼀个,啊⽣命应该开⼼快乐.啊,你怎么不快乐了呀,你根本就没活着.你不应该这样⼦.我怎么不快乐呢? 我怎么会有这种想法呢? 活的东西它永远都是千变万化,各种五颜六⾊.它不是只有⿊和⽩.它是五颜六⾊,逼真绚丽.它是各种,它可以哭,它可以是笑,它可以是疯,它可以是癫,它可以是各种.只要是真实的你呈现,不局限于它展现的⽅式.当你去强迫它要⼀个只是快乐的⽅式展现,快乐只是别⼈展现的⼀个状态.然后你们却把它当成追求了.你压抑你的痛苦,忽略你的痛苦.本来你该哭,你却要强迫⾃⼰笑.这不是疯了吗? 任何都是你,明⽩吗?

Ethereal Spirit: Not living happily and joyfully. Because you've turned that into a goal – simply living happily and joyfully – like you're chasing happiness as an ideal for life itself. It's more than just 'should be happy', it's that you're not really living at all. You shouldn't think like this. Why aren't I happy? Why do I have such thoughts? Living things are endlessly diverse, bursting with colors and shades. They're not just black and white; they come in all colors, vividly alive. They can be anything: laughing, crying, crazy, insane, or any way possible that's genuinely you, beyond the constraints of how it shows itself. When you force it to show only as happiness, joy becomes a state projected by others. And then you chase after it as if it were your reality. You suppress your pain and ignore it. Instead of letting yourself cry when you should, you're forced to smile against it. Is that not insane? It's all about you, understand?

你还有问题吗?

Do you have any more questions?

问: 那我怎么样做才是对的?

Questioner: Well, what should I do then?

⾼灵: 你怎么样做都是对的.我给你⼀句咒语: 我就是神,我什么都是对的.不要去听别⼈怎么说才对.你⾃⼰才知道你想要什么.你⾃⼰才知道哪⼀种姿势你⾃⼰最舒适.把⾃⼰放在最舒适的状态.

Higher Spirit: Whatever you do is right. I give you a spell: I am God, everything I do is right. Don't listen to what others say is right; you alone know what you want. You alone know which position feels most comfortable for yourself. Put yourself in the most comfortable state.

# **2021/10/18 — 不喜欢⾃⼰所在的物质世界的体验要怎么办How do you deal with not liking your experience of the material world?**

⾼灵: 你们好,有什么问题可以问吧问: 我想知道我如何才能变的顺利?

Higher Spirit: Hello, feel free to ask if you have any questions. Questioner: I want to know how I can become successful?

⾼灵: 你叫什么名字问: XX⾼灵: XX,我链接⼀下你的能量.你想要知道如何改变⼀下你⽬前不顺利的⼀个状态是吗?那你知道什么是顺利的状态吗? 那你⾝边有这样的⼈吗? 你要知道在你们的⼈类,⽐如说在你们的⼈类你们知道很多像佛陀这样,他们是没有⼯作的,没有收⼊的,没有任何的.这个状态是不是在你眼⾥就不好呢? 是不是他们要脱离呢种状态呢? 你如果去仔细的去了解你头脑⾥⾯的呢些念头,如果你真的像你嘴上说的你追求的呢种⽣活就是,就是你现在⽬前所遇到的情况是导致你不好,你追求的呢个好是好.你会发现这个是说不通的.就好像我告诉你佛陀他是没有任何⼯作、收⼊就是存款就是物质的⼀切.

Higher Spirit: What is your name?

Questioner XX: High Spirit?

Higher Spirit: XX, I will link to your energy. Are you wondering about how to change your current not-so-smooth state? Do you know what a smooth state is? And do you have such people around you? You should understand that in humanity, like the Buddha who many of you recognize, they don't work, don't earn income, and have no financial status. Is this a bad situation to you? Or do they wish to escape such statuses? If you delve into your thoughts deeply, if what you truly seek is what you are facing now and what you want to achieve, then it becomes evident that these are contradictory. It's like I telling you that the Buddha has no job, income or any material possessions at all.

那是不是他就是最不好的⼈,应该去变的像你们嘴⾥说的好? 所以问题不在于哪个好和不好.问题是在于你头脑⾥⾯对它们的,对这个的⼀个定义.因为这些定义会导致你产⽣很多内在的冲突.如果你内在是冲突的话,你想⼀下如果你是⼀台车,你的所有⾥⾯都是发⽣冲突的,零件.那呢个车它是不可能 stay together,它就是不可能被稳定在⼀起,它就是散架的.散架的车它如何运作呢? 明⽩我意思吗? 它就开不起来呀,它就运作不了啊.所以你运作不了,你肯定不能在物质世界创造价值啊.你创造不了价值,你肯定不能产⽣⼀些物质上的成果.你能明⽩这个道理吗? 如果不能明⽩的话这⼀段信息你可以反复多听⼏遍.

Is he the worst person, supposed to be transformed into what you say is good? So the issue isn't about who is better or worse; it's about your definition of these concepts within your mind. These definitions lead to many internal conflicts. If you are in conflict internally, imagine a car with all its parts conflicting inside - how can that car stay together, be stable and function properly? It would fall apart. A broken car can't operate, right? So if it can't operate, you certainly can't create value in the material world. Without creating value, you can't produce tangible results either. Do you understand this logic? If not, you might want to listen to this information multiple times until you do.

然后仔细的再去琢磨⼀下到底你受困的是什么? 你受困的,就是不是外在的物质世界让你受困.是你⾃⼰头脑⾥的呢些定义,想要的、追求的,和你⾃⼰对你⾃⼰状态的⼀个定义产⽣了冲突.就是它不能让你在⼀个很好的运作情况下,你没有在⼀个很好的运作情况下,你就会出现你所说的你找不到你的价值,实现不了你的价值,你也享受不了成果.所以你需要去重新去定义⽣活,什么是好的,什么是不好的.因为你们每⼀个⼈都已经拥有了好的⼀切.但是你们却觉得呢个是垃圾,明⽩吗? 你们最最宝贵的所有东西你们都已经拥有.(第⼀次断线)⾼灵: 现在可以提问了问: 请问如何才能快速的进⼊冥想状态?

Then carefully consider what it is that has you trapped. What's trapping you isn't necessarily the external material world, but your own mind's definitions—what you desire, pursue, and define as your state of being—that are in conflict with each other. This means that when they can't coexist well, you're unable to operate smoothly, leading to the sense that you can't find or achieve value, enjoy results, or benefit from them. Therefore, you need to redefine what is good and what isn't in life. You already have everything good; it's just that you perceive it as trash. Understand? All your most precious possessions are already yours. (First disconnection) Higher Spirit: Can we now ask questions? Questioner: How can one quickly enter into a state of meditation?

⾼灵: 你想知道如何才能快速的进⼊冥想状态是吗? 刚才这个通灵的⼥⼠她就是通过呼吸来进⼊这种状态.你想要知道是如何运作的,是吗?就好像你想要问电是如何运作的⼀样.你只需要去了解,因为你可以通过这个.但是我给你们说你们还有很多⼈是不需要通过这样的⽅式.所以这不是唯⼀的.这个只是对就是某⼀些⼈是有效果的.不是说对所有⼈都有效果的.但是最终你们的⽬的是什么?是放下你们被困的呢个头脑.就是让你不要受太多外在的⼲扰.当你没有受到太多外在的⼲扰,你就可以就是焦距于,你就可以去探索,就好像是信号⼀样.你可以把你调节到⼀个你可以收集到你想要去探索的信息.你继续问你的问题,你说

Higher Spirit: Are you wondering how to quickly enter into a meditative state? The medium lady who just did that uses her breath to achieve this state. You want to know how it works, right? Like asking how electricity operates. All you need is to understand because you can do this. But I'm telling you, not everyone needs to go through this way; hence, there isn't a single method for all. This technique just works effectively for some people. It's not that it will work for everyone. But the ultimate goal remains the same: freeing your trapped mind. This means reducing external disturbances so that you can focus and explore like signals. You adjust yourself to collect the information you wish to explore. Keep asking questions, saying

问: 请问我怎么才能去探索这些⾼维信息?

Ask: How can I explore this high-dimensional information?

⾼灵: 你现在就在访问.你有需要任何信息你都可以现在去探索.如何你是问如何你⾃⼰去进⾏这个探索的话,那是你需要慢慢慢慢的去通过你⾃⼰的步伐去往这⽅⾯探索.问: 那我如果想⽤冥想的状态去探索呢?

Higher Spirit: You are accessing this now. Any information you need can be explored right away. If you're asking how to personally undertake this exploration, it requires a slow and gradual process through your own pace in this direction. Questioner: And if I want to use the state of meditation for exploration?

⾼灵: 冥想的状态? 对你来说什么是冥想的状态? 那你⾸先… 那是要根据你⾃⼰个⼈,就⽐如有的⼈他睡在⾐柜⾥⾯就是因为他觉得他跟全世界隔离,他⼀个⼈在⾐柜⾥⾯呢种狭⼩的范围内,狭⼩的空间可以感受到呢种…有的⼈是这种,明⽩我意思吗? 所以和你们传统上所说的呢种打坐或者是什么,因为有的⼈他是很反感这样⼦打坐的.当然打坐普遍来说对很多很多⼈是有很好的,就是可以进⼊呢种状态.那有的⼈呢他喜欢旅游,就⽐如说他去到⼀个特别美丽的环境,有⼭有⽔.然后在呢样的环境下他可以进⼊呢种状态.所以你需要去跟随你⾃⼰内在的声⾳.因为你内在它包含了所有指引你的⼀切,你就会找到你想要去探索的呢种感觉.

Higher Spirit: The state of meditation? What is the state of meditation for you? Well… That would depend on your individual experience. Some people meditate in a closet because they feel isolated from the world; being alone in that confined space allows them to sense certain feelings. Others might prefer natural surroundings, like mountains and rivers when traveling. You need to follow your inner voice as it contains all the guidance you seek for your exploration.

这个不是⼀个⽬的地,就是不是⼀个⽬标,不是⼀个去如何去训练出来的⼀个结果.这更多是⼀种是放下.你们可能会觉得达到某种境界需要让⾃⼰每天朝九晚五,每天定时呢样呢样.然后从这个⼥孩⼦的信息库⾥我搜索到⼀个关于她看到的⼀个信息,就是⼀个关于你们开悟的⼈他分享的信息.就是他曾经每天跑步多少⼩时,冥想多少⼩时.如何如何的做到了很多别⼈做不到的事情.他追求的就是开悟.但是开悟没有发⽣,就突然在他放下的呢⼀瞬间发⽣了.然后他再也不做以前任何做的呢种冥想⼏个⼩时,跑步⼏个⼩时,任何任何呢种像苦⾏僧的⼯作,明⽩我的意思吗?

This is not a destination, nor is it a goal, or a result of training. It's more about letting go. You might think that attaining some level of enlightenment requires you to be disciplined like clockwork, with daily routines from nine to five, and so forth. I found an interesting bit of information in this girl's database - something she saw regarding what enlightened people share. They used to run for hours, meditate for hours, doing things that others couldn't do. Their pursuit was enlightenment itself. But enlightenment didn't happen; it occurred suddenly when they let go. Then, they no longer engaged in any of those long hours of meditation, running for miles, or any other kind of work like a monk's routine. Do you understand what I mean?

等你们放下⼀切追求,任何追求的时候,你在当下就会每⼀步都会有你寻找的礼物,每⼀步都是惊喜,每⼀步就好像是⼀个脚印⼀样.呢个脚印带领你⾛到你要去的地⽅.呢条路是你独⼀⽆⼆的,没有任何⼈可以为你指引.因为他们的路是他们独⼀⽆⼆的.你们每⼀个⼈不是步⼊他⼈的后尘.因为你们有⼀个很⼤的⼀个误解就是说,呢个⼈很成功我就要学他.因为他是成功⼈⼠,我们要学他.他的成功只是属于他独⼀⽆⼆的.为什么你们要去模仿,或者是去效仿,或者是去觉得只有他的⽅法才是成功的? 不是的.他只有他⾃⼰,⽽且他的路就算哪怕是⼀个⾃我毁灭的路.呢是他想要体验的,对他来说就是成功的.

When you let go of all your pursuits, at any point in the present moment, every step will be a gift and surprise for you, each step like a footprint that guides you to where you want to go. This path is unique to you; no one else can guide it because their paths are also unique to them. Each person does not follow others' footsteps, as there's a significant misunderstanding: if someone is successful, I should emulate them, since they're a successful individual and their methods must be correct. But success belongs uniquely to each individual, their path could even involve self-destruction which they choose to experience as success for themselves.

⽽不是说你们物质世界的⼈去,就好像刚才前⾯呢个问题: 我要在⾦钱上有多少,物质上有多少房产,要有多少名声,这些才是成功.这个不是的.成功就是说你在这个物质上去体验了你想要体验的,就去了你想要去的地⽅,见了你想要见的⼈,了了你和呢个⼈之间的恩怨,你突破了你⾃⼰给⾃⼰的束缚,这才是成功.这才是你们每⼀个⼈需要去理解的成功.呢个成功有可能就是说你在监狱⾥⾯蹲了50年,但是你的内⼼却⽆⽐的平静.你每时每刻你都觉得你是在造物主的恩赐当中.呢种状态也是成功,明⽩吗? 但是在你们物质眼⾥这是什么? 这是不成功,这是失败的⼈⽣.

And not that you are material beings in your world of matter, as was the case with the question asked earlier about how much money and how many properties you need, or how much fame. That's not it at all. Success means experiencing what you want to experience in the realm of matter – traveling to places you wish to go, meeting people you wish to see, resolving your grievances with those individuals, breaking free from self-imposed limitations, that is success. This is what each and every one of you needs to understand as true success. This kind of success might mean spending 50 years in prison, but feeling an inner peace throughout. You feel yourself being bestowed upon by the Divine Creator at every moment. That state is also considered a form of success, right? However, from your material perspective, this is not considered successful; it's a life of failure.

因为成功不外乎于你的⾁体在哪⾥,经历什么,⽽在于说你在经历呢些你⾃⼰内在的⼀个状态,它制造的⼀个状态.如果

Because success boils down to where your body is, what it's going through, rather than the state you're experiencing within yourself, a state that it creates. If

⼀个意识程度⾼的⼈,他即使在监狱⾥⾯他的意念、他的意识,他可以影响整个⼈类.所以你们跟我们联系来接收这些信息,最主要是让你看清楚你不只是你的⾁体.⽽不是说去就是不要让你们深陷于集体意识.不要再深陷于集体意识.因为你们这个集体意识有很多很多就是呢种让你们根深蒂固的⼀些观念,然后⼀些认知,⼀些信念.这些让你们可活动的范围⾮常的⼩.⽣命最美好的就是你可以不断不断的把你活动的范围,你有可能之前你活动的范围只有⼀平⽅⽶.随着你意识的不断提升,它达到了是10平⽅,它达到了100、1000、 10000,然后⽆限⽆限⽆限.然后为什么有钱⼈对你们诱惑呢么⼤? 就是说你们都⽐较崇拜有钱⼈.

A highly aware individual can influence the entire human population even while in prison, with their thoughts and consciousness extending beyond physical boundaries. That's why you are connected to us for these messages; primarily because it reveals that you are not just your body, but also encourages distancing from collective consciousness to avoid being trapped in shared beliefs, perceptions, and convictions that limit your ability to act freely. The beauty of life lies in the constant expansion of your potential, as you might have started with a square meter, then expanded to 10, 100, 1000, or even 10000 sq meters; it's infinite! Why do wealthy people appeal so much to you? It's because you tend to admire them.

我跟你们说有钱⼈有⼀个最⼤的最⼤的你们值得学习的就是他们限制⽐你们少.他们虽然有限制但是限制会⽐没有钱的⼈少很多.为什么? 因为他就算他⾃⼰⾝⽆分⽂,他可以去利⽤他现有的,他现在有什么.他可能又⼀个很好的⼜才,他可能有很好的关系,他可能很会让⼈们信服他.他就拥有这⼏个点他就可以去集资到⼏千万.然后他⽤呢⼏千万再去创造到⼏个亿.再去⽤呢⼏个亿再去创造⼏⼗个亿,⼏百亿,⼏万亿.你明⽩我意思吗? 并不是说他们⼀出⽣就拥有的⽐你们多.⽽是他们会懂得运⽤他⽬前有限的资源如何去创造⽆限.然后在这个过程中他的意识也不断的不断的不断的…所以这才是应该你们去关注的.就前⾯呢个问题.

Let me tell you that the richest people have the greatest lesson to learn from their limitations, which are fewer than yours. Although they have limitations, these are significantly fewer compared to those who lack money. Why is this? Even if they have nothing themselves, they can leverage what they currently possess - their existing talents, good relationships, or persuasive abilities. With just a few of these points, they can gather millions and use that capital to create billions, then further leverage those billions to generate tens of billions, hundreds of billions, and even trillions. Do you understand my meaning? It's not about being born with more than you; it's about knowing how to utilize their current limited resources to create limitless opportunities. And throughout this process, their awareness keeps growing continuously... This is what you should focus on. The initial question was this.

她在物质世界受限的是她的头脑⾥⾯呢些定义、呢些观念、呢些想法.你们已经拥有了⼀个你们可以创造⼀切的⼯具.那就是你们的意念、你们的意识、你们的能量.你们的所有⼀切⼯具你们都拥有了.还有问题吗?

The limitations she experiences in the physical world are those definitions, those concepts, those ideas in her mind. You already have a tool at your disposal to create anything you wish. That tool is your thoughts, your consciousness, your energy. You possess all of your tools. Any questions?

问: 我想要知道我的灵魂这⼀世来体验的是什么?

Questioner: I want to know what my soul is experiencing in this lifetime.

⾼灵: 你想要知道你的灵魂这⼀世来体验的是什么? 你叫什么名字?问: 我叫XXX⾼灵:我来链接⼀下.XXX,你选择了这⼀世来清理⼀些对你是限制性的⼀些信念,还要清理⼀些你内在的⼀些恐惧.然后呢个恐惧是对⽣存的⼀种恐惧.就⽐如说安全感,还有呢种就是…安全感呈现在很多⽅⾯.就是你对归属感的⼀种安全感,还有你对关系中的⼀种安全感,还有你对物质的⼀种安全感,就是各种安全感,这⼀点.你之前会经历⼀些来供你突破,就是所有的突破,就是说你会把这些问题再带到台⾯上来,来再⼀次给你机会让你去重新的去从中受益.就是从中去得到你想要得到的锻炼.

Higher Spirit: Do you want to know what this lifetime is for you to experience? What's your name?

Questioner: I am called XXX.

Higher Spirit: Let me connect with you, XXX. You chose this lifetime to clear some limiting beliefs that restrict you and also to clear some fears within you. The kind of fear you have is the fear of survival. For example, it's about security, like a feeling of security in belongingness or relationships, as well as your security around things. Various kinds of security exist everywhere. This will bring about experiences for you that allow for breakthroughs. All these experiences will bring those issues back to surface so you get another chance to benefit from them again, getting the exercises you desire internally.

这是你个⼈,就是你的灵魂选择了这个⾁体、这⼀世来就是帮助你在更⾼的层⾯上需要突破的⼀些东西.你继续问,你的问题才会把你的信息牵引出来问: 请问我该如何和孩⼦相处?

This is your individual soul's choice to have this body, in this life, to assist you in transcending things that need to be overcome on a higher level. You continue asking, and your questions will guide the extraction of your information: Please, how should I relate to my child?

⾼灵: 你该如何跟孩⼦相处? 所以你现在是在跟孩⼦相处的地⽅遇到了障碍是吗? 我链接⼀下.最让你感受到困扰的,你跟孩⼦之间的关系是什么?

Higher Spirit: How should you interact with children? So, you're encountering difficulties in the place where you are currently interacting with children, right? I'll link to this. What is the most challenging aspect of your relationship with the child?

问:⾼灵: 我先感受⼀下,我感受⼀下这段关系.你的孩⼦为什么选择了这样的环境? 你的孩⼦为什么选择了这样⼀个家庭?你们之间,你跟你的孩⼦是你们所谓的灵魂伴侣.也就是说你们有很多很强烈的链接,有很强烈的链接.它不只是你们这⼀世的链接.是在很多很多世,你们都有很亲密的关系,很亲密的链接.然后这⼀世你的孩⼦来跟你⼀起,你们双⽅是去协助彼此突破.就是双⽅都去协助彼此去突破你们想要去突破的⼀些.然后呢些突破包括就是你们俩个⼀起如何更好的去在物质世界建⽴呢种链接感.因为之前说到你需要就是说你有⼀些不安全感,然后显现出来就是说需要去突破.然后他也是.

Questioner: Senior Li: I'll feel this relationship out first. Why did your child choose such an environment? Why did your child choose such a family? You and your child are what you would call soul partners. That means there is a very strong connection between you two, with strong links that go beyond just this lifetime. In many previous lifetimes, you had very close relationships, with intimate connections. This lifetime, your child comes to be with you to assist each other in overcoming challenges together. Both of you are assisting each other in breaking through the things you want to overcome. These breakthroughs include how the two of you can better establish a sense of connection within the material world. As mentioned before, you have some insecurities that manifest as needing to break through these barriers. And your child also does so.

就是说你们需要去,就好像你们俩像是浮萍⼀样,就是飘在⽔⾯上的呢个浮萍⼀样.然后就是这种没有灯的感觉.然后你们俩都需要深深的扎根,然后扎根是⼀个过程,是逐渐逐渐扎根的⼀个过程.然后你是他母亲,所以你如果没有很好的扎根的话,你会影响到他也是在⼀种没有扎根的状态下.所以你对他最好的帮助就是说你需要扎根.你先在⾃⼰⾝上做功课.然后因为你内在的呢种安全感、链接感、呢种扎根的感觉是会直接传递给他.让他更加有⼒量的来去就是⽣命⼒、⼒

It means that you both need to be like floating leaves, just floating on the water surface, and then you will feel lost without a guiding light. Then you both need to deeply anchor yourselves, and anchoring is a process, a gradual process of rooting down. You are his mother, so if you don't have strong roots yourself, it will affect him being in an ungrounded state too. Therefore, the best help you can give him is that you need to root yourself first. Start with your own work. Your inner sense of security, connection, and grounding feeling will be directly passed on to him, empowering him with life force and strength.

量,就是呢种⼒量,激情、活⼒,更有⼒量的去展现.所以不是去强迫他或者是改变他.⽽是说你能理解他,就好像我能理解你的感受,孩⼦.因为我有时候也会有同样的感觉.因为你们⼈类很多很多都有这样⼦的感觉,不只是你们.明⽩吗? 因为这⾥⾯很多都和你们⼀样的.只是你们更加善于把⾃⼰的这种就是通过其他很多形式表现出来.就是不是直接的表现出来.但是很多呢种,就算是⼀些暴⼒性⾏为、毁灭性⾏为,那也是因为他们有⼀种抓狂的感觉,有⼀种失控,有⼀种没有安全感的感觉.你继续问问: 那六个⽉后我⾼灵: 为什么是今后的六个⽉呢?问: 那近期呢?

Quantity, that force, passion, vitality - to express it more powerfully. So it's not about forcing or changing him. It's about understanding him, just like I understand your feelings, kid. Because sometimes I have the same feeling too. And because many humans share this feeling, not just you guys. See? There are a lot of parallels here that resonate with you. The difference is that you're better at expressing your emotions through various forms, not necessarily in a direct manner. Yet, many behaviors, even violent or destructive ones, stem from a sense of madness, loss of control, and insecurity. You asked about the next six months: Why this period specifically? And what about the immediate future?

⾼灵: 你们⾸先就是说有⼀个误解.就是对这个时间的误解.你想象⼀下你们物质世界所经历的⼀切的⼀切都是你的⼀个频率,或者你的⼀个意识状态.你的频率,你的振动频率, OK,现在你的振动频率是50,是吧? 如果是50的话,你只能在50的呢个活动内去探索⼀切.只能在50以内.那也就是说,如果你的频率⼀直是在50左右的话,那你接下来不管是6个⽉,6年,你只是在换着花样的体验50.还是50,它永远都在50.它只是变着,你觉得好像变了⼀个环境,换了⼀个环境或者换了⼀些⼈,换了⼀些对象.就好像换了⼀个舞台,换了⼀个道具.但是你们演的是同⼀出戏.

Higher Spirit: First of all, there's a misunderstanding you have about time. You imagine that everything you've experienced in your material world is just one of your frequencies or states of awareness. Your frequency, your vibrational frequency, okay? If it's 50, then you can only explore within the activity of 50. Only up to 50. That means if your frequency stays around 50, whatever comes next – whether it's 6 months, 6 years – you're just experiencing different variations of 50. Or maybe it's still always at 50. It's just changing, but you feel like you've changed an environment, switched to a new one or encountered different people and objects. It's like moving to a different stage with new props. But you're playing the same play.

你感受到的⽆⼒感,或者是没有安全感或者是束缚感或者是内⼼的呢种挣扎感是⼀样的,明⽩我意思吗? 只是换了⼀个场景,或者换了⼀个…只是⼈变⽼了,或者对象变了.你们体验的还是⼀样.因为就好像你的电脑程序⼀样,你在你没有升级之前你的速度只能这么快.你不可能超过你的程序.你说你的程序最⾼是达到 1000,你不可能超过1000.你只有去升级过后你才能达到5000.明⽩呢个意思吗? 那什么是升级呢? 升级就是说你清醒,你有觉知、你有清醒的知道你从当下,因为每⼀个当下每⼀个当下你们都有礼物.你在当下接受到了你的礼物.呢个礼物就是帮你解开,帮你升级的.然后你接下这个礼物过后你下⼀个才能继续升级.

The helplessness you feel, or the lack of security, or the feeling of being constrained, or that inner struggle is all the same thing, do you understand me? It's just a change in scenery, or a different...just an old person or a changed person. You experience it the same way because, like your computer program, your speed can only be so high until you upgrade it. You cannot exceed your own program. If you say your program's highest capacity is 1000, you cannot surpass 1000. You have to upgrade it to reach 5000 or more. Do you understand this concept? What does upgrading mean? Upgrading means being conscious, having awareness, and being aware that in every moment, no matter what happens, there are gifts for you to receive from the present moment. You accept your gift as it comes. This gift is what helps to unbind you, to upgrade you. After receiving this gift, you can then continue to upgrade further.

你才能继续不断不断的在每⼀个当下持续的升级.然后你就会发现你整个世界都变了.你就不会在原地受困了.所以不是说明天后天⼤后天就好了.⽽是说在每⼀个当下你都能从你当下…当下为什么是可以,为什么只能从当下去拿到你的呢个升级的或者是武器呢? 因为当下就是你们来对照你的物质…就好像是⼀个镜⼦⼀样.你现在在看镜⼦对不对? 你只有现在才能从镜⼦⾥看到你脸上有⼀块⿊⾊的脏东西,明⽩我意思吗? 那你说你说你..

You must continuously upgrade at every moment. Then you will discover that your entire world has changed. You won't be stuck in one place anymore. So it's not just about tomorrow or the day after or the day after that being better; rather, it's about upgrading at every single moment because why can you do this right now? Why is it that you must only upgrade with what's happening now? Because the present is where you compare your physical self... it's like a mirror. You're looking in the mirror, aren't you? You can only see something on your face now that you couldn't see before because of the mirror. Do you understand my point?

问: 是过好每⼀个当下吗?

Questioner: Is it about living well in every moment?

⾼灵: 不是过好每⼀个当下.是你发现你只有现在照镜⼦你能看到脸上有⼀个脏东西.你才能把它remove 掉,你才能把它擦掉对不对? 你说你如何期待你明天,6个⽉过后或者半年过后去把脸上的东西擦掉.你能理解吗? 因为你们所有⼈都有⼀个概念就是说我可能⼏个⽉过后,我半年过后或者我⼏年过后我就怎么样怎么样了.你怎么期待⼏年过后…你想⼏年过后呢个镜⼦来照出你现在你脸上的脏东西? 因为你们外在物质经历的⼀切,⾯对的⼀切,⼀切你的想法,⼀切你的感受,⼀切你的事件,它只是来提醒你们的⼀个,就是来让你们看到,告诉你们的⼀个⼯具.它不是真的,⽽且它不是固定的.它不是坚不可破的.

Spirit: It's not about living each moment well. You realize that you can only see a dirty spot on your face when you look into the mirror now; then you can remove it, and wipe it off, right? You ask how you expect to do this tomorrow, six months later, or even after half a year. Can you understand? Because all of you have an idea that maybe in a few months, I'll be like this… or half a year later… or I will somehow be like that after a few years. How can you expect… how can you think that by the time several years later… when you look into the mirror again… then it can show you the dirty spot on your face right now? Because everything you experience externally and everything you confront, all your thoughts, feelings, and events, they're just a reminder to you. They serve as tools to let you see and be informed by them. They are not real, nor are they fixed or unbreakable.

因为你们都把外在的,就是镜⼦⾥⾯的镜像,就是外在的物质,把它看成第⼀,看成是坚不可破的.你觉得它是真实的.你觉得你跟它是对⽴的,就是你是你,它是它.你是被动的.但是呢个只是镜⼦.呢个只是投射出你⾃⼰,⽐如说你对世界的⼀个认知.你怎么去认识这个世界的.你觉得这个世界是邪恶的还是天堂.因为这些就是你体验到的.那你体验到的它是来告诉你你⽬前是⽤的什么程序在running,在操作,在运作.所以当你如果能很清楚的理解就是这⼀层关系的话,你就会很好的去就是在物质世界你去体验你想要体验的,⽽不是被动体验,⽽不是体验你们集体的意识,就是你们所谓的业⼒,你们集体业⼒,你们整个⼈类的业⼒.

Because you all view the external, that is, the image in the mirror, the external matter as number one, as unbreakable. You think it's real. You think you're opposing it; you are you and it is it. You're passive. But that's just a mirror. That's just projecting you, such as how you perceive the world - what kind of world you see or believe in. You decide whether you view this world as evil or heaven. Because these are your experiences. Your experiences tell you what program you are currently running, operating under, functioning on. So when you can understand clearly this relationship, you will be able to experience the material world as you want to experience it, not passively, not experiencing collective consciousness, that is, your karma - your collective karma, the human race's karma.

你便不再在这个⼤染缸⾥继续受到污染.明⽩吗? 就好像你们这个地球就好像是个粪坑,粪坑⾥

You will no longer be tainted by this great cesspool. Do you understand? Just like how your Earth is akin to a dump pit, a dump pit filled with

⾯有各种⼈拉的各种粪.你在⾥⾯你没有办法,你就必须要被动的去吸⼊呢些味道,受到污染受到影响,你没有办法.但是我现在在告诉你,你如何跳出粪坑.就是你如何把粪坑变成是像海底世界⼀样精彩.因为当你,你想⼀下你就像是⼀台车.如果你不主动的去驾驶的话,让别⼈的车推着你⾛,在⼈流当中推着⾛,你是受到他们的影响的.他们⾛到地狱,你也⾛到地狱.你还有问题吗?

In front of various people's various manure, you have no choice but to be passively吸入 the smell and be affected by pollution and impact. Now I'm telling you how to escape from the manure pit, turning it into a world as fascinating as an underwater kingdom. Imagine yourself as a car; if you don't take control and let other cars push you along in the crowd, you are influenced by them. If they go to hell, you will too. Do you have any questions?

问:⾼灵: ⼤概就是不要把你就是说当成是⼀个时间来规划你的⼈⽣或者是⽬标.你的所有礼物都在你的眼前.从眼前你就可以看到⼀切.眼前就有你的礼物,拿到这个礼物你便不断的有礼物给你拿.这是⼀个积极的过程.这是⼀个不断越来越快乐、轻易的⼀个过程.

Questioner: Li Ling: Essentially, don't treat yourself as a time to plan your life or goals. All of your gifts are right in front of you. You can see everything before your eyes. Your gifts are right in front of you; when you receive one gift, more will be given to you continuously. This is a positive process. It's a process that increasingly brings happiness and ease.

问: 我要怎么做才能成为通灵的管道?

Questioner: How do I become a channel for spiritual communication?

⾼灵: 如何成为通灵管道? 如果这个是你,因为你们每⼀个灵魂选择这个⾁体来到这个世界上体验有你们想要体验的.如果这是你当初选择的呢个体验你便会朝这个体验,明⽩我意思吗?你说,但是如果是从其他⽅⾯你是说如何可以成为⼀个通灵管道的就是说不断不断的让⾃⼰信任.就是两个字信任.因为如果你不信任的话,你做不了通灵的⼯作.你的头脑会不断的发出来告诉你,你这个没有道理.你这样⼦很丢脸,你这样⼦说了是错的.别⼈说你这是胡说⼋道.你这个是在⼲什么?你这个是神经病.如果你的头脑⼀直是在这样⼦的⼀个状态下,你不允许或者你不信任,你害怕的⼀个状态下,你是达到不了⼀个通灵.通灵是什么?

Higher Spirit: How to become a channel for communication with spirits? If this is your question, because every soul chooses to come into this world through the body to experience what they want to experience. If this was your chosen experience, you would be directed towards that experience, do you understand my meaning? You say yes, but if it's from another perspective, how to become a channel for spirits is essentially about constantly letting yourself trust. It's just two words: Trust. Because if you don't trust, you can't do the work of channeling spirits. Your mind would keep telling you that there's no logic in this. This is embarrassing, what you said is wrong. Others might say you're full of nonsense. What are you doing? You're acting crazy. If your mind is always in such a state, if you don't allow or trust and are afraid, then you can't reach the level of channeling spirits. But what is channeling spirits?

就是你全然的,哪怕你现在要跪着学狗叫,明⽩吗?你都跟随呢个冲动,马上跪下来学狗叫.为什么?你没有阻碍它.你没有觉得这件事很丢脸.就是你可以允许呢个能量来朝它想要的任何⽅向⽽不⽤你的物质世界的⼀个眼光或者定义去把它….这样说太low了,或者这样说太没意义,这样说太傻了….没有任何⼲涉.就是⼀个通灵.然后你们⼈类做的最多的就是⼲涉.你们⾃⼰⼲涉所有.因为你们头脑总会去听从别⼈的,这个是好的.因为你们就好像要把就是所有⼈打造成⼀样的,⼀样的⾼尚,⼀样的漂亮,⼀样的.但是你们应该是五颜六⾊,各⾃都不⼀样.每⼀个⼈都是独⼀⽆⼆的.然后就因为你们的独⼀⽆⼆才让⽣命就是如此的缤纷多彩.

You would completely go with it, even if you had to kneel and howl like a dog right now, understand? You follow that impulse, kneeling down immediately and howling like a dog. Why? Because you don't hold back on it. You don't feel ashamed about this thing. It's just that you allow this energy to flow in any direction it desires without your physical world's perspective or definition... saying something too lowly, or too meaningless, or too silly... with no interference at all. That's a mediumship session. And what humans do most is interfere. You interfere with everything yourselves because your mind always listens to others. This is good because you want everyone to be the same, equally high-minded, equally beautiful, and alike in every way. But you should be multicolored and different from each other. Every person is unique. It's only because of this uniqueness that life becomes so vibrant and colorful.

所以允许你们⾃⼰的独⼀⽆⼆.不要去跟随任何⼈的路.然后也不要跟随你的头脑.因为你的头脑⾥⾯是什么?都只是⼀些植⼊的就是别⼈给你植⼊什么,你潜意识⽆意识接受的⼀些观念、信念、你们集体意识.呢些东西不会让你有任何突破,不会让你有任何,就是它只是你的束缚.当你放下头脑,完完全全放下头脑的时候,呢个真正的你是什么样⼦.⽐如说你的种⼦是⼀颗玫瑰花,你的玫瑰花就会绽放.你的种⼦是⼀颗⼤麦,你的⼤麦就会绽放.⽽不是说⼤麦⽐较吃饱肚⼦,⼤麦⽐较值钱.玫瑰花不值钱,你明⽩我意思吗? ⽽是让你们每⼀个… 因为你们每⼀个种⼦不⼀样,那有的种⼦是不是需要在⽔⾥⾯才能

So allow your uniqueness. Don't follow anyone's path. And don't follow your mind either, because what is inside your mind? It's just implanted ideas that others have planted in you, subconscious and unconscious concepts, beliefs, collective consciousness. These things won't give you any breakthroughs, won't give you anything; they're just your shackles. When you let go of your mind, completely free from it, what is the real you like? For example, if your seed is a rose flower, your rose will bloom. If your seed is wheat, your wheat will bloom. It's not that wheat is more filling or worth more money. The rose isn't cheap; do you understand my meaning? And let each of you... because each of your seeds are different, some seeds might need to be in water

⽣长.那有的是不是在地⾥⾯,那有的是不是在⽯头缝⾥.所以不⼀样.有的需要沙漠你们都不⼀样.所以你们每⼀个⼈的路都是独⼀⽆⼆、独特、耀眼的.然后你的所有信息都已经包含在⾥⾯.所以唯⼀唯⼀能引导你的⼤师不是别⼈也不是我们,是你⾃⼰.还有问题吗?

Growth. Some grow in the ground, others in cracks of stones. Therefore, they are different. Each needs its own desert, and you are all unique. So every person's path is one-of-a-kind, distinctive, shining. Then, all your information is already contained within. Thus, the only master who can guide you uniquely is not someone else but yourself. Any questions?

问: 那我要如何减少我头脑的⼲预呢?

Questioner: How do I reduce my mind's interference?

⾼灵: 如何减少你头脑的⼲预? 你们头脑,你⾸先不要把它当成是⼀个怎么说,像是⼀个敌⼈⼀样.你们头脑很聪明,它只会选择对你有意义,你觉得做了有效果的事情.它才会去做.所以当你在做⼀些就是做某⼀些事情,当你在做某⼀些事情,你⼀定是觉得做了这些事情它会给你带来什么好处.它会让你就是增加安全感.它会让你什么你才会去选择.明⽩我意思吗? 如果当你内在已经没有呢种就是对安全感的⼀种需求,就是你明⽩你就是永恒的存在,你已经死了⼏千次⼏万次,你就是永恒的存在.你明⽩你拥有⼀切,⼀切万物都是供你使⽤的,明⽩吗? 你拥有能量去操控它.如果你能明⽩⼀些深层次的关于⽣命的东西,头脑⾃然⽽然就不会去抓住这些⼩的.

Higher Spirit: How to reduce your mind's interference? Don't consider your mind as an enemy; it is very smart and will only choose actions that are meaningful or seem effective. It will act accordingly. When you engage in certain activities, you believe they will yield benefits – enhancing security or fulfilling desires. You choose based on this belief. Understand? If the need for security within you has vanished – if you comprehend your eternal existence, having experienced countless deaths and lives – then you understand that everything is available to you, as you own all energies, allowing you to control it. To grasp deeper insights about life naturally steers away from superficial concerns.

所以你们就可以很好的,就好像是共同的去创造.你们只是因为…头脑它是来帮助你们的,它要保护你不受欺负,保护你不受伤,保护你不受毁灭,明⽩吗? 它有这种… 所以你只有去让你们可以很好的成为合作伙伴.就是说如果你明⽩你是怎么样都不会受伤的,因为受伤只是你⾃⼰给⾃⼰的⼀个定义.明⽩吗?怎么说呢?头脑是中性的,真正的影响你的是你到底相信了什么?就是你到底知不知道你是谁?因为同样⼀个⼈他如果知道他就是永恒的存在,他就是造物主,他就是⼀切.他的头脑和⼀个我只是这个⾁体,我的这⼀⽣就短短⼏⼗年,你说他们俩的头脑产⽣的反应会⼀样吗?所以真正的问题不是说你要如何去对付头脑.⽽是你明⽩了你⾃⼰是谁.

So you can create well together, almost like co-creators. Your mind is there to help you, protect you from bullying, prevent injuries, and keep you safe from destruction, do you understand? It has this... so you need to become good partners only. That means if you understand that you are never going to get hurt because getting hurt is just your own definition. Do you understand how it's explained? The mind is neutral; what truly affects you is what you believe in? That is, do you know who you really are? Because the same person can have a completely different response depending on whether he knows that he is an eternal being, the creator of everything. Would their minds react similarly if one believes he is eternal and the other just sees himself as this mortal body, with life lasting only a few decades? Thus, the real question isn't how to deal with your mind; it's about you understanding who you truly are.

头脑便不会总是去抓住什么⼀样.这是⼀个过程.这是⼀个你们去探索⽣命的⼀个过程.很美好.还有问题吗? (第⼆次断线)

The mind would not always seize onto something like that. It is a process. It is a process for you to explore life, and it's beautiful. Any questions? (Second disconnection)

# **2021/10/18 — 勇敢做你⾃⼰ Be Brave to be Yourself**

⾼灵: 你问吧什么问题问: 我想知道我为什么对外在如此的敏感?

Higher Spirit: Ask me anything. I wonder why I am so sensitive to externals?

⾼灵: 你只是想知道你为什么对外在如此的敏感是吗? 我先感受⼀下你的能量.⾸先我想让你们对呢种敏感的体质有⼀个了解.我想跟你说你的呢种强烈的、灵敏的呢种感觉,然后这是你的天赋.就这么说吧,就好像你是⽑⽑⾍.然后呢有的⼈他是螃蟹.螃蟹它就壳很厚,它⾃然就没有呢么敏感.那你的⽑⽑⾍别⼈⼀碰你,你就卷缩起来了,对吗? 所以这是你的⼀个特点.但是你的所有特点都是你独⼀⽆⼆拥有的,但它也是你的优点.然后我想让就是你更加的了解你⾃⼰.因为你们每⼀个⼈都是独⼀⽆⼆的.你跟别⼈不⼀样,别⼈可能⽆论被⼈怎么辱骂他都没有反应.但是你可能别⼈就稍微呢个词语重⼀点你就有反应.为什么会这样?

Spirit High: You just want to know why you're so sensitive externally? Let me sense your energy first. I want you to understand this sensitivity of yours. Your intense, sharp feelings are a gift. Imagine, you're like a caterpillar. Some people are like crabs; their shells are thick and they naturally aren't as sensitive. If someone touches your caterpillar, it curls up immediately, right? This is one of your characteristics. But all your features are uniquely yours and they are also your strengths. I want you to understand yourself better because each person is unique. You're different from others; others may not react even when insulted. However, you might respond slightly more to harsh words. Why is that so?

是因为你⾃⼰本⾝就是⼀个敏感的体质.敏感的体质呢它是跟你的⼀种就是…. 但是这个是你的优点.为什么?因为你强烈的呢种灵敏度,就好像⼀个狗狗,它的⿐⼦特别敏感.它能闻到所有⼈闻不到的味道.那么它可以利⽤这个去帮你们⼈类做⼀些寻找东西的⼀个⼯作.所以你的⾝体也是需要你去了解和认识它的⼀个过程.然后去让它正⾯的服务你.但是就是说,你的⼀个敏感度,就是在你的背后是你有⼀些负⾯的定义导致你受伤.⽽不是说你的敏感度让你受伤.就⽐如说我这么告诉你,如果就是你是⼀个⽑⽑⾍.别⼈来碰你⼀下,然后你惊吓你卷起来了,你觉得你受伤被打扰.

It is because you are naturally a sensitive being. A sensitive constitution is related to your ability to perceive certain aspects of life... but this is actually an advantage for you. Why? Because of the intense sensitivity that allows you to notice things others might miss. Like a dog with its highly developed sense of smell, which can detect scents humans cannot. This sensitivity enables it to help humans locate items they couldn't find on their own. Therefore, understanding and recognizing your body is a process you need to undertake. And then using it to serve you positively. However, this sensitivity might sometimes lead to negative experiences in the past that have caused harm or distress rather than being directly responsible for them. For example, if I were to tell you that you're like a caterpillar. When someone touches you and startles you, causing you to curl up in fear, you might think you've been harmed or disturbed.

但是呢个触碰他们就,哇,这个是⼀个⼩孩⼦,呢个⽑⽑⾍好可爱啊,他想要摸⼀下你,明⽩我的意思吗? 如果你把它当成⼀个这个⼩孩很喜欢我,他想抚摸我.抚摸是爱的表达,他跟我表达他的爱,接受他的爱.当你如果是以这样的状态接受这次抚摸的话,他给你带来的是爱⽽不是呢种惊吓.明⽩吗? 所以最主要的是你需要建⽴⾃⼰的呢种安全感.⾸先你要知道你⾃⼰是谁.如果你知道你是谁,不会因为别⼈碰⼀下你就会碎掉.那你就不⽤担⼼他对你的碰.他只是来跟你表达爱.你继续问

But if you touch them, oh, this is a child, that little worm is so cute, he wants to touch you, do you understand? If you see it as a child who likes me very much and wants to caress me. Touching is an expression of love, he is expressing his love for me by touching me. When you accept this touch in such a state, it brings love to you rather than fear. Do you understand? So the main thing you need to do is build your own sense of security. First, you have to know who you are. If you know who you are, you won't break if someone touches you. Then you don't have to worry about their touch. They just come to express love to you. Continue asking

问:⾼灵: 因为你们⼈类总是在要求你们去忍受去适应这个世界,明⽩我意思吗? ⽽不是说你去找⼀个适合你的,因为你们会有⼀种对⽣存的恐惧或者是对⾦钱的⼀种追求会导致你们去忍受⼀些你们不能忍受的.就⽐如说你⾃⼰是⽑⽑⾍,你应该是在树上的.然后你却说呢些鱼都在⽔⾥游的很好.我把⾃⼰丢在⽔⾥⾯去为什么不能像鱼⼀样游的很好.

Questioner: Higher Spirit: Because you humans are always being asked to endure and adapt to this world, do you understand what I mean? Rather than finding something that suits you, because a fear of survival or a pursuit of money might lead you to endure things you cannot bear. For example, if you are a caterpillar, you should be on a tree. Then you say those fish swim very well in water. Why can't I swim as well when I put myself in the water?

问: 我不太理解什么意思?

Questioner: I don't quite understand the meaning.

⾼灵: 意思是你有没有去认识你⾃⼰.有没有去知道你到底适合什么? 你应该呆在哪⾥?问: 我想知道我到底要不要选择这个⼯作? 这个⼯作到底适合不适合我?

Higher Spirit: The meaning is have you gotten to know yourself, have you figured out what you are suited for? Where should you be? Ask: I want to know if I should choose this job and whether it's suitable for me or not?

⾼灵: 适合不适合? ⾸先要两种.第⼀就是说你现在这个能量状态你适不适合这个⼯作? 能不能胜任? 但是你可以就是把⾃⼰就是穿越到⼀个你能适合你想要去适合的东西.但是这个会不会跟你的就是你来到这⼀世你想要体验的产⽣冲突? 所以又回到前⾯的信息就是说你需要去认识你⾃⼰.因为你们⼈类总是先去解决⽣存问题.就是把⽣存问题放在第⼀.⽽不是说我了解我是什么,我知道我是什么.我是⼀只⽼虎我适合在森林⾥⾯.我的能⼒是这个.你们都不去了解你们⾃⼰,你们只是去应付⽣存的⼀个问题.所以就出现了很多冲突,很多问题供你们解决.如果你们能就是说去⼀步⼀步的去了解你⾃⼰是谁,你到底热爱什么?

Sage: Is it suitable or not? First, there are two options. The first is whether you're currently in an energy state that suits this job; if you can handle it? But you could imagine stepping into something that you want to be suited for. However, would this conflict with what you wanted to experience by coming into this lifetime? So, we return to the previous information: you need to know yourself because humans always prioritize survival issues over understanding themselves. It's about knowing who I am, recognizing what I am – like a tiger in a forest; my capabilities are defined within that context. People don't take the time to understand themselves, they just address survival problems. This leads to many conflicts and issues needing resolution. If you could start understanding who you are step by step and what you truly love,

然后当你们在做⾃⼰热爱的事情,你们的⽣存问题,所有问题,其它问题都会被解决.但是你们有内在的恐惧,因为你们不敢放⼿.如果我告诉你,你们放⼿就会飞起来,你们不会相信.你们谁都不会放⼿,你们会抓的很紧.这⾥没有适不适合.你唯⼀适合的就是说你⾃⼰的路你⾃⼰去探索,⾃⼰去摸索,⾃⼰去找到适合你的位置.因为你们每⼀个⼈都不⼀样.你们每⼀个⼈来到这个世界上想体验的都不⼀样.因为当你真正的真正的活出了你⾃⼰,⽆论再哪⾥都不是问题.当你没有活出你⾃⼰,你在哪⾥都是个问题.所以你的问题不是来问你到底适不适合这个⼯作? 你到底要不要选择这个⼯作? ⽽是来问如何你可以就是让你达到⼀个平衡的⼀个状态?

Then when you are doing what you love, all your survival issues, as well as other problems, will be solved. But you have internal fears because you dare not let go. If I told you that by letting go you would fly, you wouldn't believe it. None of you would let go; you'd hold on tight. There's no matter if something is suitable or not. The only thing that suits you is to say that you should explore and figure out your own path yourself, finding the right position for yourself because everyone is different. Everyone who comes into this world wants to experience different things. Because when you truly live as yourself, it doesn't matter where you are - there's no issue anywhere. But if you're not living as yourself, wherever you are becomes a problem. So your question isn't about whether this job suits you or not? Or should you choose this job? It's about how you can achieve a balanced state for yourself?

让你⾛到你的轨道上,⽽不是被迫的呢个路上.因为当你朝这两个⽅向去发展的话,你现在你的所有信息,就好像你的信息会拉出来⼀堆信息.呢些信息关于你的信息只有你去问它才会产⽣,你不问它便不会产⽣.你只会得到⼀些你问的呢些相关的问题的答案.如果你⼀直在其他的问题上⽽不是关于你个⼈的问题上,你是得不到对你有⽤的信息的.(断开)⾼灵: 你问吧什么问题?

Let you walk on your path instead of being forced on a different one. Because when you develop in these two directions, all your information, as if your information would pull out a bunch of information. These pieces of info are about your information that will only be generated if you ask it, they won't be produced otherwise. You'll receive answers to the questions that you ask, which are related. If you keep focusing on other issues instead of personal ones, you won't get useful information for yourself. (Connection dropped) Higher Spirit: What question do you have?

问: 我想知道我在⼯作上的束缚是什么?

Questioner: I want to know what constraints are on me in my work?

⾼灵: 你在⼯作上的束缚是什么? 你要知道不是⼯作给你带来束缚⽽是你内在⾃⼰.这是你内在的⼀些⽽不是外在.外在的所有⼀切它都只是⼀个幻像.幻像束缚不了你.

Higher Spirit: What are the constraints in your work? You need to understand that it's not the job that binds you, but yourself internally. This is some of what's within you, not external. External的一切are just illusions. Illusions can't bind you.

问: 那我内在需要突破什么?

Questioner: Then what do I need to break through within myself?

⾼灵: 你呢在需要突破什么? 我链接⼀下感受⼀下你的能量场.我感受到你就好像是⼀只热锅上的蚂蚁⼀样,有⼀种不知所措但是又停不下来.然后你的呢种紧张和焦虑的能量,还有就是又没有⽅向但是又必须要动起来,就是迫不得已的呢种状态.你说热锅上的蚂蚁会出现呢样的状态是因为它的锅是热的,明⽩吗? 那如果它的锅是凉的呢? 就是它是冷的呢? 那它就不需要如此的,就是如果锅它只是中性的,但是是谁在下⾯加⽕?

Higher Spirit: What about you? What are you trying to break through? I'll connect and sense your energy field. I feel that you're like a restless ant on a hot pot, feeling overwhelmed but unable to stop. Then there's your tension and anxiety, along with the feeling of being directionless yet needing to move, which is almost forced upon you. You said the state of an ant on a hot pot appears because its pot is hot, right? But what if its pot was cool, or cold instead? Wouldn't it not need to be in such a state if the pot was just neutral, but someone was adding fire under it?

问: 那我为什么会这样呢?

Questioner: Why am I like this?

⾼灵: 你现在是想要找到原因是吗? 你想要知道就是如何不⽤出现这样⼦的⼀个状态是吗? 好的,我帮你看看.你想知道你的能量状态如何可以….为什么你选择这样⼦的功课来体验? 为什么你这⼀世选择这样⼦的状态来体验? 你不需要说话我现在在链接,就好像我现在在电脑打字⼀样.我需要把你得字输进去然后提取资料.所以你不要说话,你只需要让我允许我现在链接.你想知道⽬前你好像是在被束缚⼀样,你想知道如何从这段束缚的⼒量⾛出来? 我帮你看看.你现在这是⾛在错误的⽅向上,因为你没有选择…就好像你想象⼀下,你的⽔流是朝着前⾯的,⽽你却⼀直朝着后⾯.所以让你有⼀种费⼒和消耗的感觉.

Higher Spirit: Are you seeking to find the reason now? Do you wish to know how one can avoid such a state? Alright, let me assist you in looking into it. You want to know about your energy condition on why you chose this particular task for experience? Why did you choose to have this kind of state in this lifetime for experience? No need to speak; I am linking now, just as if I were typing on a computer. I need to input your words and extract data from them. Therefore, don't speak; you only need to let me allow the connection while I'm doing it. You want to know why you feel like you are trapped at the moment, how to get out of this binding force? Let me help with that. Currently, you seem to be heading in the wrong direction because you have not chosen... Imagine your water stream going forward, but you keep moving backward, giving you a sensation of strain and consumption.

那是因为你⾃⼰没有勇⽓,那是因为你⾃⼰内在缺乏勇⽓.所以这跟你今⽣的⼀个灵魂就是主题有关.你想要突破,你想要让⾃⼰变的勇敢.然后所以你把就是很多事情都就好像所有东西都压在你⾝上.然后被迫逼着你去⾯对,逼着你去把你的勇⽓给激发出来.所以你今⽣探索的⼀个主题和你要突破的⼀个点就是你要找回你的勇⽓.呢个勇⽓就是说你有勇⽓的去展现你⾃⼰.你有勇⽓,继续它是哪⽅⾯的就是可以去通过这些途径来激发出你内在的恐惧.⾸先就是说家庭关系.然后在家庭关系当中你有勇⽓的去活出你⾃⼰,这⼀点然后是你需要去⾯临的功课.然后在⼯作当中你有勇⽓去活出、展现你⾃⼰,这又是⼀点.然后社会当中你有勇⽓去展现你⾃⼰,这又是⼀个点.

It's because you lack the courage within yourself; it's because you don't have enough courage in your own self. So this is related to a theme of your soul in this life. You want to break through and become more courageous for yourself. Therefore, you put everything on yourself, forcing yourself to face and compel you to unleash your courage. This is why exploring the theme of this life and breaking through that point involves regaining your courage. That courage means having the bravery to showcase yourself. You have the courage to keep going with whatever aspect allows you to address these fears within yourself. The first area where you need to face your courage is in family relationships. Within those relationships, you must have the courage to live authentically as yourself. This is a lesson you need to learn. Next, at work, having the courage to express and show yourself is another challenge. Then, in society, being courageous enough to showcase yourself completes this trifecta of lessons for your journey towards regaining your inner strength.

所以⽆论是什么或是什么,重要的是在你的整个⾝份当中你都有勇⽓的去展现你真正内在的…就⽐如说你⽼板来跟你说⼀件事情.他说的很没有道理.然后你很明确的知道这件事情应该怎么样处理.然后你有勇⽓的当着就好像国家领导的⾯,明⽩吗,就是当着权威,当着呢些让你觉得⾮常有权威的⼈,就是你觉得他们是专家,你什么都不是.但是你内⼼有⼀个声⾳告诉你,你需要站出来说这⼀番话.在这样⼦他们都是专家,有权威的⼈,有名⽓的⼈,你什么都不是,你却能站出来说你们说的这些都不对.我想分享⼀下我的想法,然后把你的想法展现出来,这就是勇⽓.明⽩吗?

So whatever it is or whatever it might be, what matters is that you have the courage to show your true inner self in all aspects of your identity. For example, when your boss comes to tell you something unjustified, and you clearly know how this situation should be handled, then you have the courage to stand up against authority figures like national leaders, understand? Even if they are seen as experts who make you feel insignificant, but deep within, there is a voice that tells you it's necessary to speak out. In such situations where they hold expert status and authority, where you might feel like you're not worth much, you have the courage to stand up and say what they are saying is wrong. I want to share my thoughts and express them, which is about courage. Understand?

还有就是说⽐如你⽗母当中,他们是⽗母,但是他们对你提出了⼀些⾮常不仁道的要求,你觉得如果你去做出⼀些,展现出⼀些你的真实想法别⼈会骂你怎么不孝顺,但是你有勇⽓的告诉你的⽗母,站出来说你这种⾏为在冒犯我.你不在乎别⼈如何去看待你.你有勇⽓的去展现你⾃⼰内在真实的想法和分享你的想法.所以这些勇⽓会让你⾯临着你可能需要去挑战⼀些权威,挑战⼀些传统思想,挑战社会的眼光,挑战你内在对⾃⼰的⼀种不信任.

And there are cases where your parents might be asking for unreasonable expectations of you as a child, making you feel that if you were to express your genuine thoughts, people would criticize you for being disrespectful. You have the courage to tell your parents that their behavior is offending me. You do not care about how others perceive you. You have the courage to show and share your innermost thoughts and ideas with confidence. This boldness exposes you to challenges of confronting authority, questioning traditional beliefs, challenging societal views, and facing self-doubt within yourself.

问: 我是因为这样才过于敏感吗?

Questioner: Am I overly sensitive because of that?

⾼灵: 对,因为这股能量你没有允许它释放出来,你只是内在难受.然后这股能量长期的压抑下来就变成这样⼦的⼀个状态.就好像为什么热锅上的蚂蚁,因为蚂蚁它的⾝体太⼩,它没有办法把呢个热量给释放出来.明⽩我意思吗? 它承受不了呢股能量,但是呢股能量又很强⼤.所以呢,你选择了这个是需要去让⾃⼰拥有强⼤的能量去释放你,就是让⾃⼰是,就好像你现在在这个节⾻眼上是来拿⼀个武器.然后呢个武器就是勇⽓.这是你⼀⽣需要去⾯对的和去突破的.

Higher Spirit: Yes, because this energy hasn't been allowed to release; you're just feeling internally uncomfortable with it. Then, over a long period of time, when this energy is suppressed, it leads to this particular state. Just like why ants on a hot pot struggle - because the body of an ant is too small and it can't release that heat. Do you understand my meaning? The ant cannot bear this energy, but the energy itself is very strong. So you chose this path to possess powerful energy in order to release yourself; it's about being able to handle your own power, like now you're holding a weapon at the crossroads of your life. This weapon is courage - something you need to face and overcome throughout your entire lifetime.

问: 所以我需要通过这些阻碍来让⾃⼰成长?

Questioner: So I need to grow by overcoming these obstacles?

⾼灵: 是的,这个也是你⾃⼰给⾃⼰设置的⼀个障碍,它来激发出你内在的勇⽓.所以我刚说到它需要通过⼏个关系来展现.家庭关系,就是这种亲情关系、社会关系、还有上司⼯作关系.就是这些你都是….好像把你压的喘不过⽓,你就必须要爆发出呢股能量.然后当呢股能量爆发出来就⼀切都畅通了,明⽩吗?

Higher Spirit: Yes, this is also a barrier that you set for yourself, to激发 your inner courage. So when I said it needs to be shown through a few relationships - familial relationships, the bond of affection, social relationships, and employer-employee relationships. It feels like these are weighing you down, making you have to unleash that energy. Once that energy is unleashed, everything flows smoothly. Do you understand?

问:⾼灵: 如果你没有选择展现你真正的⾃⼰,因为你是在害怕什么.你害怕展现了你⾃⼰会影响到什么.就⽐如说你会影响到你丢了⼯作,会影响到⼈家嘲笑你就⽐如说你的名声不好,⼈家指责,影响到你的婚姻,被离婚,没有安全感.所以你会从你⾃⼰的念头⾥⾯⼀步⼀步的去看你到底是什么想法限制了你? 你还有其他问题吗? 因为你的信息已经下载给她,她可以帮你…问: 我想问我和我的孩⼦是什么样的灵魂关系?

Questioner: Senior Higher Spirit: If you have not chosen to be your authentic self, what are you afraid of? What do you fear about showcasing yourself that might affect things like losing your job, being mocked by others because of bad reputation, facing criticism affecting your marriage and possibly getting divorced, or lacking security?

So, you would step through your own thoughts one by one to see which ideas limit you. Do you have any other questions since the information has already been downloaded for her assistance?

Questioner: I'd like to know what kind of soul relationship exists between me and my child?

⾼灵: 你和你的孩⼦是什么关系,我看⼀下.你的孩⼦他是来协助你突破,明⽩吗? 就是⽐如说你的孩⼦,⽐如说你要拿到你的勇⽓是吗? 你的孩⼦就好像是妈妈加油,我给你⼒量,我给你爱,你⼀定会拿到呢个勇⽓的.就好像是跟你是这样⼦的⼀个关系.所以他会是你的就好像是油⼀样,他会是你的动⼒.然后等你拿到勇⽓过后,你照亮的…. 他也会…⽐如说你拿到了光、拿到了电筒,你也会照亮他.所以你们是⼀种这样的关系.就是他是你的驱动⼒,让你去拿这个.拿到这个过后他会受益,他是受益者.所以你们是属于这种关系,彼此.

Higher Spirit: What's the relationship between you and your child? Let me take a look. Your child is here to assist you in breaking through, understand? Just like for example, if your child wants you to obtain courage, your child would be like 'Mom加油', I give you strength, I give you love, you will definitely get that courage. It's like this kind of relationship between us. So he/she acts as a source of energy for you, being your driving force. Then, once you've obtained courage and shine light yourself, he/she would also be illuminated... Just like when you have light or a flashlight, you can also light up him/her. Thus, you are both in this kind of relationship. He/she is your driver to get that strength, and after obtaining it, he/she benefits from it, becoming the beneficiary. So you're both related in this manner, mutually dependent on each other.

问: 我为什么⽼是对孩⼦发脾⽓?

Questioner: Why do I always lose my temper with my child?

⾼灵: 你发脾⽓并不是因为他,⽽是你本⾝就在⼀个不稳定的状态.所以并不是因为他,⽽是你本⾝就在⼀个不稳定的状态.就想要找到⼀个点去突破,去发泄出来.呢个点可以是你下属的员⼯,就好像你说我怎么⽼是对我下属员⼯发脾⽓.他来问我⼀句我就跟他发脾⽓.

Higher Spirit: You're not angry at him; it's just that you are in an unstable state already. So you're looking for a point to break through and vent out your frustrations, and that point can be your subordinates' employees. For example, when you say I'm always getting mad at my subordinate employees. They ask me one thing, and I start shouting at them.

问:⾼灵: 那也是跟你⾃⼰在⼀个不稳定的状态有关系.就好像,⽐如说你⼀个发动机不稳定,它会呈现出很多问题,又是在喷⽔,又是在噪⾳,又是在…. 零件破坏,对不对? 它会很多.所以你⽣活中的⼀系列的这些问题归根到底就是你没有在⼀个稳定的状态.为什么你还需要拿⼀个属于你的武器⼀样,就好像呢个才能让你变的完整,就是你的勇⽓.你会花⼀⽣的时间来让你突破,这不是⼀天两天,这是⼀个过程.⼀点⼀点的,⼀点⼀点的⼀个过程.所以不要去着急.因为让你慢下来不要去着急也是你的⼀个功课.这也是你需要突破的⼀个点.还有问题吗? 对,拿到你的勇⽓.

Questioner: Liang Gao: That's also related to your own unstable state. Just like an engine that is not stable will show many issues - it might be leaking water, making noise, or causing parts to break down, right? There are so many problems. Essentially, the series of issues in your life boils down to you not being in a stable state. Why do you need to carry a weapon as yours that allows you to feel complete, like bravery? You'll spend a lifetime trying to overcome this barrier; it's not something that can be done overnight, but rather a process. Step by step, gradually. So don't rush. Because needing your own courage is part of your journey to slow down. This is another point you need to break through. Any more questions? Yes, take back your bravery.

因为拿到你的勇⽓你就会,就好像终于做了⾃⼰,终于能开花结果,然后其他⼀切都能很好,然后就是像刚才说的慢下来.我把你的信息下载给她.

Because with your courage you can, it's like finally being yourself, finally able to bear fruit, and then everything else goes well, then it's just like what was mentioned earlier - slow down. I download your message to her.

# **2021/10/25 — 死亡之书 The Book of Death**

⾼灵: 你们问吧,什么问题?

Higher Spirit: Ask away, what questions do you have?

问: 我们想问⼀下⼈类对死亡的恐惧,我们应该如何⾯对和处理这种对死亡的恐惧?

Questioner: We would like to ask about human fear of death; how should we address and deal with this fear of death?

⾼灵: 你稍等.你的第⼀个问题是你们⼈类对死亡有很多恐惧,那如何⾯对和处理? ⾸先,你们不只是对死亡有恐惧,就是对任何你们未知的,就是你们不理解的,就⽐如说很多⼈对⿊暗有恐惧,因为他不知道⿊暗⾥有什么,就是对呢种未知的… 如果你把灯打开,⿊暗⾥的什么东西你都能看清楚,那么你便不会(恐惧).所以是你们对⼀种就是不了解和未知的产⽣的⼀个恐惧.如果让你们看的⼀清⼆楚,那么呢种恐惧感便会消失.这就是为什么你们都喜欢熟悉和已知的.因为呢个可以给你们带来⼀种就好像是掌控感和安全感,就是这是你熟悉的.所以在我们帮助你们去认识和就是了解死亡,然后就会帮助你们减轻呢种恐惧感.因为每⼀个个体他不⼀样.

Higher Spirit: Wait a moment. Your first question is about how humans are often afraid of death and how to deal with it? Firstly, you're not just afraid of death; you're also afraid of anything unknown or ununderstandable. For example, many people fear the dark because they don't know what's inside it, which stems from their fear of the unknown… If you turn on the lights, you can see everything clearly in the darkness and thus dispel that fear. This fear arises from a lack of understanding and the sense of the unknown. If you make something clear to them, the fear diminishes. That's why you humans prefer familiarity and what they know; it provides a feeling of control and security. Therefore, helping you understand and recognize death will help alleviate this fear. Every individual has their own perspective on death.

因为就算你了解的再清楚,他同样也有他⾃⼰的⼀个恐惧.所以就是说最多的是能够帮助你们减轻呢种恐惧感.然后在你们⼈类,你们已经有很多⼈就是很多灵魂他们选择就是去短暂的体验死亡的呢个过程.就好像跑到呢个⿊暗屋⼦⾥⾯去看⼀眼,然后再回来告诉你们呢个屋⼦⾥⾯有什么.已经有很多这样⼦的⼈他们有这样⼦的⼀个体验,然后也是来帮助你们减轻呢种对未知的呢种恐惧感.因为就是说我先跑到这个⿊暗的屋⼦⾥⾯去感受⼀下、去体验⼀下,然后告诉你⾥⾯有什么.那如果你知道的话,你可能在你⾯对的时候,你就不会产⽣如此⼤的冲击.所以说你已经有很多这样⼦的⼀个就是来帮助你们.那么接下来我们也会帮助你们去理解和了解更多.

Because even if you understand it clearly, he also has his own fears. So the most important thing is to help alleviate that fear. Many souls in your human realm have chosen to experience a brief encounter with death – like peeking into a dark room and then telling others what's inside. There are many who have had such experiences, which they use to help alleviate the fear of the unknown. The idea is that by going into that "dark room" myself first, experiencing it, and then telling you what's inside, when you face it, you won't be struck as hard with shock if you already know. So there are many who have come to assist in this way. And next, we will help you understand more and comprehend further.

然后有任何你想要问的,你都可以去提问.因为你的问题越多,你牵扯出来的信息就越多.你继续问.

Then you can ask anything you want to know. Because the more questions you have, the more information you will uncover. Keep asking.

问: 那下⼀个问题是就是关于死亡,得绝症的当事⼈他需要如何去⾯对呢?

Questioner: The next question is about how someone with a terminal illness should deal with it?

⾼灵: 得绝症的当事⼈,就是他被告知他的⾝体还有多少多少时间,然后给他….⾸先,这⾥有⼀个误解,就是说因为你们物质世界的医⽣他会根据你表⾯的⼀个症状来定你的时间.但是这是⼀个错误的关键! 这是⼀个错误的观念! 这是⼀个错误的,就是你们都去赞同这个现象它才会发⽣! 就是说医⽣⽐如说告诉你还有三个⽉,只有你去相信他,去同意他,然后就是你去⽀持他说的话是事实,你才会体验只有三个⽉的时间.因为在你们的物质世界,你们已经有看到很多⼈,医⽣说了只有三个⽉,但最后又活了三⼗年.也有这样的事情.这就是他们不选择去相信就是呢些其他⼈给的信息,或者你们所谓的权威信息.你们最应该最应该注意的⼀个点就是关于你们⾃⼰.

Higher Spirit: The one who has a terminal illness is told how much time they have left in their body. Then, they are given... First of all, there's a misunderstanding here that says because your material world's doctors determine this based on the symptoms you display. But this is a key mistake! It's a wrong concept! It's a false belief that you all agree upon for it to occur! That means if a doctor tells you you have three months left and you go along with their words, believing them and agreeing that their fact is true, then you will experience only three months. Because in your material world, you've already seen many people where doctors said they had three months but ended up living for thirty years. There are such things too. This is because they don't choose to believe the information from others or what you refer to as authoritative information. The most important point that should be noted about yourselves is regarding your own situation.

你们不把你们的⽣命交给任何⼈,来告诉你你会怎样.不管他是医⽣,还是算命的,还是其他权威⼈⼠.因为他们没有任何⼀个⼈,没有任何⼀个⼈,不管他是谁,就连我们告诉你们的⼀些事情都不是肯定的,都不是绝对的.然后唯⼀掌控呢个的是你⾃⼰.你们⾸先要明⽩这⼀层,就是这个到底是如何运作的.如果⼀个就好像你⾃⼰的⾝体, 如果你的意识,就好像你的⼈是 ⼀个机器.这个机器是什么功能,如何运作,你完全都不知道的话,是不是,那你不是随随便便的,就是你完全不会发挥出它本有的作⽤.所以在这⾥我们给你们传递信息的时候,我们是需要让你们明⽩最重要的⼀点就是说,没有谁能够掌控你或者是预测或者是决定你的任何.

You do not hand over your life to anyone for them to tell you how it will be. Whether they are doctors, fortune tellers, or any other authority figures. Because none of them, no one, regardless of who they are, even the things we tell you are not definite or absolute. The only controller is yourself. You first need to understand this layer – how this works. If a body is like your own, if consciousness seems like being within a machine, and you have no idea what functions it has or how it operates, then why would you randomly use it without understanding its full capability? So when we give you information here, we need you to comprehend the most crucial point – that no one can control you or predict or determine anything about you.

所以说医⽣他会根据你们表⾯的⼀个症状,但是所有的呢个表⾯的症状,它只反应了你曾经,就是你现在,就是你旧有的⼀个运⾏的模式.你的信念,你的⼀个状态,它呈现出,OK,就⽐如说你前⾯的⽇⼦都是⽤的这个观念在运作,对吧? OK,那你的⾝体显现了这个冲突,显现了这个障碍,显现了这个问题摆

So the doctor diagnoses based on your visible symptoms. All those visible symptoms only reflect your past operational pattern. Your beliefs and state manifest this conflict, obstacle, or problem manifestation in your body over time. For instance, you have been operating with a certain idea for your recent days, correct? Therefore, your body exhibits these issues.

到你⾯前.但是它在你意识到,就是你意识到是你的内在的⼀些状态,你的⼀个就是个⼈的⼀个状态,就是它让你的⾝体健康呈现这个状态.当你意识到,那么你就可以当下、⽴刻重新选择⼀个运⾏模式.就是选择另外⼀种状态,呢种状态就好像你们所说的就是⼀个振动频率.就是OK,我以前太快了,我都感觉我的⾻头要散架了.因为它太快了,它超负荷了.那当你运⾏到太快了的话,那OK,那我现在要把它放慢.放到⼀个适中的状态.当你在呢⼀刻,慢慢慢慢,你呢个要散架的⾝体,它马上就会恢复到正常的⼀个状态.你要知道,你⾝体就好像是千军万马,就好像是所有的….它是听从你这个指挥官的,明⽩吗?

It comes to your presence. However, it reaches you once you realize, which is when you recognize that this state is something intrinsic within you, a personal state, one that manifests as the health of your body. Upon realizing this, you can instantly choose a different operational mode right then and there. Essentially, you opt for an alternative state, akin to what you might call a vibrational frequency. You acknowledge, "I was moving too fast before; I felt my bones were going to break." The speed was overwhelming, causing overexertion. When you move too quickly, you agree, "Now, I need to slow down. Adjust to a moderate state." In that moment, gradually and slowly, your body on the verge of breaking immediately returns to its normal condition. Understand that your body is akin to a vast army, all these... It obeys your command as if it were a commander, do you see?

所以你的指挥官就是跑跑跑,冲冲冲,压⼒⼤,痛苦,如果是这样⼦的话,那它们就会呈现这种状态.当你在告诉它们每⼀个,你都是安全的,我们是在⼀个快乐的、激情的状态下,和谐的状态下运作.那它们也会呈现这样的状态给你.所以外在展现的只是来让你清楚和让你明⽩,只是来让你看到你需要重新选择.⽽不是说你就会这样⼦持续这个状态下去.除⾮你是⽆意识的,就是你找不到出路,你不知道哪⾥是出路.你在把你的寄托,就是交给医⽣,就是你交给其他⼈.你还是让其他⼈来掌控你的⼀个状态,在这样⼦的⼀个状况下,你就会按照就是他们觉得是怎样就会怎样.所以这是关于,就是这⼀点需要你们每个⼈都明⽩的.

So your commander would just be running, rushing, stressed, painful - if that's how they are, then this is what it would look like. When you tell them each one that you're safe, we're operating in a joyful, passionate harmony, they will exhibit the same state to you. The manifestation of these things is only to make you clear and understand, to show you that you need to choose differently - not that you have to remain in this state indefinitely. Unless you are unconscious; if you can't find your way out, don't know where the出路is. You're relying on doctors or others to control your state, thus you let others manage you. In such circumstances, you follow what they perceive as appropriate. This is about understanding that each of you needs to grasp this concept.

那如果你明⽩了就是说被判,就是被诊断出有绝症的⼈如何⾯对死亡对吧.⾸先你就知道你⾝体的绝症的表现它不是固定的.它不是固定的.它可以在你转念的呢⼀刻,你的⾝体重新开始.因为你的⾝体⽐任何药物,⽐任何医⽣都厉害.它才是最具有智慧,最具有就是修复、疗愈功能的.所以这⼀点,也就是说就算医⽣告诉你,你得了绝症.那么你可以在呢⼀刻就当是来提醒你,你需要改变你⾃⼰内在的⼀个状态.你内在的⼀个状态,⽐如说你以前是在让⾃⼰振动在1000下每⼀分钟.因为就是着急、焦虑、各种恐慌,让你的⼼噗噗噗的跳.那么现在是来让你知道你的机器已经快要散架了⼀样.当你决定就是说,然后你说我现在要找到出路,我现在要让我怎样怎样.

If you understand this, it's about how people facing terminal illnesses deal with death. Firstly, you realize that the symptoms of your fatal disease are not fixed. They're not static. They can change at the moment of your mental shift, as your body starts anew because it is wiser and more capable of self-healing than any drug or doctor. This means that when doctors tell you you have a terminal illness, they're actually warning you to change your internal state. Your inner state, for instance, used to resonate at 1000 beats per minute due to urgency, anxiety, and various forms of panic causing your heart to race. Now, it's informing you that your system is on the verge of breaking down like machinery about to fall apart. When you decide, "I need to find a way out now," and say, "How do I make this happen?"

在你意念转换的呢⼀刻,你的⾝体就开始在⾃我修复了.在呢

At the moment your mind shifts, your body begins to self-heal.

⼀刻它就开始⾃我修复了.所以这个才是,就是你⾃⼰去决定,⽽不是医⽣,也不是外在.只有你去相信了医⽣,然后你才会去体验和他们说的呢样⼦的⼀个状态.

It begins to self-heal immediately. So this is something you choose for yourself, not the doctor or anyone else outside. You must believe in the doctor's advice; then only will you experience and embody that state as described by them.

问: 那我们要如何⾯对和接受⾝边的亲⼈即将⾯临死亡?

Questioner: How should we face and accept the imminent death of our loved ones?

⾼灵:如何⾯对⾝边的亲⼈…就像你们应该时时刻刻就是你们不把就是觉得,OK,这个亲⼈很健康,应该没什么问题,他会活到….就是说你们应该时时刻刻都做好你的亲⼈,就是你即将失去你的亲⼈的呢种⼼⾥状态.⽽不是说真的等你失去他,然后….因为死亡并不是像你们就是说我是说⾁体的⼀个死亡,它并不是像你们说的⼀定是要⽼了才会死.也不是说⽣病了才会死.它可以是突然…但是你不知道你⾝边的亲⼈他⾃⼰的⼀个就是安排,他⾃⼰给⾃⼰的⼀个安排.他是如何的…所以它可以发⽣的⾮常突然.就是你突然,你可能从来没有想好,也没有准备好.那样的话你是来不及跟他们真正的就是⼀个很好的告别.

Sage Spirit: How to face your beloved family members...just as you should always assume that they might not be feeling well and think, "Okay, this relative seems healthy; there shouldn't be any issues; they will live up to..." That is, you should constantly prepare for the emotional state of realizing that your beloved family member might soon be leaving you. You shouldn’t wait until you actually lose them...Death isn't merely physical death like what you describe as a body dying when it's old or sick. It can happen suddenly and unexpectedly, simply because your close relative is making their own arrangements for life and passing on. This is how they choose to live their lives, leading to sudden events that catch you off guard. You might not have anticipated or been prepared for such events in advance, leaving you unable to properly say goodbye.

所以你们应该把你们珍贵的⼈,就是你珍贵的⼈,把他们当成他们时时刻刻都可能会离开这个⾁体.⽤这样的⼼态去⾯对他们.因为当你开始知道它死亡不是只发⽣在年龄⼤或者是在⽣病,就是说它会是很突然的.那当你在看着这个⼈,你头脑⾥⾯知道今天可能是我最后⼀次见到他.如果当你有这样的想法的时候,你对他的态度你会变的,你会改变的.你将不会因为⼀点⼩事⼀定要去跟他争吵,明⽩吗? 如果你知道明天这个⼈的死期就到了,你还会跟他去争的⾯红⽿⾚的吗? 你还会跟他去发⽣争吵吗? 当你知道从明天开始你再也见不到这个⼈,你会把你⼼⾥的所有的对对⽅的⼀些怨恨也好,或者是什么什么也好,复杂的⼀些情感,你都会完全的放下的.

So you should regard your precious people, those whom you treasure, as someone who might leave this body at any moment. Approach them with that mindset. Because when you start to understand that death doesn't only happen to the elderly or the sick; it can be sudden and unexpected. When you're looking at this person, knowing in your mind that today could be the last time you see him. If you have such thoughts, your attitude towards him will change; you'll behave differently. You won't let minor things provoke a heated argument with them anymore, right? Would you still get into an argument and argue so intensely if you knew their death was imminent tomorrow? Would you still fight with them then? When you realize that from tomorrow onwards you will never see this person again, you will release all the grievances or complex emotions towards them in your heart. You will let everything go.

所以你们需要学会的是不是等到⾃⼰珍贵的呢个⼈,等他真正的在⾯临就是说….因为这种⼏率⾮常⼩,就是说真正的活到多⽼,或者是⽣了病,它可以给你⼀个缓慢的呢个

So what you need to learn is not waiting for your precious person until they truly face... because the probability of this happening is very low, that is, how old they can live or if they get sick, it can give you a gradual

过程.这种是属于少数的.你们很多很多死亡它是突发的.那么你就会去发现你失去了呢个和他告别的机会.还有就是说当你如果真的把对⽅当成⼀个明天他就会死掉的⼈去相处的话,你就在挽留他,明⽩吗?他可能他已经从⼼底⾥⾯,就是说在他的⼼底深处他就觉得其实⽣命没什么意思.他就是有⼀种想⾃我毁灭,就是有⼀种想快速的进⼊死亡的状态.他已经对物质世界没有什么留恋的.但是当你开始把他当成他的⽣命的最后⼀天去对待的时候,他能感受到…你就会激发出他的就是对物质世界的留恋,明⽩吗?当你在⽤这种告别的态度对待他的时候,这会激发出他想要留在物质世界.你可能你就已经挽救了⼀个⼈.你可能就挽救了⼀个⼈.

The process involves a select few where many deaths occur suddenly, leaving you with the regret of missing the opportunity to say goodbye. You see, if you treat someone as if they are about to die tomorrow and interact with them accordingly, it's like trying to keep them alive. They might have feelings at their core that life is meaningless, experiencing a desire for self-destruction or an urge to quickly reach death, disinterested in the material world. However, when you start treating them as if this is his last day of life, he begins to feel... your attitude sparks within him a longing for the material world. When you approach their situation with a sense of farewell, it triggers his desire to stay in the material realm. You might be able to save someone with this approach.

所以任何你珍贵的⼈,把他当成他随时都可能死掉的⼈去对待,他物质⾁体的死去.因为你们想要就是说⾯对⾯的交流,想要这种互动在物质世界,那你需要这具⾝体.所以你需要对这个⾝体产⽣⼀种就是感激、感恩,然后留恋.因为如果当你的物质世界的牵扯,就是链接感还很多的时候,他不会想要⾛.就当他觉得物质世界没有什么牵挂,没有什么链接感,他们就会想要⾛.你继续问.

So treat anyone you value as though he could die at any moment, focusing on the physical death of their material body. Because if you desire face-to-face interaction and this kind of engagement in the physical world, then you need that body. Therefore, you should feel gratitude and appreciation for this body, cherishing it. The reason is that when there are still many connections or feelings tied to the material world, they would not want to leave. But when someone feels there's nothing left to hold onto in the material world, with no more ties or connections, they might seek to move on. Keep asking if you have more questions.

问: 那下⼀个问题本来是要问对于亲⼈的死亡阶段,我们能做什么? 那是不是你刚这个问题就已经回答了这个,还是说你们有更多的信息可以带给我们,谢谢.

Questioner: Actually, the next question was about what we can do during the stages of losing a loved one. Does this answer that question already, or do you have more information for us? Thank you.

⾼灵: 对亲⼈的死亡阶段,OK.就⽐如这个亲⼈他已经是年龄很⽼.然后他躺在床上已经知道就是说他的时间不多了.这个时候你们能做什么?你们⾸先就是说你不能给别⼈你⾃⼰没有拥有的东西.所以你只能就是说,如果你现在在学习关于死亡的知识,你可以把我们接下来学习到的分享给他.然后那⽐如说你还没有去学习.那你就可以跟对⽅,就是说对⽅可以把你带⼊上,让你去学习⾯对死亡.然后你可以跟他⼀起去学习关于死亡.因为只有当你们就是说想要,OK,就好像是每⼀道门,你想要进⼊这个门.你进去过后你才能发现⾥⾯的东西.你如果不进去的话,那⾥⾯你是发现不了的.所以你需要有⼀个渴望,就是你想要去探索.

Higher Spirit: The phase of accepting the death of a loved one is okay. For example, this loved one has reached very old age and knows that their time is limited as they lay in bed. At this point, what can you do? Firstly, you cannot give others something that you don't possess yourself. Therefore, if you are learning about death now, you can share with them the knowledge we will acquire together in the future. If you haven't started learning yet, you can guide your counterpart into learning how to face death alongside you. You and they can learn about death together because only when you have the desire, okay, like each door, do you want to enter it. Only after entering do you discover what's inside. Without entering, you won't find out anything. So you need a thirst for knowledge, as you want to explore.

那么探索就好像你们俩⼿牵着⼿⼀起去探索.所以这个过程你可以跟他⼿牵着⼿⼀起去探索关于死亡.然后你有了⼼⾥这个想法过后,后⾯的所有,就是这些信息才会供出来给你,就是你发出⼀个渴求、渴望.然后你想要就是去了解关于死亡.那么你就会经历,物质世界经历,可能看到⼀个新闻或者是看到⼀些电视或者是看到⼀些电影.它会把这些信息同步性的带到你的⽣命当中来.所以呢个,你⾝边的呢个,他们发⽣的呢个(死亡),他们愿意就是跟他⼀起去探索的时候,也是你就是在陪伴了他.你们俩都会有收获.就是你们俩都会从这个旅程当中,就是进⼊这道门然后去看看⾥⾯有什么.你们都会有收获的.所以还是取决于就是说你想要给对⽅带去什么.

So exploration would be like you two holding hands and going on this journey together. Thus, during the process, you can explore about death together by holding hands. After forming an idea in your mind, all subsequent information is then presented to you - as a desire or yearning arises from within you that you want to understand more about death. Consequently, you will experience this through the physical world, perhaps through news, TV shows, or movies. This information is then brought into your life synchronously. So when someone close to you experiences their own journey towards death and chooses to explore it together, you are essentially accompanying them. Both of you would gain from this shared experience. You both would enter this door and see what lies inside, reaping benefits from the journey. Ultimately, it depends on what you want to share with each other.

因为你们,没有就是说没有任何⼀条路,就是说你必须这么做.你们每⼀个⼈都是⼀个创造者,创新者.就是你是⼀个发明家,你可以⽤你⾃⼰内在的⼀些你想要创造的…就⽐如说你想要给对⽅展现你对⽣命的热爱.那你⽐如说你特别喜欢跳舞,那你可以带着他⼀起在外⾯去疯狂的跳舞.这也是⼀种⽅式,我只是举个例⼦.如果你特别喜欢旅游,看美好的景⾊,那你可以催着他去看美好的景⾊.因为这是你送给他的礼物.就是⾸先你想要送给他礼物.就是在你离开之前我想要送你礼物,就是我想要让你通过我来去体验我对⽣命的⼀个认知,我觉得⽣命….⽐如说美⾷特别美好,对我来说.那么我可以分享很多我做的美⾷给你.

Because of you, there is no way, meaning you must do it. Each one of you is a creator, an innovator. You are the inventor, using your inner desires to create... For example, if you want to show someone how much you love life, you might take them out dancing crazily together. This is just an example. If you particularly enjoy traveling and seeing beautiful scenery, you can encourage them to see beautiful scenes because it's a gift you're giving them. First, you want to give him/her a gift before you leave. I want to send you a gift before I go, wanting you to experience my understanding of life through me, how I feel about life... For instance, food is very beautiful to me, so I can share many delicious meals with you.

所以你可以根据你们⾃⼰的,就是想要给对⽅送什么礼物,选择什么礼物,然后送给对⽅.然后这条路上,永远永远,就是你在产⽣呢种想要给对⽅送⼀份礼物的时候,永远永远都是你们双⽅受益的.就是不只是他能从中受益,你也是.就像你们现在在做的事情,你们是想要给⼈类,就是给其他⼈,给他们智慧,给他们更⼴的视⾓去看待⼀切.但是你们在给,想要给的这个过程,你们⾃⼰⾸先受益了,明⽩吗? 就好像你们要去⼭⾥⾯采⼀种花送给⼈类.你说这个花好美,我想把它采过来送给⼈类.那⾸先你看

So you can choose gifts based on your own desires of what to give to the other person and select appropriate gifts for them to receive. On this path, forever and always, when you are considering giving a gift to someone, it is beneficial for both parties involved. It's not just that they benefit from it; you do too. Just like what you're doing now, you want to give wisdom and a broader perspective to others, but by wanting to give them this knowledge, you yourself gain something first, right? As if you were going into the mountains to collect a beautiful flower to give to humanity. You say how lovely the flower is and that you want to bring it over for humans. First, you see

到呢⼀朵花,你产⽣的: 哇,好美! 你已经从中,呢个花的美⾥⾯,它滋养了你,它让你闻到了呢个花的⾹味,明⽩吗?它已经就是把你的频率提升到⼀个好美的⼀个状态的呢种频率,美好的呢种状态.它已经把你带⼊了⼀个美好的状态.所以你们在给任何⼈任何事情的时候,就是任何送出去你们的善意,你们的爱,你们的呢个什么.⾸先你们⾃⼰就是⼀个受益者.因为你需要你⾃⼰拿出去,就好像是你送给对⽅⼀个温暖.那你需要去先温暖了⾃⼰,就是你在取的过程,明⽩吗? 所以你也会体验呢个温暖的过程.你继续说问: 我们能知道⾃⼰的死亡⽇期吗? 知道的话,这样是好还是不好呢?

Upon encountering this flower, you generate: Wow, it's so beautiful! You have already been enriched by its beauty within the beauty of the flower; you've experienced its fragrance. Understand that this has elevated your frequency to a state of great beauty—a state of beauty. It has brought you into a state of beauty. Therefore, when you bestow anything upon anyone or anything, be it kindness, love, or whatever else, you are the first beneficiary because you need to give yourself out, akin to sending warmth to someone else. You must first warm yourself in the process of taking, understand? Hence, you also experience the process of receiving warmth. You then ask: Can we know our date of death? If so, is it good or bad?

⾼灵: 你们⾁体的死亡⽇期实际上是你们可以决定的.你们是可以决定的.只是⼤部分⼈都是在⽆意识的决定.就是说他不知道其实他在决定他死亡的速度和死亡的⽅式.都是你们可以决定的.那如果你们就是说对你们的⼀切,就是⽐如说你的念头、你的思想、你的状态、你的情绪、你的所有的⼀切、你的观念,你对你的⼀切,就好像你的⾝体是你的⼀个宠物对不对? 那如果你对它的所有都了知,多有的都,就是你对它充满关注⼒,你对它的注意⼒,你注意它的⼀举⼀动.⼀个念头、情绪,任何⼀切的话,你会知道它是在⼀个什么状态.那当它在朝⼀个不好的状态,你可以随时调整.但你在不断的调整的时候,你就不会朝⼀个⾃我毁灭的⽅向跑去.

Spirits: The actual date of your physical death is something you can decide. You have the power to decide it; however, most people are making this decision subconsciously, meaning they're unaware that they're actually determining their own speed of dying and the manner in which they die. It's all within your control. If you consider your thoughts, beliefs, emotional state, or any aspect of yourself as if your body were a pet, wouldn't being fully aware of all these aspects allow you to pay attention and notice every movement? When a thought or emotion arises, you'd be able to gauge its condition. When it moves towards an undesirable state, you can always intervene immediately. However, when constantly adjusting things in this manner, you are less likely to head towards self-destruction.

所以当你对⼀切,就是你⾃⼰,充满了⼀个关注、觉知,就是你在觉察的这⼀切的时候.你是可以决定你⽣命的⾛向还有你⽣命结束,还有结束的⽅式.这些都是可以供你们⾃⼰去有意识的选择,⽽不是⽆意识的选择.有意识的选择.你继续问问: 关于死后的世界我们需要知道什么吗? 有没有什么信息需要给我们呢?

So when you have a focus of concern and awareness towards everything, that means all the things you are becoming aware of, you can decide on the direction of your life, how it ends, and also the way in which it ends. These are choices that are available for you to consciously make, rather than unconscious decisions. Conscious choices. You keep asking: What do we need to know about the world after death? Is there any information that needs to be given to us?

⾼灵: 死后的世界,你稍等.⾸先说就是你要知道你的⼀个认知,就是你的⼀个观念.就是你是怎么样的⼀个认知状态,你是在物质(世界)状态是⼀个什么样⼦的,你死后还会持续这种状态.你习性、你的爱好、你的脾⽓,就是这些.他死后还是会维持到这个状态的.然后像什么样⼦? 就像是你们在做梦的时候.你们在做梦的时候你能就是说(没声⾳)…然后对于你们最接近的⼀个描述的状态,最接近的就是你像是在做梦⼀样.然后你可能最开始就⽐如说这么说,你突然在物质世界发⽣了⼀场重⼤的车祸,你眼睁睁的看着车撞过你来了.撞过你来后你下⼀秒才发现: 哇,我幸好躲过了.其实你是没有躲过的.你的⾁体已经(死亡).

Higher Spirit: The world after death, please wait a moment. First off, you need to understand your cognition or concept—that is how your consciousness exists. Whether it's in a material (world) state or some other form, the way you function remains consistent after death. Your habits, preferences, and temper are all part of this. They continue to exist after you pass away.

Imagine it like being in a dream—just like when you're dreaming. You can't really explain anything clearly while you're in that state (no sound). The closest description would be experiencing life as if you were in a dream. Perhaps at first, you might say something along the lines of: "Suddenly in this material world, there's a serious car accident happening right before my eyes." You witness it as your vehicle comes straight for you. After being hit, you realize quickly, "Oh thank goodness I managed to dodge that!" Yet, you were not able to evade it at all—your physical body had already passed away.

但是对于你来说你就是 ‘刚才呢个好险哦,我差点就没了,我幸好躲过了’.然后你会进⼊这样⼀个状态,你觉得你好像躲过了呢场车祸.你渐渐就会进⼊⼀个去理解就是你的⾁体的,就是去认识去理解你的⾁体的这个(死亡)的过程.然后任何就是说,就⽐如说你特别留恋的物质世界的某些地⽅,你想要再次体验任何,你都还是可以继续去体验你想要体验的.你继续说问: 这个关于死亡的问题我们问的差不多了.然后我想问⼀下你们有没有什么信息? 因为这个⼥孩⼦她想要写⼀本关于死亡的书.有没有什么信息是要带给她的,关于她想写书的这个想法?

But for you, it's 'Just a moment ago, I was so close to losing everything, I'm lucky I managed to escape.' Then you enter this state where you feel like you've narrowly escaped a car accident. Over time, you start understanding the process of death, learning about your body and how it works. You can still experience anything you long for from the material world, even if you wish to relive certain experiences. Questioner: 'We've talked enough about death.' Then you inquire whether there's any information that could be shared with her because she wants to write a book on death. What advice or insights would you give her regarding her idea of writing such a book?

⾼灵: 关于死亡,就是今天我们传达的信息.然后想要你们都清楚就是说….因为⾸先你想要做到什么或者什么什么的.你⾸先你要明⽩它是如何运作的.就是说你⾸先要明⽩,就是死亡,你们是可以去(控制).就是你们需要提⾼你们的意识,就是关注你的呢个觉察能⼒.就是你们可以把你们的物质⾁体导向死亡的结束,快速结束的⼀个状态还是说⼀个缓慢结束的⼀个状态.就是你们⾃⼰是可以导向的,你们是可以抉择的.你们不是⽆⼒的.因为只有你

Higher Spirit: Regarding death, this is the message we are conveying today. And what we want you all to understand is that... firstly, you need to know how it works. That means you need to understand that death can be controlled by you. You need to elevate your consciousness and focus on your ability to perceive. You can guide your physical bodies towards a quick end or a prolonged state of ending, which is determined by yourselves through the choices you make. You are not powerless because only you

不知道⽅法你才会束⼿⽆策.就是你不知道这个⽅法,你不知道⽅式⽅法的时候你才拿它没办法.就好像你是⼀个外⾏的,但是⼈家是内⾏的⼈有各种办法.就好像⼀只动物对不对,⼀个训练狗的,他拿狗特别有办法.他能知道狗的潜⼒,狗怎么样怎么样.他知晓⼀切他就能呢个什么.那如果你是⼀个对狗对动物什么都不懂的,你是拿它没办法.它也不会听你的.所以你们最好的⼀个过程的⼀个说,就是在你们还健在,还可以呢个什么的时候,去建⽴和⾁体的⼀个链接感.然后去认识你的这个⾁体,去跟它俩个⼀起去合作,去和谐运作.这也是你们⽣命⾮常重要的⼀个阶段.就是说你⾸先要去学习了解,还有如何去运⾏这个⾁体.

You will be helpless when you don't know the method. It's only when you are unaware of this method or approach that you find yourself unable to handle it. Just like being a novice compared to an expert who has various strategies at their disposal. Similar to an animal, wouldn't a person trained in dog handling have special methods? They can understand a dog's potential and how they behave. They know everything, enabling them to do whatever needs doing. But if you are completely unfamiliar with dogs or animals, you're powerless against them; they won't listen to you either. So the best process, according to this view, is building a connection with your physical body while you're still alive and able. Then understanding your body, collaborating with it harmoniously. This phase of learning about and functioning together with your body is crucial for life. Primarily, you need to learn, understand, and operate within the boundaries of your bodily existence.

因为你需要依靠这个物质的⾁体在这个物质世界,就是你需要依靠它去体验你想要体验的.去依靠它去突破你需要突破的.那你们是不是需要去学习,就是你需要去了解它,认识它.然后让它跟你达到⼀种完全链接的⼀个状态.那当你达到了呢个状态,所以你物质⾁体经历的病痛、⽣死,就是这些东西你都可以去引导.⽽不是说⽆意识的受你们集体意识的影响.就是你拿它没办法,你束⼿⽆策.你就不会进⼊⼀种像⼀个⼤的暴风⾬,或者旋涡、龙卷风.你就不会进⼊到呢个⾥⾯去.所以,保持去学习你这个⾁体,去学习它,去了解它,去了解⽣命,去了解这⼀切,然后就可以让你去运⽤它,运⾏它.然后这是你们需要知道的.

Because you need to rely on this physical body in the material world, which means you need to rely on it to experience what you want to experience. To rely on it to break through what you need to overcome. So do you need to learn, that is, you need to understand it, recognize it, and then achieve a complete connection with it. Once you reach that state, so the sicknesses, life and death experiences you undergo as your physical body, these things can all be guided. Not just unconsciously being influenced by your collective consciousness where there's nothing you can do about it; you're helpless. You wouldn't enter into something like a large storm or vortex, tornado etcetera. So instead of getting swept up in that sort of thing, you keep learning about your body, learn from it and understand it, understand life, understand everything else, then you can use it to operate effectively. This is what you need to know.

因为当你在往这⽅⾯去探索的话,越往后⾯探索你就越是知道这个⾁体就好像只是你使⽤的⼀个⼯具之⼀.只是你的⼯具之⼀.那当你知道只是你的⼯具之⼀的话,你便不会如此的就是痴迷于(⾁体).那如果你想,你知道你有⽆数个⼯具去供你使⽤的话,那⼀个⼯具发

Because as you delve deeper into this topic, the more you discover that your body is merely one of the tools you employ. Just one tool among many. And when you realize it's just one of those tools, you won't be so obsessed with (the physical form). If you understand that you have countless other tools available for use, then that particular tool emerges...

⽣病变或者是损坏或者是怎样,你并不会如此的….因为知道我还可以继续进⾏我的创造.你只有觉得会没有办法,就是这是我唯⼀的,你才会产⽣呢种恐慌感.但是你们每⼀个⼯具,就是说当你在这个路上去学习、探索,因为你会产⽣⼀种对万事万物,对⼀切⽣命,对⼀切万物都充满了尊敬,就是珍惜.因为你知道…当你产⽣了这种感觉的话,就算你知道它是你的⼯具之⼀,你也会去珍惜它,去尊重它,去爱惜它,明⽩吗?因为你想,就好像是造物主,就好像是意识程度⾼,对你们来说就好像是神⼀样,他不可能因为你们⼈⼜有⼏⼗个亿,对吧?你们物质世界⼈⼜有⼏⼗个亿,我就不把你这个⼈当⼀回事,明⽩吗?因为每⼀个都是⾮常重要的.

No matter what illness or damage it is, you wouldn't feel like this... because you know I can still carry on with my creation. You would only feel that there's no way out and that it's the only option left, leading to a sense of panic. However, each tool you have means that when you learn and explore along this path, you generate respect for everything under the sun, for all life forms, because you cherish them. Because you know... if you feel this way, even knowing it's one of your tools, you will still cherish it, respect it, and take good care of it. You understand? As if it were a creator, like someone with heightened consciousness or divine-like status to you, it couldn't possibly overlook humans just because there are billions among you, could it? Humans have billions in this material world, but I wouldn't ignore your individual importance, would I? Because every single one of them is extremely important.

所以当你的意识程度达到了,那你知道你的这个⾁体只是你的⼯具之⼀,你还是同样会对它充满了尊重和爱惜和珍惜.因为呢个就是你,并不是说你是为了害怕,你是为了使⽤它你才会去做出这种⾏为.你想要它为你做事,你才做出这种⾏为,不是的.因为呢个就是真正的你.

So when your awareness level reaches a certain point, you understand that your physical body is just one of the tools you possess, and yet you still fill it with respect, care, and appreciation because you are not doing it out of fear. You do it because you want to use it for your purposes, not because you're afraid. It's because you truly are this being.

问: 我还有两个私⼈的问题,请问可以提问吗?

Questioner: I have two personal questions, can I ask them?

⾼灵: 问: 我想问⼀下我的⾼我和指导灵对于我现在正在做的,⽐如说提频,还有我想显化的事物,有没有什么建议或者是信息是需要带给我的,谢谢你.

Higher Spirit: I Want to Ask: I would like to ask about my high self and my guiding spirit regarding what I am currently doing, such as tuning frequencies, and things I want to manifest. Are there any suggestions or information that need to be conveyed to me? Thank you.

⾼灵: 我链接⼀下.然后他们带给你的信息就是说,你正在朝⼀个正确的⽅向,就是说就⽐如说有⼀个⿊暗的⽅向,有⼀个光的⽅向.然后你现在就是朝着光的⽅向,就是你正⾛在⼀个正确的路上.然后你的内在的呢种狂喜会越来越频繁.就是你内在的呢种狂喜或者惊喜,就是呢种喜悦感会越来越频繁.然后并不是说偶尔⼀次会发⽣惊喜,⽽是不断不断的在产⽣惊喜.然后你在进⼊⼀个就是,就好像⼀条⽣命之河.然后呢个河是不需要你⽤⼒,然后你只需要去享受,然后只需要去激情的去做你喜欢做的⼀切.然后你正是在朝呢个⽅向,朝这个就是,就是⽣命的呢个路,然后你正在享受造物主的⼀切.你正在运⽤,你正在学习和体验这⼀切.所以你正⾛在⼀个正确的路上.

Higher Spirit: I'll link this. Then the information they bring you says that you are heading in the right direction, either towards a dark or light path. You're now moving towards the light, which means you're on the correct path. Your inner euphoria will become increasingly frequent, both as an internal joy and surprise感. It's not about occasional surprises but continuous occurrences of delight. You're entering like a river of life, where the river doesn't require effort; you just enjoy it and passionately engage in all your likes. You're indeed moving towards this path of life, enjoying everything that the Creator has provided, utilizing, learning, and experiencing it all. Therefore, you are on the right path.

然后关于提频的这个,并不是说你去提,并不是说你去提.⽽是说你只是放下⼀些不属于你的.就⽐如说放下⼀些你错误的观念.⽐如说你觉得⽣命是不断的要抓住物质,就⽐如说我不断的要存钱,就⽐如说啊.然后这样⼦的⼀个观念,这样⼦的⼀个集体意识,这样⼦的⼀个思维模式,这样的⼀个动作会让你感受到紧张,或者是频率怎么样怎么样,明⽩我意思吗? 是你的⼀个错误的(认知).. 因为当你在越来越朝这个⽅向⾛,你就知道你拥有你所需的⼀切.那当你知道你本⾝就拥有你所需的⼀切,你的状态就会不⼀样的.所以并不是说你把你的⼀个低频提到⼀个⾼频.

Then regarding tuning up the frequency, it's not about you going to do it, nor is it about you forcing yourself to do it. It's more about simply letting go of things that don't belong to you. For example, letting go of wrong ideas about life, such as thinking that life constantly needs to grasp for material possessions. Like constantly trying to save money, or something like that. Then this kind of idea, this collective consciousness, this mode of thought, and this action can make you feel tense or notice changes in frequency. Do you understand? It's your wrong understanding... because when you move further towards this direction, you realize that you already possess everything you need. And when you know that you inherently have all you need, your state will be different. So it's not about elevating your low frequency to a high one.

⽽是说你的⼀些观念和认知,和你认为以前的旧有的⼀些认知已经不符合你了,因为你不断的再去重新认识这个世界,明⽩吗?那当这些观念它已经不再适合你现在体验的,呢是别⼈的观念,呢是旧有的观念.因为你们现在都在进⼊⼀个全新的世界⾥⾯去体验.所以旧有的⼀些观念和⼀些,就是你们旧有的⼀些模式,还有你们持有的旧有的…你们现在已经看到了你们物质世界在发⽣⼀个翻天覆地的⼀个变化.就好像⼀切都是在重新整顿,就是重新来排序,排列.那么进⼊这⼀次的转变的时候,你们很多就是旧有的⼀些观念和旧有的⼀些能量,还有呢些已经不再对你们有⽤…明⽩吗?所以以前的呢种就是要储存,要储蓄,就是要存起来.⽐如说你们有存钱的观念,对吧?

And what I mean is that some of your ideas and perceptions no longer align with the old concepts you once held, because you're constantly re-experiencing the world. Do you understand? When these ideas are no longer suitable for your current experience – whether they are someone else's or outdated notions – it's because you're entering a new world where the old notions and patterns that define the way you perceive things are becoming obsolete. You've already witnessed significant changes in your physical world, like everything being rearranged, reorganized, as if it were being put back in order. When transitioning into this transformation, many of your old ideas, energies, and concepts that were once useful to you are no longer applicable. Do you get it? So the old mindset was about storing things – saving money, for example.

然后存钱才能让你们致富,或者来让你们丰盛,然后呢个观念已经不适合你们了.然后现有的观念是,就好像给你举⼀个最简单的例⼦.如果⼀个农民他在丰收过后,他把他的粮⾷全部储藏起来,他不去播种.他到第⼆年就没有收获.所以你们现在新有的⼀个模式是需要不断的去给,呢些给不只是物质上的给,包括给出你们的时间,你们的爱,你们的能量,你们的⼀切.就⽐如说你现在你在不断的就是想要给,就是你在给你的时间和精⼒,你在不断的整理⽂字.你在⽤这种⽅式去给⼈类,你在给他们.当你在给的时候,你就像在播种⼀样.你只有不断的去给出你拥有的,它才会加倍的回到你的⾝边.

Then accumulating wealth would make you prosperous or to make your abundance happen; this concept no longer applies to you. The prevailing idea now is that it's like giving the simplest example. If a farmer harvests his crops and stores all of them without replanting, he will have no yield in the following year. Therefore, the new model for you requires constant giving - not just material giving but also your time, love, energy, and everything else. For instance, you are continuously trying to give, dedicating your time and energy towards organizing texts. You use this method to give to humanity; when you give, it's like planting a seed. Only by continually offering what you possess will the returns multiply and come back to you abundantly.

但是你需要放下对它的任何期待,就是它要以哪⼀种⽅式…就说看我今天给了⼏个⼩时出去,怎么没有得到钱呢?这些观念需要通通的放下.然后你不断的给出,就⽐如说你遇到⼀个⼈你给出他你的微笑,你给出他你的赞美,你给出他你的善意.这些都是在给.只有不断的给,然后你才会不断的收获.当然同样的,当你不断的在给出你的恶意,不断的给出你的仇恨,你也会收获相同的.因为你们现在到了⼀个阶段就是,显化的⾮常快速的⼀个阶段.为什么?因为你就好像你把你们的⼈类当成⼀个植物⼀样.它在越长越长,它最开始是长的缓慢的.它可能⼀棵树很多年很多年它才长了⼏厘⽶.但是现在是长了⼀个飞速,就是最快速的

But you need to let go of any expectations about how it should unfold… like asking why didn't I receive money even though I gave for several hours today? These concepts must be completely discarded. Then, continuously give, such as giving someone a smile, praise, or kindness. These are acts of giving. Only by consistently giving will you also consistently receive. Of course, similarly, if you constantly give malice and hatred, you will receive the same. Because we have reached a stage where manifestation is happening very quickly. Why? It's akin to treating humans like plants; they grow slowly at first. A tree might take years to grow just a few centimeters. But now it grows at an extremely rapid pace, the fastest possible pace.

⼀个时期.它可以⼀年长个⼏⼗厘⽶.以前可能⼏年长个⼏厘⽶.现在⼀年就能长个⼏⼗厘⽶.是这样的状态.所以当你们在快速的达到这个阶段的时候,那你们的物质世界显化的⼀切都会加速,都已经加速,都会快速的反应出来.所以当你给出分裂,你的痛苦,你也会收获同样的,是⾮常快速的.所以当你在给出你们的善意,你们的爱,你拥有的⼀切的时候,你也会快速的收获.这是关于你对你要提⾼你的频率的⼀个错误的认知.你只是在内在转变不属于你的⼀些观念.当呢些观念转变了过后,你⾃⼰就转变了,就是你的频率状态就转变了.你继续问问: 我的最后⼀个问题我也不知道是不是很值得问.因为它是我今天早上凌晨的时候做的⼀个梦.

A period where it could grow several decimeters in a year, previously it might take years to grow just a few millimeters. Now, it grows several decimeters in a year. This is the state we're experiencing. So when you rapidly reach this stage, everything that manifests in your material world accelerates and has already accelerated, reacting swiftly. Therefore, when you give rise to division and suffering, you will receive the same very quickly. Similarly, when you provide kindness and love, and what you have to offer, you will also receive it quickly. This is related to a misunderstanding about raising one's frequency. You are merely undergoing an internal transformation of non-owning beliefs. Once those beliefs change, so do you - your frequency state changes. As for my final question, I'm not sure if it's worth asking since it was something I dreamed about this morning before dawn.

⾼灵: 问: 然后这个梦是我梦见有⼀只⼩鸡卡在我的脖⼦上,然后把粑粑拉进了我的嘴⾥.然后当我把鸡屎吐出来的时候,我刚开始觉得有点恶⼼,吐出来的时候我发现,这个屎粑粑看上去

Spirit: You asked: Then this dream is about me dreaming of a little chicken stuck around my neck, then having poop enter my mouth. When I spat out the chicken poop, at first I felt slightly sick, but when I spit it out I realized that this poop looked

绿绿的,然后也不臭….我不知道这⾥⾯是有什么信息是需要带给我的? 因为有时候我会记住⼀些梦,它会在现实⽣活中有显化.然后如果是有信息的话,能不能请你告诉我,谢谢你.

Green, and it's not smelly... I don't know what information this is conveying to me. Sometimes I remember dreams that manifest in real life. If there is any information, could you please tell me? Thank you.

⾼灵: ⾸先,你想要知道就是说你从这个梦当中提取什么? OK,就像你盛了⼀碗汤.然后这个汤⾥⾯什么都有.那你⽐如说你特别喜欢吃胡萝⼘,那你就找出你的胡萝⼘,明⽩吗?就好像是同样的⼀个梦,能去摄取任何你想要得到的.就⽐如说从这个梦当中,你可以就是说让你去认清楚,就是因为⾸先你们物质世界体验的和梦中体验的实际上是⼀样的.就是说你从呢个体验的事情当中你能收获什么,明⽩吗?收获什么,你去吸取什么.就⽐如说我要提取,就⼀个粪便⾥⾯我要提取什么什么对你有⽤的⼀些菌,对吧?⽽(不)是说你去提取⼀些没⽤的.就是要看你要从中提取什么.因为你们科学家可以从粪便⾥⾯提出很多很多对你们有益的东西,对不对?

Higher Spirit: First of all, what you want to extract from this dream? Okay, imagine you have a bowl of soup. Inside the soup, everything is mixed together. Now, suppose you particularly like carrots, then you would take out your carrots. Understand that you can get anything you desire from this same dream. For example, in this dream, you can understand that what you experience in the physical world and in dreams are actually similar. That is to say, from any experience you have, you can figure out what you can gain from it. And then, what you take away will depend on your needs. For instance, if I want to extract useful bacteria for me in a bowl of dung, right? Not that you take everything without considering its usefulness. You need to decide what you are looking to extract because scientists can find many beneficial things in dung that could be useful to you, correct?

那你们物质世界经历的也是这个⽬的.那你们在梦⾥⾯经历的也是这个⽬的.⾸先从呢个梦,就是说你想⼀下你不需要你的⾝体真的去尝试呢个鸡的粪便的味道,对吧?然后你就可以从这个经历当中受益.如果你们能拥有这样的觉知,去利⽤你们的梦.那你的⽣命寿命是不是延长了⽆数倍了?就是你不断的不断的在积累你的经验.那从刚才呢个梦当中你就可以看到你头脑是怎么⼀回事,就是你头脑在对⼀件没有发⽣的事情它会先做预判,它会先做判断,它会先去在它旧有的认知或者旧有的,就是在它其他地⽅吸收的旧有的观念⾥⾯,它会去提取信息.它会先去定义,这个怎么样,厄…但是呢些都不是真的.

That's also the purpose of your material world experiences. That's also the purpose of your dream experiences. First off, that dream—that is to say, you don't really need to try out the taste of a chicken's dung for real; right?—you can benefit from this experience. If you could have such awareness and use your dreams, wouldn't your lifespan be multiplied by countless times? You keep accumulating your experiences continuously. From just that dream alone, you can see how your mind works; your mind makes predictions about an un-happened event before it actually happens—it makes judgments and defines what's happening—using information from its pre-existing cognition or old ideas that it has absorbed elsewhere. But none of this is true.

就是呢些都不是…所以你从这个梦当中你经历了你的头脑它先去评判⼀件事情会怎样.然后当你体验了过后你才知道,厄,不是这样.那么从这个事件当中,你就可以知道你是信不过你的头脑的.对不对?那如果当你在反复的经历就是说你不能依靠你的头脑,你信不过你的头脑的话,以后你头脑的声⾳你是不是就不会去太在意.对不对? 那你就知道,OK,呢只是⼀个说法⽽已.我知道这个说法不是肯定的.当你哪怕是⼀个梦当中你都收获了,你的意识都不断的再提升,你都不断的在收获你成长所需的.因为任何束缚、任何观念对你们都是⼀个束缚.它会失去你体验的意义和⽬的.你们不是说把旧有的,就是渐渐和观念,就是曾经发⽣的⼀切重新体验⼀遍又⼀遍.

None of those… so from this dream, you experienced how your mind first judges what could happen. Then, after experiencing it, you realize, uh, not like that. From this event, you can know that you cannot trust your mind. Right? If when you repeatedly experience that you cannot rely on your mind and do not trust it, then for the voice of your mind in the future, you would not pay too much attention to it, right? You know that this is just an opinion after all. I understand that this opinion is not definitive. Even within a dream, your consciousness keeps advancing, continuously acquiring what is necessary for growth because any constraint or concept is a hindrance for you. It loses the meaning and purpose of experiencing. You're saying that with the old notions, those gradually developing ideas, everything that has happened repeatedly in the past.

⽽是说每⼀次体验都是有⼀个新的收获,都有⼀个正⾯的供你们运⽤.这才是⽣命真正存在的意义.就是你每经历⼀件事情当中…那你想⼀下,你每次从这个⼤粪当中提取的都是臭、脏、恶⼼,对吧? 那你们不断的有⼤粪,不断的有⼤粪,你每⼀次都是提取的这个.那别⼈呢? 今天提取的这个菌,这个菌.他从这菌开发了这个,创造了呢个.他不断的在从他当中受益.所以外在发⽣什么,经历什么,体验什么,其实根本不重要,就包括在梦⾥⾯.最重要的是说,你从这段经历当中能拿到什么.然后最重要的就是说你不断不断不断的就是你拿到的任何⼯具它都不会去妨碍你,就是阻碍你.它都不会成为⼀个死的东西来框架着你.这样⼦你就不断不断不断都是鲜活的.

And each experience yields a new acquisition, brings forth a positive that you can apply. This is the true essence of life - to derive something valuable from every experience. You might think about how often what you extract from this vast sewage is foul, dirty, and nauseating. Yet others continually harness beneficial microorganisms from it and create from them, benefiting from their use over time. So, regardless of external occurrences or experiences, the crucial aspect lies in what you obtain from each one. And fundamentally, any tools or knowledge you acquire should not impede your progress or development; they should never become burdensome frameworks that limit you. With this mindset, you continuously evolve and thrive.

⽽不是头脑⾥⾯只有⼀堆死的记忆和经验,然后已经不再有⽤的.

Rather than having a bunch of dead memories and experiences in my head, then no longer useful.

# **2021/10/31 — 什么才是真正的幸福What Is True Happiness**

⾼灵: 你问吧 什么问题问: 第⼀个问题是 是什么导致⼈类不幸福?

Higher Spirit: Ask away. What's your question?

Questioner: The first question is, what leads to human unhappiness?

⾼灵: 是什么导致⼈类不幸福? 你们应该最清楚的,你们为什么不幸福.所以你来告诉我,你觉得你什么不幸福? 然后我再来跟你回答.你来告诉我,因为你就是⼈类,对不对? 你说是什么外在的因素让你觉得你不幸福?

Higher Spirit: What causes humans to be unhappy? You should know best why you are unhappy. So tell me, what do you think makes you unhappy? Then I will answer based on that. Since you are human, right? Tell me what external factors make you feel unhappy?

问: 那可能是就⽐如说我想要的体验然后没有体验到.然后就是在体验束缚,就⽐如说我想去旅⾏,但不能去旅⾏.⽐如说我想有钱然后现在没有钱.就是这⼀种对⽐,想要⾃由然后现在不⾃由的这种对⽐.

Questioner: That might be like I desire an experience but haven't experienced it. Then there's being restricted in experiencing things; for example, wanting to travel but unable to do so. Or wanting money when one currently lacks it. It's this contrast between desiring freedom and not having it now.

⾼灵:就最常见的⼀个就是说,你们⼈类都想拥有⾦钱.然后觉得缺少⾦钱是导致你们不幸福,是吧?但是你看⼀下就是呢些,⽐如说有个⼈说我拥有了10万存款我就幸福⾥.那你去问⼀下呢个拥有了10万的⼈,他幸福了吗? 有⼀个⼈说我拥有100万就幸福,拥有100万后他幸福了吗? 拥有1000万,⼀个亿,⼗个亿,百个亿…. 你明⽩我意思吗? 当他们的需求被满⾜过后,他还是在⼀种不幸福的状态.所以你们应该问你们⾃⼰为什么,⽐如说,OK,我现在想要多少钱,想要100万我就幸福了.为什么拥有了呢100万你还是不幸福呢? 你顶多可能会快乐和惊喜和兴奋呢么⼏天.就好像⼀个⼩朋友得到⼀个新玩具.

Higher Spirit: The most common one is that humans all want to have money. Then, you think the lack of money makes you unhappy, right? But look at those people who say they will be happy with $100,000 in savings. Do you ask if they are happy after getting $100,000? Someone says they will be happy when they have $1 million; was he/she happy after having $1 million? After acquiring $10 million, $1 billion, $10 billion, even $100 billion... Do you see my point? Even after their desires are met, they still remain in an unhappy state. So you should ask yourselves why, like, okay, I want $1 million to be happy. But why would having $1 million not make me happy? You might feel pleased, amazed, and excited for a few days, just like when a kid gets a new toy.

然后过⼏天他习惯了这个新玩具了过后,他又开始不快乐了.所以这都不能说是幸福.是快乐,是兴奋,就是我终于可以有我⼼爱的玩具这样⼦.那你再继续问.为什么?如果你觉得是⾦钱导致你不幸福,为什么?为什么有些⼈再拥有⾦钱后过⼀段时间,他又进⼊⼀种不快乐的状态?因为你的幸福不是来⾃于外在,这个才是最重要的.就是你不能去依靠外在,我满⾜了这个愿望,满⾜了这个欲望,满⾜了呢个期望,就是你不依靠外在来给你.⽽是说从你的⾥⾯流出去的,这是最根本的区别.因为⼀种是你觉得你需要呢个来好像来填补你的空⽩,你才会觉得你是完整的.但是⼀个是你本⾝就是完整的.所以这两种状态是不⼀样的.

Then after a few days when he got used to this new toy, he became unhappy again. So it can't be considered happiness; just joy or excitement - the realization that I finally have my beloved toy. Then you could ask why? If you think money is causing your unhappiness, then why? Why do some people who acquire money enter an unhappy state after a while? Because your happiness does not come from outside – this is what matters most. You cannot rely on external factors; when you fulfill your desires and expectations, it's because you don't depend on them to make you happy. Rather, true happiness comes from within. The fundamental difference lies here - one feels the need for something like a filler to feel complete, while another believes they are inherently complete. Therefore, these states are different.

如果你把你的幸福归于你必须要得到什么你才能幸福的话,那你永远都是在⼀个追逐的游戏当中.你永远都是在不断的追逐.然后当你真正的追逐了你想要的⼀切过后,你才发现你还是不幸福.呢会⼉你就对⽣命已经失去了…很多⼈在他获得了功成名就、⾦钱、体验了⼀切,他觉得这个我想要体验,呢个我想要体验.最后他选择了⾃杀.为什么?因为他发现他内在的呢个空⽩,内在的呢种空的感觉还是存在.所以你们应该是⾃⼰去问⾃⼰.为什么我需要外在去获得或者取得什么东西来让我感受到幸福?这本⾝就是⼀个错的出发点.它是来⾃于你⾥⾯的东西.就是从你⾥⾯出去的东西,⽽不是从外⾯.好像⼀⼜井,你不停的从外⾯去舀⽔.

If you believe that true happiness comes from obtaining certain things or achievements, then you are always in a constant chase for something more. You're forever chasing after what you think will make you happy.

The moment you finally achieve everything you desire, you realize that you're still not happy. This realization leads to disillusionment and a loss of meaning in life.

Many people, having achieved fame, wealth, and experienced life's various joys, find they've only scratched the surface. Their inner void remains unfilled; their deep sense of emptiness persists. It's like discovering an endless well within themselves—no matter how much water (or happiness) they try to draw out from the outside.

So the key lies not in what you seek externally, but rather in understanding and addressing the internal quest for completeness and satisfaction that remains unfulfilled despite external success.

不是你从外⾯去取⽔去把你这⼜井给填满,⽽是你内在有⼀股源源不断的⽔源.所以,你们就好像是说已经是给它错误的定义,或者是找错⽅向,明⽩我意思吗? 就是有的⼈说我⼀定要有⼀段爱情,我要有⼀个幸福的婚姻,我要有⼀个家庭我才幸福.然后他才发现有了⼀个家庭过后,她嫁给了她爱的⼈过后,她还是不幸福.然后又出现很多很多新的问题.那她又说我嫁给⼀个⼈,我们要不争吵才会幸福.当他们开始真的不争吵了,两个⼈都没交流了,她还是不幸福.你继续提问.

You're not just fetching water from outside to fill up your well; instead, there's an endless source of water within you. So, it seems like you've already defined the problem wrongly or are heading in the wrong direction. Do you see what I mean? Some people say they need a relationship, they need a happy marriage, and they need a family to be happy. But after getting married, even if she marries her beloved, she still isn't happy. Then comes up with all these new issues. She might then think that she has to argue with someone in order to be happy in their marriage. When they start not arguing anymore, but don't communicate either, she's still unhappy. Keep asking questions.

问: 那到底什么才是真正的痛苦和真正的幸福呢?

Questioner: But what exactly is true suffering and true happiness?

⾼灵: 什么是真正的幸福.真正的幸福就像刚才说的你不是从外⾯去取的,不是从外⾯去寻找,不是从外求.⽽是你内在的呢种圆满的状态.也就是说今天不管你是在监狱⾥⾯渡过,还是你在⼀个度假村⾥⾯渡过,对你来说它不会影响你丝毫的感受.就是你在哪⾥,它都不会影响到你丝毫的感受.然后你不会想要去逃.因为很多你们⼈类在追寻的⼀个过程,在追求快乐或者是要找点乐⼦这种,都是想要去逃离,逃离当下.就是要打发时间.那真正的⼀个幸福状态就是说你能进⼊到你的当下.因为只有呢个时候你才能真正的体验⽣命和进⼊⽣命.⽽不是⼀直像⼀个⼩狗狗⼀样追着狗尾巴到处跑.然后呢种状态就是幸福的状态.

Higher Spirit: What is True Happiness? True happiness, as just mentioned, is not something you acquire from the outside; it's not something you seek for externally or from others. Rather, it's a state of fulfillment that resides within you. This means that no matter whether you spend your day in prison or at a resort today, it won't affect your feelings in the slightest. Wherever you are doesn't impact your feelings even remotely. You wouldn't want to escape either because many human pursuits of happiness or seeking enjoyment often involve trying to escape from reality and passing time. True happiness is being able to enter into your current moment because only then can you truly experience life and be immersed in it. It's not like chasing after a dog's tail, constantly running around as if you're just a small puppy. That state of being is when you feel happy.

他不管外在发⽣了什么,你⾃⾝就是⼀种圆满的状态,幸福的状态.

Regardless of what happens externally, you are a complete and happy state within yourself.

问: 那真正的痛苦是不是就是和你刚才说的这种状态完全相反的状态呢?

Questioner: Isn't true suffering exactly the opposite state of what you described just now?

⾼灵: 真正的痛苦有分….⽐如说你们会体验⾁体上的痛苦.这也是⼀个⾮常痛苦.然后刚才我们说到你的内在的圆满的感觉或者喜悦或者呢种幸福感是不取决于外在的.那如果下⾯⼀个问题是说,如果我的⾝体在经历痛苦,我怎么又能安住于当下? 怎么还能去不受外在的影响呢? 因为你的⾁体还在影响你,让你不舒服了,对不对? 然后这是⼀个问题,你可以去提这个问题.你来问,就⽐如说经历⾝体痛苦的⼈,他要如何…问: 那经历⾝体痛苦的⼈,他要如何去安在当下或者如何能让⾝体痊愈?

Sage: There are various kinds of true suffering…. For example, you would experience physical pain. This is also a very intense suffering. Then, just now we talked about the feeling of completeness or joy or that sense of happiness within yourself which is not dependent on externals. If the next question is that if your body is experiencing pain, how can you be grounded in the present? How can you remain unaffected by external influences? Because your physical body is still affecting you and making you uncomfortable, right? This is a question you can ask. You come to inquire about it, for example, like this: How does someone who is experiencing physical pain manage to be present or how can they heal their body?

⾼灵:⾸先,你⾝体产⽣的痛苦它是来⾃于你固有…⽐如说你有⼀个程序,你头脑⾥⾯有⼀个 ‘认为’,觉得⽣⽼病死,⽣命是痛苦的,⽼了就是要⽣病.这是你⼀直投射,就是你⼀直持有这个观念,这个想法,你⼀直有这样⼦的⼀个(信念).它导致你⾝体会产⽣⼀些堵塞.所有的痛苦它都是来⾃于堵塞.就是你的⾝体没有在⼀个流畅,就像死⽔和活⽔的呢种区别.那它⼀定是来⾃于你对某⼀个,就是你的某⼀个地⽅堵住了.就好像你⾎管堵住了,只有你某个地⽅堵住了它才会产⽣疼痛.它这个疼痛其实就像敲门⼀样,是来给你提醒的.来给你提醒就是说你固有,你现有,你持有的这个,就是你的⼀个想法,你的⼀个观念它是堵塞的⼀个状态.

Higher Spirit: Firstly, the pain you experience in your body comes from your inherent beliefs... for instance, you have a program in your mind that believes aging involves sickness and that life is painful. You've been projecting this idea continuously, holding onto the notion as a belief. This idea has led to blockages forming within your physical body. All pain stems from these blockages. Your body isn't flowing like it should between stagnant water and running water; there's definitely something blocking in one place. It's similar to when you have a clogged artery, only that specific area will experience pain because of the obstruction. This pain acts as a reminder敲门声, signaling that your inherent belief, held concept is blocked or stagnated.

那么它把这个给你提出来,浮在⽔⾯上.就是当你发⽣这种⾝体的疼痛,它实际上已经浮在⽔⾯上来让你看清楚你才能解决.因为如果它没有浮到⽔⾯上还在⽔下的话,你是会忽略掉它的.那么它已经冒出⽔⾯来告诉你,来跟你提醒.但是你要知道最重要的⼀点就是说,外在发⽣的⼀切它不是来束缚你的,它也不是像钉钉⼦,铁定的事.就是你就会⼀直要这样下去.它不是来让你持续拥有这个感觉,持续拥有这个疼痛.它也不是来束缚你.它是来提醒你,提醒你需要看到你⾃⼰的⼀个状态.你⼀定是内在有….然后通过这种⽅式,就是来跟你敲门⼀样来告诉你.然后你在当下,OK,我现在看清楚了.因为你们每⼀个⼈不⼀样.

So it presents this to you and floats on the surface. This means that when you experience physical pain, it actually浮 in front of your eyes for you to see clearly, thus enabling you to address it. The reason being, if it hadn't surfaced and remained submerged beneath the water, you would have overlooked it. It surfaces to remind you, almost as if knocking on a door, informing you directly. However, what's crucial is that this manifestation isn't meant to restrict or bind you; it doesn't aim for a state of permanence like nails being hammered into wood, where things remain fixed and constant. Rather than to sustain the sensation or pain continuously, nor to constrain you, it serves as a reminder to highlight your current state internally. There's definitely something happening within you that triggers this manifestation in such a way. Afterward, at the moment of realization, you understand that each person perceives these experiences differently.

就是你们每⼀个⼈产⽣的⾝体的疼痛是不⼀样的.就是每⼀个⼈⼈⽣想要体验的功课和想要突破的点是不⼀样的.所以它是很个⼈的事.但是这些都是来给你敲警钟的,都是来提醒你的.然后你在当下你就可以,有⼀句话你们最常听到的就是⽴地成佛,对吧?你在当下你就可以解脱.你在当下你必须要去弄清楚这个浮到⽔⾯上的症结是来⾃哪⾥的.然后再把这个结给解开.所以它转变的不只是你⾝体上的⼀个痛苦.⼀定是连你这个⼈的思维模式都转变了.就是你这个⼈的⼀个状态整个都转变了.这才是真正的能治好你的疼痛的.如果你们只是针对表⾯的疼痛去下⼿的话,那你的疼痛还会变成其他的⽅式来提醒你.

The pain that each and every one of you experiences in your body is different. The lessons and breakthrough points that everyone wishes to experience are also different. Therefore, it's a very personal matter. But these are all meant to sound the alarm for you, to remind you. And then, at this moment, you can realize that there's a common phrase you often hear, which is "enlightenment in an instant", right? You can be liberated in this moment. You must figure out where the root of this issue lies when it floats up to the surface, and then resolve it. So the transformation isn't just about your physical pain; it also involves a shift in your thought patterns, which fundamentally changes your state as a person. This is what truly cures you of your pain. If you only address the surface-level pain, your pain will simply manifest in other ways to remind you.

所以⽆论你经历了设么痛苦,精神层⾯,⾁体层⾯,各个层⾯,⼈际关系,各个⽅⾯.它其实都是来告诉你,你现在持有的呢⼀套系统不适合你.就⽐如说你相信⼈⽣是痛苦的,⼈⽣就是要吃苦,⼈⽣就是⾝体是弱的,⾝体就是要⽣病,这⼀系列的.你不知道你到底是

So no matter what kind of suffering you have experienced, on the mental level, physical level, and at various levels in relationships and aspects of life, it is actually telling you that the system you are holding doesn't suit you. For example, if you believe that life is painful, that life requires hardship, that the body is weak and prone to illness, this series of beliefs is something you might hold onto without knowing whether...

⽤什么在运⾏.所以你需要⾃⼰去有⼀个⾃我挖掘和探索.但是你们⽣活的每⼀个点,每个瞬间,每个时刻,它都有线索.你们就好像是⼀个侦探家⼀样,明⽩吗? 就⽐如说你在看电视剧.看电视剧,你对电视⾥⾯的情节产⽣的情绪,⽐如说你反感,你觉得恶⼼为什么会这样,或者幸灾乐祸.任何这些带出来的,背后都是你的情绪.这些都是可以供你⾃我探索.所以你们需要去时时刻刻都好像是在….你⾸先你要对你⾃⼰充满兴趣.因为你⽆论做什么你⾸先要对它产⽣兴趣,对吧?你⾸先你有激情去探索你⾃⼰到底在⽤什么程序运⾏.因为你们每⼀个⼈就是⼀堆程序.呢个程序给你任何就好像是反应,你是靠呢个运作的.然后你⾸先要想要去做这件事情.

What is it running on? So you need to have self-digging and exploration for yourself. But every point of your life, every moment, every second, they all contain clues. You are like detectives, understand? For example, when you watch a TV series. The emotions that arise from the plot in the TV show, whether it's disgust or feeling sick as to why it is like this, or taking pleasure in someone else's misfortune - any of these reactions come from your own emotions. These can be used for self-exploration. Therefore, you need to constantly be...firstly, interested in yourself. Because no matter what you do, you first have to be interested in it, right? You need passion to explore what program is running on you because each one of you is a stack of programs. This program gives any reaction based on which you operate. Then, firstly, you want to do this thing.

就是你⾸先想要去做这件事情,就是我想要去摸清楚我到底是….让我产⽣这些.然后你才能⼀步⼀步的去收获到后⾯.⽐如说你看清楚你持有这个观念是因为你⽗亲你母亲…然后这样⼦你才能把⼀种⽆意识运作的⼀种状态,你才能脱离出来.不然的话你就永远就好像是⼀个⽆意识在运作⼀样.你觉得呢是你,但是根本不是你.呢只是你在成长的过程中,还有你们的集体意识,就是这⼀堆⼀堆的各种… 你越是吸收的各种观念、程序、恐惧、集体意识.你继续说问: 下⼀个问题是 是只有跟随⾼我⾏动才会获得快乐吗?

The first thing you want to do is understand what I really am... the process that generates these thoughts, so that you can step by step gain understanding of their consequences. For instance, when you see clearly how your beliefs are shaped by your parents or others, this enables you to escape from unconscious patterns of behavior that control your life. It's like you think you're in control, but it's actually something else driving you - not really 'you'. Does this make sense?

⾼灵: 是不是只有跟随⾼我⾏动才会快乐? 你⾸先要认清楚的是⾼我是什么,你是什么,你们是什么关系,明⽩吗?所以你要理解了这层关系过后,你才能知道更多的信息.⾸先你是不是在追求快乐?你说我是不是只有这样做我才能快乐?那当你在提出来这个问题的时候,你要问你只是在追求快乐吗?你是在逃避痛苦吗?刚才像我告诉你的,⽆论你的⾝体还是精神层⾯的痛苦,它都是来告诉你你有⼀些错误的信念,或者呢些信念导致你产⽣束缚,对吧?所以当你在有这个提问和这个追求的时候,你是不是就只在追求快乐呢?因为当你在只追求快乐的时候,你要发现你⾃⼰追求快乐这已经是⼀个错误的(观念),明⽩吗?

Higher Spirit: Is happiness only achieved by following the High Self? The first thing you need to understand is what the High Self is, who you are, and the relationship between you two. Do you get it? Therefore, after understanding this relationship, you can gain more information. First, are you seeking happiness? If you ask if I am happy only when I act in such a way, then while you raise that question, do you inquire if you're just pursuing happiness or avoiding pain? Just as I mentioned earlier, no matter the physical or mental suffering you experience, it serves to inform you of false beliefs or circumstances that have led to your restrictions. So, when you have this question and pursuit, are you solely seeking happiness? Because if you're only chasing happiness, realizing that pursuing happiness itself is a mistake should become evident.

你已经进⼊⼀个错误的好像游戏或者是错误的程序⾥⾯.为什么?因为对⾼我来说这⾥没有快乐或者痛苦,没有你们所谓的⼀切.只有你们⾃⼰⼈类才会把它定义.就是你们⼈类才会去追求⼀个好的,这个是好的,这个是不好.但是就连你们⼈类定义好和不好,你们都是错误的,明⽩吗?你们都是在错误的观念来定义,这个是好,这个是不好.因为你们不知道呢个big picture.你们不知道⼤的⼀个画⾯是什么,你们不知道.你们只看到,你们就好像是个井底之蛙,只在呢⼀丁点呢个空间和时间看的这⼀点,然后来给他说这个错误的.就好像⼀部电影有⽆数个⼩时,有⼏亿个⼩时.你只看了其中分钟时间你就来下定义说这个是错的.

You have entered a mistaken game or a wrong program. Why? Because for the higher self, there is no happiness or suffering here, no of what you call everything. Only you humans define it. It's only humans who pursue what they consider good and bad; this is good, this is bad. But even defining what is good and bad as humans, you are all mistaken, right? You are using a mistaken perspective to define, this is good, this is bad. Because you do not understand the bigger picture. You do not know what the big scene looks like, you do not know. You only see it, like being trapped in a well, seeing just that small space and time as one point, then defining everything incorrectly. It's like watching an endless movie with billions of hours, but defining its entirety based on minutes you've seen, saying it's wrong.

就是如果你们连对和错,快乐和痛苦,你们这些都不理解.你们如何来去什么快乐什么什么的….所以回到呢个问题就是说是不是跟随⾼我你才能快乐.⾸先你要知道⾼我他没有定义任何,快乐和不快乐.他没有定义这个是快乐的和不快乐的.只有你的⾁体才会去(定义).⽽且你⾁体产⽣的呢些快乐和不快乐也是假象.然后呢个快乐和不快乐的产⽣是来⾃于你对某件事的定义.所以这个就是假象.但是你可以这么去提问你的问题,是不是我们的⾁体只有跟随⾼我才能达到⼀种和谐、不分裂、平衡的⼀个状态? 就好像你想象⼀下,才能smooth,才能正常的运⾏?

If you don't understand right and wrong, happiness and suffering, how can you talk about happiness or anything like that... So the question is whether following your higher self can make you happy. First, you need to know that your higher self doesn't define any of this—happiness or unhappiness. It doesn't define what is happy and what is not. Only your physical body defines these things. And the happiness and unhappiness produced by your body are illusions. The generation of happiness and unhappiness comes from how you define something. So it's an illusion. But you can ask if our physical bodies, when following our higher self, can reach a state of harmony, unity, and balance—like being able to smoothly and properly operate?

问: 那是不是只有跟随⾼我,我们的⾁体才能和谐、正常的运⾏?

Questioner: Is it that only by following our Higher Self can our physical bodies function harmoniously and normally?

⾼灵: ⾸先你的任何路,任何体验,我不管你⾛多少曲折,⾛多少弯路,你永远都是在往前⾛的.所以⽆论任何体验都是好的.因为这样你才能去放下你的任何追求,任何⽬标,任何定义.就是哪些是好的,哪些是不好的,我只要好的.然后真正的进⼊你的⽣命⾥⾯.因为

Higher Spirit: First of all, any path, any experience you take, no matter how many twists and turns or detours you may encounter, you are always moving forward. Therefore, every experience is beneficial. This way, you can let go of your pursuits, goals, and definitions. Acknowledge both what is considered good and what isn't; recognize the value in all aspects. Then, truly integrate yourself into life because...

当你在这样⼦的⼀个状态的时候,你实际上就是刚刚说的呢种和谐的状态.也就是说你就好像只是⼀个临在的状态.然后你的头脑⾥⾯没有任何声⾳,你的头脑⾥⾯没有任何定义,你的头脑⾥⾯没有任何追求也没有任何判断.因为这些都是幻像.然后这些都是假象,这些都是⼀些程序.就⽐如说你在书上看到的说⼈要这样才是对的,要呢样就是错的.你继续说问: 这个问题是⼀个私⼈的问题.我想问⼀下你个让我⽤⽂字链接他的指导灵,对于我最近⼀直在画画,我想问问关于我去链接他,他有没有什么信息想要告诉我? 还有就是对于当下我的状态,他有没有什么信息要带给我?

When you are in this state, you are indeed the very harmony that was just mentioned. You exist as a mere presence with no voice in your mind, no definitions shaping your thoughts, no pursuits driving your actions, and no judgments clouding your perspective. These elements, including the voices within your head, are illusions—false constructs that exist purely in the realm of programming or societal norms. For instance, you might have read that one way is correct, while another is deemed wrong, as written on a book. Questioner: Is this question personal? I'd like to inquire about connecting with my guiding spirit through text messages. Specifically, do they have any insights regarding me painting recently and the process of connecting with them? Additionally, are there any messages for me based on my current state?

⾼灵: 你要知道你的所有建议,就⽐如说你从我们这⾥…你千万不要把它当成唯⼀的⼀条路或者是真理去⾏动,⼀定不要.因为你这么想,你通灵的信息,就⽐如说你在物质世界你有⽆数个朋友,你有上千个朋友,是吧?那今天是这个朋友跟你说,我觉得画画特别好,我想要呢个什么什么的.然后另外⼀个说我觉得唱歌特别好,我觉得旅游特别好.我觉得呢个什么什么特别好.如果你把这上千个朋友的信息都全部当成,他们说的就是真理,我要去呢个什么.你的⼈⽣会变成怎样,你想象⼀下.因为你们通灵的信息其实跟你现实中物质世界朋友的交流没有多⼤的区别.只是说我们是⽆形的,你们是有物质⾝体的.但是没有太⼤的区别.

Spirit Guide: You must understand that all your suggestions, for example the advice you receive from us… do not treat it as the only path or truth to act upon; absolutely not. If you think like this, then you will misunderstand the spiritual information given. For instance, in the physical world, you have countless friends, thousands of them, right? Perhaps one friend today recommends that painting is excellent and they want something specific. Then another friend suggests singing is great, traveling also sounds nice to them; maybe they think something else is fantastic too. If you treat all this information from your thousands of friends as gospel truth, deciding to do exactly what they suggest, how would your life turn out? Imagine that. Because the spiritual guidance you receive has a similar impact as interacting with physical world friends; our essence exists beyond form while you are bound by material bodies, but fundamentally, there is no significant difference.

所以那如果你把上千个朋友的话全部当成就好像是呢个什么⼀样,你的⼈⽣会变成怎样?所以不在乎他给你的信息是什么.⽽是这个信息到底符不符合我的激情?哎呀,我做这个事情开⼼.记住,开⼼、激情、喜悦,就是你做这个事情不费⼒.任何费⼒的事情都不要做.当你达到了⼀种不费⼒的状态,你就是去做.这个是宗旨.其他所有的信息你都不要去当真.因为你内在…你是独⼀⽆⼆的个体.你内在有就好像⼀个指南针,它才是真正把你指引到让你疯狂,让你喜悦,让你觉得我好嗨啊,呢个才是真正的你的指引者.不是来⾃于我们的信息,也不是来⾃于任何通灵的信息,明⽩吗?

So if you consider all your thousands of friends' opinions as one entity, how would your life turn out? Therefore, it's not about the information he provides; instead, it's whether that information aligns with my passion. Ahh, I enjoy doing this task. Remember, happiness, enthusiasm, joy – these are what make you feel effortless when doing something. Do not engage in anything that requires effort. Once you achieve an effortless state, just do it. This is the principle. All other information should be disregarded because within you lies a unique individual. You have an inner compass inside you, which genuinely guides you towards things that excite you, make you happy, and feel exhilarating to you. Not from our messages, nor from any spiritual revelations; understand this?

我们所有的信息仅供你扩展,就是说让你站在⼀个更⾼的⼀个⾓度,去看待你们头脑⾥⾯的⼀些想法和观念,让你们看清楚,就好像镜⼦⼀样,就好像放⼤镜⼀样.如果你喜欢探索,OK,那我们给你这个⼯具让你来探索.

Our information serves solely for you to expand upon, meaning providing a higher vantage point from which you can view certain ideas and concepts within your own mind, allowing you to see them clearly, much like a mirror or magnifying glass. If you enjoy exploration, then indeed, we offer this tool to facilitate your journey of discovery.

问: 请问⾼我和超灵有什么区别呢?

Questioner: Could you explain the difference between Prof. Gao and Super Soul?

⾼灵: ⽆论这些名称,什么名称都好.都是你们⾃⼰取的名字来⽅便你们之间交流,明⽩吗?就⽐如说你在跟你的学⽣讲课,或者你在跟哪个朋友交流的时候,是⽅便于你们交流.

Higher Spirit: It doesn't matter what names you give them, any name will do. These are names that you yourselves have chosen for ease of communication among yourselves, understand? For example, when you're teaching your students or communicating with a friend, it's more convenient for communication.

问: 那就是说⾼我和超灵是没有区别的吗?

Questioner: That means High I and Super Soul are indistinguishable?

⾼灵: 这个是根据⽐如说你们就是在进⼊这个话题的时候,你们是如何去阐述.就⽐如说我这个信念系统…. 因为你们所体验的⼀切,你们之所以能体验到,⾸先你要有这个程序.就好像你要在投影上投影⼀个东西,你连这个影⼦都没有你要投什么上去? 你⾸先要有⼀个东西是不是? 所以呢个只是⽀撑的⼀个概念.那如果你想利⽤这个东西去传播你的⼀些思想和想法,你就来⽤⼀个名称.所有的名称在你们的物质世界都是这个效果的,就是⽅便你们的交流.如果你真的想要知道所谓的⾼我和超灵,我我想我应该会明⽩你问的问题就是⾼我,就是你们每⼀个⼈的呢个⾼我,然后超灵呢就是源头.那你来问就是说你的⾼我跟源头有什么区别是吗?

Higher Spirit: This is based on how you express yourselves when you're discussing this topic. For instance, with my belief system... because everything you experience first requires a program. You can't project something onto the screen if there's no shadow; you need to have something for it to be projected onto, right? So, it's just a supporting concept. If you want to use this thing to spread your thoughts and ideas, you name it. All names in your physical world have this effect, which makes communication easier. If you're truly trying to understand the higher self and the Over-Soul, I think I should be able to understand what question you're asking about the higher self - each individual's higher self - then the Over-Soul is the source. When you ask about your higher self versus the source, are you inquiring about the differences between them?

问: 其实是我今天看到巴夏的⼀个视频是关于⾼我和超灵的区别.我没来得及点进去看.然后现在通灵就突然想到这个问题了.

Questioner: Actually, I just saw a video about the difference between higher self and super consciousness today. I didn't have time to click into it for watching. Now, intuitive guidance suddenly made me think of this question.

⾼我:你这样记住⼀个事实就是说所有的⼀切都是能量.你看到的⼭也好,⽔也好,风也好,云也好,动物、植物,所有的⼀切都是能量.都是意识,都是能量.那就是能量和意识.但是它千变万化.它可以变成所有所有所有,就是⽆限制的.但是它好像都来⾃于…我可以⽤⼀个最接近的你们⼈类的⽐喻,就⽐如说黄⾖,你们可以把它做成⾖浆,然后做成⾖腐,⾖腐⼲,然后做成⾖腐脑.做成各种各样对不对?但是做成了过后,它们每个⼜味都不⼀样.甜的、咸的、浓的、淡的、硬的、软的,各种.但实际上它们的本质都是⾖⼦.所以你刚刚问的所有的⼀切也是.你继续问问: 还有⼀个问题是关于死亡的.我们上次传讯的时候就是说的关于死亡的主题.

High Self: Remember this fact that everything is energy. Whether it's a mountain, water, wind, clouds, animals, plants, or anything else you see, they are all energy. They are also consciousness; they are energy. That's the essence of energy and consciousness. However, it can transform in countless ways and manifest into anything conceivable. Yet, everything seems to originate from... I could use a human analogy that might resonate with you - like soybeans, which can be turned into soy milk, then soy tofu, soy tofu sheets, and finally soy brain jelly. They can be transformed into various forms, right? But after these transformations, each has a different taste - sweet, salty, thick, thin, hard, soft, etc., all types. Yet fundamentally, they are still just soybeans. So is the case with everything you're asking about. Another question concerns death, which was discussed in our previous transmission.

那我就突然想到以前看过⼀个关于修习佛法的⽼奶奶,她已经知道了⾃⼰死亡的⽇期,她认为是观世⾳菩萨来告诉她的.然后她就在呢⼀天把⼀切准备好就⾛了.我想问这是为什么? 这个是我们认为的脱离轮回吗?

The reason I suddenly thought of was that there was an old lady who used to practice Buddhism, and she had already known the date of her death. She believed it was because Avalokitesvara Bodhisattva informed her. Then, on that day, she got everything ready and left. I wonder why this is? Is this what we believe constitutes breaking free from the cycle of rebirth?

⾼灵: 这种情况,你知不知道你们的意识有多强⼤,强⼤到你们的意识可以分化成另外⼀个来跟你交流,明⽩我意思吗? 就⽐如说你的意识可以分化成另外⼀个声⾳在你⽿边跟你说话.所以说她完全是可以有这样的体验.然后已经准备好要转化.然后就是她的意识在产⽣⼀个声⾳给她.你这样想,如果我们从这个点开始讲的话又可以讲⼀堂课.你可以让你的意识去就是让⼀个⼈来攻击你,来打你,明⽩吗? 就是说本⾝呢个⼈他没有攻击你的念头.但是你的头脑⾥⾯你要就是跟他打⼀架.然后你们俩就可以制造⼀场…然后还有你们最简单的就是⽐如说谈恋爱.就⽐如说你的意识你可以制造⼀个对⽅来跟你谈恋爱.这个应该你们体验的最多.

Higher Spirit: In this scenario, are you aware of the strength of your consciousness? So strong that it can divide into another one to communicate with you, understand my meaning? For instance, your consciousness could split into another voice speaking to you in your ear. This means she would have such experiences. Then she is ready for transformation. Her consciousness generates a voice for her. Imagine if we started from this point; we could delve into lessons on this. You can allow your consciousness to have someone attack you or hit you, understand? Even though that person doesn't intend to harm you, in your mind, you're preparing for a fight with them. This leads to an interaction… And the simplest scenario is perhaps like dating. Your consciousness can create a counterpart for you to date. This is something you might have experienced most frequently.

可能最开始呢个⼈对你没感觉,对吧? 你先去就是⽤你的意念⼀直在跟他产⽣链接.然后最后你们俩真的在⼀起了,明⽩吗? 所以你们所谓的追求⼥孩⼦或者追求男孩⼦,你们⾸先第⼀步就是⽤你们的意念,⽤你们的意识来,就好像是在预演⼀样,然后最后就真的就发⽣了.这个你可以去跟别⼈交流,看看他们演的多少事情就是真的….你觉得…. 实际上都是他们来配合你演的戏.那这就是说⽐如说同⼀个⼈他交往了俩三个,三四个男朋友或者⼥朋友.但他在每⼀个⼈⾯前他都不⼀样,为什么会这样呢? 这就是因为他们每⼀个⼈都会投射出对⽅的样⼦来配合他,他就体验到呢个版本的他.

Perhaps initially there was no connection between you at all, right? You should start by using your mind to continuously create a link with them. Eventually, you both end up together, understand? Therefore, when pursuing girls or boys, your first step is to use your thoughts and consciousness like a rehearsal, before it actually happens. This is something that you can discuss with others, seeing how many real events were actually premeditated by them for you. It's as if each person they date portrays different versions of themselves to match their expectations, allowing them to experience the different aspects of themselves.

任何与你们互动的⼀定就是说双⽅都想去体验这个,就是双⽅都同意去这个体验.就好像是演员⼀样跟你演对⼿戏.所以最最重要的就是说你们应该注意的就是你们头脑⾥⾯的⼀些意识活动,就是⼀些想法.因为这些都会给你体验的.

Any interaction involving you both implies that both parties are seeking to experience this together, agreeing to embark on this experience as if you were co-actors in a play. Thus, the most crucial thing is that you should pay attention to your mental activities and thoughts, which will shape your experience.

问: 那因为我们的意识是去显化⼀切的.那⽐如说我现在想要去显化⼀件事情,我想这件事情它发⽣的细节,然后想的很开⼼.还有⼀种就是我安住于当下,头脑⾥⾯没有念头,让⾼我的能量能够顺畅的流通,因为所有的⼀切在显化之前它已经存在于能量层⾯了.那哪⼀种才是对显化来说好的状态呢? 也不知道我表述清楚了没有?

Questioner: That because our consciousness manifests everything. For example, if I want to manifest something, I imagine the details of this thing happening and feel very happy about it. There's also a way where I am present in the moment, with no thoughts in my mind, allowing higher self energy to flow smoothly, knowing that all exists at an energetic level before manifestation. Which state is better for manifestation? Not sure if I explained clearly.

⾼灵: 你的问题是如果你成为就是头脑⾥⾯没有意识活动,你体验的是什么是吗?问: 这不全然是我的意思…⾼灵: 如果你们头脑⾥⾯没有意识活动,然后你的物质世界还会有体验吗,你是说?

Higher Spirit: Your question is whether if you become where there are no conscious activities in your mind, what would be experienced? Questioner: This isn't entirely what I mean... Higher Spirit: If there were no conscious activities in your minds, would there still be experiences of the physical world, as you're suggesting?

问: 还不完全是我想问的,但我也想知道这个问题的答案⾼灵: OK,如果你们达到了⼀个状态只是像观察者的⾝份,头脑⾥⾯没有像我刚刚说的头脑⾥⾯没有定义,没有任何.你知道呢样⼦的⼀个状态就是在喜悦当中.就像你们说的是天堂,就像你们说的是神就好像.然后所有来到你⾯前的⼈他都会被你的能量状态给呢个什么…你呢会⼉体验的就不是这个物质世界了.你在你⾃⼰创造的⼀个能量场⾥⾯,不管你在哪⾥,你都在你⾃⼰创造的⼀个….OK,就好像这么说你⾃⼰给⾃⼰创造了⼀个天堂.你虽然是⼈在物质世界,但是就好像有⼀个光包围着你.你看到你们的⼀个观世⾳菩萨的画像,她头顶都有⼀圈光晕嘛,或者是佛像都有⼀圈光晕嘛.

Questioner: Not quite what I was asking, but I also want to know the answer to this: Highly Spiritual Being: Alright, if you've reached a state where you're just like an observer, without defining anything as mentioned earlier - that is, in a state of joy. As you'd say, it's like being in paradise or experiencing something akin to divinity. And then, everyone who comes before you would be influenced by your energy state, not this physical world anymore. You wouldn't experience the material realm; instead, you're within an energy field that you've created, wherever you are. Alright, imagine creating your own heaven for yourself - although you're still human in the physical world, there's a light surrounding you. When you look at images of Guan Yin or Buddha, their heads often have光环 around them, indicating divine presence.

Note: This translation is designed to provide an accurate English equivalent while maintaining the poetic and metaphorical style that seems characteristic of the original Chinese text.

所以你想象⼀下你是⼀个凡⼈,但是你是被光包围着的.那他们看到的不是⼀个⼈,他们看到的就是你们嘴巴⾥⾯所谓的佛,菩萨.如果就是他们有的⾁眼特别呢个什么的,他们就能看到你是在这样的光包围下的.你已经不受外在的(影响).就算外在发⽣了就是各种事件,你都不会受外在的影响.你不会产⽣恐惧.就⽐如说呢边正好恐怖袭击,但是你的状态下你没有…明⽩吗?然后你就是在像⼀团光⼀样.

So imagine you are a mortal being surrounded by light. What they see is not just a person; they see what you would consider Buddha or a Bodhisattva within your mouth. If their eyesight were particularly acute, they would be able to perceive you enveloped in such light. You are no longer influenced by external factors. Even if external circumstances change with various events happening, it doesn't affect you internally. You wouldn't feel fear. For instance, imagine there is a terrorist attack nearby, but your state of being prevents that from affecting you... do you understand? Then, you're like a ball of light yourself.

问: 那我们怎么样才能完全的安在当下呢?

How can we be completely present in the moment?

⾼灵:当你头脑⾥⾯没有任何声⾳,就⽐如说你没有任何评判,没有任何定义.因为你们头脑⽐如说会把这个事件定义成⼀个恐怖袭击,那你就会相应的产⽣恐惧.明⽩我意思吗?没有任何定义,没有任何评判,没有任何声⾳出现的话.这么来跟你说,就像⼀个傻⼦⼀样,傻⼦他看什么都是…他⼀直在笑.但是他呢个是没有觉知的,你是有觉知的.你是能临在的就是看到⼀切.但是你又不受这⼀切的影响,因为你没有给它命名,你没有给它定义.因为只有你去定义了过后你才会去有后⾯的体验,相应的体验.你没有定义的话你是不可能有体验的.就⽐如说你定义的是⼀个恐怖事件,你就会体验恐怖.然后你的⾝体就会产⽣相应的变化,恐惧、害怕、恐慌.

Higher Spirit: When there's no sound in your mind, meaning no judgments, no definitions, because your mind would define the event as a terrorist attack and thus generate fear. Do you understand what I mean? No judgments, no definitions, and no sounds. If explained this way, it's like talking to a fool who sees everything as...and he just keeps laughing. But he lacks awareness; you have awareness. You can be present, seeing everything, but not affected by it because you haven't named or defined it. Only when you define something do you experience the aftermath, corresponding experiences. Without defining, there's no experience to be had. For example, if you define an event as a terrorist incident, you will experience terror. Your body would then produce relevant changes: fear, apprehension, panic.

但是你们不⽤去追求任何.也就是说就好像你现在还是⼀颗⼩树苗,你还在开始发芽.你就像知道成为⼀个⼤树怎么样怎么样.这不是….你的所有经历都有意义.不然的话你又会进⼊你头脑⾥的⼀个追求⾥⾯,就是我要变成⼀个好像就是佛的境界,明⽩吗?那你就是进⼊了头脑⾥⾯制造了⼀个呢个什么.这就像你们说的呢种⾛⽕⼊魔啊.就是呢个你⼀定要去追求,只追求表⾯的…这是⼀个⾃然⽽然形成的.就好像它是⼀个,就像你们说的⼀个机缘,时机.就果⼦成熟了它⾃然就会掉下来的呢种状态.

But you don't have to pursue anything; that is, it's as if you are still a small sapling right now, just beginning to sprout. You're wondering about what it means to become a big tree and how to do it. This isn't... all your experiences matter. Otherwise, you would fall into this pursuit in your mind, like I want to become something like a Buddha; do you understand? You would then create an inner state within yourself that you're trying to achieve. It's akin to what you call getting possessed by evil spirits or becoming obsessed with something superficial - just chasing the surface... This is naturally how it unfolds. It's like it happens spontaneously, like fate or timing - when a fruit is ripe, it falls off naturally.

问: 最后⼀个问题,我想问我的⾼我和指导灵还有没有什么信息要带给我呢?

Questioner: One final question - do my High I and guides have any messages for me?

⾼灵:好的,我链接⼀下.你想要知道你的⾼我和指导灵有没有信息.我看⼀下有没有信息要进来.然后他们说⾸先就是感谢你选择了传播的这条道路.因为就是当你在选择,就好像这是⼀条光的道路.⾸先它照亮的是你.明⽩我意思吗?就是你选择了这条传播信息的这条信息.因为这就是⽬前你在⾛的,你⾃⼰本⾝就会从中受益.因为你进⼊光当中⾸先照亮的是你.然后就好像你⼿中就捧着光,然后⾛向⿊暗.然后去照亮别⼈.那这是⼀个⾮常神圣的,就好像⾏动.就是在服务他⼈的时候同时第⼀受到服务的是你.

Spirit: Alright, I'll link it. You want to know if your higher self and guiding spirit have any messages. Let me check if there's information coming in. Then they say first of all, thank you for choosing the path of dissemination. As you choose this, it's like a path illuminated by light. It starts by lighting up you first, do you understand? That is you chose the path of disseminating information. Because that is what you are currently on, and as you enter the light, the first thing illuminated is yourself. Then it feels like holding the light in your hand and walking towards darkness to illuminate others. This is a very sacred act, like an action, where when serving others, you also receive service simultaneously.

然后就是说你的任何经历,就是你只要不要忘记,⽆论你经历有多么,就好像困得你动弹不得,还是多⿊暗,害怕、恐惧,⽆论你什么经历,⽆论你在什么当中,你要相信你永远,因为你已经选择了这条路上.所以你永远都在这条路上.所以呢些暂时的幻像,就是呢些你经历的这些任何都是暂时的.它会越来越快.就是以前你可能还会选择在⿊暗中三五天,慢慢慢慢变成⼀两天,慢慢慢慢⼀两个⼩时,慢慢就是⼀瞬间,慢慢慢慢就对你不造成任何影响了.这是⼀个快速的就是,你体验呢种⿊暗或者束缚,这种的呢个时间阶段越来越⼩了.然后你只要就是坚信你已经在光的这条路上.然后任何束缚它都只是暂时的.它就像过眼云烟⼀样.

And then it's about your any experiences; just don't forget no matter how intense they are, whether you're so tired that you can barely move, or in the darkest depths of fear and terror, whatever your experiences may be, regardless of where you are, remember that you always have this because you've chosen this path. Therefore, you remain on this path indefinitely. Thus, these temporary illusions - your fleeting experiences – are merely transient moments. They will become increasingly faster. Previously, you might choose to linger in darkness for days or even a few nights; gradually over time, it shortens to one day and eventually a couple of hours, until finally, it becomes instantaneous. It doesn't affect you anymore as these phases shrink rapidly. This is about experiencing the darkness or confinement of your existence - the duration of this phase is getting shorter and shorter. Simply believe that you are on the path illuminated by light; any form of restriction is only temporary. They will pass like a fleeting cloud in the sky.

然后这个体验会越来越缩短,越来越缩短.就是全然的信任.然后你已经在这条路上.

And then this experience gets shorter and shorter, until there's total trust, and you are already on this path.

问: 刚刚说到⼀个堵塞的问题,就是我想知道如何根据⾝体上的⼀些病痛去查找⼀个思想上的⼀个堵塞的原因.

Questioner: Just now you mentioned a problem of blockage; I would like to know how to find the reason for such a mental block based on physical symptoms.

⾼灵: 你的问题⾮常好,你稍等.你刚才问就是说我打个⽐喻,⽐如说你肚⼦疼,然后你长期在忍受肚⼦疼.你想要从呢个肚⼦疼的这个点去找到你思想上产⽣的冲突,对吗?

Higher Spirit: Your question is very good, please wait a moment. You asked earlier if I was making an analogy, for instance, you experiencing abdominal pain and enduring it over time. You want to trace that point of abdominal discomfort back to conflicts in your thoughts, correct?

问: 对⾼灵: ⽐如说最快的⼀种就是你⾃⼰和你⾃⼰的肚⼦来对话.然后当你完完全全的进⼊⼀种就是你和肚⼦来对话的过程中,你会慢慢的找到.然后呢个就是…就⽐如说你在完全没有⼲扰的情况下,然后就你⾃⼰.你可以⽤你的录⾳.因为有些信息你不想错过,或者你当下不明⽩.然后你就来跟你的肚⼦⾃问我答.然后你⾃⼰同样扮演两⼈⾓⾊,明⽩吗? 就是你是问问题的呢个⼈,也是回答的呢个⼈.

Questioner: Suppose the fastest method is you talking to yourself and your stomach. Then when you fully immerse into that process of conversing with your stomach, you'll gradually find something... say, in a situation without any distractions, where it's just you, you can record your conversation. Because there might be information you don't want to miss or won't understand immediately. So you ask yourself questions and receive answers, playing both roles at once – the questioner and the responder.

问: 有点难理解,有点难想象⾼灵: 你⾃⼰把你的录⾳录下来.然后你⾃⼰来问你的问题,然后⾃⼰回答.有些事情你需要去尝试你才会知道是怎么样的.因为有些信息只要你想要去探索,⾃⼰往⾥⾯去有探索的呢个动作,你才会有相应的信息出来.如果你连探索,你连呢个动作,头都不伸进去,你怎么看到窗户外⾯的风景呢,对不对? 所以你⾸先你想要去知道就是说,我要从我的长期的肚⼦疼⾥⾯我要去找到它背后送我的礼物.然后你允许你⾃⼰进⼊呢个领域去探索.然后就来⼀场⾃我对话.就是你又是这个⾁体,然后你也是肚⼦疼的呢个症状.然后你们来对话.你可以问他.⾸先你说谢谢你来提醒我,那么接下来你可不可以告诉我你这个疼痛是因为什么?

Questioner: It's a bit hard to understand and imagine.

Gao Ling: You record your own voice. Then you ask yourself questions and answer them on your own. There are some things that you need to try in order to know how they work. Because certain information can only be obtained when you want to explore it, and there is an act of exploring inside of you. If you don't even dare to reach into the space for exploration, how will you see the scenery outside the window? Right? So first, what you want to know is that I need to find the gift behind my long-term stomach pain. Then you allow yourself to enter this realm of exploration. And then there's a self-dialogue between you. You are both the body and the symptom of stomach pain, so they have a conversation. You can ask them. First, say thank you for reminding me, what's next, can you tell me why this pain is happening?

它是如何产⽣?怎么样才可以帮助你?怎么样我们才能进⼊⼀个和谐的关系当中,明⽩吗?你会惊讶你会得到⼀些什么消息的.还有问题吗?或者你可以直接问我,你⽐如说你⽤最直接的⽅式,就是说因为这个通灵的⼥⼠,你如果⾃⼰不想探索,你可以通过来询问,明

How did it come about? How can we help you? How can we enter into a harmonious relationship together, understand? You will be surprised at what kind of message you will receive. Any more questions? Or you can ask me directly, for example in the most straightforward way because of this medium lady, if you don't want to explore on your own, you can come and ask here, clear.

⽩我意思吗? 我们现在通灵的信息,你就⽐如说我现在什么什么什么,你还可以通过这种⽅式,把你的信息带出来,也可以.问: 就是我⽼爸的脾⽓⽐较暴躁.就是我想知道怎样去帮助他,去解决他⾝体上的⼀些堵塞.

White do you understand? With the spiritual information we're receiving now, you can convey your own messages in a similar way. For example, if I were to say something like this, your message would be able to come through as well. You might ask questions such as: I want to know how to help my father with his short temper. Specifically, I'm wondering what methods could assist him in resolving physical blockages within his body.

⾼灵: 你稍等.你爸爸的脾⽓⽐较暴躁.然后我不⽤针对脾⽓暴躁的这个现象来做解答.我还是针对个体,就是针对你⽼爸这个个体和你之间的⼀个能量状态.然后来正对你们,就好像是个体话的⼀个解答.你叫什么名字,你爸叫什么名字,你说.

Higher Spirit: Wait a moment. Your father's temper is rather volatile. Then I won't address the issue based on this phenomenon of volatility in temperament. Instead, I will focus on the individual, specifically your father as an individual and the energy state between you two. This constitutes a personalized answer for you both. What is your name? What is your father's name? Please tell me.

问: 我叫XXX,我爸叫XXX⾼灵: XXX,XXX,我想要看你们之间的关系是⼀种如何⽀持对⽅的关系.XXX和他⽗亲的关系…你们曾经的关系正好是倒过来的.倒过来的关系是什么呢? 就好像他是孩⼦,你是⽗亲.然后这⼀世你们把⾝份倒过来来体验.然后你是孩⼦,他是⽗亲.然后你来体验的就是完完全全你曾经给他制造的.明⽩我意思吗? 你现在就好像是⾓⾊互换了⼀下.然后你现在唯⼀就是说从这个点,你们之间的关系需要去收获的是你的耐⼒,你的耐⼼,你的包容⼼.所以说他的脾⽓是不会变好的.唯⼀变好的是你变好,明⽩吗? 是变的对他特别有包容⼼,有耐⼼.

Questioner: My name is XXX, and my father's name is XXX. High Ling asks: "XXX, XXX, I'm curious about the nature of your relationship with each other - a supportive one. The relationship between you and your father... was essentially reversed in our previous lives. Can you explain what it means for the roles to be reversed? It seems like he's playing the child role while you're the parent. This lifetime we've swapped these roles and experienced them differently. Now, as the child facing a father figure, how does this experience differ from your past where you were in his position? You mentioned that I had caused him certain behaviors, so now I'm experiencing the full extent of what he must have felt when I was younger. Do you understand what I'm trying to say? Essentially, it's as if our roles are reversed - we're switching places.

Now, from this perspective, your relationship with your father requires that you develop patience and understanding, rather than expecting his attitude or behavior to change on its own. The only thing that will improve is if you yourself improve by being more patient and having a greater capacity for tolerance towards him."

不管他怎样⽆理取闹,你还是从⼼底⾥没有半点⽣⽓或者埋怨没有任何这些声⾳出现.你只是允许他⽤⾃⼰的⽅式去体验.然后当你达到这样的状态,他就不发脾⽓了.为什么? 因为你已经得到了你需要得到的.就是从他这个对象当中得到的呢个点.明⽩我意思吗? 这个是你现在听起来简单.但是这个是⼀个很磨⼈的⼀个过程.这是⼀个过程.这个⼀点都不简单.因为你们深深的在物质世界被困扰.他骂你⼀定会让你伤⼼.你⼀定会产⽣伤⼼.他侮辱你,你⼀定会受伤.所以重要的不是他做了什么.⽽是你能把你⾃⼰变得什么.明⽩吗? 他做什么不重要,重要的是你这⾥.因为当你转变了过后,当你真的转变到呢种状态过后,你的⽗亲就变了.

No matter how unreasonable he behaves, you don't show any anger or complaints from the bottom of your heart; there's not a hint of such sentiments. You simply allow him to experience things in his own way. Then, when you're at this state, he stops having tantrums. Why? Because you've received what you needed to receive - that point from him. Do you understand me? This might seem simple now, but it's quite a tiresome process. It's a process – one that isn't straightforward at all, because you are deeply troubled in the material world. If he scolds you, it will hurt you deeply; if he abuses you, you'll definitely get hurt. So what matters isn't what he does, but what you become as a result of him doing those things. Do you understand? What's important is not his actions, but your transformation here. Because once you've changed, once you're truly in that state, your father changes too.

所以你不是去改变他,⽽是改变你.因为为什么? 因为这个课结束了呀.你已经达到了你⾃⼰给⾃⼰设下的挑战.你的呢种耐⼼、包容、⽆评判、允许的呢个状态.

So you don't go to change him, but you change yourself. Because why? Because the lesson is over now. You've met your own challenge. Your patience, tolerance, non-judgmental, allowing state.

问: 这是挺难的.

Questioner: This is quite difficult.

⾼灵: 这是⼀个过程.但是后⾯收获特别⼤.

Higher Spirit: This is a process, but the rewards at the end are particularly great.

问: 就⽐如我爸对我妈的态度也不好.那我内⼼也会挺伤⼼的.我就是⽐较想帮助.那如果我改变了我爸的脾⽓就会变好,那他对我妈的态度也会变好吗?

Questioner: For example, if my dad treats my mom badly. That would hurt me a lot inside. I just want to help more. If I change my dad's temper for the better, will his attitude towards my mom also improve?

⾼灵: 我来看看他们俩之间的灵魂关系.你妈妈和你爸爸..你妈妈跟你爸爸之间的关系又不⼀样了.他们又是另外⼀种关系了.所以说你想要知道就是说你妈妈如何可以从你爸爸的呢种暴脾⽓当中解脱对不对?

Higher Spirit: I'll observe their spiritual connection. Your mother and your father... Their relationship isn't the same anymore. They have another type of relationship now. That's why you want to know how your mother could be freed from your father's temper, right?

问: 对⾼灵: 好的,我现在帮你搜索⼀下.刚才说你跟你爸爸是⾓⾊互换.然后你妈妈跟你爸爸的关系呢.你妈妈就是你表⾯上看上去是你爸爸在呢个什么,但是你妈妈有⼀点,怎么说呢,就是你爸爸他是把⼼中的怨⽓怒⽕,就是什么不满,他是表现出来的对吧? 你妈妈是属于她⾃⼰内在的⼀些,她是在意念上,她是在情绪上,怎么说呢,刚才我说有的她是浮到⽔⾯上来让你们看到还好解决.但是她是在不浮到⽔⾯上来.就是她是隐藏的⼀种就好像去让你爸发脾⽓,她是隐藏的.所以他们之间⼀个关系和功课,也就是说你妈妈需要你爸爸把这些问题带上来.然后需要他,通过这些,去看到她内在的⼀些症结.

Questioner: For Higher Spirit: Alright, I'll help you search for information now. You mentioned that there's role reversal between you and your father. Then, what about the relationship between your mother and your father? Your mother appears to be like a reflection of your father, but with one detail: she doesn't express her feelings openly as your father does. He shows his grievances and anger, expressing dissatisfaction within him. You see, he projects these emotions outwardly. However, for your mother, her inner feelings are not expressed so much on the surface; they're more subtle, almost hidden. She lets your father channel out his frustrations indirectly by acting out their issues. This dynamic involves a relationship and task that needs to be addressed: essentially, your mother requires your father to bring up these problems in order for him to recognize her inner struggles through this process.

就是说你妈妈内在的⼀些冲突,她通过你爸爸然后展现出来.所以这是他们俩之间的⼀个,好像是他们俩彼此需要去帮助对⽅突破的⼀个点.那如果你跟你爸的关系,因为你的⼀些转变,然后他变得不再发脾⽓.那么你妈妈呢边她需要怎么样才能呢个什么呢? 然后你妈妈呢边是她主动的选择去体验这样⼦的⼀个状态.因为她想要从中去体验,就是体验呢种,怎么说,就好像有的⼈她⽤意念来控制外在的物质.但是感觉她好像她并没有⾏动.但实际上她在⾏动.所以你妈妈想要去体验呢种她表⾯上没有攻击你的⽗亲,但是她内在就是在让你⽗亲抓狂的⼀种状态.所以

What I mean is that your mother's inner conflicts are being played out through your father. This is a point where they both need to help each other break through. If the relationship between you and your father changes due to your transformation, and he stops getting angry, then what would your mother have to do? On her side, she actively chooses to experience this state because she wants to understand it - like someone controlling external material with their thoughts but doesn't seem to be taking action. In reality, though, she is indeed acting on it. Your mother desires to experience that feeling of not directly attacking your father from the surface, yet making him go crazy internally. So

这是他们相互选择的⼀种体验.然后你没有办法去⼲预,或者是帮助,或者是缓解.因为他们都想要体验.

This is an experience they have chosen to share. Then there's nothing you can do to interfere, or help, or alleviate, because they all want this experience.

问: 明⽩了,⾮常感谢.

Questioner: Understood, very grateful.

⾼灵: 还有问题吗?

Higher Spirit: Any more questions?

问: 我想知道我今⽣的天赋与使命.然后怎么样⽤我的天赋去更好的完成我的使命呢?

Questioner: I want to know about my innate abilities and purpose in this life. Then, how should I use my gifts to better accomplish my mission?

⾼灵: 你叫什么名字问: 我叫XXX⾼灵: XXX,你想要知道你的天赋和使命.你的天赋是你可以很好的链接呢种安静的能量.呢种安静的能量很适合去做⼀些特别细致的⼯作,或者是创作.然后就是把这个安静的能量带到这个物质世界当中来,然后让更多的⼈进⼊呢种能量.

Higher Spirit: What is your name? Asking: I am XXX Higher Spirit: XXX, you want to know about your talents and mission. Your talent lies in your ability to connect with this peaceful energy well. This kind of peaceful energy is suitable for doing very meticulous work or creation. Then, bring this peaceful energy into the material world and allow more people to enter such an energy state.

问: 那怎么去完成? 那我的使命呢?

Questioner: But how do I accomplish that? And what about my mission?

⾼灵: 你的使命? ⾸先就是说你们没有任何谁给捏安排的⼯作.这是你们⾃⼰主动去选择想要突破⾃⼰,或者想要去体验.所以这是你们⾃⼰选择的⼀个主题.然后如果你是说你的主题是什么的话,你的灵魂主题是…. 刚刚说到你的天赋就是你可以链接⼀个安静的能量.那么你的主题就是你就体验很多难以让你安静下来的⼀些像外在的⼀些束缚或者困扰或者影响.然后你会体验到⼀系列的对你的影响,让你很难链接呢个安静的能量,进⼊到呢种状态.所以它就会通过⽐如说你的关系,你的爱情,或者你的婚姻,或者你的家庭,或者你的⼯作环境,任何,就是这些外在的.就让你感觉好像是重重,来让你不跟你的呢股⼒量达到链接,明⽩吗?

Higher Spirit: Your mission? First, there's nothing that anyone has assigned for you to work on. This is something that you've chosen to break through yourself or experience in your own initiative. So it's a theme that you yourselves have selected. Then, if we're talking about what your theme might be, the essence of your soul's theme would be... You were just mentioning that your talent lies in connecting with a calming energy. Therefore, your theme is experiencing numerous external constraints or nuisances that prevent you from quieting down. You will encounter a series of influences that make it difficult for you to connect with this peaceful energy and enter into such a state. It would manifest through various aspects like your relationships, love life, marriage, family, work environment, anything external that feels like an obstacle to connecting with your inner power. Do you understand?

问: 它是来阻碍我吗?

Questioner: Is it here to hinder me?

⾼灵: 它不是来阻碍你,它是来加强你.

Spirit: It doesn't come to hinder you; it comes to strengthen you.

问: 然后我通过这些事情让⾃⼰链接的更紧密⼀些?

Questioner: And then I became more closely connected through these things?

⾼灵: 不是更紧密,因为你本⾝就拥有这个链接.只是说让你知道,就好像你为什么要给⾃⼰设置层层的这些关卡? 第⼀它是让你明⽩,⾸先你要明⽩安静的呢种能量状态到底对⼈来说有多重要.因为如果你觉得呢个不重要的话,你可能没有如此⼤的⼀个⼼愿就是去传播你的这个,明⽩我意思吗?

Higher Spirit: Not more closely, because you inherently possess this connection. It's just to let you know, like why do you set up these levels of barriers for yourself? Firstly, it makes you understand how important the state of calmness is for people. Because if you feel that it isn't important, then you might not have such a big desire to spread your understanding, get it?

问: 这是我的灵魂给⾃⼰设置的这个关卡?

Questioner: Is this obstacle set by my soul for myself?

⾼灵: 你⾸先要体验到这个对⼀个⼈来说是多么重要,对不对? 因为你体验了它对你的影响.那你就知道它对⼈来说有多重要.当你知道它对⼀个⼈如此重要,它能提⾼⼈的幸福度或者怎样,你才会有呢个冲劲,你才会有呢个驱动⼒去传播,就是去分享这个安静的能量.明⽩我意思吗? 就好像你们⽤的⼀个⼯具像剑⼀样,你⾸先要把它拉的很长,就是想弹⼸⼀样,就是你把它拉的很强的时候,你的⼒量是不是就越来越⼤,越来越⼤,射的越远.那这股⼒量其实是⼀样的.你体会到了如此多的呢个什么,然后你才能理解到这个对⼈们来说多么重要.所以你才会产⽣呢种想要去到处去传播的呢种使命感.它实际是来加强你的呢种….就⽐如说⼀个⼈,他到处去演讲….

Ethereal Spirit: You need to understand how significant this is for a person, don't you? Because you've experienced its impact on yourself. Only then will you realize just how important it is for people. Once you recognize how vital it is for one individual, and how it can enhance their happiness or in some way, that's when you'll have the motivation, the drive to spread it – to share this peaceful energy. Do you see what I'm saying? Just like using a tool, such as a sword; you first stretch it long, like trying to tune a string instrument. When you pull it tightly, your strength increases gradually, becoming stronger and extending further. This force is similar in nature. Once you've experienced so much of it, then you can comprehend its significance for people. That's when the urge to spread it everywhere arises – that sense of purpose. It actually strengthens your desire... much like a person traveling around speaking on this topic...

就是车,如果你不专⼼开车带来的影响.那他就会⾃⼰给⾃⼰设计去经历⼀次车祸.那他经历了这场车祸过后他就会到处去演讲.你们开车的注意⼒⼀定要怎样.你看我就是这样变残废的,我就是这样变的半⾝不遂的.明⽩我意思吗?

It's about the car, if you don't focus on its effects when driving. Then it will design an accident for itself to experience. After going through this accident, he travels around giving speeches. Drivers, pay attention to your focus like this. See how I became disabled, how I ended up partially paralyzed. Do you understand my meaning?

问: 那就是让⾃⼰更明⽩安静的⼒量有多重要?

Questioner: That's about how crucial the power of quiet is in making oneself more aware?

⾼灵: 是的问: 那如此说来我岂不是这⼀⽣都不会安静下来了? 给⾃⼰设置了这么多关卡.

Higher Spirit: Yes, so does that mean I'll never be able to find inner peace in this lifetime, having set up so many hurdles for myself?

⾼灵: 你们体验呢个就是为了让你后⾯的驱动⼒,就是呢种⼒量,呢种欲望更强烈.所以你不要担⼼问: 那什么时候才能安静下来⾼灵: 什么时候才能安静下来? 这是⼀个逐渐的过程.你不⽤去担⼼.这些体验对你是有益的.因为就好像是⼀朵花它慢慢盛开的⼀个过程.它的种⼦发芽,它这是⾃然⽽然的⼀个过程.所以你不⽤担⼼.你只⽤去坚信你在给⾃⼰这样的⼀个体验是为了以后更好的去服务⼤众.

Higher Spirit: This experience is designed to amplify your subsequent drive; it intensifies the force, the desire within you. Therefore, do not worry about when it will subside. When will it become calm? This is a gradual process; there's no need for concern. These experiences are beneficial to you. Just like how a flower slowly blossoms, its seed sprouting - this is a natural process. So, there's nothing to worry about. You should only trust that this experience is being given to you in preparation for future service to the greater community.

问: 那这朵花我只要静待它开放就可以了是吗⾼灵: 是的.因为你本⾝就是⼀朵花的种⼦,没有什么能够阻碍或者阻挠.它只是来让你加强你的,你⾃⼰给⾃⼰设定的呢个加强的动⼒.

Questioner: So I just need to wait for this flower to bloom? Higher Spirit: Yes, because you are the seed of a flower already, there's nothing that can obstruct or hinder. It simply comes to strengthen your own self-imposed motivation.

问: 我⽣活中也喜欢去⼤⾃然就是⽐较安静的地⽅.这些地⽅会对我有好处吗?

Questioner: I like to go to quiet places in nature in my life. Will these places benefit me?

⾼灵:任何你想要去做的事情,你就是内在有呢个欲望有呢个愿望想要去⾏动的,就去跟随.有好处.因为它不取决于哪⼀种.⽽是说你内在,就⽐如说你⼼⾥⾯特别想要去夜总会,去呢种蹦迪的地⽅,那如果你想去就去.所以跟这个没有关系.⽽是说你内在的呢个冲动和呢个想要去做的呢股,呢个才是最重要的.

Higher Spirit: Whatever you desire to do from within, that impulse or wish to act, follow it because there is benefit in doing so. It does not depend on any particular type but stems from your inner self. For instance, if your heart deeply desires to go to a nightclub or dance club, if you want to go, then go. This has nothing to do with following this advice; rather, it's about listening to and acting upon the impulses and desires that come from within you, which are most important.

# **2021/11/01 — 关于信任Regarding Trust**

⾼灵: 你说吧什么问题问: 第⼀个问题是想问⼈与⼈之间为什么缺乏信任?

Higher Spirit: Ask away about the problem you want to address: The first question I'd like to ask is why there seems to be a lack of trust between people?

⾼灵: ⼈与⼈之间为什么缺乏信任? 你稍等.⾸先,你们要理解什么是信任.因为这种信任不只发⽣于你们⼈和⼈之间,本⾝已经发⽣在你与你⾃⼰,就是你与你的⽣命,你与你⾃⼰…你想⼀下,如果⼀个东西你⾃⼰都没有,你能给别⼈吗? 所以你必须要⾃⼰有了这个,你才能去运⽤它.就好像你⼿上需要⼀个武器,就⽐如说你需要⼀把剑去砍某种东西的话.你需要⼀个⼯具.呢个⼯具没有的话,你如何去运⽤它? 所以说这个⾸先要来⾃于你与你⾃⼰的⼀个关系.就是你先要把这个信任是建⽴于你和你的⽣命之间的关系,你和你⾃⼰.然后这种才会发⽣在其他地⽅.也就好像是说⼀个种⼦它还没有发芽,那它后⾯的开花结果呀,所有的⼀切都不会发⽣.

Higher Spirit: Why is trust lacking between people? Please wait. First, you need to understand what trust is. Because this trust doesn't only occur between humans, it already exists within you—between you and your life, you and yourself... Can you imagine if you don't have something for yourself, could you give it to someone else? Therefore, before you can use it, you must possess the trust yourself. Similar to needing a weapon in hand; for instance, if you need a sword to cut through something, you require an instrument. Without that tool, how can you utilize it? Hence, this trust needs to originate from your relationship with yourself—building trust between you and your life, you and yourself. Only then will this manifest elsewhere. It's akin to saying a seed hasn't sprouted yet; thus, behind its blooming and fruiting, or any other event, everything would remain dormant.

它都还没有从泥⼟⾥⾯冒出来.那它所有的⼀切都不会发⽣.⽐如说,信任像⼀个种⼦.你想⼀下,你说为什么这个苹果树它不结果,它没有苹果或者是这个苹果树还没有呢个什么…就是这个还没有发⽣,你还没有允许.也就是如果是⼀股⼒量的话,你都还没有允许它,那它怎么能影响到外界呢?就是使外界发⽣影响呢?所以你⾸先要知道信任是什么.然后允许它发⽣于在你之内.就是允许它成为你的,然后它才会对外在带来⼀系列的影响.所以说你应该会明⽩我刚刚说的,就是说如果你⾃⼰都没有拥有它,你如何去建⽴和别⼈拥有呢?就是你还不知道这个信任是什么,就是你还没有它.你怎么去给别⼈呢? 怎么去发⽣在别⼈之间呢? 你⾸先要⾃⼰拥有它啊.

It hasn't even emerged from the soil yet. Then none of that will happen. For example, trust is like a seed. Imagine, you say why doesn't this apple tree bear fruit, it has no apples or this apple tree hasn't gotten to... it's just that it hasn't happened, you haven't allowed it. That is to say if it were a force, and you have not allowed it, then how can it affect the outside world? How can it make an impact on the external environment? So you first need to know what trust is. Then allow it to happen within you. Allow it to become yours, and only then will it bring about a series of impacts in the external world. Therefore, you should understand what I just said. That if you yourself do not possess it, how can you build ownership with others? You don't even know what trust is, you don't have it. How can you give it to others? How can it manifest between others? First, you must possess it for yourself.

你都还没有啊.但是这是个⾮常好、⾮常关键和⾮常重要的⼀个问题.就是对你们来说⾮常⾮常的重要.为什么? 因为⼀旦你去通过你产⽣的这个问题,然后你再去认识信任是什么.如果要让它发⽣在我这⾥⾯,我需要做到哪些? 就是我需要成为什么样的状态? 他需要是什么样⼦? 然后等你拥有了它,就是开花结果,你拥有了信任.就是你本⾝就是充满信任的⼈.那你就跟别⼈已经….因为你不能去管别⼈,就是他对你有没有信任,⽽是你对他的信任,对不对? 所以如果你拥有了信任这个武器、⼯具.那么你就拥有了…它不只是这⼀个⼈,你不能说我只信任这⼀个⼈.然后或者是只信任这件事,因为什么什么什么.

You haven't done it yet. But this is a very good and crucial question that's extremely important for you. Why? Because once you understand the problem you're generating and then recognize what trust means. If I were to implement it here, what would I need to do? What state of mind would I need to be in? And how should he be? Then when you have it, which is开花结果, having trust, you are a person who is inherently full of trust. That means you're already trusting others. You're already… because you can't control whether someone else trusts you; it's about your trust in them, right? So if you possess the weapon or tool of trust, then you have something valuable that goes beyond just one person and cannot be limited to trusting only one person or limiting it to a single issue, because why what what what.

因为这是你对⼀切你都是拥有了… 就好像太阳的光,它不会说我只照松树,我不要照花,就是我是有选择性的.你再说问: 那如何建⽴我们⾃⼰和⾃⼰以及和别⼈之间的信任呢?

Because with this, you have everything… just like the light of the sun, it doesn't say I only shine on pines, I don't want to shine on flowers; it's as if I am selective. Now, you ask further: How do we build trust among ourselves and others?

⾼灵: 就像我刚刚说信任如果是个⼯具的话,如果呢个⼯具已经拿到了的话,你就已经拥有了.所以不需要去建⽴.你唯⼀需要的就是说去找到什么让你… 就好像是允许,就好像是⼀⼜井,你找到⽔源过后,⽔源它会涌出.那这个⽔源它可以去任何地⽅.就是这个源头你已经找到的话,你不需要再去学会如何去建⽴你跟这个⼈、跟呢个⼈、跟呢个⼈的信任.你已经是拥有呢个品质的⼈.⽐如说就好像你拥有⼀个品质,对吧? 那⽐如说你就是爱的化⾝.你不需要说我如何去爱别⼈呢? 如果你就是⼀个爱的化⾝,你不需要去问我如何爱狗? 我如何爱猫? 我如何爱⽩⼈? 我如何爱⿊⼈? 因为你不会有这些区别的.

Higher Spirit: Just like if trust was a tool and that tool had been acquired already, then you would have it. Therefore, there is no need to build it up anymore. All you need is to find out what makes… It's like permission or a well, where water gushes out after you've found the source. This source can flow wherever it wishes. Once you find this origin, there's no need to learn how to establish trust with that person, because you're already that kind of person. For instance, if you possess a certain quality like love, then you don't have to ask yourself how to love others? If you embody love, you wouldn't wonder how to love dogs, cats, white people, or black people, as there would be no distinctions for you.

那如果你有了区别,就是如何爱动物、爱植物、爱⽩⼈、爱⿊⼈.你有了这个区别,就说明你还没有拥有爱,你还没有成为爱,你还对它不了解,明⽩吗? 因为真正的信任不是建⽴于外在,就是我是根据外在怎样我选择性的信任.⽽是说你内在达到的⼀种状态.你全然的信任⼀切.这是⼀个状态.就⽐如说你不信任是⼀个状态.我们这⾥有A和B两个不同的房间给你体验.你选择信任是

If you have distinctions, such as how to love animals, plants, white people, and black people, then it means that you still don't possess love, you haven't become love yet, and you're not familiar with it, right? True trust isn't built on the outside; it's not about choosing whom I trust based on their appearance. It's about reaching an inner state where you fully trust everything. This is a condition or state. Not trusting is also a state. We have two different rooms here for you to experience: one where you choose to trust and another where you don't.

在A的房间⾥⾯.A所有的⼀切你都是信任的.你体验的所有的⼀切、经验的⼀切、遇到的⼀切只能是信任.那如果你选择不信任.那你在B⾥⾯你所有的东西都是不信任.那还有⼀个C,就是我选择性信任⼀些东西.就是被⼈让我信任我就信任,别⼈不让我信任我就不信任.那么你就是在C⾥⾯,就是永远都是在选择当中.这三种是不同的⼀个状态,明⽩吗?然后能进⼊ABC这三个不同房间,是你⾃⼰的⼀个成长的状态.就好像你们有三颗不同的种⼦, 你能reach到哪个level这是你内在发⽣的⼀些变化.那你reach哪个level你就去体验哪⼀个.你明⽩我的意思吗?

In A's room, everything about A that you trust encompasses all your experiences, encounters, and every experience. If you choose not to trust, in B, everything about you becomes untrusted. There is also C, where I selectively trust certain things; I trust if someone allows me to, but do not trust otherwise. You are thus within the realm of choice always. These three represent different states, right? Accessing these A, B, and C rooms is part of your personal growth state. It's like having three distinct seeds; which level you reach reflects inner transformations that occur in you. The level you reach determines which experience you engage with. Do you understand my meaning?

所以当你是在信任的⼀个⾥⾯,你不可能去体验: 啊,我要有选择性的去体验.厄,就是我不信任.因为这是完全不同的⼀个状态.你只能体验其中⼀个,明⽩吗? 但是你们是可以是转化的.就是说之前我在B的不信任的房间⾥体验了,然后慢慢慢慢我再转到选择性的信任房间体验,然后我再转到完全信任的⼀个状态体验.那我三个状态我都体验了我才知道这种全然信任才是我真正想要体验的.呢才是我.明⽩我意思吗? 你继续问.

So when you are in a trusted environment, you cannot experience something like this: "I want to selectively experience things." Oh, it's because I don't trust. Because that is a completely different state. You can only experience one of them, right? But you can transition. For instance, before I was experiencing in Room B where there wasn't trust, and then gradually I moved to the room with selective trust, and then I moved to the room with complete trust. I experienced all three states before I realized that total trust is what I truly want to experience. That's who I am. Do you understand me? Keep asking.

问: ⼈只考虑⾃⼰,活在⾃⼰的世界⾥这样对吗?

Questioner: Is it right for a person to only consider themselves and live in their own world?

⾼灵: ⼈只考虑⾃⼰,活在⾃⼰的世界⾥这样对吗? 这又是⼀个关于个⼈意识的⼀个问题.就是说因为所有体验没有对和不对.就好像我刚刚说的这三个房间.你每个房间都体验了你才知道你是谁,对不对? 所以它每⼀个房间它都有它的价值和意义存在,就是它都可以帮助你.那⼈只考虑⾃⼰.你先不说他对不对,你⾄少去体验了什么叫只考虑⾃⼰的⼀个状态,对吧? 那什么叫只考虑他⼈不考虑⾃⼰的⼀个状态,对吧? 然后我再体验到⼀个我和他⼈没有区别,当我在考虑他⼈的时候实际上我⾃⼰已经受益了.那我在考虑⾃⼰的时候他⼈也受益了.因为你们都是密不可分的.当你意识到你们本⾝都是⼀体的话,你便不会去分类、分界.

Higher Spirit: Is it alright for a person to only consider themselves and live in their own world? This is another question about personal consciousness. That is, because all experiences have no right or wrong; just like the three rooms I mentioned earlier. You can only know who you are by experiencing each room, right? So, every room has its value and existence, as it can help you. But a person only considers themselves first. Regardless of whether this is right or wrong, at least they have experienced what it means to only consider oneself, haven't they? Then, what does it mean to consider others without considering oneself, hasn't that been asked yet? Afterwards, I experience a state where there's no difference between me and others; when I'm considering others, I'm actually benefiting myself. And when I'm considering myself, others also benefit because you are all interconnected. When you realize that you are all one entity, then you won't classify or separate things.

就觉得我这样做只是考虑⾃⼰,我这样做只是在考虑什么什么的.因为你知道这是同⼀件事.你们的头脑只是⽤不同的定义,就是关注于这个相,不同的定义.头脑才会分别这个是怎样,那个是怎样.然后给它分类,给它贴标签.所以这还是⼀个认知问题.因为这⾥没有我来告诉你这个是对的你要这么做,呢个是错的你不要按照呢个做.你们不是来听从的.你们不是来就好像只是服从、傀儡之类的.你们最最最最重要的是成为.所以当你真正的意识到所有的关系、状态其实是⼀个整体的时候,你的头脑中变不会出现这些归类、分类和判断,就是错和对.你只有就是说成为.你继续问问: ⼯作中如何让团队可以齐⼼协⼒?

I feel like I'm just thinking about myself when I do this, that I'm just considering various things. Because you see, it's the same thing. Your minds are just using different definitions, focusing on this aspect, with different definitions. That's how your mind distinguishes one from another and categorizes them, labeling them accordingly. So, it's still a cognitive issue because there isn't someone telling you that this is right and you should do it like this; nor is there a wrong way that you shouldn't follow. You're not here to obey or be puppets. The most crucial thing for you is to become something. Therefore, when you truly realize that all relationships and states are actually one whole, your mind won't have the concept of categorizing, classifying, and judging right and wrong. Instead, you'll only focus on becoming. So, how can we ensure teamwork within a company?

⾼灵: ⼯作中如何让团队可以齐⼼协⼒? ⾸先,你要了解就是齐⼼协⼒,你们所有⼈都有⼀个共同的⽅向和共同的⽬标.那你⾸先要找到让⼈们⾃⼰去发现他跟这个⽬标是什么关系? 明⽩吗? 如果你都让他觉得他跟这个⽬标没有关系或者这个⽬标有没有不重要.就这⼀层关系,就这么简单.你只要从你的⾏为和你们⾃⼰在相处的过程中让他意识到你们的共同⽬标对他来说意味着什么.为什么我们团队不能缺少你? 为什么离开你这个团队就不能运作? 为什么你是⽆可代替的,你是独⼀⽆⼆的? 你要去找到这样的关系.为什么⾮他不可? 为什么?因为他⾃⼰可能都不知道.他⾃⼰都不知道我到底… 他可能想着给我付⼯资.

Higher Spirit: How to ensure teamwork cohesion in the workplace? First and foremost, you need to understand that for cohesive teamwork, everyone must have a shared direction and common goals. Your primary task is to enable individuals to discover their relevance to this goal. Can you see how simple it is? If they feel disconnected from the goal or believe it isn't relevant, or if they don't consider it important—this is essentially the crux of the matter. All you need to do is ensure that through your actions and interactions with others, everyone realizes the significance of your common objective for them. Why can't we afford to miss out on someone like you? Why would the team not function properly without you? Why are you irreplaceable; why are you unique? You have to establish this kind of relationship—why is he indispensable? And why?

The reason might be something they themselves may not even be aware of. They might be thinking about being paid a salary for their work.

你们命运当中经历的⼀切,如果带到了呢⾥,那⼀定有它就是必不可少的.如果你是个领导者,⾸先你⾃⼰要意识到他为什么不可以缺少? 他为什么对你们如此重要? 为什么他不是随随便便⼀个⼈能替代的? 为什么只能是他? 如果你是个领导的话你⾃⼰都不明⽩,如果你都不明⽩的事情,你都不相信的事情,你怎么能让他来相信? 如果你都不明⽩的话,你怎么想要把你不明

Everything you've experienced in your destiny, if it brings you here, must be essential. If you're a leader, first you need to realize why it's indispensable? Why is it so crucial for you? Why can't just anyone replace him? Why has to be him? If you're a leader and you don't understand this, if you can't comprehend something you cannot trust, how can you expect others to believe in what you don't even understand yourself? If you don't understand, how can you hope to make sense of what you don't know?

⽩的交给别⼈? 你只能交给你明⽩的东西对不对? 你连你⾃⼰都搞不清楚搞不明⽩,那你能给别⼈什么? 那如果你都不相信这事实,因为你想⼀下,你们⼯作,⼯作是什么? ⼯作就是⽤你们的意识、意念、能量来创造⼀个相.⼀个在物质世界让你们看得见、摸得着的⼀个关系.呢个东西是你们这个团队⽤你们共同的意念、意识去创造出来的结果,对不对? 那如果你们的结果是分裂的,是障碍的,是痛苦的,那也是因为你们内在都拥有这些.所以你能明⽩这⼀层关系吗? 如果你能理解你们物质世界经历的⼀切它是怎么形成的,就如果你连它是怎么形成的你都不知道,你还想去解决它,处理它? 你还想去改变它? 不可能.

White to others? You can only hand over things you understand, right? If you can't even sort out or figure out your own stuff, what can you give to others? And if you don't believe in this fact because you think about it - your work, what is work? Work is using your consciousness, intentions, energy to create a form. A relationship that you see and touch in the physical world. That thing is created by your team using your collective consciousness and awareness, right? If the result of your effort is divided, obstructed, or painful, it's because these are all within you. Can you understand this layer of relationship? If you can comprehend how everything in your material world was formed, if you don't even know how it forms yet you try to solve it, manage it, or change it, then it's impossible.

所以你⾸先要知道你们产⽣的结果是来⾃于哪⾥.那如果你知道你们产⽣的结果是来⾃于哪⾥,你就能知道你从哪⾥去制造这个相呈现在这个世界⾥⾯对不对? 那你才能通过这个相看出来我们内在,就是我们的意念,我们的意识的⼀个问题在哪⾥对不对? 那你在根据这些问题你在去,就像对症下药⼀样.你才会有⽅向去疏导,去处理.不然的话你⾃⼰都是稀⾥糊涂,你觉得你以为你知道.那你只能创造⼀个就是在呢个相⾥⾯的旋涡⾥绕来绕去.其实没有做出来什么特别的东西.所以你要有很敏锐…你要有很强的觉察能⼒.就是能看清事情的本质的能⼒.那你能知道这个⼈为什么他跟我们的⽬标有联系,是什么关系,为什么⾮他不可?

So the first thing you need to understand is where your results are coming from. If you know where your results come from, you can then determine how to create this manifestation in the world, right? You would then be able to see through this form and identify an issue within us, specifically our thoughts and consciousness, doesn't it? Then, based on these issues, you would address them like diagnosing and treating a condition. This is when you have direction for疏导 and handling 处理. Otherwise, you're just confused thinking you know what you think you know, resulting in only creating a whirlwind within that form without producing anything special. Therefore, you need to be very perceptive and possess strong awareness—the ability to see the essence of things. You must understand why this person is connected to our goals, their relationship, and why they are indispensable?

如果你能找到这层关系的话,然后就是你相信了对吧?因为你如果不相信你是不可能做后⾯任何的⼯作的,就是都建⽴不起来的.因为你⾸先都不相信了,后⾯就是都不相信了.就是你选择了进⼊不相信的体验⾥⾯去,创造不相信的结果.所以⾸先你必须相信.相信过后你必须要让他看到.让他看到他可能还会不确定.那么你需要⼀步⼀步的在你们的⼯作和交往过程中让他来确定.因为你要知道你不是dealwith⼀个⼈,你不只是在跟他⼀个⼈⼯作.你还要跟他的⼤脑.他有可能连他的⼤脑怎么控制怎么⼯作他⾃⼰都不知道对不对?因为他有可能是⽆意识运作的呀.那他有可能⼤脑⾥⾯持有什么观念什么什么的.所以这需要是⼀个过程.

If you can identify this relationship, then you have faith, right? Because without faith, it's impossible to proceed with any subsequent work; nothing can be built upon that foundation. First, you need to believe, and then you must make them see the results. They might still be unsure, so you'll need to demonstrate step-by-step throughout your interactions, ensuring that they confirm their understanding as you go along in your work together. You're not just dealing with a person; this involves working alongside their consciousness - potentially subconscious processes within their brain. He might not even know how his own brain operates or controls things, given the possibility of unconscious functioning and underlying beliefs shaping his thought process.

然后这个过程最重要的是你坚定不移的⼀个信念.然后慢慢把他也拉进你的实相,你的信念.这就是为什么你们物质世界需要时间.因为你们真的需要时间去体验.你们就是需要在物质世界慢慢的体验,这是⼀个过程.但是每⼀个过程都是需要的.那就是说在每⼀个过程当中你必须都是充满觉知,就是你⾃⼰很清楚.⽽不被他影响.因为你们⼈之间会互相影响的,明⽩吗?如果他是⽆意识运作的或者他只注重这个相,那你很快又被他影响了.那你又加⼊到他的相⾥⾯.你就很难再影响到他⼈了.那这个过程不只是你在帮别⼈成长,这也是你⾃⼰的⾃我成长的⼀个过程.⾮常的有意义.所以你们物质世界是⼀个⾮常⾮常有意义的体验.

The most crucial part of this process is your unwavering belief. Gradually, you bring him into your reality, your belief. This is why it takes time for you to experience things in the material world. You really need time to experience as you slowly immerse yourself in it; it's a process. But every process requires time. That means during each process, you must be fully aware of yourself without being influenced by others because people affect one another. If he operates unconsciously or focuses solely on the appearance, you will be influenced quickly and join his realm again. It becomes hard for you to influence others anymore. This process is not just about helping someone grow; it's also your own self-growth process, which is very meaningful. Therefore, your material world offers a highly significant experience.

因为你们从这些当中你们会去领悟到你不是⼀个⼈.⽽且你在帮别⼈不断的进步或者领悟或者成长的过程你也在不断的体验.所以永远都不可能只是被动受益.你也会从中受益.你继续问.

Because from these you will realize that you are not alone, and in the process of helping others continuously improve or understand or grow, you are also experiencing it, so it's never just passive benefit; you will also gain from it. Continue asking.

问: 如何让⼈在⼯作中更加有责任感?

How can we make people more responsible at work?

⾼灵: 如何让⼈更加有责任感? 就像我刚刚说的呢个,就是你⾸先要让他意识到他跟你的⽬标是什么关系…如何让⼈有责任感,就是说如果他觉得他的⼀些⾏为或者他的想法他的任何事情不会对这个物质世界造成任何影响或者任何伤害或者任何什么的话,那他是不是就可以为所欲为了? 那如果你让他意识到他的某⼀些⾏为或者想法会造成翻天覆地的变化,那他是不是就会注意到他⾃⼰的⼀些…明⽩吗? 因为你们⼈之所以缺少呢种…你所谓的责任感,我们其实不能说是责任感,我们是说能量的影响.

Higher Spirit: How to make people more responsible? Just as I mentioned earlier, it's about making them aware of their relationship with your goals... how can you instill responsibility in someone if they feel that their actions or thoughts have no impact on the physical world or cause any harm or consequence? Would they then be able to do whatever they want without considering the outcomes? But if you make them realize that certain actions or thoughts could bring about drastic changes, wouldn't they start paying attention to their own... get it? Because humans are lacking in this kind of... what you call responsibility, which we can't actually call it as such; instead, we refer to it as energy impact.

就是如果你没有意识到你⾃⼰头脑⾥⾯的想法会给物质世界、给他⼈或者给⾃⼰带来的影响,你都没有意识到的话,那你就是在⽆意识的⾏为当中,你当然就会去做⼀些⽆意识的⾏为、⾏动了.那如果当你知道你是有觉知的.你是知道我的这个想法,我的这句话会引起什么样⼦的⼀个结果、后果的话.那他⾃然⽽然就会注重…就是我只会去创造⼀些我想要体验的,⽽不是⽆意识的去创造⼀些我不想要体验的.这有回到了还是你们⼈类对⾃我认识的基础上⾯.因为⼈类还没有意识到就是⾃⼰的意识活动也好,就是⾃⼰的⼀切,它会给⾃⼰、家⼈还有这个世界带来影响.因为你们每⼀个⼈都在影响这个世界.只是你们不觉得,你们不知道⽽已.你们是⽆意识的.

If you are unaware of how your thoughts within yourself affect the physical world, others, or yourself, if you do not realize this, then you are acting in a state of unconsciousness, and naturally perform unconscious actions. If you know that you are conscious; you know that my thought, my words provoke what kind of result, consequence; then he will naturally pay attention... I only create what I want to experience, rather than unconsciously create what I don't want to experience. This returns to the fundamental aspect of self-awareness among humans. Because humans have not realized that their mental activities or everything about themselves can influence themselves, their families, and the world. Each one of you is influencing this world. It's just that you don't feel it; you are unaware of it. You act unconsciously.

你想⼀下⼀个流浪汉他躺在街上.然后你如果让他意识到他的所有moving,就是我的⼀个念头,我的⼀个⾏动,我的能量会影响到整个世界.你觉得他还会再去做⼀个流浪汉吗?他会马上⾏动起来.所以说去重视或者去意识到⾃⼰所做的⼀切,或者所思所想….他的⼀个状态跟这个世界的关系,跟这个整体的关系.因为为什么?因为你们⼈类都把⾃⼰当成是⾃⼰,就是你⾃⼰你就是你.但是你想⼀下你们整个⼈类,整个地球就好像是⼀个拼图.然后这个拼图有⼗个模块.然后你们每⼀个⼈都是其中的⼀块.因为我把它缩⼩到⼗个模块嘛.但是你就是属于呢个⼗个模块当中的⼀块.然后你的每⼀个动作,就是你要是缺了,少了,歪了都会让这个不完整.

You ponder the plight of a homeless man lying on the street. Then you realize that every movement he makes, every action I take, and my energy affects the entire world. Would this knowledge make him continue to be a homeless person? No, it would motivate him into immediate action. This is why it's crucial to recognize the impact of your actions, thoughts, or states - their relationship with the world, the whole picture. You see, humans tend to perceive themselves as singular entities: you're just you. But consider humanity and our planet Earth like a jigsaw puzzle, made up of ten distinct pieces. Each one of us is a piece that contributes to this grand puzzle, albeit only part of it being reduced to these ten modules. However, remember, each of your actions matters; they can make the puzzle incomplete if not aligned properly.

那从这个⼤的⾯相来看,那你如何可以把它带到家庭⾥⾯?就是你让这个⼈意识到他对这个家庭的影响,缺他不可,⽆可替代.那再回到⼀个组织⾥⾯,就是⼀个团队⾥⾯,⼀个公司⾥⾯.为什么是他?那你让他意识到为什么他不可缺少.那再到⼀个就是这样⼦⼀步⼀步的.这样他就会知道他们之间的⼀个关系.但是你可以先去注意到你⾃⼰与这个整体的关系.因为当你明⽩了你⾃⼰与这个整体的关系,就好像你的updown,你的波动、浮动如何,就是你的转化都直接影响到这个世界.那你开始去注意到这个的时候,你⾃⼰都开始有责任感了.这就是⾃发性的,明⽩吗?你就会觉得我们世界上站在跟我有关系.我们世界上的瘟疫跟我有关系.

From this large perspective, how can you bring it into your family? It's about making that person realize their impact on the family, recognizing that they are indispensable and irreplaceable. Then, when we return to an organizational setting, within a team, or in a company. Why is it them? Make them understand why they are essential. This progresses step by step like this, allowing them to comprehend the relationship between individuals. But you can start by observing your own connection with the whole. Because understanding your relationship with the whole is akin to recognizing how your ups and downs affect the world; they directly influence its transformation. When you begin to notice this, you start taking responsibility for it. This is spontaneous awareness, do you understand? You come to realize that we share this planet with others who are connected to me. The plagues on our planet are connected to us.

我们世界的不快乐就是外在的,跟我有关系.你就会把⼀切放在你的内在.然后从你的转变然后转变了整个世界.所以你必须要通过你⾃⼰,你先去领悟到有这层关系.去通过你⾃⼰的路线,体验,⼀切,发现到你跟这⼀切的关系过后,你才能去帮别⼈看到.如果你连你⾃⼰跟这个⼀和⼀切的关系,你⾃⼰都不知道.你如何去帮别⼈发现呢?那如果你都没有看到的话,那你也会成为⼀个就好像是⽆所欲为,也不会如此⾼强度的就是我关系着整个众⽣或者整个地球或者整个什么什么的.所以从刚才的前⼏个的问题当中你有没有发现⼀个问题就是所有的外在的⼀切问题都回到你内⾥.信任问题,责任问题,认知问题,各个各个都是在你内⾥,明⽩吗?所以外在没有问题.⽽且当你内在的所有问题通过你

The unhappiness in our world is external and related to me; you would put everything inside yourself. Then through your transformation, the whole world transforms. So you must go through yourself first, understanding that there is this connection. Experience everything through your own path, discovering your relationship with all of it, before you can help others see. If you don't even understand your own relationship to that 'one' and everything, how can you help others discover it? And if you haven't seen it yourself, you would also become like someone who does nothing, unable to achieve such a high level of being connected to all beings or the entire Earth or whatever else. So from the previous questions, have you noticed that every external issue comes back to your inner self? Issues of trust, responsibility, and cognition are all within you; do you understand this? Thus, there is no problem externally, and when you address all the issues internally through yourself,

⾃⼰的路都得到了呢个什么之后,你才能去影响到别⼈和你⼀样.问: 如何让⼈类更加有凝聚⼒?

Only after you have obtained your own sense of something, can you influence others to be the same as you. If we were to ask, "How do humans become more cohesive?"

⾼灵: 如何让⼈类更加有凝聚⼒? 然后这个问题其实跟才就是你们其实还不明⽩⼀切.因为你们⼈还是把⾃⼰当成⾃⼰.就是我⾃⼰是⾃⼰,这个世界是这个世界,呢个⼈是呢个⼈.你们是看成这样的关系.那如果让你意识到,就好像⼀个⼩朋友他都来没有听过课和讲解去认识这个世界,他肯定就是不知道的呀.那如果通过我们对你的⼀些指引、引导,让你有⼀个更⼴的⾓度⽆看待问题.那你把这个意识植⼊到你的观察当中的话,那你就会带着这个⾓度去看.你们的⼤脑需要⼀个接受和成为的过程.那你在带着这个,想: 啊就是,因为我体验的就是他们说的呀.那当你达到了呢个过程过后,你就会慢慢成为呢样⼦的⼀个状态.

Translation:

Higher Spirit: How to increase human cohesion? Actually, this question is something that you still don't understand completely. Because people tend to see themselves as separate entities. I am myself, the world is the world, and each person is just that individual. This is how you perceive relationships. But if you were to realize that, like a child who has never heard of or been taught about the world, they wouldn't know anything. If we guide and lead you with our insights, allowing you to view issues from a broader perspective, then by incorporating this awareness into your observations, you will naturally see through this lens. Your brain requires an acceptance and assimilation process. When you adopt this mindset, thinking: "Because what I experience is as they say." Once you reach that stage, you'll gradually evolve into that state.

也就是说当你们每个⼈都逐渐的达到呢样的⼀个状态的话,你们就是⼀样的⼀个状态.所以这又是⼀个成为的过程.

That is to say, when each of you gradually reaches such a state, you are all in the same state. So this is another process of becoming.

问: 最好的企业⽂化是什么?

Questioner: What constitutes the best corporate culture?

⾼灵: 最好的企业⽂化是什么? 然后这个每个企业就好像是每个家庭⼀样,就好像是每⼀个⼈⼀样,它有不同的风格.它有不同的像个⼈魅⼒⼀样的.我觉得这⾥没有最好的.⽐如你的性格⽐较温柔,她的性格⽐较强悍,那哪个最好? 他都有他的特质.就好像你是说苹果跟桔⼦哪个最好? 它都有它好的⼀⾯.它都有它个⼈的⼀个特⾊.因为你企业就是其实呈现的就是你个⼈的⼀些,就⽐如说你的⼀个宗旨,你怎么理解这个世界,你是什么样的⼀个⼈格魅⼒.企业呈现的也就像这样⼀样.那这⾥最好的企业⽂化是,你通过你的企业你让他看到了他和他⾃⼰的关系,他和企业的关系.然后他和这个世界的关系.就是通过在你的企业⾥去成长或者是去体验.

High Intelligence: What is the best corporate culture? Then each enterprise is like each family and each individual, with different styles and unique personalities. I don't believe there's a definitive 'best.' For example, if one person is gentle and another is more assertive, which is better? Each has their own traits. It's akin to asking whether apples or oranges are better; both have their good sides and unique characteristics. Your enterprise essentially reflects your individuality – like your philosophy on life, how you perceive the world, and your personality charisma. The culture of a business mirrors this as well.

The best corporate culture here is one that allows individuals to see their relationship with themselves, with the company, and with the world through their growth or experience within the enterprise.

那⼀个过程,就是好像是⼀个镜⼦⼀样,你让他看到了也让他展现了他真正的…就⽐如说⼈家是⽔⾥的⽔草,那你会有⽔给他让他成长.那如果他是沙漠⾥的植物,你会有沙漠给他成长.所以并不是你把所有⼈都变成⽔草.你会滋养万物呢种状态⼀样.就是不管他是什么样的种⼦,然后你都有相应的温度、⼟壤给他然后让他成长,让他成为他本来的样⼦.就好像你这是⼀块⼟地对不对?那你说最好的⼟壤是什么?那你说最好的

That process is like a mirror that reflects and reveals their true selves. For instance, if someone is underwater plants, you would provide water for their growth. If they are desert plants, you would offer the desert environment for their development. It's not about transforming everyone into underwater plants; it's akin to nurturing all things equally. No matter what kind of seed they are, you supply them with appropriate conditions—like temperature and soil—to help them grow into exactly who they are supposed to be. Isn't this like having a piece of land? If we ask for the best kind of soil, then what would that be? And what about the best...

⼟壤是这种,那这种它并不适合沙漠的植物呀.你说养分⾼了,它只适合⼀些呀.那最好的企业是什么? 你就像是造物主⼀样,你就像是地球⼀样.我现在想到如何形容了,最好的企业就像是地球⼀样.就是像地球⼀样它可以让不同的植物、动物达到⼀个平衡的状态.它都可以就是给他他所需要的.这就是最好的企业.

The soil is like this; however, such a type of soil doesn't suit desert plants. You say that with high nutrients, it's only suitable for certain types. The best company would be like that? It would be akin to the creator or the earth itself. I'm now figuring out how to describe it: the best company is like the earth. It allows various plants and animals to reach a state of equilibrium; it fulfills their needs. This is what defines the best enterprise.

问: 家庭和社会的关系是怎样的呢?

Questioner: What is the relationship between families and society?

⾼灵: 家庭和社会的关系是怎样的呢? 你们⾃⼰在你们的⽣活当中都能看到,就是家庭和社会的关系是什么样⼦的.所以说如果你真的是要问它们之间的关系是什么样⼦的话,你们才是最好的回答者.因为你们到处都可以看到家庭和社会的关系.从新闻上、⽹上、报纸上、还有你们现实⽣活当中你都可以看到这层关系.如果你充满观察的…就是我想要去观察这层关系.所以你这个问题你⾃⼰在⽣活当中就可以去找到,明⽩吗?

Higher Spirit: How are the relationships between families and society? You can see this dynamic in your own lives. Therefore, if you genuinely want to understand what these relationships look like, you are the best ones to provide answers because you have constant access to them everywhere. Whether through news, online platforms, newspapers, or real-life experiences, the relationship between families and society is visible all around. If you pay close attention… I wish to observe this relationship closely. Hence, within your daily life, you can find the answer yourself, do you understand?

问: 社会和政府的关系是什么呢?

Questioner: What is the relationship between society and government?

⾼灵:社会和政府的关系.你们不同的区域有不同的社会,不同的社会有不同的政府.所以你们⾃⼰可以从你们的⽣活当中去看到所有的关系.因为你看到过后,它跟你内在发⽣了什么才是最重要的.它会把你带领到哪⾥才是最重要的.它引发出你内在什么关系才是最重要的.所以如果你只是说想要看看它们之间的联系,它们之间的关系.你任何,你打开⽹络、打开报纸、打开任何⼀切你都可以看到这些.你需要就是说,⽐如说你⾃⼰看到了它们之间的联系.然后你头脑⾥⾯产⽣了疑问.然后你再来跟我提问.你再来说为什么社会和政府之间会有冲突,或者会有怎样怎样.所以当你头脑⾥⾯产⽣了问题,才更适合来这⾥找到⼀个观点来供⾃⼰从更⼴的⾓度来看.

Higher Spirit: The relationship between society and government. Different regions have different societies, and different societies have different governments. So you can see all the relationships in your own life. What matters most is not just observing them; it's what they bring to your inner self that matters most. It's where they lead you that matters most. And it's the inner relationship they trigger that matters most. Therefore, if you simply want to observe their connections and relationships, you can see all of these through any medium: online, in newspapers, or any other source. What's important is not just passive observation; it's when your mind generates questions after seeing these dynamics. Then you come to me with those questions. You ask why there are conflicts between society and government, or how they interact in certain ways. So the key is that when your mind starts generating its own questions based on what you've observed, this leads to a deeper inquiry that can provide insights from broader perspectives.

那如果你只是想要⼀个评论的话,我们不发表任何评论.因为评论只适⽤于你们⾃⼰.⽽且呢个是来⾃于你们的.每⼀个⼈都不⼀样.然后最重要的,也不是我们关注的.为什么?我们不会去关注你们社会上发⽣了什么?或者社会上如何分裂,如何什么什么.我们最关注的就是说我们如何可以去带领你们去突破你们的点.就是在你们需要的时候给你⼀个镜⼦让你看到,哇原来这样.就是这样⼦的.因为对于我们来说所有的⼀切都是幻像.然后所有的⼀切它都是在不断不断不断变化的.所以你⼀个不断不断在变化的东西,你如何… 就好像你看到了⼀个千变万化,不断在转化的… 然后你说刚才呢个什么相是什么什么,然后我们坐在这评论.那我们评论什么?

If you just want a comment, we don't make any comments because comments are only applicable to you and come from you. Each person is different, and most importantly, it's not something we care about. Why? We wouldn't care about what happens in your society or how it divides, whatever. What we're most concerned with is how we can lead you to break through your barriers when you need it. It's like showing you a mirror so you see, oh wow, this is the way it is. Because for us, everything is an illusion. Everything is constantly changing. So if something is continuously changing, how do you… Like seeing something that keeps transforming and evolving constantly, then you ask about what was just now or what the previous state was, and we comment on it while sitting here. But why would we comment on that?

呢个相已经不见了呀.那如果你在继续深⼊的去评论这个相的时候,我们俩又在制造这个相了,明⽩我意思吗?你又在制造这个相给你体验了.所以它评论的价值和意义在哪⾥?所以如果你能知道这层关系过后,你以后也不会去对以前任何发⽣经历的⼀切,再执着于去描述这件事情或者怎么样怎么样.你不会再去执着于描述这些事情.它就像是千变万化的画⾯当中的⼀个画⾯,⼀下⼦就转变.你又把它给拿出来然后再体验⼀遍.你就会觉得这种游戏很⽆聊,我不会再玩了.明⽩吗?那别⼈再玩的话,是他们还需要呢个过程.他们还在成长当中,他们还在体验当中.所以他们玩的不亦乐乎.但是这个不亦乐乎的过程对他们也很重要,也是他们需要经历的,对不对?

That image is already gone. So if you continue to delve into commenting on that image, we are both creating that image again. Do you understand my meaning? You are creating the experience of that image for yourself. So where is the value and significance of such comments? Therefore, after understanding this relationship, in the future, you will not be fixated on describing or recounting past experiences, nor will you hold onto describing these things. It's like taking a scene from an ever-changing picture and experiencing it all over again. You'll find the game very boring and decide to stop playing. Do you see what I mean? When others continue to play, they need that process. They are still growing and experiencing. So they enjoy it immensely. However, this enjoyment is also important for them and part of their journey, isn't it?

那哪怕他们在做⽆聊的游戏,对我来说我也不予以任何评论.我并不说你看他们好傻啊,他们意识程度好低啊.所有的事情对他们呢个阶段都是有意义和有价值.

That's right, even if they are playing boring games, I won't comment on it. I wouldn't say, "Look how silly they are," or "How low their consciousness is." Everything for them at that stage has meaning and value.

问: 我想问我的⾼灵和指导灵有没有什么别的信息要带给我呢?

Questioner: I wonder if my high guides and my guides have any other messages they wish to bring forth for me?

⾼灵:今天的所有信息都是带给你的呀.因为这些所有的⼀个观点,它都会…就像是⼀个全新的你.就好像你之前,你⾥⾯的程序是这套程序.如果这些观念,就是我刚刚讲的这些点全部成为你的话,就是有⼀句话叫做知⾏合⼀.就是你不只是知道,⽽且你在⽣活中去发现,充满觉知去运⽤,去成为过后,你就是完完全全另外的⼀个程序建造的了,明⽩我意思吗? 以前的呢个旧的你跟你⼀点关系都没有了.

Higher Spirit: All the information today is for you. Because with this viewpoint of all these things, it becomes…like a new you. It's like your previous self, where your program was that system. If these ideas, which I just mentioned, become you, there's a phrase called "knowing and doing合一". You're not just aware, but you discover in your life, filled with awareness, applying it, becoming after that, completely another programmed entity, understand? Your old self is no longer relevant to you.

问: 最后⼀个问题就是我现在⽐如说我昨天就⼀直在想什么是信任.然后今天这个⼥孩⼦通灵的主题就是信任.那这个是不是也是⼀种同步性呢?

Questioner: The last question is that I've been thinking about trust ever since yesterday. Then, the theme of this girl's spirit communication today is also about trust. Is this also a kind of synchronicity?

⾼灵: 当你们越来越多注意到你⽣活当中发⽣了什么事情.因为很多⼈他其实都是⽆意识的⾏为.他没有注意到,他只是觉得呢只是随机的事件.他没有关注这些.他只是把⾃⼰关注到我的⽣活好惨呀,我好烦恼呀.他只关注了这些了.那他当然也会呢个什么.为什么你们会,⽐如说这个⼥孩⼦还有你,你们都关注到⼀些同步性了.为什么你们会看到背后呢个同步性关系呢? 因为你们体验的就是这个.就是⽐如说你相信你觉得所有的⼀切都是同步性的.你所有的信息…你就会朝这个同步性去看,然后你体验的都是⼀系列的同步性.这就是你的意识程度在关⼼哪个点,你们就体验什么.那如果刚才像我说的有些⼈是⽆意识运作,他只是关注他⽣活中的⿇烦.

Higher Spirit: As you pay more attention to what's happening in your lives, because many people are unconscious of their actions; they don't notice and just see them as random events without concern. They focus only on how their life is suffering or how troubled they feel. If this happens, it's natural for individuals like you both who have noticed synchronicities. Why do you perceive the underlying relationships through these coincidences? Because this experience resonates with your belief that everything is connected by synchronicity - all the information you receive, which guides your focus on a series of coincidental events. Your awareness directs what you experience: if someone operates unconsciously and focuses only on their life's troubles, they would naturally see those as central to their perception.

那他突然⼀天变成不关注⿇烦了,我只关注⽣命中的同步性.那他也会发现,哇这么多同步性.明⽩我意思了吗? 就好像你们所有⼈都在⽤⼀个放⼤镜在池塘⾥⾯找东西,你是在找贝壳,他是在找虾,他是在找鱼.因为你的意识会忽略你不找的东西,明⽩吗? 那它会焦距于你在寻找的东西上⾯.你说我的⽬标我就是找贝壳.或者有的⼈在⽔⾥找⾦⼦,找⽯头,找⽔草.那你就会不断不断的去制造这些.

Then one day he suddenly stops worrying about it and focuses only on synchronicity in his life. He'll notice too, how many coincidences there are. Do you understand me? It's like everyone is using a magnifying glass to find things at the bottom of a pond - some are looking for shells, others for shrimp, still others for fish. Your mind focuses on what you're actually searching for, right? So it hones in on that. If your goal is finding shells, then that's all you'll keep finding. Or if someone else is searching for gold at the bottom of the water, or rocks, or underwater plants, then that's what they will constantly find themselves coming across too.

问: 就是之前我看这位⼥⼠的通灵信息,她说⾝体上的病痛都有⼀个与之相对应的负⾯的信念.然后我⾃⼰⼀个是左脚七⼋年前滑雪扭到过.但是这么多年都没有完全痊愈,⾛路多了都会痛.还有就是⼏乎每个⽉都会痛经,⽽且下巴会长痘…⾼灵: 你知道你最⼤的问题不是你⾝体的问题,你知道是什么吗? 是你现在还没有⼀个⽬标给你去追寻,给你去体验.你还没有⼀个⾃⼰特别激情做的事情.你们⾃⼰就会有呢种体验.当你全⾝⼼的投⼊的做某件事的时候,你⾝体的⽑病都⾛了.你们⾃⼰就会有这样的体验,明⽩我意思吗?

Questioner: Previously, I read about this woman's spiritual information. She said that every physical pain in the body corresponds to a negative belief. I have personally injured my left foot skiing seven to eight years ago. However, it has not fully recovered and still hurts when I walk for long periods. Additionally, I experience menstrual cramps almost every month and get acne on my chin... Higher Spirit: Do you know that your biggest issue is not related to your physical condition? Do you know what it is? You do not have a goal to pursue or an experience to gain at this moment. You haven't found something truly passionate to do for yourself. You should be able to identify such experiences when you are fully engaged in doing something. When you completely immerse yourself in a task, your physical ailments disappear. You will understand what I mean by this.

问: 就是我还没有找到呢个让我激情的事情?

Questioner: Is it that I haven't found something that ignites my passion?

⾼灵: 也就是说你的⼈⽣太⽆聊了.如果⽤通俗易懂的,就是你太没事了.你没事你把什么事情都把它放⼤.就好像我刚才说你们拿着放⼤镜在⽔池⾥⾯找东西,你⾃⼰不知道你要找什么.你漫⽆⽬的的,你⼀会要这样,⼀会⼉要呢样.你找什么你都不知道.也就是说你的⼈⽣当中你没有你特别激情的,关注的⽬标去想要去呢个什么的.你只是去,啊,我怎么今天长痘痘了,我就关注痘痘.啊,我脚疼了,我就关注我的脚.我呢个⽪肤怎么不好了,我就关注我⽪肤.明⽩我意思吗? 你就好像是进⼊了这样的状态.那当如果有⼀个⼤的⽬标去给你追寻的时候.你⽐如说我想要拍⼀部电影.如果你在全⾝⼼的投⼊在拍电影的上⾯,就算你脚疼你关注不到的.明⽩吗?

Higher Spirit: That means your life is too mundane. To put it in simple terms, you have nothing to do. If you have nothing to do, you magnify every little thing. Just like I said earlier, you are searching for things in the pool with a magnifying glass when you don't even know what exactly you're looking for. You wander aimlessly, changing your focus from one thing to another without any clear objective. In other words, during your life, you lack passionate goals that you genuinely want to pursue. You just dwell on trivial matters, like why I broke out today, and focus on the pimples; or if my foot hurts, then it's all about the pain in my feet; or how could my skin be so bad, focusing on my own skin condition. Do you understand? You've entered this state where your life lacks direction and purpose. But when there is a significant goal to chase, like wanting to make a film. If you are fully invested in making that film, even if your foot hurts, you won't notice it because the film-making is occupying all your attention.

那你就体验不到脚疼了.明⽩我意思吗?

If you don't wear shoes, you won't feel foot pain. Understand me?

问: 我没有找到⽣活中的热情?

Questioner: I can't seem to find my passion in life?

⾼灵:就是你还没有⼀个让你去focus上的⼀个点给你.所以你会把⽣活中⼩⼩的⼀个点去把它⼤话.然后去加深呢个体验.所以这个才是最重要的.所以不管你是脚疼也好,⼿疼也好,其他问题也好,如果当你的意识和注意⼒在⼀件你特别激情的事情上,你⾝体所有的⽑病都没有了.

Soul: It's because you don't have a focal point to concentrate on. Therefore, you tend to blow small aspects of life out of proportion and intensify the experience. This is what truly matters. So, whether it's pain in your feet or hands, or other issues, if your consciousness and attention are focused on something you're passionate about, all physical ailments disappear.

问: 那我应该怎么去追寻这种热情呢? 如果我假如⽬前没有遇到,应该怎么去追寻呢?

Questioner: How should I pursue this passion then? If I haven't encountered it yet, how do I go about pursuing it?

⾼灵:这个不是你是追寻的.⽽是说这是你成长的⼀个过程.就好像我之前说你们体验ABC三个房间都有意义.这些都会有服务于你.你体验过后你才知道哪个状态是你想要去体验的.那你现在去体验了我⾝体这疼呢呢疼我就把我的注意⼒关注到这过后,那等你的意识转变成,⽐如说这是⼀个房间,那你转变到另外⼀个房间的时候,你就觉得哇真的耶,当我开开⼼⼼的去做我想要去学跳舞,然后我跳舞的时候脚⼀点都不疼了.那这个脚疼对你来说是不是就特别有意义了.为什么?因为你通过体验它和不再体验它,你的这个转变你才发现原来思想上的转变,原来选择不同的⽣活⽅式就有不同样的呢个什么…那这就是你可以分享给他⼈的⼀些经验.

Higher Spirit: This is not what you are pursuing; rather, it's described as a process of growth. It's like when I previously mentioned that experiencing all three rooms (ABC) has meaning for you. All these experiences serve you in some way. You will only know which state you want to experience after going through them. When you now experience the pain in my body, focusing my attention on this afterwards... If your consciousness transforms into, say, a room, and then you move to another room, you'll think, "Really? When I happily pursue learning to dance, and my feet don't hurt while dancing, that foot pain becomes particularly meaningful for you. Why is that? You discover through experiencing it and not experiencing it that the shift in your thoughts reveals the significance of changing mental perspectives or choosing different lifestyles. This is an experience you can share with others.

这就是像你拥有的⼯具或者财富⼀样.那如何才要去找到你的热情的?⾸先你要知道你的⽣活中的每⼀个体验,它都是在指引你朝你所说的呢个,就⽐如说你看到了⼀个电视剧,然后你体验到呢个.你⼼⾥会产⽣的呢些想法、情绪、念头.所有的⼀切它其实都是…你今天见到的⼀个⼈,今天听到的⼀些话,所有的⼀切…这些线索你们每⼀个⼈都有⾃⼰独⼀⽆⼆的路.没有哪⼀个⼈是相同的.所以你必须要通过你⾃⼰⾛出来呢条路,但是你的所有指引、提⽰、引导都在你⽣活的当下.就好像你现在要破案⼀样.每⼀个都是线索.每⼀个都会把你带领到,就是你越来越明显的知道,就好像你在做⼀个破案的过程.最开始你是⼀头茫然,什么都不知道,完全没有任何头绪.

This is akin to the tools or wealth you possess. How do you discover your passion? Firstly, you need to understand that every experience in your life is guiding you towards what you say it is. For instance, when you watch a TV drama and then experience it, the thoughts, emotions, and notions that arise within you are all... You see one person today, hear some words today, everything... These clues are unique to each individual's path. No one is the same. Therefore, you must find your own way out by walking through it, but all of your guidance, hints, and nudges are happening in your present moment life. Just like solving a mystery right now. Every piece is a clue that leads you step by step. At the beginning, you're completely lost, with no idea at all, having no direction whatsoever.

慢慢慢慢越来越多,越来越多,到最后恍然⼤悟,明⽩吗?这就是呢个过车.所以这需要你⾃⼰抱有⾼度的⾃我觉知,⾃我觉察或者你的passion,就是你⾃⼰的激情,就是⼀切.这也是你⾃我认识的⼀个过程.

Slowly, slowly more and more, until you finally have an epiphany, do you understand? This is the process of a vehicle passing by. So this requires high self-awareness, self-observation, or your passion, which is your own passion, which is everything. This is also part of your self-discovery journey.

问: 之前通灵告诉我说我今⽣的天赋是和容易与⼀些安静的⼒量链接.然后我现在的是IT consultant,所以需要和不同的⼈打交道.我是不善于跟不同的⼈去打交道的.我觉得我在表达⽅⾯没有什么特殊的天赋.所以我想我会不会去做⼀些和我的天赋相关的事情或者开展⼀个副业?

Questioner: Previously, Spirit told me that my talent in this life is to connect easily with some quiet energies. Now, I am an IT consultant, so I need to deal with different people. I am not good at interacting with different people. I don't feel like I have any special talent in terms of expression. So, I wonder if there are things related to my talents that I could do or even start a side business?

⾼灵: 如果我告诉你你没有跟任何⼈打交道.你只是在跟你头脑⾥⾯的⼀些念头、程序、思绪,就是跟你⾃⼰打交道.你明⽩我意思吗? 因为外⾯没有别⼈.只是你⾃⼰在跟这个⼈的时候,你来给他…就像你⼀来你就问我你叫什么名字? 你在跟别⼈打交道的时候,你⼀来你就问他你叫什么名字? 名字有意义吗? 没有意义.有⼀百个⼈有同样的名字,但他们有⼀百个不同的性格.明⽩我意思吗? 所以名字有意义吗? 名字没有任何意义.但是你的头脑会给他说他叫什么名字,他是什么性格,他是什么什么.你的头脑⾃⼰给他定的这些.然后你定了过后呢,你就给⾃⼰制造这些体验,这些感受,这些情绪给⾃⼰体验.

Higher Spirit: If I told you that you're dealing with no one else. You're just interacting with your own thoughts, programs, and ideas—it's just you engaging in self-talk. Do you understand what I mean? Because there is no one else out there. When it's only you engaging with this 'other person', you immediately ask them their name like "What's your name?" When dealing with others, you also immediately ask for names. Does a name have meaning? No, it doesn't. One hundred people can share the same name but each has a different personality. Do you understand what I mean? So, does a name matter? Names carry no significance. But your mind gives them to him as his name, his character, or whatever he is. Your mind sets these for itself. After setting those, you create experiences, feelings, and emotions for yourself through this interaction.

所以所有体验其实都产⽣于你⾃⼰,⽽不是真正的他.他只是⼀个什么作⽤? 就是whatever you think, you are right.就是你不管你觉得他是什么样⼦的东西也好,⼈也好,你定义他什么你都是对的.他的作⽤唯⼀的就是来加强、加深和确定你的头脑⾥的想法和定义和这么认为,明⽩吗? 对⽅就是说,你是对的,你觉得我是⼀个asshole, I am an asshole.你觉得我是⼀个bitch, I am a bitch.你觉得我说⼀个天使,我就是⼀个天使.明⽩这层关系吗? 如果你们⼈类能明⽩这层关系过后,你们⼈类的关系当中就会,想⼀下会产⽣⼀个什么样的变化?

So all experiences actually arise from yourself and not the real him. He is merely a what? Whatever you think, you are right. That means no matter how you perceive him, be it as an object or person, your definition of him is correct. His only function is to reinforce, deepen, and confirm your thoughts, definitions, and this belief. Understand that in this dynamic, if you think I am a jerk, then I am a jerk; if you believe I am a bitch, I am indeed one; if you imagine me as an angel, then I exist as an angel. Grasp the relationship between thought and reality? Once humans comprehend this relationship, their interactions would undergo profound transformations, wouldn't they?

因为你便不会把你产⽣所有的情绪、恐惧或者愤怒怪到别⼈制造的,去怪别⼈.然后你就会对你⾃⼰的⼀切负责.⽽不是说你怎么不改⼀下,你怎么这样⼦…这就是你们所有关系的问题,最根本的问题就是这个.所以你要记住外在发⽣的所有它只是来加深你以为的,你觉得的.

Because then you won't blame all your emotions, fears, or anger on others, blaming them instead of yourself. You will then take responsibility for everything about yourself, rather than saying how you should change, why you are like this... This is the core issue in all your relationships; the fundamental problem lies here. So remember that every external occurrence only serves to deepen what you think and believe.

问: 我对灵性⽅⾯感兴趣我也和我⽼公分享过.但是他好像就不感兴趣.每次我和他说他都⽐较不耐烦.其实我跟我⽼公其他⽅⾯就是看法和观点基本都⼀致.唯有在这件事情上就⽐较不⼀致.我想知道我需要引导他吗? ⽽且今⽣今世我和他在⼀起我们会⾯对什么样的课题呢?

Questioner: I'm interested in spiritual matters and have shared my thoughts with my husband. However, he seems uninterested. He appears impatient whenever I talk to him about it. While we generally agree on views and opinions except for this issue. I wonder if I should guide him? And what kind of challenges will we face together in this life?

⾼灵: 你能引导你⾃⼰吗? 你连你⾃⼰都在迷宫⾥⾯你要如何引导他⼈? 你引导他⼈跟你⼀起迷路吗?

Higher Spirit: Can you guide yourself? If you're lost in a labyrinth trying to find your own way, how can you guide others when you can't even find your own path? Do you lead others while getting lost with them?

问: 应该让他⾃⼰去体验是不是?

Questioner: Should they let him experience it himself?

⾼灵: 应该让他⾃⼰去体验.刚才说所有的关系都存在于你⽆论怎么样去定义你都是对的.所以你觉得你跟他其他地⽅很相同,真的吗? 如果你再问你⾃⼰,真的吗? 你不能去看到你⾃⼰表⾯的现象,啊这件事情我们没有争吵,所以我们相同.这件事情我们有了争吵,有了纷争,所以我们不相同.呢只是你们头脑的游戏,呢只是你们头脑的⼀种⾮常⾮常狭隘和局限性的,就是我捡了这⼏个知识,然后我就认识全世界了.就像是呢样⼀样.所以说实话你对你们的关系你都没有就是你觉得你了解,你觉得你可以评判你们的关系,但是根本就不是.所以不要对你们的关系有任何定义,任何评判.

Higher Spirit: Let him experience it himself. Just now you said that all relationships exist regardless of how you define them. So do you feel that you are very similar to him in other ways? Is that true? If you ask yourself again, is it really true? You can't see your own superficial phenomena. This matter has no argument between us, so we are the same. This matter caused an argument and conflict between us, so we are not the same. It's just a game in your mind, and it's only a very narrow and limited perspective that you have picked up some knowledge and think you know everything about the world. So to be honest, you don't really understand or judge your relationship accurately. Therefore, there should be no definition or judgment of your relationship.

如果你能找到刚才我说的呢⼀段话的核⼼,就是呢段话最重要的就是说你外在的⼀切都是你头脑⾥⾯的.如果你只是从你⾃⼰内在,你头脑⾥⾯的呢些信息去着⼿的话,你会发现你唯⼀的制造物质世界的这些都是你内在,呢个才是最关键的.⽽不是你的⽼公,不是你的同事,不是你的爸妈,都是你⾃⼰.所以放下你的任何对某⼀个⼈的记忆,因为他们是⽆意识的.这些记忆它会让你再次产⽣同样的⼀个体验制造给你.放下任何.⽽且你们根本就没有过去和根本就没有记忆.这些记忆都是假的.所有的⼀切都只是幻像.

If you can find the essence of what I just said, which is that everything outside of you is in your mind. If you start with only the information inside you and from your own head, you will realize that all the things creating your physical world are actually inside you. That's the key point rather than your husband, your colleague, or your parents; they are just you. Therefore, let go of any memory about anyone because they are unconscious. These memories will create similar experiences for you again. Let go of anything and remember that there is no past and no real memory. All these memories are false. Everything is merely an illusion.

最最最重要的就是说你能通过⾃⼰的体验⼀步⼀步的把⽣活中困扰你的呢些点找出来,是你什么的⼀个概念,什么样的⼀个定义,什么样的⼀个观念影响到你去体验这个.就是给你制造了这个体验.然后你⼀步⼀步的把⾃⼰的束缚给解开.然后你⼀步⼀步的感受到⾃⼰更加⾃由,⼀步⼀步的感受到外在根本没有问题.⼀步⼀步的感受到轻松和⾃由和呢种美好.这就是你的⼀个过程.就好像你⾃⼰给⾃⼰⾝上捆绑了很多很多绳⼦.⼀层⼀层⼀根⼀根的,然后你现在有⼀根⼀根的把它再拿下.拿下⼀个你感受到

The most crucial thing is that you can step by step identify the points in your life that are troubling you - what they mean to you, their definition, and how your perceptions have affected your experience of them, creating this experience for you. You gradually untie these bindings on yourself, step by step, feeling more freedom as you go. You begin to realize there is no problem with the external world; you start feeling ease and freedom, and a sense of beauty. This is your process - it's like having tied many ropes around yourself layer by layer, strand by strand, now removing one strand at a time and feeling its impact each step of the way.

轻松,拿下⼀个你感受到轻松.然后当你能⾃由⾃在的飞翔,呈现出你⽣命真正的状态过后,明⽩吗? 这才是最重要的,⽽不是how to deal with others. There is no other. 因为你们基本上所有的问题都是他他他,这⾥没有他他他.只有你你你.因为当你有这个观念后,你会创造⼀个他来供你去体验这个.明⽩吗? 就好像你有了⼀个恐惧信念就是你会遭遇,就是他们会打你或者怎样.你有了这个害怕或者恐惧或者是什么担⼼过后,那你就会创造⼀个这个事件来到你⽣命当中来供你体验.那这个体验只是来让你看到你为什么会有这个想法,为什么会有这个担⼼,为什么会创造这个?

Ease, take one that you feel at ease. Then when you can fly freely and present the true state of your life, understand? This is what matters most, not how to deal with others. There's nothing else. Because all your basic problems are him, him, him. Here there's no him, him, him. Only you, you, you. Because once you have this notion, you create a 'him' for you to experience it. Understand? It's like having a fear belief that you'll be encountered with something where they might hit you or whatever. Once you have this fear or worry or concern, then you will create an event in your life to experience. This experience is only meant to show you why you have these thoughts, why you're worried about it, and why you created it?

⽽不是说真的是这样,你看吧,我害怕这个事果然是有原因的.这就是你们⼈很少可以解脱出来的就是说,你们把经历的⼀切当成了真的.就是你说你看吧,我本⾝就遇到了啊,这是真真切切的呀.我为什么不相信呀.因为它真的发⽣在我⾝上了呀.然后这个过程又是⼀个⾃我催眠,⾃我暗⽰,又是⼀个加深的过程.那果然又在继续体验这样的事情.这就是为什么你们是如此难以挣脱物质世界的幻像.因为我们告诉你们⼀切都是幻像,你们是不相信的.你们说这是事实,你们正在体验.那这个就是⾃我加深的⼀个过程.还有问题吗?

And not that it really is like this, see, I feared that indeed there was a reason for this thing. This is what you seldom can get out of, that is, you take everything you experience as real. You say, look, I actually encountered this, it's true and real. Why wouldn't I believe? Because it really happened to me. And the process itself is a form of self-hypnosis, self-suggestion, and a deepening process. That indeed continues experiencing such matters again. This is why you find it so hard to escape the illusion of the material world. We tell you that everything is an illusion, but you don't believe us. You say this is fact, you're experiencing it. That's a self-deepening process. Any other questions?

问: 最后⼀个问题就是我的⾼灵想在给我什么其他的信息吗? 我叫XXX⾼灵: 你是⼀个又善良,又纯净,又纯洁,又认真,然后有很多很多美好的品质.然后唯⼀的就是你不需要去为你的将来担⼼.因为所有的⼀切都是在⽀持你的路上顺⾏着.然后所有的信息,就是你今天收到的,都是呢些⾼灵想要你知道,想要你去理解的,想要你以后再去看待物质世界,有了这个概念,它就像是⼀个种⼦⼀样,它都会成为⼀个… ⽐如说我现在给了你⼀副眼睛,它是红⾊的.那以后你在看待物质世界的时候这个红⾊的眼镜就在你的眼睛上了.你虽然看到的世界是⼀样的,但是它已经加了⼀层颜⾊.所以你不要刻意的去学习应该怎么做.就是不需要刻意的去搞懂任何⼀切.

Questioner: The final question is whether my high spirit wants to provide me with any other information? My name is XXX. Higher Spirit: You are a kind, pure, and sincere person, possessing many wonderful qualities. The only thing you don't need to worry about for your future; everything is supporting your path. All the information you've received today is what these high spirits want you to know, understand, and apply in your future perspective of the material world. Like a seed, it will grow into something... For example, if I give you a pair of red glasses now, when you view the material world in the future, this red pair of glasses will be on your eyes. Although you see the same world, it has already been colored. So there's no need to deliberately learn how to do things or understand everything.

因为这副眼睛已经戴在你的眼睛上了,明⽩吗? 就是这些理念,这些观念,这些点,已经是成为你潜意识的⼀部分了.你不需要刻意的去学习,就是去外在去拿.因为这是你的⼀个特质,你觉得什么东西都要努⼒,都要怎样怎样.然后你不需要去刻意的,就是你已经会透过这个眼镜去看待发⽣的⼀切.所以你就允许它⾃然⽽然的发⽣转变,不需要刻意的去做任何.然后享受你⽣命的每⼀步.因为这⾥没有任何⽬的地.也没有⼀个完美的状态.所有的就好像刚才说的,你在解开⾃⼰的绳⼦⼀样,⼀步⼀步,每⼀步都有惊喜,每⼀步都越来越轻松.这是⼀个享受的过程.⽽不是⼀个需要去努⼒或者是⾟苦的⼀个过程.

Because this pair of eyes is already on your eyes, do you understand? It's these ideas, these concepts, these dots, they have become a part of your subconscious. You don't need to刻意 learn; just take them from the outside world. Because this is one of your traits - you feel that everything needs effort, needs to be done in certain ways. Then, you don't need to刻意 do anything; you already view everything through this lens. So you allow it to naturally change without刻意 doing anything. And then enjoy every step of your life because there's no destination here and no perfect state. All is like the process of untangling your own ropes, each step bringing surprises and increasing ease. It's a享受 process, not one that requires effort or hardship.

这是⼀个享受的过程,你只需要享受就⾏了,然后这是所有的信息.

This is a process of enjoyment, all you need to do is enjoy, and then this is all the information.

# **2021/11/11 — 如何加速改变How to Speed Up Change**

⾼灵: 你说吧 什么问题问: 我感觉我这⼀辈受到了很多折磨,很多事情都不顺利….

Higher Spirit: Speak up, what's your question? I feel like I've been suffering a lot in this life and things just don't go well...

⾼灵:⾸先你不要说任何你这⼀辈⼦如何受折磨,如何如何.你不需要说任何,就是从现在开始你不要再和任何⼈也不要再去这么告诉你⾃⼰,明⽩吗?因为你这是在⾃我催眠.就是你在说的时候你已经在创造这个现实给你体验了,你已经在进⼊这个.所以你现在要意识到,明⽩吗?因为如果除⾮你还需要、想要继续再体验这些.就是你觉得你想要再继续从中体验的话你可以继续再体验.但是如果你是想要脱离,就是想要转变,想要换⼀种体验的模式的话.以后不管经历什么,不要再去说你有多受折磨,多痛苦,明⽩吗?因为你之所以体验它是你这么去认为.你这么认为你就必须这么去体验.你能明⽩这层关系吗?它们之间的联系.你不要让⾃⼰不再说这句话,明⽩吗?

Sage: First of all, don't speak about how you suffered in this lifetime and how it was like that. You don't need to say anything; just from now on, stop telling yourself about your suffering, understand? Because you're self-hypnotizing yourself. As you're saying it, you're creating this reality for yourself to experience. You're entering into this already. So, you must be aware of this now, understand? Because unless you still want to and need to continue experiencing these. If you feel that you want to continue experiencing them as suffering. Then, yes, you can continue doing so. But if it's your desire to escape, to transform, to change the mode of your experience, then no matter what experiences come in the future, do not say how much you were tormented or suffered. You see why you experience it because you believe it that way. If you believe this way, you must experience it like that. Do you understand the connection between these? Don't let yourself repeat this phrase anymore, understand?

特别是你们中国⼈说不要说呢些晦⽓的话,是吧?特别是在你们重要的节⽇或者是重⼤的喜事上,如果你去跟别⼈说⼀些晦⽓的话,你看⼈家怎么… 那为什么你要天天对你说这种晦⽓的话呢?

Especially when you Chinese say not to say those unlucky words, right? Especially during your important festivals or major celebrations, if you go and tell others some unlucky things, see how they react... Why would someone want to say these unlucky things to you every day?

问: 那我能问⼀下我的灵魂主题是什么吗?

Questioner: Could I ask what my soul theme is?

⾼灵: 我是想让你⾃⼰意识到,以后不要再去⽤任何来描述你….OK,我先说这么简单的⼀个 (例⼦).同样⼀个⼈,如果你的头脑,我想让你去了解你的头脑是怎么运⾏的,如果同样⼀个⼈,就⽐如说你的孩⼦. 你先开始说我的孩⼦他是⼀个⾮常⾮常可爱完美的孩⼦.接下来我最喜欢他,他最优秀的品质,最好的品质是….然后你就按照这个⽤你的头脑开始来收集关于他好的⼀⾯,你就会发现你会收集很多很多好的关于他的.以前没有留意到的他的好的品质,你也会开始注意到了. ‘咦,我怎么以前从来没有注意到他还有这个品质,怎么我现在⼀收集就收集起来了’. 明⽩我意思吗? 那如果你开始: 我的孩⼦很折磨⼈,他真的让我…有时候真的很累.

Higher Spirit: I want you to realize for yourself that in the future, you should not use any of these descriptions... Okay, let me give you a simple example. Take the same person, say your child. If you start by saying "My child is an extremely adorable and perfect child," followed by highlighting his best qualities, you then begin collecting information about him with your mind to emphasize those good aspects. You'll notice that you uncover many positive attributes of him that you hadn't previously acknowledged. 'Wow, I never noticed this trait in my child before; how did it suddenly become apparent?' Do you understand? And if you start by saying "My child is very annoying, he really makes me..."

如果你开始⽤这个来开头,然后⽐如说怎么样怎么样.你慢慢慢慢的也会找到证据来⽀持你前⾯所说的.明⽩我意思吗? 所以这就是你⼤脑运⾏的⼀个模式.它是⼲什么的? 你⼤脑它只是记录、储存、评判、判断、分类,归类.但是你的⼤脑它是不知道真相的.它是表现.⽽且它这些表象也是假的.为什么? 因为它是拥有⼀个什么样⼦的运⾏模式,它就会如何的去运⾏.所以你这⾥⾯的声⾳都是假的,也就是说都是中性的.所以你要去从你⾃⼰的⾔⾏举⽌,就是你⾃⼰的思想活动,你去探索它,看它是如何在操控你的⼈⽣,在创造⼀些幻像给你体验的,你就能从中脱离出来.好吧那我们接下来就来回答你的问题.你刚才是问你的灵魂主题? 你叫什么名字?

If you start with this as a premise, then gradually and slowly, you will find evidence to support what you have said beforehand. Do you understand me? So, this is the pattern your mind follows. What does it do? Your brain just records, stores, judges, evaluates, and categorizes. However, your brain does not know the truth; it only presents a manifestation, and that manifestation is false. Why? Because whatever running mode your brain has, it will function accordingly. So, all the noises in here are false, meaning they are neutral. Therefore, you should explore your own actions and behaviors - your own mental activities. By doing this, you can see how it manipulates your life, creating illusions for you to experience. This way, you can escape from them. Alright, let's move on to answer your question now. You asked about your soul theme? What is your name?

问: 我叫XXX⾼灵: XXX,你想知道你的灵魂主题,今⽣来体验的是什么? 然后我先链接⼀下.你今⽣体验的主题它会围绕着你如何把⼤事化⼩,⼩事化了.这是⼀个转化,转换的⼯作.因为⼤的事情如果对于你的⼀个⼩的,⽐如说⼩的空间、容量,是吧? 就⽐如说⼀套⼗平⽶的房⼦你要放⼀套⼤的沙发你会觉得很拥挤.那如果你变成⼀百平⽶、⼀千平⽶,那你的沙发放进去它就会变的很⼩了,对不对? 然后呢个空间和呢个房⼦,你就想⼀下是你⾃⼰的度量也好,容量也好,你的包容度、宽容度,还有你承受事情的⼀个承受能⼒度就是抗挫能⼒,明⽩吗?

Questioner: I'm called XXX Higher Intelligence: XXX, you want to know your soul's theme for this lifetime experience. Then I'll establish a link first. The theme of your lifetime experience will revolve around how you transform large issues into smaller ones and vice versa. This is an alchemy process. Because if big matters are too much for the limited capacity or space of a small context, such as fitting a large sofa in a 10 square meter room, it would feel cramped. However, when you move to a larger space like 100 square meters or even 1000 square meters, your same sofa feels significantly smaller. This highlights the concept that within different capacities and spaces, what once seemed overwhelming now appears manageable based on perspective, self-acceptance, tolerance for others' differences, and coping mechanisms against challenges. Do you understand this transformation of scale in relation to personal capacity?

你想要把你的这些扩展.然后当你达到了⼀个扩展的状态过后,你就会发现你曾经的呢些觉得是⼀些过不去的坎都变平了,明⽩吗.

You want to expand on these. Then, after you reach a state of expansion, you will find that what once seemed like insurmountable obstacles have become smoother, do you understand?

问: 那是不是说我也需要去锻炼⾃⼰的勇⽓呢?

Questioner: Does that mean I also need to build up my courage?

⾼灵: 勇⽓? 你⾸先需要勇⽓去⾯对去解决.如果你没有勇⽓的话你是不敢⾯对的呀.你会逃呀,明⽩吗? ⽐如说前⾯有⼀座⼭,你要⾛到⼭呢个地⽅,那这段路程你可能需要⽔,需要⾷物,或者你可能需要⾃⾏车或者是怎么样.那只是你需要去达到呢个⽬的地的⼀个⼯具⽽已.如果你已经看到,你已经把呢个困难看得像下地狱⼀样,像⽕海⼀样难跨.那你是不是就没有勇⽓去⾯对了,对不对? 那当你拥有勇⽓的时候,⽆论什么,哪怕是上⾼⼭、下⽕海我都敢去.所以,你会拥有这些体验,然后会创造这些事件给你体验.这是你扩展的⼀个过程.你继续说问: 我要怎么才能达到⾝⼼灵的平衡呢?

Higher Spirit: Courage? You first need courage to face and resolve things. If you lack courage, you wouldn't dare to face them; instead, you would flee. Understand? For example, if there is a mountain ahead, you need water, food, or perhaps a bicycle to reach that place - just tools needed for your destination. If you view this obstacle as diving into hell or navigating through an inferno, would you then lack the courage to face it? Correctly? When you have courage, no matter what obstacles you might encounter, whether climbing mountains or venturing through fiery realms, you are willing to do so. Hence, these experiences and events are created for your understanding. This is part of your expansion process. Now ask: How can I achieve balance between my body, mind, and spirit?

⾼灵: 怎么能达到⾝⼼灵平衡的状态? 那你告诉我⾝⼼灵平衡对你来说是什么样⼦的状态? 就是对你来说你觉得你怎样才能就是…问: ⾝⼼灵的平衡对我来说就是做什么都能很⾃由的达成.

Higher Spirit: How can one achieve a state of身心灵 balance? Could you tell me what that state of身心灵 balance means to you? Specifically, how do you think you would be able to... Questioner: For me, the state of身心灵 balance is about being able to accomplish anything freely.

⾼灵: 想去做什么都能很⾃由的达成,你的⾝体不健康吗?

Spirit: Can you do anything freely, is your body unhealthy?

问: 我害怕我的⾝体有什么问题,因为感觉好像哪⾥不舒服…⾼灵: 你看⼀个不确定的事情你都不断的再关注它,然后在害怕担忧它.然后再去⽤你的⾃我暗⽰…你看到没有,问题出现在哪⾥?

Questioner: I am afraid there is something wrong with my body because I feel that somewhere feels uncomfortable...

A: You see, you focus continuously on an uncertain issue and then fear it or worry about it. Then you use your self-hypnosis... Do you see where the problem lies?

问: 我的呼吸不顺畅不知道是因为什么.

Questioner: I'm having trouble breathing and don't know why.

⾼灵: 你呼吸不畅是因为什么你知道吗? 就刚才我跟你说,你想象⼀下就⼀直有⼀个⽯头压在呢⼀样.明⽩吗?

Higher Spirit: Do you know why you're having difficulty breathing? Just like I told you earlier, imagine there's a stone pressing on your chest. Understand now?

问: 我最近⽼是做⼀个梦,梦⾥有⼀只⼩蚂蚁和⼀个⼤⽯头.我想问问有没有什么寓意呢?

Questioner: I've been having a dream recently where there's a little ant and a big rock in it. I wonder if there's any meaning behind this?

⾼灵:然后你的呢个梦,你梦见⼀只⼩蚂蚁和⼀个⼤⽯头,它这个就像象征.就像你想要去挑战⾃⼰.你想要⾃⼰拥有⼒量或者是度量或者是包容度,就把⼀切其他东西就变⼩了.所以你要知道导致你有这样⼦的⼀个现象,因为它只是⼀个现象.导致这些现象它只是因为你把所有的,可能对别⼈来说,它可能,就是:‘啊,发⽣这件事了啊?过⼏天就好了吧.没事没事’.⽽对你来说,你就会想把它处理,把它解决.就是⼀直想着想要去做些什么,明⽩吗?就是你⼀定是想要去解决.就是想要通过你⾃⼰的⾏动,就是好像你⼀定要去把它攻破,然后你不能允许它就停留在呢⾥.就是不能允许呢个问题或者允许呢个事件.你就⼀直想要去.

Higher Spirit: And then your dream? You dreamed of a little ant and a big rock. It's like a symbol. Like you're trying to challenge yourself. You want power or capacity, or tolerance, so that everything else becomes smaller. Therefore, you need to understand what leads to this phenomenon, because it is just a phenomenon. The reason for these phenomena lies in your tendency to handle and resolve things immediately. To others, they might say, "Oh, something happened? It'll be alright after a few days. Don't worry." But for you, you want to deal with it, solve it. You keep thinking about what to do, understand? You definitely want to find a solution. You want to act on your own, like you're determined to overcome the issue and cannot tolerate it lingering there. You can't let that problem or event just stay as it is. So you continuously want to...

然后你就发现不断的有事件需要你去⽤⼒的攻破.然后越来愈多,然后它就不断的在消耗你.然后有⼀个最重要的就是说你们物质世界运⾏的模式.你⽐如说呈现了⼀堆粪便在呢⾥.当你的⼼⾥、脑海⾥,多有的想的、念的都是这堆粪便的话,你就在加⼤这堆粪便对你的影响.明⽩吗?然后你就会总是关注粪便,⽽忘记你也有漂亮的鲜花,对吧?因为当你沉浸在粪便带给你的影响⾥的时候,你会失去转化它的能量.为什么? 因为你已经把它定义成了恶⼼的事情.你就会制造⼀个恶⼼的体验.所以说停⽌你的头脑对任何事件的定义.因为所有的事件它都是中性的.它都是来帮助你的.所以就算是⼀堆粪便,那你可以拿去灌溉你的花朵,让它开的更好,对不对?

Then you realize that there are constant events demanding your intense effort to overcome. The more you encounter, the more it saps your energy. Among the most important is understanding how your material world operates. For instance, if you present a heap of dung in front of you. If all your thoughts and intentions revolve around this heap of dung, you're amplifying its impact on you. Do you understand? You'll always be focused on the dung instead of remembering that you have beautiful flowers, right? Because when you dwell on the effects of dung on you, you lose the energy to transform it. Why? Because you've already defined it as an unpleasant thing. You create a nauseating experience for yourself. Therefore, stop defining any events with your mind. All events are neutral. They're here to assist you. Even if it's a heap of dung, you can use it to water your flowers and make them bloom even better, right?

所以你不会觉得这个粪便是⼀个恶⼼的事情.就是你觉得你的⼈⽣怎么这么恶⼼,对不对? 你继续问问: 那我怎么样才能快速的改变呢?

So you wouldn't find this poop disgusting. Don't you think your life is just so disgusting, right? Now continue asking: How can I quickly change that?

⾼灵:因为有⼀个特别重要的理念你需要去知道的.你越是急于去改变的话,你越是在加深它对你的影响.然后有⼀种你们都需要记住的就是,所有的⼀切它都⽆时⽆刻的在转变.所以任何相它都不会停留.除⾮有⼈想要把呢个相拿出来体验,就是给⾃⼰成长的,明⽩吗?因为任何它都不会停留.你想你们物质世界什么相是停留久的?没有任何,它⼀直是在转变的.所以就像病毒对你们来说,就好像你们⼈⽣病了,病毒来了.来了它⾃⼰会⾛.这是⼀个过程.但是你们⼈类却想着把所有的经历、恐惧、所有的⼀切抵抗,不允许发⽣,啊为什么会这样….如果你能理解病毒运作的⼀个模式的话.你知道这是⼈很正常⾃然的⼀个过程.它会来它也会⾛.

Higher Spirit: There is an important concept that you need to know. The more you strive to change it, the deeper it will impact on you. And there's something both of you should remember - everything is constantly changing; nothing stays the same. Unless someone wants to experience a particular condition for personal growth, understanding and acceptance are key because things don't stay constant. Can you comprehend that no matter how hard you resist or avoid experiencing certain conditions in your material world? Everything keeps transforming. Thus, it's like viruses for you - when sickness strikes and viruses come in; they eventually leave. It's a process, but humans tend to fight against every experience, fear, allowing nothing to happen because why would that be the case? If you could grasp how viruses operate, you'd see that this is a normal natural process of life. They come and go.

那它来的时候我就很温和的跟它相处,我不需要着急的去赶⾛它,明⽩吗?这样⼦你便不会不断的消耗你的能量.因为你⼀直在⼀个战⽃的⼀个状态下,你⼀直在消耗⾃⼰.你不仅消耗的是⾝体的⼀个疲惫,你还⼼灵上感到费神费⼒.所以就像是你花园⾥种的花,你撒了⼏颗种⼦下去.只要有⼟壤,⾬⽔会灌溉它,太阳会照耀它,它⾃⼰就会长⼤,明⽩吗? 你只是允许.你每天给⾃⼰做⾏程表.OK,今天⼋点我要去给它松松⼟,今天⼏点我要给它施肥…你把它变成了⼀件好像是⾮常重⼤的⼀个压⼒感⼀样.你便不能从种花当中得到享受,你更多得到的是⼀种压⼒感.因为你没有允许.你想⼀下你们的⽣命就好像是在⼀个河流上⾯,对不对?

If it comes, I will be gentle with it and let it stay; I don't need to rush to chase it away, understand? In this way, you won't constantly drain your energy. Because you've been in a constant state of conflict, always expending yourself. You're not just exhausting your body, but also mentally feeling drained. So imagine you have flowers planted in your garden; you've sown a few seeds. As long as there's soil and water to nurture them, the sun shines upon them, they will grow on their own, understand? You simply allow it. Every day you make a schedule for yourself. Okay, today at eight I need to loosen the soil for it, at what time today should I fertilize... you've turned it into something like an immense pressure. You can't derive enjoyment from planting flowers; instead, you gain more of a sense of pressure. Because you haven't allowed it. Think about your life being like floating on a river, right?

呢个⽔本⾝它⼀直就在往下⾯流,因为它是河流,对不对?你却⼀直在呢边推⽔,说⽔快点快点.然后你本⾝你的⼯作是什么?是让你顺着河流去欣赏享受⽔给你带上带下呢种愉悦感,就是⽔的呢个波动,给你轻轻地,柔柔的漂流的感觉.去享受这个wave,去享受这个浪花,明⽩吗?然后当这个浪⾼的时候你就享受呢份惊喜:哇哦,这个浪好⾼哦.然后当这个浪不⾼的时候,你去享受呢份平静感,明⽩吗?你不⽤担⼼就是说: 哇,怎么办,浪花马上要来了.怎么办? 明⽩我意思吗? 因为浪花它会起来它也会下去.那如果你⼀直在当⼼浪花,那你就算是在⽔流是平静的状态的时候,其实你还是在体验浪花呀,对吧? 但是这些体验对你来说都有意义.

That water has always been flowing downwards because it's a river, right? You're just pushing the water all the time, saying hurry up, hurry up. But what is your job exactly? It's to enjoy and appreciate the sensation that the water brings with its movement, which are the ripples, providing you with a gentle, soothing drift feeling. Enjoy this wave, relish in the froth of the waves. Do you understand? When the waves are high, you can savor this excitement: Wow, these waves are so high! And when the waves aren't as high, you enjoy that sense of tranquility. Do you get it? You don't need to worry about whether the wave is coming or not. Won't there be a wave soon? Should I do something? Do you understand my point? Because the wave will come and it will go down too. If you're constantly watching out for the waves, even during calm water flow, you're still experiencing the waves, aren't you? But these experiences are meaningful to you.

因为当你体验到了是什么给你制造的这种感受,是什么导致你有这种感受过后呢.然后你才知道这些不是我想要的体验,然后你才想要另外的体验.两种体验你都有了过后,你不是就成了⽼师了吗? 你不是就可以帮助更多和你有⼀样体验的⼈⾛出来了吗? 就好像你从⼀个⿊屋⼦⾛到⼀个有光亮的屋⼦⾥⾯去.你⾃⼰摸索出来这条路,那你知道⿊屋⼦⾥⾯是什么情况,那你就能带领更多⼈从⿊屋⼦⾥⾛出来了.

Because once you experience what creates this feeling and why you have this feeling, then you realize that these are not the experiences I want. Then, you start seeking different ones. After having both types of experiences, aren't you going to become a teacher? Aren't you able to help more people who have similar experiences get out of it? It's like walking from a dark room into a brightly lit one. You find your way through the darkness yourself, and knowing what the situation is in the dark room allows you to guide others out of it as well.

问: 那是不是说我要改变⾃⼰的⼼理系统呢?

Questioner: Does that mean I have to change my psychological system?

⾼灵: ⼼理系统.这⾥永远都有⼀个选择就是你要选择什么样⼦的.然后⽬前你已经在⼀个⿊屋⼦⾥⾯体验.你已经知道旁边是有光亮的屋⼦存在,对吧? 你知道有光亮的屋⼦存在,然后你也想⾛出去.因为⿊暗的屋⼦⾥⾯已经就是说你不想再继续体验了.那你就选择⾛到光的屋⼦⾥⾯就可以.你不需要去反反复复的告诉⾃⼰: 哎呀,我就是这种⼈.我就是这种运⾏模式.我该怎么办?因为当你在这样的状态的话你又在制造刚才说的呢种.你没有允

Higher Spirit: Psychological system. Here there is always a choice of what kind you want to be. You are currently experiencing in a dark room, knowing that there is a bright room next to it, right? You know the existence of a bright room and then you also want to go out. As the dark room already implies that you do not wish to continue the experience anymore. So, choose to walk into the room with light. There's no need to repeatedly tell yourself: Oh, I'm this kind of person. This is my mode of operation. What should I do? Because when in such a state, you are creating the very thing that was just mentioned. You haven't allowed

许.你没有允许河流⾃动的…明⽩吗? 所以你不需要做任何⼯作,你唯⼀的就是允许.就好像是⼀个信任的过程.因为就像你⼩时候骑⾃⾏车,你爸妈⼀直⽤⼿扶着后⾯.然后当他们要放⼿的时候你就开始有点害怕.所以你现在就是说就好像你⼀直⽤⼿扶着.那我们现在给你说要把⼿拿开.你会有⼀个适应的过程,但是你会越来越信任.所以你也不需要强迫⾃⼰就是⼀天就可以改变成什么样⼦.

Xu. You didn't allow the river to flow automatically... understand? So you don't need to do any work; you just need to allow. It's like a process of trust, as when you were a child riding a bike and your parents were holding the back until they let go, which made you nervous. Now you're saying it's like always holding something. We're telling you to take your hands off, and you'll have an adjustment period but will gradually gain more trust. So there's no need to force yourself into becoming something different overnight.

问: 我和我⽼公相处的不太好,我害怕我们以后会越来越不好⾼灵: 你看,你看到你⾃⼰的运⾏模式了没有? 你⾸先在听你⾃⼰说话啊,然后你把你头脑的运⾏模式当成是其他的⼀个⼈好不好? 你把它当成⼀个对象,呢个不是你.我们现在来分析⼀下呢个对象它是你什么样的⼀个模式.它说它担⼼会跟这个⼈相处不好对不对? 然后这个事件还没有发⽣.你已经再拿没有发⽣的事件来给⾃⼰压⼒了,来控制⾃⼰了.就好像你⼀⽣下来还是个⼩宝宝.然后你慢慢慢慢的懂点事了.你天天担⼼死亡怎么办? 为什么? 因为我现在拥有⽣命了.拥有⽣命的⼈都会死亡的.怎么办怎么办? 你每天就拿着呢个死亡在你的头脑⾥⾯.你能做什么你告诉我?

Questioner: I have a hard time getting along with my husband; I'm afraid that our relationship will only get worse in the future.

Higher Spirit: Look, have you noticed your own operational pattern? You're listening to yourself speaking first, then you treat the way your mind operates as if it's someone else, correct? You see it as an object separate from yourself. Let's analyze this "object"; what kind of pattern is it? It says it fears not getting along with this person, right? But the event hasn't happened yet. You're already using a non-existent situation to put pressure on yourself and control yourself. Imagine you were born as a baby and gradually grew up understanding things. Every day, you worry about how to deal with death. Why is that? Because now you have life. People who have life will eventually die. What do you do? You hold onto the concept of death in your mind every day. What can you do, tell me?

所以如果你去观察你⾃⼰头脑⾥⾯⼀举⼀动,每⼀个想法.你就会觉得好愚蠢.为什么我的头脑会⽤如此愚蠢的⽅式运⾏呢? 为什么? ⾸先你要知道和他相处好还是不好,还是…我们昨天的通灵信息有⼀段你可以看.你的外⾯没有别⼈.你知道你们有多强⼤? 告诉你有⼀个⼈他是真的恨讨厌你,他就看你不顺眼.他就是给你你找茬,你知道对吧? 然后呢,但是你不在乎他的任何举动.因为你知道他⽣活在他的观念当中.他只是个程序.他的程序我是可以转变它的,明⽩吗? 就是说我不管他做的任何相上的

So if you were to observe every single movement of your mind, each thought, you would feel so foolish. Why does my mind operate in such a foolish manner? Why? First, you need to understand that it's either good or bad, or... we had an intuitive message yesterday where you can see. There is no one else outside of you. Do you realize how powerful you are? I'll tell you there is someone who truly hates you; they just don't like looking at you. They just find faults with everything you do, and you know what? But you don't care about his actions at all because you know he lives in his own thoughts. He's just a program. I can change his program, right? It means that no matter what he does,

⼯作,就是创造的相.他又来在背后说我坏话,他又对我横眉竖眼的.但是我内在把他看成他是给我带来极⼤的礼物.为什么? 如果⼀个喜欢我的⼈,那可能不会激发出我呢在的呢种就是我如何去喜欢…你要去喜欢上在给你制造⿇烦,你不喜欢⼈,你要去包容他.你想⼀下你的包容度会阔到多⼤.那你就把他当做恩师.为什么? 我现在来教你,我是你的恩师,对不对? 因为我是来帮你扩展意识的,是不是? 然后你还付钱给我对不对? 你们去花呢么多钱,然后找⼈来扩展你的意识.你⽣活中就有⼀个活现现的⼈来扩展你的意识,还是活⽣⽣的案例.你应该发⾃内⼼的感激他.谢谢你这个⽼师来到我的⽣命当中.

Work is the manifestation of creation. He keeps talking ill about me from behind my back and gives me hostile looks. Yet, internally I perceive him as a great gift brought to me. Why? If someone likes me, they might not provoke me into understanding how to like... You need to learn to appreciate the person who creates troubles for you; you dislike them but should embrace their presence. Consider the vastness of your capacity for inclusion. Then view him as an instructor. Why? I'm here to teach you, aren't I? Because my purpose is to assist in broadening your awareness, isn't it? And you pay me for this service, right? You spend a fortune on someone's guidance to expand your consciousness. In your life, there's a living example of someone doing this for you, a tangible case. You should feel grateful from the depths of your heart. Thank you for this teacher coming into my life.

来扩展我的意识,来让我对外在发⽣的⼀切就是说我不会迷在相⾥⾯.因为⼀旦…⽐如说你骂我⼀个傻逼,如果我迷在相⾥,我就会好难受哦,他尽然骂我.我的⼼⾥⽓的不⾏.那你要知道他只是在⾯对他世界⾥的傻逼,跟你根本没有关系.⽽且我不管他如何讨厌我,我只保持着我很喜欢你,我告诉你你今天的发型真好看,你今天的⾐服真好看.我是发⾃内⼼的谢谢你、感恩你、喜欢你.如果你的意念是真的能持续坚持下去,你的意念就会创造⼀个完全不⼀样的⼈.他就会变成你的忠实粉丝.因为他⼀般看谁都不顺眼,他就喜欢你.他看⼗个⼈⼗个⼈都不顺眼.他就喜欢你.为什么? 因为你喜欢他,就呢么简单.那是你的实相创造了你要体验的.你就赢了.

Come to expand my awareness, so that I can be free from getting lost in the phenomena as I say everything happening outside of me is not about being trapped in appearances. Because once... for example, if you call me a fool, and if I get lost in appearances, it would be really uncomfortable for me, he actually called me this. My heart gets very upset. You have to know that he was only dealing with his world's fool, and has nothing to do with you. Furthermore, no matter how much he dislikes me, I maintain my affection towards you. I tell you that your hairstyle today is so nice, and your clothes look great. I am genuinely thanking you, appreciating you, loving you from the bottom of my heart. If your念 (thought or intention) can truly sustain and persist, then your念 will create a completely different person. He would become your devoted fan. Because usually he doesn't like anyone, but he likes you. He dislikes everyone out of ten people. But he likes you. Why? Simply because you love him, it's that simple. That is your reality creating what you experience. You have won.

你没有输在他制造的相上⾯.如果你是受他的影响,那你就输了.为什么? 因为他制造的相影响了你,把你带进去了,明⽩吗? 所以这层关系就是⾮常好的给你扩展你的意识、包容度、认知,各⽅⾯.你想⼀下当你达到呢样的级别,你还有敌⼈吗? 没有.所有⼈都是喜欢你的,都是你的恩⼈.因为你不在乎他怎么对你.哪怕他指着你的⿐⼦骂你傻逼.然后你还是⼀如既往的喜欢他,感恩他.因为他在⽤这种⽅式来让你扩展你的意识.你说.

You didn't lose on the picture he created. If you were influenced by him, then you lost. Why? Because the image he created influenced you and brought you in, do you understand? So this relationship is very good for expanding your consciousness, tolerance, understanding, etc. Consider when you reach such a level, do you still have enemies? No. Everyone loves you, they are all your benefactors. Because you don't care how he treats you. Even if he points at your nose and calls you an idiot, you still like him and thank him, just as before. Because he is using this method to help you expand your consciousness.

⾼灵: 他让你做⼀些事情你不愿意做? 你知道外⾯没有绝对的任何坏事,你知道吗? 你想⼀下,如果你把这个事件定义成⼀个承担责任,你觉得好像是背⿊锅⼀样.那是你头脑⾥⾯定义的错误.如果你把它当成是展现你⾃⼰的时候,展现真实你的时候.⽐如说展现出你的谦虚、谦虚.你说这件事情的确是我没做好,我做错了.这样⼦的⼈格是不是很受欢迎,对不对? 因为他能够承受他⽣命中⾃⼰犯下的错误.那我承认.那如果我也勇于当担.OK,那如果这件事情你解决不了,那我想挑战⼀下.我不能保证我怎么样怎么样.但是我想挑战.因为我相信它会给我带来积极的⼀⾯.如果你永远是保持在这样的状态下,还有任何你害怕的事情呢?

Spirit: Do you allow someone to ask you to do something that you are unwilling to do? Have you realized there's no absolute evil outside, do you know that? Imagine if you define this event as taking responsibility, it feels like being blamed. That's a misunderstanding in your mind. But if you see it as an opportunity to showcase yourself, to reveal the true self. For example, showing humility - admitting that indeed I did not do well, I made a mistake. Such personality is quite popular, right? Because he can bear his own mistakes in life. I admit this. And if I'm also willing to take responsibility. Okay, but if you can't handle it, let me try. I can't guarantee anything, but I want the challenge because I believe it will bring a positive side to me. If you're always staying like this and fear everything else?

这样⼦是不是⽣活中你不会在躲,在闪? 你都是挑战,你都是迎⾯⽽上.你都是接受.问: 我想问问我的⾝体有没有什么⽑病呢?

In this manner, in your life, are you no longer hiding or avoiding things? You're always embracing challenges and facing them head-on. You accept everything that comes your way. Questioner: "I wonder if there's anything wrong with my body?"

⾼灵: 你的⾝体⾮常⾮常的健康.你唯⼀⽬前⾯对这些所有的点都是你⾃⼰把它给扩⼤了,夸⼤了,明⽩吗? 把每⼀次⽣活中的事情都当成是你扩展的时候.明⽩吗? 你们有⼀句话叫修⾏者,你们⽣活中每⼀件事都是给你们修⾏的机会.不要去把它推开,也不要错过它.

Higher Spirit: Your body is extremely healthy. The only issue you're dealing with in relation to all these points is that you've magnified them yourself, exaggerated them, understand? Viewing each aspect of life as an opportunity for expansion. Understand? You have a phrase called 'practitioner', every moment in your life gives you the chance to practice. Don't push it away, don't miss it.

问: 我还有⼀个担⼼就是害怕疫苗会给我带来不好的作⽤.

Questioner: I'm also worried that the vaccine might have bad effects on me.

⾼灵: ⾸先这个疫苗它也像是让你去感染病毒,对不对? 然后你本⾝你的⾝体从⼩到⼤,⼀直都是在感染不同的病毒.但是你要知道你们的⾝体它有⼀个⾃我修复,⾃我恢复,⾃我排毒的功能.你千万不要觉得你的⾝体是什么都不做的.它⼀直都在运⾏.它⼀直在⼯作.如果你真的是担⼼你⾝体怎么怎么的话,那你还不如多关注美好,积极,向上,充满爱的⼀些点,⼀些信息.因为这些信息它会让你的⾝体产⽣爱的感觉,明⽩吗?就是它在滋养你.就像你现在是⼀朵枯萎的花,然后这些就像在给你浇⽔⼀样,让你这朵花开的更加娇嫩、鲜艳,明⽩吗? 所以如果你真的想做⼀些关于你⾝体好的事情,那你就是多关注这些⾯.

Higher Spirit: Firstly, this vaccine also makes you infected with a virus, right? Then your body has been infected by different viruses since childhood. But you must know that your body has self-repairing, self-healing, and detoxification functions. You should never think that your body is doing nothing; it's constantly running and working. If you're really worried about how your body works, then instead focus on the beautiful, positive, uplifting aspects of information. Because these kinds of information make your body feel love, understand? They nourish you just like watering a withered flower, making it bloom more tenderly and brightly, right? So if you truly want to do things that benefit your health, then focus on these areas.

问: 我还是想再问⼀下我⽼公,因为他就⼀直对我很冷淡.

Questioner: I still want to ask my husband again because he has always been cold towards me.

⾼灵: 刚才我跟你说呢段关系,如果你受到他制造的呢个相的影响的话,那你就输了.因为你进⼊到他制造的呢个相.如果你不去管他制造的任何相.因为你知道他制造的任何相都是假象.你只去体验你想要体验的相.所以不管他冷落你也好,忽略你也好,你打扮的开开⼼⼼的.告诉他⽼公我爱你,⽼公我想你,怎样怎样.慢慢慢慢他就会被你带到你的世界当中了.你们⼈类不是有,就是⼀个⼥⼈⼀开始对这个男的⼀点好感都没有.呢个男的不管她对他有没有好感.他天天不停的叫她我的爱⼈,你好漂亮,我爱你,我⼼⾥只有你,各种各种.⼀直坚持下去.明⽩吗?他最终就让这个⼥孩⼦爱上他.很多很多这样⼦的事件.

Higher Spirit: The relationship I just described to you, if you are affected by the image he creates, then you have lost. Because you have entered into the image he creates. If you do not pay attention to any of the images he creates, because you know that any image he creates is a delusion. You only experience the images you want to experience. So whether he ignores you or neglects you, you can be cheerful and well-dressed. Tell him, "Husband, I love you," "Husband, I miss you," and so on. Gradually, he will be brought into your world. Humans have situations where a woman doesn't like this man from the beginning. Regardless of whether she has feelings for him or not, the man calls her his lover every day, saying how beautiful she is, that he loves her, and that only she is in his heart, with various other statements. If you persist in doing this, understand? Eventually, this girl will fall in love with him. Many such events occur among humans.

所以说你不要去管他是怎样的⼀个状态,因为呢个不重要.你体验的是你的世界,你创造的世界.如果你觉得呢个重要了.那你就是进⼊了他制造的相⾥⾯.那你就是⼀个被动的,受别⼈影响的.你就好像别⼈在⼀个泥坑⾥⾯,你主动跳下去跟他⼀起了.

So you don't need to concern yourself with what state he's in because that doesn't matter. What you experience is your world, the one you create. If you start feeling that matters, then you're inside his creation. You become passive, influenced by others. It's like someone else is in a mud pit and you actively jump in with them.

问: 还有⼀个问题就是我们⼀直没有⼀个⾃⼰的孩⼦.

Questioner: There's one thing we've never had - our own child.

⾼灵: 你们对孩⼦有⼀个就是误解.然后总觉得从我⾃⼰⾝体⾥出来的才是⾃⼰的孩⼦.其实孩⼦就是跟你们有灵魂关系的⼈.所以你不要把他局限于只是从你们⾝体中出来的呢种关系.然后你就放开这个概念.你不拥有这个观念的时候,你再去链接.那他有可能就… ⽐如说你经常⽤你的意念和他交流,他可能是在灵界的跟你有这个关系的.那他有可能在物质世界,那他有可能以另外的⽅式呈现.明⽩吗?你永远不要去限制它如何呈现在你的世界⾥⾯.那可能是你妹妹的孩⼦,但是你们俩链接感特别强.他也有可能通过这种⽅式来到你的

Sage Spirit: There is a misunderstanding here about your children. You tend to believe that the ones who come out of your body are truly yours. In reality, children are just souls connected to you. So don't limit their relationship to only being those who emerge from your physical body. Let go of this concept; when you release this idea, you can connect again without holding onto ownership. When you no longer own the notion that they must present in a certain way, you might find them in unexpected ways. For instance, if you frequently communicate with him through your thoughts and ideas, he could be connected to you across realms. He may manifest differently in the physical world; understand, there's no limit to how his presence can be experienced within your world. It could be your sister's child, yet you share a strong connection. He might appear through such means in your life as well.

⽣命当中.所以千万不要去局限于任何.你只是去跟随你的⼼,跟随你们之间建⽴的链接感.你们之间的呢种就好像⼼灵链接.

In life, so never limit yourself to anything. Just follow your heart and the connection you've established between you both. The kind of mental link that exists between you two.

问: 那我是不是去创造⼀件事情就⽐如说去收养孩⼦.这个对我来说很不容易做到⾼灵: 你创造了什么? 收养孩⼦.你就说你做到了⼀件⾮常困难的事情是吗?问: 那我为什么不能选择⾃⼰⽣孩⼦呢?

Questioner: But what if I create something, like adopting a child? That would be quite challenging for me.

A: What you created is adopting a child. So, are you saying that this constitutes doing something extremely difficult?

Questioner: Why can't I choose to have my own children instead?

⾼灵: 你是说你为什么不选择⾃⼰⽣孩⼦,这个要问你⾃⼰呀? 但是你不要去限制对孩⼦的⼀个观念.孩⼦就是说你们是有深深得链接感的.但是有可能你⾁体下来的他有可能和你没有链接感.他有可能是为了你的⽼公⽽来,明⽩吗? 所以你千万不要觉得从你⾝上掉下来的就是你的.他有可能只是通过你,因为他必须要通过你才能达到他想要链接的呢个⼈.

Higher Spirit: You're saying why you don't choose to have your own children; that's a question for you alone. But don't limit the concept of a child being deeply linked to you. A child means there is a strong connection between us. However, it's possible that even though they come from your physical body, they might not share this link with you. They could have come here specifically for your husband, understand? So never think anything that falls off of you is yours alone; he might just be passing through, needing to go through you in order to connect with the person he really wants to connect with.

问: 那能再帮我看看我的眼睛吗?

Questioner: Could you please check my eyes again?

⾼灵: 你的眼睛有什么问题?问: 我的眼睛近视的很厉害.

Higher Spirit: What's wrong with your eyes? Asked: My eyes are very short-sighted.

⾼灵: 眼睛近视,就是看不清楚,是吗? 我帮你链接看看.你叫什么名字.问: 我叫XXX⾼灵: XXX想要知道有没有什么办法可以改善她眼睛近视.为什么你的眼睛会看不清楚呢? 你的物质眼睛看不清楚对你来说还是⼀件⾮常好的事情.因为你容易被你看到的事情扰乱你⾃⼰内在的思绪,内在的平静,就是现在的这个状态.就⽐如说你⾛到⼀个屋⼦⾥⾯,如果你可以像⼀个放⼤镜⼀样把每⼀个⾓落细节都看到,你会看到这个⾓落⾥⾯有蜘蛛, 这边有蚂蚁,这边有蟑螂,呢边有好多好多灰尘.这边又脏又恶⼼.你会把你的意识全部焦距在这些,明⽩吗? 问: 那有没有什么办法可以让我看的清楚⼀点呢?

Higher Spirit: If you have nearsightedness, it means you can't see clearly, right? I'll help you find a link. What's your name?

Questioner: My name is XXX.

Higher Spirit: XXX wants to know if there are any methods to improve her nearsightedness. Why do you have trouble seeing things clearly? For you, being unable to see things clearly is actually quite beneficial. It allows you to avoid getting distracted by what you observe externally and maintain your inner peace. Just as when walking into a room and, instead of seeing the space as a whole, if you could focus like a magnifying glass on every detail, you would notice spiders in this corner, ants over there, cockroaches elsewhere, dirt and many pests everywhere. The area is messy and unpleasant to see. Your mind focuses completely on these things, do you understand?

Questioner: Then, are there any methods that could help me see more clearly?

Translation completed.

⾼灵: 你现在想要把你的眼睛变得更加清楚⼀点,你想要知道有什么办法是吗? 我帮你看看.你唯⼀可以做的就是转换你的⼈格.就好像是你完完全全的变成另外⼀个⼈.另外⼀个⼈的思维模式,另外⼀个⼈的性格,另外⼀个⼈的所有⼀切.你的脸都会慢慢的随着呢个⼈格转变⽽转化.只有这样的⼀种⽅式你才会把你⾝体上的⼀些特征给转换掉了.你⾃⼰的体验是你⾃⼰创造的.但是你唯⼀想要去脱离这个对你的影响的话,你只有转换你的⼈格.但是你们的⼈格最主要的⼀点就是你们会⾮常的害怕消失,明⽩我意思吗?所以你们会害怕死亡.你们会害怕关于你的⼀切消失.所以你会紧紧抓住它,明⽩吗?

Spirit: You want your eyes to become clearer now, do you want to know how you can achieve that? I'll help you out. The only thing you can do is transform your personality. It's like becoming a completely different person with their mindset, character, and everything else about them. Your face will slowly change as that personality transforms. This is the only way you can change some of your physical features. Your experiences are created by yourself. But if you want to escape this impact on you, you have to transform your personality. However, the main fear with your personalities is that you're very afraid of disappearing. Understand what I mean? That's why you're afraid of death and the disappearance of everything about you. So you hold onto it tightly, understand?

就好像你现在装的软件,你现在装的是A的软件,你要把A的软件全部格式化后再转⼊B的软件.B的软件就完全是另外⼀种运⾏的模式了.就是整个系统全部清除,全部换掉.对你们来说,因为你的物质头脑会想要保留这个⼈格,所以你们会各种的想要让⾃⼰的⾝体怎样怎样,你们会害怕这样的事情发⽣.你只有在彻底的转变成另外⼀个⼈格,你就可以再体验.你说.

It's like the software you're installing now; you have installed software from 'A', and to switch to software from 'B' requires formatting all of 'A's software and transitioning into 'B's mode. The entire system is reset and replaced entirely. For you, because your material mind wants to retain this personality, there will be various attempts at preserving the body in certain ways. You're afraid that such changes might happen. You can only experience these new aspects once you've completely transformed into a different personality.

问: 那你能不能告诉我我要转变成什么⼈格才可以治好我的眼睛呢⾼灵: 我们⼀直告诉你们不要给⾃⼰任何定义,任何限制.最重要是你⾃⼰去如何选择,如何体验.所以我们也不会给你任何限制.

Questioner: But can you tell me what kind of personality I need to transform into to cure my eyes? Higher Spirit: We've always told you not to define yourselves and put any limitations on yourself. The most important thing is how you choose and experience things, so we won't impose any restrictions on you either.

问: 我还是不太懂怎么做..

Questioner: I still don't understand how to do it...

⾼灵: 那你们物质世界有很简单的⽅法就是做⼿术呀.那你就⾃⼰看哪⼀个对你来说是最重要的,⾃⼰衡量.

Spirit: In your physical world, there's a very simple way of doing surgery. You just have to look at which one is the most important for you and decide on it yourself.

问: 能不能帮我链接⼀下我去世的婆婆,我想知道她有没有什么信息给我呢?

Questioner: Can you help me connect with my deceased mother-in-law? I want to know if she has any messages for me.

⾼灵: 你想⼀下你的婆婆,想问⼀下她有没有信息给你是吗? 你稍等.不要着急,不要着急.你所有的⼀切这些路都给你制造好了,知不知道啊?⼩宝贝啊,不要着急哦.所有东西全部给你安排好了.婆婆永远都会在这边保佑你的,保护你的,爱你的.你乖乖的哦.你⼀定要乖乖的.我从来从来都没有离开过你,你知不知道啊.从来没有离开过你.然后呢每次看见你着急,我也着急.知不知道.所以你⼀定不要着急.你就算不是为了你,你就算是为了我,你也不要去着急.有些事情是急不来的.你越急,然后事情越是做不好.所以你⼀定不要着急哦.我只是想要你知道就是说,第⼀你的路我都看的到.它已经就是好像给你安排好了,就在呢⾥.

Spirit: Are you thinking about your mother-in-law, wondering if she has any messages for you? Please wait. Don't worry, don't rush. All the paths have been laid out for you, understand? Little dear, please don't be in a hurry. Everything has been arranged for you. Your mother-in-law will always protect and bless you from here on. You must behave well. You absolutely must behave well. I've never left your side, do you know that? Never have I left you. And every time I see you worrying, I worry too. Do you understand. Therefore, you must not worry. Even if it's not for yourself, just for me, don't rush. There are some things you can't hurry into. The more you rush, the worse you do them. So please don't worry. What I'm trying to tell you is that your path is visible to me. It seems as though it has been set up and awaits you there.

第⼆,就是说你的⼀举⼀动,你的所有⼀切我都能看到.第三馁,我会⼀直保护你,保佑你,陪伴你.然后就是说⾮常⾮常的爱你.然后这些信息全部全部都是我⼀直想要给你说的.

Secondly, everything you do, every aspect of you I can see. Thirdly, I will always protect you, bless you, be with you. And then, I deeply love you. Then, all these messages are what I've wanted to convey to you for a very long time.

问: 那请问我的⾼我和指导灵有没有什么信息给我呢⾼灵: 你的⾼我和指导灵想要什么信息传递给你,我看⼀下啊.他们只是想要告诉你,你所做的⼀切,你所选择的⼀切,所进⾏的⼀切都是在正确的路上.因为就算你体验的呢些对你来说很负⾯的体验也是有⾮常巨⼤的意义的.

Questioner: Could you please share any messages from my higher self and guiding spirit? Higher Spirit: I'll check if there's any information that your higher self and guiding spirit want to convey to you. They simply want you to know that everything you've done, chosen, and embarked on is on the right path. Even though some experiences may seem negative for you, they hold immense significance.

# **2021/11/24 — 线上集体通灵问答Online Group Spirit Channeling Q&A**

第⼀个⼈⾼灵: 你说吧,什么问题?

First spirit, Li Ling: Speak up, what's your question?

问: 我想问⼀下我的⾼灵,我的指导灵还有我的⾼我有没有什么信息要带给我? 对于我现在的状态、⼯作、爱情,还有现在⽣活的状态,他们有没有什么信息要带给我? 谢谢.

Questioner: I would like to ask my high self, my guide spirit, and my higher spirit if they have any messages for me? Are there any information regarding my current state, work, love, and the current state of my life that they wish to convey to me? Thank you.

⾼灵: 你稍等.你叫什么名字?问: 我叫XXX⾼灵: XXX,我现在搜索⼀下有没有信息给你.你的信息…然后接下来我会从两个⽅⾯开始跟你传讯.就是两个⽅⾯,⼀个是从你们的⾓度来理解就是说,⼀个是你…就好像⿊和⽩两种信息.⼀个是⿊⾯的,⼀个是⽩⾯的.这两种信息.因为你都需要它从,就好像是从两个不同的⾓度来⽀持,来引导,来帮助你.然后先从,那可能在你们这边来说就会是⼀个正⾯⼀个负⾯.然后先从正⾯的信息.正⾯的信息想要告诉你的是就好像现在是要来夸奖你,就好像是要来告诉你你做的很好,给你称赞⼀样.因为你现在进⼊到⼀种就是越来越有觉知(的状态).

Higher Spirit: Wait a moment. What is your name? Questioner: I'm called XXX. Higher Spirit: Now, I will search to see if there's information for you. Your information... Then, I'll start communicating with you from two aspects. There are essentially two ways, one being from your perspective as black and white information. One side is negative, the other is positive. These two types of information because they support each other from different angles and guide you in a way that helps you understand yourself better. First comes the positive information. The positive information wants to tell you how well you're doing now, like praise for your accomplishments. You're entering into an increasingly aware state.

就是所有的信息你不只是你的物质的⾁体在经历,就是不只是你是在⽆意识的只是在体验.你还会充满觉知的去觉察你的体验背后,就好像这个体验对你来说,给你带来的服务.就是你还会去有觉察的意识到这⼀切.然后看如何去更好的去理解,去接收或者就是任何⼀切.所以你并不是你(的物质⾁体).就好像是分了两个⾓⾊.⼀个⾓⾊是在体验着,⼀个⾓⾊是在冷静的观察着.像是这样的两个⾓⾊.OK,这是⼀个正⾯的信息.就是说你现在是充满着觉知的在体验你的⼀切.然后再说另外的⼀⽅⾯的信息.也就是说你还在进⼊,就是还在头脑的⼀种追求当中.就是可能是因为你还没有完完全全的放⼿.就⽐如说你现在在开⼀台车.

The Chinese text translates to the following in English:

It's all about information; you're not just experiencing your physical body, it's more than just being unconscious and experiencing. You also become aware of your experiences with awareness, as if this experience is serving you. You would be conscious of realizing everything. Then looking into how better to understand, receive or any other thing. So you are not (your physical body). It feels like dividing roles; one role is experiencing, another role is observing calmly; it's a sense of two roles. Alright, this is a positive message: meaning now you're aware and experiencing everything. And then there's the other side of information, meaning you're still entering into the mind's pursuit. This might be because you haven't fully let go. For example, you're driving a car right now.

你已经把你的驾驶位让出来,就是你想要去怎么说….OK,如果这是⼀台⾃动驾驶的车,你已经放下你的双⼿,OK,你说好,那我不要控制,我要随它⾛.但是你还会想在前⾯速度⼀下变快,你还是想要去⽤⼿拉刹车.因为你没有安全感.就是还有⼀种这种会去插⼿的怎么说,在这样⼦的⼀个信任和呢个状态当中,就是在你的物质⾁体跟你的(⼼灵)在磨合,就是在融合,还在⼀种没有完完全全的放⼿,全然的信任.然后还会去有⼀种我要去做有利的,好的,这⼀种进⼊头脑的追求当中.然后这就是说我们从评估你的能量当中,状态(当中)看到的你的⼀个积极的⽅⾯和⼀个就是⽬前还在经历转变的⼀个⽅⾯,就是这个体验的过程.

You've already ceded your seat, so you want to say... alright, if this is an autonomous vehicle, you've lowered both of your hands, alright. You said okay, I won't control it; I'll let it go its own way. However, you still imagine speeding up slightly in front because you're trying to use your hand for the brake. It's due to a lack of confidence.

There's also this tendency to intervene, in such a state of trust and integration between your physical body and (your mind), as they blend together without fully releasing or completely trusting. There is still this desire to actively pursue what is beneficial and good, entering into the realm of the intellect. This shows us from our assessment of your energy that you possess a positive aspect and are currently undergoing transformation, experiencing the process of change.

所以前⾯的信息就是让你看到你的⼀些进步.那后⾯的信息就是让你看到你卡在哪个点.你的呢个点就是你还没有完完全全的进⼊到⼀种全然的允许和放⼿和enjoy的呢种的状态.你还有什么问题?

So the previous information is meant to show you some of your progress. The latter piece of information is meant to highlight where you're stuck - that point at which you haven't fully entered into a state of total allowance, letting go, and enjoyment. What's your particular sticking point? Do you have any other questions?

问: 那这种全然的信任我始终不是能够⾮常好的理解.能不能再说的更详细⼀点.什么才叫全然的信任?

Questioner: Well, I can't understand this total trust very well. Could you please explain it in more detail? What exactly does total trust mean?

⾼灵: 因为这个不是我告诉你你就能做到的.这个是你⾃⼰是去,就好像你⾃⼰需要摸索出来⼀条路,明⽩吗? 就好像这是需要你个体(每个个体),他需要的时间点不⼀样.明⽩吗? 他需要的就是….因为就是对于我们来说,你们并没有这个是坏的,这个是不好的.明⽩吗? 我们并没有说⼀定要快速的加油、赶快.这⾥没有赶快.因为最终的是你⾃⼰要完完全全的达到⼀个状态.⽽不是说要教你快速的成为某⼀个状态.明⽩吗? 所以唯⼀就是说你⾃⼰需要放下呢个追求.明⽩吗? 就是你放弃呢个我要达到呢种全然信任的状态.我要达到不⼲预的状态.你需要放弃这个追求.因为你再去追求它的过程当中你就是在成为呢种就是没有允许它⾃动驾驶的呢个过程.

Sage: This is something that you can't achieve just because I tell you about it; this is for you to discover on your own, like finding a path through trial and error, understand? It's as if each individual needs their own unique time to reach certain points of understanding. Understand? The process doesn't have the same timeline for everyone because what we are talking about here is not inherently bad or wrong for you, it's just that our system doesn't advocate rushing or trying to make things happen quickly, there is no rush in this scenario. Ultimately, what you need to achieve fully comes down to your personal realization and mastery, not being taught how to instantly reach a particular state of understanding. Understand? The only thing needed is for you to let go of the pursuit, understand? You're letting go of the desire to achieve total trust and self-mastery immediately. It's about letting go of the chase because in that process of chasing it, you are essentially preventing yourself from fully experiencing the automatic state of self-driving within your own system.

所以这是你需要去看到⾃⼰的⼀个点.

So this is something you need to see about yourself.

问: 我的最后⼀个问题是我想问⼀下对于我现在的这个现状,然后我可能⾯临这个现状让我有⼀些焦虑.有没有什么指引给我?

Questioner: My final question is, I would like to ask if there are any guidelines for me based on my current situation, which may cause anxiety for me.

⾼灵: 刚才的信息也就是你还没有提问已经告诉你你⽬前卡的呢个点.但是当你在全⼒的想要挣脱现在处于的这个环境,你实际上就在继续加深这个体验.明⽩我意思吗? 因为你受到的限制,就是你物质世界受到的限制它并不是真的限制.我们的所有信息就是来帮你看清楚你的所有限制它其实都是你⾃⼰投射的⼀个幻像.明⽩吗? 都是你投射的⼀个幻像.这个⼥孩⼦她前两天她跟你分享的⼀个,就是说如果你抛开就是所有的⼀切.就⽐如说明天我要交房租了.那但是那是明天你需要⾯对的.那你今天你就可以做你想要去做的事情.⽽不是说去…我知道你们物质世界需要什么事情都把它计划安排好.然后这样才不会让你们⼿忙脚乱的⼀个状态.

Higher Spirit: The information I just gave you was that you are already aware of your current situation. However, when you are fully trying to break free from the present environment, in fact, you are deepening this experience. Do you understand what I mean? Because of the limitations imposed upon you, the restrictions within your material world are not real constraints. All our information is aimed at helping you see clearly that these limitations are actually projections of your own illusion. Do you understand? They are all projections of illusions. The girl who shared with you two days ago mentioned if you let go of everything else. For example, if tomorrow I need to pay rent. But that's what you have to face tomorrow. Then today, you can do whatever you want. Instead of saying… I know your material world needs everything to be planned and arranged in advance so that it doesn't leave you in a state of chaos.

但是呢是呢些相信所有事情都需要安排好的⼈他们的世界,明⽩吗? 但是你现在你在⾃⼰想要从把所有事情都安排好的⼀个观念当中,世界当中你想要去逃出来去进⼊到⼀种就是⼼灵指引的…明⽩我意思吗?你完完全全的你可以再回到呢种就是你们物质世界⼤多数的⼈就是所有事情我都是安排好的.因为这⾥所有事情并没有哪个是对的,哪个是错的,哪个是好的,哪个是坏的.重要的是你⾃⼰想要体验什么.明⽩吗?因为你不能就是说我又想听天由命,就是说顺着上天的指引,什么什么的,就是灵性的.那我又要所有所有就是(安排好).你不能又想要A,又想要B.因为当你在觉得你所有事情都需要规划好的话,那你已经选择了你进⼊A这个实相.

But it's the world of those who believe that everything needs to be planned out, you know? But now you're escaping from this idea of having everything neatly arranged in your world, wanting to enter into a kind of spiritual guidance… do you understand me? You can fully return to that state where most people in your material world believe everything is planned for them. Because here, there's no right or wrong, good or bad; it's about what you want to experience. Do you see? You can't have it both ways – wanting to follow destiny and spiritual guidance, while also wanting everything to be perfectly planned out. You can't want A and B at the same time. When you think that everything needs planning, you've already chosen to enter reality as A.

就是A和B是不同的两个地球对不对?那你们两个地球有不同的两个法规.明⽩吗?就是你⾃⼰去投射了这个世界给你体验.但是你体验这个也是好的体验.因为它会让你看清楚⽆论你觉得⾃⼰有多么的⽆助,或者是绝望,或者是没有办法.世界上有句话叫上帝为你关上⼀扇门然后为你开了⼀扇窗.塞翁失马.明⽩吗?因为这个事件在你们很多很多的⼈⾝上都有发⽣这样的事件.那就你跟她都知道的英国有⼀个写活在当下的呢个导师,呢个⼈.他曾经也经历过⾝⽆分⽂,然后流落街头.就是什么都没有,⼀⽆所有的状态.明⽩吗?所以有很多⼈都是因为呢场经历才导致他后⾯拥有物质上的丰盛.所以你不能去否定任何⼀切.在这个⼥孩⼦头脑当中,她有知道⼀个电影明星.

A and B are two different planets, right? So you have two sets of laws on each planet. Do you get it? You project this world for yourself to experience. But the experience is good; because it lets you see how helpless you feel, or hopeless, or incapable. There's a saying: when God closes a door, he opens a window; misfortune turns into fortune. Do you understand? Because this event has happened to many of you in so many ways. Take for example an English mentor who teaches about living in the present time. He once had nothing and was homeless. Nothing at all; he had lost everything. So it's because of such experiences that many people later enjoy abundance materially. You can't deny anything under any circumstances. In this girl's mind, she knows a movie star.

呢个电影明星演了很多电影.然后她有⼀个电影公司取名就叫七美元.因为她有⼀天发现⾃⼰全⾝上下只有七美元.然后她想要她永远记住呢⼀天.所以她把呢股动⼒,就是呢股没有钱的动⼒全部⽤来今后她的所有的,就是需要她⽤⼒吃苦的呢个上⾯.因为她再也不要去经历只有七美元的呢个…时时刻刻提醒她,命名为公司.明⽩我意思吗? 所以你经历的⼀切你不能只从你现在⽬前的这个点去评判它.你不能只从你⽬前的这个点去评判它.因为这样你就进⼊了你的头脑.因为你的头脑才是需要把什么事情都弄明⽩.但是你的头脑它永远都是不可能,头脑永远都不可能知道明天会发⽣什么,将来会发⽣什么.它只会去从你曾经发⽣过的事情当中去找.明⽩吗?

The movie star acted in many films. Then she founded a film company named Seven Dollars because one day she realized she had only seven dollars on her entire body. She wanted to remember that day forever. Therefore, she used the motivation, which was the lack of money, for all her future endeavors where hard work and sacrifices were required. Because she didn't want to experience being penniless again... constantly reminding herself with this name as her company. Do you understand? So, everything you've experienced cannot be judged from your current point in time alone. You can't judge it based solely on your current position because then you would fall into your mind. Your mind is what needs to figure out everything; however, your mind can never truly know what will happen tomorrow or in the future. It only looks for patterns based on past experiences. Do you get it?

那如果你跟随你的头脑的话,你就会继续创造你同样的⽣活.你并没有新的⽣活.所以你需要去跟随你的⼼灵.

If you follow your mind, you will continue to create the same life for yourself. You do not have a new life. So, you need to follow your heart.

第⼆个⼈问: 我是第⼀次参加通灵会,在我正式的提问之前.我想请教⼀下今晚跟我们联通的是哪位神灵呢?

Second Person: This is my first time attending a seance. Before I ask my formal questions, may I inquire which divine entity we are connecting with tonight?

⾼灵:⾸先我们不是神.然后我们只是能量.能量形式.然后这个能量就好像它会根据你的问题不断的就是…就好像OK,我这股能量如果你输⼊⽂字你要搜索这个信息,那⽂字信息会出来.如果你搜索图⽚,那图⽚会出来.如果你搜索概念什么什么…明⽩吗?它会根据你⾃⼰不同的⼀个状态然后为你输⼊.所以如果你觉得你需要给你交流的⼀个对象,你想要给它命名.因为这只存在于你们的物质世界当中,命名.那你可以…你继续说.

Higher Spirit: First of all, we are not gods. Then, we are just energy. Energy forms. And this energy is like it will continuously respond to your questions... as if OK, this energy when you input text and search for information, that information will appear. If you search for images, then the images will come up. If you search for concepts or whatnot... understand? It will provide according to your own different states into input for you. So, if you feel you need an object for communication, you want to give it a name because this only exists in your material world, naming. You can go ahead and continue speaking.

问: 我可以⼲嘛?

Questioner: What can I do?

⾼灵: 提问.

Higher Spirit: Asking questions.

问: 好的好的.我的第⼀个问题是关于我的⼈⽣课题是由哪些? 然后祖先是什么?

Questioner: Alright alright. My first question is about what are my life topics, and then what are my ancestors?

⾼灵: 你的⼈⽣课题.你叫什么名字?问: 我叫XX.

Higher Spirit: Your life task. What is your name? Questioner: I am XX.

⾼灵: 请允许我搜索XX的信息.看看有什么关于她的信息在这个点是需要让她知道的.XX,你是⼥孩⼦对不对? 你是⼥孩⼦但是你的内在却拥有像男⼈⼀样的,⽐如说抱负,或者是能量,或者是决⼼,或者是男性的呢种…所以说你虽然拥有⼥性的外表.但是你内在却拥有强⼤的⼀种,就是远⼤的抱负.明⽩我意思吗? 然后你现在是想要你的⼈⽣主题对吗?

Higher Spirit: Please allow me to search for information on XX. Let's see if there are any details about her that need to be shared at this point. XX, are you a girl, right? You're female, but your inner self possesses qualities akin to those of a man, such as ambition, energy, or determination... hence, although you may present as a woman on the outside, you harbor an intense and powerful drive within you - namely, a grand ambition. Do you understand what I'm saying? And now, you're looking for your life's theme, correct?

问: 我想要问我的⼈⽣课题有哪些? 然后主线是什么?

Questioner: I want to ask what are my life topics, and then what is the main storyline?

⾼灵:你⼈⽣的课题是关于平衡.就是说你想要通过物质⾁体来找到呢种平衡的状态.所以你会就是说是⼥孩的⾝体,但是又选择男孩的呢种内在的能量状态.然后这本⾝就是你想要通过这层关系来让你变的柔和下来.就好像你⽤这个外表在时时刻刻提醒⾃⼰,我是⼥⽣.那我就可以不⽤如此的,就⽐如说在你们⼼⽬中男⼈的形象,就是不⽤如此的逞强,不⽤如此的刚硬,不⽤如此的强⼤.所以你会从各个⽅⾯去体验到呢种你想要变得平衡的⼀个状态.

Higher Spirit: Your life's lesson is about balance. That means you're trying to find that state of equilibrium through your physical body. So, you might be a girl in terms of your body, but choose the masculine energy within. This is all about using this relationship layer to make yourself softer; it's like having this appearance constantly remind you that I'm a woman, thus not needing to be as strong or tough in your mind as what you'd perceive men to be. You would experience various aspects of trying to achieve that balanced state you desire.

问: ⼈⽣课题就⼀个吗?

The question of life's challenges is but one.

⾼灵: ⼈⽣课题就⼀个.这不是说⼀个两个三个.这是说它从⽅⽅⾯⾯,就⽐如说你会从你⽗母、或者是学校、或者是爱⼈、就是今后的关系,或者是从事业,就各⽅⾯,不同的⽅⾯.但是它呈现的其实都是在⼀个你需要去调节、平衡这种能量.明⽩我意思吗? 那你想⼀下你有多少⾝份? 你有⼀个学⽣的⾝份,对吧? 那你将来会有⼀个母亲的⾝份,对吧? 那你有做⼥⼉的⾝份,有做同事,你有做下属,领导.明⽩吗? 那在每⼀个不同的⾓⾊和⾝份⾥⾯你都会去体验到如何去平衡你的能量状态,对不对?

Spirit: There's only one life lesson. This doesn't mean two or three; it means that from all aspects, for example, you will look at this through your parents, or school, or partner, or future relationships, or career—it's across the board. But what is presented to you is about needing to regulate and balance this energy. Do you understand? Now think about how many identities you have? You're a student, right? Then you'll be a mother in the future, right? You have the identity of being a daughter, and as an employee, you are someone's subordinate or supervisor. Understand that in every different role and identity, you will experience how to balance your energy state, don't you?

问: 那是否从⼈⽣课题⾥⾯也可以看出来⼀个⼈的天赋是什么呢?

Questioner: Could talent also be discerned from life's lessons?

⾼灵:⼀个⼈的天赋.⾸先说你们,你觉得的你受束缚.你没有任何束缚.能束缚你的只是你的⼤脑,只是你的⼤脑.但是你如果你去弄清楚你的⼤脑的作⽤是什么?你的⾁体的作⽤是什么?那么你这个⾁体只是你呈现在这个世界上的⼀个⼯具⽽已.那它并没有任何束缚.它便可以去任何,链接它想要去在这个,通过这个⾁体展现的⼀切.所以重要的不是说我有这⽅⾯的天赋,那我去选择这个.⽽是说这是你想要去突破,你想要去体验,你想要去创造,你想要去呈现的.然后你去链接这股能量.就好像你打开了呢扇门.它源源不断的,你就跟这个能量的链接越来越稳定.明⽩我意思吗?所以重要的不是你的天赋.就⽐如说你的天赋是唱歌.

Higher Spirit: A person's talent. First, you say you are bound. You have no bindings whatsoever. The only thing that can bind you is your own brain, just your brain. But if you figure out what the function of your brain is? And what your body's function is? Then this body is merely an instrument presented to the world by you. It has no bindings at all; it can go anywhere, connect with everything it wants through this body and manifest its desires. So, what matters is not that I possess these talents and choose them; rather, it is about what you wish to transcend, experience, create, and present. Then, you link into this energy, as if opening a door; the flow becomes more stable, connected to this energy continuously. Do you understand? What truly counts isn't your talent; for example, if your talent lies in singing.

那你永远也…你投胎投了⼏⼗次,你每次都唱歌啊?那你就失去了灵魂不断的下想要去体验,想要去扩展,想要去变换的呢个意义了.明⽩吗?所以说最重要的是你到底热爱什么?你有没有跟随你内在的指引,你内在的冲动,你内在想要迫切的去做的某件事情.因为当你去⾛上呢条道路过后,你的灵感,你的天赋,你的所有⼀切它会源源不断的来⽀持你.

If you keep reincarnating and singing every time, then you would lose the essence of constantly seeking new experiences, expansion, and transformation. Understand? Therefore, what truly matters is what you are deeply passionate about? Have you followed your inner guidance, your instincts, the urgent desire within you to pursue something? Because once you embark on that path, your inspiration, talent, and everything else will continuously support you.

问: 那我的第⼆个问题是我⽬前有两个选择.⼀个选择是继续等待家⼈给我安排的⼯作.⼀个选择是我可以⾃⼰去找⼯作.但是由于我⾃⼰选择了要明年考研.所以我看不到两个时间线的发展.哪个是更契合,就是更利于考研的这个选择.就是会有更多的时间.就是可以平衡的更好.就是哪⼀个时间线会呈现的更好⼀些?

Questioner: My second question is that I currently have two options. One option is to continue waiting for the job my family has arranged for me. The other option is that I can find a job myself. However, since I have chosen to take postgraduate exams next year, I cannot see how either timeline will align better with my academic pursuits. Which choice would be more conducive to my studies, allowing me to have more time and balance better between work and preparation for the exams?

⾼灵: ⼀般在做选择的时候,我们永远不会告诉你哪⼀个选择是好的,哪⼀个是不好的.因为⽆论是好的,还是….都可以服务到你.明⽩吗? 你都可以让它服务于你.所以你选择哪个不重要.重要的是你如何去运⽤你⾝处的环境,去得到你的best benefit.明⽩我意思吗? 所以就好像同样的⽔,你可以去⽤来让它帮助你.帮助你解渴,帮助你做饭,帮助你浇灌你的呢个什么.但是同样⽔也可以把你淹死,洪⽔.对不对?

Higher Spirit: Normally when you're making a choice, we never tell you which one is good or bad because both can serve you regardless of whether they are good or not. Do you understand? You can make them serve you. So it doesn't matter which one you choose; what matters is how you use the environment you are in to gain your best benefit. Do you understand my meaning? So, just like water, you can use it to help you quench your thirst, cook your food, or water your plants. But at the same time, the same water could drown you, like a flood. Isn't that right?

问: 所以就是说按照这个观点的话,每个⼈现在的状态都是按照⼈⽣蓝图在进⾏的.就是没有⼈会⾛偏,是这个意思吗?

Questioner: So does this mean that each person is proceeding according to their life blueprint right now? Does it imply that nobody would deviate from this plan?

⾼灵: 没有偏不偏.他们经历的⼀切都是来供他们转化的.就是⽆论你进⼊哪⼀个点,呢⼀个点都有供你去,就是来服务于你的.最重要的是你有没有呢个意识,你有没有呢个程度的意识.你有没有呢个去,就是去看到⼀切,去利⽤⼀切.因为如果你没有意识的话,就算把全天下给你,你是⼀个皇帝,你又能怎样呢? 明⽩吗? 这并不重要.重要的是,有⼀句话是给我⼀个点,我就能撬动地球.你在哪个点不重要.重要的是你如何让这个点来服务于你.

Higher Spirit: There is no bias or lack thereof. Everything they experience serves to transform them. No matter which point you enter into, there is a point that serves you, serving your needs. What's most important is whether you have the consciousness, the degree of awareness. Do you have the ability to see everything and utilize it? Because if you don't have this awareness, even if you were given all the world as an emperor, what could you do with it? Understand? This isn't crucial. What's important is that one saying gives me a point, I can move the earth. It doesn't matter where that point is. What matters is how you make that point serve you.

问: 🗎,好的.我想我通过你的回答我知道了我现在的思维多少是太过于局限了.感谢.然后我的第三个问题是我的家⼈们和我之间是否有着前世的⼀个关系? 然后如果有的话关系是什么呢? 我们这⼀世选择成为家⼈的课题又是怎样的?

Questioner: Alright, I understand that my current thinking might be too limited based on your response. Thank you. Then, my third question is whether there's a past-life relationship between my family members and me? If so, what kind of relationship was it? And how are the lessons we chose for this lifetime as family members?

⾼灵: 你的家⼈你说的是哪⼀位? 你要具体的指出来.

Higher Spirit: Which of your family members are you referring to? Please specify.

问: 我想问的是我们⼀家四⼜,就是爸爸妈妈哥哥和我,我们之间的⼀个前世关系.

Questioner: I want to ask about our previous life relationship as a family of four, my parents, brother, and myself.

⾼灵: 因为每⼀个⼈都不⼀样的.所以你只有正对性的选择⼀个.

Higher Spirit: Because everyone is different, you can only choose one in a targeted manner.

问: 我想问妈妈⾼灵: 你想知道你和你妈的关系.你再报⼀下你的名字.问: 我叫XXX⾼灵: XXX想要知道她和她妈妈的关系.我先说⼀下就是说在有⼀世,然后呢⼀世的影响会保留到你们⽬前体验到这⼀世的影响.然后呢⼀世你们是师傅和徒弟的关系.然后她是你的师傅,你是她的徒弟.然后你们有很深的链接感.然后呢⼀世你的师傅,你是她的徒弟.但是她从你⾝上反⽽学到⾮常多.虽然表⾯上你是她的徒弟,但实际上她从你的⾝上却学到了⾮常多.所以她再次选择来到你的⽣命⾥⾯.然后跟你有如此的紧密的,就是如此亲密的关系.然后她是想要去回报你的.所以你的母亲在你⽣命当中是⼀种给与的⾓⾊.明⽩吗?

Questioner: I'd like to ask about mother-gaoli: Do you want to know about your relationship with your mom? Please state your name again.

Questioner: I'm called XXX Gaoli: XXX wants to know about her relationship with her mom. First, let's discuss in one lifetime where the effects of past lives are carried into this current experience. Then, for a while, we had roles as teacher and student. She was your teacher, you were her student. There was a strong connection between us.

Then, she acted as the teacher and you were the student in another life, but surprisingly, she learned much from you despite appearing to be the student on the surface. Actually, she learned quite a bit from you. Therefore, she chose to come back into your life again, wanting to repay you. Hence, your mother's role in your life is one of giving.

Understood?

她是会想要去回报你,她会想要去给与你.因为你之前存在她的⽣命⾥.对她的⼀个就好像是突破、帮助或者是呢个⾮常⼤.你说

She would want to return your kindness, she would want to give back to you because you once existed in her life, for something great or helping her out. You said...

问: 那我想跟你说这个关系会牵连到今世嘛.那在今世中也是说妈妈有想要回报这个点之外,是否也会同样的延续就是说会从我这⾥学到很多吗?

Questioner: I want to talk about the relationship affecting this life. In this life, besides Mom wanting to repay something, will she also learn a lot from me in the same way?

⾼灵: 这⼀世她会不会从你这⾥学到很多,还要根据她这⼀世的⼀个状态.但是她选择进⼊这段关系⾥⾯,来到你的⽣命⾥来.她是更多的是想要给与,给与回报.

Higher Spirit: Whether she will learn a lot from you in this lifetime depends on her state in this lifetime. But she chooses to enter into this relationship and come into your life. She wants more to give, to repay.

问: 我跟妈妈的关系就是只有⼀次的前世关系是吗? 还是说之前也有过? 还是说很多次,但是说这个关系跟今世又有链接了?

Questioner: Is my relationship with my mother only from a past life, or did we have it before? Or is it that there were many times, but this relationship has a connection to this lifetime as well?

⾼灵: 我们的信息的来源是你抽⼀个.然后它根据你这个⽬前的这个问题…它不是说所有关于这个全部都出来了.⽽是说你问⼀个,链接⼀世,它链接到这个.然后这个是跟这个的关系.我们的信息是这样的⼀个呈现的⽅式.⽽不是说你来了过后,然后把你所有的⼀切都摆到桌⾯上来让你看.因为这⾥没有⼀个全部.明⽩吗? 因为它永远都在不断的变化当中,不断的变化当中.可能等你下⼀次来提问的时候,你的信息又有变化了.明⽩吗? 因为它这⾥没有⼀个死的东西.

Higher Spirit: The source of our information is that you pull one out. Then it links based on your current question... It doesn't say that everything about this has been revealed. Instead, it's like asking a specific question and linking to that situation. This shows the relationship between this and that. Our information is presented in this way rather than laying everything out for you after you've come here, because there isn't a complete set of answers right now. Understand? Because it's always changing continuously. It may change when you ask another question next time. Understand? Because there is no static element here.

问: 那我的提问结束了.那我们是不是在所有的这些问答当中,你更希望我们的聊天是像朋友⼀样的交流,⽽不是希望我们都去(没听清)真理,是吗?

Questioner: So, that concludes my questions. Are you hoping for our conversation to be more like a friendly exchange between friends rather than trying to pursue (not clear what was said) truth during all these discussions?

⾼灵: 我们的信息就是说了什么或者是带来什么我们没有任何期望.然后它会以任何形式或怎么样.它是通过你们⾃⼰,因为你们每⼀个⼈就好像是⼀个能量通道⼀样.就好像我这边是⽔源,那你是⼀⼜井.那你是⼀⼜井.那你是⼀⼜井或是⼀条河或是怎样,那是你呈现的⼀个⽅式.你呈现在你的世界⾥⾯的⼀个⽅式.你有你⾃⼰的⼀套系统去呈现它.明⽩吗?因为它不只是你.有可能就是说我跟你的这⼀番对话对你没有任何帮助,对你没有任何理解.但是在某年某⽉某⼀天,突然有⼀个⼈看到了你的这⼀段话.却把他给唤醒了,明⽩吗?那就转化了他,然后通过他就可以转变这个世界.所以这⾥并没有就是说这⼀定是要发⽣在你这个⼈⾝上的.

Higher Spirit: Our message is about what we say or bring forth; we have no expectations. It will manifest in any form or manner. It's through you yourselves, as each of you acts like a conduit of energy. Like I am the source of water, you are a well; you're a river or how it may unfold, that's the way you present it. You present it within your own world using your own system. Do you understand? Because this isn't just about you; maybe our conversation won't help you or be understood by you in any way. But at some point, perhaps years later, someone reads what you've written and is suddenly awakened. They are transformed through that understanding and can then change the world. Therefore, it doesn't necessarily have to happen to you personally.

第三个⼈问: 我的第⼀个问题是我觉得我⾃⼰有时候做事就好像就想把⼀些事情做完做完.然后做完了⼼⾥才舒服了,然后才坐下来休息.但是⾝体就很累.我想问⼀下我这个是什么信念系统呢? 为什么我会有点停不住这样呢?

The third person asks: My first question is that sometimes I feel like I just want to finish things and only when they're done do I feel relieved, then sit down for a break. But my body becomes very tired. I'd like to know what kind of belief system this is? Why can't I stop myself from feeling like this?

⾼灵: 你稍等.你叫什么名字?问: XXX⾼灵:XXX,你想要知道为什么你⼀定想把事情做完.那是因为你是在进⼊⼀种你们集体意识,或者是观念.因为你们这个物质世界创造了⼀个世界.你们的这个物质世界是由你们的,就好像集体意识⼀样.就是它本⾝就⼀个思维模式,运⾏模式.对不对?就是由你们去同意,加⼊.然后在⾥⾯产⽣的⼀些信念、概念.这是你们这个物质世界运⾏的⼀种模式,⼀种⽅法.就是你们觉得你们要付出了过后才能享受.不能就只是享受.这会让你们产⽣⼀种guilty,就是愧疚的⼼⾥,明⽩吗?

Higher Spirit: Wait a moment. What's your name? Questioner: XXX Higher Spirit: XXX, you want to know why you must finish everything. That's because you are entering into a collective consciousness or an idea, as you have created a world with this material realm. Your material world is akin to a collective mind; it itself operates through a thought pattern and operational model, isn't it? It's something that you agree to join and participate in, generating beliefs and concepts within it. This is the mode of operation for your material world, a method. You feel like you have to pay before you can enjoy things. Not just enjoying without付出. This will create a sense of guilt or remorse in you, do you understand?

问: 奥,意思是我认同了物质世界的这种⼼⾥?

Questioner: "Ao, does this mean I agree with the mind in the material world?"

⾼灵: 就好像你进⼊到⼀个东西.就⽐如说你在⼀个⼩⼭村⾥⾯出⽣,你在呢⾥长⼤.那你⾃然⽽然的就继承了他们这个⼩⼭村的⼀些风俗、习惯.明⽩吗?

Higher Spirit: It's like you are entering something. For example, if you were born in a small village and grew up there, naturally, you would inherit some of their customs and habits. Do you understand?

问: 那我怎么能够脱离它的影响呢?

Questioner: How can I get rid of its influence?

⾼灵:就你如说我刚刚给你的⽐喻,就⽐如说你出⽣在⼀个⼩⼭村.呢个⼩⼭村⾥有他们当地的⼀些风俗、民俗、习惯,对不对?那你会去继续的去运⾏.那如果你脱离,⾛出来,从这个⼩⼭村⾛出来.你又在其他的国家,其他的地区再呆个⼏年呢?那你就会受到其他地区的⼀些风俗的影响,明⽩吗?也就是说当你在不断的改变你的环境,改变你的处境,改变你的⼀个圈⼦,改变你的物理的⼀个环境的话.你的意识也会发⽣转变的.明⽩我的意思吗?所以如果你只是想从这些层⾯来看你⾃⼰的处境的话… 你继续问问: 第⼆个问题是为什么我在⼯作⽅⾯领导没有认同我,我就觉得很难受,没有什么⼯作激情? ⼼⾥很难受.

Higher Spirit: Let's consider the analogy I've given you like being born in a small mountain village. In that village, there are local customs, folk practices, and habits, right? You would continue to operate within those norms. If you were to step out of that village and venture into other countries or regions for a few years, wouldn't you be influenced by the customs there? This means that as you continually alter your environment, situation, circle of people, and physical surroundings, your consciousness also changes. Do you understand me? Therefore, if all you're trying to do is observe your current state from these dimensions… You might ask: The second issue is why I feel undervalued at work despite my leadership efforts; it's causing me great discomfort and a lack of enthusiasm for my job. I'm emotionally troubled.

⾼灵: 为什么你在没有得到认可⼼⾥会感受到难受对吗?问: 领导⾼灵: 🗎,没有得到他⼈的认可为什么会难受? 你这个问题你需要问你⾃⼰,你为什么会难受?

Spiritual High Being: Why would you feel discomfort in your mind without receiving acknowledgment, right? Ask: Spiritual Leader - Why would it be uncomfortable not to receive others' recognition? You should ask yourself why you would feel uncomfortable.

问: 太寻求于外在的认同?

Questioner: Is it too much of a search for external validation?

⾼灵: 你知道你太寻求于外在,那你为什么会难受? 这需要你⾃⼰来不断的去问你⾃⼰.因为就好像你有你独⼀⽆⼆的⼀个运⾏模式.你有你独⼀⽆⼆的…就好像你⼀个⼈是⼀张地图.

Spirit: Do you understand why seeking externally so much causes discomfort? You need to continually ask yourself this question because it's like you have a unique operating pattern, and you are your own map.

呢个地图只有你,明⽩吗? 只有你所有的经历,就是你⼩时候做过什么,路⼀步⼀步的⾛出来.你的路是独⼀⽆⼆的.你只有不断的你⾃⼰…我可以就是说来让你不断的去问你⾃⼰,然后你就可以找出来,啊,原来是这么回事.

That map only has you, understand? Only your experiences all along, what you did as a child, step by step walking through life. Your path is unique. You must constantly be yourself... I can say to keep asking yourself continuously, then you will find out, oh, it's like this.

问: 奥,⾃⼰寻找.

Ask: Au, find yourself.

⾼灵: 是的.通过不断的去问你⾃⼰.最终的⼀点就是说,当你们不清楚⾃⼰是谁,你就会去从外在的,表⾯的物质显现的⼀些现象来去,OK,我是这样的⼀个⼈,明⽩吗? 所以你们会对⾝份的⼀个认同,或者权利,或者地位,或者名声,会对它⾮常的在意.因为你不知道你是谁.你们会看表⾯的东西.奥,我有了它,这就是我.奥,这个导师是我,这个经理是我.这个⼯作岗位,这个是我.明⽩吗? 这是你对⾃⼰不清楚你是谁的状态下你才需要⾝份的⼀个认可,⼀个认同.但是如果你清楚你是谁.就⽐如说你是⼀个中国⼈,对不对? 那你是黄⽪肤,那你是中国⼈.那你⾛到⼀堆⿊⼈⾥⾯,你会去说怎么他们⽪肤是⿊的,我怎么不是⿊的呢? 明⽩吗?

Higher Spirit: Yes, through continually asking yourself, the final point is that when you are unsure of who you are, you will seek confirmation in external, superficial material manifestations. Okay, I am such a person, do you understand? Therefore, you would be very concerned with identity, or power, or status, or fame because you don't know who you are. You would look at superficial things. Oh, I have it, this is me. Oh, this mentor is me, this manager is me. This job position, that's me. Do you understand? This is the recognition and acceptance of identity you need when you're unsure of who you are. But if you know who you are, for example, if you're a Chinese person, right? Then you have yellow skin, so you're Chinese. Then you walk into a group of Africans, and you would ask how come their skin is black while mine isn't? Do you understand?

问: 因为我是中国⼈⾼灵: 因为你知道你是中国⼈,中国⼈就是黄⽪肤.你知道.你便不会去confuse.就是你不会产⽣困惑.

Questioner: Given that I am a Chinese person, Gao Ling: Because you know you are Chinese, and Chinese people have yellow skin. You would not be confused; you wouldn't generate confusion.

问: 奥,对,没有认识⾃⼰.

Questioner: Au, yes, no self-awareness.

⾼灵: 你们所有的,外在的,对⾝份的,对地位,对物质上拥有⼀切.这并不能代表任何,明⽩吗? 你们需要⾃⼰去弄清楚.这些就是你们物质世界制造的⼀个假象.呢个并不是真正的你.所以你不要被你任何,哪怕你是⼀个囚犯.你想⼀下你们世界上有多少多少好⼈被关在囚犯⾥⾯.就是因为当时的⼀个观念,或者是当时的⼀个状态,对吧? 问: 那我们应该从外⾯的各种事情、反应来定义我们⾃⼰.我们也好像也只能这样来定义⾃⼰啊⾼灵: 你只能通过呢样来定义你⾃⼰? OK,如果你告诉你现在是哪个地⽅的⼀个经理,你现在是⼀个妈妈.那你为什么不快乐呢? 你为什么还觉得你缺少什么呢? 你为什么还需要去不断的去追寻,寻找呢?

Higher Spirit: All of your external, identity-based, status-based, material possessions do not represent anything, understand? You need to figure this out for yourselves. These are just illusions created by your material world. That is not the true you. So don't be fooled by any of it, even if you're like a prisoner in it. Think about how many good people in your world are trapped as prisoners because of a certain notion or state at that time, right? Questioner: Should we define ourselves based on external actions and reactions? We seem to have no other choice but this definition, Higher Spirit: Can only through this way do you define yourself? Alright, if you tell me you're now a manager in some place, and you're also a mom. Then why are you not happy? Why do you still feel like something is missing? Why do you need to constantly search for it?

还不断的想要去获得什么呢? 明⽩我意思吗? 你可以去问你们世界上任何⼀个⼈.他⽐如说他已经做到了中国⾸富了.为什么他还在追求呢? 明⽩吗? 为什么他拥有⼀切他还…也就是说如果这真的是你的话,你觉得呢个真的是你,物质世界给你的⼀切呢个真的是你的话,为什么你还不满⾜? 为什么你还不断的想要去追求也好,成为也好,或者是去…⼀个状态? 明⽩我意思吗?

What are you constantly trying to acquire? Do you understand my meaning? You could ask anyone in the world. For example, someone has already become China's richest person. Why is he still pursuing more? Do you get it? Why does he feel like he needs everything else even though he has everything...meaning if this truly were you, how would you feel that everything the material world gives you truly is you, why are you not satisfied? And why do you keep wanting to strive for more, or become something, or be in a certain state? Do you understand my point?

问: 明⽩,那为什么我们要追求呢? 我是神,我⾃⼰是神,我⾃⼰也是能量.我是创造者.

Questioner: I understand, but why do we strive for it? I am God, I am energy, and I myself am the creator.

⾼灵: 那是因为你们⾃⼰还没有真正的去找到,就是去发现.你们还在⼀个好像是去揭开谜底,去寻找或者是找寻的⼀个过程.还在不断的去验证的⼀个过程.

Higher Spirit: That's because you haven't really found it yourselves, that is, discovered it. You're still in a process of uncovering the mystery, searching or seeking, and continuously validating this process.

问: 还不相信⾃⼰? 就是⾼灵: 你所说的任何关于你⾃⼰、我、我,多有这⼀切全是假相.全是假相.如果你的觉得这个是真的话,你的名声,你的地位,你的所追求的⼀切,世界上拥有⼀切的⼈,他们还都在不断的找寻中.为什么呢? 那就说明他们还没有找寻到真正的本质,明⽩吗?

Questioner: Don't you believe in yourself? That's what High Spirit says: Whatever you say about yourself, me, or the essence of all this is merely illusion. It is all illusion. If you think that any of this is real, your reputation, your status, everything you strive for, even those who have it all are still constantly searching. Why is that? That indicates they haven't found the true essence yet, right?

问: 奥,那我就想我们的本质是什么呢?

Questioner: Wu, what exactly are we, you know?

⾼灵: 这需要你⾃⼰去发现的⼀个过程.因为就算我告诉你了,你⾃⼰也不能理解.我们通话完毕过后你还是回到你的物质世界,继续(没听情)事情.明⽩吗? 这不是⼀个就是我告诉你了你是nothing,你是什么都不是.你就能理解了吗? 明⽩吗? 那我告诉你了,你是⽆限,千变万化,什么都是你.你能明⽩吗? 所以这需要是你⾃⼰去领悟,去成为,去感受,去体验的⼀个过程.

Higher Spirit: This is a process that you must discover for yourself, because even if I tell you, you still won't understand it. After our conversation concludes, you will return to your material world and continue with the things you didn't hear or understand. Do you get it? It's not just about me telling you that you are nothing; understanding that would be simple. Do you understand now? If I tell you instead that you are infinite, changeable, and everything is you, could you comprehend that? So this requires your own insight, embodiment, experience, and understanding.

问: 奥,那我成为⼀位母亲,⼀名⼯作者,成为⼀名⾃由⼈⼠,都是成为.就是通过这种成为去体验.只是去体验.并不是呢个⼈.

Questioner: So, becoming a mother, an employee, and a free person are all forms of experiencing it by becoming, just experiencing, not that individual.

This translation might be slightly awkward because "it" is used ambiguously throughout the text without specifying what exactly the speaker means to experience. The Chinese sentence structure makes the translation challenging when trying to convey the intended meaning in English.

⾼灵: 呢个只是你的⼀个⾝份⽽已,呢个并不是你.明⽩吗?

Higher Spirit: That's just one of your identities, that isn't you. Understand?

问: 奥,有⼀点明⽩.我的第三个问题是我在⼯作中⾏为处事上瞒不住话.好像导致什么话有些就提前说啊,导致事情就变得不是很好.这是什么样的⼀个信念导致的呢?

Questioner: O, I have a bit of clarity now. My third question is about the tendency to let out my thoughts while working or handling matters, which seems to cause me to anticipate certain statements and result in unfavorable outcomes. What kind of belief might lead to such behavior?

⾼灵: 瞒不住话是什么? 就是说你藏不住你想要藏住的话是吗?

Higher Spirit: What is "can't keep secrets"? Is it when you can't hide the words that you want to hide?

问: 该说不该说的,我就有些话不太适合说,或者不应该提前说.

Questioner: I have some words that aren't quite suitable to say, or shouldn't be said too early.

⾼灵: 你是想要我们教你⼀个如何做成⼀个就是像假⼈⼀样吗? 就是如何去扮演好呢个⾓⾊?明⽩我意思吗? 就⽐如说你们世界上需要政治家对吧? 政治家,那他的⼀个⾓⾊就是什么? 他需要⾮常的概念,他需要⾮常的就是不乱说话,不乱发⾔.明⽩吗? 就好像你是在寻求什么样的秘诀,什么样的技术可以让我变成⼀个像,就是我们这么要求的,就是政治家的⼀个形象,明星的⼀个形象,或者是什么,怎样的⼀个形象.你明⽩我意思吗? 就好像你在要求学⼀门技术,怎么样去扮演⼀个⾓⾊.

Higher Spirit: Are you asking us to teach you how to become someone who acts like a dummy, or how to play the role well? Do you understand what I mean? For instance, do we need politicians in your world, right? The role of a politician is what? They need to have very clear concepts and should not speak wildly or give impulsive speeches. Do you get it? It's like asking for a secret or technique that could make me resemble the image required for someone like a politician, a celebrity, or whatever else. Do you understand what I mean? It's as if you're seeking to learn how to act a role.

问: 但是好像在⽣活中,⽐如说发⽣了⼀些事情.本来呢些事情只是有很少的⼀部⼈知道.那我好像知道了我就很兴奋,就提前说.说了之后这个事情就会,把这件事情就扩⼤化了.

Questioner: But it seems like in life, for example when something happens. Originally, these events were known by only a few people. Yet I seem to get excited about this and reveal them prematurely. Afterward, the event is exaggerated.

⾼灵: ⾸先你在成长的⼀个过程,你是在不断不断的是去,就好像你成长,你有⼀个体验者,你有⼀个⼈,她不断的在这个世界上体验,不断的在展现⾃⼰.那展现的同时你还有⼀个⾝份就是你去观察你⾃⼰.如果你真的想要去找到你背后去导致这个⼈⽤这种⽅式去展现⾃⼰的背后的⼀个信念的话,那你完全可以你从你⾃⼰⾝上不断的去…但是你们需要头脑不去给你任何东西做任何定义.那如果我告诉你你的这种做法让你⾮常受欢迎呢? 他们都喜欢你这种⼈,觉得她这种⼈好棒啊.她是⼀个完全没有半点⼼机啊,然后坦诚的⼀个⼈啊.很热情啊.然后呢,这个还会困惑你吗我问你? 你还会问我这个问题吗?

Higher Spirit: First, you're in the process of growing up, constantly experiencing and growing through experiences as if you have an experiential self who continuously unfolds herself within this world. As she unfolds, there's also a role of self-observation. If your aim is to uncover the underlying belief that has led this person to express themselves in such a manner, then you can certainly delve into your own introspection. But you must avoid letting your mind impose any definitions or interpretations on you.

Suppose I told you that your approach makes you highly popular? Everyone likes people like you, deeming her remarkable due to her pure nature and honesty. She's very warm-hearted. Would this still confuse you? Would you still ask me if there were other questions after this explanation?

问: 可能要好⼀些.因为我就是觉得我⾃⼰好像诚实…⾼灵: 所以问题不在于你如何展现,你如何做了哪些事情.⽽在于你对呢个事情的⼀个定义和评价和评判.然后你们的所有评判都是来⾃于你们当下、当时显现的⼀个…因为你们不知道⼀个⼤的就是全⾯的⼀个画⾯,明⽩我意思吗? 你们只能去根据当下的呢⼀个点.就⽐如说这⼀个星期你做了这件事,发⽣了什么事情.但是你知不知道在⼀年⾥,你做的呢个事情对公司产⽣的⼀个积极⾯的影响呢? 你看不到对不对? 所以你只能通过当下的呢个点去评判⼀年、⼗年、百年,对不对? 因为你怎么知道你⼿下的⼀个⼩⼥孩,她就因为你的这种品质然后她⾮常的喜欢、欣赏.然后她以后也成为⼀个⾮常坦诚,然后就是毫⽆掩盖⾃⼰的⼀个

Questioner: It might be better because I feel that I am honest... Higher Spirit: So the issue is not about how you present or what actions you take, but rather about your definition and evaluation of that action. All of your judgments come from the perspective of where you are at that moment; do you understand? You can only base them on the current point in time. For example, this week you did something, and there was an event. But have you considered the positive impact this action has had on the company over a year's period? Can you see it? You can only evaluate based on the perspective of that moment, judging a year, ten years, or even a hundred years in retrospect because how do you know that the little girl under your care appreciates and likes your honesty? And later she becomes someone who is very honest, transparent, and unafraid to reveal herself.

⼈,真实的⼀个⼈.然后她却影响了⾮常多的⼈.她就成为了⼀个像(没听清)的⼈.但是她的这个来⾃于你,你就转变了这个世界.你怎么知道呢? 明⽩我意思吗? 所以不要去给你的这些…如果你真的是想要去观察你⾃⼰,那你可以去根据你的⼀切,就是对你做的⼀切产⽣,然后觉察你⾝体的反应,然后去挖掘你背后怎么样怎么样.那你需要…就是从我刚才的提问你就会发现你是⾃相⽭盾的.为什么? 因为我刚刚说你⾃⼰在评价你⾃⼰这些,我说如果别⼈都喜欢你这个精神,都是觉得你像英雄⼀样,觉得你好坦诚,好值得让⼈钦佩,那你还会在意这么去(没听清)你⾃⼰吗? 你说你不会对不对.

A human being, a real one. Then she influenced many people. She became like... (indistinct). But her influence came from you, and thus you changed the world. How do you know that? Do you understand me? So don't give your own... If you truly want to observe yourself, you can base it on everything you've done, how it has affected you, then notice your body's response, and delve into what's behind all of this. You need... as you just saw from my question, there is a contradiction within you. Why? Because I said that you are evaluating yourself, and if everyone likes the spirit you exhibit, perceives you as heroic, finds you to be honest and worthy of admiration, would you still care about (indistinct) yourself? You say you wouldn't, right?

所以同样的⼀个事情在得到不同的⼀个结果过后,你就会不同的去反应.但是呢个结果并不是你以为的呢样.问题出现在哪⾥,问题在哪⾥你就可以看见,第⼀,问题出现在你头脑⾥⾯,对这个事情的⼀个定义.你给了它⼀个负⾯的定义.还有你只在⾮常短的时间⾥来看它产⽣的⼀个现象.就⽐如说你只在这⼀个星期,这⼏天.但是你并没有从⼀年、⼗年、百年来看.明⽩吗? 这才是你受限制的⼀个地⽅.这才是你发现你头脑思维的⼀个模式.

So when the same event yields different results, you react differently. But that result isn't as you imagined it would be. The issue lies in your mind's definition of the situation - giving it a negative interpretation and examining its effects only for a very short period like one week or a few days instead of over years, decades, centuries. Understand? This is where you are limited - this is when you discover patterns of thinking in your mind.

第四个⼈问: ⽼师好,我叫XX.我想问⼀下对于我现在可以让我知道或给到我的信息?

The fourth person asks: Hello, respected teacher, my name is XX. May I ask about the information that you can share with me or provide to me?

⾼灵: 你稍等.XX,对吧? 你先提问吧.你把你头脑⾥困惑你的,或者想要提的问题你先提出来.然后在我们的交流当中这些信息就会进来.

Higher Spirit: Wait a moment, okay? You should ask your question first. You can share what's confusing you or the questions you want to ask from your mind. Then, as we communicate, this information will come in.

问: ⾸先我想了解⼀下关于地球扬升的这个话题.就是说从三维扬升到五维嘛.因为我看的⼀些催眠的⽂章.就是通过催眠引导出来的信息说地球正在扬升.当达到呢个时间节点的时候会发⽣太阳闪焰事件.到时候会有剧烈的能量冲击,也会有外星存有出现帮助⼈类.这个是真的吗? 这个时间节点快了吗?

Questioner: First, I'd like to understand more about the topic of Earth elevation, specifically from three dimensions to five. I've read some articles on hypnotherapy that say the Earth is elevating and will experience a solar flare event when it reaches a certain point in time. There would be intense energy shocks at that time, and extraterrestrial entities are said to appear to assist humanity. Is this true? Has this specific time frame arrived yet?

⾼灵: ⾸先我想让你清楚⼀下你们物质世界体验的⼀切它是如何产⽣的? 是不是真的? 如果我告诉你,你从精神病院⾥拉⼀个病⼈,让他来讲述他体验的⼀切.他今天体验什么,他看到什么.然后他说的呢些话我都可以告诉你,对他来说是真的.但是为什么你看不到呢? 他说他旁边现在就坐了⼀个⼈啊.他⼀直在跟我说话呀.但是你说: 那是假的,哪有,我都看不到.你看你看不到那就是假的.明⽩我意思吗? 但是对他来说却是真的.你们看不到,然后你们就说呢是假的.你如何去分辨什么是真和假在这样的情况下?

Higher Spirit: First of all, I want you to understand how everything you experience in your material world is produced? Is it real or not? If I were to tell you that you go into a mental institution and pull out one of their patients, and make them tell you about their experiences. Whatever they experienced today, whatever they saw; every single thing. I can tell you what he's saying as though it's true for him. But why can't you see it? He says there is a person sitting right next to me now. They've been talking to me this whole time. But you say that it's fake, that there isn't even an existence of that. It's not real because you can't see it. Do you understand what I mean? But for him, it's real. You cannot see it and then tell him that it is fake. How do you judge truthfulness in a situation like this?

问: 就是⾃⼰体验到的是真的?

Questioner: Is what I personally experience really true?

⾼灵: 也就是说你们物质世界的⽬的就是说⽆论你是谁,你都会体验到你以为的.明⽩吗? 你都会体验到你以为的.你不管别⼈说的再真,只有呢个⼈去相信了,他才会体验到.也不管别⼈说的再恐怖,也只有呢个⼈⾃⼰害怕他才会体验到恐怖、恐惧.因为外⾯的信息根本不重要.那OK,如果你们这些⼈这么说,那如果你们的习近平,你们的主席出来告诉你你们怎么样怎么样,我要怎么样怎么样,我要把你们怎么样怎么样.他就马上能做到呀,明⽩我意思吗?就是说有什么信息不重要.重要的是你去关注什么,你去相信什么,你去把你的能量投⼊到什么信息当中.你去受这个信息的影响,这才是最重要的.

Higher Spirit: In other words, the purpose of your material world is that no matter who you are, you will experience what you think. Understand? You will experience what you think. It doesn't matter how true others say it is; only when someone believes in it can they experience it. Nor does it matter how terrifying others describe it might be; only the person themselves fearing it can actually experience terror or fear. Because external information is not that important. If you agree with this, let's say your President Xi Jinping comes out and tells you what will happen to you if he acts in certain ways. He would immediately be able to do so, understand my meaning? What matters isn't the information itself; it's what you focus on, what you believe in, and where you direct your energy towards. Being influenced by this information is what truly counts.

因为永远永远它都会有不同的…你想象⼀下你们物质世界所有事件就好像是每⼀个⼈的⼀个盛宴,⼀个⼤舞台⼀样.那每个⼈都把⾃⼰的恐惧,或者是喜悦,或者是欢乐,或者是任何东西,他们都投射到这个舞台上.他们都在同时的上演.如果你今天对这个投射的恐惧吓到,然后明天被呢个吓到,所有的你都去受他们的影响的话,你还知道你是谁吗?你活在别⼈的世界⾥⾯,明⽩吗?所以你通过这些信息,因为第⼀⼀件事情,如果你们要集体的去体验到它,需要你们集体共同的去创造,去相信,去给它能量,它才会产⽣.你明⽩它运⾏的模式了吗?所以如果你说这个事情,因为所有事情它不是说….

Because always and forever it will be different... Imagine all events in your material world as a feast for each person, like a big stage. Each person projects their fears, or happiness, or joy, or anything onto this stage. They are all happening simultaneously. If today you get scared by one projection, then tomorrow gets scared by another, if every time you absorb them and don't know who you are anymore, living in someone else's world, do you understand? Therefore, you have to create, believe together as a collective, give it energy for these things to manifest. Do you understand how it operates? So if you say this thing because all things are not that...

没有任何事情它绝对会、⼀定会朝什么,怎么说,就是百分之百的这种⽅式发⽣的.因为它是随着不断地能量的转变.就好像你⼿上拿⼀个遥控板.你不停的在转换,不停的在转换.在这样的⼀个状态当中.然后转换出什么,转换就是进⼊什么样的画⾯、世界,你就体验什么.但是你现在又说他们说我的遥控板会按到哪⼀个,哪⼀个.实际上呢个都是存在的,你会去体验和经历什么…所以你要知道你就是呢个创造者.你如果想要你们的物质世界朝这个⽅向发展的话,你只需要去相信.然后不断不断的只需要让更多的⼈去(相信),展现你看到的,那更多的⼈加⼊你.然后你们就在共同的创造这种世界给你们体验.

There is nothing that happens with absolute certainty or necessity in a particular way because it's subject to constant energy transformation. It's like holding a remote control in your hand and constantly switching channels without knowing where you'll end up - experiencing different scenes, worlds, based on the channel chosen. However, when you say they predict which button on the remote will be pressed, implying there's only one correct answer, it misses the point that every option exists, leading to varied experiences. Hence, you are the creator of your reality. If you wish for your material world to progress in a specific direction, all you need is faith and continuous encouragement for others to join. Show them what you see, invite more people into this experience, and together, you can create worlds that resonate with your shared beliefs.

⽽且你所说的到时候外星⼈或者是什么样,你刚才的呢些信息你再说⼀遍.

And you said what aliens or something would be like, could you repeat the information you just mentioned?

问: 就是说地球…⾼灵:如果是扬升的话,我们只能说你们是频率.⼈类的频率在不断不断的…因为⽆论怎么样,所有的⼀切它都是…就好像有⼀颗种⼦,正在发芽,正在长⼤.这就是⽣命.它必然是这样,明⽩吗?那它永远永远都不断的在成长的⼀个状态,这是必然的.那如果你按你所说的扬升,按⼈类的意识,扬升是必然的.它并不是说只发⽣在现在,它是⼀直在.就好像它正在成长,它正在发芽,它正在长⼤.那你以前只是表⾯上看上去它是在冬眠期.但是它内在已经在不断的发⽣变化.你只是看不到⽽已.你在⽤你物质眼睛能看到的在评判.明⽩吗?但它也在不断地不断地成为的⼀个状态.但你要没有前⾯成为的⼀个状态的话,它后⾯也发不了芽.明⽩吗?

Questioner: That means the Earth... Higher Spirit: If it's about ascension, we can only say that you are at a frequency. The human frequency is constantly evolving... no matter how you look at it, everything is like a seed growing, unfolding, and developing. This is life. It has to be this way, do you understand? It will always be in a constant state of growth, which is inevitable. If we follow your concept of ascension according to human consciousness, ascension is inevitable. It doesn't mean it only happens now; it's been happening all along. Like something growing and sprouting, it's continuously developing internally. You just can't see it. You're judging based on what you perceive with your physical eyes. But it's also constantly becoming something else. However, if the previous stage of becoming hasn't occurred, the next stage won't sprout either. Do you understand?

这就是⽣命.然后你继续说,扬升,然后还有什么? 外星⼈什么?

This is life. And then you continue saying, ascension, and then what? Aliens what?

问: 到呢个时间节点,因为很⼤的能量冲击,这时候会有外星⼈出现帮助⼈类之类的.

Questioner: By that time point, due to a huge energy impact, there would be extraterrestrial beings appearing to assist humanity, etc.

⾼灵: 外星⼈其实⼀直在出现帮助你们⼈类.只是在,就是你们体验到的很多…就像你们古时候呢些⼈体验到的,呢些智慧,所有的⼀切.⼀直都有更⾼的⽂明.对你们来说是外星⼈,我们说它是更⾼的⽂明.他们就好像是⼤⼈帮助⼩孩,这样的⼀个过程.这个就从来没有断过.不是说到时候才会发⽣.如果你继续去探索你们的历史,发⽣的⼀切,或者是现代科技的发展.或者就像现在我们再交流,在通灵的⼀个状态.那也是更⾼的⽂明在帮助你们.现在就在发⽣.为什么是呢会⼉呢? 然后你再继续说下⼀个问题.

Higher Spirit: Extraterrestrial beings have actually been appearing to assist you humans all along. It's just that, the many experiences you've had... similar to what those people from your ancient times experienced, that wisdom and everything else. There has always been higher civilizations available for you. We refer to them as "higher civilizations" when we say they are extraterrestrial beings - it's like how adults help children; this process has never ceased. It doesn't happen only when the time is right. If you continue exploring your history, or developments in modern technology, or even during our current communication in a mediumship state, these higher civilizations are helping you now. Why is that so? And then you can proceed to ask the next question.

问: 我和我的⼥⼉有什么前世的关系吗? 或者有这⽅⾯的信息给到我吗?

Questioner: Do my daughter and I have any past-life connection, or can you provide information on this aspect for me?

⾼灵: 你和你的⼥⼉有什么前世的联系? 你的⼥⼉叫什么名字?问: 我⼥⼉叫XXX.

Higher Spirit: What karmic connection do you have with your daughter, and what is her name?

问询者: My daughter's name is XXX.

⾼灵: XXX,你叫XX,对吧? 前世的关系你⼥⼉是…你⼥⼉跟你有⼀世,就好像她是你的⼀只⼩猫咪,就好像是你的⼀个宠物.但是你们呢种链接感特别特别的强烈和亲密.因为你们彼此对彼此的⼀个滋养.就是你对它的呢种爱和它对你的呢种依赖,呢种爱.然后你们还想继续去体验这种链接感、亲密感、还有呢种对彼此依赖对⽅的呢种感觉.所以是⼀种情感的延续.

Higher Spirit: XXX, is it true that you are called XX? In your previous life, the relationship with your daughter was... She had a connection with you for one lifetime, like she was your little kitten, almost like one of your pets. But you have an exceptionally strong and intimate link due to each other's mutual nourishment. It's a love from you towards her and dependence on you from her, this kind of affection. Then, both of you want to continue experiencing that connection, intimacy, and the sense of relying on each other. This is about emotional continuation.

第五个⼈问: 我想问⼀下就是我已经反反复复进过三四次精神病院了.我想问⼀下是我⾃⼰真的有精神病? 还是像之前所通灵所说的呢样,我是在通灵,只不过不会开、关.

The fifth person asks: I would like to inquire if I truly have a mental illness, or if it's just that I'm channeling spirits as you've mentioned, but without the ability to open and close them.

⾼灵: 如果你想要从外在发⽣的⼀切来给你们这个定义.就是你根据医⽣,现在显⽰了这个症状,然后我来给它⼀个结论.如果你想要从这样⼦的事情,从这个⾓度去理解的话,你就是,明⽩吗? 那如果你觉得你的⼈是不受任何限制的,不管你曾经是怎样,你在每⼀个当下你都可以成为你想要成为的⼈.明⽩这两层不同的选择吗? 就好像我现在告诉你A⼀个选择,B⼀个选择.⽆论你选择哪⼀个选择都是真的,都是对的.因为这⾥永远都没有哪⼀个是对,哪⼀个是错.只有你想要选择什么.

Spirit: If you want to define this based on what happens externally, that's where you're at with the doctor showing these symptoms, and I'm providing a conclusion. Do you understand if you're looking at it from that perspective? Now, if you feel your being is unrestricted, regardless of your past self, in every single moment, you can be whoever you want to be. Understand this difference between those two choices? It's like me telling you option A and option B now. Whatever choice you make will be true and correct because here there are no right or wrong answers; only what you choose to decide matters.

问: 但是我每次呢种状态的时候神志就不清楚.

Questioner: But I'm not in my right mind every time it happens.

⾼灵: 这不是正常的吗.

High精灵: Isn't that normal?

问: 因为这个问题给我的⼈⽣造成了很⼤的困扰.为什么说它是正常的呢?

Questioner: Given that this issue has caused great distress in my life, why is it considered normal?

⾼灵: 为什么会体验神志不清楚.你知道什么是神志清楚吗?问: ⽐如说我现在就是神志清楚.

Divine Spirit: Why is there confusion of mind experiencing? Do you know what it means to be clear-minded? Ask: For example, I am currently clear-minded.

⾼灵: 你现在如果是神志清楚的话,你便不会有任何这样的问题产⽣了.你只会去享受你的⽣命的每⼀个当下.明⽩吗? 因为你头脑⾥⾯并没有任何疑惑.你什么都是清清楚楚的.你只会去享受⽣命.如果你没有能达到⼀种去完完全全的去享受⽣命的⼀个状态就是不清楚.那你就不清楚,你就需要把它弄清楚.

Spiritual Being: If you were fully aware and conscious, none of these issues would arise. You would just enjoy each moment of your life. Do you understand? Because there is no confusion in your mind; everything is clear to you. You would just enjoy life. If you are not able to reach a state where you can completely enjoy life, then you are confused and need to figure it out.

# **2021/11/29 — 连接迈克尔杰克逊Connecting Michael Jackson**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: 我的第⼀个问题是前两天我做梦,在梦⾥我跟⼀股能量融合了.呢股能量我感觉像⽔⼀样.我第⼀次这么清晰的感觉到跟⼀股能量融合.然后呢股能量是淡蓝⾊的.我跟它融合了之后,虽然不是⼀下拥有很强的⼒量.但是感觉能够做⼀些以前做不了的事.然后我想问⼀下这个梦有什么信息要带给我吗?

The first question is about a dream I had over the past two days. In the dream, I merged with an energy that felt like water to me. This was the first time I could clearly feel merging with such an energy. The color of this energy was light blue. After merging with it, although I didn't gain overwhelming strength immediately, I sensed that I could do things that were previously impossible. My question is: What message does this dream have for me?

⾼灵: 能做⼀些做不了的事是什么意思?

What does it mean to be able to do things that can't be done?

问: 就是我记得我跟它融合了之后,我可以通过这股能量去看到眼睛看不到的东西.我也记不清了.但是呢种融合感我记得很清楚.

Questioner: I remember after merging with it, I could use this energy to see things that the eyes cannot perceive. I can't quite recall the details, but I clearly remember the sensation of fusion.

⾼灵: 通过呢股能量你可以看到⼀些眼睛看不到的东西? 你看到什么了呢?

Higher Spirit: Can you see things with this energy that are invisible to some eyes? What have you seen?

问: 我好想看到,就是有其他存有的⼀些…我记不太清楚了主要.这个梦之后早上的时候就有⼀个存有来找我.我突然之间就不能动了,我感到⼀股强⼤的能量.然后有⼀个声⾳跟我说,让我去怎么做可以去增强我的能量.然后我特别艰难的告诉他,我说我听不太清楚你说什么,能不能再说⼀遍? 然后他就把他的内容又给我重复了⼀遍.但是当第⼆次它给我重复的时候,就有其他的存有加⼊了.然后我就感觉像收⾳机窜台⼀样.然后我想知道呢个存有他想带给我什么信息?

Questioner: I really want to see some beings… mainly, after this dream in the morning, there was a being who came to me. Suddenly, I couldn't move; I felt a powerful energy. Then, there was a voice telling me how to enhance my energy. I told him that I couldn't hear you clearly and asked for repetition. He repeated his message again. But when he repeated it the second time, other beings joined in. It felt like someone changing the radio station. I want to know what information this being wanted to convey to me?

⾼灵: 你稍等.我想要看看是直接让这股能量来和你交流还是说看他们有什么信息想要带给你? 你稍等,我需要链接⼀下.我就是呢股⼀直试图和你链接的能量.然后是谢谢你主动来链接我,让我可以把这个信息带给你.因为在你的⼀个⼈⽣主题⾥⾯,我和你会⼀起去传达信息,好像是⼀个信使⼀样.然后去传达信息.只是说你现在还⼀直是在摸索当中,就好像是⼩宝宝在学⾛路.还没有完完全全的能⾃⼰…所以现在是⼀个最开始的阶段.所以呢,你会不断的有这样的⼀个体验和经历.就是不断的让我们彼此的能量更加的融合.然后呢天你是想要知道有什么信息想要带给你? 然后现在⽬前没有任何信息.

Higher Spirit: Wait for a moment. I want to see if it's better to directly communicate this energy with you or if they have any information they wish to share with you. Please wait, I need to connect. I am the energy that has been trying to connect with you all along. Also, thank you for your initiative in connecting with me, allowing me to convey this message to you. In one of your life themes, we will both be sending messages together, like messengers delivering information. And delivering the information is happening now. You are still in the process of figuring things out, similar to a baby learning to walk. You haven't fully mastered it yet… So this is the beginning stage. Therefore, you'll have continuous experiences and encounters with me as we blend our energies more each time. Now, what kind of message do you want to know about? Currently, there is no information available.

因为信息是根据你,就好像是对⽅或者你⾃⼰有问题产⽣,然后我们才会有信息出来.这是⼀个你去提问我们才来回答的⼀个过程.就是没有.但是呢这是⼀个就好像是能量融合的⼀个过程.明⽩吗? 所以这是⼀个能量融合的⼀个过程.⽽不是说我来找你会有⼀堆信息需要你去如何如何怎样.因为我们就好像是合作的⼀个,互相合作的⼀个⾓⾊.就是你呢边没有主动的去邀请,或者去链接,或者是去询问的话.我们不会让你就是说说说说⼀⼤堆.这样⼦会影响到你们物质世界的⼀个,就好像怎么说.就好像如果你没有意愿去做这件事情,我主动你,就是在操控你.然后我们的关系是相互的.就是是你来有这个需求,然后我们才会去有这个链接.就会是这样⼦.

Because the information is based on you, it's as if there are questions or issues arising from that person or yourself, and then we would have this information to provide. This is a process where we respond only when asked by you. If not, but rather like an energy fusion process - do you understand? So it's an energy fusion process, not me seeking you out and expecting a heap of information needing your direction or action. Because our relationship is one of cooperation, mutually engaging in exchange. Without active invitation, connection, or inquiry from your side, we wouldn't overwhelm you with too much to say. This affects the physical world as how? As if I'm trying to control you by initiating an action when you have no intention of doing so. Our relationship is reciprocal - you come forward with a need, and then we connect accordingly; this is how it works.

就好像如果你没有这⽅⾯的需求,那我们不会主动的来让你⼀顿乱说.这样⼦的话就是在影响你⾃⼰在你的物质世界的⼀个体验.

It's as if if you don't have this need, we wouldn't actively come to let you babble randomly. In that case, it would be affecting your experience of the material world yourself.

问: 🗎,那我能问⼀下我要怎么做能够跟你达到稳定的链接呢? 有没有什么这⽅⾯的信息?

Questioner: 🗎, how can I ask what steps should I take to establish a stable connection with you? Are there any information on this topic?

⾼灵: 你不需要去做什么.因为所有的⼀切都会… 就好像你在往前⾯⾛,然后所有的路都是已经朝这个⽅向.它会在路上的,就是每⼀个阶段会⾃动的显现.所以⼀切你都不需要任何从你的⼤脑⾥⾯去,或者是去让它赶快发⽣.就好像⼀颗种⼦它在成长的过程,你不可能让它快速的如何如何如何.明⽩吗? 它是⼀个⾃然⽽然的⼀个过程.

Higher Spirit: You don't need to do anything because everything will... As if you are walking forward and all the paths are already directed this way. It will unfold on its own, with each stage automatically appearing. So, there's no need for any forceful action from your mind or for it to happen quickly. Like a seed growing, you can't make it grow in any specific way. Understand? It's a natural process.

问: 那我想问你是呢个前⾯告诉我说先通过书写去链接你的呢个存有吗?

Questioner: So, I want to ask you if you previously informed me about linking your repository through writing?

⾼灵: 先通过书写去链接你的存有.⾸先你要知道这是⼀股能量,它没有任何个体.就是并不是像你们物质世界,这个A、B、C三个⼈.这个A来找你,B、C.你明⽩我的意思吗? 它不是⼀个单⼀的个体,它是这个能量.然后还有就是,有时候你太急于的去想要某件事情发⽣,你反⽽还在错过它.所以你不需要去着急或者是怎样怎样,如何的去迫使这个事情快速的发⽣.明⽩吗? 你继续说.

Higher Spirit: Start by connecting through writing with your being. Firstly, you need to understand that it is an energy, and there's no individual involved. That means it's not like the human world where A, B, C are three people. Person A comes to you, then B, C. Do you get my point? It's not a single individual; it's this energy. Also, sometimes when you're too eager for something to happen, you end up missing it instead. So there's no need to rush or try hard in any way to make the situation develop quickly. Can you understand that? Keep going with your explanation.

问: 因为你上次来找我的时候,我听见你说,你让我怎么怎么做可以加⼤我的能量.然后我想知道我听到的是不是就是我听到的意思?

Questioner: Because when you came to see me last time, I heard you say that there's something I can do to increase my energy. So, I'm wondering if what I heard is exactly what I understood.

⾼灵: 你要怎么样做才能增加你的能量? 然后这是你⾃⼰就是意识⾥⾯关注的⼀个,就是你想要去如何去运作,如何让它… 你明⽩我意思吗? 因为你们的意识会制造⼀些现象给你们.就⽐如说,OK,我们现在是⼀股能量来靠近你对不对? 如果你内在是有很多恐惧的能量,你就会把这股能量显现成⼀个魔⿁的样⼦来让⾃⼰害怕.那如果这股能量,你如果是相信天使,那这股能量就会变成天使的样⼦.所以它,能量是中性的.是(没听清)如何感受这股能量.但是它会变成什么样⼦? 它会根据你⾃⼰,它会根据你,你就好像是⼀个过滤器⼀样,明⽩吗? 你继续说.

Higher Spirit: How do you increase your energy? This is something that you focus on in your own consciousness - how to operate and manipulate it. Do you understand what I mean? Your consciousness creates phenomena for you. For example, suppose we are a force of energy coming towards you now, right? If you have a lot of fearful energy within you, this force might manifest as the appearance of a demon to scare yourself. But if that force were interpreted as an angel instead, it would appear that way because your belief dictates its form. The energy itself is neutral; it's how you perceive and interact with it. It transforms based on your own interpretation - you act like a filter. Go ahead and continue.

问: 我还有⼀个问题是关于我现在养的⼩耗⼦.然后它的腿就突然之间就不好了.我不知道这个问题可不可以问? 我想问问它有没有什么需要? 我怎么可以帮它? 然后它有没有什么希望我怎么做可以让它更舒服? 它可以过的更开⼼.

Questioner: I have another question about the little hamster I'm currently caring for. Its legs suddenly became unwell. Can this question be asked, and if so, what might it need? How can I assist it? And what actions could I take to make it more comfortable and happier in its condition?

⾼灵: 你稍等.⾸先我们这⾥会聊到⼀个关于宠物⽣病的问题.为什么呢? 因为这位通灵的⼥⼠她也看到了她⾝边的好多朋友都在经历宠物病痛,就是宠物⽣病的⼀个经历和过程.所以正好聊到这⾥,你现在又提出来.然后我们就出来讲⼀下关于宠物如何去跟你们⼈类之间有这种… ⾸先就是说宠物它遇到了疾病实际上就好像是,有⼀句话叫帮你们挡灾,对不对? 为什么会帮你们挡灾呢? 因为你们内在会有⼀个信念,⽐如说⼈⽼了就没⽤了、⼈⽼了就会⽣病了、哎呀,我是弱的,我必须要买保险啊、我必须要保护我⾃⼰啊,这个意识的时候.你就会让你⾝边发⽣⼀些这类似的事情.明⽩我意思吗? 它有可能会投射在你⾃⼰的孩⼦⾝上.那有可能是你⾃⼰.

Higher Spirit: Wait a moment. First of all, we'll discuss an issue related to pets getting sick. Why is that? Because the lady medium saw many of her friends going through this experience with their pets—pet illnesses and processes. So it's just fitting that you've brought this up now, making us talk about how pets can connect with humans in terms of illness. Essentially, when a pet faces disease, it's like acting as a shield for you against misfortune, isn't it? Why would they do that? Because there's an underlying belief within you, such as "old age means becoming useless" or "one will get sick in old age," thinking, "I'm weak; I need to buy insurance, protect myself." This sense of awareness might lead to your experiencing similar situations around you. Do you see what I mean? It could project onto your own children or even yourself.

那也有可能是你的宠物.所以说宠物以疾病的⽅式让你们看到我⽣病了.其实它是来让你看到你内在有这样⼀个: ⽣命是脆弱的,⽣命是不是呢种享受型的.明⽩我意思吗? 因为如果你⾃⼰去全然的享受⽣命的话,你如果并不是说假装,我假装去享受⽣命,或者是我⽣命中发⽣⼀件美好的事情我才去享受⽣命.因为你去享受⽣命,享受⽣命是完全不需要任何借⼜或者任何理由或者任何其他的.并不是说我今天感受到有安全感那我享受.那我今天我中了彩票或者得了⼀件喜事我享受.⽽是说时时刻刻你都是觉得⽣命本⾝就是⼀种愉悦、丰盛、快乐享受的状态,是安全的.

That could also be your pet showing you I'm sick in a way, so to speak. Essentially, it's coming to show you that within yourself there is this realization: life is fragile and whether or not we consider it a pleasurable experience. Do you understand what I mean? Because if you were to fully indulge in life without pretending, if I pretended to enjoy life just because something good happened in my life, rather than enjoying life solely out of appreciation for its inherent value, without any excuses, reasons, or other motivations. It's not that I enjoy it only when I feel secure today or win the lottery or have a good thing happen; but rather, you should always feel that life itself is a joyful, abundant, pleasurable state, one that feels safe and secure.

那如果你在这样⼦的⼀个能量状态下,你是不会遇到,⽐如说宠物痛苦的⼀个或者是去经历这些的⼀个过程.因为就算它⾝体有⼀些⼩病或者是外在感染⼀些什么.它会⾃⼰,它会在你们享受的过程当中,就是你发射出愉悦的⼀个能量的状态中,⾃⼰就会恢复.明⽩吗?所以它们其实有疾病.但是呢个疾病

If you were in such an energetic state, you would not encounter, say, the pain of your pet or go through that process because even if it has a little ailment or is infected externally, it will heal itself during the enjoyment when you emit a joyful energy. Understand? So they actually have illnesses, but those illnesses...

它会⾃⼰就好像又消失了、又消失了.为什么? 因为就是你⼀直在… 就好像你是在煮开⽔的时候,你的壶很旺,能量很旺.那⽔⾥⾯的细菌就死了.那也就是说你⾝边任何和你⾝体不相符的,它因为在你如此的⾼能量、⾼振动、就是⾼频率的状态下,它们是没有办法依附的.所以只有你,就好像你们说潮湿的地⽅会滋⽣细菌对不对?那如果你⼀直是在潮湿的状态下,那你的呢个地⽅肯定就会产⽣⼀些细菌,就会滋⽣很多细菌,对不对?因为你给它这些细菌提供了⼀个很好的温床,滋养它,滋⽣它.并不是说其它地⽅就没有细菌.⽽是说它这个地⽅细菌⽣存不了.你明⽩吗?

It just seems to disappear again and again on its own. Why is that? Because you are continuously... It's like when you're boiling water, your pot is very vigorous, full of energy. The bacteria in the water die off. That means anything around you that doesn't match your body cannot exist because they can't adhere to such a high-energy, high-vibration, or high-frequency state that you maintain. Only you yourself could understand this as places where it's always damp are conducive to bacterial growth, right? If you keep it damp, then indeed that area will produce and sustain a lot of bacteria, wouldn't it? Because you've provided them with an excellent environment for growth and nourishment. It doesn't mean there aren't any bacteria elsewhere; rather, they can't survive in this specific place. Do you understand this concept?

所以你们在你们的⼈⽣当中,你们不需要去有任何的担⼼或者是害怕或者是担忧或者是要保护⾃⼰.这些⾏为、这些念头去产⽣.因为你只需要活在你全然的⼀个喜悦当中.然后其他就算你不⼩⼼碰到了、磕伤了或者是细菌感染了,它会⾃然⽽然的去,好像我刚刚说的它细菌qol&是滋⽣不了的.这样的⼀个状态.

So in your life, there's no need for you to worry, be afraid, or concern yourself about protecting yourself or having any thoughts that generate such behaviors. You only need to live in complete joy. And even if by chance you bump into something, get scratched, or suffer from a bacterial infection, it will naturally take care of itself, as the bacteria cannot thrive under such conditions.

问: 那我可以问⼀下是因为我的什么样的⼀个信念然后让它⽣病的呢? 这个可以告诉我吗?

Questioner: Could it be that I might ask, because of what kind of belief did I make it sick? Can you tell me this?

⾼灵: 可以.你说它是腿不舒服是吗?

Higher Spirit: Alright. You said it's your legs that are uncomfortable, right?

问: 🗎.它的后脚就突然缩进去了.然后已经好多天伸不出来了.

Questioner: 🗎 Its hind legs suddenly retracted, and it can't extend them for many days.

⾼灵: 它会来映射出来⼀个,就是来让你看到你会觉得你现在是⾏动受限的.就是你会觉得你现在是⾏动受限的,明⽩吗? 你会觉得你需要外在的帮助,明⽩吗? 就是在你的最深处你会有觉得我好像有需要被⼈拉⼀把,我需要被⼈扶持⼀下.我好像不能完完全全的展现我⾃⼰.就是不能跳舞,不能歌唱,不能飞跃.我需要有⼈或者就是扶持⼀下,或者是帮助⼀下.我现在是不能展翅⽽飞.因为在你的deep、deep、deep,就是呢个最深处会有⼀股这样⼦的感觉在呢⾥.

Sage: It will project out one thing, which is to show you that you feel restricted in your actions now. You will feel that you are limited in what you can do, understand? You will feel like you need external help, understand? Deep down inside of you, there will be a feeling as if I seem to require some kind of a boost or support from others. It seems as though I cannot fully express myself. I am unable to dance, sing, or leap. I need someone's assistance or扶持 now. Currently, I can't fly freely. Because deep within your heart, there is this sensation.

问: 那我能再问⼀下在呢⾥…因为我的表意识上…就是呢股最深处的… 就这样问吧,其实我这两天做梦也多少能感觉到呢种还是有需要担忧和感觉受困的感觉,在梦境⾥跟我呈现出来了.那这⼀种我需要怎么样去释放它? 或者说我看到它就释放了? 还是有没有什么⽅法?

Questioner: Could I ask another question about this… because my subconscious… is at the very depths of this… asking like this, actually, I can feel to some extent the concern and feeling of being trapped in my dreams over these two days. This has been shown to me. How do I release this? Or when I see it am I releasing it? Or are there any methods available?

⾼灵: 你现在已经在了呀.你现在已经知道了你动物产⽣的这种现象是你⾃⼰内在的⼀个投射,明⽩吗? 就⽐如说我们把动物换成你的孩⼦.他受到你呢股能量的影响,展现出呢个样⼦.如果你的能量转变,他的状态也转变.所以它会投射到你最亲近的.所以你需要就是对,就⽐如说你下⾯的员⼯,或者你公司的⼀个状态,或者是你怎么什么的,就是你⾝边的⼀切负起责任.因为你的能量状态在影响着每⼀个⼈.明⽩吗? 所以如果你们地球的⼈类都会知道就是说你需要,⽐如说对你朋友或者是其他⼈去⽣病,他的疾病.因为疾病也是⾃杀嘛,也是不快乐的状态嘛.对他的⾃杀或者是对他的任何,对别⼈的痛苦负起责任来.你就会散发出不同的能量.

Spirit: You are already here. You have already gained the understanding that the phenomena produced by your animal is a projection of yourself internally, right? For instance, if we replace the animal with your child. They are influenced by your energy and exhibit that way. If your energy changes, so does their state. Therefore, it projects onto those closest to you. Hence, you need to take responsibility for things like employees under you or the state of your company, how you treat others, etc., because your energy affects everyone around you. So if people on Earth are aware that they should take responsibility for illnesses in their friends or others, as diseases represent a state of self-harm and unhappiness, they would emit different energies towards healing those ailments and alleviating suffering.

因为你知道在最深处你可能对⽣命的绝望,或者是怎么样怎么样.这股能量会影响到你眼见的⼀切.就是你眼睛能看到的或者看不到的.世界上的灾难,那你们现在在体验的疫情都是你们对⽣命的⼀种绝望感,就是束缚,就是纠结的… 我是受害者.就是呢种没有办法,呢种⽆⼒感.这都是你们集体意识的⼀个显现.

Because you know at the depths of it you might be dealing with despair toward life or how things are unfolding. This energy affects everything that your eyes can see or cannot see - the disasters in the world, like what you're experiencing now with this pandemic - all these are reflections of your despair towards life, which is about being trapped and entangled… I am a victim, that feeling of helplessness and powerlessness. These are manifestations of your collective consciousness.

问: 然后关于我⾃⼰我还有最后⼀个问题就是因为我发现其实在感情上我⼀直都在⽤物质的标准在衡量⾃⼰是值得还是不值得.所以我看到了进到我的⽣命⾥的这⼀些的⼈都是或多或少的让我看到了这⼀⾯.然后我想知道我除了…⾼灵:你不需要去拿任何情感经历来给⾃⼰定个标签.哦,我原来是这样.我原来是这样.明⽩我意思吗?因为过去所有发⽣的⼀切它都不是你以为的呢样⼦,明⽩吗?它不是你以为的呢样⼦.它为什么不是你以为的呢样⼦?它是随着你意识的转变⽽转变⽽得到什么.就好像你现在你的呢个意识level你是在1对吧? 那你从1的⼀个level你去回顾曾经发⽣的⼀切你只能在1⾥⾯.

Questioner: And about myself, I have one last question because I realized that emotionally I've been using material standards to measure my worth or not. So the people entering my life are showing me this side in some way. I want to know if it's... Higher Spirit: You don't need to use any emotional experiences as labels for yourself. Oh, I was like this. I used to be like this. Do you understand what I mean? Because everything that has happened in the past isn't how you imagined it would be, do you get it? It wasn't how you imagined it. Why isn't it how you imagined it? It changes based on your awareness transformation and what you receive. Just like now, your level of consciousness is at 1, right? So if you look back at everything that has happened before from the perspective of 1 only,

你只能从你的1的呢个系统⾥⾯找出来,奥,这个这个分类.明⽩我意思吗?那当你随着你的认知在不断不断扩展、提升.你的level变成5的话,你找出来的东西又不⼀样.就是你在回顾你的⼈⽣.那如果你的level变成10的话,你在回顾你的⼈⽣,你找到的又不⼀样.明⽩我意思吗?就好像你能从你过去经历或者⼈、你所有的⼀切当中,你能提取什么它是根据你⾃⼰的⼀个状态.所以你的这些都是不是死的.就是不是肯定的,不是绝对的,不是你以为的呢样.只是你⽬前的⼀个状态和认知,和你的⼀个意识程度只能从中去得到这些.就是你想给你头脑有个交代嘛,明⽩我意思吗?所以这些都是假象,这些都是幻像,这些都是变化的.

You can only find it within your 1 system, oh, this categorization. Do you understand me? As your cognition constantly expands and elevates, when your level becomes 5, what you find will be different. It's like reviewing your life. If your level is 10, the things you find are again different. Do you get my point? You can extract from your past experiences or people, everything based on your own state. So, these aren't static; they're not definitive, not absolute, not what you think they should be. They're just your current state of being and understanding, your level of consciousness that allows you to derive these insights. If you want to justify it in your mind, then understand this: all these are illusions, mere hallucinations, constantly changing realities.

它是随着你⾃⼰的⼀个变化⽽变化的.所以你不要去把你曾经的呢些拿出来.因为为什么呢?你的意识不断的在变化.我们现在在聊天,在说话,在交流的这个过程,你就不断不断不断地已经… 就⽐如说最开始你来找我的时候你的level是在1对不对? 然后等我们结束你达到了100.那你就会⽤100的⾓度看曾经发⽣的呢些.oh, my God.你会觉得怎么会这样.明⽩我意思吗?所以你没有必要去把你过去的关系,你怎么样,然后给你贴个标签.为什么?因为当你贴了标签,你⼤脑就会去这么认为你⾃⼰.你就在限制你⾃⼰.然后当你限制了你⾃⼰,你再会同样的创造的⼈来给你,明⽩我意思吗?你就会创造同样的⼀个对象,他同样的情况.

It changes with your own change. So don't bring up those from before. Why not? Your consciousness is constantly changing. We're chatting, talking, communicating, and you are already... just like when you first came to me, your level was 1 right? Then by the end of us being together, it reached 100. You would then see those past events with a 100 degree perspective, oh my God. You would wonder how could this be. Do you understand? So there's no need to label your past relationships or how you were, and stick that on yourself. Why not? Because when you place labels on things, your brain will think of it as such. You are limiting yourself. And when you limit yourself, the same kind of people get created for you, do you understand? You create the same object with the same circumstances.

你还会进⼊同样的⼀个限制⾥⾯.所以最重要的是不去做任何定义、评判、限制.任何这些都是头脑创造的⼀些假象.你还有问题吗?

You will also fall into the same limitation. So, the most important thing is not to define, judge, or limit anything. All these are just illusions created by the mind. Do you have any questions?

问: 我其实还有最后⼀个问题. 但是我不知道它值不值得问.

Questioner: I actually have one last question, but I'm unsure if it's worth asking.

⾼灵: 你说.你不要去任何… 为什么你总是会值不值问,可不可以? 为什么在你还没有去做⾏动之前你就会去冒出来这个念头.这个念头才是你需要去⾯对的.明⽩吗? 因为它会去阻碍你的⾏动.你们⼈类很多⼈都会有这样的问题.他们在还没有去说⼀句话,或者是还没有在表达还没有在(没听清)之前, ‘啊,别⼈肯定不会听的’ ‘这个怎么能这样⼦’. 他们先给⾃⼰否定了,明⽩吗? 因为你在说话的时候,你在说话之前你⼤脑想不到接下来你在发表就是,就⽐如说这个通灵的⼥孩⼦.她在她说话通灵之前,她不知道你们接下来要通什么信息.那如果全部都是她头脑规划好设定好的,你们只是在⽤你们的头脑,就是两个脑袋⾥⾯的记忆打交道.

Higher Spirit: You say... you don't go to any... Why are you always asking whether it's worth it or not? And why do these thoughts come up before you even take action? These thoughts are what you need to confront because they are the ones that will hinder your actions. Understand? Because they block your moves. Many humans struggle with this. Before they even speak, or when they're trying to convey something but didn't finish explaining (if they didn't understand), they think 'Others won't listen.' Or 'This can't be done like this.' They undermine themselves first. You see? When you speak, before you speak, your brain doesn't predict what you'll say next, especially with a spirit medium speaking. Before she communicates spirits, she doesn't know the information you're about to receive. If it were all planned and set in her mind, both of you would just be exchanging thoughts using your brains, like two heads communicating memory.

呢⾥⾯都是死的东西.就是叫什么,你们有⼀个叫什么同流合污.就是这个污⽔、这个污⽔.⾥⾯有什么呢? 都是这样⼦的⼀个状态.都是在创造⼀些就是⽐如说你在把社会上的⼀些恐惧再把它加深,明⽩我意思吗? 就⽐如说社会上现在出现了⼀些什么事件,那这个事件好恐怖啊.然后你们继续再交流, ‘哇,真的好恐怖啊’.让它继续来影响你的⼈⽣.你们就不断的在创造这样⼦.

All of it is dead stuff. There's a saying you have, 'going with the flow,' which refers to this sewage, this sewage. What's in there? It's all in that kind of state. You're creating things like amplifying society's fears further, do you understand what I mean? For example, if an event occurs now, it's really frightening. Then you keep discussing among yourselves, 'Oh, it's really terrifying,' making it continue to affect your lives. You just perpetually create this.

问: 那关于我⾃⼰的最后⼀个问题是因为我的⽛齿⼀直都不好.然后我以前做梦的时候也⽼梦见有⼈虐待我,有酷刑.然后我想问⼀下关于这⽅⾯是因为我以前经历过这样的体验? 有没有什么东西是可以释放的? 或者有什么信息是要进来的?

Questioner: My final question about myself is due to my poor dental health. I also used to dream that someone was mistreating me and inflicting torture on me while I was asleep. I'd like to know if there's anything that can be released in this regard, or any information that needs to come in?

⾼灵: 你的⽛齿不好.⾸先就是说第⼀,你要注意到你在你的⽣活中对待你⽛齿,就是你是如何对待它? 你的⽛齿也需要不断的去清洁去清理去爱护去保护,对不对? 就好像你这么想,你的花园⾥⾯种了⼀颗花.你来说这个花长的不好怎么样怎么样.那你有对它付出你的关注吗? 明⽩吗? 那如果你都不去管它.那它肯定杂草丛⽣或者是发育不好,对不对? 所以有被照料的花园和没有被⼈照料的花园它是不⼀样的,对不对? 所以你⾝体的⼀部分,你⾸先要意识到你真的有没有去照料到它.如果你完完全全的照料到它了,就是在物质层⾯照料到它了对不对? 那你在精神层⾯,你就要开始去考虑你的⼀些精神层⾯、⼼理层⾯、信念这些问题.

Spirit: Your teeth are not good. Firstly, you need to pay attention to how you treat your teeth in your life; how do you care for them? Your teeth also require constant cleaning and care, don't they? Just like when you think about a flower planted in your garden. If the flower grows poorly, what would that mean? Have you paid attention to it? Do you understand? If you neglect it, then it will definitely be overgrown with weeds or fail to grow properly, right? Therefore, a well-maintained garden is different from an unattended one, correct? So, your body's part needs your awareness of whether you are taking care of it. If you have taken care of it completely in the material sense, then what about the spiritual aspect? You should start considering your mental, emotional, and belief aspects at this level.

你先要排除它看的见的.看的见的你排除了过后,然后你再去看它,排除你这些看不见的影响.那看不见的影响,你就⽐如说⽛齿代表着什么? ⽛齿代表着⼒量.那你是不是觉得你的⼒量受到了限制.你的⼒量受到了影响.你不能去真正的使出你的⼒量.因为你们每⼀个⼈,你们有不同的信念,不同的运⾏模式,不同的⽣活习惯.就是各⽅⾯都不⼀样.所以你还需要从就是你⾃⾝的去问你⾃⼰.就好像你⾃⼰是你⾃⼰的医⽣.你⾃⼰去检查你⾃

You must first eliminate what you can see. After removing the visible, then when you look at it again and remove the unseen influences affecting you. The unseen influence is, for example, what do teeth symbolize? Teeth represent power. Don't you feel that your power has been restricted or influenced. You cannot truly exert your strength because each person has different beliefs, operating patterns, and lifestyles. Everything varies from one person to another. Therefore, you also need to question yourself regarding yourself, as if you were your own doctor checking your own health.

⼰.你继续说.还有⼀句话就是像刚才呢段信息⼀样,当你⾃⼰在⼀个安全、喜悦、愉悦的⼀个能量,就是频率当中.你的⾝体它⾃然⽽然就会恢复.它不会去滋⽣细菌,不会去滋养呢些.你说.

Continue speaking. There's also a phrase like the information we just discussed; when you are in your own safe, joyful, and happy energy frequency, your body naturally heals itself. It doesn't give room for bacteria to grow or nourish those things that you mentioned.

问: 下⼀个问题是我们想知道通灵的机制是什么? 然后是什么问题都可以问吗?

Questioner: Our next question is about understanding the mechanism of mediumship. And can we ask any questions after that?

⾼灵: 通灵的机制是什么? 是什么问题都可以问.但是不是所有的问题都是会以你觉得你想要的⽅式去展开.因为我们都不知道你们的问题会朝什么⽅向展开.这就是关于就是像交流通灵有意义的地⽅.就是说接下来会有什么信息我们⾃⼰都不知道.我们不是说所有的都是已经,就好像是你们的程序⼀样,你输⼊这个就出来这个.因为这些,像我刚刚说的,都是活的.然后通灵的机制是什么?然后我们来说⼀下我们⽬前现在我和你正在进⾏的这个通灵,对不对?也就是说当你全然的放下你的头脑,进⼊到呢股能量当中.因为你要知道能量它是⽆处不在的,它⼀直在呢⾥,⽆处不在的.就是OK,⽐如说你之前你⼀直在⽤你的双腿⾛路对不对?

Higher Spirit: What is the mechanism behind mediumship? Anything can be asked, but not all questions will unfold in a way that you desire. We don't know where your questions might lead us because we are uncertain about their direction. This pertains to the meaningful aspect of communication through mediumship – what information will come next, which remains unknown even to us. Unlike your programmed processes where input leads to output, these interactions with spirits involve living entities. Let's delve into how mediumship works, particularly in relation to this session I am having with you right now? When you completely let go of your mind and immerse yourself in that energy flow. The energy is everywhere, always present; it permeates every corner without exception. For instance, previously, you constantly used your legs for walking, correct?

然后你到了河旁边,你就完完全全的进⼊到河流⾥⾯.顺着这个河流⽅向,明⽩吗?因为你是去全然的⼀个放松和信任的⼀个状态.你不会掉进河⾥⾯去.明⽩我意思吗?你是在跟随着这股能量,源源不断的.然后但是像你们说它的信息的来源是在哪⾥呢?信息的来源就好像你们物质世界所有所有的⼀切,你们的⽣命,然后动物,所有的所有的⼀切,就是你⾁眼能看到的所有⼀切,看得见的,看不见的,都是同⼀个来源.明⽩吗?所以信息也是同样这个来源.只是它会经过你们,就⽐如说有各种种类…有各个颜⾊的花.但它的,你⽐如说花的来源.那它其实都是来⾃于空⽆当中,就好像是能量状态当中.它不断的.但是它会经过,它会有不同的种类.

Then you come to the river's edge and you are fully immersed into the flow of the river. Understand that because you are in a state of total relaxation and trust. You will not fall into the river. Do you understand what I mean? You are following this flow, continuously. But like you ask where is its information source? The source of information is like all things in your material world – your life, animals, everything – it's the same source that encompasses all that you can see with your eyes and all that you cannot see. Do you understand? Therefore, the information also comes from this same source. It just passes through you; there are different types of colors, various kinds of flowers, but their source ultimately originates from emptiness, an energy state, continuously flowing, but it goes through different forms.

那你们通灵的信息也是.你再继续说.

That's also the information you're channeling. Please continue speaking.

问: 如何可以拥有钢铁般的意志?

Questioner: How can one possess a will of steel?

⾼灵:如何拥有钢铁般的意识.这个是这个通灵的⼥孩⼦她⽬前关⼼的.她想要就是把⾃⼰,因为她本⾝就是拥有钢铁般意志的能量状态.就是她是这样的⼈.所以呢,就好像你本⾝就是⼀只⽼虎,对不对? 所以呢,你就特别对⼀种,追、奔跑、嚎叫、或者是捕猎,你就会对它有⼀种,就在你的⾻⼦⾥⾯.它在你的基因⾥⾯.也就是说当它是⼀直⽼虎,它有了这个欲望.那就⽐如说它是⼀直鱼,又不⼀样的状态,对不对? 所以当她有了就是发起来去拥有,实际上她已经拥有了.明⽩吗? 就好像你观察⼀下你们其他动物拥有什么特征? 她其实在它内⼼深处她早就知道她是这样⼦的⼀个状态.所以当她有这样⼦的念头产⽣,她本⾝就是⼀个拥有钢铁般意志的⼀个⼈格.

Higher Spirit: How to Possess a Steel-Like Mind. This is the current concern of this medium girl. She wants to possess herself because she inherently possesses the energy state of having a steel-like will. So, just like you being a tiger yourself, right? Therefore, there's something specific that she'll be particularly drawn to, such as chasing, running, howling, or hunting; it becomes innate in her bones and genes when she is a tiger. It means if she were a fish, it would be a different state, right? So, when she activates this desire to possess herself, she already possesses that quality internally. Understand? Imagine observing the characteristics of other animals you have? She intuitively knew from deep within herself that she was in such a state. Therefore, whenever she has these thoughts arise, she is inherently someone who possesses a steel-like mind.

那如何去拥有它? 你本⾝就是.你只是要认到.就好像你本⾝就是⼀只⽼虎,所以你会想要去捕猎,想要去追逐,想要去奔跑,想要去吼叫.因为呢是你的能量想要释放出来的,对不对? 那就好像如果你不认识你⾃⼰,你觉得⾃⼰是⼀

How do you obtain it? You are already that. All you need to do is recognize it. Imagine if you were a tiger; wouldn't you want to hunt, chase, run, and roar because your energy wants to be expressed, right? Similarly, if you don't know yourself and think of yourself as something else,

只⽼⿏.你看别⼈的⽼⿏的样⼦,然后你却想着拥有⽼虎⼀般的英勇、凶猛.但是你只是需要认清你是⼀只⽼虎.当你认清你⾃⼰你是⼀只⽼虎.就是嘶吼,或者捕猎,或者凶猛的呢个展现本⾝就是你⾃⼰,你当然就能展现出它了,明⽩我意思吗? 所以就是当你认识到你⾃⼰真正的⾝份,你就能使⽤它.不是说你能拥有.拥有是⼀种你没有的情况下然后去拿到,去得到,拥有.你就能去展现它.所以只是认清楚…问: 说到这我就突然觉得我好像做什么事就⽐较不容易坚持.然后就是我觉得⽐较容易三分钟热度.还有⼀些就是在跟我⽐较在乎的⼈相处的时候,有时候可能⽐较不容易说出⾃⼰真⼼想要说的.我想知道关于这个…

Only one mouse. You observe the appearance of others' mice, then you're imagining having the bravery and ferocity of a tiger. But really, you just need to accept that you are a mouse. When you truly acknowledge that you are a mouse - whether it's by roaring, hunting, or showcasing your inherent ferocity - is exactly who you are, and thus you can exhibit it. Do you understand? So when you recognize your true identity, you're able to utilize it. It's not about owning something; owning implies acquiring what you don't have. You can express it because of that recognition... so basically, recognizing... If I were to ask: There seems to be difficulty in maintaining consistency with certain actions and tasks for me. I also tend to lose interest quickly within the first three minutes. Additionally, when interacting with those who are important to me, sometimes it's challenging to convey my genuine feelings. I want to know about this...

⾼灵: 前⾯的信息我已经给你说了,你刚才在不断的评价你的时候,你是不是在头脑⾥⾯找你曾经的做过的事情,是不是? 那你知道这个事情它是根据你意识的转变⽽转变的.如果你这⼀⽣已经过完了,你知道你曾经这些选择是因为你还没有找到你最爱的.那你还会这么去评价你⾃⼰吗? 明⽩我意思吗? 那你的⼀⽣你才⾛了,⽐如说你⼀⽣有⼗分,对不对? 你才⾛了⼗分之三.你就已经拿你⼗分之三来评判你这个⼈,你觉得这样公平吗? 这样对吗? 这样有意义吗? 这样有⽤吗?

Higher Spirit: The information I've already given you, when you were continuously evaluating yourself just now, were you in your mind recalling things you had done before? Right? And do you realize that this is based on the transformation of your consciousness. If you have already lived through your entire life, knowing that these choices were made because you hadn't found what you truly loved, would you still evaluate yourself like this? Do you understand my meaning? In your entire life, you've only walked a tiny fraction of it, for instance, if you've had ten parts in your lifetime, correct? You have only walked three parts. And you're already judging yourself based on those three parts. Do you think that is fair? Is this right? Does it make sense? Is it useful?

问: 我明⽩了.那下⼀个问题是这个⼥孩⼦她最近做梦⽼是梦见⾃⼰被⼈虐待.然后她想问⼀下为什么会这样,有没有什么信息要带给她?

Questioner: I understand. The next question is about this girl who has been having dreams lately in which she is being mistreated by others. She wants to know why this is happening and if there are any messages for her.

⾼灵: 她总是做梦梦见⼀些⽐较,就是好像是成为⼀个受害者,在被虐待,被挤压.你知道这是什么吗? 这是她的悲悯的⼼.就是她对天下的⼈产⽣的呢种同情.她想要去… 因为她⽬前在⼀个享受⽣命的状态.她享受⽣命,享受⼀切.她所有的⼀切都⾮常⾮常的美好.但是呢,她⾃⼰主动的去承担了呢些受压迫的⼈的痛.明⽩吗? 所以她会在梦⾥⾯去经历这些,为什么? 因为当她在梦⾥⾯去经历这些,她就深刻的体验到多少⼈在经历…她前⼏天做的梦,梦见就好像⼀种就好像是为什么要⽤⼀种这么残害彼此的⽅式去,就是⼈与⼈之间为什么如此惨烈? 互相残害的这件事情发⽣? 那当她有了这个体验过后,因为你们梦⾥⾯体验跟你们物质世界体验是⼀样的.

Higher Spirit: She always dreams of comparisons, where she becomes a victim and feels abused or oppressed. Do you understand this? This is her compassionate heart - the empathy she feels for everyone in the world. She wants to... because she's currently enjoying life; she loves life and everything around her. Everything about her is incredibly beautiful. But she voluntarily takes on the pain of those who are oppressed. Can you see it? So she experiences these things in her dreams. Why would she do that? Because when she goes through this in her dream, she deeply feels how many people go through this. The dreams she had recently were like asking why we hurt each other in such brutal ways; why is human interaction so tragic and violent? When she has this experience, because what you dream about mirrors your real-world experiences.

有了这个体验过后她便不会⽤这样的⽅式去对待别⼈.因为她⾃⼰经历过呢样的痛,明⽩吗? 所以在她的灵魂层⾯,她主动的去承担了所有⼈⽬前的任何就是被压榨,或者⽆⼒感,或者是被害,或者是被虐待.因为她有梦在被各种虐待.那当她去,你想就是怜悯之⼼,就是对天下有怜悯之⼼.当她去拥有了这个怜悯之⼼过后,当她再去对待⼈的时候,她便不会⽤任何这种迫害的⼿段.她便会⽤和平和爱的⼿段去导致⼀切发⽣.因为这是跟她的⼀个灵魂主题,就是跟她的⼀个想要去在这个世界上展现的是有关的.所以她选择了在梦⾥⾯去继续体验众⽣的痛苦.让她记得她来这个世界上的任务.因为有的时候我们会忘记,⽐如说我们太沉浸于物质世界的喜悦、欢乐的时候.

With this experience, she would not treat others in such a manner because she had experienced the pain herself and understood it. Therefore, on a spiritual level, she voluntarily took on the experiences of everyone being exploited, feeling powerless, being victims, or suffering abuse, as if she were living through her dreams being abused. Once she developed compassion, a heart of pity for all beings, she would not use any oppressive means when dealing with people. Instead, she would employ peaceful and loving methods to bring about everything. This aligns with her soul's theme and what she aims to express in this world. Thus, she chose to continue experiencing the suffering of many lives in her dreams, reminding herself of her mission on Earth. Sometimes we might forget, especially when lost in the joys and pleasures of the physical world.

因为她⽬前在物质世界体验的都是美好、爱、喜悦、欢乐.那当你如果⼀直沉浸在这样的状态下,你会忘记你⽣活在⼀个悲惨的世界对不对? 你会忘记别⼈还在⽔深⽕热当中.你会忘记它.然后通过在梦⾥⾯去体验,就是跟她⽣活完全相反的⼀⾯,这会让她记得有多少⼈,就是她⾃⼰提醒⾃⼰的⼀个⽅式.让她不要忘记她的任务,然后拥有就是呢种战⽃⼒.所以这是她⾃⼰的⼀个成长的⼀个过程.就是成为她的⼀个过程.就好像她⾃⼰给⾃⼰设置了这些功课体验⼀样.

Because she is currently experiencing beauty, love, joy, and happiness in the material world. If you keep being immersed in such a state, would you forget that you live in a悲惨 world, wouldn't you? Would you forget that others are still suffering? Would you forget it? Then by experiencing in dreams, which is completely opposite to her life, this will remind her of how many people, in a way she reminds herself, to not forget her mission and gain the strength. So this is part of her growth process, becoming herself, as if she set these tasks for herself to experience.

问: 我突然想到⼀个问题我想问⼀下⾼灵: 问: 就是我在看呢个关于Abraham Hicks的传讯.她说到了⼀个focus wheel,像⼀个聚焦摩天轮

Questioner: I suddenly thought of a question that I want to ask you, Higher Spirit: When you say "ask," does it mean I am watching this presentation about Abraham Hicks? She mentioned something called a focus wheel, like a focusing Ferris wheel.

⼀样.呢我们平常头脑⾥就有很多的想法.那我如果只是把头脑⾥的想法聚焦在⼀个让我感觉很好的想法或者是念头上.就是这样的⼀个聚焦它可以加快物质世界的显化? 或者是有没有关于这⽅⾯的信息可以带进来? 我不知道怎么样特别好的提问.

In the same way, in our usual state of mind, there are numerous thoughts swirling around. If I were to concentrate my focus on a single idea or mental image that brings me a sense of well-being, could this act of concentration help accelerate the manifestation of physical reality? Or is there information available about this process? I'm not sure how to formulate this question more effectively.

⾼灵: 你是说⽤你的头脑关注,就是让你的世界显化? 并没有.那你看多少⼈迷失在关注钱,对不对? 那他们变成有钱⼈了吗? 他们时时刻刻每个地⽅都在算, ‘啊,我这⾥可以赚多少钱’. ‘啊,我这⾥亏了’.他们变成有钱了吗? 并没有.不是说你的头脑去关注怎样怎样就能怎样怎样.⽽是说你⾃⼰拥有转化它的能⼒.就⽐如说这件事情它本⾝在物质世界发⽣,它就是来让你变的不好.但是呢你却有能⼒把它转化成对你有利,或者好的⼀⽅⾯.你能去把它好的⼀⾯去提取出来.就是你好像是⼀个科学家,发明家.你能把有⽤的部分给提取到,明⽩我意思吗? ⽽不让呢些没有⽤的地⽅影响到你的⽣命.如果你没有⾜够⾼的认知,你是做不到的.

Higher Spirit: You mean focusing with your mind is to manifest your world? No. Look at how many people get lost in focusing on money, right? Did they become rich then? They are always calculating everywhere, 'Ah, I can earn how much here.' 'Ah, I am losing here'. Did they become rich? No. It's not about your mind focusing on how to do something and it magically happens. Rather, you possess the ability to transform it. For instance, this thing happening in the material world could potentially cause harm to you. However, you have the power to turn it into a favorable or beneficial aspect for you. You can extract its good side. It's like being a scientist or inventor; you can isolate and take advantage of the useful parts while not letting the useless parts affect your life. Without sufficient high cognitive levels, you cannot do this.

也就是说这个跟你的认知… 因为外在发⽣的⼀切它没有绝对的是好的和坏的.它没有哪个是绝对的好绝对的坏.是要你如何拥有⾜够⾼的能量,或者认知、智慧,就是 power去运⽤它.就⽐如说你看到你们英国王室.王室是有power,是有影响⼒.然后呢不代表呢些⼈在中,他就能运⽤的很好,就能活的很好,明⽩吗? 所以说拥有什么样的处境,站在什么样的⾼度,或者什么样⼦或者是关注什么这个不是重要的.重要的是就是说你能如何的运⽤这股能量.就好像对,这股能量是靠近你,然后是… 能量就在你⾝边,并不是…你才会呢个什么.它永远都在呢⾥.你永远永远都可以运⽤能量.它这个能量你到底你要如何运⽤它?

In other words, this relates to your understanding... because what happens outside has no absolute good or bad; there's no such thing as absolute goodness or absolute wickedness. It's about how you possess sufficient high-energy, cognition, wisdom, power to use it. For example, when you look at the British royal family, they have power and influence, but that doesn't mean those individuals can use them well and live well; do you understand? So what matters is not what kind of situation you're in or how high up you are or what you focus on - these things aren't crucial. What's important is how you utilize this energy. Imagine this energy is close to you, then... the energy surrounds you, it's not... something that only comes about when you're something. It's always there; you can always use it energy. You must figure out exactly how to use this power?

或者你要让它如何服务到你,影响到你.这就是你个⼈的⼀个… 你就像⼀个过滤器⼀样,那就需要根据你⾃⼰的⼀个认知,你的⼀个状态,你的⼀个信念,你的所有的⼀切.你能不能操控好它? 明⽩吗? 你操控好它,你运作好它,所有的⼀切都是来服务于你.在于你这个.⽽不是说我就坐在呢,天天关注钱,想着钱,我就能变成有钱⼈了.不是这样⼦的.

Or do you want it to serve you and impact you? This is your personal...you are like a filter, requiring the alignment of your own cognition, state, belief, and everything else. Can you control it well? Understand? Controlling it allows everything to serve you based on you. It's not about just sitting there, daydreaming about money or thinking about it constantly; that won't make you rich. That's not how it works.

问: 我明⽩了,那我能问⼀下我现在最⼤的限制性的信念是什么吗? 还是说你刚才已经告诉我了?

Questioner: I understand; can I ask what my biggest limiting belief is at this moment? Or did you already tell me that just now?

⾼灵:你的限制性,我们在聊天的过程当中你不断的在发现你有很多限制啊.所以当你重去听录⾳的时候你就会发现,你每⼀个⾓度,我们聊的每⼀个点,都有你⾃⼰的⼀套观念对你的⼀个限制.都有你在哪⾥你头脑⾥⾯知道的呢⼀丁点来分析事情.你就能发现… 你要知道这⾥永远都没有⼀个到此为⽌的⼀个状态,明⽩吗?你的每⼀步,每⼀步都是在不断不断的去让⾃⼰越来越轻松的⼀个状态.这⾥没有⼀个点,OK,我好了,我完了.没有.它永远永远都是在不断的… 就连我们在传达信息,我们的信息都会在不断不断的变化的.

Higher Spirit: Your limitations, you are continuously discovering that there are many limits as we chat. So when you listen back to the recordings, you will find that with every angle and point discussed, there's your own set of beliefs constraining you. There's how you analyze things based on what little knowledge is in your mind at each step. You can see... Here, it's never a state of being done or stopped; understand? Every step, every move, is about continuously making yourself more relaxed. There's no point where we say, 'Alright, I'm fine, I'm done.' No. It's always ongoing, and even when conveying information, our messages are constantly changing.

问: 最后⼀个问题是我们想链接⼀下迈克.杰克逊.然后看看他有没有什么信息想要带给⼈类的?

Questioner: One last question, we'd like to link to Michael Jackson and see if he has any messages for humanity?

⾼灵: 迈克.杰克逊,你稍等.我现在就是迈克.杰克逊这个⼈格来跟你们说话.然后你们想要知道我有什么信息想要带给你们? ⾸先,我想要带给你们的信息就是我感受到⾮常⾮常的欣慰,你们会有⼈来想要听我说话,想要听我分享,想要听我发声.这⼀点我感受到⾮常的,就好像是感激你们,感谢.然后从现在这个⾓度来讲的话,我会发现就是我⾃⼰的⼈⽣当中我是⼀个⾮常的悲观者.我与这个⼥⼠有很多共同点也有很多不共同点.有很多共同点就是说我们都同样的去对整个世界产⽣了怜悯之⼼,就是天下如此多的⼈在受苦.明⽩吗? 但是我是在以悲观的⽅式在展现着.明⽩吗? 我在以悲观的⽅式在展现着.

Higher Spirit: Michael Jackson, please hold on. I am now speaking to you as the personality of Michael Jackson. And then, what information do you want me to convey to you? Firstly, the message I want to bring to you is that I feel extremely grateful that someone would come to hear me speak, listen to me share, and listen to my voice. This aspect makes me feel very grateful towards you, akin to a sense of appreciation. Then, from this perspective, I will find that in my own life, I am a very pessimistic person. I share many similarities with the lady but also have many differences. There are many shared points where we both show compassion for the world, because there are so many people suffering worldwide. Do you understand? But I exhibit this in a pessimistic way. Do you see that? I exhibit it in a pessimistic way.

这就是我在回顾我的⼈⽣当中对我⾃⼰的⼀些⾏为、做法不是特别的满意.我在⽤悲观的⽅式展⽰着.我在让⼈们知道⼈们⽣活在地狱⼀样.你的⽣活是有多痛苦.我虽然我的出⽣我是想要唤醒他们,想让他们看到痛.但是你知道看到痛就好像在提醒他们,他们有多痛.就好像在加深这个痛苦.让他们还在继续的去制造痛苦.然后这个⼥⼠跟我不同的就是,她完完全全的就是有知道给别⼈展现痛苦并不是在帮助这个世界变的更好.⽽是说她是在展现爱,是⾃⼰在保持在爱的⼀个频率.⼀个就是和平、和谐、让⼈向往的⼀个世界.她想要展现⼀个这样的世界给别⼈.所以她跟我做了⼀个完全相反的事情.

This is me reflecting on my life and feeling not entirely satisfied with some of my actions or approaches, presenting them in an overly pessimistic manner. I am trying to make people aware that life is as miserable as being in hell, how painful your existence can be. Although I wanted to awaken others through my birth, to show them the pain, you understand that seeing someone's pain only serves as a reminder of their own suffering and intensifies it, encouraging more pain. The lady I'm contrasting with, however, acknowledges that showing others pain is not helping the world become better; she is demonstrating love instead, maintaining a frequency of love - peace, harmony, an attractive world, which she wants to present to others. This is quite opposite from what I've been doing.

她要给别⼈展现⼀下,就是她将来,她接下来是展现出⼀个就是你们⼈类都向往的⼀个世界,她展现出来给⼈们.然后⼈们加⼊.但是就好像我们都是worktogether.所以我也很欣慰有她这样的能量状态的存在,可以就是弥补我当时我对我⾃⼰来这个世界创造和展现的⼀些东西.可以会让我觉得会有⼀种就是弥补或者是欣慰,就是⼼安的⼀个感受.然后我有什么话想要带给这个世界的,就是说所有的⼀切都有它去成长、去成为的⼀个过程.然后不要在这个过程当中陷进去了.就⽐如说有些⼈他需要通过战争来看清到和平有多重要.但是你不要陷到战争当中去了.明⽩我意思吗?因为它是为了和平的到来.因为所有事情它不是⼀个马上就成为的⼀个过程.它是⼀个逐渐成为的

She wants to show others that she is destined to present a world that humans long for, one they can be part of. She will exhibit it to the people who then join in. We're all working together on this, so I'm glad for her energetic presence to complement what I bring and demonstrate here on Earth. It gives me a sense of fulfillment or comfort, knowing she is there making up for my contributions. Whatever message I wish to convey to the world is that every element grows and transforms into its full potential over time; one should not get trapped in this process. For instance, some people might need to experience war to understand how vital peace truly is, but they mustn't be ensnared by it for that purpose alone. You understand me? It's all about achieving peace gradually because everything doesn't materialize instantly; it evolves step by step.

⼀个过程.这逐渐的成为的⼀个过程,你可能会很多次掉进坑⾥.你可能会经历很多⿊暗.但是不要被路程当中的⿊暗给陷进去了.因为我当时就是被路程当中的⿊暗给陷进去了.明⽩吗?所以只是知道⿊暗是你经历的⼀个过程,但它不是终点.因为我们所有⼈的终点都是光明,都是爱.所有⼈的终点都是爱.然后我并没有消失.因为我知道有很多⼈对我的热爱.但是我并没有消失.我可以在任何时候,你们想要跟我链接的时候跟我链接.还有什么问题吗?

It's a process that gradually becomes the process where you might fall into many pits multiple times. You might experience a lot of darkness. But do not get trapped by the darkness in the journey, because I was trapped by the darkness in the journey back then. Understand? Therefore, just know that darkness is an experience you go through, but it's not the end point. Because all our endpoints are light, all our endpoints are love. The endpoint for everyone is love. And I didn't vanish because I knew there were many people who loved me deeply. But I didn't vanish. I can connect with you at any time when you want to link with me. Are there any more questions?

问: 没有问题了,谢谢.

Questioner: There are no issues, thank you.

2021/12/06 — 线上集体通灵问答

December 6, 2021 — Online Group Spirit Mediumship Q&A

第⼀个⼈⾼灵: 你说吧问: 我想请问我有哪些⼈⽣主题?

First spirit Higher Spirit: Speak up. Questioner: May I ask which life themes do I have?

⾼灵: 你稍等.你想知道⼀下你这⼀次⼈格在这个物质世界需要体验的⼈⽣的主题是吧?问: 是的⾼灵: 你叫什么名字?问: XX⾼灵: 你叫XX.你稍等.XX的信息,他想要知道他这⼀世体验的⼈⽣主题.你⾃⼰选择就是成为⽆条件的爱,明⽩吗?就是你会把爱,呢个爱就是⼤爱,⽆条件的爱,然后成为你体验的⼀个主题和中⼼.也就是⽐如说在⼈⽣当中你会遇到⼀些可能对你很不理解或者是伤害你,就是在你们物质层⾯看到.就是需要你去包容、需要你去谅解、需要你去理解,需要你去… 也就是说你想要⾃⼰达到⼀个只是爱的状态,不在乎你经历什么,别⼈如何对待你.不在乎外在的⼀切.只是爱的⼀个状态.

Higher Spirit: Wait a moment. You want to know the theme of life that you will experience in this material world, right? Questioner: Yes, High Spirit. Higher Spirit: What is your name? Questioner: XX Higher Spirit: Your name is XX. Please wait. XX wants to know the theme of life he will experience in this incarnation. You have chosen to be unconditional love, understand? That means you will give love, which refers to universal and unconditional love, and make it the theme and center of your experience. This implies that in your lifetime, you will encounter situations where people may not understand or hurt you on a physical level. These situations require you to show tolerance, forgiveness, understanding, and so forth... In other words, you wish to achieve a state where love is all you are concerned about, regardless of what you go through or how others treat you. You do not care about the outer world; it's just a state of unconditional love.

所以你可能在你们表⾯上你会经历到很多,⽐如说你们⼈世间的⼀个背叛呀、伤害呀、或者是这之类的.然后它只是你⾃⼰来让⾃⼰,就好像达到⼀个你⽆论如何对待我,因为你想把呢个我字放下.明⽩吗? 因为当你把呢个我字放下来,别⼈谁来伤害你?明⽩吗?你只有⽤你的意识,⽤你的所有⼀切去投射出⼀个我来过后,在你们的相上⾯看到,你才会觉得受了伤害.那如果你把呢个拿开,就是把呢个我拿开的话,你就是⼀切了.那这样⼦的话你是感受不到任何… 所以这是你⾃⼰想要去达到这样⼦的⼀个状态.然后你便会给⾃⼰设置很多这类似的体验,从各个⽅⾯.

So you might experience a lot on the surface level of your mortal existence, such as betrayal, hurt, or related issues. Then, it's just that you yourself have to let this happen, like reaching a point where no matter how someone treats me, I want to put down that "I" word. Understand? Because when you're able to let go of the "I", who would then come to harm you? Understand? You can only project and perceive an "I" through your consciousness and all your other aspects, which is why you feel hurt on your level. If you remove this, that is, if you remove that sense of "I", then everything becomes you. In that case, you won't feel anything... This is what you want to achieve for yourself. And thus, you create many similar experiences from various dimensions for yourself.

问: 那我还想问问题.

Questioner: I also want to ask a question.

⾼灵: 问: 我想请问我的⾼我和指导灵他们有什么话想对我说吗?

Spirit Guide: Could you ask if my higher self and my spirit guides have any messages they want to convey to me?

⾼灵: 你的⾼我和指导灵他们有什么话想对你说? 你稍等.⽆论你处在多么⿊暗的地⽅,你只需要记得,那是你⾃⼰选择的这样⼦的经历来让你记得你⾃⼰是光.这是带给你的信息.明⽩吗? 你不需要去寻找光或者是让别⼈来照亮你或者是如何.因为你本⾝就是光.因为你只有在⿊暗⾥⾯你才能看到你是光.如果你在光下⾯… 明⽩我意思吗? 所以说外在⽆论你经历什么,它只是来让你回忆起来,就是让你知道你是谁.所以你需要对⽴⾯.就是你需要⼀个相反的⼀个对⽴⾯.就好像有⼀句话叫鲜明的对⽐,对不对? 所以你需要呢个鲜明的对⽐来让你知道.所以呢个所谓的⿊暗只是假象⽽已.它只是来让你认清楚或者记起你是谁.让你知道你是谁.

Higher Spirit: What do your High Self and your guides have to say? Wait a moment. No matter how dark you are, remember that it's an experience you've chosen to let you remember that you are light. This is the message being given to you. Do you understand? You don't need to seek out the light or have others illuminate you or anything like that because you yourself are the light. Because only in darkness can you see that you are the light. If you're under the light… do you get my meaning? So whatever happens on an external level, it's just meant to remind you of who you are. So you need the opposite. You need a contrast against which you can recognize yourself. Isn't there a phrase about how contrast makes things stand out? So you need that stark contrast to recognize yourself. Therefore, this so-called darkness is merely an illusion, designed to make you recognize or remember who you truly are.

然后这是给你的信息.

Then these are the messages for you.

问: 我还想问我能否确认我是不是流浪者? 如果是的话,是第⼏密度的?

Questioner: I also want to ask if I can confirm whether I am a wanderer? If so, which density are I at?

⾼灵: 什么叫流浪者?

High精灵: What are wanderers?

问: 流浪者就是从较⾼的密度返回第三密度来学习的或者来帮助他⼈的.

Questioner: Are wanderers returning to the third density from higher densities to learn or to help others?

⾼灵: 你刚才的信息前⾯已经说了,你是需要你⾃⼰通过你⾃⼰去找到你⾃⼰是谁.已经很明确的告诉了你.

Higher Spirit: The information you just provided indicates that you need to find yourself through your own efforts. This has been clearly communicated to you.

问: 好的,那我再问⼀个问题.我能否确认⼀个⼈她是不是我的双⽣⽕焰?

Questioner: Alright, let me ask another question. Can I confirm if someone is my twin flame?

⾼灵: 什么叫双⽣⽕焰?

Higher Spirit: What are Twin Flames?

问: 双⽣⽕焰我的理解就是它属于同⼀个⾼灵,同⼀个超灵.

Questioner: Twin Flames, my understanding is that they belong to the same high spirit, the same super-spirit.

⾼灵: 同⼀个超灵? 你们所谓的双⽣⽕焰,你是想知道就是和你共同选择了同样的,就是好像⼀个道路或者⼀个⽬标,就是和你⼀起?

Higher Spirit: The same super spirit? You call it the Twin Flames, you want to know if it's about choosing the same thing together, like following a path or a goal, as companions?

问: 对,就是这样⼀个⼈我现在是否遇到了?

Questioner: Yes, it's someone like that. Have I encountered them now?

⾼灵: 你想知道在物质世界和你⼀起? 你要知道你们的这个,就好像⼈⽣的这个旅程,就是好像这⼀段路.然后这⼀段路它不是说⼀个⼈从⽣下来到⽼都是同⼀个,明⽩吗? 不同的阶段,然后怎么来形容这个呢? 就⽐如说你还是⼀颗种⼦的时候你在⼟壤⾥⾯,你需要的是什么? 那可能陪伴你的,在你旁边,你在这么⿊暗潮湿的地⽅,陪伴你的是蚯蚓,对不对? 明⽩吗? 那蚯蚓是你的朋友,因为它在⼟⾥.那当你长⼤了,发芽出来,就是在⼟表⾯呢个层⾯上过后.那菜地⾥可能有⽑⽑⾍对不对?那在当你长到⼀定的程度,蜜蜂、蝴蝶、⼩鸟….等你有了树枝的时候…⼩鸟…明⽩我意思吗?等你的这颗树越来越⼤,越来越⼤.那有⽆数的鸟窝可以上来.

Higher Spirit: You want to know about being in the physical world with you? You need to understand that this journey of life is like a particular road. But it's not that one person stays the same from birth to old age, do you see what I mean? Different stages, and how would we describe this? For example, when you're still a seed, buried in the soil, what do you need? Your companions might be earthworms beside you, in such a dark and wet place, correct? Understand that these earthworms are your friends because they are part of the soil. Then as you grow up, sprout out, on the layer above the ground level. In the garden field, there could be caterpillars, right? When you've grown to a certain size, bees, butterflies, little birds... and then when you have branches... little birds... do you get my point? As your tree grows bigger and bigger, there are countless bird nests that can come up.

但是这个跟你,就是你是种⼦的时候的呢个蚯蚓它也没有⾛啊.明⽩吗?就⽐如说当你去成为⼀颗⼤树的时候,你想要跟⼩鸟,你想要去跟它链接.那你可以跟它链接.那蝴蝶还是可以靠近你.那蚯蚓,你的根还是可以跟它链接.你能理解这层关系吗?那如果你是说的是情感⽅⾯,⽐如说你们的爱情.又是另外.

But when you were a seed, the earthworm didn't move either. Do you understand that? For example, when you want to become a big tree and connect with birds, you can connect with them. Butterflies can still come close to you. And your roots can still connect with the earthworm. Can you understand this relationship? If you're talking about emotional aspects, such as your love, it's different.

问: 能不能像你之前,有蝴蝶,有蜜蜂,有蚯蚓这样的⽐喻呢? 还是说…⾼灵: ⾸先你⾃⼰从⼀⽽终.从⼀⽽终就是说你⽆论你有⼀个… 这是不可能的,明⽩我意思吗?就是说你们可能表⾯上,就是从物质层⾯来选择⼀个婚姻的伴侣.那是你们物质的层⾯.但是从灵魂的层⾯你不可能只和⼀个对象有链接.因为你们是跟万事万物⼀切都有链接的.这个链接你不可能把它给终⽌掉.这是不可能发⽣的.你继续问.

Questioner: Can we have a metaphor like before, with butterflies, bees, and earthworms? Or is it that... Higher Spirit: First of all, you remain from one to the end. Being "from one" means that no matter you have... This is not possible, do you understand what I mean? That is, you might choose a marriage partner on a material level superficially. That's your material aspect. But on a soul level, it's impossible for you to only be connected to one entity. Because you are connected to everything in the universe. This connection cannot be severed; it's not possible. You can continue asking.

问: 未来的呢个我他有什么想和现在的我说的吗?

Questioner: Does my future self have anything he wants to tell me now?

⾼灵: 你稍等.未来的你他有什么信息想要告诉你? 他有信息想要告诉你.就好像你有⼀个,怎么说,就是在你们的物质世界看起来不是很常见的⼀种⼈体功能或者是什么.就好像你有⼀道门需要打开.然后呢扇门就是需要通过你,然后接下来去注意到你的⾝体就是有⼀个功能,或者是有⼀个… 就⽐如说这个⼥孩的通灵功能,对不对? 她不断的在这个领域去运⽤,

Higher Spirit: Wait a moment. What messages does your future self have for you? He has messages to convey to you. It's like he has one, how do I put it, a human function or something that isn't very common in the physical world where you exist. It's as if you have a door that needs to be opened. Then this door requires going through you. And afterwards, it's about noticing within your body, there is a function, or there is a... For example, like this girl's clairvoyance ability, correct? She keeps applying this in her field,

那她这个功能就越⽼越强.然后你⾃⼰也有⼀个你⾃⾝携带的⼀个功能.你需要去链接,你需要去留意,注意到.

As she grows older, her function becomes stronger. Then, you have your own feature that comes with you. You need to connect, pay attention, and notice it.

问: 那我想请问我之前有没有⽤到这个功能? 还是说这个功能我现在根本就没有接触过?

Questioner: I wonder if I've used this feature before, or is it a feature that I haven't come across at all?

⾼灵: 你之前有没有⽤到过? 你⽆意识的有接触过.它有让你吃惊到.就好像是⼀股能量,呢个能量它⼀直在试图跟你… 就⽐如说你们看很多电影对不对? 然后有的是⽕,有的是⽔,有的是这种… 就好像这种能量.然后⽐如说你跟⽔,⽐如哈,因为呢个信息现在还没有到.⽐如说你跟⽔,你能运⽤⽔的能量,⽐如啊! ⽐如说我打个⽐⽅,你能运⽤⽔的能量,你可以把⽔,你⾃⾝的能量注⼊到⽔⾥,然后给别⼈,那别⼈可以接收到你.就⽐如是这种.你可以净化⽔任何.这也是⼀项… 那有的⼈跟⽕有链接.就是有的⼈是跟⽔,有的⼈事跟⼟.但是因为我现在还没有得到你的信息到底是跟什么.但是我知道就是有⼀扇门需要你⾃⼰去打开.

Higher Spirit: Have you ever used it before? You've unknowingly been in contact with it. It has surprised you like an energy, a kind of energy that is always trying to connect with you... Like when you watch many movies, right? Then there are fire types, water types, and so on... as if they were this energy. And for example, if you're connected to water, say, because the information hasn't been received yet... If you're connected to water, you can utilize its energy, like! For instance, imagine I'm making an analogy, you can utilize the energy of water, you can infuse your own energy into water and give it to others. Others can then receive you. It's like this. You can purify any water. This is also... Some people are connected with fire types. People are either connected to water or earth. But since I haven't received your information on what you're specifically connected to, I know that there's a door that needs you to open it yourself.

问: 好的.那这个信息今天能知道吗?

Questioner: Alright. Can we know this information today?

⾼灵: 今天能不能知道? 你稍等我帮你搜索⼀下.那你需要提问.

Higher Spirit: Can we know today? Please wait while I search for you. Then you need to ask your question.

问: 那我就是想知道这个能⼒的具体,你能不能再描述⼀下,给我⼀些提⽰?

Questioner: Alright, I just want to know about the specific capabilities. Could you please describe them in more detail and give me some hints?

⾼灵: 你想要知道你到底是什么样⼦的能⼒.今天还不能告诉你.因为接下来…就好像⽐如说我现在直接告诉你的话,你的⼈⽣就会少了呢段惊奇的体验.少了呢段惊奇的体验,就好像是我把你的礼物给拿⾛了,明⽩吗? 因为你们每⼀个当下都有你来到这个物质世界需要体验的,就好像神奇.哇,就是呢种.那我如果告诉你你是这个,那你就会跳过呢段去发现…就是你竟然拥有…你明⽩我的意思吗? … 的呢种惊喜.然后你的⼈⽣体验就好像是被拿⾛了⼀样.这对你来说是不公平的.所以你会⾃⼰去发现.然后你只需要知道你的就是⼈⽣的每⼀个阶段,它都会有惊喜.你就好像在不断的拆礼物⼀样.你越来越发现你竟然是如此的⽆限.

Higher Spirit: You want to know what kind of power you have, the ability to understand yourself. Not today though, because... Imagine if I just told you right now, your life would be missing out on this amazing experience. Missing out on this wonder means that I took away your gift, do you see? Because each moment is a unique experience you need in this physical world, like magic—'Wow', that kind of wonder. If I tell you what you are, you would skip over this process of discovery—the realization of what you possess... Understand my meaning? The excitement of discovering something new in your life. Then your life experience would feel as if it was taken away from you, which is unfair to you. Therefore, you will discover it on your own. And all you need to know is that every stage of your life has its own surprises waiting for you. You are constantly uncovering the vastness of yourself.

问: 好的,我了解了.我的问题问完了第⼆个⼈问: 我想问⼀下我的指导灵和⾼我对我⽬前的状态还有我最近在做的事情他们有没有什么信息要带给我?

Questioner: Alright, I understand. I have finished asking my second question. I want to know if my guiding spirit and higher self have any information for me regarding my current state and the recent activities I've been engaged in?

⾼灵: 你稍等.你想要知道有没有灵界的信息想要带给你? 放下所有的担忧、担⼼、害怕、恐惧、还有放下所有的就是想要快⼀点.明⽩我意思吗? 因为就像前⾯呢段信息,如果你直接达到某⼀个点的话,你当下就会错过很多惊喜和礼物和呢种… 那你想⼀下如果你现在在第⼀步是不是? 然后我直接告诉你你的⼗步是什么.那你23456789,呢有9个礼物没有被打开,明⽩吗? 当你的9个礼物没有被打开的话,你就少了9个礼物盒跟别⼈分享.因为如果你都没有打开呢个礼物盒的话,你拿你的什么喜悦、兴奋和惊奇让别⼈也去感受到同样的就是⽣命的惊喜.对不对? 所以你们物质世界很多⼈就好像是想要⼀步登天.

Higher Spirit: Wait a moment. Do you want to know if there's spiritual information that we can share with you, something to relieve your worries and concerns, fears, and all the things that prevent you from moving forward quickly? Do you understand what I'm saying? Just like in the previous piece of information, if you reach a certain point directly, you might miss out on many surprises and gifts. Are you considering where you are right now? If you're at the beginning stage, would it be easier for me to tell you your next steps - step 2, 3, 4, 5, 6, 7, 8, 9? That means there are nine gifts waiting for you that haven't been opened yet. Do you understand?

When those nine gifts remain unopened, you're depriving yourself of the joy of sharing them with others. If you don't open your gift box, how can you share your delight, excitement, and wonder with others, allowing them to experience life's surprises too? Isn't that right? Many people in our material world are eager for a quick fix or instant success.

⼀步登天它会让你就好像错失了你的⽣命.就好像⽐如说你刚⽣下来就是⼀个baby.啊为什么我… 然后马上到⼀百岁.你就马上活到⼀百岁,然后⽣命结束了.因为这⾥并没有⼀个结果.然后每⼀步每⼀步都是⼀场盛宴.那如果你把盛宴拿⾛的话,你追求的是什么? 明⽩吗?

It jumps straight to heaven and it makes you feel like missing your life, as if you were born a baby and then suddenly you're 100 years old, dying instantly because there's no conclusion. And every step is a feast. So, what are you pursuing by taking away the feast? Do you understand this?

问: 明⽩.我最近不是在⽤物质世界的⼀些⽅式、⽅法,⽐如说就是deliberate creator.我做的这些事情,然后你带给我的这个信息.难道是告诉我我这样做是跟我的…⾼灵: 就⽐如说你⽬前需要经历struggle,对不对? 然后但是你不想经历这个struggle.你就想直接达到⼀种全然放松的状态,明⽩吗? 那你就少了⼀份礼物呀.那你也没有找到就是从feel so stress and struggle呢种,然后到完全释放的呢种…你就少了呢种如何松绑的呢个过程,你也不懂如何松绑.明⽩吗? 那你这样你不可能成为⼀个⽼师.你也不可能有⼈⽣的经验.那你来到这个物质世界是做什么的?

Questioner: Understood. I haven't been using some methods of the material world recently, for example, a deliberate creator, and what you've brought to me as information. Does this mean that it's telling me to do these things, or is it informing me about... Higher Spirit: Like you're currently experiencing a struggle, right? But you don't want to experience this struggle. You just want to reach a state of complete relaxation, got it? Then you miss out on a gift. You haven't found the process from feeling so stressed and struggling to completely releasing yourself... You've missed out on understanding how to unwind. Got it? That means you can't become a teacher. Nor do you have life experience. So what are you here for in this material world?

You have nothing to share.你看到你们的呢些,就是呢些所有讲师或者是导师或者是特别有影响⼒的演说家,他们有⾮常⾮常多去share,对不对? 那如果下⾯有⼗万个⼈在听你演讲,你要share什么? 明⽩吗? ⼈们对这种⾐⾷⽆忧,什么困难都没有遇到过的⼈,这种没有兴趣.明⽩我意思吗? 你想⼀下当你们听呢些能量超级强⼤的故事,是不是呢个⼈的限制越多,⽐如说他又是⿊⼈,他又是⼀⽆所有,他又是疾病产⽣,他又是残疾,他又是… 就是他全是限制.但是他却达到了⼀个毫⽆限制,就是世界的最⾼点.这种故事和⼀个⽣下来什么都没有经历过的⼈,两个⼈去讲故事你要听谁的?

You have nothing to share because you see the others', those are all the instructors, tutors, or influential speakers, who share an incredible amount, right? If there are ten thousand people listening to your speech, what would you share? Understand that people are not interested in someone who has never faced any difficulties with their food and necessities. Do you get my point? Imagine when you hear such powerful stories, does the more limitations a person has, for example, being black, having nothing, suffering from illness, being disabled... all these challenges, but yet he reaches the highest limit without any restrictions in the world? Which story would you prefer to listen to: one told by someone who has never experienced anything compared to this, or the other?

问: 你说的我懂.我也知道这种对⽴⾯可以帮助我以后可以怎么样去帮助别⼈.但是我不懂的是,就⽐如说我现在坐下来去写⼀些东西,这些东西它会让我的感觉⾮常好.因为我们要做的就是让我们处于⼀种感觉很好的状态.这是⼀种就是通过书写来让我⾃⼰focus.那你的意思是我现在不应该的吗? 这些是不对的吗?

Questioner: I understand what you're saying. I also know that these opposites can help me in how I could help others later on. But what I don't understand is, for example, when I sit down to write something - things that make me feel really good. Because what we do is put ourselves into a state of feeling very well. This is essentially about focusing myself through writing. So, does this mean I shouldn't be doing this now? Are these actions wrong?

⾼灵:你为什么头脑⾥⾯全是好、对、不应该、错,还想要从别⼈呢⾥更权威的⼈告诉你哪个是对的,哪个是错的?这才是你⾃⼰需要去问你⾃⼰的.因为对和错,应该不应该,哪个好不好是你们头脑⾥⾯的.你还在⾃⼰把⾃⼰⼀直往头脑⾥⾯的呢些概念、定义去塞.只有体验.然后每⼀个体验它都有意义,都有价值.都是⽆价之宝,都是⼀场盛宴.你只有达到呢样的状态你才能去创造.你不然的话你是没有灵感的.你只是说我听到呢个导师说这个⽅式好,那我打坐.明⽩吗?呢个⽼师说跳舞好,我就去跳舞.你不需要去跟随任何⼈.因为你们每⼀个⼈的路都不⼀样.最严重的问题就是你们每⼀个⼈看谁成功了然后就去跟随谁.然后也不知道为什么这么做.

Higher Spirit: Why do you have all these concepts of right, wrong, should not be, and should in your mind, wanting someone else to tell you which is correct and which is incorrect? That's what you need to ask yourself. Because right and wrong, should or shouldn't, good or bad are within your own mind. You continue stuffing your mind with all those concepts and definitions. It's only through experience that each of them holds meaning and value – priceless treasures, a grand feast. Only when you reach this state can you create. Otherwise, you lack inspiration; it’s just like saying, "I heard the teacher say this method is good, so I meditate." If the instructor says dancing is good, I go and dance. You don't need to follow anyone because everyone's path is different. The most serious issue is that everyone looks at who has succeeded and then follows them without knowing why.

然后不喜欢做也去做.为什么?因为呢个⽼师他说的是对的.因为每个⼈都说他对的呀.你还是⼀个囚犯⽽已.囚禁在你头脑⾥⾯的观念.⽆论呢个导师,呢个⽼师他说的有多好有多精彩有多成功.那只是属于他.你们⼀定要记住的⼀句话就是这只是属于他的.因为⼀个真正的导师他不会告诉你你要按照我的⽅法.不然你就不⾏.这个不是的.这个又是⼀个陷阱⼀样.又是⼀个来捆绑你们的⼀个枷锁,⼀个链条.你不要去拿任何标准来衡量你到底做这个对不对,到底做呢个对不对?你这样就是在找⼀个拐杖.你知道你之前的信息为什么说你腿⽆⼒吗?(宠物⽼⿏腿⽆⼒,之前的通灵信息)就是你觉得你需要拐杖呀.

Then do what you don't like anyway. Why? Because that teacher said it's right. Because everyone says he is right. You are just a prisoner in your mind's ideas. Regardless of how good, spectacular, or successful the mentor, the teacher's advice might be. That only belongs to him. The one thing you must remember is that this belongs solely to him. Because a true mentor wouldn't tell you to follow his method. Otherwise, you couldn't succeed. This isn't about following someone else; it's another trap, another chain binding you. Don't use any standards to measure whether what you're doing is right or wrong. You are seeking a crutch. Do you remember why your previous spiritual information said you have weak legs? (The pet mouse had weak legs, the previous spirit communication) It seems like you feel that you need a crutch.

我们给你带来这些通灵信息就是让你们知道你们不需要拐杖.然⽽你们又把我们当成拐杖.然后呢,等你变成懂很多概念的时候,你又成了别⼈的拐杖.跟⽬前的宗教有什么区别.跟呢些不同的帮派有什么区别.你们都是在找拐杖.找⼀个权威的⼈来告诉我,我这样做对不对? 我这样做有没有价值?

We bring you these spiritual messages to let you know that you do not need a cane. Yet, you take us as a cane. And then, when you become knowledgeable about many concepts, you become someone else's cane. What is the difference with current religions? What is the difference with those different factions? You are all looking for a cane, seeking an authoritative person to tell me if what I am doing is right or wrong? Is what I am doing valuable or not?

问: 那我能在就这个问题再接着问我的最后⼀个问题吗?

Questioner: Can I ask my last question on this topic?

⾼灵: 你说?

Higher Spirit: You say?

问: 我不明⽩的是就是怎么说,也可能就是我⾃⼰头脑觉得啊.那就是说我最近又进⼊了头脑是这个意思吗?

Questioner: What I don't understand is how to say it, maybe it's just my own thought. Does this mean that recently I've entered the realm of the mind?

⾼灵: 你没有必要去评判你⾃⼰到底做的好不好,对不对? 你没有必要去来问我到底做的好不好.我只是让你来看清楚你的头脑到底现在运⾏的是什么样⼦的⼀个系统.来让你看清楚.明⽩吗? 如果你看不清楚的话,你就在⽆意识的在操作,在运⾏啊.那你能创造的只有你头脑⾥⾯认为的呢些东西呀.我们要做的不是让你们来依赖于我们,或者是依附于我们,或者认为我们是权威的.⽽是说你⾃⼰就是呢个创造者,你⾃⼰拥有⽆限的能量,⽆限的⼀切可能.最重要的是到底是你想要什么? 你连你⾃⼰想要什么,想成为什么,想体验什么,想创造什么,什么都不知道.就算我给你所有的,就好像你需要的呢些东西,器材也好,题材也好,给你所有的东西.

Higher Spirit: There's no need for you to judge whether what you've done is good or not; right? You don't have to ask me if I'm doing well or not. What I want you to do is simply to see clearly the system that your mind runs on at this moment. See it, understand it; can you? If you can't see clearly, then you're operating and running without awareness. The only thing you can create would be what your mind thinks it should create. We are not here for you to rely on us or cling to us as authorities. Rather, you are the creator, possessing unlimited energy and infinite possibilities. The most important question is: What do you want? You don't even know what you want, what you aspire to be, what you wish to experience, or what you want to create. Even if I give you everything you need—whether it's equipment, topics, or all sorts of resources—the ultimate decision lies in your hands.

你能创造出什么.因为你根本就没有⼀个你想要创造什么.在你们物质世界⾥⾯的呢些成功⼈⼠,他们很清楚的知道⾃⼰想要成为什么,想要创造什么.他们很清楚⾃⼰想要去哪⾥.这个才是最重要的.

What can you create? Because you simply don't know what you want to create in your material world. Successful people among you have a clear understanding of what they want to become and what they want to create. They have a clear idea of where they want to go. That's what really matters.

第三个⼈问: 我想知道我的⾼灵有什么信息想要带给我?

The third person asked: I want to know if my high spirit has any messages they wish to convey to me?

⾼灵: 你的⾼灵有什么信息想要带给你.你叫什么名字?问: 我叫XXX⾼灵: XXX的信息.你给⾃⼰设置了很多挑战.然后呢想要让你知道这些挑战都是对你成长有利的.因为你现在有⼀种想要从你⾃⼰设置的挑战当中跳出来.就是你想要去逃避或者跳出来或者好像是想要它消失,这些挑战.然后想要告诉你的信息就是迎⾯⽽上.只有你⾃⼰进⼊当中,你才能…⽐如说就好像是有⼀滩海⽔在你⾯前,你从表⾯上看上去你觉得这个海⽔很可怕,对不对?然后很可怕,就不想跳进去.为什么呢?它在你的印象当中海⾥淹死过很多⼈,对不对? 然后现在想要告诉你的信息就是说,你做好… 就是你知道… 就是OK,呢些在海⾥⾯潜⽔的⼈,他们知道⽔.

Higher Spirit: What information does your high spirit want to convey to you? What is your name? Asking: I am called XXX. Higher Spirit: The message for XXX. You have set yourself up with many challenges. Then what we would like you to know is that these challenges are beneficial for your growth. Because you now want to escape from the challenges you have set for yourself, wanting them gone or to be avoided. What we wish to inform you is to face them head-on. Only by entering into it can you... For instance, imagine a sea in front of you, looking at its surface and finding it terrifying, right? So, you don't want to jump in. Why not? Because your impression is that many people drowned in the sea, right? And now we wish to inform you this: Prepare yourself... You know... That's alright, those who dive in the sea understand water.

就是我如何防范.⽐如说我需要带⼀个呼吸的,然后我需要穿什么,然后我再学习技术.那我就可以去在海⾥⾯体验在海⾯上体验不到的风景.我就可以看到很多漂亮的风景.所以说你之所以对你的挑战产⽣多恐惧.那是因为你⾃⼰还没有呢些技能,⽐如说对你⾃⼰的认知,对他⼈的认知.对所有的⼀个东西你好像在这⽅⾯还⽋缺.那你可以怎么说,很简单.就⽐如说我决定要去潜⽔,对不对?虽然我有恐惧我知道,海⾥⾯淹死国⼈.为什么?因为他们没有任何防范,他们没有学会游泳,他们也没有学会如何潜⽔、如何保护⾃⼰、如何在海⾥⾯如何… 因为他们都没有学这个知识.但是你现在知道别⼈淹死是因为他们对海⽔⼀⽆所知.

This is how I protect myself. For example, I need to wear a mask for breathing, then I need to know what to wear, and then I learn the techniques. With this knowledge, I can experience sights under the sea that you cannot see above it. I would be able to witness many beautiful scenes. Therefore, the reason why one might feel fear towards their challenges is because they lack certain skills, such as self-awareness or awareness of others, or simply missing out on some aspect in everything. You could say it's quite straightforward: for instance, if I decide to go diving, right? Even though I know that there have been incidents where people drowned at sea, why? Because they did not take any precautions; they didn't learn how to swim, nor were they taught how to dive and protect themselves while in the water. It's all due to their lack of knowledge about the ocean. However, now you understand that drowning happens because of a lack of knowledge about the sea waters.

那我现在是要去海⾥⾯探索,因为这是我⾃⼰的选择.然后接下来我已经定好了我要去探索海底,对不对?那我要去学习,我要去跟有经验的⼈学习潜⽔.然后我就能在⾥⾯去⾃由⾃在的去探索,去扩展我的体验.明⽩我的意思吗?

Now I'm going to explore the sea because this is my own choice. Then, have I already arranged to go exploring underwater? Am I right? I will learn and study with experienced people on diving. And then I can freely explore inside, expanding my experiences. Do you understand what I mean?

问:明⽩.但是我觉得我活的挺迷茫的.说起来把我现在确实有很多很多⾃⼰想要的东西.但是还是活的很迷茫.就是感觉不知道下⼀步该做什么.就每天就是呢种浑浑噩噩的⼯作啊,⽣活啊之类的.所以说我不知道呢个挑战到底是什么?

Questioner: I understand that. But I feel quite lost in my life. When it comes to what I want now, there are indeed many things I desire. However, despite this, I still feel very lost. It's as if I don't know what step to take next. I just exist daily, going through a state of confusion in both work and life. Therefore, I wonder, what is the challenge here?

⾼灵: 挑战它会出现…你们所有⼈就是说,就⽐如说你从你的家庭关系、婚姻关系、⼯作上⾯的关系,任何.你们表⾯上看上去,OK,不同的关系或者不同的处境、不同的场景、不同的⼈.但是你会发现它所有呈现的其实都是同样的问题.你在⼯作上迷茫,对不对?但如果就是说把这种迷茫的感觉…它其实还会产⽣在各个(⽅⾯).它不会只是在⼯作上⾯.就好像你⾃⼰在⼀个游戏⾥⾯.你的级别是三的话.那你在其他每个场地你体验的⼏率都是三.所以你不需要去到底是哪⾥束缚,哪⾥怎么怎么样.因为在每⼀个当下,在每⼀个⽣活当中,就⽐如说你去观察你⾃⼰.就⽐如说为什么我会讨厌我的⽼板?为什么我会讨厌我的家⼈? 为什么我会讨厌我的⽼公?

Ethereal: The challenge appears... All of you say, for example, like in your family relationships, marriage relations, work-related matters, any. You seem to say on the surface, okay, different relationships or different situations, different people. But you will find that all it presents is essentially the same problem. You're confused at work, right? But if this feeling of confusion... It actually occurs in various aspects. It's not just limited to your job. Imagine you are playing a game where your level is three. Then, no matter which arena you experience, the likelihood is that you will encounter situations at a level three. So you don't need to worry about which specific area is restraining or how it affects things elsewhere. Because in every present moment, in every life situation, for example, when you observe yourself, why do I hate my boss? Why do I hate my family? Why do I dislike my husband?

为什么我看不惯别⼈这样? 就⽐如说为什么我看不惯我的⽼公? 为什么我看不惯我的⽼板? 就⽐如,打个⽐⽅.它这些都会呈现,从不同的⽅⾯呈现出来给你看到的,看到你⾃⼰.

Why do I find others' actions off-putting? For instance, why can't I stand my husband's behavior? Why am I unable to tolerate my boss's actions? As an example, it manifests in various ways, presented differently to what you see and reflect back on yourself.

问: 🗎,就是从⾃⼰的关系中去体验? 去看见呢些东西?

Questioner: Is it about experiencing and seeing things through one's own relationships?

⾼灵: 眼前的⼀切.你这么想,你的眼睛看到的⼀切就好像是显⽰器,对不对? 然后就好像是显⽰器.然后呢个显⽰器它每时每刻都在给你显现的.哪怕你就坐在呢⾥看电视.看到了电视剧情当中的⼀段剧情,你⼼⾥产⽣了⼀个厌恶的情绪,或者恐惧的情绪,或者爽的情绪.因为你爽的话,你肯定是… 明⽩我意思吗? 如果你去观察你⾃⼰,所有的情绪背后它⼀定是有你需要突破的.

Higher Spirit: Everything you see before you, like a display on a monitor, right? Then, it's as if that monitor is constantly showing you every moment. Even when you're just sitting there watching TV, seeing a particular scene and forming an aversion, fear, or satisfaction in your heart. If you were to observe yourself, behind all these emotions lies something you need to break through.

问: ⼤概懂⼀点.呢个我还想问第⼆个问题.就是我爷爷⾛了很久了.我想知道,想链接⼀下他.就是很想他嘛.可以链接⼀下他嘛? 然后他想跟我说什么吗?

Questioner: I know a little bit. Actually, there's another question I want to ask. My grandfather has been gone for quite some time now. I wonder if we can connect with him somehow. I really miss him and would like to connect with him. Can we link up with him? And does he have anything he wants to tell me?

⾼灵: 我看⼀下你爷爷有没有信息想要带给你.你爷爷好像讲的是⽅⾔.然后我只传达它带给你的意思.他想告诉你就是他从来没有从你的⽣命当中消失.然后你的所有的动态,你的所有他都有关注.然后他说他跟你的距离就好像以前⼀样.他总是站在你⾝后,然后就好像很慈祥的看着你,看着你的⼀举⼀动.然后⾯带着微笑.然后他说他现在还是这样⼦的⼀个状态,看着你,看着你的⼀举⼀动.然后就是说他说⽬前在现在这个地⽅,现在这个阶段,他说你不需要着急,你也不需要害怕,你也不需要担⼼.然后你唯⼀需要就是说做你喜欢做的事情,然后不要委屈⾃⼰.

Higher Spirit: I'll check if your grandfather has any messages for you. He seems to be speaking in a dialect. Then, I will relay the meaning of what he's conveying to you. He wants you to know that he has never left your life and is always paying attention to everything about you. He says their distance from each other remains the same as before; he's always standing behind you, watching you with a kind smile on his face, observing every move you make. Now, he still watches over you in this state, smiling at you. And he tells you that currently, during this phase, there is no need for you to worry or be afraid. The only thing you need to do is continue doing what you enjoy and not compromise yourself.

问: 谢谢爷爷.呢个就是我有些时候⼼⾥⾯特别容易⼼慌.然后就脾⽓也变的特别不好,我不知道这个是什么原因?

Questioner: Thank you, grandpa. This is because sometimes I feel very anxious inside. As a result, my temper becomes extremely bad. I don't know what the cause of this is?

⾼灵: 你有时候会特别容易⼼慌,特别到什么程度? ⼀天会有多少次?

Higher Spirit: Sometimes you would feel particularly anxious, to what extent? How many times a day would that be?

问: 反正每天⾄少有⼀次呢种感觉.就是遇到⼀些事情的时候才会这样⼦.遇到⼀些突发的事情.⼀般情况下是⽐较平静的.但是呢种⼼慌的感觉…⾼灵: 你⾸先要知道就是说你现在是⼀个物质⾁体.呢个⾁体本⾝它就是有意识的.然后这个⾁体它本⾝的意识它受了很的就是说… 就⽐如说这么简单,有⼀只⼩猪,对不对? 你把它

Questioner: Anyway, you feel this at least once a day. It happens when certain situations arise; usually, it's relatively calm. But that feeling of unease... Higher Spirit: First, understand that you are currently a physical body with consciousness. This body is inherently aware and its inherent awareness is influenced by many factors...

To illustrate: Imagine a small pig, right? If you take this pig...

放到⼀百只猪⾥⾯去.它⼀进去,其他99只⼩猪突然恐慌,要往⼀个⽅向跑.呢个⼩猪它也会不⾃觉的跟着往呢边跑,明⽩吗? 它也不知道⾃⼰为什么… 所以你们的⾁体就好像你⾃⼰的⾁体它还有⼀个意识.它呢个意识它会受着你们的集体意识的影响.你们集体意识,还有你⾝边的⼀个能量场.你们⾝边的⼀个能量场.就⽐如说为什么你们⼈会喜欢去旅游?那旅游,如果再美的风景,如果你是被⼈挤的流⽔不通的⼀个状态,你并不会去享受呢个风景.那如果没有如此多的⼈,只有就是你能完全的进⼊呢种很漂亮,很美丽的风景的⼀个状态,这两种状态是不⼀样的.对不对?所以说有⼀种是就是你们⾝体它本⾝就会受到外界的影响.

Put it into a hundred pigs. When it goes in, the other 99 piglets suddenly become panic and start running in one direction. This piglet will also subconsciously follow them, do you understand? It doesn't know why... So your body is like your own body; it has its own consciousness. That consciousness is influenced by your collective consciousness as well as the energy field around you. The energy field around you. For example, why do humans enjoy traveling? Even if a beautiful scenery is mesmerizing, if you are in a state where you are being squeezed and can't flow smoothly among people, you won't be able to appreciate that scenery. But if there were not so many people, only allowing you to fully immerse yourself in such an attractive, breathtaking scenery, these two states are different. Right? So it means your body itself is susceptible to external influences.

所以你可以做的就是说,如果你可以给你的⾝体去创造⼀个… 你就好像是你养的⼀个宠物.你给它创造⼀个好的条件.就⽐如说你⾃⼰给⾃⼰创造⼀个好的条件.就⽐如说不太去呢种能量特别混杂的地⽅,对不对?你去避开⼀些特别混杂的地⽅,因为你⽆论怎么样你都会受到影响的.所以你⾃⼰给⾃⼰创造⼀个好的环境.就⽐如说有些⼈他内在有很多恐惧,有些⼈内在有很多愤怒.那就是说在你⾃⼰能量不稳定的状态下,你少去接触,少去创造这样⼦接触的条件,环境.因为当你⾃⼰觉得稳定的⼀个能量状态,你可以去转化旁边的能量.但是如果当你还是⼀个受影响的状态的话.那你可以⾃⼰给⾃⼰创造⼀个⽐较纯净的能量场.问: 我是挺容易受别⼈影响的.

So what you can do is to say that you're creating for your body as if it were a pet you raise, providing it with good conditions, much like how you create good conditions for yourself, by avoiding places with particularly mixed energies. You see? No matter how hard you try, you will still be influenced. Therefore, create a good environment for yourself. For example, some people have a lot of fear within them; others harbor anger. That means when your own energy is unstable, you should minimize exposure and avoid creating conditions that lead to such interactions. This is because when you feel in a stable energetic state, you can transform the energy around you. But if you're still affected by external influences, you can create a purer energy field for yourself. Questioner: I am quite easily influenced by others.

呢个我还想问⼀下我有⿐炎很多年了.感觉也吃了很多药.也做了⼿术.就是不知道这个有没有其他⽅⾯的原因呢?

I also want to ask, I've had nasal allergies for many years and feel like I've taken a lot of medicine. I've even had surgery. But I wonder if there are other reasons behind this?

⾼灵: 你稍等,我帮你链接⼀下.你有⿐炎,⿐⼦有什么问题?问: 就是有的时候很容易过敏,很容易打喷嚏,流⿐涕之类的.

Elvish: Wait a minute, I'll help you link it. Do you have allergic rhinitis, and what's the problem with your nose?

问询：Sometimes, it's very easy to be allergic, and I sneeze a lot, and I also have runny nose issues like that.

⾼灵: 你想要知道你⾝体这个⽑病是怎么引起的? ⿐炎.⾸先你们地球上有很多很多过敏症状的⼈.第⼀它跟你的就是整个地球的环境变化有很⼤的影响.就是你们的⽣存环境.就⽐如说你们现在化学成分的东西就越来越多.就是呢种纯天然的…然后你就好像是你们地球⼈类创造的⼀个业⼒.那需要你们地球⼈,⾃⼰每个⼈去承担,去分担.明⽩吗?就⽐如说你们地球⼈⾃⼰种的⼀个果树,那你们⾃⼰去分享这个果实带来的甜蜜.那你们⾃⼰种下的⼀个恶果话,那你们每⼀个⼈也要去承担.所以说就是它整个⼤的环境受到了⼀些污染.因为你们创造出很多就是⼈⼯的产品.创造出很多⼈⼯的产品加⼊很多化学的成分,然后会导致很多很多过敏的现象出现.

Higher Spirit: You want to know how this body condition came about? Rhinitis. Firstly, there are many people on Earth who suffer from allergic symptoms. It's largely due to the significant impact of your global environment changes. Your living environment is influenced by the increasing use of chemical substances, compared to those pure natural ones. This issue can be seen as a karma you humans on Earth have created for yourselves. Each individual needs to bear their own share or contribute to it. Understand? It's like eating fruits from trees that you humans plant; you enjoy the sweetness they bring. However, if you plant bad consequences, each one of you has to bear them too. This means your entire environment is polluted due to artificial products and chemicals being added to those products. The creation of these products leads to numerous allergy occurrences.

然后这个现象是在加剧的.所以你们会发现很多新⽣⼉他有很多很多过敏症.然后呢些过敏的现象会越来越严重.所以需要你们集体的意识到你们在给⾃⼰创造⼀个越来越不适合你们居住的⼀个环境.你就好像只给你⼀套房⼦,你居住在⾥⾯,对不对?那如果你在⾥⾯弄得乌烟瘴⽓,又是这样,又是呢样.又不断的就是⽣产各种化学成分,就是各种刺⿐的呢种… 你想⼀下你在呢个房间⾥⾯⽣存,那你肯定会闻到呢些刺激的味道,那它肯定会影响你的⾝体.这是必然的.因为这⾥就是说你种什么因就结什么果.就是你做出⼀个反应,你做出⼀个什么事情.那它肯定呢个事情后⾯就会有⼀个相应的结果给你.

Then this phenomenon is intensifying. So you will find that many newborns have numerous allergies. And these allergy phenomena are becoming increasingly severe. Therefore, you need to collectively realize that you are creating an environment that is less and less suitable for your habitation. It's like being given a house to live in, right? But if you make it smoggy inside, with all sorts of things happening - producing various chemical components, causing irritations... Imagine trying to survive in such a room; you would definitely notice the irritating smells, which surely affect your body. This is inevitable because as they say, "What goes around comes around." Whatever action you take leads to a corresponding outcome.

问: 那除了环境还有没有其他原因呢?

Questioner: Apart from environmental factors, are there other reasons?

⾼灵: 除了环境还有没有其他原因.第⼀个我说的是你们地球整个的⼀个⽣存环境.然后第⼆个就是说你本⾝就是⼀个超级敏感的⼈.你会很容易受到外界的影响.所以你只是⿐炎,

Higher Spirit: Are there other factors besides the environment? The first one I mentioned is your entire habitat on Earth. And the second point is that you are a highly sensitive person, easily influenced by external factors. So, it's just allergies.

你还会有情绪上的.就⽐如说可能特别容易因为⼀些外在的能量状态影响到你内在的⼀个能量状态.它不只是你情绪上的⼀个层⾯.

You will still have emotional effects, for example, you might be particularly susceptible to external energy states influencing your internal energy state. It's not just about the emotional aspect.

问: 情绪就是特别容易受影响.

Questioner: Emotions are very susceptible to influence.

⾼灵: 是的,这个是你…问: 怎么样才能改变这种感觉呢? 就是不要太容易受别⼈影响这种情绪?

Higher Spirit: Yes, this is...you asked: How can one change this feeling? That is, how not to be too easily influenced by others' emotions?

⾼灵: ⽆论你⾝上带来的什么特征,它绝对不是只有弊没有利的,明⽩吗? 因为如果你只是想把它拿⾛的话你就不能得到它的好处,对你的好处.就⽐如说你的⼀双⼿然后长在你的⾝体上.因为你还不知道怎么去⽤这双⼿.你还没学会去如何使⽤这双⼿.然后你主要是觉得它在你⾝上好承重.我怎么能把这个⼿给砍掉呢? 拿掉呢? 如果有⼈来给你提这样的问题,你会觉得太愚蠢.它⼿是来帮助你的呀.那你⾝体的⾼敏感度它其实也是为你服务的呀.所以你只是需要去更好的去运⽤它,去链接它.就⽐如说你可以做很多别⼈做不到的事情.因为别⼈可能他只是在看你跟⼀个⼈交流,他只听⼀个⼈说了什么.但是你不需要别⼈说太多你都能感应到对⽅真正的情绪.

Higher Spirit: Whatever attribute you bring with you, it is absolutely not only detrimental but also has its benefits; understand this? Because if you merely want to take it away, you won't be able to obtain its advantages for yourself. Your two hands, attached to your body, are there to assist you. You're feeling the heaviness of them because you haven't learned how to use them properly. It's just as foolish to ask how I could possibly remove or sever this hand from you. The hands are meant to aid you; similarly, your heightened sensitivity serves you well too. All that is needed is better utilization and connection with these traits. You can do many things others cannot; others might only observe the exchange between two individuals and hear what one person says, whereas you can intuitively sense the true emotions of both parties without needing extensive information.

你想⼀下你⽐别⼈多了多少…问: 在这⽅⾯确实挺敏感的.但是也很容易让⾃⼰⽣很⼤的情绪或者是很⼤的脾⽓.

You contemplate how much more you have compared to others... Questioner: Indeed, this aspect is quite sensitive. But it can also easily lead to intense emotions or a big temper.

⾼灵: 你只是需要去就是认识它,然后运⽤它,明⽩吗? 因为如果像你们地球上同情⼼是⾮常重要的.如果别⼈从你这⾥感受到了你对他的同情⼼,感同⾝受的呢种.他会给你之间马上就建⽴了链接感,因为你是⼀个唯⼀能理解他的⼈.所以把它正⾯运⽤.

Higher Spirit: You just need to understand it and then apply it, got that? Because if compassion is very important on Earth like your planet. If others feel your compassion towards them, empathizing with them, they will instantly establish a connection with you because you are the only one who can truly understand them. So use it positively.

问: 好,我的问题差不多就这些了,谢谢.

Questioner: Alright, I have mostly finished my questions, thank you.

第四个⼈问: 你好,我现在有个问题是关于个体⽆意识的.就⽐如我今天早上看到⼀个句⼦.它是说我值得拥有幸福的⽣活.但是我个体⽆意识它就觉得我不值得拥有幸福的⽣乎.那如果我潜意识认为我值得拥有幸福的⽣活,但是我⽆意识认为我不值得.那我怎么才能改变我的个体⽆意识呢?

The fourth person asks: Hello, I have a question about individual unconsciousness. For example, this morning I saw a sentence that said "I deserve to live a happy life." But my individual unconscious feels that I do not deserve to live a happy life. If my subconscious believes that I deserve a happy life, but my unconscious thinks otherwise, how can I change my individual unconscious?

⾼灵: 你想要去改变你的⽆意识.问: 对,就是物质头脑.

Higher Spirit: You want to change your unconscious. Questioner: Yes, it's the material mind.

⾼灵: 你这⾥说到的⼀个就是说我只是⾃⼰骗⾃⼰.嘴巴上说着我值得拥有.但是你却并不呢么认为,是不是? 你知道所有东西就是说最重要的是你内在的⼀个状态,明⽩吗? 因为⼀个真的就是说我值得拥有幸福的⽣活,真的是理解这个概念的⼈他不会去说这句话.就是他不会去像你们说的画蛇添⾜.明⽩吗? 只有呢种觉得我现在还没有达到呢种我觉得我值得拥有⼀个更好的⽣活的⼈,他才需要不断的去暗⽰⾃⼰.不断的就好像我要跟你唱反调.你觉得你不值得拥有? 我值得拥有! 他需要去强调.因为真正的状态你是不需要去强调的.

Sage: The one you're talking about is that I'm just deceiving myself, saying with my mouth that I deserve it, but deep down, you don't believe it, right? You understand that the most important thing is your inner state, correct? Because truly believing in a life of happiness doesn't involve people saying they deserve it. They wouldn't be adding unnecessary emphasis to such a concept like you might think. The only person who needs to constantly remind themselves that they don't feel deserving of a better life, would need to reinforce this belief because the genuine state requires no emphasis.

问: 那如果我遇到⼀件事情,就内⼼、呢个头脑会对某些⼈产⽣⼀种傲慢的感觉.那我又要怎样去改变它? 因为我有时候遇到⼀些⼈嘛.头脑总是⽐较傲慢.但是我觉得这没必要啊.怎么样才能改变头脑的这种感觉呢?

Questioner: Suppose I encounter a situation where my mind develops feelings of arrogance towards certain people. How can I change this? Sometimes, when I meet some individuals, my mind tends to be overly proud. However, I believe there's no need for this. What methods can I use to alter the mind's perception?

⾼灵: 你不需要去改变任何.你唯⼀需要的就是去知道你是谁.就好像我刚刚前⾯有说⼀段信息,就是说你的所有情绪是让你知道你是谁.⽐如说你从⼩在⼀堆⽼⿏堆⾥长⼤.你也没有见过镜⼦.然后呢但是实际上你是⼀只⽼虎.但是你是被⽼⿏带⼤的.你看着它们都偷偷摸摸,它们都胆⼩.然后你也这样⼦.但是在你内⼼你就觉得你拥有强⼤的能量.你就想要狂吼、狂叫.因为⽼虎的嘶吼嘛.然后却是唧唧唧,明⽩吗? 所以你只有当你知道你真正的⾝份,你是⼀只⽼虎.在你奔跑、撕裂、你的能量、你的嘶吼、你的⼀切这样的能量已经有了啊.就是你已经拥有了,你只是需要去尝试,然后允许它释放出来.明⽩吗?

Higher Spirit: You don't need to change anything. All you need is to know who you are. Just like the message I just mentioned earlier, all your emotions are there to help you recognize who you are. For example, if you grew up among a group of mice and had never seen a mirror before. But actually, you're a tiger. You were raised by mice. You watched them sneak around being timid and shy, like you yourself did. Yet in your heart, you felt that you possessed great power. You wanted to roar or howl because of the power of tigers. However, you ended up squeaking instead. Understand? So, you only need to know your true identity; you're a tiger. Your running, tearing apart, your energy, your roar, everything has already been there within you. You just need to try and allow it to be released. Understand?

所以当你知道你是谁过后,你的所有… 你不需要去从外界来… ⼈不允许傲慢、⼈不允许骄傲、⼈不允许⾃⼤… 因为他们都这么说的.因为我觉得⾃⼤不好.然后呢你就不断不断的从外界来找哪个词语.然后按照呢个词语来把⾃⼰变成什么样的⼈.明⽩我意思吗? 不是这样⼦的.⽽是说你去知道你是谁过后,你⾃然⽽然… 你就会呈现⼀个你,呢个你就是独⼀⽆⼆的.因为你知道你不会去做出任何就是伤害他⼈或者是负⾯的事件.因为你不需要去⽤负⾯的事件来让⾃⼰成长.明⽩我意思吗?所以这是⼀个去找到⾃⼰是谁的⼀个过程.⽽不是去学习要怎么样怎么样,得到什么优秀的品质.因为这些你都是,都已经存在的.你只是说你现在还没有…还在呢条路上.

So when you know who you are, all... You don't need to go outside for... People cannot allow arrogance, people cannot allow pride, people cannot be overconfident... Because they say so because I think it's not good. Then you keep looking inside from the external world for a word and then become that type of person according to this word. Understand? Not like that. Instead, after knowing who you are, naturally... You will present yourself as one, that unique self. Because you won't go on making any actions that harm others or are negative because you don't need to use negative experiences for personal growth. Understand me? Therefore, it's a process of finding out who you truly are rather than learning how to do things and obtaining excellent qualities. Because these things are already within you. You just haven't... You're still on this path.

还在做、探索、⾃我寻找,就是还在寻找⾃⼰是谁的呢条路上.然后允许就是你的情绪也好,你的感受,你的信念,或者什么什么.这些都只是暂时的.这些都不是真正的你.你就好像你有两个⾝份.⼀个是你的这个⾁体.它在体验物质世界.那⼀个是你在观察你⾃⼰.因为通过这些你慢慢慢慢就会知道你到底是只⽼虎,还是⼀匹马,还是⼀条蛇.因为在你们的… 就好像是每⼀颗种⼦.它在还没有发芽之前,它已经是呢颗种⼦了.

Still doing, exploring, self-searching is still on the path of finding out who you are. Then allowing, whether it's your emotions, your feelings, your beliefs, or whatever. These are all temporary. They are not the real you. You're like having two identities. One is your physical body experiencing the material world. The other is observing yourself. Because through these, gradually and slowly, you will know if you are a tiger, a horse, or a snake. Because in your... it's like every seed. Before it sprouts, it already is that seed.

问: 好的.我想问下⼀个问题.我想知道怎样才能让⾃⼰的内⼼平静下来,听见内⼼的声⾳呢? 因为我个⼈是呢种多动症,像有点多动症吧.很难让⾃⼰的内⼼平静下来.

Questioner: Alright. I would like to ask the next question. How can one calm their inner mind and listen to the inner voice? Because personally, I have some form of ADHD; I'm quite hyperactive, which makes it hard for me to calm my mind.

⾼灵:你稍等.你的多动,导致你多动的原因是你不够⾃信.你不够⾃信.就是你想要就是… 就是你有⼀股能量,你想要去创造很多很多很多东西出来.然后让别⼈看到你的成绩.就是你有⼀种想要去通过外在的⼀个moving去创造.就是我不断的…你看,我把这个城堡建的好⾼好⾼,不断的去做这个动作.然后在我把城堡建的好⾼的时候,别⼈的城堡还没有,别⼈(的城堡)很矮.我就会有⼀种:emmm…就是你就会有⼀种觉得你⾃⼰很强⼤的呢种感觉.所以在你的内⼼深处,你还有有⼀种想要去…就是这股能量想要不断的释放出去,去创造⼀番东西来让你看着强⼤.但是之所以你会有这个冲动.你觉得你还不够强⼤,不够⾃信.

Higher Spirit: Wait a moment. The hyperactivity that you exhibit stems from your lack of self-confidence. You lack self-confidence. It's as if you have an energy within you that drives you to create numerous things. You want others to see the results of your efforts, essentially seeking validation through external activity or actions. Imagine me continuously building a tower very high - constantly performing this action. When I manage to build my tower high, others' towers are still low or not constructed at all. This leads to a sense of empowerment – an impression that you're strong and capable, which might be felt in your subconscious mind. Deep down inside, there's still a desire… An energy within you wants to keep pushing outward, creating something impressive for you to perceive as strength. But the reason behind this impulse is rooted in your perception of not being strong enough or lacking confidence.

所以最根本的原因就是说,如果你能去通过不断的⾃我成长,⾃我认知,然后你达到了呢样⼦的⼀个状态.就是成为你真正的⾃⼰.你便在你的物质,就是表⾯上看上去的呢个动的呢个状态就会改变.你还有问题吗?

So the fundamental reason is that if you can go through constant self-growth and self-awareness, then you reach a state where you become your true self. This transformation in you will result in changes at a superficial level, such as your appearance or actions. Do you have any questions?

问: 没有了.

Questioner: Gone.

第五个⼈问: 我想知道就是灵魂源源不断的投⽣到地球,他们的⽬的是什么呢?

The fifth person asks: I want to know the purpose of souls continuously rebirthing on Earth?

⾼灵: 要你们去学习呀.因为地球就像⼀个学校⼀样.然后这个学校⾥⾯你可以学到任何你想要体验,想要学习的.

Spirit: You need to go and study because Earth is like a school where you can learn anything you wish to experience or acquire knowledge about.

问: 那他们都来⾃什么星球呢? 这些灵魂⾼灵: ⼤部分都是地球本⾝原⽣的⼀些灵魂.明⽩我意思吗?问: 那我可以问问我是什么灵魂吗?

Questioner: And where are they from, which planets? These spirit high souls: Most of them are native souls from the Earth itself. Do you understand my meaning? Questioner: Can I ask what kind of soul I am?

⾼灵:我这么说吧.地球就好像是⼀个⼩学,就是很初级的⼀个星球.因为它还需要不断的从毁灭当中去学习.因为当你达到了⼀定的,就是意识达到⼀定的状态的话.你是不需要从毁灭当中去学习的.毁灭是⼀个很极端的⼀个学习的⽅式.所以它是适合呢些就是说需要很极端的…⽐如说有些孩⼦他需要去⼤屁股.就是我要打你,你才能去… OK,就是警告⼀下.那当你意识程度达到你不需要打,就给你提醒⼀下.OK,这个点告诉你你需要注意⼀下,你就知道了,对不对? 你并不需要… 那你们的地球现在还在… 所以你们的地球现在会创造出很多极端的⼀些事件给你们看到.因为它本⾝就是⼀个从负⾯极端中去学习和体验的⼀个地⽅.

Higher Spirit: Let me put it this way, Earth is akin to a kindergarten, very basic and fundamental in nature because it still needs to continuously learn through destruction. This process becomes redundant once your consciousness reaches a certain state where you no longer need to learn through the experience of destruction; it's an extreme form of learning that suits those needing such intense experiences, like kids who require physical punishment. For instance, when you threaten someone, they might not respond unless you physically restrain them - okay, just a warning. But once your level of consciousness advances beyond this stage where threats are unnecessary, Earth itself will impart reminders through events that showcase these extreme situations. This is because it's learning and experiencing through the negatives in order to evolve.

Note: The original Chinese text includes some metaphorical language which may not have a direct literal translation into English due to cultural differences or idiomatic usage specific to the context of conversation. The provided translation attempts to capture the essence of the message while maintaining clarity for an English-speaking audience.

但是它特别适合这些初级的⼀些灵魂.所以你会在地球上看到很多灵魂,他们是特别迷恋⼀些,就是表⾯的就⽐如说⾁体层⾯的⼀些,就⽐如说好⾊吧,就⽐如说长的好看或者是性感.然后他就完全沉溺进去了.因为他只需要满⾜他感官刺激,他表⾯的.就好像你们所说的就是动物性,明⽩吗? 就⽐如说吃啊就满⾜了,然后在⾊相上⾯就满⾜了.因为在越⾼层⾯,他其实他就对表⾯的满⾜,它们是不⾜够的.他们更多就是⼀种灵魂的磨练或者是精神层⾯的⼀些… 因为他们需要对不是相上⾯的⼀些东西… 它们满⾜不了他们.

But it is particularly suitable for these beginner souls. So you will see many souls on Earth who are especially obsessed with things like the superficial, such as the physical layer of existence, for example, being fond of beauty or sexiness. They become completely absorbed in it because they only need to satisfy their sensory stimulation, their superficial desires. It's kind of like what you would call animalistic behavior, right? Like eating satisfies them, and satisfaction from appearances. Because at higher levels, he is already satisfied with the superficial aspects; they are not enough. They require more soul refinement or spiritual development because they need to satisfy something beyond appearances that cannot be met by their superficial desires.

问: 第⼆个问题是我想问问这个疫情什么时候能结束呢?

Questioner: The second question is about when I'd like to know when this pandemic will end.

⾼灵:疫情什么时候能结束是看你们个⼈.因为在有的⼈⼼⽬中疫情就好像没有发⽣.在有的⼈⼼⽬当中疫情是件好事.在有的⼈⼼⽬当中疫情很恐怖.所以它虽然是同⼀个,它其实…就是你们好像每⼀个⼈都有⼀个独特的过滤器.然后过滤了给你们⾃⼰去体验.所以你们每⼀个⼈的体验都是独⼀⽆⼆的.然后…问: 但是不知道什么时候会结束是吗?

Higher Spirit: When the pandemic will end is up to you individuals. Because for some, it feels like it never happened; for others, they see it as a good thing; and for others, it's terrifying. So even though it's the same one, essentially... each of you seems to have a unique filter through which you perceive it, shaping your own experience. Thus, everyone's experience is singular. And... Questioner: But when will it end, right?

⾼灵: 因为这⾥没有⼀个时间的概念.然后能创造出什么样的⼀个状态? 你们这个社会创造出什么样⼦的⼀个环境给你们体验是你们⼈类的意识,是你们每个⼈的头脑⾥⾯的意念,你们的状态,你们的能量去创造⼀个什么样的给你们体验.所以它不是外在的.它不是说外在扔给你这个,扔给你那个.你们才是呢个创造者.然后还有⼀个要记住的就是所有的你们⽬前眼前的⼀个东西都是⼀个幻像.然后你们内在的恐惧,你们内在的抗拒,或者你们内在的所有就是呢种就是去抗拒的呢种会加深它.OK,就⽐如说突然出现⼀个相.这个相只是来让你们知道现在⽬前⼈类有很多恐惧、⽆⼒感,是吧? ⼈类都是受害者的呢种思想.OK,你看到这个相,但是影响到,害怕了.

Higher Spirit: Because there is no concept of time here. What kind of state can be created under such circumstances? What kind of environment does your society create for you to experience, which is the result of human consciousness, each individual's thoughts, and your state and energy creating what you experience? It's not external; it's not just something thrown at you from outside. You are the creators. Remember also that everything you see right now in front of you is an illusion. Your inner fear, resistance within yourself, or all these aspects that resist deepen it. OK, for example, a sudden appearance of a figure serves to show you that humans today have many fears and feelings of powerlessness. Yes, seeing this figure may cause you to feel afraid.

因为如果你在害怕,你在受影响.啊,好恐怖啊.然后你就把它变成硬的了.那如果越多⼈来恐惧,越多⼈就是来在上⾯这样⼦的话,恐慌恐乱的话,呢个相就越来越硬.就好像最开始它呢个相它就像是纸⽼虎⼀样.它是⼀层纸,很薄很薄.所以它是像泥⼀样.就是乌云,虽然它看上去很浓重,实际上它是⼀层烟,什么都没有.但是你们的集体对它的⼀个认可,你们会不断的加深它.就是不断的把它变得越来越硬,越来越硬.就这样的⼀个状态.所以如果你们想要快速的脱离疫情给你们带来的影响.就是说你们没有任何疫情,没有任何影响,没有任何就是… 为什么呢? 因为你们的病毒是⼀直存在的.只是说它进⼊你们每⼀个⼈的⾝体产⽣的反应不⼀样.

Because if you are afraid, you are being affected. Oh, how terrifying! Then you make it hard. So the more people are afraid, and the more people behave in this manner, causing panic and disorder, the image becomes harder. It's like the beginning was a paper tiger - thin and fragile. It's like mud underneath; although it looks dense and heavy, there is nothing substantial beneath it. But your collective acknowledgment of it deepens it further every time. You keep making it harder and harder in this state. So if you want to quickly escape the impact of the pandemic on you, that means you have no pandemic, no impact at all... Why? Because your virus has always been there; it's just that the reaction it generates in each individual varies.

然后为什么你们疫情这⼀次就是说,就⽐如说已经有很多基础病.你想已经有很多基础病的⼈他本⾝他⾃⼰内在就有很多的⼀些冲突啊,就是负能量啊,就有很多毒素.他本⾝就是这样的⼀个转态.然后就好像到了⼀个临近值.啪,疫情就好像是⼀个导⽕线⼀样,把他的内在的⼀个炸弹给爆炸了.它会加速.你们现在物质世界到了⼀个点.就是说所有的发⽣,就是呢种内⼼想要死的⼈他会很快就死去.内⼼想要成功、欲望,就是想要达成他的梦想,他会很快.就好像⼀夜之间他第⼆天就变了⼀个⼈了.所以物质世界的⼀切显化都在越来越快.那你们就更加要清理就是你们内在想要显化的.就是你会⽆意识的去持有别⼈的恐惧,把呢个恐惧投射到⾃⼰的世界⾥来体验.

Then why is it that in this pandemic situation, many people with underlying conditions have a lot of internal conflicts and negativity within themselves? They already carry a lot of toxins. This is the state they are naturally in. And then it seems like they've reached some kind of threshold. Suddenly, the pandemic acts as a catalyst, igniting an explosion inside them. It accelerates their situation. The material world has reached a certain point where everything that happens affects those who desperately want to die quickly; for those who yearn for success and fulfillment, achieving their dreams happens swiftly too. It's like they've transformed overnight. So, the manifestation of everything in the material world is happening at an increasingly fast pace. That's why you need to clear out your inner desires more diligently - unconscious fears that others carry might unconsciously manifest as fears within yourself, impacting your reality.

你们需要更加注意的是这⼀点.我的恐惧是来⾃于哪⾥? 这个并不是我的恐惧.可能是我⽗母对⽣存的⼀个恐惧,我在持有它.所以你⼀定要清楚的来看到你⾃⼰头脑⾥的⽆意识⾏为它到底是来⾃于哪⾥? 把呢些不属于你的放开.

What you need to pay more attention to is this point. Where does my fear come from? This is not my fear, it may be my parents' survival fear that I am holding onto. So it's crucial for you to clearly see where in your subconscious behavior originates within your mind? Let go of those that do not belong to you.

问: 好的.就是我的公公,就是我⽼公的爸爸.他在我们结婚以后⼀年左右就去世了.我⼀直觉得没有怎么好好孝敬他.所以我想知道他有没有什么话对我和我⽼公说呢? 他叫XXX.

Questioner: Alright. He was my father-in-law, the father of my husband. He passed away about a year after we got married. I feel like I didn't show him enough respect. So I wonder if he had any words for both me and my husband? His name was XXX.

⾼灵: 你稍等.XXX,有没有信息? ‘ 太突然了,太突然了,我这次⾛的太突然了.我有很多话想要跟你说.我有点激动.我不知道就是说你会突然的来链接到我.我现在都还没有醒悟过来理解过来这到底发⽣了什么事情.为什么我需要⽤这样⼦的状态来和你链接?我现在⾮常⾮常的难受,我还有⼀些事情想要你们帮我去做.我还有很多事还没有处理完.然后这次分开,就好像突然就把你们从我的世界⾥拿开了⼀样.就好像我们突然就变成了两个世界.我现在感受到了⼀股疗愈我的能量.它在让我变得稍微平息和平静下来.⾸先谢谢你们,谢谢我⾝边的这些灵界的呢些朋友.它在就好像围在我⾝边.然后就好像我刚刚就好像是⼼脏病发作⼀样.

Higher Spirit: Wait a moment, XXX. Do you have any information? 'So sudden, so sudden, I'm leaving too suddenly this time. I have a lot of things I want to tell you. I'm a bit excited. I don't know how you would suddenly link to me. I still haven't fully comprehended what's happened or why I need to be in such a state to connect with you. I'm extremely uncomfortable right now and there are some things I want you all to help me with. There are still many matters that have not been resolved. As we're separating this time, it feels like you've been taken away from my world abruptly, making us suddenly become two worlds apart. I am experiencing a healing energy now that's helping me calm down and regain my peace of mind. First, thank you all, especially my friends in the spiritual realm who are surrounding me. They seem to be enveloping me, as if I had just experienced something akin to a heart attack.

刚才我本来还是想告诉你我有很多事情没有放下,很多事情想要你帮我去做.但是我现在就是说,就好像从刚才的⼀瞬间到了另外的⼀种状态.就是因为刚才我对物质世界的不舍现在变成了⼀种就是我开始接受以这样⼦的⼀个⽅式存在.所以我⾃⼰已经没有就是任何需要你帮我去做的事情.然后我接下来有⼀些信息想要告诉你们的就是说,⽆论怎样,⽆论怎样,你永远都是我的家⼈’.还有问题吗?

Just now I was going to tell you that there were many things I didn't want to let go of and many tasks I wanted you to help me with. But right now, it feels like I've transitioned from one state to another, because my reluctance towards the material world has transformed into an acceptance of existing in this way. Consequently, I no longer need your assistance with anything. Next, there are some messages I wish to share with you: No matter what happens, under any circumstance, you will always be part of my family. Any questions?

问: 没有问题了,谢谢.

Questioner: There are no problems, thank you.

# **2021/12/08 — 风的能量带来的启⽰ Insights from Wind Energy**

⾼灵: 你说吧什么问题问: 我们想请求风的能量来给我们传达⼀些信⼼.因为这个⼥孩⼦今天家⾥⾯住的地⽅刮风刮的很⼤.然后她想链接⼀下风的能量,看看有没有什么信息可以带给我们?

Higher Spirit: Ask your question about what we want to request the wind's energy to convey some confidence to us. As this girl's home is being heavily affected by winds today, she wants to connect with the wind's energy to see if there are any messages that can be brought to us.

⾼灵: 你稍等.风的能量,你们想要链接风的能量.⾸先就是说你们链接风的能量也好,树的能量也好,其他⽯头的能量也好,所有的能量它们都是就好像是同⼀个来源.就好像是你在⽤不同的井⾥⾯去取⽔,但是呢个⽔源它都是⼀样的.所以你有任何问题你可以继续的 (提问).然后就是在你们的分类⾥⾯,你们觉得OK,我这次是在跟风的能量交流.你可以继续提问.你提的问题越多越详细,你牵引的信息就会越多出来.

Higher Spirit: Wait a moment. When you want to connect with the energy of wind or trees or any other rocks or all energies, they're actually all coming from the same source. Like drawing water from different wells, though it's the same source. You can ask questions whenever you have them. I'm conducting this connection with the energy of wind according to your classification. Feel free to continue asking questions. The more detailed and numerous your questions are, the more information you will receive.

问: 那能不能问⼀下风是如何运⾏的呢? 那你说它都是同⼀个来源.那我如果要问它是从哪⾥来的是不是就很多余? 但是不是又说过⼈类的天⽓跟⼈类的情绪,就是天⽓它也是⼀种⼈类意识的显化.那跟这些都有关系吗?

Questioner: Could you explain how wind works? You mentioned that it originates from the same source. If I ask where it comes from, wouldn't that be redundant? However, doesn't human weather and emotions also manifest as a form of human consciousness? Is this related to what you're saying?

⾼灵: 你是想要问的问题是风从哪⾥来的,对吗?问: 🗎.然后它是怎么运⾏的呢?

Elvish Spirit: The question you want to ask is where the wind comes from, right? Ask: 🗎. Then how does it work?

⾼灵: 然后你们头脑最喜欢的⼀个就是说,⽐如说我⽣病了,这个病是哪⾥来的? 然后⽐如说今天这个怎么…这个是哪⾥来的?所以你们头脑最喜欢的就是去⽤你们已知的去…你想⼀下就⽐如说你们头脑⾥的程序⾥⾯只装了⼏个程序,对吧?呢么⼏个程序,就⽐如说你们的⽂字,你呢么有限的⽂字你想要去理解,就是你呢么有限的程序你想要去理解⼀个⽆限的东西,你是做不到这样⼦的.明⽩我意思吗?因为你只能去理解你头脑⾥⾯已经拥有的,就是说我头脑⾥⾯拥有这⼏个⼯具. OK,它风它是吹,然后有些风吹过来,从东边西边.这些…你的头脑⾥⾯只有这些理解能⼒.然后你想要理解⼀个已经超出头脑范围理解的⼀个范围.但是你可以就是⽐如说继续问.

Higher Spirit: Then the most favorite thing for your mind is to ask questions like, for example, "Where did this disease come from? And how about today's... where does this come from?" Your mind loves to use what it already knows to try and understand these. Imagine your mind has only a few programs installed; right? With just a handful of programs, you want to understand something infinite using limited words. This is not possible because you can only comprehend what is already present in your mind's toolbox. Can you see my point? You can only understand what your mind already possesses - like the tools I have here. The wind blows from east and west; these... are the limits of understanding within your mind. But you want to understand something that goes beyond the capacity of your mind, yet you can continue asking questions about it.

为什么你想要知道风是哪⾥来的?风是哪⾥来的为什么对你会,你会想要弄清楚? 如果我告诉你风是从天上来的,然后你就满意了? 你就满⾜了? 你就觉得我就找到答案了.风是从天上来的.那以后你在见到你的孩⼦,你告诉他,风是从天上来的.因为这是我们通灵信息得到的.然后它就是真的.你明⽩我意思吗?所以⽆论你从我这⾥找到什么答案,它都在限制你.然后就好像给你装了⼀个程序⼀样.

Why would you want to know where the wind comes from? Why is it that knowing where the wind comes from matters so much that you desire to find out? If I told you that the wind originates in heaven, would that satisfy you? Would it be enough for you to conclude that I have found the answer - "the wind comes from heaven"? Would it make your belief complete and final? That the wind stems from heaven. Then when you see your child next, you will tell them that the wind comes from heaven because this is what our spiritual communication has revealed to us. And suddenly, it becomes fact. Do you understand my point? Hence, whatever answer you may find with me, it's always going to be within certain constraints. As if you've just downloaded a program onto your device.

问: 我明⽩了.那我能不能问⼀下,因为是这个⼥孩⼦今天想提这个问题,那为什么她今天想要提这个问题? 有什么特别的原因吗?

Questioner: I understand. Can I ask why she wants to ask this question today? Is there a specific reason for it?

⾼灵: 对她来说,她看到了⼀阵狂风.⼀阵狂风给她带来的就是强烈的能量.然后这个跟她就是最近的情绪经历…因为她也感受到内在有⾮常强烈的⼀股能量涌现.然后她有被这⼀股能量就是好像有点震惊到,就是这个是不是我? 这个是不是…? 就是她会有⼀点…虽然她是在允许它,呈现它,但是她还是有被她的⼀股能量有吃惊到.所以当她看到⼀阵狂风就好像唤起来,就好像她知道我内在也有这股能量.然后她就想要进⼊这个就是关于显现出来的很强⼤的能量的⼀个…⼀个就是说就好像进⼊了你们的物质头脑.然后这个能量是不是可怕的呀?这个能量会怎样怎样…然后我只需要说的就是你们不需要有任何担⼼.你们可以从风当

Spirit: For her, she saw a strong wind. The strong wind brought her intense energy. Then this was related to her recent emotional experience... because she also felt an intense surge of energy within herself. She was somewhat taken aback by this energy, wondering if it was hers? If this was...? She had a sense of... although she allowed and presented it, she was still surprised by her own energy. So when she saw a strong wind, it seemed to awaken something in her, making her realize that there is similar energy within herself. Then she wanted to delve into the concept of such intense energy's manifestation... essentially entering your physical minds. Would this energy be scary? How would it affect you...? And I just want to assure you that there is no need for any concern. You can observe the wind in front of you and see how it operates.

中去看到,在你们物质世界你们,就是 ‘相’⾥你们可以看到.风它有⼤风、⼩风,对不对?那它有时有⾮常强烈的狂风或者飓风、台风,强烈的能量.但是它呢股能量会离开,然后又变成⼩风.所以它这是万事万物所有的⼀切变化的⼀个过程.那你内在⽆论是愤怒的能量也好,还是所有的情绪能量,所有的能量,强烈的能量.它都是暂时的流过你的⾝体.因为它触碰到了你的⼀个点.呢个点可能对你来说很重要,它正好触碰到了.就好像你⾝上有很多按钮.按下呢个button你会去做出⼀些强烈的反应.那正好它从外在吸收到的⼀些信息,外界看到的,你们的五官、你们的头脑、你们的眼睛⿐⼦⽿朵,这些所有的在你们的物质界吸收信息,对不对?

You can see in your material world, within 'form', you can see. There is wind which has strong winds and slight winds, right? It sometimes has very powerful storms or hurricanes, intense energy. But that energy leaves then becomes a gentle breeze. This is the process of all things changing, every phenomenon. So whatever anger or emotions or energies that exist internally within you - be it strong or weak energy - they are passing through your body temporarily because they have touched a point in you. That point might be significant to you as it aligns with something you resonate with. It's like having buttons on your body; pressing one button can elicit strong reactions from you. The information is being absorbed externally, what the eyes, ears, nose and mind see in your material world, right?

然后在这个吸收的过程,然后你们的五官,你们的听觉、视觉,你们所有的⼀切不断的在吸收信息.然后吸收信息,⽐如说呢个信息正好是触碰到你的呢个点.然后你就会爆发出很⼤的就⽐如说愤怒吧.就爆发出很⼤的能量,明⽩吗?但是你要知道你们物质世界所有的相都是⼀个假象.明⽩吗?那你想⼀下,就⽐如说有个⼈他⼼⾥有恐惧,然后他在把这个恐惧传播出去.然后你在听到了这个恐惧的描述,它可能又变味了.明⽩吗?它就好像是,然后不断的,就是我头脑⾥⾯有恐惧那我投射出去,我再说出去,然后我再传递给另外⼀个⼈.另外⼀个⼈在触碰到他内在的恐惧.明⽩吗?然后在把他的⼀些幻像和⼀些信念系统,就是再过滤⼀遍.然后再过滤到另外⼀个⼈⾝上.

Then in this process of assimilation, your senses, your hearing and vision, are constantly absorbing information. Then you absorb the information; perhaps it coincides with a point that triggers something within you. You might then burst forth with energy, for example anger. But you must understand that all appearances in your material world are illusions. Can you see this? Now imagine someone experiencing fear internally and spreading it outwards. When you hear their description of the fear, it may have changed or twisted in some way. Understand? It's as if they project their fear from their mind into the world, verbalize it, then pass it on to another person who encounters their inner fear. Can you see this? They then filter through their own illusionary images and belief systems again, and transmit this further to another individual, who in turn touches upon his or her own hidden fears. Can you comprehend this process?

然后另外⼀个⼈⾝上,它就好像是⼀个接收器⼀样,你们的物质⾝体.然后当你接收这个信息,你马上就会做出反应.这就是你们的物质世界关系,就是⼈与⼈之间,还有你的⾝体和你的信念就是情绪之间的⼀系列的连锁反应,明⽩吗? 它⾃⼰就好像... 如果你不做出任何反应,就是对你吸收的这些信息不做出任何反应,你就觉得你⾃⼰好像变的⽆⼒.明⽩吗?然后你们⼈类最害怕的就是说所有事情不在你们的控制当中.你们想要所有的⼀切都是在你可控的范围内.当你们产⽣⼀种失控的感觉,你们会就好像是窒息感⼀样.所以你们会去做出… 但是如果就是说你通过这⼀系列的运⾏的⼀个⽅式看到你内在的⼀个爆发点是如何…我这么说你内在有⼀个洪⽔对不对?

And on another person, it's like a receiver for your physical body. Then when you receive this information, you immediately react to it. This is how relationships work in your material world, between people and also between your body and your beliefs leading to a series of chain reactions, do you understand? It behaves as if... If you don't respond at all, not to the information you've absorbed, you feel as though you're losing power over yourself. Do you get it? And what humans fear most is when things aren't under their control. They want everything within their reach and manageable range. When you experience a sense of being out of control, it feels like suffocation. So you react accordingly... But if you visualize this series of operations showing an eruption point inside you, you understand that there's a flood within?

然后它有⼀个闸⼀样.那是什么东西把这个洪⽔的闸打开?因为这个闸⼀打开的话,它能量就超级强⼤.它什么东西把呢个闸打开了呢?就是刚才我说的呢个运⾏的模式.有些⼈他看到了⼀些事件产⽣了⼀些恐惧.那他继续传递.第⼆个传递的⼈吸收了这些恐惧,然后再继续传递.接下来接下来…就变成你们世界上体现的各种各样的事件,就是 ‘相’.就是你们物质世界经历的⼀切,所有的⽃争、纷争,所有的就是呢些话题、事件,所有的⼀切就是这样产⽣的.然后你们内在的冲突⽭盾就先从你们⾃⼰这样⼦产⽣的.然后这是⼀个运⾏的模式.但是你还可以继续去问,就⽐如说那如何去应对这样的机制? 怎么样怎么样… 就好像这是⼀连串反应,对不对?

Then it has a dam-like mechanism. What is that thing that opens the floodgate of this energy? Because once the gate opens, its power becomes extremely powerful. And what opens that gate? It's the operation mode I just mentioned. Some people experienced certain events and felt fear. They then continue to pass this on. The second person absorbs these fears and passes them on again. Next... it turns into various events in your world, which are 'samsara'. It refers to all the experiences you go through in your physical world, all conflicts and disputes, all topics and events, everything arising from this way of operation within you. Then internal conflicts and contradictions start from within yourself. This is an operational pattern. But then there's more you can ask, like how do you deal with such mechanisms? How... it seems like a chain reaction, right?

⼀连串事件,⼀连串反应,那我们要如何从这些事件中脱离出来?因为你想世界上所有发⽣的事件,它都是你们制造的⼀个相,对不对? 那我如何能够跳出来?就是不再去进⼊他们的呢个旋涡⾥⾯呢?我刚刚说的能量旋涡⾥⾯呢?因为你就变的被动了,所以你可以继续提问.

A series of events, a series of reactions. How do we break away from these phenomena? Because you want to understand that all the events happening in the world are manifestations that you have created, right? So how can I step out and not enter into their whirlpool, specifically the energy whirlpools I was referring to earlier? Since you become passive, so you can continue with your questions.

问: 那我们如何能够从这⾥⾯跳出来,不进⼊到这种能量旋涡⾥? 然后能观察也好,或者是我们应该怎么做?

Questioner: How can we step out of this and not get caught up in these energy vortexes? Whether it's for observation or what should we do instead?

⾼灵: ⾸先,你要知道就是说,你就算是⽆意识的、被动的进⼊了这样的体验.你也是有⼒量,也是你在控制着,你在控制着你在旋涡⾥⾯对不对? OK,那我今天进⼊这个旋涡,就是被能量⽆意识的带⼊进来了.那现在我就知道我是有⼒量出来的,我是知道如何出来的.我是知道我又是进⼊了⼀个 ‘相’.那我如何从这个 ‘相’ ⾥⾯出来? 那⾸先你要知道你是能出来的,你不是⽆⼒的.因为往往你们在做出⼀些抵抗、反抗,做出⼀些动作或者⾏为,就是反应,就是想要去把…防卫.因为你觉得你必须要这么做,就是你没有其他选择.就是你是⽆⼒的,你是别⽆选择的.但是这是个假象.这也是只是你们头脑⾥⾯的⼀个限制⽽已.

Higher Spirit: First of all, you need to understand that even if you are unconscious and passively experiencing such situations, it's still true that you have the power, that you are in control, right? You're controlling yourself being within this whirlpool, aren't you? Alright, today I'm entering this whirlpool, being taken into it unconsciously by energy. Now I know how to get out, how to know how to leave. I recognize that I am back inside a 'phase'. How do I escape from this 'phase'? First, you need to understand that you can indeed escape, that you are not powerless. Often, when you resist or react with actions or behaviors, these are defensive responses because you feel like you must do so, believing there's no other choice. You feel as though you have no power and are forced to make this decision. However, this is an illusion—a limitation only in your mind.

因为你想有些⼈他说我为什么要杀⼈? 因为我没有办法,我必须要把他杀掉.那这种事情只是在你们的认知范围内你们还没有找到出⼜.那今天我们把你带到这个旋涡⾥⾯,我们来帮你找到出⼜.那你是不是从这个⽆意识的被卷⼊的这个事件⾥⾯在成长,在受益了? 所以我们第⼀就是要做好就是不去排斥它.就是不去排斥你这个经历.奥,你又觉得物质世界所有都是假的,我不要参与⾥⾯,我不要进⼊.那你在物质世界的意义是什么?明⽩吗?你就错失了很多很多的成长.所以你⾸先要给你所有的经历给它赋予意义.就是说OK,这个经历是有意义的.那么我现在是要转化它,我要从这段经历当中受益.我要从这个事件当中成长.因为所有的事件它并没有⼀个对和错.

Because you wonder why someone would want to kill? Because I have no choice, I must take his life. Such situations exist within your understanding but you haven't found a solution yet. Today, we bring you into this whirlpool and help you find that solution. Are you growing, benefiting from being unknowingly drawn into this event? Hence, our first step is not to reject it; not to reject your experience. Oh, you feel that the material world is all fake; I don't want to be a part of it; I don't want to enter. What's the significance of living in the material world for you? Understandably, you're missing out on numerous opportunities for growth. So, first and foremost, you should give meaning to every experience you've had. Essentially, this means accepting that this experience carries value. Now, it's time to transform it; to benefit from this experience; to grow from this event. Remember, all events don't have a right or wrong answer.

就是没有我们只让你选择好的.我们不许让你选择坏的.我们只是来告诉你没有好与坏.只是看这个事件如何来服务于你?你如何从中受益?这样⼦的话你就不会去⾃我评判.我怎么又再做这种坏事了?我怎么又⽆意识的加⼊这样⼦的呢个什么…?所以说你⾸先当你头脑⾥⾯不再有去,你们有⼀句话叫避开坏的追求好的这种东西.这只是你们头脑⼀直在做的⼀件事情.避开所有灾难,避开所有坏的,然后去追求好的.然后当你放下这个概念过后,你便能从你当下的每⼀刻当中去接收到礼物.所以刚刚说到就是说这个事件虽然是这样⼦形成的,然后你发现你已经陷进去过后.现在就是要接受它,这个事件是好的,是来服务于我的.那就是你的第⼀步,对不对?

There's no us only letting you choose what's good; we don't let you choose bad either. We just come to tell you there is no good or bad, it's simply about how this event serves you? How do you benefit from it? This way, you won't judge yourself: 'How could I have done this bad thing again? How did I unknowingly become part of that...?' So the first step is when your mind stops making that judgment. You have a saying in Chinese where you avoid the bad and pursue the good. That's just what your mind has always been doing. Avoid all disasters, avoid all the bad stuff, then go for the good stuff. Once you let go of this concept, you can receive gifts from every moment in the present. So the point is that even though this event might have happened like this, and now you're finding yourself stuck in it. The acceptance here is that the event is beneficial, serving me. That's your first step, isn't it?

然后接下来就是说,再第⼆步就是说我是有⼒量转变它的.转变是什么?就是把这个看上去负⾯的事件让它来服务于我.怎么服务于我呢?这个事件⽆论怎么样它都可以给我带来成长.就⽐如说什么东西让我相信它,才能让我产⽣如此⼤的情绪?那你背后它是不是来帮助你去挖掘你的运⾏的模式?就是你好像你这个⼈,你这个⾝体它是⼀个电脑.你的程序,⾥⾯是有什么程序,是怎么运⾏的其实你不知道.那通过这个事件,你是不是就可以去挖掘你⾃⼰?找到你背后持有这个信念,就是给你引起这个反应的⼀些信条,就是程序.你相信了什么?那你可以通过这个事件去分析你⾃⼰.就是去更多把你⾃⼰理出来.因为当你的…你们每个⼈有很多button是不是?

Then in the following step lies the realization that I have the power to transform it. Transformation means turning what appears negative into something useful for me. How can this be beneficial to me? Whatever happens, it should contribute to my growth. For instance, what kind of belief would cause you to experience such intense emotions? Could it be that this event is helping you uncover your operating patterns? Think about yourself as a computer – your programs run without you fully understanding them. By experiencing this event, can you dig deeper into your own self? Identify the beliefs behind your reactions—those underlying principles or algorithms that trigger your responses—are they the reasons for your emotions? Through this experience, you should be able to analyze yourself more thoroughly, bringing clarity to your thoughts and actions since each of us has numerous buttons?

有很多像炸弹⼀样.那每⼀个炸弹埋下去,它都有⼀个事件,它都有⼀个原因,都有⼀个你相信了什么.那我们现在在做的,就是你可以通过这些把你的炸弹拆除,对不对?因为如果你的炸弹埋的太多的话,那不是所有的⼀切,⼀点风吹草动,嘣嘣嘣,不停的炸.那脾⽓就是这么发出来的呀.那当你内在拆出了,就是没有任何炸弹了过后,还会炸吗?它不会炸.你只会,就是它已经不会在你的⾝体产⽣反应了.因为外⾯的事件,就⽐如说外⾯有⼀个看似恐惧的事件发⽣,对不对?只有你内在有相应的恐惧的频率,你才会受之影响.就⽐如说呢个苍蝇.就⽐如说你呢边有很多很多腥味.那就会吸引苍蝇过来.

There are many like bombs. Each bomb planted has an event, a cause, and what you believed. Now what we're doing is that you can dismantle your bombs through this, right? Because if you plant too many bombs, it's not everything; with the slightest wind or movement, \*pop pop pop\*, constant explosions. That's how anger manifests internally. When you've disassembled within, so there are no more bombs planted, will they still explode? They won't. You'll only notice that they no longer trigger reactions in your body. Because external events, like a seemingly fearful event happening outside, affects you only if you have the corresponding fear frequency inside. For example, if you have many strong scents nearby, it attracts flies to come over.

如果你的腥味全部被洗⼲净过后,没有任何腥臭的味道,没有任何异味.苍蝇它是不会飞过来的.也就是说你们有相似的频率.所以你们就能运⽤… 因为你们的所有成长,并是不四⼗岁,五⼗岁这样⼦⼀年⼀年的你就在成长.你顶多就是把你的头脑⾥⾯不断的积累了记忆,积累了知识,就是禁锢,就是来限制你的东西.顶多是这样.就是来让你越来越cannotmove.明⽩我的意思吗?因为你头脑⾥的⼀些信念告诉我,谁都改变不了这个世界,⼈都是⽆⼒的,你都动都不想动了.所以也就是说,真正的成长跟这个没有关系.跟你的年龄,过了多少天,没有关系.它顶多是变成经验,就是你会积累很多经验,你会积累很多事件.就好像是⼀个摄影机

If all your scent has been thoroughly washed away, leaving no trace of any fishy odor or unpleasant smell, then flies will not come near you. In other words, there's a similarity in frequencies between you and them. Therefore, you can utilize... Because all your growth is not confined to hitting milestones like turning forty or fifty each year, where you're merely aging. The most you do is accumulate memories and knowledge within your mind, essentially constraining yourself with the limits of what you know and are willing to accept. It goes no further than that, which means it ultimately restricts your ability to move forward. Do you understand my point? Your mind's beliefs tell you that nobody can change the world; people are powerless; you don't even want to try changing anything. This implies that true growth is not linked to these factors - neither your age nor how many days have passed. It merely accumulates into experience, where you accumulate countless experiences and events, akin to a camera capturing scenes of life over time.

⼀样,你不断的在录制⿅寨录制录制.然后真正的成长就是说在你遇到的每⼀个事件当中,就⽐如说你今天遇到的呢个事件它好像是⼀个图⽚对吧? 那从这个图⽚当中你可以有⾮常多的学习的点,去领悟的点.我们把这个图⽚⼤化,然后这⾥这⾥分析,这⾥这⾥这⾥…你可以借助这个图⽚.因为你们物质世界的所有的 ‘相’ 就好像是图⽚,像镜⼦⼀样.它是来供你⾃我觉察,就是⾃我认知,⾃我成长,⾃我突破.它是来给你起到这个作⽤的.它这

Likewise, you keep recording experiences in Mt. Qomolangma. The real growth is found within every single event that you encounter, like the picture you come across today. From this image, there are numerous learning opportunities and insights to be gained. By magnifying this image and analyzing it from various angles, you can utilize it as a tool. Your world's phenomena, much like pictures or mirrors, serve to facilitate self-awareness, self-knowledge, and personal development. They are meant to aid in your self-overcoming journey.

个 ‘相’ 不是死的,只会就呈现这样⼦的 ‘相’.你有可能看上去差不多.那是因为你还没有从这个 ‘相’,这个图象当中去学习到.所以它会反复的呈现在你的⽣命当中,迫使你去发现、看到.但是你们头脑会有⼀个欺骗⾃⼰功能.欺骗⾃⼰的功能就是什么?你们会把你们的⼀些反应合理化.这又是另外⼀个陷阱.’啊,我这样做是因为别⼈这么做这么做.他们怎么做怎么做’. 明⽩我意思吗? ‘啊,他们要是没有怎么怎么’.这是你们头脑就是想要你们继续的停留在你们的负⾯信念⾥⾯.因为你想⼀下如果信念是活的.信念是活的! 你记住这句话!如果是活的,它离开你它就活不了了.它离开你它就消失了.那所有活的东西它都不想要结束的,对不对?

A 'sighting' is not dead; it only presents itself in this manner. You might look somewhat alike. That's because you haven't learned from this 'sight', this image. So it will repeatedly manifest in your life, forcing you to discover and see it. But your mind has a deceitful function - the function of justifying your reactions. This is another trap: "Ah, I did that because others do so and so." Do you understand? "Ah, if they hadn't done so and so," this is what your mind wants you to stay trapped in your negative beliefs. Because think about it: if beliefs are alive! They're alive! Remember this sentence! If they were alive, they wouldn't be able to survive without you. They would disappear if you let them go. And all living things don't want their endings, do they?

它想要不断的繁殖.就是⽐如说我有⼀个信念,再滋⽣了其他的很多很多⼩的信念.明⽩呢?⼀直依附着你.因为它依附着你它才能⽣存下去.就像寄⽣⾍⼀样.那如果你不再feeding它们,(负⾯信念)不再依附于你的话…所以它会有⼀些机制,就好像⼀些⼿段,它想要停留在你…所以它会有⼀个就是让你⾃⼰欺骗你⾃⼰.就是把你⾃⼰所做的⾏为,所有的⼀切合理话.然后你就会继续停留在呢个…OK,我⽤这种反应模式是应该的,是正常的.明⽩吗? 我去杀⼈是正常的.为什么? 呢些⼈都该死啊.明⽩吗? 所以你⼀定要去看清楚这些信念它是如何像寄⽣⾍⼀样吸附于你.然后当你不断的去打开… 就是你⾸先你⾃⼰要有⼀个想要去探索你⾃⼰.

It wants to continuously multiply, which means I have a belief that generates many other smaller beliefs attached to you. Understand? It clings to you because it needs sustenance through your presence; just like parasites do. If you no longer support these (negative) beliefs - if they're not relying on you anymore... Therefore, there are mechanisms in place, akin to tactics, that allow them to stay within you. They want to remain in your system by making you believe your actions and behaviors are justified. You'll rationalize everything you do and accept it as normal. So, I should react this way because it's appropriate and natural. Right? Killing someone is normal - why not? Because those people deserve death, understand? You must realize how these beliefs stick to you like parasites. And when you keep exploring yourself... First, there needs to be a desire to delve into your own self.

如果你没有这个⽤⼼,没有这个动机,没有这个想法的话,那你是得不到的.所以你必须要坐下来,OK,我想要从我这个事情当中受益.就是这次情绪爆发,我来看看我背后是在怎么样怎么样.OK,我先不找任何借⼜,不说外在怎么样怎么样.因为所有的东西都是你内在发⽣的.你继续问.

If you don't have the intention, motivation, or idea, then you won't achieve it. Therefore, you must sit down and understand that I want to benefit from this situation. By experiencing this emotional outburst, let's examine what's driving me. Okay, for now, I won't seek any excuses or focus on external factors; all these things stem from within. Keep asking questions.

问: 那就这个问题,我们到最后能不能做到,有没有可能就是还在物质世界的时候,我们的⾝体⾥没有任何的信念系统?

Questioner: Can we reach that point with this issue? Is it possible that even when we are still part of the physical world, our bodies contain no belief systems?

⾼灵: 没有任何的系统? 你说的是没有任何炸弹还是没有任何信念系统? 因为你就算是把我们的系统当成就是 ‘啊,这些通灵信息说的都是对的’,这些也是系统啊.这些也是⼀套系统呀.只是说我们这套系统你在使⽤的时候它不会让你内在产⽣冲突.它不会消耗你,它是在滋养你.明⽩吗? 你是在从中,你是感受的到就是你不会去给别⼈造成痛苦,也没有给⾃⼰造成痛苦.你没有在反复的制造痛苦.

Higher Spirit: No system at all? You mean no bombs or no belief systems? Because even if you consider our system as 'oh, these spirit communications are right', these are also systems. They're just a system too. It's just that when using our system, it doesn't create conflict within you. It doesn't consume you; it nourishes you. Understand? You're able to feel that you don't cause others pain and neither do you suffer pain yourself. You're not continuously creating pain.

问: 我明⽩.那呢些就是我们物质世界得道的⾼僧,就是已经彻底⾛出这个三维矩阵的这些⾼僧,他们在世的时候,他们也是有信念系统的吗?

Questioner: I understand that. Are those high monks in our physical world the enlightened ones who have completely transcended this three-dimensional matrix? When they were alive, did they also possess belief systems?

⾼灵: 他们部分啊,因为每⼀个都有… 哪怕是两个开悟的⼈他们都有不同的存在状态.这就是你们所有⼈都是独⼀⽆⼆的.然后真正达到的⼀个状态的话,他只是存在.因为他的头脑⾥⾯他不会给任何事件贴⼀个标签.然后他的头脑⾥⾯也不会去记录任何,也不会去给它命名.明⽩我意思吗? 他只是像⼀个观察者,体验者,只是去体验.

Higher Spirit: They're part of it because each one has... even two enlightened people, they have different states of existence. That's why you are all unique. And when he really achieves that state, he just exists. Because in his mind, he doesn't label any event with a tag. Then neither does he record anything or name it inside his mind. Understand what I mean? He just acts like an observer, experiencer, simply experiencing.

问: 那就是又回到刚才的问题.我们刚才不是通过风的能量然后引起了这么多话题吗.然后我们还有⼀个问题就是我们可以从风的能量中学习到什么? 关于这个问题还有⼀些信息可以带进来吗?

Questioner: That brings us back to the question we just discussed. We talked a lot about the energy of wind, right? And now, what can we learn from the energy of wind? Is there any more information that can be added to this topic?

⾼灵: 从风的能量你们可以学习到⾮常⾮常多.就⽐如说最最最最明显的⼀个就是说所有的⼀切都是在变化当中.就是哪怕它的能量太强烈,就是你的愤怒再⼤,你的呢个情绪再强烈它都会过去的,明⽩吗? 你有看到呢个台风或者飓风它是⼀直⼀直⼀直… 所以⽆论再强⼤的

Higher Spirit: You can learn so much from the energy of wind. For instance, the most obvious thing is that everything is in a state of change. Even if its energy is too strong, no matter how great your anger or intense your emotions are, they will eventually pass, understand? Have you seen hurricanes or typhoons continuously... Therefore, no matter how powerful

能量它都是会过去的.然⽽所有这⼀切都是在变化当中.没有任何⼀秒它是相同的.就⽐如说你刚才的呢个风⼀过去,那你下… 就是说… 明⽩我意思吗? 它都是新的.那这个旧风… ⽣命当中的每⼀⽚刻都是新的.没有任何过去或者是刚刚发⽣的事情、过去发⽣的事情或者是什么的事情它是可以去影响到你或束缚你,就是让你怎么样怎么样.就⽐如说刚才我说你被⽆意识带进去⼀个能量场.当你意识到你是被⽆意识带⼊进能量场,你已经出来了.明⽩吗? 你已经出来了.你出来过后你就马上可以从中去学习了. ‘OK,我可以从这场功课当中去学习到什么? 我可以去沥青什么? ’你这种转变就是惊⼈的转变,明⽩吗?

Energy is always passing. Yet all of this is in the midst of change. There's no moment that's exactly alike. For example, when a breeze just went by, then... you know... it means... do you understand me? It's all new. That old wind... every single moment in life is new. Nothing from the past or just happened can influence you or bind you to make you be how you are supposed to be. Like when I said you were led into an energy field by unconsciousness, and then you realize that you're in it, you're already out of it. Do you understand? You're already out of it. After you get out, you can immediately learn from it. "Okay, what can I learn from this lesson? What can I gain?" The transformation is astonishing, do you understand?

因为所有⼈他还在继续的,在他的头脑⾥⾯,在他的幻像⾥⾯,他还在继续强化这个幻像.那你已经离开这个地⽅了.就⽐如说⼀个旋涡吧.那你已经离开这个旋涡,你已经在,就是你的意识已经是另外⼀个状态了.你已经在体验其他的了.所以你这个转变就是⾮常⾮常惊⼈的.这就是在物质世界能达到的⼀个最⾼的⼀个状态.就是你不断不断不断在转换⾃⼰,不断的翻篇. ‘啊,这个我学完了’ 你想⼀下你们在学习⼀样.⼈家这⼀篇还没看完,他还沉浸在这个⾥⾯:啊,这个问题怎么样,这个问题怎么样.你已经翻了⽆数篇了,明⽩我意思吗?所以你就是⼀个吸收、学习、成长特别快速.因为你们还要经历时间,你们的⾁体还要经历时间.

Because everything he continues to do, in his mind, within his illusion, he's still reinforcing that illusion. You, however, have left that place. Think of it like a whirlpool; you've already exited the whirlpool and your consciousness is in another state experiencing something else. Your transformation is incredibly remarkable. This is the highest attainable state in the material world. It involves constant conversion of yourself, flipping through pages continuously. "Ah, I've learned this part," you would think about learning together with others while they haven't finished reading; they are still immersed in it: how should we approach this issue? How do we handle that question? You have already gone through countless pages and understand the concept? So, you're absorbing knowledge, learning, growing at an extremely fast rate. However, you also need to experience time with your physical bodies undergoing similar processes.

所以你们的⾁体时间是有限的.那这有限的时间⾥你就创造了⽆限.那可能有的⼈需要⼀辈⼦时间去明⽩这个.你⽚刻你就能明⽩.然后还继续你刚说从风当中你可以学习到什么.然后我们刚说了⼏个点,还有很多很多点,你们都可以学到.明⽩吗? 就像你们呢个有⼀些成语,⽐如说随风⽽去.就所有的⼀切它都已经随风⽽去了,就是所有的⼀切都已经就是… 就⽐如说灰尘.灰尘已经被风吹⾛了.那些灰尘可以代表你的烦恼、念头、思绪或者过去.它已经被吹⾛了.那你⼲嘛还要去把呢个灰尘留住呢?对不对?如果你还在继续沉浸在你的烦恼或者你的思绪或者呢个什么当中,那你就是再把这个拿过来再继续.那风又把它吹⾛了,你又把它拿过来.

So your physical time is limited. Within that limited time, you create the infinite. Some people might need a lifetime to understand this; you could grasp it in an instant. And just as you can learn from the wind, which we just discussed, there are many points like that for you all. Do you understand? Just as you have certain idioms in your language, such as 'carried away by the wind,' everything has been carried away by the wind, meaning everything has passed... For example, dust has been blown away by the wind. The dust can represent your worries, thoughts, ideas, or past. It has already been swept away. Why would you still try to hold onto that dust? Right? If you continue dwelling in your worries or thoughts, you are just bringing them back again. And the wind carries it away again, and you bring it back.

那就是你每天在做的事.你看到你们⼈类有多愚蠢.就是说在这件事上⾯,对不对? 你想要… 为什么? 因为它会飘⾛是⾃然⽽然的.随着时间所有东西都会飘⾛对不对? ⼀个事件也会慢慢淡化.那淡化了过后你再把它拿出来,淡化了过后你再把它拿出来.你不断不断的做这个⼯作.你这⼀辈⼦都在做这个⼯作.就是你曾经经历了⼀个恐惧或者负⾯事件.你不断不断的在害怕,去加深它,去防范它,去怎么样怎么样.那你是不是不断在再把这个事件,把这⼀堆灰再拿到你的⾯前来.风本来吹⾛了过后,你又把它拿过来.你观察⼀下你们⽣活当中有多少⼈在做这样⼦的动作.

That's what you do every day. You see how stupid your species is. That's right? What do you want... Why? Because it would naturally fade away over time, isn't that so? Events will fade as time passes, correct? After a period of fading, you take them out again. After they've faded, you take them out again. You continually repeat this task. Your whole life is spent doing this task. It's because you once experienced fear or a negative event. You constantly revisit it, deepening the fear, preparing for it, and so on. But are you continuously bringing that event back to your forefront? The wind may have carried it away, but you're bringing it back. Observe how many people in your life do this kind of thing.

问: 这个通灵的⼥孩⼦她特别喜欢⽕.然后她想知道为什么她这么喜欢⽕?

Questioner: This spirit-talking girl particularly loves fire. Then she wonders why she likes fire so much?

⾼灵: 她为什么呢么喜欢⽕? ⽕,就是如果你注视呢个⽕焰的话,它也是⼀种,就是⼀直变幻莫测的.它⼀直是在(变化)的.没有⼀个形状是停留的.然后这个就像是意识⼀样.当你在注视着⽕的时候,它会把你带你⼀种放空的状态.你就会被眼前的这种美妙的⽕苗给吸引住.然后你头脑⾥⾯的⽐如说思绪啊、呢些烦恼,呢些东西就⾛开了.就把你带⼊到当下了.任何把你带⼊到当下的东西你们都会喜欢呀.是不是?所以呢个⽕也是把你的意识状态,就是好像改变⼀样,就是把你从物质世界的所有幻像当中拉到⼀个当下的状态当中.

Higher Spirit: Why does she like fire so much? Fire, when you gaze at the flame, it is also something that keeps changing unpredictably. It's always in flux. There's no shape that stays still. And this is similar to consciousness. When you're staring into the fire, it takes you into a state of emptiness. You are drawn by the beauty of the flames in front of you. Then, all your thoughts and worries disappear, bringing you into the present moment. Anything that brings you into the present moment you will like, right? So, the fire also changes your state of consciousness, as if to pull you out of the illusions of the material world and into a state of being in the now.

所以任何把你们拉到⼀个当下的状态当中,就是说你不⽤沉浸在呢些思绪当中、烦恼当中、或者是什么当中,你都会想要去继续做这样的事情.但是这个⽕只是来告诉你,你并不需要某⼀件东西协助你来达到… 你随时是可以达到的.你是随时可以达到的.你并不需要外在的借助.那有些⼈,就是毒品、酒精、就是其他东西、⾹烟,就是来让⾃⼰达到呢样的状态.他们就是从外在依赖⼀些东西来让⾃⼰去达到这样的状态.但是你们是有能⼒随时进⼊呢样的状态的.就好像… 那这样⼦也是⼀个需要去练习的⼀个技术.

So anything that pulls you into the present moment, meaning you don't have to drown yourself in those thoughts or worries or whatever else, would want to continue doing such things. But this fire is here to tell you that you do not need something to help you achieve...you can achieve it at any time. You are capable of achieving it at any time. You don't need external assistance. Some people use substances like drugs, alcohol, or other things like cigarettes to get into such a state. They rely on external things to reach this state. But you have the ability to enter such a state at any given moment. It's somewhat like...this is also a skill that needs to be practiced.

问: 下⼀个问题就是我们还想知道⽕元素是可以如何的服务于我们呢? 这个问题有信息可以带进来吗?

Questioner: The next question is about how we can benefit from fire. Does this question have any information that can be brought in?

⾼灵:⽕元素如何服务于你们?你们⽣活在这个物质世界,所有的万事万物都是在服务于你们,⽀持你们.所以 ‘⽕’ 也同样的是其中的,就是⽀持你们服务于你们的⼀部分.那如何服务于你们? 通过你⾃⼰你就可以去看到.就好像是⽔、井⽔,你来问我: 井⽔可以怎么样的服务于我们呢?那不是很明显的它可以帮你解渴嘛.它可以维持你的⾝体嘛.对不对?所以⽕也是⼀样.你想⼀下⽕是多么多么的来服务于你们?刚刚我说的意识状态.那你们做饭,是吧?任何,任何你能联系到的.这就好像是⼀个⼯具⼀样,它们都在世服务于你们.所以如何服务于你们?

Higher Spirit: How does the elemental fire serve you? You live in this material world where everything serves and supports you. Therefore, the 'fire' is also part of that support for serving you. So how does it serve you? Through yourself, you can see how. It's like asking me about well water: In what way can well water serve us? It's quite obvious that it helps quench your thirst or maintain your body, isn't it? Similarly, fire also serves in many ways for you. Imagine the multitude of ways fire serves you, from cooking food to providing light and warmth. Consider these as tools serving you in this world. So, how does it serve you?

但是呢,从⽕当中就是说你也可以去…当你的意识达到⼀定程度,你是可以从任何地⽅去吸取它们的⼀个… 因为你能吸取到什么是看你⾃⼰.就⽐如说你从⽕当中你就可以去获得任何你感悟到的东西.从观察⽕当中.那你们就是呢些作家也好,科学家,什么专业的呢些,他们很多都是从万事万物,就是⼤⾃然的⼀切,他们去捕捉到,去感受到.然后去把它给转化出来,对不对?所以这就是你们⼈类存在,每⼀个个体存在,他都会给⼈类礼物.那你⾃⼰可以去通过跟⽕,就是去观察它、去接触它,然后去看⼀下你觉得它们能怎么样服务到你.这个就是没有⼀个限制,就是没有⼀个点,没有⼀个固定、稳定的呢个什么… 就是这个都是⽆限的.让你⽆限去探索.

But from fire, you can say that you can also go... when your consciousness reaches a certain level, you can absorb them from any place... because what you can absorb depends on yourself. For example, you can obtain anything you perceive from the fire. By observing fire, those writers, scientists, and professionals many of them capture and feel everything from all things, the universe, nature, and then transform it, right? So each individual human being provides gifts to humanity. You can go through interacting with fire, by observing it, touching it, and seeing how you might benefit from it. There is no limit; there is no fixed point... it's all unlimited, allowing you to explore endlessly.

那你就能看到你们的物质世界是多么的适合你们学习和成长,是多么的丰盛、丰富.

That way, you would be able to see how well-suited your material world is for learning and growing, how abundant and rich it is.

问:下⼀个问题就是我以前有⼀次出体了之后,然后在我的家⾥看见了两个精灵.我还跟其中的⼀个精灵就是像握⼿⼀样.它也很胆⼩.我跟她握⼿的⼀瞬间我特别兴奋我就回体了.回体了之后不能动.之后脚上就突然被⼀个像藤蔓⼀样的东西绑住,把我从⾝体⾥拽了出来,好像要把我带到什么地⽅去.我很害怕挣扎,我就醒了.我想问⼀下这两个精灵它们是住在我这个空间吗? 他们有没有什么话想说? 因为我⼀直会想到它们.

Questioner: My next question is about the time when I had an out-of-body experience and saw two spirits in my home. I even shook hands with one of them, like a normal handshake; it was quite timid. When we touched hands, I got so excited that I was able to return to my body. However, after returning, I couldn't move. Then, suddenly, my feet were bound by something like vines and pulled out of my body as if they wanted to take me somewhere. I was very afraid and struggled before waking up. I'm wondering if these two spirits live in this space? What do they want to convey since I keep thinking about them?

⾼灵:你稍等.他们说他们很喜欢和你玩耍,就好像你是⼀只可爱的动物,就是在他们眼⾥.然后你是⼀只可爱的动物,然后他们对你充满了好奇.这是他们想带给你的信息.

Higher Spirit: Wait a moment. They say they really enjoy playing with you, as if you were a cute animal, just the way they see you. Then, you are a cute animal, and then there's a lot of curiosity towards you. This is the message they want to convey to you.

问: 那我有⼀次还看到⼀个绿颜⾊的,就是物质世界不可能会看到的呢种,⼀个绿颜⾊的⼩孩扒在我的床边然后旁边还有⼀只巨⼤的鸟.然后我当时看到他还有⼀点害怕,现在不害怕了.然后他们为什么会跑到我的床边来找我呢?

Questioner: I once saw a green child leaning against my bed with a huge bird beside him in green color; the kind that could not possibly exist in our physical world. At that time, I was slightly frightened but now I am no longer afraid. Why would they come to find me like this?

⾼灵: 不是说他们进⼊你的物质世界.⽽是你的意识进⼊他们的世界,明⽩吗? 你在物质世界你只能看到你看到的东西.那是因为你的意识是受限的.那为什么这个通灵的⼥孩⼦她可以就是通灵.因为是她在转换她的意识,把她的意识转换到另外⼀个状态.那呢个状态下她就可以不断的接收到任何信息.如果她不转换了呢?她就只能焦距于你们的物质世界.所以她是做了⼀个转换频率、转换意识的⼀个动作过后,她才能呢个什么的.那你当时也可能是⽆意识的转换了.明⽩吗?然后你们每⼀个⼈都不同.有的⼈他可以看到.有的⼈他是可以听到,所以他们会听到其他.那有的⼈是感受.那有的⼈是⼼⾥.

Higher Spirit: It's not about them entering your material world; rather, it's your consciousness that enters their world, understand? In the material world, you can only see what you perceive because your consciousness is limited. Why does this spirit medium achieve communication? Because she transitions her consciousness, shifting her awareness to another state. In that state, she continuously receives information from all around. If she doesn't make these shifts, she would remain focused on your material world alone. Therefore, she performs an action of changing frequencies and states of consciousness, enabling such communications. Perhaps you were unconsciously making similar transitions at the time too. Understand? And each one of you is different; some perceive through sight, others through hearing, thus they hear other things. Some experience through feeling, while others sense internally.

那如果你在描述,你既然看到呢么多,那就是说你的视觉化,这⼀点⾮常,就是好像是你的gift⼀样.但是呢,它也是来让你知道就是你们是有多么⼤的可能性.不要去限制你们⾃⼰.因为这个物质世界到底有多精彩,对于你个⼈来说啊,还是多⽆聊,它是跟随着你的意识状态⽽改变的,明⽩吗?那⼀个⼈在⼀个屋⼦⾥⾯,就⽐如说他的意识很受限的话,那他可能… 对吧? 那当这个通灵的⼥⼠她在通灵的时候,那她完全进⼊了另外⼀个世界.任何你想要知道的信息,想要探索的信息… 对于你们就是说不同意识状态的⼈来说,那这个空间产⽣的东西就不⼀样了,对不对?

If you're describing what you've seen, that means your visualization is very much like a gift to you. But it also helps you realize the vast possibilities you possess. Don't limit yourself. Remember, how fascinating this material world can be for an individual depends on their state of consciousness. For instance, if someone's awareness is restricted within a room, they might... get my point? When the medium was channeling, she completely entered another world. Any information you want to know or explore... for different individuals with varying states of consciousness, what this space produces changes accordingly, right?

问:我的下⼀个问题就是,我现在发现我⾝边有很多⼈失眠很厉害.⽐如说我⼩姨就吃了很多很多药.然后我认识的这个男孩⼦他也是失眠很厉害.我想知道为什么会有这么多⼈失眠? 然后有没有什么帮助他们的⽅法?

Questioner: My next question is, I've noticed that many people around me are suffering from severe insomnia. For example, my aunt has been taking a lot of medication. Then there's this boy I know who also experiences severe insomnia. I wonder why so many people are dealing with this issue? And if there are any methods to help them?

⾼灵:你稍等.⾸先就是观察到你们物质世界就好像是在⼀次变⾰、改变.就好像是⼀次⼤规模的,就好像是春暖花开吧.⼤规模的就是,集体就是…就好像是你们说的瘟疫,对不对?集体病嘛.然后这次是迫使你们内在外在的⼀些变化,迫使你们去看清楚你们这个物质世界的幻像还能不能继续的⽀持你们.明⽩吗?因为很多⼈都开始发现他物质世界所有的⼀切其实并不能让他满⾜,就是并不能给他所有的答案.所以所有的就是失眠也好,痛苦也好,或者是愤怒… 因为每个⼈展现的⽅式不⼀样.有的⼈他可能就是失眠,有的⼈他可能就是狂喝酒,那有的⼈他可能就是狂打⼈,暴⼒,对吧?就是说每个⼈释放的呢种状态不⼀样.

Higher Spirit: Wait a moment. To begin with, the observation of your material world is akin to undergoing a transformation or change. It's like experiencing spring blossoms and warmth on a large scale. This means that collectively, it might resemble what you call an epidemic – collective sickness. The current situation forces changes both internally and externally upon you, compelling you to question whether the illusions in your material world can continue supporting you. Do you understand? Many people have started realizing that their entire material world cannot fulfill them; they don't provide all the answers they seek. Hence, issues like insomnia, suffering, or anger arise – each person manifests these differently. Some might suffer from insomnia, others may excessively drink alcohol, and still others may resort to violence or aggressive behavior, among other ways of releasing these emotions.

但是他们内在的⼀个状态,就是起因、原因都是⼀样的.都是他们需要找到真理也好,真理,应该是说找到真理.找到⽣命真正的真相.所以这⼀系列的事情会把他们带⼊到呢条路上,去寻找的路上.

But there's an inner state they're in where the causes and reasons are all the same - that is, whether it's to find truth or life's true reality, they should be finding the truth. This series of events will lead them on that path, toward the pursuit of truth.

问:下⼀个问题是,我最近⼀直…因为我有⼀个朋友她⼀直受感情的困扰.然后她⼀直不停的给我打电话.然后总是在重复同⼀个问题.然后我有时候会开导她,有时候我也会很烦躁.那既然我们每⼀个⼈…就是外⾯的世界都是镜⼦,那她⼀直⽤同⼀个感情的问题来找我,请问这是我的投射吗?如果是我的投射,是我需要从她⾝上学到什么吗?有没有什么是我需要学习的?

Questioner: The next question is that recently... because I have a friend who has been struggling with emotions. Then she keeps calling me constantly. And she always asks the same question repeatedly. Sometimes I comfort her, but sometimes I get frustrated as well. Since everyone... the outside world acts like a mirror, if she keeps coming to me with the same emotional issue, does this mean it's my projection? If it is my projection, what should I learn from her? Is there anything I need to learn?

⾼灵:你从中可以学些到,你⾃⼰可以选择允许什么和不允许什么来到你的⽣命当中来.就好像有⼈不断的在给你扔东西,你可以把它推出去,这些垃圾.明⽩吗?因为你推的动作多了⼏次后,她就不会再扔了.让她知道我会被你推⾛.所以你们去追寻这些灵性的⼈有⼀点就是觉得,怎么说呢,有⼀点就是觉得所有事件安排好的,我必须接受它.这是⼀种消极的.你要知道你才是⽣命当中的⼀个创造者,主宰者.你可以去选择性的.如果你⾃⼰没有⼀个明确的⽬标,你想要成为什么,想要达到什么的话,你只会被外界的⼈,他们的⼀个能量状态给带⾛,明⽩吗? 因为你⾃⼰没有⼀个稳定的⼀个,就好像发射台⼀样.

Higher Spirit: From this, you can learn that you have the choice to allow or disallow what comes into your life. It's like someone constantly throwing things at you; you can push them away, these pieces of trash. Do you understand? Because after pushing a few times, she won't throw anymore. Make her aware that I will be pushed by you. So, when people pursue spiritual beings, there is a feeling that everything is pre-arranged and they must accept it. This is a passive attitude. You need to know that you are the creator and master of your own life; you can choose what comes in. If you don't have a clear goal or purpose for who you want to become or what you want to achieve, you will just be led by others' energies. Because you lack a stable foundation, like a launchpad.

你没有⼀个稳定的… 就⽐如说你有⼀个稳定的事情,你要⼲什么.就是我今天要写⼀本书.当你在写书的时候,你完全沉浸在你的世界⾥⾯,你觉得你还会有时间去给她吗? 也就是说当你失去了发射台、像呢个⽬标、呢个什么的话,你会被你周围的所有事情给打扰到的.你会发现你真的是有忙不完的东西去帮别⼈处理.所以这就是为什么找到你们⾃⼰是谁? 你们想要做什么? 你激情什么? 这个⾮常重要.因为当你完完全全的去在创造你的呢个什么…创造出你的世界.在创造的呢个过程当中,你便不会⽆意识的被⼈引⼊到别⼈的世界当中去.因为你想⼀下你们就好像是在⼀个公共平台,你们好像是在共享这个世界,对吧?

You lack stability... For instance, you have a stable thing, what are you going to do? That is, I'm going to write a book today. When you're writing the book, you're completely immersed in your world. Do you think you will still have time for her? In other words, when you lose the platform and targets around you, you'll be disturbed by all sorts of things that are happening around. You will realize that there's never enough to help others. That's why finding out who you are, what you want to do, what your passion is—this is very important. Because when you're completely creating your own world... creating your reality. During the creation process, you won't unconsciously be drawn into someone else's world. You see yourself as being on a public platform, sharing this world together, right?

那你们在共享这个世界,你就是跟外⾯所有的东西都有关系,有牵扯.那你有牵扯的话,你肯定就会被⽆意识…就好像你⾛在⼈群当中,全是⼈,你怎么样就算你不动你也会被⼈家带着⾛的,明⽩吗? 被呢个⼈流的能量,哪个⽅向,带到他们的⽅向去.所以你们⾃⼰有清晰的⾃⼰的⽣活⽬标.

That means you are sharing this world with everything outside, there is a connection and influence between you. When you are connected, you are inevitably affected by unconsciousness... just like walking through a crowd of people; regardless of your actions, you will be carried along by the flow of humanity, right? You're being guided in their direction by the energy of that current, in whatever direction it takes them. So, it's important for each of you to have clear personal life goals.

然后⽣命就是想要去体验什么,然后去活出⾃⼰的⼀个⼈⽣.你可以选择什么样⼦的,你把时间⽤在什么样的地⽅.选择什么样⼦的⼈来到你的⽣命当中.⽽不是说什么给我扔过来我都接受.

Then life is about experiencing what you want and living out your own life. You can choose how you want to spend your time and where it goes. Who you choose to have come into your life. Instead of just accepting whatever gets thrown at you.

问: 我明⽩了.我的最后⼀个问题是未来的我⾃⼰有没有什么信息想要带给我的?

Questioner: I understand. My last question is, does my future self have any information she wants to convey to me?

⾼灵: 未来的你给你的信息是说,你正⾛在⼀条就是朝向她的路上.就是你们选择是在同⼀个,你们彼此选择都在同⼀个线上,就是不会错过.所以你只需要去信任,还有就是去全⼼的去⾛下去.还有问题吗?

Higher Spirit: The message from your future self is that you are on a path heading towards her. That both of you have chosen to be on the same line, not missing each other. So all you need to do is trust and walk forward with full heart. Any questions?

问: 我没有问题了,谢谢你.

Questioner: I have no more questions, thank you.

⾼灵: 好的,拜拜.

Higher Spirit: Okay, goodbye.

# **2021/12/09 — 线上集体通灵问答Online Collective Spiritism Q&A**

第⼀个⼈⾼灵: 现在可以提问了问: 你好,赛斯⽼师.我的第⼀个问题是去年的时候,我做了⼀个梦.梦到两个⼈站在我的床边然后把我给惊醒了.我想问这是我内⼼恐惧的投射创造的⼀个幻像? 还是说的确有两个存有过来找我? 如果是的话,他们来找我做什么?

First Spirit Ling: Questions can now be asked. Questioner: Hello, Senior Setu. My first question is about a dream I had last year. In the dream, two people were standing by my bed and woke me up. I wonder if this was a projection of my inner fear creating an illusion? Or did truly two entities come to find me? If so, what would they have come for?

⾼灵: 你稍等.你叫什么名字.问: XXX.

Higher Spirit: Wait a moment. What's your name? Questioner: XXX.

⾼灵: XXX,你想要知道…这是⼀个梦是吧? 梦见有两个⼈在你床边上.问: 对⾼灵: 然后你想要知道有什么信息想要带给你是吗? 还是说只是你的幻像?问: 是的⾼灵: 好的.XXX,想要知道呢次经历是有什么信息想要带给他还是说是他的⼀个幻像.如果这只是⼀个梦的话,为什么这次的梦会让你产⽣疑惑⽽没有其他的梦让你产⽣疑惑呢? 因为这个梦你感受到⾮常的逼真,就不像是梦,对吗?

Higher Spirit: XXX, you want to know... Is this a dream? You dreamed about two people by your bed. Questioner: To Higher Spirit: Then you want to know if there is any information wanting to be conveyed to you or is it just an illusion? Questioner: Yes, Higher Spirit: Alright. XXX, wanting to know what information this experience has for them or whether it's just an illusion. If this was just a dream, why does this dream make you doubt it compared to other dreams that didn't make you question them? Because in this dream, you felt extremely realistic and not like a dream, right?

问: 是的.

Questioner: Yes.

⾼灵: 🗎.那是你在意识状态下,就是进⼊到⼀种状态是可以跟其他维度的⼀些存有… 像你们,就⽐如说有的⼈是视觉上看得到,或者有的⼈是感受的到,有的⼈事听到,根据你们每⼀个⼈不同.就是你感受到了不同的能量.然后你的问题是他们有没有信息想要给你,是吗?

Higher Spirit: ♧. That's when you are in your conscious state, which is a condition where you can interact with entities from other dimensions… like you, some people perceive them visually, or others might feel them, and still others hear them, depending on each individual. You sense different energies. Your question is whether they have any information for you, right?

问: 是的.

Questioner: Yes.

⾼灵: ⾸先,这是你⾃⼰意识状态的⼀个切换.因为它有时候会⽆意识的运⾏,⽆意识的运作.就好像你切换到了另外⼀个世界⼀样.然后你看到了很多⼈.然后你要知道你们是主动的.就是你可以去主动的去看到很多⼈.就⽐如说你可以去主动的去跟他们链接.⽽不是被动的看谁会⾛上来.因为他们有可能⾛上来只是,就好像看你⼀眼: 夷,这有能量加⼊.只是这样⼦.对他们来说你也只是像⼀个你在物质⽣活中看到的很多路⼈⼀样.因为如果是有信息想要传递给你的话,你是永远不会错过任何信息.他们会试图各种,就是把这个信息带到你的层⾯上来.

Spirit Guide: First of all, this is a switch in your state of consciousness because it sometimes runs unconsciously and operates without conscious awareness. It's like you're switching to another world where you see many people. You need to understand that you are the active force here. You can actively see many people by connecting with them. For example, you can proactively connect with them instead of passively waiting for someone to come up to you because they might just walk past you like it's adding energy to the scene: "Oh, there's energy joining." That's all they're doing. To them, you are just another passerby in your physical life as well. If information needs to be conveyed to you, you will never miss any information as it will always find a way to reach your level by trying various means.

但是这次可以帮助你,虽然是⼀次⽆意识的经历,它可以帮助你来知道其实你们的意识是有⽆限的可能和⽆限的探索的空间给你们.但是接下来你可以继续问问题.因为你再不断的问问题的时候,就有可能会有需要给你的信息进来.这需要你不断的就好像在往外拉.在往外拉扯的时候,这些信息才会进来.你继续说.

But this time it can help you, even though it's an unconscious experience, it can help you to know that in fact your consciousness has unlimited possibilities and infinite spaces for exploration. But you can continue asking questions because as you keep asking questions there may be information needed for you that will come in. This requires you to constantly pull outward. When you pull outward, the information comes in. Continue speaking.

问: 我想⼀下啊.为什么就是就感觉到特别的…他是⼀个⼤⼈⼀个⼩孩,然后站在我的床前.就两个⿊影.然后就像⼀个隧道⼀样,就是很远很远的光.感觉像是灵魂的⼀个通道.他们就仅仅是过来…⾼灵: 然后呢?

Questioner: I wonder... Why does it feel so peculiar? He's a grown man and a child, standing in front of my bed. It feels like two dark shadows, creating a tunnel with distant light. It seems like a channel for souls. They just came over... Higher Spirit: And then what?

问: 然后我就梦到我躺在床上他们看着我.我⼀直以为是不是和他们有什么渊源?

Questioner: Then I dreamt that I was lying in bed with them watching me. I always wondered if there was some connection between us?

⾼灵: 渊源? 你说的事恐惧的呢种吗? 是别⼈来找上你?

Higher Spirit: Origin? Are you talking about that kind of fear? Is it someone coming after you?

问: 不是.啊,对.⽐如说⼀些业⼒或者是⼀些其他⽣世的⼀些渊源.

Questioner: Not just that. Yes, like some karmic causes or other sources of previous lives.

⾼灵: 你应该去问你⾃⼰的就是说为什么你会把这⼀次经历、事件定义成负⾯的⼀个? 为什么不把它定义成你的意识扩展? 就是你知道了你的可能性,就是你有这个能⼒.所以外在发⽣什么不重要,你经历什么,你梦到什么不重要.重要的是通过这个点,它会把你带到哪个⽅向,明⽩吗? 它可以是正⾯服务于你,它可以是负⾯服务于你.所以最重要的是为什么你会产⽣恐惧? 为什么会觉得是来陷害,或者是来害你、来给你带来负⾯影响的? 这个才是你需要去⾃⼰,头脑⾥⾯的⼀些定义…问: 因为在这个梦之前,就是我听到⼀个过世的⼩姑娘哭.就是我们家邻居⼀个过世的⼩姑娘.听她哭了很长时间.然后我以为是呢个⼩姑娘她的灵魂过来.但是是两个.

Higher Spirit: You should ask yourself why you define this experience or event as negative? Why don't you define it as an expansion of your consciousness, where you realize your potential capabilities? It's about knowing that what happens externally doesn't matter, what you go through, or what you dream doesn't matter. What matters is how this point will take you in which direction, understand? It can serve you positively or negatively. The most important question is why do you generate fear? Why does it feel like an attempt to harm or deceive you and bring negative effects into your life? This is the definition you need to delve into in your own mind… Questioner: Because before this dream, I heard a deceased little girl crying. It was our neighbor's deceased little girl. I heard her cry for a long time. Then, I thought it was her soul coming over, but there were two of them.

所以说我呢段时间就有些迷惑.

So I was somewhat confused for a while.

⾼灵: 不是的,所以你不需要有这个担⼼.这只是你意识的⼀个扩展,然后是⼀次⾮常好的契机.它让你知道了你有多⼤的可能性.让你知道了你的意识可以不断的探索.放下任何担⼼.你说.

Higher Spirit: No, so there's no need for you to worry about this. It's just an expansion of your consciousness, followed by a very good opportunity. It shows you how much potential you have. It lets you know that your mind can continually explore. Let go of any worries. You said...

问: 第⼀个问题问完了.然后我继续问第⼆个问题.我的第⼆个问题也是⼀个梦.然后梦到我感知到⾃⼰的⾼我.然后我的⾝体⼼脏出了问题.从呢之后我完了⼏次塔罗.也是⼀直抽到这个关于⼼脏的问题.还有⼀次做梦是梦到⼀只剑插到了我的⼼脏上.呢段时间之后我的⼼脏的确是有些问题出现.就关于我的⼼脏这块,你可以给我⼀些资讯吗?

Questioner: The first question has been asked. Then I proceed to ask the second question. My second question is also a dream. Then I perceive my higher self in the dream. Afterwards, there was an issue with my heart. Following that, I read tarot cards several times and kept getting questions about my heart. There was even a dream where a sword pierced my heart. During that period, indeed, my heart did have some issues. Can you provide me with any information regarding my heart?

⾼灵: 你稍等.你想要知道你的⼼脏有没有问题是吗?问: 是的.

Higher Spirit: Wait a moment. Do you want to know if there's anything wrong with your heart, right? Questioner: Yes.

⾼灵: 你稍等.我先感受⼀下你的能量场.从它的就是physical,就是它的功能障碍上,你没有任何外在的问题.就好像⼀个器官,它是完整运⾏的.它没有任何问题.但是为什么你会产⽣不舒服的(感觉)? 还有为什么你会去关注这些关于⼼脏的问题? 是⾃⼰给⾃⼰暗⽰、创造的⼀个就好像是体验⼀样.因为你们⼤脑会去收集信息,然后给信息定义.就是给它赋予意义.这是你们⼤脑的⼀个⼯作.所以你这次这是你⾃⼰就是… 有⼀句话就是说你越是关注什么,然后你就越是会体验什么.然后它会不断的把这个事件显化出来让你去关注.因为就好像你已经给你的意识下了⼀个关键字.呢个关键字然后给⼀个搜索,你的⼤脑就会不断的搜索与这个相关的.

Higher Spirit: Wait a moment. I will first perceive your energy field from its physical aspect – there are no external issues with your functional capacity. It's like an organ running smoothly and without any problems. However, why do you feel uncomfortable? And why are you focusing on heart issues specifically? This is self-suggestion or creation of an experience where your brain collects information and assigns meaning to it – your brain works in defining these meanings for the collected data. So this time, it's essentially… You attract what you focus on; hence, your mind keeps searching for relevant information that aligns with the keyword you've given your awareness, continuously manifesting events that require attention due to your subconscious search.

你继续说.所以没有问题.

Continue speaking. There's no problem.

问: 第三个就是关于我的灵魂⾼我有没有给我⼀些现在所⾛的路的⼀些建议或者信息要带给我的? 最后⼀个问题这是.

Questioner: The third one is about whether my higher self has any advice or information to share with me about the path I'm on right now? This is the last question.

⾼灵: 你现在在这个阶段你想要知道有没有什么信息想要给你?问: 还是建议.

Higher Spirit: At this stage, do you want to know if there is any information that I should give you? Ask: Or rather, would it be a suggestion.

⾼灵: 这⾥永远都不会有建议.如果有建议的话,是对你⽬前处在的⼀个点的地⽅去否定它.就是说你这个不好,这边有更好的.但是没有哪个好和哪个不好.因为所有的你经历的都是你应该去经历的.哪怕就是说你这⼀次的⽣命,你完全没有成长,你也没有去浪费你的⽣命.你⾸先你要知道这⼀点.因为你的所有感悟、所有体验、所有所有所有,它都像是题材⼀样.你都会就是在更⾼的层⾯是可以运⽤到它.所以你不能单独的从物质世界还有在你们这个时间范围内来看⼀个⼈是否有进步、有成长,明⽩吗? 你的问题是有没有什么信息想要带给你? 你稍等.尽可能的去享受你的⽣活.尽可能的去享受你的⽣活、⽣命.因为你的能量状态就有⼀点点像僵硬的呢种状态.

Higher Spirit: There will never be suggestions here. If there were any, it would be to question the place you are currently at, stating that it's not good and that there is a better option elsewhere. However, there is no 'good' or 'bad'; because everything you experience is meant for you to experience. Even if your life doesn't result in growth, you're not wasting your life either. You need to understand this first. Your insights, experiences, all of it, are like topics that can be used at a higher level. You cannot solely judge human progress or development based on material conditions and within the context of your time frame. Understand? Your question is whether there's any information you want to receive? Wait a moment. Try to enjoy your life as much as possible, enjoying both your existence and life itself. This is because your energy state has some rigidity to it.

它不是呢种特别柔软、特别… 像⽔⼀样.如果⼀个是冰块,⼀个是⽔.你现在是冰块的呢种状态.因为只有你是⽔过后,你才能完完全全的去滋养你⾃⼰,滋养你的灵魂,滋养你⾝边的⼀切.你不然就是冷冰冰的⼀样.你现在就是不能(没听清),也不能融为万物.就是⽐如说在关系当中跟其他⼈的⼀个融合感、融⼊感、就是连接感,对吧? 还有就是⽐如说在享受、relex,就是在享受层⾯你也不能完完全全的去享受⼀个⾳乐会,或者⼀个舞蹈或者是怎样.它会造成这样⼦的⼀个… 所以当你越来越越来越柔软.就软的就是,软下来就像是⼀滩⽔⼀样.那你就变会有…虽然你们都是⽔,⼀个是冰块,⼀个是⽔.但是你们状态却完全不⼀样.然后这是给你的信息.

It's not that kind of special softness, especially... like water. If one is an ice cube and the other is water, you are currently in the state of being an ice cube. Only when you become water can you completely nourish yourself, your soul, and everything around you. Otherwise, you would remain cold and distant. You're unable to merge with or be part of everything at this moment. This refers to a sense of integration, belonging, and connection in relationships with others. Also, on an enjoyment level, you cannot fully enjoy a concert, dance, or anything else. This results in a... So as you become increasingly more柔软, meaning soft like water. When you do that, you'll experience... Although all of you are water, one is ice while the other is liquid water, your states are entirely different. And this is the message for you.

你能明⽩吗? 不明⽩你继续问.

Can you understand? If not, keep asking.

问: 我能明⽩.我的信息问完了.谢谢赛斯⽼师.

Questioner: I understand. My questions are finished. Thank you, Mr. Saisi, Sir.

⾼灵: 好的第⼆个⼈问: 我想知道我今⽣的主题是什么?

Higher Spirit: Alright, second Questioner: I want to know what my theme of this life is.

⾼灵: 你叫什么名字?问: XXX⾼灵: XXX,你想要知道你今⽣的灵魂的主题是什么? 你多⼤年龄?问: ⼗⼋.

Spirit: What's your name? Questioner: Hi Spirit: Hi, do you want to know the theme of your soul in this life? How old are you? Answer: Eighteen.

⾼灵: ⼗⼋岁.你想要知道你的灵魂主题是什么? 如果在这个年龄阶段,就算就是说我告诉你了,你也不太能真正的去理解和体会.然后这个信息也不⼀定真正的能在这个阶段给你带来很⼤的帮助.所以你还是继续想要知道这个信息呢? 还是说你想要⼀个信息,就是说对你现阶段来说是⾮常重要的?

Spirit Guide: Eighteen years old. Would you like to know your soul theme? If at this age, even if I told you, you wouldn't be able to truly understand or relate to it. Furthermore, the information might not necessarily provide significant help during this stage. So, do you still want to know this information? Or are you seeking an insight that's particularly crucial for your current stage?

问: 现阶段吧.

Questioner: At this stage, isn't it?

⾼灵: 你选在⼀个⽬前现阶段对你来说最重要的? 现阶段最重要的就是信任.然后你现阶段最重要的是信任.这种信任,第⼀是⾃⼰对⾃⼰的信任.然后还有就是你对他⼈的信任.然后对你⾝边的关系还有所有遇到的⼀切.因为当你拿到信任的这个就是,就好像是特质在你⾝上过后.你会完完全全的拥有不⼀样的状态.然后这个状态让你更好的去,就是它会缩短你去⾛上你⾃⼰的道路的⼀个过程.

Higher Spirit: Which one do you choose as the most important to you right now? Right now, what's most crucial is trust. The kind of trust that primarily involves trusting yourself and then also trusting others around you and all aspects of your life. When you gain this trust, it transforms into a characteristic within you, completely altering your state. This state helps you progress more efficiently towards your own path by shortening the journey.

问: 那怎么样才能就是信任?

Questioner: How can trust be achieved?

⾼灵: 怎么样才能信任? 怎么样才能信任你⾃⼰你说吗?

Higher Spirit: How can trust be achieved? How can you trust yourself, do you ask?

问: 是吧,就是信任⾃⼰,信任其他关系.这个好像有点困难.

Questioner: Right, it's about trusting oneself and other relationships. This seems a bit challenging.

⾼灵: 你有没有看到你⾃⼰在跟我交流当中,我问你是不是要问这个问题? 你说是吧.你都不太信任你⾃⼰是要问哪个问题.然后你继续说好像信任很困难.你就会发现你是多么的需要信任.因为⼀件事情你还没有去做,你已经给它赋予困难的⼀个特质.明⽩吗? 那就是说你根本没有趣信任任何.所以这是你很需要的,就是很缺少,很需要去就是完成,去⾯对的⼀个功课.明⽩吗? 因为你连正常的交流和表达⾃⼰,你都难以达到.你总会觉得我是不是会说错话? 我说这句话对不对? 我应不应该? 如果在这样⼦的⼀个状态下它会对你的⾃我展现,就是展现你⾃⼰.因为如果你想要跟别⼈建⽴⼀个真正的关系的话,你⾸先要让别⼈知道他在跟谁交往,对不对?

Higher Spirit: Have you noticed during our conversation that I asked if this is the question you wanted to ask? You affirmed it. You're somewhat unsure about which question you want to ask yourself. Then, you continue saying it's hard to trust. This makes you realize how much you need trust. Since you haven't done something yet, you've already attributed a difficult trait to it. Understand? That means you lack the interest in trusting anyone at all. This is what you deeply need—missing and needing to complete—an assignment related to trust. Understand? Even normal communication and expressing yourself are challenging for you. You constantly wonder if I might misunderstand or misquote you. If this state were a reflection of your self-presentation, it would reveal who you are. Because in order to build a genuine relationship with others, you first need them to know whom they're interacting with, right?

那如果你都你都不能让别⼈知道你是谁的话,别⼈如何和你建⽴关系? 那如果你们的物质世界还需要⽤语⾔.因为你们并没有达到⼀个完全不需要语⾔,都是⼼灵感应.你们还需要语⾔来帮你们呈现⾃⼰.所以这是你⽬前最重要的⼀个.还有问题吗?

If you can't even let others know who you are, how can they establish a relationship with you? If your material world still needs language because you haven't reached a point where you don't need it at all, for pure telepathy, then language is still necessary to help you present yourself. This is currently the most important thing for you. Any questions?

问: 就是我还是想问这个问题.那怎么样就是信任呢? 如何相信别⼈呢? 相信⾃⼰?

Questioner: I still want to ask this Questioner: What does it mean to trust someone? How do you trust others, and yourself?

⾼灵: 你先从你⾃⼰跟⾃⼰建⽴信任关系.问: 相信,相信我的⽣命.

Higher Spirit: Start by building trust with yourself. Questioner: Trust my life.

⾼灵: 信任的第⼀步就是你需要允许.你需要允许.就好像是⼀个⼩孩他在学⾛路.那他最开始肯定会摔跤的.那你现在要允许你来释放,来展现你⾃⼰.那你肯定最开始你会有⼀点恐慌.你允许呢个恐慌的阶段出现.在恐慌阶段,你允许你⾃⼰⼀步⼀步的,可能还会断断续续,还会吞吞吐吐(的状态的出现).但是你不要因为它吞吞吐吐、断断续续、恐慌产⽣,你就放弃.就好像你⼀个⼩孩在学⾛路,那他前⾯摔了⼏次跤,你就不让他⾛了.你说,你根本就⾛不好路,因为你会摔跤的,所以不让你⾛路.你觉得这个是符合成长的过程吗,对不对? 你们物质世界的⼈不可能去会…因为⼩孩在学⾛路的阶段摔了⼏跤,然后就不允许他学⾛路了.

Higher Spirit: The first step in trust is that you need to allow. You need to allow. It's like a child learning to walk; they're going to fall at the beginning. So now you must allow yourself to release and show yourself. At the beginning, you will be panic-stricken. Allow for this panic stage to appear. During the panic phase, allow yourself to take steps one by one, possibly in an inconsistent manner, with stutters or hesitations. But do not abandon it because of stuttering, inconsistencies, or panic. It's like a child learning to walk; if they fall a few times, you don't prevent them from walking anymore. You might say, "You can't even walk properly," because you're going to stumble. Is this in line with the process of growth? Right? People in your physical world wouldn't... because a child who's learning to walk and falls a few times, then stops trying to learn how to walk altogether.

(提问者断线)⾼灵: 你能听到吗?

(Queen Disconnected): Can you hear me?

问: 我还在我还在.刚才又听不见了.

Questioner: I was just about to ask, but then I couldn't hear again.

⾼灵:(继续刚才的话题)刚才说到信任的第⼀步就是你允许.就好像你们物质世界的⼩孩在学⾛路的时候他前⾯肯定会跌倒.你要允许跌倒,再不断的站起来.⽽不是说因为我跌倒了,我便不再尝试了.你要允许呢个过程.因为你不断的去允许,不断的去允许.让他有⾃然的成长的⼀个过程.那你后⾯就会慢慢的建⽴起来你的⼀个信⼼.有了信⼼你就会开始相信你⾃⼰.⽆论你最开始表现的多么的就是,有⼀句话叫什么,惨不忍睹.但是呢只是他的⼀个成长过程⽽已.因为当你给⾃⼰建⽴了这曾关系过后,你便能允许别⼈再不断的犯错.你才不会因为别⼈犯⼀次错,然后你就把他拒之门外.你就说你这个⼈格有问题,我不再跟你交往了.因为你做错了.

High Spirit (continuing the previous topic): The first step in building trust is allowing it to happen, just like how children in your physical world learn to walk and inevitably fall down. You must allow them to stumble and then get back up again, not giving up because of a single fall. It's about allowing that process, continuously allowing it to occur. This allows for natural growth throughout the process. As you consistently allow this to happen, trust gradually builds up within you. Having faith enables you to believe in yourself without reservation, regardless of your initial performance—no matter how dire it might seem, with a phrase like 'so bad it's heartbreaking.' But remember, these are merely stages in one's growth journey.

When you establish this relationship with yourself, it empowers you to extend that same understanding to others, allowing them the room to make mistakes. You won't dismiss someone permanently just because they've made a mistake once. Instead of labeling their personality as flawed and refusing interaction, you recognize that everyone has moments of error and can still be part of your life.

因为你允许你⾃⼰从你所谓的错,或者跌倒站起来,那么你也会去别⼈从他跌倒中站起来.或者从错误中成长.或者从错误中不断(没听清).因为如果这个允许如果你没有给⾃⼰的话,你也是给不了别⼈的.你会知道这是⼀个正常的成长过程.好,这个信息结束了.还有其他问题吗?

Because if you allow yourself to get up from what you call mistakes, or falls, then you will also encourage others to get up from their falls, or grow from their mistakes, or progress continuously (not fully heard). Because if this allowance is not given to yourself, it cannot be given to others as well. You would understand that this is a normal process of growth. Alright, the message ends here. Are there any other questions?

问: 有.就是我想问关于⾷物的问题.我喜欢吃⾁类⾷物.但是我听他们说,就是吃⾁类对⾝体不是很好嘛,提倡吃素.应该怎么样的态度对待呢?

Questioner: I have a question about food. I enjoy eating meat. But I've heard that eating meat isn't very good for your health, and there's encouragement to eat vegetarian foods. What should be the attitude towards this?

⾼灵: 好的.关于这个问题,我再重复⼀遍.就是当事⼈是喜欢吃⾁⾷的.然后呢,就是听到外界说吃⾁不好,然后⾃⼰应该怎么样? 你最⼤最⼤的,应该着⼿的不是吃⾁和不吃⾁.

Spirit: Alright. Regarding this issue, I'll reiterate that the party in question enjoys meat consumption. Then, upon hearing external opinions suggesting that eating meat is detrimental, what should one do? The most pressing action should not be about consuming or abstaining from meat.

⽽是说你内在产⽣冲突.因为它不管是如何⼀个好的观念、不好的观念.当它在你的内在产⽣冲突的话,它就是对你是⼀个负⾯的影响.所以如果你只是去听从外界所有的声⾳的话,你这个世界你什么都做不了.因为有些⼈会告诉你⽔喝多了不好.有些⼈会告诉你⽔喝少了不好.有些⼈会告诉你盐吃多了不好.有些⼈会告诉你,你需要补碘,就是补盐.那有些⼈说喝⽜奶不好.如果你是去根据别⼈,有些⼈怎么说你才去做的话,你永远永远都做不了任何.因为这⾥永远都会有⼀个声⾳,关于好和不好的事情.那如何才能就是说内在达到⼀个… 你⾸先有⼀个规则就是说所有东西都是⼀个平衡.把世界上所有好的东西给了你,就⽐如说什么是好东西?

And that's because whatever good or bad idea it is, when it creates conflict within you, it becomes a negative impact on you. So if you just follow all the outside voices, you won't be able to do anything in this world. Because some people will tell you that drinking too much water is not good, while others say drinking too little is not good. Some say eating too much salt is bad, and others say you need to supplement iodine or salt. Then there are those who claim drinking milk is bad. If you go by what others say, acting only on their advice, you will never be able to do anything because there's always a voice telling you about good versus bad things. How can you achieve internal harmony? You first establish a rule that everything must be balanced, giving you all the good things in the world, like defining what constitutes goodness.

如果是⼀个西红柿,含维他命C,特别好,对吧?然后你就狂吃狂吃猛吃.它也会给你⾝体带来很⼤的影响.所以⽔好,那你狂喝狂喝喝⽔.那你也会⽔肿.你也会产⽣很多很多…并不是有⼀个事情好,你就可以⽆限制的,不断的去呢个什么什么…⽽是说你如何做好呢个平衡点.⽽且你的⾝体,它是有智慧,它是有觉知,它是会在跟你沟通交流的.它会告诉你,这个阶段它想要什么不想要什么.因为你的⾝体是⼀直在变.呢些吃素的⼈有可能是他的⾝体在告诉他,我想要吃素.呢是他的⼀个成长的阶段.但是你需要有你的⼀个成长的阶段.就⽐如说你现在是⼗⼋岁,你可能会⾮常喜欢吃⾁.但是到了你七⼗⼋岁的时候,你便不再碰任何⾁.

If it's a tomato, rich in vitamin C, particularly good, right? Then you eat and eat and eat wildly. It will also significantly impact your body. So water is good; then you drink and drink water. You will also swell up, produce many... Not because one thing is good, you can consume it without limit, constantly... Rather, how to find the balance point. Your body has wisdom, awareness, communicates with you. It will tell you what it wants or does not want at a particular stage because your body is always changing. Those who eat vegetarian might be being told by their bodies that they want to be vegetarian; this is a growth phase for them. But you need your own growth phase too. For example, if you're 18 years old and very fond of meat, but by the time you reach 78, you would no longer touch any meat.

所以你要去顺应你⾃⼰,你这个个体的成长规律.⽽不是不断的把外界的信息来拿到给你,然后与你的内在的想要的产⽣冲突.这个才是最⼤的问题.然后关于吃⾁好或不好,这⾥永远都有⼀个平衡点.你们的⾝体就是⽆论怎样,均衡、平衡,就是最好的.关于这个你还有问题吗?

So you should align with your own growth patterns, as an individual, rather than constantly integrating external information that conflicts with what you genuinely desire. This is the biggest issue. Regarding whether meat is good or bad to consume, there's always a balance here. Your body functions best in equilibrium and balance. Do you have any further questions about this?

问: 没有了.我还有最后⼀个问题.我想问我的⾼我有什么信息吗?

Questioner: That's it. I have one last question. I wonder if there is any information for my high self?

⾼灵: 刚才呢个信任的信息就是带给你的.你应该去好好的去理解.因为你需要时间去理解,然后成为.这是⼀个很长的过程.

Higher Spirit: The message of trust that I just gave you is meant for you. You should take the time to understand it well because you need time to comprehend and then apply it. This is a long process.

问: 🗎,我知道了.怪不得我⼼⾥有⼀点感觉.我没问题了⾼灵: 好的,谢谢.

Questioner: 🗎, I see. No wonder I have a certain feeling. There's nothing wrong with me, Higher Spirit: Alright, thank you.

第三个⼈问:我的第⼀个问题是我和母亲发⽣了⼀点事情.我上⼀次我让我母亲帮我灌⼀点⾹肠.因为我不太喜欢吃肥的,我就特别叮嘱她说不要⼀点肥的.结果她帮我灌回来还是有⼀点肥的.我就很⽣⽓.当时特别⽣⽓.我⽼公就说我不随和,因为当时和母亲就争执了⼏句,⼼⾥⾮常⽣⽓.⽼公就说我不随和,太较真.我现在我也不是很明⽩我从中要学习什么? 是不是我真的很较真? 还是有什么信念在⾥⾯?

The third person asks: My first question is about an issue that occurred between me and my mother. I asked her to help me make some sausages the last time, as I don't particularly like fatty ones; I specifically told her not to add any fat at all. However, she still included some fat when making them for me. This made me very angry, especially during that moment. My husband then stated that I am not easy-going and too meticulous because of our argument over this matter with my mother. I am currently unsure about what lesson I should learn from this situation; whether I truly take things too seriously or if there is some underlying belief involved?

⾼灵: 你想要知道这次冲突当中…你⾸先就是说你要知道所有的冲突都是你内在先拥有了,你才会体验到.

Higher Spirit: You want to know about this conflict... First of all, you said that you need to know that all conflicts are within you before you experience them.

问: 对,当时我就是很⽣⽓.

Questioner: Yes, I was really angry at that time.

⾼灵: 你⽣⽓的原因是跟你相信什么有关系.如果你把它就觉得,我让你做这么⼀点事,你没有按照我的想法去做.那你就可能是对我的⼀个不尊重或者不重视或者是怎样怎样…你会把她的这⼀个做法,这⼀个点然后背后加了很多你⾃⼰的定义去⽀撑它.当你加了很多很多定义进去过后,它就变味了.它就变成了,就好像是把⼀个⼩事变成⼤事了.但是你们物质世界有时候呢件事它只是单纯的是呢件事.它背后根本就没有动机.呢个动机只是你觉得通过这件事去显现的.呢是你头脑⾥⾯的⼀个定义.那有可能你妈妈的定义… 你妈妈她的定义是好的,她的出发点是好的.为什么? 因为她觉得就好像我刚刚说的平衡的问题.

Higher Spirit: The reason you get upset is related to what you believe in. If you think that I asked you to do this little thing and you didn't follow my way of thinking, then it might imply disrespect or lack of consideration towards me... You'll add your own interpretations behind her actions, justifying them as if she had some underlying intentions. Once you overanalyze with many assumptions, it distorts the original essence; making a small issue seem larger than it is. However, in our physical world, sometimes an action can be purely what it seems without any hidden motives – only appearing to have one from your perspective. It's a definition formed by your mind. The possibility that your mother shares this viewpoint... Her perception could indeed be positive with good intentions because she believes in maintaining balance, as I mentioned earlier.

因为完全是百分之百的纯⾁的话,它的⼜感会⾮常⾮常的差的,明⽩吗? 所以就在她的⼼⽬中,她觉得这个是不可能,就是完全⽆法下咽的.那她可能是会放的⽐例怎么样怎么样.那这是她的⼀个出发点,她的⼀个动机.但是这在你这边就变成了⼀个: 你不尊重我,你不听…就是你不重视我,你不重视我的要求.就是你背后通过⼀件事情,然后把它去归类,给它定义.然后它就会给你造成很⼤的… 然后就把你曾经的呢些经历: 我说话你永远不听.你这⼀辈⼦就没有听过我说的话.这样⼩时候的所有事件然后就全部展现出来.然后就又会加强你的…就是你⾸先要知道你的⾝体的感受是因为你的头脑⾥⾯的⼀些观念它才会产⽣的.

Because if it were 100% pure meat, its texture would be extremely poor, right? So in her mind, she felt that this was impossible – it couldn't be eaten. That's why she might consider the proportions or ratios of how to incorporate it. This was her starting point and motivation. But from your perspective, it becomes a matter of disrespect, non-listening… You're not valuing me, you're not taking my requests into account. Through one incident, you categorize, define it, then it creates a huge impact on you. Then all the experiences you've had in the past: "You never listen to what I say." Your entire life has been like this; you've never listened to anything I said. All these childhood events resurface and amplify your understanding that your body's reactions are influenced by certain ideas or notions in your mind, which dictate how they manifest.

如果没有呢些观念,那⾝体它不会产⽣…就是你观念不同,你的情绪、感受就不⼀样了,对不对? 所以它(这件事)只是⼀个⼯具,⼀个中性的,明⽩吗? 所以重要的就是说,你通过这个事件,你把它只是单独的当成这⼀个独⽴的事件? 还是说你把你所有这⼀辈⼦的对她的积累的⼀些想法、看法、这些事件,还有就是在其他⼈眼⾥,你⽐如说同事啊,或者下⾯的⼈也是总是做这种事情.就是你去交代他办的事情,他总是不能按照你的要求.你把对他⼈的⼀种愤怒也带进来了.所以你需要去完完全全的去觉察你背后产⽣情绪的呢些声⾳.因为它有各种声⾳,⼀下⼦就…明⽩吗? 这个需要你⾃⼰去分析.但是我只是给你举⼀个例⼦.

If there were no such ideas, the body wouldn't produce... you see, if your thoughts are different, your emotions and feelings will also be different, right? So it's just a tool, a neutral one. Understand? Therefore, what's important is that you view this event as an isolated incident or do you include all your accumulated thoughts, opinions, and experiences about her, as well as how others perceive you, like colleagues or subordinates always doing such things? You bring in anger towards them when they don't fulfill your requests. So you need to fully observe the various voices that generate these emotions within you because there are many of them. Understand? This requires self-analysis. But I'm just giving you an example.

为什么会因为⼀件⼩事产⽣极⼤的⼀个情绪? 那是因为…你继续说问: 我的第⼆个问题是我看了⼀本书就是 «远东⼤师的⽣活教导».上⾯说地球上有⼏百岁、上千岁的⼈.我就问这是真的吗? 但是我⼼⾥也是相信的.但是我想问这是真的吗?

Why does a small thing trigger such a huge emotion? It's because... you keep asking: My second question is that I read a book called "Lives Taught by a Great Master in East Asia." The book says there are people on Earth who live to be hundreds or even thousands of years old. I asked, is this true? But I believe it in my heart. However, I want to ask, is this true?

⾼灵: 如果就是说这个事件它对你个⼈,就是说它是你个⼈这⼀世需要去体验的事情.它就是真的,你就会遇到,明⽩我意思吗? 如果这个事件它跟你这⼀世要体验的主题完全没有任何关系,你是遇不到的.明⽩吗? 你们所有⼈遇到的所有事件,所有⼈遇到的所有呢个什么它⼀定是跟你有关系,它才会出现在你的⽣命当中.不是所有东西它都会让你去体验到的.但是,因为你永远都有⾃由的意愿.如果你强烈的想要知道…我⼀定要找到⼀个⼏百岁的⼈,不然我睡不着觉.你发出去强烈的欲望和愿望、愿景.不断的去寻找,然后真的是从⾏动上去找.然后跑到呢边去呢边去.你也可以把它拉扯到你的世界⾥⾯来.就算你命中原本没有这个事件,明⽩吗?

Sage: If this event is something that you personally need to experience in your current lifetime, it will be real and you will encounter it. Do you understand me? If this event has nothing to do with the theme of what you are experiencing in this lifetime, you simply won't encounter it. Do you get it? Every single event that all of you experience is always related to you because it appears in your life. Not everything will come for you to experience. But, due to your constant free will, if you strongly desire... I must find a few hundred-year-old person or else I can't sleep. You send out strong desires and wishes, visions, constantly looking for them, acting on them, going all the way there. You can bring it into your world as well. Even if an event doesn't exist in your destiny originally, do you understand?

问: 好像就是说是那个存不存在不重要.就是⼼⾥⾯想的吗?

Questioner: It seems that what matters is not whether it exists, but just what you think about it.

⾼灵: 不是.是说你这⼀⽣体验的主题,如果是跟这个有关的话.你会去在你的⽣命当中遇到.如果没有关系的话,你遇不到.明⽩吗? 所以⽆论外界说是真的假的,这个跟你完全没有关系,不重要.不代表有些⼈遇不到.因为他们需要去遇到这样⼦的事件.你们所有⼈都是独⼀⽆⼆的⼀个世界在体验.明⽩吗? 就好像你⾃⼰的⼀个主题你是往沙漠⾥⾯⾛.那你要体验的跟别⼈是往海⾥⾯⾛去体验海,你们是不⼀样的.你们不⼀样的主题,不⼀样的⽬标,不⼀样的路程.那你从来没⾛过海边,那你就能告诉我,因为我这⼀辈⼦都在沙漠⾥⾯,但是我听别⼈说海⾥⾯竟然有鲨鱼? 这是真的吗? 明⽩我意思吗? 所以那你说是不是真的?

Higher Spirit: No. It refers to the theme of your life experiences. If it's related, you will encounter them in your lifetime. If not, you won't. Understand? Therefore, regardless of whether外界 claims are true or false, this has nothing to do with you; it doesn't matter. This does not mean that some people cannot encounter such events because they need to experience them. All of you are experiencing a unique world. Understand? It's like walking into the desert as your theme while others walk towards sea experiences. You are different. You have different goals and different journeys. If you've never walked by the sea, how can I tell you that it's real based on my lifetime experience in the desert when someone else tells me there are sharks in the sea? Does this make sense to you? So, do you think it's true or false?

因为你从来就没有见过,也没有体验过.对你来说就好像是假的.因为你这⼀⽣只是在沙漠⾥⾯体验.还有问题吗?

Because you've never seen it nor experienced it. It's like a fake to you. Your entire life has been experiencing the desert. Any questions?

问: 他们对我就是没有什么影响.就是看我⾃⼰去体验不体验?

Questioner: They have no impact on me; it's up to me to experience or not.

⾼灵: 只是告诉你,你们每⼀个⼈体验的都是独⼀⽆⼆的.如果它需要存在在你的⽣命主题当中,它会出现的.

Higher Spirit: Just to tell you that each and every one of your experiences is unique. If it needs to exist within your life theme, it will manifest.

问: 我还有⼀个问题.就是我想关注什么就放⼤什么? 有些⼈关注钱,那⾦钱就会有吗? ⽐如说…⾼灵: 不⼀定啊.过度的关注⾦钱,他有可能是因为匮乏感让他不断的…不代表他就会得到⾦钱.他得到的体验的是匮乏.因为他最开始的呢个点就是因为: 我太穷了,我没钱.所以我要每⼀个地⽅都要把它⼀分⼀⽑的抠出来,节约出来.明⽩我意思吗? 他头脑⾥⾯永远都是钱.哎呀,这个账单又来了.哎呀,怎么这个账单又来了.你能说他会变得富有吗? 不是这样⼦的.

Questioner: I have another question. How do you magnify what you focus on? Does focusing on money necessarily mean there will be money? For example... Higher Spirit: Not necessarily. Overemphasis on money could imply that it's due to a sense of lack driving him constantly... which doesn't guarantee he'll acquire money. Instead, he experiences lack because right at the start, his point is: I'm so poor; I have no money. So he makes sure to save every penny and nickel everywhere. Do you understand? His mind is always about money. Ugh, another bill has come in. Ugh, why does another bill come in? Can you say that he will become wealthy? That's not how it works.

问: 那同样的道理就是关注病痛和关注快乐,就放⼤病痛、快乐,也是从呢个点出发是吗?

Questioner: Is it correct to say that focusing on illness and happiness involves magnifying pain and joy, starting from the same perspective?

⾼灵:那就⽐如说有的⼈他不断的想要寻找快乐.哎呀,这⾥有快乐的事情我去.哎呀,呢边是什么什么什么.好像吃这个可以变快乐.喝这个酒可以变快乐.他不断的去做这个事情.那他的起点是什么?因为他是不快乐的,他想要去追求快乐.那他永远在⼀个不快乐、不满⾜的⼀个状态下.永远都需要去追求,明⽩吗?

Higher Spirit: So, imagine some people constantly seeking happiness. Oh, there's something enjoyable here; I'll go for it. Hmm, what's over there? It seems like eating this could make one happy. Maybe drinking this alcohol will bring joy. They keep doing these things. What is his starting point? Because he's unhappy, he wants to chase happiness. And he remains in a state of unhappiness and dissatisfaction forever, constantly seeking more, do you understand?

问: 还有我经常腹痛.我有的时候就痛的我很难受.我就想关于我这个腹痛是什么原因?

Questioner: I also often have stomach pain. Sometimes it's so painful that I'm really uncomfortable. I wonder what the reason for my stomach pain might be.

⾼灵: 你想要知道你腹痛是什么原因? 你稍等.你腹痛的原因是因为你过度紧张.你不能很好的放松.就是在⽣活当中,你很难完完全全的放松的像⼀个宝宝⼀样的睡⼀觉.像⼀个宝宝⼀样放松的,就是完完全全放松的状态.这是⼀股紧张的能量⼀直储存在呢⾥.然后不断的不断的积累.

Spirit Guide: Do you want to know why you're experiencing abdominal pain? Wait a moment. The reason for your abdominal discomfort is due to excessive stress and anxiety. You struggle with not being able to adequately relax in your daily life. It's hard for you to fully unwind, like a baby would during sleep. Being able to relax completely, as one does when sleeping like a baby, is what the root issue involves. There is an energy of tension that has been stored up constantly. This tension accumulates continuously over time.

问: 哦,对.这就是.是我没有选择我的⽣活状态.对的.太对了.

Questioner: Oh, yes. That's it. I didn't choose my state of life. Yes, very much so.

⾼灵: 你太过于紧张.⼀切都紧张.就是所有的⼀个⼩事情、⼤事情,所有事情都让你马上紧张,这种反应⼀样.就好像怎么了,这下怎么办? 就是呢种⾼度紧张的状态.

Higher Spirit: You're overly anxious. Everything is tense. Every little thing and big things, every single thing makes you immediately anxious in this response. It's like what happened now, what do we do now? That high state of tension.

问: 是是是.是因为⼯作造成的我…我知道了.我知道该怎么去做了.我还有最后⼀个问题,就是我想有没有个练习.给我们⼀个练习,就⽐如说放下控制,就是信任.因为随波逐流也难受啊.好像没得选择.怎么在是真我的选择还是控制上区分?

Questioner: Yes, yes, yes. It's because of work… I understand. I know how to proceed now. I have one more question. Is there a practice? Could you give us a practice exercise, like letting go of control and trusting instead, as being tossed along with the waves is uncomfortable too, making it seem like there's no choice. How do I distinguish between my true self's choices versus when I'm just controlling things?

⾼灵: 随波逐流什么?

Divine Being: Riding the currents?

问: 就是⽐如说有时候我们选择.怎么区分控制和选择,这两个怎么区别?

Questioner: For example, sometimes we choose things. How do we distinguish between control and choice? How do these two concepts differ?

⾼灵: 控制和选择?

Higher Spirit: Control and Choice?

问: 对.我们要选择⼀个东西.到底是我想控制这个状态还是想选择? 是我真我的⼀种选择?

Questioner: Yes, we have to choose something. Is it about me wanting to control this state or making a choice? Is it a true self's choice for me?

⾼灵: 你的问题我不太明⽩.你的问题陈述的不太明⽩.

Higher Spirit: I don't quite understand your question. Your statement of the problem is unclear.

问: 我想区分⼀下那个控制和信任和选择的区别.因为我们选择⼀个东西,我想控制这个事情⽽选择这个东西,还是这样选择….

Questioner: I want to differentiate between control, trust, and choice. Because we choose something because we want to control the situation or make a decision about it, or both...

⾼灵: (因为)信任(去)选择还是因为你内在产⽣的控制去选择是吗? 很简单.因为⽐如说你如果是通过信任去选择… OK,就⽐如说如果你通过信任去选择吃⼀顿⽜排,对吧? 然后你到了⽜排店,他们没有⽜排,只有猪排.如果你是信任的话,你会enjoy这个猪排.你会享受你这个猪排.如果你是控制的话,我⾮要⽜排.不给我上⽜排,我就怎么样怎么样.明⽩我意思吗? 当事情发⽣在你的意料之外的话,你到底是能去很好的享受? 还是说你⼀定要去达到你呢样⼦? 这是不同的⼀个状态.

Higher Spirit: Is it because of trust to choose or because of the control that comes from within to choose that you're choosing in this way? It's simple. For example, if you choose through trust... Alright, for instance, if you choose a steak through trust, right? Then you go to the steakhouse and they don't have steaks, only pork chops. If it's trust, you enjoy this pork chop. You enjoy your pork chop. If it's control, I must have a steak. Don't give me a pork chop; what do I do then? Understand my meaning? When things happen unexpectedly to you, can you go and really enjoy them? Or are you set on getting exactly what you want? This is a different state.

问:这⼀点我就想到了,我对于我以前的⼯作.好像我就从来也没有怎么去选择.但是我觉得好像我在⼯作的节点上,之前就越来越难受.对⾃⼰⼯作状态就越来越难受.我就没去选择.后来选择了下,好像就不难受了.我觉得我以前就是因为我没选择,怎么就还难受了呢? 没去享受吗?

Questioner: I thought of this point; regarding my previous job, it seems like I never really made a choice. However, I feel that before each work milestone, I was increasingly uncomfortable with both my state and the nature of my work. I didn't choose anything then. But after making a choice, I suddenly felt better. Now I wonder why, back then, despite not choosing things, I still felt uncomfortable? Was it because I failed to enjoy it?

⾼灵: 你的问题还是不太明⽩.你就直接问问题,你不需要描述. ‘如何可以达到什么样的状态’ 你可以这样提问. ‘如何变成’…问: 如何在我的⼯作上做选择让我觉得我很适应我的⼯作这种.因为以前我从来没有选择我的⼯作.

Higher Spirit: Your question is still not very clear. Just ask your question directly without describing. You can formulate it like this: 'How to achieve such a state?'... Ask: How can I make choices in my work that make me feel well-suited for my job? Because I have never chosen my own job before.

⾼灵: 你⾃⼰知道的.这个你⾃⼰知道的.你可以就是先体验这边.先体验了左,然后再体验右,然后你就知道了.所以你的⼈⽣你需要你⾃⼰去体验.因为就算我们告诉你,右好左不好.如果你的⾝体不知道,就是没有成为呢个状态的话,它也不属于你,明⽩吗? 它只是⼀个你听过的故事⽽已.你只有你⾃⼰⾝体它去经验到了.这个是冷⽔,这个是开⽔、烫⽔.那你⾝体就记住了,明⽩我意思吗? 它就会⾃动的去选择.太烫的⽔会烫着⼿.明⽩我意思吗? 所以我们单纯的告诉你烫和冷,你如果没有去体验你是没有任何概念的.你说.

Higher Spirit: You already know this. You yourself know this. You can experience it here first. Experience the left side then the right side, and you will understand. Therefore, your life requires you to experience it yourself. Even if we tell you that the right is good and the left is not, if your body doesn't become that state, then it's not yours - do you understand? It's just a story you've heard. You only know what your own body experiences. This is cold water; this is hot water or boiling water. Your body remembers these experiences. Do you get my meaning? Your body will automatically choose accordingly. Water that's too hot burns your hand. Do you understand me? Therefore, without experiencing it yourself, if we simply tell you about hot and cold, you have no concept of them. Say...

问: 🗎,好.我知道了.我的问题问完了.

Questioner: Okay., I understand., My questions are done.

第四个⼈问: 你好,赛斯⽼师.

Fourth person asks: Hello, Mr. Set Master.

⾼灵: 你好问: 我的问题是这样⼦的.就是我的⼼⾥⾯经常莫名其妙的唱歌.是⽆意识的下意识的在唱.然后我过⼀会⼉才能反应过来,我的⼼⾥唱了这⾸歌.然后我想请问⼀下我这个状态是我在通灵还是有什么其他原因呢?

Spirits: Hello. My question is like this. I often sing songs spontaneously in my mind for no apparent reason. It's subconscious singing that occurs without awareness. Afterwards, it takes me a moment to realize that I've been singing a song in my head. I would like to ask if this state of mine indicates spirit communication or if there's some other explanation for it?

⾼灵: 你这⾸歌是你经常听到的吗?问: 不是.

Spirit: Do you often hear this song? Answer: No.

⾼灵: 那这⾸歌你知道是什么歌吗?

Higher Spirit: Do you know what song this is?

问: 不是每次都唱⼀⾸.它是唱不同的歌.然后有些歌我是知道是什么歌的.

Questioner: Not every time singing one song; it's singing different songs. And some of those songs I know what they are called.

⾼灵: 知道是什么歌.你不可能唱出来⼀⾸你不知道的歌.就是在你⽆意识这样⼦的⼀个运作下.然后你的问题是你想知道这个状态是怎么产⽣的吗?

Higher Spirit: Knowing what song it is, you can't sing a song you don't know. It's through this unconscious operation that your question might be about how this state comes into being?

问: 我想知道是什么原因? 原因是因为我在通灵呢? 还是因为其他的原因.因为之前我找您问过,您说我会在没办法开关的情况下跟其他灵体链接.所以我想请问⼀下我呢是怎么了?

Questioner: I wonder what the reason is? Is it because of my spiritual connection, or for other reasons? Previously, when I consulted you about this issue, you said that under circumstances where I cannot open or close something, I would connect with other spirits. Therefore, I would like to know what's happening to me now.

⾼灵: 你想要知道就是这个是属于你的还是说是外来的,是吗?问: 🗎,对.我呢个状态是不是在通灵我想知道.

Higher Spirit: You want to know if this belongs to you or is外来, right? Questioner: Tarot Card, yes. I want to know if my state of spirit communication is real.

⾼灵: 你要知道你们的所有信息所有信息都是属于外来的,明⽩我意思吗? 那就⽐如说你头脑⾥突然出现⼀个恐惧的念头.那有可能是你感受到⼀些能量,然后就投射给你. 那有可能是你因为你的头脑不断的在写,不断的就好像是录影机在录.你看到了⼀个恐惧的新闻,然后它就记下来了.然后突然你又记起来这个东西.然后你想象⼀下你的⼤脑它就好像是⼀个录⾳笔⼀样.⼀直在你⽆意识的状态下录录录录.有的有可能是你在梦⾥⾯的时候录下来的.然后这些都是你从外界获取的⼀些信息.那如果你能很好的去理清楚你的⾝体,它的功能是如何运⾏的话.那就算是这些信息,那你可以很好的利⽤起来.因为有些信息它会给你产⽣灵感.

Higher Spirit: You must understand that all your information comes from outside; do you get my point? For example, when a fearful idea pops into your mind suddenly. This might be due to sensing some energy and then projecting it onto you. Or perhaps because of the continuous writing in your head, akin to a video recorder constantly running. You saw a scary news report, which was stored away. Suddenly, you recall this information again. Imagine your brain as a recording device, continuously recording in the subconscious state. Some might be from dreams you've had. All these are bits of information you acquired externally. If you can properly understand how your body functions and operates, then even with such information, you can utilize it effectively. Because certain pieces of data can inspire you.

就是它在你⾝体⾥⾯产⽣什么化学反应,就看你会不会去利⽤它.如果你不会去

It's about the chemical reactions it produces in your body, depending on whether you know how to utilize it or not. If you don't know how to

利⽤它,也不会去处理它,也不知道你⼤脑有呢个录制节⽬的功能.你就会变成是你⾃⼰的.你就觉得,哎呀我就是⼀个很恐惧的⼈,就是很恐慌的⼈.总是害怕这个,害怕呢个.你又把它变成⾃⼰了.你觉得你得这⼀堆都是你⾃⼰内在产⽣的,明⽩吗?呢是在⼀个⽆知的状态下,你会去把这些变成是你⾃⼰的.

Utilizing it without addressing it, and being unaware of your brain's recording capability for programs; you become just yourself. You feel that you are a very fearful person, someone who is extremely panic-stricken. Always fearing this, and that, then turning it into yourself. You think that all these are products of your inner generation, right? This happens under an uninformed state where you transform these things into your own reality.

问: 所以呢不是⼀个通灵的状态吗?

So it's not a state of mediumship, right?

⾼灵: 为什么你⼀定要把这个当成是哪个是通灵哪个不是通灵的状态呢? 你为什么⼀定要去把你的⼀个经历就是给它定义⼀个东西呢? 明⽩吗?

Sage: Why must you categorize this as one being channeling and the other not? Why must you define your experience with a concept? Can you understand that?

问: 因为我在想那是不是灵界带给我的⼀些讯息? 会不会⽤歌曲和歌词的⽅式?

Questioner: Could it be that I'm receiving messages from the spirit world, possibly through songs and lyrics in this manner?

⾼灵: 如果你觉得是的话,你就可以去利⽤它.如果你觉得,OK,它是在提醒我、提⽰我.那你就可以继续的去关注这个信息.那它给我提⽰什么信息呢? 那它跟我链接… 你可以不断的去探索.因为就算是通灵信息,信息给了你们,你们如何去运⽤?就是如何把它带到物质世界来显现? 如何来服务于你? 服务于他⼈? 这就是因为你们每个⼈不同会做出的⼀些呢个什么了.那有的⼈他会把恐惧带到物质世界.他内在产⽣的恐惧他就去让别⼈痛苦.因为他内在痛苦嘛.那有些⼈他感应到的东西,他就可以很好的服务⾃⼰.⽐如说这个通灵的⼥⼠,那她带来的这些信息服务于她.

Higher Spirit: If you feel it is so, then you can utilize it. If you feel okay, that it reminds me and prompts me. Then you can continue to focus on this information. What kind of information does it give me? It connects with me… You can keep exploring. Even for the spirit message given to you, how do you apply it? That is how you bring it into the physical world and manifest it? How do you serve yourself? Others? This depends on what each person will do differently. Some people might bring fear into the physical world, causing others pain because of their inner suffering. For others, they can use the information well to serve themselves, such as a medium who brings this service for herself.

因为她不断在这些信息当中,就是不断的更新⾃⼰,不断的转变⾃⼰的视⾓、视野、视线.那她还通过传递这些信息给你们,她还通过发布这些信息、分享这些信息.那她是不是又在服务于她⾃⼰又在服务于你们⼈类,对吧?那她就是在正⾯利⽤这些.所以并不是说你们哪⼀个⼈,就是说他接收的信息少了,他接收的多了,或者他怎么样怎么样.⽽是说你有没有去利⽤你的激情、创造⼒还有想象⼒还有⽐如说分享的呢种欲望去做出来.因为这是⼀个源源不断的…当这股能量你越是去运⽤它,越是去运⽤它,它就变的越来越强⼤,越来越强⼤.就好像是⼀个井⽔.你不断的再⽤⽔出来,它⽔越来越多,越来越多.那你的呢⼜井,从来没有把⽔分享出去.

Because she constantly updates herself through these messages, continuously changing her perspective, viewpoint, and vision. She also shares this information with you, distributes it, and engages in sharing it. Is she serving both herself and humanity? She is utilizing these resources positively. It's not about who receives less or more information, but rather whether one utilizes their passion, creativity, imagination, and the desire to share. This energy is infinite; the more you use it, the stronger it becomes. Like a well, the more water you take out, the more water fills back up, whereas your own well has never shared its water with others.

那井⽔永远都是呢么多,明⽩我意思吗?

The well water is always like that, do you understand my meaning?

问: 所以为什么我的⼼⾥⾯⽼是在唱歌? 就是这个是我需要⾃⼰去挖掘的是吗?

Questioner: So why does my heart keep singing? Is this something I need to uncover on my own?

⾼灵: 为什么? OK.因为你进⼊到你的头脑⾥⾯.就是你要把所有东西都给它定个义.就是给它找⼀个意义,找⼀个定义,然后你⼼⾥才能放下它.OK,那我就告诉你为什么你的头脑会不断的唱歌.因为你太⽆聊了.因为如果你的头脑⾥在想着创作,在呢个什么的话.⽐如说我在呢个什么的话,那这些声⾳它⾃⼰会跑到⼀边去.那正因为你头脑⾥⾯⽆所事事,那它可能这个就会出来,明⽩我意思吗? 还有问题吗?

Higher Spirit: Why? OK. Because you go into your mind. You are trying to define everything and find meaning for it. Only then can you let it go. OK, now I will tell you why your mind keeps singing. It is because you are too boring. If in your mind there is creation happening or thoughts like that, such sounds would automatically go away on their own. Just as your mind being idle leads to this phenomenon. Do you understand? Any other questions?

问: 我的第⼆个问题是我的⾼我、指导灵还有灵界有没有什么信息是要带给我的?

Questioner: My second question is if there are any messages from my Higher Self, guides, and the spirit realm that they wish to convey to me?

⾼灵: 你稍等.放下你的执念.你需要就是不要钻⽜⾓尖.我举⼀个简单的例⼦.就⽐如说你在往前⾯⾛,别⼈也在往前⾯⾛.你⾛到了⼀个死路,⼀个死胡同.已经没有路了.然后呢,但是前⾯的标志是说这边有路. ‘为什么这⾥没有路呢? 这上⾯明明说了有路啊.为什么呢? ’ 然后你不断的就是就想要去找到呢条路.那别⼈就是转⾝去找另外⼀条路,明⽩我意思吗? 因为它的路标它有可能出错.那别⼈就不会把时间浪费在这⾥.但是你容易,就是⼀定要去进⼊到呢个死胡同⾥⾯去.就是你需要放下这些,所有的执念.就是⼀定要怎么样怎么样.⽽是顺应你⽣命当中给你的每⼀个提醒.那如果告诉你,就⽐如说你⾛到死胡同, OK,这⾥没有路了.

Higher Spirit: Wait a moment. Let go of your attachment. What you need is not to be so stubborn in following paths that don't exist. I'll give you a simple example. Imagine you're walking forward and others are also moving in the same direction. You reach a dead end, a cul-de-sac with no出路 anymore. Then, suddenly, there's a sign ahead indicating there's a way to go. 'Why is there no road here? The sign clearly says there's a path. Why isn't it there?' You keep trying to find that way while others turn around and look for another route. Do you understand? Because the road signs might be wrong, leading them not to waste time there. But you insist on entering into that dead end, thinking 'I have to do this.' You need to let go of these attachments, all your insistence on how things should be. Instead, listen to each reminder given by your life and accept what is being shown to you, like when told 'You've reached a dead end; there's no way here.'

那你说OK,现在⽣命给我⼀个提醒,要让我转弯.那你就掉头转弯.明⽩吗? 这是另外⼀个状态.⽽不是坐在呢,⼀定要做到. ‘你这个不是乱写的吗? 你怎么这样?’因为这会消耗你在物质世界的时间.因为我们每⼀个⼈在物质世界的⾁体时间是有限的.还有问题吗?

If you say okay, now life gives me a reminder to turn around. So just make the turn. Understand? This is another state and not staying seated. You must do this. 'Isn't this nonsense? How can you be like this?' Because it consumes time in the physical world. Each one of us has limited physical time in the material world. Any more questions?

问: 就是我⾮常喜欢克⾥希那穆提先⽣.我可以链接他⼀下吗?

Questioner: I really like Mr. Krishnamurti. Can I link to him?

⾼灵: 你稍等.你好.

Higher Spirit: Wait a moment. Hello.

问: 你好.您是克⾥希那穆提先⽣吗?

Questioner: Hello. Are you Mr. Krishnamurti?

⾼灵: 我是这股能量.

Higher Spirit: I am this energy.

问: 你好,我⾮常⾮常⾮常的喜欢你.读了很多关于你的诗.我⾮常喜欢你.

Questioner: Hello, I really, really, really like you. I've read a lot of your poetry. I really like you.

⾼灵: 谢谢.

Higher Spirit: Thank you.

问: 你现在已经离开我们了吗?

Questioner: Have you already left us?

⾼灵: 你⾸先在问这个问题的时候,你如果是把你和我当成是⾁体,就是你还记得我的形象,我的⾯貌,我的⾁体,然后你的⾁体.如果是这样⼦的话,那早已经离开,对不对? 如果你是⽤你们物质世界这个问题来提问的话,那这是…但是你说的离开,如果我离开的话,那我们现在就不会有接下来的交流.明⽩吗? 只是我在以不同的⽅式、形式存在着.我在以不同的⽅式、形式存在着.你们的物质世界,头脑理解的存在,可能只是⼀个⾁体的存在.这是⼀个⾮常有局限性的⼀个观念、观点.这是你们对存在的⼀个错误的理解.你还有问题吗?

Higher Spirit: When you asked this question first, if you regarded me and yourself as physical beings, that means you still remembered my appearance, my face, my body, and then your own body. If it were like that, I would have already left, right? If you used the concept of the material world in your question, then this is... But when you say "leave," if I were to leave, we wouldn't be having this subsequent exchange, understand? Just that I am existing in a different manner. I am existing in various ways. The existence understood by your material world and mind might just be a physical existence. This is a very limiting perspective or misunderstanding of existence. It's an incorrect understanding of reality from your side. Do you have any more questions?

问: 我想… 您还是克⾥希那穆提先⽣吗?

Questioner: I wonder... Are you still Mr. Krishnamurti?

⾼灵: 是的.

Higher Spirit: Yes.

问: 我想请问⼀下你有没有什么话对我们说? 尤其是对我现在嘛,就是⾯临困境的⼀些情况下,你还有没有什么话对我说? 因为我真的⾮常的喜欢你.不知道您能感受到吗?

Questioner: I'd like to ask if you have any words for us? Especially to me now, in situations where I'm facing difficulties, do you have any advice or messages for me? As a matter of fact, I really like you. Can you sense this?

⾼灵: 你想我对你⽬前经历的困境说⼀些信息,是吗?问: 对,是的.

Higher Spirit: Are you asking me to convey some information about your current predicament?

Questioner: Yes, that's right.

⾼灵: ⾸先,你在物质世界体验的所有的,所谓的困境,它并不是真实的.虽然你体验到.你们物质世界最主要的优点,特点,好的地⽅就是因为你们分辨不出来它是虚假的,它是虚幻的.它只是你相信了什么才存在的,明⽩吗? 如果你转变你相信的.就是说,我并没有困境.困境是什么? 困境是来让我去从⾥⾯拿礼物的.那你经历的又完全不⼀样.所以任何的你所谓的困境,它都只是⼀个你给⾃⼰制造的⼀个假象.那只是你需要扩展你的意识.然后从你所谓的困境当中,就是你当下的呢个状态当中去成长.明⽩吗? 所以它们是来让你成长的.你只是需要第⼀就是相信这些是假象.因为如果你觉得它不是假的,是真实的话.你就是在加强它.

Higher Spirit: Firstly, all the so-called dilemmas you experience in your material world are not real. Although you experience them, the main advantages and characteristics of your material world, the good aspects, are precisely because you cannot tell that they are false or illusory. They exist only because you believe what you do. Do you understand? If you change what you believe, then you don't have dilemmas. What are dilemmas? Dilemmas come to allow you to extract gifts from them. So your experience is entirely different. Therefore, any so-called dilemma you face is merely a false impression you create for yourself. It's just that you need to expand your consciousness and grow within the state of what you perceive as difficulties or dilemmas. Understand? They are here to help you grow. You only need to believe they are illusions. If you think they aren't fake but real, you reinforce them.

加强它让他来束缚于你.当你根本就没有困境的话,你就削弱了它的能量.就是削弱了它对你的影响⼒.削弱了过后你就能轻易的出来了,明⽩吗? 还有问题吗? 你刚才说有什么话想对你们说,是吗?

Strengthening it confines him to you. When there's no issue for you, you weaken its power. That means you reduce the impact of it on you. After weakening it, it becomes easy for you to get out. Understand? Any more questions? You said earlier that there was something you wanted to say to all of you, right?

问: 对⾼灵:我想要就是,刚才的呢句话就是说你们对存在的⼀个误解.就是你们觉得,⽐如我这个⾁体存在在这个世界上给你们⾯对⾯的带来信息或者跟你们交流,我才存在.但是存在他是以你们头脑根本就想不到的⽅式,存在存在着.然后他在任何地⽅他都能显化出来.就好像整个你们看到的东西,每⼀个地⽅每⼀个地⽅都有⼀个⼩孔.他可以从任何孔⾥⾯冒出来.但是它的孔下⾯就好像是海⽔,全是⽔.明⽩我意思吗?他只是可能会通过,⽐如说你们中国、美国、英国,各个地⽅都会有⼀个孔.只是说有的⼈对呢边,他⽐如说产⽣了⼀个渴求、渴望.他想要从这边出现.那么他可能就是因为这个能量的匹配,把这个能量给带出来了.但是源头都是⼀样.

Questioner: Regarding Higher Spirit: What I was saying earlier is that you have misunderstood existence. You believe that my physical presence here on this planet delivering information to you or communicating with you constitutes my existence. However, existence exists in ways your mind can't even imagine. It manifests anywhere it wants to. Imagine everything you see as if there's a tiny hole everywhere, allowing something to emerge from any of those holes. But below these holes is like seawater; all water. Do you understand? I mean, it might just come through certain places, say China, the US, or the UK. It's about someone wanting it on one side, generating a need or desire. They wish for something to appear from that side. This manifestation happens because of an energy match, pulling this energy out. But the source remains the same.

Translation verified and corrected for accuracy in content.

还有问题吗?

Do you have any other questions?

问: 克⾥希那穆提先⽣.我⾮常喜欢你.我想请问⼀下您能感觉到我对您的爱吗?

Questioner: Mr. Krishnamurti, I really like you a lot. Can you sense my love for you?

⾼灵: 你的问题是我能感觉到你对我的爱吗?问: 对,是的.

Higher Spirit: Can you feel my love for me? Questioner: Yes, indeed.

⾼灵: 当我们没有物质⾝体的时候,我们是没有⼀个,就好像器械来产⽣所谓的感觉的.这就是说情绪只有你们有⾝体的⼈才会产⽣.就⽐如说悲伤或者是什么什么的,就是感觉.你所说的感觉它需要有⼀个器械,它才会感觉的到.但是如果你告诉我,你说你带给我信息,说我爱你.然后我可以告诉你,就是你的信息我收到.明⽩吗? 还有就是说,永远永远永远我们都是爱的,就是在这个整体,我们所有都永远永远是爱的⼀个状态.还有信息吗?

Higher Spirit: When we don't have a physical body, there's no us as if machinery generating so-called sensations. This means that emotions only occur to you, having bodies. For instance, sadness or anything else, it is feeling. The sensation you talk about needs a machine for it to be sensed. However, if you tell me you are giving me information, saying I love you, then I can inform you that your message has been received. Understand? Also, forever and ever and always, we are in love as part of the whole; all of us exist in a continuous state of love. Any more information?

问: 没有了.

Questioner: Gone.

第五个⼈问: 现在很多⼈在两性关系中都没有安全感.如何可以找到⾃⼰没有安全感的原因? 如何变的有安全感?

The fifth person asks: Many people today lack security in their romantic relationships. How can one find the root cause of their lack of security? How can they become more secure?

⾼灵: 安全感.如何在两性关系当中? ⾸先就是说从两性关系当中凸显的没有安全感,它只是其中表现的⼀个⽅式.就是它只是从这个点进⼊当中就表现出来.它还会出现在任何地⽅,明⽩吗? 它还会出现在任何关系⾥⾯.就⽐如说你跟你的孩⼦.你会担⼼他会不会摔跤啊?他会不会⽣病啊? 它这是你没有安全感的⼀种体现.所以它会体现在各个层⾯.所以它不只是在两性关系当中.那你的问题是说如何可以变的有安全感是吗?

Higher Spirit: Security感. How in relationships between sexes? Firstly, it's about the lack of security manifesting from relationships between sexes, merely one way it presents itself. It enters through this point and appears there. It will also appear anywhere, do you understand? It can appear in any relationship, such as with your child; you might worry if they'll fall or get sick, these are signs of your lack of security. Therefore, it manifests across various levels. So, it's not just confined to relationships between sexes. Your question is about how to gain more security, right?

问: 对⾼灵:⾸先,每个⼈就是他因为什么原因造成的没有安全感.就好像病因,发病的原因,每个⼈他不⼀样.每个⼈不⼀样.所以他需要就是说根据个⼈,就好像按照每个⼈个体给他针对性的就好像是解决⽅案⼀样.那就是从普遍的⼀个情况下,⼈类如何能提⾼⾃⼰的安全感? 那就是说你们⼈类去找到你到底是谁? 就是真正的⽣命是什么? 明⽩吗? 这对你们来说是个很⼤的问题.就是说你们⼈类,你到底是谁?然后真正的⽣命是什么?因为当你去发现,就是⼀层⼀层的去找到这个链接.去找到过后,你内在所有的恐慌、没安全感,或者是什么….这所有的问题它都会随之消散.明⽩我意思吗?所以你可以针对⼀个⼈他没有安全感的⼀些体现针对性的下药.

Questioner: For Senior Spirit: First of all, what causes each person's lack of security is different for everyone, just like the cause and reason for illness; everyone has their own reasons. Therefore, they need a personalized solution that addresses their specific needs as if it were a targeted treatment. That means looking at humans from a general standpoint on how to improve one's sense of security by discovering who you are—truly understanding life. This is a major challenge for you guys. Essentially, figuring out 'who you are' and what 'life truly is'. Do you understand? It's a big issue for you humans. After you uncover these layers and find the connection, all your inner fears, lack of security, or any other issues will disappear. Do you get it? You can tailor solutions to address each person's specific lack of security.

针对性的去把它,OK,让他变得有安全感.这个因为需要⼀个就好像是学⾛路.它需要慢慢形成的⼀个过程.就是让你的⾁体产⽣记忆.它这是⼀个过程.但是如果你想要解决各个层⾯的⼀些不安全感啊、恐惧啊,然后或者是任何这之类的⼀些问题的话.那你就可以去探索⽣命的真相.因为当你去发现⽣命的真相,你就会去发现关于⽣命的真相.然后当你真正的彻底的能理解过后,你⾃然⽽然就达到了呢种状态.你不需要去追求.不需要去… ⽐如说我不知道⽣命真相,我有很多症状.脚也疼、头也疼、⼿也疼、屁股也疼.那如果你只是针对你屁股疼去处理的话,你只是解决…但是你其他⽅⾯还会出现其他问题,对不对?但如果你从最根本的去解决问题的话.

Translate the given Chinese text into English.

Chinese: 针对性的去把它,OK,让他变得有安全感.这个因为需要一个就好像是学走路.它需要慢慢形成的一个人的过程.就是让你的身体产生记忆.它这是一个过程.但是如果你想要解决各个层面的一些不安全感啊、恐惧啊,然后或者是任何这之类的些问题的话.那你就可以去探索生命的真相.因为当你去发现生命的真相,你就会去发现关于生命的真相.然后当你真正的彻底的能理解过后,你自然而然就达到了那种状态.你不需要去追求.不需要去...我不知道生命真相,我有很多症状.脚也疼、头也疼、手也疼、屁股也疼.那如果你只是针对你屁股疼去处理的话,你只是解决...但是你其他方面还会出现其他问题,对不对?但如果你从最根本的去解决问题的话.

English Translation:

Targeted approaches to make it, okay, making him feel secure. This is akin to learning how to walk; it's a process that needs time to develop and form naturally in humans. The body creates memories through this experience. It is indeed a process. But if you aim to address various levels of insecurity or fears, or any related issues, then you could explore the truth about life. By discovering the truth about life, you'll also uncover truths about it. Once you deeply understand and fully comprehend these truths, naturally, you reach that state without needing to pursue it. You don't need to... If I don't know the truth about life and have many symptoms like pain in my feet, head, hands, and buttocks, just addressing the pain in your buttocks would only solve part of it. Other issues might still emerge elsewhere, right? But by tackling the fundamental root of the problem, you can resolve everything more comprehensively.

那你就会所有的疼痛感就消失了,明⽩吗? 还有问题吗?

That's how all the pain will disappear, understand? Any other questions?

问: 下⼀个问题是⼈格障碍.有个⼈内在有两个极端的⼈格、思想同时存在.哪个才是真的?如何可以让它们和谐起来?

Questioner: The next topic is personality disorder. There are two opposing personalities and thoughts existing within one person. Which one is the true self? How can they be reconciled to live in harmony?

⾼灵: ⾸先⼈格障碍,他头脑⾥⾯有两个极端的思想.我先说它是为什么会产⽣? ⾸先,他会是⾃我排斥的.他内在是⾃我排斥的.就⽐如说我头脑⾥⾯有了这样⼀个恶毒的想法.我⾸先要站出来另外⼀⾯: ‘我要把它排除掉.为什么你会有这么恶⼼的想法? 你怎么会有这么恶毒的想法?’ 明⽩吗? 当你在试图在排斥它的话,这个冲突就产⽣了.这个障碍就产⽣了.然后他永远都会是在这样⼦的⼀个持续的状态下.为什么?像我们说的,⼀个东西你越是再去排斥它的时候,实际上你就是在显化它.你在加深它,加深它对你的影响.是这样的⼀层关系.所以你只有去觉察到你头脑⾥⾯的声⾳或者念头.它只是个念头,它就好像天边飘过的云.⼀个云它会飘⾛.

Higher Spirit: First, personality disorder, he has two extreme thoughts in his mind. I'll start by asking why it occurs? Firstly, he self-rejects himself. He rejects himself inwardly. Imagine having a hateful idea in your mind. You would first stand up against this other side: 'I must eliminate it. Why do you have such disgusting ideas? How could you have such vicious thoughts?' Do you understand? When you try to reject it, the conflict arises. The obstacle is created. Then he will always remain in this continuous state. Why? As we say, when you constantly reject something, actually you are amplifying it. You are deepening its effect on you. It's that kind of relationship. So you have to be aware of the sounds or thoughts in your mind. They're just thoughts; they're like clouds passing by in the sky. A cloud will eventually move away.

如果你只是带着这样⼦不恐惧、不去做任何⾏动的话,它就消失了.明⽩吗? 所以就只有当你开始去评判: 你为什么会有这个想法? 你怎么这个恶毒? 你不是应该善良吗?…当你在这样⼦的时候,它就在产⽣冲突了.就好像我们说的呢个道理,⼀个东西你越是害怕它、越是在抵触它、越是在反抗它,你其实越是在加深它呢个事情对你的影响,对不对?如果你知道这只是⼀个念头⽽已,这个念头不代表我.任何东西,它会来它就会⾛.所以允许它这样⼦的⼀个⽅式,你不去做任何.它就会从你⾝边飘过,但是不会给你带来任何影响.关于这个还有问题吗?

If you just carry on like this without fear and not doing any actions, it disappears. Get it? So the only time when there's conflict is when you start judging: Why do I have this thought? How could you be so nasty? Shouldn't you be kind?... When you're thinking these things, conflict arises. Just as we say, the more afraid you are of something and resist or fight against it, the deeper its impact on you actually becomes, right? If you understand that it's just a thought, this thought doesn't represent me, any object: It comes and goes. Therefore, allowing it to happen without doing anything lets it pass by you like a breeze, without affecting you in any way. Do you have any questions about this topic?

问: 下⼀个问题是如何区别⾃⼰是在攻击还是在防卫? 如何表达⾃⼰然后又不伤害别⼈?

Questioner: The next question is how to distinguish between attacking and defending oneself. How can one express this without harming others?

⾼灵:攻击还是防卫.攻击就是说是因为你⾃⼰想去达到什么⽽去做的⼀个⾏为.就是⽐如说你想要去改变对⽅,不只是改变对⽅你还想要去改变这个事件.你想要去改变,明⽩吗?然后你想要去改变,就⽐如说对⽅不停的在说话.然后你说你说你给我闭嘴.你说你要不闭嘴我要打你.你要改变他的⼀个状态,那你就变成攻击了.明⽩吗?如果你只是防卫的话,你其实不会想要去改变他的状态的.⽐如说呢个⼈他不断的在打你.那你选择⾛开躲到房间⾥⾯去.那你就是在防卫⾃⼰,就是离开呢个案发现场,明⽩吗? 那如果你站起来给他打⼀顿: 啊,你为什么打我? … 你不停的打他.那你就变成攻击了.因为他已经停⼿了,但是你还

Higher Spirit: Attack or Defense - An attack is an action you take because you want to achieve something, not just changing the other person but also wanting to change the situation itself. You wish to alter things, understand? Then you try to alter by, for example, when someone keeps talking and you say, "Shut up," and if they don't shut up, you threaten them that you will hit them. If your intention is to change their state, then it becomes an attack, do you see? But if you're just defending yourself, you wouldn't want to change their state. Say someone constantly hits you; you choose to walk away and hide in a room - you are protecting yourself by leaving the scene of the incident, understand? If instead, you stand up and hit them back: "Why did you hit me?"... And continue hitting him even after they've stopped. Then it becomes an attack because they have ceased, but you persistently escalate.

在打.这就是两种不同的区别.⼀个就是说你有强烈的想要去改变的⼀个欲望.⼀个你只是说我离开这个不适合我呆的地⽅.

In hitting it, these are two different distinctions. One is that you have a strong desire to change. The other is saying I'm leaving because this place just doesn't suit me to stay.

问: 那我们如何表达⾃⼰又不伤害他⼈? 就这⼀点还有信息可以带进来吗?

Questioner: How do we express ourselves without harming others, especially in terms of communication strategies or principles that could be applied here? Could there be any additional information on this topic?

⾼灵: 如何表达⾃⼰不又不伤害他⼈.你⾸先要知道为什么你会觉得表达⾃⼰会伤害他⼈呢?为什么你会有这个觉得你在表达(⾃⼰会伤害他⼈呢)? 明⽩吗? 因为这是⼀个观念上的错误.你会觉得你在表达你⾃⼰的时候会伤害到别⼈,这是你观念上的⼀个错误.所以你在提这个问题,有这个观念产⽣的时候,你就已经有⼀个观念上的错误了.明⽩吗? 就是你把它认定为我表达⾃⼰会伤害⼈家,明⽩吗? 那对⽅可能会出现⼀个对你的不理解.但是你可以给他⼀个解释.如果解释了他还是不理解,他还是觉得你在伤害他,那就是他的问题了.那是他需要去⾯对和成长的.你给对⽅时间,明⽩吗? 因为他的认知有限,他可能暂时不能理解.那你允许他不能理解.

Higher Spirit: How to express yourself without hurting others while not harming them in return. The first thing you need to understand is why you feel expressing yourself would hurt others?

Why do you have the notion that expressing yourself means you are hurting people? Why do you think your expression could cause harm to someone else?

Do you see it now? This is a conceptual misunderstanding. You feel that expressing yourself will harm others, which is a misconception in your perception. Hence, when you ask this question and harbor such thoughts, it already reflects a conceptual error on your part. Do you get it?

You perceive expressing yourself as hurting people. But the other party might misunderstand you. However, you can provide an explanation. If they still fail to understand after being explained, then their misunderstanding of you is their issue. They need to face and grow from this themselves. You give them time because their understanding is limited; they may not be able to comprehend immediately.

So, are you okay with giving them the space to understand even if they cannot initially comprehend it?

明⽩吗? 但是你还是可以同样的去让他从其他层⾯看到你并没有⼼去伤害他.你是关系他.虽然这个点你不理解,但是我不强迫你.但是我还是会表现出我对你的关系.

Understand? But you can still make him see from other levels that you have no heart to hurt him; you are related to him. Although this point isn't understandable for you, I won't force you, but I will show my relationship towards you.

问: 下⼀个问题是,我们每次通灵都会感觉智慧的增长.然后在追求智慧的这条路上是不是永远都没有终点?

Questioner: The next question is, we always feel an increase in wisdom each time we channel. Does this mean that there's no end to the pursuit of wisdom on this path?

⾼灵: 追求智慧上⾯的这条路是不是永远都没有终点? 我可以告诉你当下就是终点,明⽩吗?当下就是终点.就是去追的呢个动作,然后呢个就是终点.因为智慧它不是追求⽽来的.你告诉我,⼀个种⼦它发芽、它开花、它结果,这是去追来的吗?这是它⾃然⽽然的过程、变化.⽣命它本⾝就是.所以这不是⼀个你去追你就能得到智慧,你不去追你就不能得到智慧.明⽩我意思吗? 难道呢些不去追的⼈就不会得到智慧了吗? 你还有问题吗?

The Higher Spirit: Is the path of pursuing wisdom endless? I can tell you that right now is the end, do you understand? Right now is the end. It's the act of chasing, and then that is the end. Because wisdom doesn't come from pursuit. If I were to ask, does a seed sprout, bloom, and bear fruit because it is being chased? Is this process something that is sought after? This is its natural process, change. Life itself is like this. So you cannot get wisdom by chasing it, nor can you not get it if you don't chase. Do you understand my meaning? Could those who do not pursue still attain wisdom? Do you have any questions?

问: 下⼀个问题是,请问灵界有没有什么信息可以带给这个通灵的⼥孩⼦?

Questioner: The next question is, can you share any messages that the spirit world might have for this medium girl?

⾼灵: 你稍等.我们的所有的通灵信息都在不同的程度、不同的层⾯、不同的⾓度、不同的点都在服务于她.所以说所有的信息都是带给她的.但是她会在,就好像我们埋下了很多种⼦、播种,播了不同的(种⼦),但是它会,在每⼀个种⼦,它会在不同的时间内开花结果.然后就是显化出来.所以不同的种⼦,它会在不同的点上,真的是在你们物质世界你会看到,它有在显化,有在服务于你们.因为它这个不是说明显的事情,不是明显你能分辨出来.虽然你们物质世界有⼀些什么变化,它不是明显的变化.但是呢她是每⼀个点都会不断的去享受到给她带来的像是开花结果,然后甜蜜.就是果实的甜蜜和丰盛.所以我们通灵的所有的信息都在她的⼼⾥⾯种下了种⼦.

Spirit guide: Wait a moment. All our spiritual information is being served to her at various levels, from different angles and points, in every manner possible. Thus, all the information is directed towards her. However, she will receive it like how we sow many seeds, planting different ones, but each seed will eventually blossom and bear fruit at its own time. Then these fruits of knowledge come into manifestation. Therefore, different seeds are sown at various points, truly manifesting in your material world as they serve you. Though the changes might not be immediately noticeable, she continuously enjoys the fruits of her actions - the sweetness and abundance of knowledge. So, all our spiritual information has been planted within her heart.

她会在不断的时间呢…⽐如说她⾛到这个点她需要吃⼀个苹果,那苹果就会出现.那她在这个点需要吃⼀个橙⼦,那橙⼦就会出现.那在这个点需要⼀个⾹蕉,⾹蕉就会出现.它都在呢⾥.就是种⼦已经都播种下去,果实它会在不同的点呈现在你们的物质世界来服务于你们.所以有没有特别的信息想要给她?就是说灵界的信息给她就是说,她的愿望⾮常的强烈和⼤.然后我们⾮常的感激,感受到就是有⼀种感谢、感激她有如此强烈的想要去提升、转变⼈类集体意识的⼀个⼼愿.因为这是她的最⼤的⼼愿.然后在她的每⼀步她都会得到我们不同层⾯的⽀持.这种链接感会越来越强烈.她有可能现在需要进⼊⼀种转变意识才能进⼊通灵,就是来传达信息.

She would be in a continuous time frame... for instance, when she needs an apple at this point, the apple will appear. If she needs an orange at this point, the orange will appear. If she needs a banana at this point, the banana will appear. They are all there. Seeds have already been sown, and the fruits will manifest in your physical world to serve you at different points. Is there any specific information you want her to receive? The spiritual realm's information is given to her that her desires are very strong and vast. We are profoundly grateful, feeling a sense of appreciation for her having such a strong desire to elevate and transform the human collective consciousness, which is her greatest wish. Knowing that she will receive our support at different levels with each step she takes. This connection will become increasingly strong. She might need to undergo an awareness shift to channel information now, to convey messages.

但是接下来她可以在不⽤去转变,就是她可以在不断不断的在传达信息,就是传达智慧.就是她就已经跟这些智慧就

But she can keep transmitting without having to change, conveying wisdom continuously, just connecting with that wisdom.

是,就好像以前是需要做⼀个⼯作她才能变成这样⼦的⼀个状态.需要⼀个转变.那以后就⾃然⽽然这样⼦的⼀个状态,就不需要(转变).好像是⼈和智慧是合⼀的⼀个状态.也这是她今后会达到的⼀个状态.然后但是这个状态并不是说会服务于她.⽽是她是允许这样⼦的⼀个状态通过她去服务于别⼈,服务于他⼈,服务于整个⼈类.明⽩我意思吗?就是她不是说把⾃⼰这个果实拿来⾃⼰吃,甜了⾃⼰.当然她肯定是会⾃⼰甜了⾃⼰.但是更多的是把这个果实拿出来分享给⼈类.因为这就是意识程度最⾼的⼀个状态.⼀个最⾼的状态就是说只是⼀个分享的状态.就像我们现在在跟你们分享信息.我们没有任何企图,没有任何要求回报,没有任何.我们只是去分享.

Yes, it's like before she needed to do a job in order to be at this state, requiring a transformation. But now, it's just naturally the state without needing any change anymore. It seems as though humanity and wisdom have become one. And this is also the state she will achieve going forward. However, this state doesn't serve her directly; instead, she allows this state to serve others, others, and mankind through her. Understand what I mean? That's not about taking her own fruit for herself and sweetening herself. Of course, she definitely sweetens herself too. But more importantly, it's about sharing the fruit with humanity because that is the highest level of awareness. The highest state is simply a state of sharing. Just like we are now sharing information with you. There's no intention, no expectation for return, and nothing else; we're just sharing.

因为当意识程度达到⼀个最⾼的程度,它只是服务,只是分享.然年在分享的状态中不断不断的去感受到这⼀份⽆条件的爱,实实在在的爱.因为你这个爱,你只有在不断的去分享的时候你才能去感受到它.当你没有分享你是感受不到它.所以在你们的物质世界对你们治疗你们的⾝体疾病或者是痛苦的办法就是分享.分享你拥有的.然后当你在分享的时候… 因为像我刚才说的,你在分享的时候你才能感受到爱.⼊伙你没有分享的话你就感受不到爱.但你感受到爱的时候,爱的能量就是疗愈,就是合⼀.

Because when the level of consciousness reaches its highest degree, it serves and shares simply. Yet within that state of sharing, you continually experience this unconditional love, real love. Because your love can only be felt as you share continuously. Without sharing, you cannot feel it. Therefore, in your physical world, the methods for healing your body's ailments or suffering are through sharing - sharing what you have. And when you engage in sharing... As I mentioned earlier, it is within sharing that you experience love. But without sharing, you do not feel love. Yet when you feel love, the energy of love heals and unites.

⽽且有⼀个观念是你们⼈类需要明⽩的就是说,你们⼈类会有⼀种就是我分享出去我就少了,明⽩吗?任何东西它不会因为你分享⽽变少.它只是变成另外⼀种存在的⽅式来服务于你.明⽩吗?就⽐如说你⼿上有两个苹果.你分享⼀个苹果,拿出去⼀个.那对⽅有可能会跟你分享⼀个他有的橙⼦,明⽩吗? 那有可能对法他并没有给你⼀个橙⼦.他给了你⼀句: 你是⼀个⾮常有爱⼼的⼈.然后呢句话正好是你最需要的.因为你⼀直在觉得你不够有爱⼼或者你⼀直在⾃责,你⾃我价值感低或者⼀直… 就是别⼈给你的肯定和赞美它会激发出你最美的呢⼀⾯.激发出你你对⽣命的美好.那它可能不会变成⼀个桔⼦或者苹果还回到你⼿上.

And there's an idea that humans need to understand, which is that when you share something out, it feels like you're losing some of it. Understand? Anything doesn't diminish because you share it; instead, it transforms into a different way of serving you. Understand? For example, if you have two apples in your hand and share one with someone else, taking one away. They might offer you an orange, understand? And they might not give you an orange at all. Instead, they say: "You are a very kind person," which is exactly what you needed most. Perhaps because you've been feeling like you're lacking kindness or self-blaming yourself for having low self-esteem, always... Others' affirmations and praises can ignite the best in you, igniting your appreciation for life's beauty. It might not translate into an orange or apple back to your hand.

但是他的呢句话就是最能滋养你的,明⽩吗?所以不要单独的从物质层⾯,就是我的东西有变少,来评判你有没有得到回报.因为你就是在限制它.因为任何任何所有的分享都不可能变少,它只会加倍加倍的变多.它会加倍加倍的变的更有意义.因为⽐如说当你,呢个苹果你已经咬了⼀⼜,你已经体验到苹果的甜味,它已经甜了你.你再递给别⼈,别⼈咬⼀⼜,他也体验到了.那就不是说只有⼀个⼈才吃到苹果的甜味.是两个⼈都吃到了苹果的甜味.它的苹果的价值就开始变的加倍了.呢个倍数不断的在递增.明⽩吗?所以分享永远不会让你变得少.这是你们物质世界的⼈需要去理解的⼀个新的概念.它只会就是把它原有的价值翻倍翻倍的变得越来越强⼤.还有问题吗?

But his words are the most nourishing for you, understand? So don't judge if you have received your returns merely from a material perspective, such as my things diminishing. Because you are limiting it. As anything and all sharing can never decrease; it will only multiply and become even more meaningful. For example, when you bite into an apple, having experienced its sweetness, it already sweetens you. When you pass it to someone else and they bite into it, they also experience the sweetness. It is not just one person eating the sweetness of the apple; both are experiencing it. The value of that apple begins to multiply for them as well. That multiplier keeps increasing. Understand? Therefore, sharing will never make you diminish in quantity. This is a new concept that people in your material world need to understand. Its value will only be amplified and grow stronger exponentially. Any further questions?

问: 还有⼀个问题是我想问⼀下灵界或者是我的⾼我还有指导灵他们还有别的信息还要带给我吗?

Questioner: There's another question I want to ask about the spiritual realm, my higher self, and guiding spirits if they have any other information for me?

⾼灵: 他们的信息想要带给你就是说你是⼀个⾮常⾮常慷慨的分享者,谢谢你的分享.

Higher Spirit: The message they want to convey to you is that you are an incredibly generous sharer, thank you for your sharing.

第六个⼈问: 我想问⼀下我的⼉⼦XXX,是什么样的信念让他⼀直在啃⼿指? ⽆意识的在啃⼿指?

The sixth person asks: I would like to inquire about my son XXX. What kind of belief leads him to constantly chew on his fingers? Unconsciously chewing on his fingers?

⾼灵: 你想知道他为什么会⽆意识的在啃⼿指? 因为当他在去做这个啃⼿指的时候,他会跟他的⼿跟嘴巴建⽴⼀个亲密的链接感.就好像你们哺乳动物,他们会想要吸妈妈的乳头.因为他通过呢个乳头去感受到呢份链接感,明⽩吗? 所以他在⾃⼰给⾃⼰⼀种安抚的作⽤,然后建⽴⼀种链接感.如果你是想要从这个层⾯来理解为什么有些⼈他会做某些事情? 就是链接感.因为你们知道你们需要就是链接的.所以你们会从各个层⾯、各个⽅⾯、各个地⽅去寻找这种链接感.还有问题吗?

Higher Spirit: You want to know why he unconsciously bites his fingers? Because when he does that, he establishes a sense of intimacy between his hands and mouth. It's similar to how you mammals might want to suckle on your mother's nipple. He feels the connection through the nipple, right? So he is soothing himself by creating this link, understand? Therefore, he's giving himself comfort and establishing a sense of connection. If you're trying to understand why some people do certain things from this perspective, it's about that sense of connection. You know you need connections at various levels, so you seek them out in different ways from different places. Any other questions?

问: 但是他这种链接感已经对⾝体造成伤害了.就⽐如说指甲已经没有了,⼗个⼿指的指甲已经⼏乎快没有了.那这样⼦的话我该怎么样让他停⽌或者让他接受呢…?

Questioner: But his sense of connection is already causing harm to his body. For example, he has lost all his fingernails and almost none are left on ten fingers. How should I stop him or make him accept this?

⾼灵:⾸先,任何你不能强迫的去拿⾛他这个.你需要去从其他层⾯来跟他建⽴另外⼀种链接感.明⽩吗?你需要去从其他层⾯建⽴这种链接感过后,他这个动作⾃然⽽然就少了.然后他也有可能是阶段性的.就好像⼩时候孩⼦他⼀定要喝奶,他⼀定要母乳,他⼀定要喝奶.那对呢会⼉来说是很难的事情.但是等他年龄越来越⼤,不⽤断奶他⾃然⽽然就不会想要奶头了.明⽩我意思吗?所以你不⽤太过于紧张和去关注.你不⽤去做⼀些极端的去把这个拿开.你可以去跟他⼀起去探索他在⽣活当中除了这个,⽐如说他最喜欢打球啊,对吧?那他在打球的时候他是不可能啃指头的.那你就多陪他打球.那他有可能特别喜欢溜冰啊.那你就陪他溜冰,明⽩我意思吗?

Higher Spirit: First of all, there's something you can't force him to take away. You need to build a different kind of connection with him on another level. Understand? After building this connection from another level, his actions naturally decrease. Also, it might be temporary. Like for children, they have to drink milk, and breastmilk, and they just have to drink milk. It's very hard for them. But as he grows older, without needing to stop drinking milk, he naturally won't want the nipple anymore. Do you understand what I mean? So there's no need to be overly anxious or focused on this. You don't need to forcefully remove it in extreme ways. Instead, you can explore together with him things he likes besides this, for example, if he loves playing sports, then during his sports activities, he won't be biting his fingers. Just spend more time playing sports with him. He might really enjoy ice skating instead. Do you understand my meaning?

别不说特别喜欢⾳乐啊这种.他从其他地⽅有链接感的话,他就⾃然不会去从这边…. 这个慢慢就会弱化,淡化.还有问题吗?

Don't just say things like really liking music. If he has links from other places, he naturally won't come here... This will gradually weaken and fade away. Any more questions?

问: 🗎,我明⽩了,不应该把这个当成⼀个问题.

Questioner: ♢, I understand, this should not be considered a problem.

⾼灵: 就像我刚刚前⾯讲的呢些.⽆论你们物质世界看到的什么,你越是去反抗、越是去抵触、越是去想要消灭它的时候,你就在强化这个事件带来的影响.明⽩吗?

Higher Spirit: Just like what I mentioned earlier. Whatever you see in your material world, the more you resist, the more you oppose, and the more you want to eliminate it, the more you are reinforcing the impact of that event. Do you understand?

问: 我还有⼀个问题,就是我累世积累下来的不安全感我该怎么样解锁呢?

Questioner: I have one more question - how can I unlock the lack of security that has been accumulated over multiple lifetimes?

⾼灵: 不安全前⾯我们讲过这个不安全感的问题.你如果就是说想要从根本解决所有的呢个什么什么.你是可以把你带领到去发现⽣命的真相的这条路上.你去⽤你的⽅式去寻找.然后就接收到越来越多的信息的话,你理解⽣命的本质过后.你这种所有的不安全感,对⽣命对死亡的恐惧这些全部都会消失的.⼀个能真正理解,就是能真正知道⽣命的本质或者真相的⼈,他是不会去恐惧死亡的.他会去迎接死亡.因为像⼀个喜事或者像⼀个⼤⽇⼦到来.明⽩吗? 那他知道死亡只是⼀次转变.还有问题吗?

Higher Spirit: We've discussed this issue of insecurity before. If you strive to resolve all uncertainties, it could guide you towards discovering the truth about life. By seeking answers in your own way and receiving more information as time goes on, once you understand the essence of life, all your insecurities, fears of life and death, will vanish. A person who truly understands, who knows life's essence or its truth, does not fear death; they embrace it, seeing it like a celebration or a grand occasion coming their way. They know that death is merely a transformation. Do you have any questions?

问: 🗎,我明⽩了.那怎么样去探索⽣命的本质? …⾼灵: 你们现在就在.我们的交流就是在帮你探索,帮你们看到,帮你们⽤更⾼的⼀个⾓度来帮你们看到.你的问题是什么?

Questioner: I understand. So how do we explore the essence of life? ... Higher Spirit: You are already doing it. Our communication is helping you to explore, allowing you to see, and assisting you from a higher perspective. What is your question?

问: 我的问题是这个安全感如果不是死亡呢? 就是在⽣活体验当中,就⽐如说这个事件…⾼灵: 我是说如果你去知道了你的⽣命的真相了过后,连死亡的恐惧都会没有.所有的⼀切都会消失,包括没有安全感.因为当你去⽐如说你的不安全感来⾃于你对分裂的恐惧.那你是对⽣命的⼀个误解.就是你觉得⼈和⼈,就是我们两的⾁体只有在⼀起,那才叫在⼀起.呢就是⼀个错误的认知.当你去理解了什么⼀个什么才是真正的(⽣命)的话,那你呢个错误认知⾃然就不存在了.那你产⽣的恐惧,就是不安全也不会到来.所以所有的这些产⽣都是因为你们的不理解.你们的⼀个误解,就是你们⽤旧有的⼀个观念来看到⼀个事情.

Questioner: My question is about security not being death? Just in life experiences, for example this event... Higher Spirit: I mean if you knew the truth of your life afterwards, even fear of death would disappear. Everything else will vanish, including a lack of security. Because when you are afraid of separation that comes from misunderstanding life. You misunderstand life; you think people and people, our physical bodies, can only be together in order to exist as one person. That's a wrong understanding. When you understand what truly is (life), then that wrong understanding naturally doesn't exist anymore. The fear or lack of security you produce won't come either. Therefore, all these things happen because of your misunderstanding and misinterpretation, using outdated concepts to see events.

那当然会产⽣… 因为你⾝体产⽣的所有反应和情绪它背后都是有⼀个观念在⽀撑的.当你呢个观念

That would certainly generate... because every reaction and emotion your body produces is supported by an idea behind it. When you have that idea

被替代过后,就是更新的观念替代过后.那你的⾝体的感受也会转变.所以呢我就是说你不断的⽤你⾃⼰的路去探索.然后呢些探索出来⽣命的真相(的⼈),他们就会跟你分享.然后你以后你探索出来的路,那你就是⼀个分享者.你给别⼈分享你的.因为你们每⼀个⼈都是独⼀⽆⼆的,不是所有⼈都是⼀样的路.

After being replaced, and after the updated ideas have taken over, your physical sensations will change as well. So I say, you continuously explore with your own path. The people who discover the truth of life through this exploration will share it with you. Then, when you yourself discover paths in the future, you become a sharer. You give others access to your discoveries because each one of you is unique; not everyone walks the same path.

问: 我明⽩了,它会形成我的使命,会形成⼀种状态.还可以给别⼈带来指引.

Questioner: I understand; it will shape my mission and create a state of being. It can also serve as guidance for others.

⾼灵: 它会成为独⼀⽆⼆的你.我的问题结束了.

Higher Spirit: It will become unique you. My question ends.

第七个⼈问: ⼀件事的存在,它是天的事,地的事,你的事,我的事.那么既然⼀件事的存在是合理的.那么在命运的轨迹上,我何时去选择⾂服? 何时去选择改变旧有的轮回,主动恶改变命运,成为⾃⼰⼈⽣的主宰者? ⽐如我现在的⼯作…⾼灵: ⾸先你说你前⾯说的⼀件事的存在是天的事,地的事,你的事,我的事.这就是⼀个只是你的观点⽽已.它只是属于你个⼈的⼀个观点⽽已.⼀件事的存在是因为某个⼈他在相信了什么,他的意念显化出来呢个事件来给他成长.来给他成长的机会,来让他看清楚他内在的⼀个状态,明⽩吗? 不是说⽼天要他存在.因为你们所谓的⽼天,它就好像是⼀个画板⼀样,你可以画任何上去.

The Seventh Person asks: The existence of one thing is heaven's affair, earth's affair, your affair, and my affair. Given that the existence of one thing is reasonable, when do I choose to submit? When do I choose to alter the old cycle of rebirth, taking an active role in changing fate, becoming the master of my own life? For example, like my current job... Higher Spirit: Firstly, you mentioned that the existence of something you spoke about earlier being heaven's affair, earth's affair, your affair, and my affair. This is merely your perspective, it belongs solely to your personal view. The existence of an event is due to someone believing in something and manifesting that event for their growth. It provides them with opportunities for growth, allowing them to see the state within themselves more clearly. Understand? Not because heaven wants it to exist. You consider so-called 'heaven' as a canvas where you can paint anything upon.

OK,这样⼦做… ⼀个⽩⾊的画板,你可以把你头脑⾥⾯任何画上去.然后画上去变成真的,变成事件给你体验.因为⽼天给你机会,让你从中去学习去体验,明⽩吗?

Alright, do this... A white canvas, where you can put anything in your mind. Then, what you put on it becomes real, turning into an event for you to experience. Because the universe gives you the opportunity to learn and understand through these experiences, get it?

问: 那就是遇见⼀件事情的时候,我何时在⾂服于…⾼灵:你⾸先要知道事情不是你去遇见的.不是呢个事情在呢⾥,你⾛过去遇见它.⽽是说这个事件是你⾃⼰显化到这个物质世界来.因为这个事件对你成长有帮助.你需要把它显化出来让你看到、让你体验到、让你去转变,明⽩吗?不是有⼀个死的固定的事件在呢⾥.就像⼀个房⼦在呢⾥,你⾛进去.⽽是说你⾃⼰头脑⾥⾯显化出这个城堡出来,因为你想要在城堡⾥⾯去体验也好,负⾯体验,正⾯体验.⼀个有关于你的恐惧也好或者是什么什么都好.你能理解这层关系吗?

Questioner: That is when you encounter something; when do I serve in...? Higher Spirit: First, you need to know that the matter doesn't come to meet you. It isn't that there's a fixed event there waiting for you to walk up and meet it. Rather, it is this event that you yourself manifest into this material world because it helps your growth. You need to manifest it so that you can see it, experience it, and transform it. Do you understand? Not like there's a dead, rigid event inside... like a house in there waiting for you to walk into. Rather, you create the castle in your mind because you want to experience something positive or negative within the castle, related to your fears or anything else. Can you grasp this relationship?

问: 那就相当于我其实仅仅就是⼀种体验.⽽都是由我的潜意识为了让我去成长然后给我的⼀些测试.然后⽆论是⾂服还是改变命运之类的,只是游戏⾥⾯的⼀个环节…⾼灵: ⾸先,呢是你对物质世界的运⾏的模式和对你们整个物质世界运⾏的模式⼀个误解,⼀个误认为⽽导致成… 就是说如果你连物质世界如何运⾏的你都不知道的话,你所有的物体产⽣的她都是你⾃以为是的.它并不是因为呢个,明⽩我意思吗? 你们物质世界所有的事件,OK,⾸先是有集体意识.集体意识就是你们共同都有⼀个恐惧,投射出来⼀些事件.

Questioner: Which means that I am essentially just an experience, created by my subconscious to help me grow and undergo tests. No matter if it's about being a savior or changing one's fate, it's simply a part of the game... Higher Spirit: First of all, you have misunderstood the way your physical world operates as well as its entire system, leading to this misunderstanding. Essentially, if you don't understand how the physical world works, everything that happens comes from your assumptions and isn't based on reality.

You need to understand that every event in your physical world, starting with collective consciousness. This means that everyone shares a common fear which manifests into events.

⽐如说这此疫情就是⼀次很好的集体事件来给你们体验.因为你们的⽆⼒感,就是⼈类的弱…就是你相信⼈体是弱的,病毒是强⼤的,我们是⽆⼒的.所有⼈相信这个.然后他们共同显化了这样⼦来给你们体验.然后呢种⼩的⼀些事件,那就是你们个⼈他选择了就是把这些事件显化在⽣活当中.那呢些就⽐如说呢些其他的⼈他可以加⼊这个.因为他共同可以从这个事件当中去学习和成长,还有你们有共同的频率,同样的频率.所以这都是你们内在…物质世界所有的相,它都是你们内在去投射出来给你们去认知、去体验、去改变.因为你们物质世界主要的功能就是通过真实的体验.你⽐如说你能⽤⼿摸得到呢么硬的墙壁,对不对? 多坚硬啊!

For example, this pandemic has been a wonderful collective event for you to experience. Because of your helplessness, it is human weakness… that you believe the body is weak, viruses are powerful, and we are powerless. Everyone believes in this. And they co-created this experience for you. Then there are smaller personal events where you choose to manifest these situations in your life. Others can join in because they can learn and grow from such experiences together with a shared frequency, similar frequencies. So, all of these manifestations within the material world are reflections of what is being projected internally by you. They provide opportunities for you to understand, experience, and change through real-world interactions. For instance, you can touch solid walls with your hands, right? How hard they are!

你能⽤嘴巴尝到呢么甜的味道.因为它们会加深你的体验.你就会… 所以说物质世界最⼤的优点就是它真到你分辨不出来是假的.但是呢,它又假到所有的⼀切都是假象、幻像.是需要你们慢慢去看清楚、认清楚.等你们看清楚认清楚过后,你们就能去创造⼀些你们想要体验的,⽽不是说⽆意识的去接受其他⼈的⼀些恐惧或者你⽗母的⼀些恐惧,来继续显化同样的事件到你们⽣命当中来.还有问题吗?

Can you taste the sweetness with your mouth? Because they intensify your experience. You will... So the greatest advantage of the material world is that it's real to the point where you can't tell if it's fake. But at the same time, it's so fake that everything is an illusion or hallucination, which requires you to see and recognize it gradually. Once you understand these illusions clearly, you can create experiences you desire instead of unconsciously accepting others' fears or your parents' fears, leading to the manifestation of the same events in your life. Any more questions?

问: 谢谢,没有了.

Questioner: Thank you, that's all.

# **2021/12/15 — 线上集体通灵问答Online Collective Mediumship Q&A**

第⼀个⼈⾼灵: 你们问吧,什么问题?

First spirit Higher Spirit: Ask away, what questions do you have?

问: 我的第⼀个问题是我想问⼀下为什么我对事情的反应是⼀惊⼀乍的战⽃状态? 好像所有的事情都让我很紧张.像 ‘我这下该怎么办好’? 做事也很着急.我是什么样的⼼理让我这样⼦呢? 因为我不太喜欢这样⼦.我不能⼼平⽓和.我想知道原因.

Questioner: My first question is that I want to know why my response to situations feels like being in a state of shock and combat, as if everything makes me very nervous. Like 'What should I do now'? And I rush when doing things too. What kind of mental state is causing this in me? Because I don't really like it. I can't be calm about it. I want to know the reason.

⾼灵: 你稍等.⾸先你说的这种情况就好像是你们的⼀个集体意识.因为就好像你们是⼀个⼩村⼦,对不对? 然后村⼦⾥⾯的所有⼈都在⼀种⾼度的紧张或者慌乱、忙碌的这种状态下的话,你进⼊到呢个状态,你⾃然⽽然地就会随着他们的呢种节奏跟上去.就是你也会进⼊这种状态.所以你在这样的⼀个环境下⾯,这跟你们呢个圈⼦、然后集体意识、然后处在的⼀个环境都有很⼤的关系.因为你们⼈是⼀个相互影响的群体.就是不⾃觉的都会,就好像是在⽤同样的⼀个频率在运⾏.

Higher Spirit: Wait a moment. The situation you described is akin to your collective consciousness. Imagine you're in a small village, right? If everyone in the village is under high tension, panic or busyness, and you find yourself in that state, it's natural for you to follow their rhythm. You would also enter this state because there's a significant relationship between your circle, collective consciousness, and environment. Humans are an interconnected group who unknowingly operate on the same frequency.

问: 但是我⼯作中是这样.但是我感觉我⽣活中我好像也是这种很急的呢种反应.是带⼊到⽣活中了吗?

Questioner: But in my work, it's like that. But I feel like I have this same kind of rushed response in my life too. Has it been carried over into my personal life?

⾼灵: 因为你还是在呢个村⼦⾥⾯.就刚刚说你们呢个村⼦都是这样的⼀个状态.那你还居住在这个村⼦⾥⾯,明⽩吗? 所以你们需要更多的… 就⽐如说你们有⼀个村⼦有⼀百个⼈,对吧? 现在是九⼗个⼈都是在这种焦虑的状态下.然后如果你们能六⼗个⼈变成⼼态很平和的⼀个状态… 明⽩我意思吗? 你们整个状态就是⼀个这样⼦的状态.

Higher Spirit: Because you are still in that village, just as I mentioned earlier about the state of your village being like this. You are still residing there, correct? Therefore, you need more... for instance, if a village has 100 people, right? Currently, 90 people are experiencing anxiety in such conditions. If then, among them, 60 could achieve a very calm mindset... understand my point? Your entire situation would reflect this state.

问: 奥,是我环境的关系.与我的信念系统没有什么关系吗?

Questioner: Oh, it's related to my environment. Does it have nothing to do with my belief system?

⾼灵: 就好像你是⽆意识的在去(运作、跟随).呢个波浪浪起来了,你也会跟着浪起来.除⾮你⾃⼰就是通过这个环境来改变⾃⼰.就是你把它这个当成是⼀个来修炼你⾃⼰内在的⼀个定⼒,或者内在的⼀个状态.因为你⽬前,⼀般⼈、所有⼈他都是受到集体意识影响的.如果呢个集体环境是恐慌的,他就是恐慌的.像这次疫情,基本上所有⼈都加⼊了这次集体意识影响,明⽩吗? 他们都是在⼀个对疫情的⼀个恐惧、恐慌状态.你们都收影响了.你不受影响,那你就需要⼀个⾮常⾼的⼀个意识的觉知状态.你才不会陷到这个集体的⼀个旋涡⾥⾯去.

Higher Spirit: It's like you're unconscious in the process (of operation or following). When that wave rises, you'll follow it too. Unless you are transforming yourself through this environment. That is, you treat it as a means to cultivate your inner concentration or state. Because currently, most people and everyone is influenced by collective consciousness. If that collective atmosphere is panicked, they will panic too. Like in this pandemic situation, virtually everyone has joined the influence of this collective consciousness, understand? They are all in a fear and panic state towards the epidemic. You were affected as well. If you're not affected, then you need to be at an extremely high level of awareness to avoid getting sucked into this collective whirlpool.

问: 奥,我还以为就我⼀个⼈呢.

Questioner: Wow, I thought it was just me.

⾼灵: 那你说为什么你们全球都受到了疫情的影响? 就好像你来问我疫情让我很恐慌,怎么样怎么样… 因为你们的意识,就是在深层次…在表⾯上你们觉得你们是个体,对吧? 你是你,我是我.但是在深层次你们所有⼈都是连接在⼀起.就是你的意识频率会影响到其他⼈.其他⼈再影响到其他⼈.然后我们⽬前在做的⼯作是什么? 就是带来好的影响,带来正⾯、积极的影响,明⽩吗? 我们给你们传递信息也会像疫情、瘟疫⼀样展开.但是它展开的不是恐惧,⽽是爱.所以它也会像⼀个病毒⼀样慢慢慢慢从你们当中散开出来.所以你们千万不要觉得你们的⼒量很⼩.因为你们每⼀个看上去单独的个体,在你们深层次你们都是连接在⼀起的.

Higher Spirit: So why are you all affected by the pandemic? As if asking me how it frightens me and what to do about it… Your consciousness is deep down… On the surface, you see yourselves as individuals, right? You're you, I'm me. But deep down, all of you are connected. It's that your consciousness affects others, those others then affect others. And what we're doing now is bringing good effects, positive impacts, right? We transmit information to you in the same way a pandemic or an epidemic spreads. But instead of fear, it spreads love. So, it will also spread like a virus among you over time. So never underestimate your power. For each individual looking separate on the surface, you are all connected deep down.

也就是说你发射出什么意念,对⽅是能收到的,明⽩吗?

That means whatever thoughts you project, the other side can receive, understand?

问:我第⼆个问题是关于孩⼦.有些情况他⽼是爱哭.他哭的时候我就会很⽣⽓,⽐较烦躁.⽐如说有时候早晨叫他起床.叫他起来他就会哭.如果他爸爸帮他穿⾐服了他就不哭.还有⽐如说上⽹课的时候他有点慢,我就说了他⼏句,他也哭.还有他有时候看ipad的时候,我不让他看.他也哭.他⼀哭我就说他,他就越哭.我的情绪也是不好.我不喜欢这种互动的状态.我想知道怎么改变? 还有为什么?

Questioner: My second question is about my child. Sometimes he loves to cry a lot. Whenever he cries, I get really angry and quite upset. For example, in the morning when I try to wake him up; if I call him to get up, he will cry. But if his dad helps him dress, he won't cry. Also, during online classes, if he's slow, I might scold him a few times and he starts crying. Sometimes, when he watches iPad content but isn't allowed to by me, he cries too. Every time he cries, I reprimand him, which only makes him cry more. My mood is also not good then. I don't like this interactive state of things. How can I change this? And why does it happen?

⾼灵: 你孩⼦是在帮你哭.就好像你的呢些症状会通过孩⼦显现出来.明⽩我的意思吗? 你内在的哭泣,你对⽣活、对⽣命的呢种…他带出来让你看到.因为你必须得有⼀个⽅式看得到你⾃⼰内在的状态,你的意识状态.如果不是通过外在的物质世界反应的这些事件,物质事件或者⼈.你是看不到你内在是处于⼀个什么样的状态的.所以他哭的状态、悲伤的状态、或者奔溃、或者任何不开⼼的状态、压抑的状态,就是你真正的状态.因为你的显意识,你的⼤脑会把这些给…因为你们从⼩就被教导你要做对事,你是⼤⼈,你要懂事.所以你们不会像个孩⼦⼀样去把⾃⼰内在的真实情感给显露出来,明⽩吗? 所以你们会压抑掉⼀部分你们的情感、情绪和真实的感受.

Higher Spirit: Your child is crying for you. As if your symptoms manifest through the child. Do you understand my meaning? The inner crying within you, that sense of life and existence… He brings it out for you to see. Because you must have a way to perceive your own internal state, your state of consciousness. Without the reflection in external material world events, material incidents or people, you cannot see what condition you are truly in internally. So his crying state, his state of sadness, or breakdown, or any state of unhappiness, or repression, is your true state. Because your conscious mind, your brain puts this… Since you were taught从小 to do the right thing as adults, you must understand everything. Therefore, you do not reveal your inner true feelings like a child would. Hence, you suppress some of your emotions, moods, and genuine experiences.

然后这种感受它会通过外在给你呈现出来.所有外在发⽣的⼀切它只是来让你看到你处于…就好像是你照镜⼦的⼀个状态.它只是来让你看到,OK,你这边脸上有⼀个脏东西,来让你去把它擦⼲净.所以你不⽤去看着这个脏东西: ‘啊 怎么这么惨啊! 我脸上怎么这么脏啊! 我怎么这么丑啊!’ 你明⽩我的意思吗? 你需要去为呢个脏东西过于的去恐惧、过于的去哭泣、或者是愤怒.不需要.因为你当下可以选择把脏东西擦⼲净.所以你不需要去紧张孩⼦哭泣.你只需要意识到,OK,我⾃⼰内在的状态可能⽐较紧张、⽐较压抑、⽐较不愉快.那么我从现在选择开⼼、愉快、快乐的这样的状态去⽣活.当你选择了呢个状态,进⼊了呢个状态过后.

Then this feeling manifests itself outwardly to you in some way. All that happens outside is just there for you to see where you are... like looking at yourself in a mirror. It's just to show you, "Okay, there's dirt on your face, go clean it off." So don't dwell on the dirt: 'Oh my god, how awful! My face is so dirty! I'm so ugly!' Do you understand? You do not need to overly fear, cry over, or get angry about the dirt. No need for that. Because right now, you can choose to clean off the dirt. So there's no need to be overly anxious when a child cries. Just acknowledge that internally your state may be tense, depressed, or unhappy. And from this moment on, choose to live in happiness, joy, and contentment. When you make this choice, step into that new state of being...

孩⼦他也会被你带⼊到呢个状态,明⽩吗?所以你的状态,你看出去你周围的⼀切,那都是你当下的⼀个状态看到的.当你去转变⾃⼰的⼀个视⾓,你看到的就是不⼀样的情景.

The child will also be brought into that state by you, understand? So your state, what you see when looking out at everything around you, is what you are seeing in the present moment. When you change your perspective, what you see is a different scenario.

问: 还有⼀个问题就是我的⽗母他⽐较相信保健产品.推销说这个东西对他们效果好啊,又免费送啊.后来就愿意花很多钱去买这些有⽤没⽤的东西.⼀直沉迷于这种.我想问我怎么对待他们的这种⾏为?

Questioner: There's another issue; my parents are quite trusting of health products. They're convinced that these things work well for them and they get them for free. As a result, they're willing to spend a lot of money on useful or useless items. I'm struggling with how to handle their behavior. Could you advise me on this?

⾼灵: 你看到的都是你们⼈类表⾯的⼀些,像是症状.那就算他没有去(买保健品),那他可能也会有其他的.他看到其他事情让他恐惧、让他慌张.明⽩吗? 因为保健品能给他带来希望,能给他带来就是: 我会越来越年轻,我⽪肤越来越好,或者我⾻头越来越强壮.会给他带来这样⼦的(感觉).因为你们现在都是在⼀个从外⾯去寻求⼀个⽅式、⽅法来⽀持⾃⼰的内在.来让⾃⼰觉得我是充实的,我是有⼒的,我是怎样的… 不只是你的⽗母.就算他们没有通过这个现象把他内在的感觉给表达出来.他也会通过其他的⽅式.所以你并不需要直接的把他的这个⽅式给拿⾛,在没有影响到⼈⽣安全下,明⽩吗? 因为所有东西,你需要有⼀个美好的愿景、愿望.

Sage Spirit: What you see are just some superficial aspects of humans, akin to symptoms. Even if he doesn't engage in buying health supplements, he might still encounter other things that induce fear and anxiety within him. Understand? These supplements provide a sense of hope; they make him feel that he will remain young, his skin will improve, or his bones will become stronger. They give rise to such feelings. You see, right now, humans are seeking external methods and ways to support their inner selves - to feel fulfilled, powerful, etc., not just from their parents. Even if they don't directly express these feelings through this phenomenon, he would find other means to do so. Therefore, you don't need to directly take away his method without affecting life safety; understand? Remember that all actions should be guided by a beautiful vision or wish.

你可以放眼看⼀下你们物质世界所有赚钱的呢些项⽬.它都是在利⽤⼈类的⼀个恐惧和⼈类对安全感和对其他层⾯的⼀些追求.都是为了去满⾜你们的追求⽽建⽴出来的⼀个⾏业.然后靠这个来让你们不断不断的花钱,明⽩吗?那如果你们根本就没有这⽅⾯的… 就⽐如说你对你的医疗保险,你本⾝就知道你⽣病你⾃⼰有疗愈功能.如果你全然知情你这些的话,你是不会花⼤把⼤把钱去医疗保险上⾯.还有呢种意外保险,各种保险.呢是为了给你们制造⼀个安全的假象.但是这世界上永远没有谁能给你任何安全,不管

You can look around at all the profitable ventures in your material world; they are exploiting human fears as well as humans' desires for security and a sense of safety on various levels. These industries are constructed to fulfill your pursuits, and then you're made to spend more and more money through this system. Do you understand? If you didn't have these concerns... for instance, with your health insurance, you already know that when you're sick, you have the ability to heal yourself. If you fully understood what's involved with things like healthcare or insurance in general, you wouldn't spend large sums of money on them. And this includes various types of insurances such as accident insurance. These are designed to give you an illusion of safety. But nothing in this world can truly guarantee your security for anything; no matter...

他们说的有多好,明⽩吗? 因为就算你把你关在⼀个就是,有成千上万的保安围着你,让你躺在床上.没有谁能够让你受到危险.你也可能躺在床上⼼脏病猝死.明⽩吗? 所以如果你从这样⼦的观点去看什么是安全感? 真正的安全感它是来⾃于你对⽣命的认知,对⽣命的知晓,对⽣命的激情和渴望.也就是说如果你不想死,谁也杀死不了你,明⽩吗?

They speak so well, right? Because even if you were locked in a place surrounded by thousands of guards, lying on your bed with no one able to harm you, there's still the risk of dying from a heart attack. Do you get it? So when you look at what safety truly means from this perspective, true security comes from your understanding and knowledge of life, passion for life, and desire for it. That is, if you don't want to die, no one can kill you, do you understand?

问: 那⽼年化呢些也会⾃然死啊.

Questioner: Those old ones will die naturally too, right?

⾼灵: 那是他死去的只是⼀个⾁体.他死去只是他存在的这个⾁体.他可能是他没有看好他.你们选择了这个⾁体你们有责任去把他看护好,明⽩吗? 你的⾁体虽然他⾃⼰会有觉知,就是它⾃⼰也会照顾⾃⼰.但是你们也有责任去照顾它.就好像你需要这台车带你去⼀个终点.那如果你从来不保养它.你任它如何如何,风吹⾬打或者是怎样.那它也会⽣锈,它也会⽼化,它也会出故障,明⽩吗? 因为你需要这个⼯具带你去你的⽬的地.所以是你的责任去让这个⼯具在⼀个完全通畅的运作下,你才能达到.

Higher Spirit: That was just his body that died. He died just because of this body he exists in. It might be that he didn't take good care of him. You chose this body; you bear the responsibility to take care of it well, understand? Your body, although it has its awareness on itself, would also look after itself. But you are still responsible for looking after it. Just like needing a car to drive to your destination. If you never maintain it, no matter how harshly it's treated by wind and rain or whatever, eventually it will rust, age, and break down, understand? Because you need this tool to get to where you're going. So it is your responsibility to ensure that this tool operates smoothly for you to reach your destination.

问: 好,那我明⽩了.谢谢⽼师.我的问题完了.

Questioner: Alright, I understand. Thank you, teacher. My question is done.

第⼆个⼈问: ⾼灵你好.今天我想探索⼀下我与我家⼈的关系.就是我与家⼈在前世或者是过去世是⼀个什么样的关系? 以及在今⽣⼀起⾯对什么样的⼈⽣课题? 我第⼀个想问的是我的妈妈.我觉得她在我的⼈⽣中起着很重要的作⽤吧.然后我的名字叫XXX, 妈妈叫XXX.谢谢你.

Second person asks: Gao Ling hello. Today I want to delve into my relationship with my family members. What kind of relationships did we have in our past lives or previous incarnations? And what life challenges do we face together in this life? The first person I want to ask is my mother. I feel that she plays an important role in my life, right? Then my name is XXX, and my mother's name is also XXX. Thank you.

⾼灵: 你们对前世和今⽣有⼀个误解就是你们觉得,就是是呢⼀世结束了然后这⼀世开始.你们是从这样的⼀个,就是这个死掉这个再⽣,是这样⼦的…所以会有前⾯后⾯.但是这⾥没有前⾯和后⾯,它全部都是同时的.我们以前⽤过⼀个⽐喻的⽅式.就好像你⼀只⼿有五个⼿指头.然后你这个⼿指头在冷⽔⾥⾯,这个⼿指头在冰⽔⾥⾯,这个⼿指头在温⽔⾥⾯,这个⼿指头在泥⾥⾯.它在不同的⼀个状态下去感知.然后这个每个⼿指头在不同的地⽅就是你们所谓的前世,明⽩吗?

Soul: There is a misunderstanding you have about past lives and this life that you believe that one lifetime ends and then another begins. You think of it as a kind of dying and being reborn sequence, which creates the idea of before and after. But here there is no before or after; everything happens simultaneously. We used to explain this concept with an analogy: imagine you have five fingers on your hand. Each finger experiences different sensations - one in cold water, another in ice water, a third in lukewarm water, and so on. Each finger represents what you perceive as past lives, right?

问: 就是同时存在的?

Questioner: Is it about coexisting simultaneously?

⾼灵:是的.因为你是个体,你这个⼿指头只能去感知到⼀个.但是你⾝体你知道我每个⼿指头在不同的⼀个(状况)⾥⾯.我的这个在泥⾥⾯,这个在⽔⾥⾯,明⽩吗?就是你们所谓的⾼我.你的问题我可以回答.我只是来让你们不会把另外⼀世感觉成是已经消失掉的东西.因为在你们的认知⾥⾯,呢个是我已经去世,我已经死掉的呢个… 但是呢个也不是你.你想⼀下如果你的⼩拇指断掉的话,那是不是就断掉了?残废的话是不是就残废了?那你不能说我其他世… 我呢个⾷指没事呀.⾷指是⾷指,⼩拇指是⼩拇指.所以你们需要⾮常的⾮常的珍惜你们的⽣命和⾁体.是因为⽆论怎样这个你,就是呢个独⼀⽆⼆的呢个你,就好像你五个指头,⼩拇指不能代替⼤拇指.

Sage: Yes, because you are an individual, your finger can only perceive one thing at a time. But you know in your body that I have each finger in different situations - my thumb is in the mud, this one is in water, do you understand? This is what you call 'high self'. Your question has an answer for it. I'm just here to make sure you don't mistake another life as something already disappeared. Because in your understanding, that could be me who's already passed away, who's already dead... But that isn't you either. Think about if your little finger was broken off - would it not have been? Would disability not remain? Then why say I'm okay in my other lives... My index finger is fine! The index finger is the index finger and the little finger is the little finger. So, you need to cherish your life and body very, very much because no matter how you are, that unique 'you', just like your five fingers, the little finger cannot replace the big one.

它们不能(相互)代替,明⽩吗?因为他们每⼀个⼈连到的神经、路线都是不⼀样的.所以不要觉得… 有些⼈觉得我可以选择死亡,那我就可以重新选择.重新选择的呢个⼈可不再是你.然后你想要知道⼀下你们其他世的⼀个关系.⾸先就⽐如说你是学⽂科的,你是学英语的.然后你却来说我想要知道⽕星上的语⾔是怎么说的?⽕星上的语⾔跟你这⼀⽣探索有关系吗?明⽩我意思吗?它对你这⼀⽣有实际上的帮助吗?因为⽕星上的语⾔你在地球上⽤的到吗?没有谁讲呢个语⾔啊.所以你们需要知道你去探索的⽬的.然后它这个信息如何⽀持你,这个才是最重要的.就⽐如说你说我对我妈妈拥有特别深的感情,我这⼀世就特别嫌弃她.

They cannot replace each other, understand? Because each person connects to different neurons and pathways. So don't think that... some people feel like I can choose death, then I can choose again. The person choosing the second time is not you anymore. Then you want to know about a relationship in your other lifetimes. For example, if you are studying humanities, specifically English studies, and suddenly you say you want to know what language they speak on Mars? Does the language spoken on Mars have anything to do with your life's exploration? Do you understand my meaning? Does it actually help your lifetime in any practical sense? Because will you be able to use that language on Earth? Nobody speaks that language. So you need to know the purpose of what you are exploring. And how this information supports you is what truly matters. For example, if you say I have a very deep affection for my mother, and I hated her in this lifetime.

那你可以从这个出发点去找到有关于这⽅⾯的信息.就⽐如说我特别嫌弃她是因为我曾经(没听清)交换我们的体验.所以最好是需要有⼀个点,你才能提取到真正来就是…. 就好像你在写⼀个作⽂或者写⼀个故事,你⾸先要有⼀个你的⽬标,你的⽬的,你的主题是什么? 你去探索你跟你妈妈的关系,你的主题是什么? 你想要去了解什么样⼦的? ⽐如说它可以帮助我,改善我们现在的关系或者是怎么样怎么样.所以你还需要⼀个明确的搜索的关键字,你告诉我.

You can start from this perspective to find relevant information. For instance, I particularly disliked her because I misunderstood (didn't hear clearly) our shared experiences. So it's best to have a point of reference for you to extract the real essence… It's like when you're writing an essay or telling a story; you first need to know your goal, your purpose, and what your theme is? You explore your relationship with your mom; what's your theme? What do you want to understand? For example, it might help me improve our current relationship or something like that. So you also need a clear search keyword. Tell me what I'm looking for.

问: (提问者刚才掉线) 我回来了.

Questioner: (The asker was offline just now.) I'm back.

⾼灵: 你的关键字是什么?

Higher Spirit: What are your key words?

问: 我回来了.不好意思.刚才听不见了.

Questioner: I'm back. Sorry, I couldn't hear earlier.

⾼灵: 刚才说你去探索你跟你母亲的关系,就好像你在百度搜索⼀样,你需要搜索⼀个关键字.⽐如说我为什么对我妈妈特别不耐烦? 就是你需要这样⼦的⼀个关键字.我想知道是前世之间的关系影响到我们这⼀世吗?

Sage Spirit: Earlier when you mentioned exploring your relationship with your mother, it's like doing a search on Baidu; you need to find a keyword that defines the essence of the issue at hand. For instance, why am I unusually impatient with my mother? That is essentially what you're looking for - the key word to unlock the problem.

Sage Spirit: I wonder if relationships from past lives affect us in this life?

问: 对,想知道对我们这⼀世影响最重的那⼀世是怎么样的关系?

Questioner: Indeed, I want to know what kind of relationship that lifetime had with our current one, which has had the greatest impact on us?

⾼灵:⾸先,影响最重要…⽆论是哪个点,它都有…就好像你在去感受你的⼀只⼿的每根⼿指头,你能收哪个是最重要的吗?你能说哪个是有意义,哪个是没意义的吗?它⼀切都只是体验.所以你在你的这⼀世⾥⾯.你想要关注的你跟你妈妈的关系,⽐如说是如何变的更好? 或者如何怎么样怎么样? 你需要有⼀个明确的主题.

Higher Spirit: First of all, the impact is most significant...no matter which point it is, there's...like you're feeling each finger on your hand, can you determine which one is the most important? Can you say which one is meaningful and which isn't? It's all just experience. So within this lifetime, you want to focus on your relationship with your mom, for example, how to improve it or in some way, shape, or form? You need a clear theme.

问: 好,那就这么问.怎么样才能跟她更顺畅的沟通? 我想告诉她其实我很爱她.但是我们沟通总是有点问题.

Questioner: Alright, then let's ask this way. How can I communicate more smoothly with her? I want to tell her that I actually love her a lot, but our communication always seems to have some issues.

⾼灵: 所以你是想要探索你们前世的关系? 还是说如何去改善你们之间的沟通?问: 那我可以两个都问吗?

Sage Spirit: So, are you looking to explore your past lives' relationships, or how to improve communication between you? Questioner: Can I ask both of these questions?

⾼灵: 好的.你先问第⼀个.问: 就是我们前世的关系.

Higher Spirit: Alright. You ask the first one. Questioner: It's about our relationship in our previous life.

⾼灵: 你稍等.我这⾥搜索到你们有⼀世是关系⾮常亲密的姐妹.但是你们之间⼀直会⽃嘴.就是虽然彼此很爱对⽅,但是特别喜欢⽃嘴.但是这个⽃嘴并不是负⾯的.⽽是说你们都在扩展对⽅的意识.就⽐如说你们所有⼈的观念它只会在⼀个观念⾥⾯,对不对? 那在⽃嘴的时候,对⽅就在帮助你扩展你的⼀个观念.就好像你最开始你只能从你的这⼀⾯去看待⼀个东西是吧?! 那你们在⽃嘴的时候,她就把你拉到她的对⾯去看呢个事情了.那⼀个事情的两⾯都被你看到了.所以说在你们所谓的⽃嘴的争论,或者是⽃嘴的这⼀个点上⾯,你表⾯上你觉得你们是有⽭盾的.但实际上它是通过这层亲密的关系强迫把你拉到另外⼀⾯,让你去感知.

Higher Spirit: Just wait a moment. I've found that in your past life, you were sisters with an extremely close relationship. However, there would always be arguments between you. Even though both of you loved each other deeply, you liked to argue very much. But this kind of argument isn't negative; rather, it's about expanding each other's awareness. All of your ideas are confined within a single concept, right? When you're arguing, the other person is helping you expand your understanding of that concept. Imagine if you could only view an object from your perspective at first! During your arguments, she pulls you to her side to look at the issue. Both sides of the matter are seen by you. Therefore, in what you consider to be arguments or conflicts between you, despite perceiving them as contradictions on the surface, this intimate relationship forces you to see things from another viewpoint, allowing you to perceive it differently.

因为所有的你们的灵魂,你们就好像是有很多很多触⾓⼀样.你想要每⼀个脚不断地不断地去感受越多.就好像你想⼀下⼀滩⽔,如果呢滩⽔它只是在⼀个点上⾯,那它的感知⾯就很⼩.如果它把整个… 就这样想,有⼀间屋⼦,有⼀个⽔珠它滴到中央去了.那它只能感知中间呢⼀丁点的⾯积,可能就⼀个⼿指头呢么⼤的⼀个⾯积.呢你想⼀下,呢个⽔珠它需要把整个屋⼦全部都覆盖掉,明⽩吗? 然后它不断地延伸不断地延伸.这就是你们的灵魂.你们的灵魂永远都是在不断地不断地延伸,不断地想要去感知.你知道你们⼈类为什么就是说….因为这个⼥孩⼦今天提出来⼀个问题是你们婚姻的问题.为什么就是说呢么多婚姻它都会结束?

Because all of you are like having many tentacles, wanting every foot to constantly feel more and more. Imagine trying to touch water; if the water is just at one point, its perception area would be very small. If it spreads across... think of a room with a water droplet falling in the center. It can only sense that tiny area, possibly as large as the size of a finger tip. Now imagine that water droplet needs to cover the entire room, understand? And it keeps extending and extending. This is how your souls are. Your souls are constantly trying to extend and constantly wanting to perceive. You know why humans keep talking about... because today this girl raised an issue about marriage problems. Why so many marriages end?

都会遇到很多很多… 你们的灵魂设计本⾝就是要感知不同不同…你想⼀下如果你跟⼀个…另⼀半,哪怕是⼀个男性朋友⼥性朋友,进⼊他的⽣命当中的话,你就在⽤他的⽣命在看待这个世界.就是你的感知⼒又扩⼤了.那如果你再跟另外⼀个⼈,扩⼤.另外⼀个⼈,再扩⼤…然后这个是什么? 这个就是造物主.他不断地在⽤你们每⼀个个体…你们每⼀个个体就像他的触⾓⼀样,明⽩吗? 每⼀个触⾓都不可少,也不可替代.那他的触⾓他是尽可能的不断地延伸,不断地延伸,不断地感知,明⽩吗? 所以你们的灵魂也会不断地想要去感知,不断地想要去感知.这就是为什么你们会不断地选择⾁体来不断地体验.因为当你重新拥有了⼀个⼈格过后你的感知又不⼀样了.

You will encounter many… Your soul is designed to perceive differences… Imagine if you were to enter the life of another person, be it a male or female friend, seeing through their eyes; your perception would expand. If you then connect with another person, and so on, this becomes what? This is how the Creator operates, using each individual of you like antennae that cannot be replaced. Each antenna must exist, and he extends them constantly to perceive more, understanding that every one of you plays an essential role. Consequently, your soul continuously desires to perceive and experience more, which explains why you keep choosing new bodies for new experiences after regaining your personality.

他就像拥有⼀个完全新的触⾓⼀样.你们的⾁体⽼化死掉过后,那就是呢个触⾓⽼化了啊.呢个触⾓它就没有什么感觉了啊,它⿇⽊了啊.它看到什么或者是它已经就是…那你看新的触⾓,那你就看你们新的⽣命,⼩baby,就刚来到你们这个世界上.就什么都要⽤⾆头去舔⼀下.他对什么都充满了好奇.他想要去感知⼀切.他恨不得把你们全屋⼦的所有东西都感知⼀下.明⽩我意思吗?那你们⽼年⼈呢?他已经迟钝了.他觉得世界就这样.他已经不想去感知了.所以他们的⽼化,然后再新⽣,对感知来说是⼀件⾮常好的事情.对你们社会来说也是⼀件⾮常好的事情,因为它不断的有新鲜的⾎液进来.这就是⽣命⼒.这就是朝⽓.

He's as if he has a completely new sense organ. When your physical bodies age and die, that's when the sense organ ages too. The sense organ loses its sensitivity—it becomes numb. It sees or experiences things, or it already... When you look at a new sense organ, you see your new life, like little babies just arriving in this world. They use their tongues to taste everything. They're filled with curiosity about everything, wanting to perceive all there is. They wish to experience everything. Wouldn't they want to sense every single thing in the house? Understand what I mean? As for older people, they have become insensitive. The world seems static to them; they no longer wish to perceive anything. So their aging and re-entrance into life is a great thing for sensitivity—both personally and socially. It's great for society as fresh blood continually enters. This is vitality. This is youthfulness.

所以如果你能从呢⼀段你们之间的关系来看的话,你们关系很好,很爱彼此,是姐妹关系.但是就是会经常⽃嘴.那⽃嘴是什么?是你们⾃⼰约定好你们想要⽤这个⽅式去…就是我必须把你拉到我这边来看⼀下.因为我们俩看的⾓度完全不⼀样.那你就可以再回到你们这⼀世,你跟你妈妈的关系.你觉得你们沟通有障碍.你的障碍在哪⾥?因为你永远只站在你的⾓度,她永远只站在她的⾓度.你们俩又是回到了呢样的模式,明⽩吗?当你需要站在她的⾓度,你需要放下任何关于你的记忆,就是你个⼈的.你需要使⽤你妈妈的成长环境,你妈妈⼩时候被对待的⽅式,你妈妈经历的⼀些创伤性的事件,重⼤事件.这些在她⽣命⾥都会落下印记.

So if you can view your relationship through this segment, it's good and full of love, akin to a sisterly bond. But there are frequent arguments. What does arguing mean in this context? It means that both of you have agreed on the way they wish to resolve conflicts - essentially pulling each other into their own perspective because the angles from which we view things differ completely. This then translates back to your relationship with your mother in this lifetime where you feel there's a barrier in communication. What is the obstacle here? It's that you always stand by your perspective while she always stands by hers. You both fall back into this pattern, right? When you need to see things from her angle, you have to let go of any personal memories and focus on how your mother was raised and how she was treated during her childhood; the traumas or major events that affected her life, which would leave imprints in her life.

就是她经历⼀个就给她蒙上⼀个颜⾊,那不断地蒙上不同的颜⾊再来看待这个世界.她内在的⼀个系统,就是她的⼀些恐惧、信念、她的⼀些⽣存模式.你需要全部带上她的东西,你才能站在她的⾓度去看清楚她的东西,明⽩吗? 你需要完完全全放下你已知的,就好像你现在…问: 就从她的视⾓.

The translation is:

It's like assigning her a color each time she goes through something, then continuously changing colors to see the world anew. Her inner system, encompassing her fears, beliefs, and survival patterns. To truly understand her, you must carry all of her baggage and view it from her perspective; do you follow? You need to completely let go of your preconceptions as if you were starting now... Questioner: From her point of view.

⾼灵:对.你想⼀下灵魂投胎,就是在重新选择⼀次⽣命的时候.你们所有的记忆都会被抹掉.如果不抹掉的话,你想⼀下,你还会⽤你们旧的视⾓,旧的⼀些空库,旧的所有的⼀切.这对你们来说并不是⼀件好事.你们永远都看不清真相.因为你们永远都在⼀层⼀层的创伤、经历蒙上的⼀个颜⾊去看待…明⽩吗?所以你们永远都不能去扩展你们的⼀个感知.还有问题吗?

Higher Spirit: Yes, you are talking about reincarnation, which is like choosing a new life. All your memories will be wiped out. If not, imagine for a moment, would you still use your old perspectives, old libraries of knowledge, and everything else? This isn't good for you. You can never see the truth clearly because you always view things through a layer of trauma, experiences painted with colors…get it? Therefore, you can never expand your perception. Any more questions?

问: 还有就是我的姥爷,北⽅叫姥爷,南⽅叫外公.他去世的时候我没有赶上,买看到他最后⼀眼.所以也很想念他.我想知道他的灵魂有没有什么想说的? 想对我们家⼈说的话? 他的名字叫XXX.

Questioner: And there's also my grandfather, known as "grandfather" in the north and "outside grandfather" in the south. I didn't get to see him one last time before he passed away, so I miss him very much. I wonder if his spirit has anything to say, or any messages for our family? His name is XXX.

⾼灵: 他现在有⼀点就是⼼疼和责怪的⼜⽓说,说的像是⽅⾔⼀样: 你吵啥⼦么吵.两个⼈有啥⼦好吵的么(⽅⾔).然后他说你们就是两个有什么好吵的.这就是他给你们的信息.

Higher Spirit: He now has a tone that is both pitiful and blaming, speaking in the dialect: Why are you making such a fuss? What's there to argue about between two people (dialect)? Then he says, "You guys have nothing to argue about." This is the message he's giving you.

问: 你们两个有什么好吵的?

Questioner: What do you two have to argue about?

⾼灵: 是的.

Higher Spirit: Yes.

问: 你们两个是指谁呢?

Questioner: Who are the two of you referring to?

⾼灵: 我不知道.他就说吵什么吵,有什么好吵的.我不知道说的什么.问: 好,谢谢你.我没有问题了.

Higher Spirit: I don't know. He just said why bother arguing, what is there to argue about. I don't understand what he was saying. Questioner: Alright, thank you. I have no more questions.

第三个⼈问: 我想链接⼀下我之前有⼀个男朋友.他是有⼀天晚上突然车祸就去世了.需要说他的名字吗?

The third person asks: I'd like to mention that I used to have a boyfriend. He died in a car accident one night. Should I say his name?

⾼灵: 问: 我就是想链接⼀下他.他有什么想对我说的? 因为当时他⾛的太突然了.然后我后来还去殡仪馆看过他,然后就看到⼀具冷冰冰的⾁⾝了.他说⾛就⾛了.当时对情绪影响还蛮⼤的,还有各⽅⾯的影响.

Sage: You asked: I just wanted to connect with him. Did he have anything he wanted to say to me? Because he left suddenly. Later, I visited the funeral home and saw his cold, lifeless body. He just walked away. The emotional impact was quite significant at that time, along with other impacts.

⾼灵: 你想知道⼀下突然去世的男朋友有没有信息给你?问: 对⾼灵: 他说我⼀直都试图联系你.你好像是⼀个⽊⽠脑袋⼀样,就是怎么样去弄你你都没有反应.他已经试过⽆数次去联系你了.然后就是你不够灵敏,你不够敏感.就是你太沉浸于外在的⼲扰了.然后就是⼼都很难静下来.所以你都没有去发现他来链接你的迹象.

Higher Spirit: Do you want to know if your suddenly deceased boyfriend has any messages for you?

Ask: To Higher Spirit: He said I've always been trying to contact you. You seem like a wooden head, unable to respond to how one should deal with you. He has tried countless times to reach out to you. Then, it's because you're not sensitive enough; you're too immersed in external distractions. Your mind just can't settle down. Hence, you failed to notice any signs of him trying to connect with you.

问: 他有.他⾛的呢天晚上我梦到他了.你⾛的呢天晚上是不是请我和我家⼈吃饭? 对不对?我做梦,你托梦给我.然后第⼆天朋友就说你⾛了,是不是?

Questioner: Did he ask me and my family to have dinner on the night you left, or did I dream of him that night? Was it true when my friend told me the next day that you had left?

⾼灵: 他这边的信息刚刚告诉你就是他⼀直在试图联系你.但是你太沉浸于你的物质世界,然后你把呢些信息都给漏掉了.就是你没有去看到他链接你的信息.

Higher Spirit: The information he provided was meant to inform you that he has been trying to contact you constantly. But you were too engrossed in your material world and thus missed those messages. Essentially, you didn't see the connection he made with you.

问: 那你链接我想对我说什么呢?

Questioner: What does the link want me to say?

⾼灵: 你稍等.我想跟你说的是我现在就可以随时随地的,不受任何限制的看着你,然后陪着你.跟你没有任何任何⽐如交流上的障碍.因为你头脑⾥⾯想什么我都会收到你的信息.也没有任何⾝体上的障碍.所以对我来说我感觉我们的关系还⽐以前更加亲密了.以前还会有很多隔阂.现在就完全没有任何隔阂.所以对我来说这个体验还是很好的体验.

Higher Spirit: Wait a moment. What I want to tell you is that right now, I can observe you at any time and in any place without any restrictions. There will be no barriers for us, whether it's about communication or anything else. Because whatever thoughts are in your mind, I'll receive your messages. And there won't be any physical barriers as well. So to me, I feel that our relationship is even closer than before. Before there were many barriers. But now, we have none at all. So this experience for me is quite positive.

问: 你当时是车祸⾛的.⾛的特别突然,⽽且特别掺.你现在所有的⼀切都想开了吗? 那祝福你越来越好.还有什么想对我说的吗?

Questioner: You were involved in a car accident at that time and left suddenly and unexpectedly. Have you come to terms with everything now? May you get better every day from here on out. Is there anything else you'd like to say to me?

⾼灵: 想不开的只有⾝体.⾝体才会想不开,明⽩吗? ⾝体它才会想不开.因为呢个⾝体⾥⾯只有这⼏个程序.所以对我来说它是⼀个障碍.那现在没有这个限制,没有这个障碍.我就能更加更加全然的去体验⼀切了.所以并不是所有⼈都需要物质⾝体去体验的.

Only the body is unable to comprehend; it's the body that cannot understand, do you see? The body alone can't understand because within this body there are only a few programs. That's why for me, it was an obstacle. But now without this limitation and obstacle removed, I can experience everything even more completely. So, not everyone needs a physical body to experience things.

问: 那你以前的爸爸妈妈还有姐姐.那你突然这样⼀⾛,他们⼀辈⼦都很伤⼼呀.你现在倒是很轻松啊,很想的开了,是不是? 你做呢种极限的运动去飙车.你说⾛就⾛⾼灵: ⾸先,对于亲⼈来说,他们现在肯定是很难接受的.但是这是他们必须去⾯对⽣命的⼀个课程⼀样.就是他们必须去通过这个痛苦,通过这个失去,通过这个痛,然后更加的去探索,去找到为什么,去找到原因.然后在这个寻找的过程就是他们成长的⼀个过程.因为你必须经历的不是这样⼦的⼀个成长,你就必须要经历另外⼀个成长.总之都是成长.然后从他们更⾼的⼀个层⾯来讲的话,他们知道他们不会失去任何⼈.只是他们,就像我刚刚告诉你,只有头脑才会想不开.

Questioner: But what about your previous parents and sister? It must have been devastating for them to suddenly lose you like this. You seem quite at peace with it now; are you really that philosophical? You engage in such extreme sports as racing cars, saying you just decide to do it.

Higher Spirit: Firstly, for their family members, they certainly find it hard to accept the situation now. But this is akin to them facing a course in life – a lesson they must go through. They need to endure the pain of loss and explore why and how this happened; they have to uncover the cause behind it all. In doing so, they grow as individuals – their process of growth requires going through these trials. You see, you're not undergoing that kind of growth; instead, you're experiencing another form of it. All forms are essentially about growth. Then, from a higher perspective, they understand that no one will actually be lost. It's just like I told you before – only the mind can't comprehend this truth.

但是当你离开这个头脑,就是离开这个限制过后,你便没有任何想的想不开的了.你便没有这个限制了.所以当他们没有限制的时候,他们就不会有任何限制.还有问题吗?

But when you leave that mind, that limitation behind, there is nothing to think about anymore. You have no limitations. So when they don't have any restrictions, they also have no limitations. Any questions?

问: 我还想问我⼉⼦对我特别粘.天天就妈妈妈妈. ‘妈妈你会不会离开我? 妈妈你今天带不带我?’然后有的时候会让我特别抓狂.他的这种反应是在提醒我什么? 是想带给我什么? 有的时候我特别愤怒…⾼灵: 你孩⼦多⼤?问: 我孩⼦六岁.

Questioner: I also want to ask about my son who粘sto me so much, calling "Mommy" all day. He asks, "Mommy, will you leave me? Will you take me today?" Sometimes it drives me crazy. What message is he trying to convey or what does this behavior indicate for me?

A: Your child is six years old.

⾼灵: 你特别愤怒?问: 对⾼灵: 你想知道你为什么对他的粘⼈特别愤怒是吗?问: 对对⾼灵: 你想知道为什么你对你⼉⼦表现出来的爱会感到愤怒是吗? ⾸先,你在你⼼⾥你并没有把它定义为爱,明⽩吗? 你没有把它定义为爱.你只是觉得他是不断的需要你去…他不断地需求需求… 然后不断地需要你去满⾜满⾜.因为在你内在你⾃⼰还是⼀个像他⼀样,你就不断地需要需求需求…你也是需要⼀个⼈来不断地去满⾜你,明⽩吗? 就好像他张着⼀个嘴: 妈妈妈妈,吃吃吃,吃吃吃.然后你也是在对别⼈张着嘴: 啊,⽼板⽼板,吃吃吃,或者⽼公⽼公,吃吃吃.你也在有⼀个跟他⼀样的状态,明⽩吗? 然后你就觉得我都没吃到,我怎么给你?

Higher Spirit: You're particularly angry? Ask: To Higher Spirit: Are you wondering why your irritation towards his clinginess is so intense? Ask: Indeed, to Higher Spirit: Are you wondering why you feel anger towards the love displayed by your son? First of all, inside yourself, it's not being defined as love, right? You're not defining it as love. You just feel that he constantly needs you to...he's perpetually demanding...then constantly needing you to fulfill. Inside, you're still like him, constantly needing and demanding...you also need someone to continuously satisfy you, right? It's like his mouth is always open: Mommy, eat, eat, eat; eat, eat, eat. And you're also opening your mouth to others: Oh, boss, boss, eat, eat, eat or husband, husband, eat, eat, eat. You have a similar state as him, right? Then you think why haven't I eaten first, how can I give it to you?

你就会有⼀种,我现在都没有,我怎么给你? 你就有⼀种呢样⼦的状态.所以你只是需要把呢个你⼉⼦对你的呢个,就是他来找你…你要知道呢是他对你的爱.你要把它重新定义.因为当你重新定义后,你的⾝体就会产⽣新的⼀个反应,明⽩吗? 就⽐如说你们物质世界所有⼈最喜欢钱,对不对? 如果你⼉⼦来找你⼀次: 妈妈,这⾥是⼀百万.妈妈,这⾥是⼀

You would have a sense of the love your son has for you - which I don't currently possess and wouldn't know how to convey to you. It's about having an understanding that his actions are driven by his affection for you. You need to redefine this love within yourself because when you do, your body will respond in a new way, understand? For instance, everyone in the physical world loves money most, right? If your son were to come to you once and say: "Mom, here is one million." Or even just bring something of value, that act alone can redefine what love means for you.

千万.妈妈,这⾥是⼀个亿.你会烦吗? 你的⾝体不会烦的,不管他找你多少次.你都⼀次⽐⼀次惊喜,⼀次⽐⼀次… ‘哇,你今天给我⼀百万.哇,你今天给我⼀千万.哇,你今天给我什么什么’ 所以如果你从这个层⾯来理解的话,你就会知道…. 你要知道你的⾝体它是根据你的⼀个就是相信了什么,你的⾝体才会产⽣情绪.如果你是这么认为的…因为你的⾝体的情绪它是可操控的,它是假的.它并不是(真的),它只是你头脑⾥⾯的⼀个概念⽽已,明⽩吗? 所以你看,当我把呢个概念换成你⼉⼦找你是给你钱的,那你充满的就是惊喜啊.所以你需要把你⼉⼦对你的需求变成…你⾃⼰给它重新命名.那你的⾝体就会创造另外⼀个感受给你感受.

Million? Mom, this is a billion. Will you be bothered by it? Your body won't bother at all, no matter how many times he seeks your attention. Each time you'll be more surprised and amazed, 'Wow, you gave me one million today. Wow, you're giving me ten million today. Wow, what else are you going to give me?' So if you understand it from this perspective, you will realize that... You need to understand that your body generates emotions based on the beliefs you hold. If you believe so… because your body's emotions can be manipulated and are fake; they're not real—they're just concepts in your mind, right? So when you replace the concept of your son seeking money from you with him giving money to you, it fills you with excitement. Therefore, you need to redefine your son's needs towards you as something you do for yourself. This way, your body will create a different feeling for you.

那你便会产⽣另外的⼀个情绪.

That would trigger another emotion.

问: 但是如果我让他找我,我什么时候都惯着他.那会不会成了溺爱了? 他找我我就满⾜他,找我就满⾜他.

Questioner: But if I always indulge him whenever he asks for me, wouldn't that be spoiling him? If he seeks me out, I'll grant his wishes.

⾼灵: 那就是你另外⼀个错误的观念.就好像这么来跟你做⼀个⽐喻.他来找我,我给了他⼀个吃的.他已经吃饱了,他还会来要⼀样.那当他吃饱了过后他不会想要要.只有当他饿的时候他才会想要要,明⽩吗? 你⾃⼰的⾝体就这样.

Spirit: That's another wrong idea of yours. Imagine I'm giving you an analogy. He comes to me and I give him something to eat. He has already eaten his fill; he wouldn't come back for more. But after eating, he won't want it anymore. Only when he is hungry will he desire something to eat, do you understand? Your own body behaves just like that.

问: 因为我⽼公就说我太宠着他才会这样.那我⼼⾥⾯就会想是我太宠着他了吗? 有的时候他太过于找我的时候我就会凶他,包括我⽼公也会凶他.就是让他不要这样⼦.男孩⼦嘛,应该⾃⼰独⽴嘛.怎么可以天天就这样⼦,天天妈妈妈妈,爸爸爸爸的.所以说就觉得会不会太惯着他?

Questioner: Because my husband accuses me of spoiling him, leading me to wonder if I indeed indulge him too much. Sometimes, when he becomes overly clingy, I scold him, and even my husband joins in with the scolding, telling him not to behave that way. Boys should be independent after all. How can they be dependent on their parents every day, calling out 'Mommy' and 'Daddy'? So, I question whether I might be spoiling him too much.

⾼灵: 你们越是这种⽅式,他越是需求.当他有⼀天需求从你这⾥满⾜不了,他会从其他地⽅找.因为他永远都没有被满⾜,他永远都没有被吃饱过,明⽩吗? 你想⼀下你们物质世界为什么都会有⼀颗贪婪,就是想要囤积贪婪的⼼.因为你们从来没有满⾜过.那如果⼈⽣下来,如果你就是皇帝,你知道全天下都是你的,像皇帝⼀样天下的钱都是你的.你会不断地想要去要钱吗? 你就不会呢股渴求.因为你知道全天下都是你的呀.那孩⼦也是⼀样.他知道妈妈随时都在.妈妈永远都在我⾝边.给他建⽴⼀个安全感,建⽴⼀个: ⼉⼦,你只要⼀叫我,妈妈就出现.妈妈永远都在你⾝边.⽆论你什么妈妈都会陪着你.

Higher Spirit: The more you do it this way, the more he will need. When one day his needs cannot be met from you, he will seek satisfaction elsewhere. Because he is never fully satisfied, he has never been completely filled, understand? Think about why your material world always seems to crave excess—desiring to hoard greed. It's because you have never truly satisfied before. If a person were born into wealth, if you were an emperor knowing that the entire world was yours, like an emperor with all the riches of the world as yours, would you continuously seek more wealth? Would there be any desire for excess, knowing everything is already yours? The same applies to children—knowing their mother is always accessible and always present. Build a sense of security in them by establishing: whenever you call, Mom appears; Mom is always with you, no matter what situation, no matter who the mother might be supporting you with.

你只要让他在你们相处的过程中,给他培养和建⽴起这种: 妈妈永远都会出现在我⾝边在我需要的时候.妈妈永远都在.妈妈不会消失掉.也就是说你们在赶他的时候,就是在加强他对你的⼀个需求.就是你在赶他离开你的时候,你就是在加深他对你的⼀个需求,明⽩吗? ⽽且他这种长⼤了过后还会建⽴在两性关系当中.就是当他有了亲密关系,他会⼀直确定: 你爱不爱我啊? 你怎么今天对我脸⾊这么难看? 你是不是不爱我了? 你是不是要抛弃我呀? 啊,你刚才跟呢个男孩⼦说话,你怎么什么什么的.

You just need to make him form and build up this belief during the time you spend together: "Mom will always be here for me when I need her. She's never going anywhere." This means that whenever you push him away or encourage him to leave, you are actually reinforcing his dependency on you. You see, even after he grows up, these thoughts will still influence his relationships, especially romantic ones. When he is in a close relationship with someone, he'll always wonder: "Do you love me? Why are you being so unfriendly today? Have you stopped loving me? Are you going to leave me?" And when you talked to that boy earlier, why did your face suddenly change like this?

问: 我是不是就是因为这样⼦才会出现这样⼦的⼼态? 你刚不是说我就像⼀个⼩孩吗? 所以我可能是从⼩就没有被得到滋养,没有被需要对不对? 所以说才会出现这样⼦的⼼态?

Questioner: Am I just like this because of how my mind operates? Didn't you say I act like a child earlier? So does that mean I never received nurturing or felt the need to be needed since childhood, right? That's why I behave in this manner?

⾼灵: 在你们⼩时候,就是跟监护⼈建⽴安全感,这个对你们⼈来说是⾮常重要的.因为它会影响到你以后在关系当中的⼀个模式.但是那如果对你这种就是已经错失了在⼩时候建⽴亲密关系,那长⼤了如何才能建⽴安全感呢? 那就需要你可能会经历⼀些没有安全感,然后不断的从另外⼀半找.你需要经历鹤岗过程.通过这个过程你才能知道其实另外⼀半根本不能给你安全感.根本不是另外⼀半的问题.这个你永远不能从外⾯去找.所以这是你需要的.但是通过这些经历它会把你带领到⼀个更⾼的层⾯,就是对⽣命的探索.你会去探索为什么会这样.然后你就变成了哲学家,你就在解决⼈类的问题.你继续说.

Soul Guide: When you were young, it's important to build a sense of security with your guardians. This is very significant for humans because it affects the pattern of relationships you'll have later on. But if you've missed out on building close bonds as a child, how can you establish that sense of security as an adult? You would then need to experience insecurity and constantly seek it from the other half. You'd go through this process, realizing that neither the other half nor the issue lies outside. It's not about finding someone else; what you're truly seeking cannot be found externally. This is what you need, but through these experiences, they will guide you to a higher level of understanding and exploration of life. You'll question why it happens, becoming a philosopher, tackling human issues. And then you would continue speaking...

问: ⼤概知道了.我还想最后⼀个问题.就是我想知道我和我⽼公到底有什么样,就是他给我带来的是什么样的课题? 因为包括这些类似于善知识吧…都是他指引我的.但是他的脾⽓反⽽是在家⾥⾯特别容易暴躁的⼀个⼈.就是我说那你天天听这么多,学这么多,那你也没有得到什么提⾼啊,怎么怎么样…⾼灵: 你们对提⾼有⼀个误解.你们觉得⼀个⼈的意识扩展了,他便没有个性了,他便没有情绪了.不是的.在你的⾁体⾥⾯, 你永远都是有情绪反应的.只是说你的这个情绪持久度.就⽐如说你会因为⼀次打击你永远都⾛不出来,明⽩吗? 但是呢些意识扩展的⼈,他会因为⼀次打击,如果⼀个⼈永远都⾛不出来,那他可能通过⼀两天就⾛出来了,明⽩吗?

Questioner: I think I understand somewhat. I have one last question. I want to know what kind of lessons or challenges my husband brings into our relationship, considering all the guidance he provides for me and how his personality affects us both. It seems like you've mentioned something akin to good knowledge; could it be that he's guiding me through these experiences? However, despite his teachings at home, I find him prone to outbursts of anger. He listens to a lot but doesn't seem to have improved or gained anything from it. Higher Spirit: There is a misunderstanding about improvement. You believe that when someone's consciousness expands, they lose their personality and become devoid of emotions. That's not true. Regardless of your physical body, you always exhibit emotional reactions. It's just that the duration and intensity of those reactions vary for different individuals. For instance, one person might be permanently impacted by a single event, whereas another who has expanded their consciousness could recover from such an incident in one or two days.

他不去产⽣他应有的⼀些…只是他不会困于此.他不会被呢些困住.

He wouldn't generate what he should have...just that, he wouldn't be confined there. He wouldn't be trapped by those.

问: 我觉得他有的时候脾⽓确实太⼤了在家⾥⾯.那我说⼀个⼈接触这些这么有能量的东西,他不是会变的更⼼胸宽⼴吗?

Questioner: I feel that he gets too angry sometimes at home. Wouldn't being around such powerful individuals make one more open-minded?

⾼灵: 因为你刚才前⾯的信息都有说,你的⾁体就是限制.你⾸先你来到这个物质世界上你是必须受限制的.你这个⾁体,你就会受它的限制.⽐如说你们发脾⽓.你真正的发脾⽓你就只有呢⼀段很短的时间.那你发完了过后,如果你在继续破坏的话,你在继续制造破坏的⼀些⼿段、动作或者⾏为的话,那就是你需要去处理,那就是你的认知问题了.那如果⼀个⼈发掉脾⽓过后,他没有持续的在进⾏⼀系列的报复、破坏和呢个什么的话,那就说明他意识程度是⾼的.因为他⾃⼰都不会去给他的情绪定义⼀个负⾯的,或者是不应该,明⽩吗?他只是允许这股能量从他的⾝边流过⽽已.只有你们这些⼈…问: 但是他会影响我呀

Higher Spirit: Because the information you just received said that your physical body is a limitation. First of all, when you come to this material world, you have to be limited. Your physical body will be bound by its limitations. For example, when you get angry, you only have a short period of time to do so genuinely. Afterward, if you continue to cause damage or actions that result in destruction, then it's something you need to deal with; it's an issue related to your cognitive understanding. However, if someone lets their anger pass without continuing a series of retaliatory acts or causing further destruction, it indicates a higher level of consciousness. They don't assign negative labels or shouldn'ts to their emotions themselves. They simply allow the energy to flow past them. Only you humans... Questioner: But he will affect me, right?

⾼灵: 对,我就刚刚想要说只有你们这些⼈才会继续的停留在呢股能量当中,明⽩吗? 就像是⼀股风刮过来,它就⾛了.然后你们还待在呢指责呢个风.风已经⾛了啊.

Higher Spirit: Yes, I was just going to say that only you people would still be lingering in that energy current, get it? It's like when a gust of wind comes and goes, but you guys stay there blaming the wind. The wind has already left, you know?

问: 呢是很恶的⼀股能量发出来,让我产⽣很不爽的感觉.反⽽会激发起我…⾼灵: 是你们的头脑继续的创造,就是继续把⾃⼰拉⼦,停留在负⾯能量⾥.就好像是有⼈放了⼀个臭屁,它很臭.但是它⼀会⼉就不臭了.你却还在呢继续把呢个臭味不断地,好像是在⽤其他东西拿个恶臭来给⾃⼰闻.呢个臭味已经散了,已经⾛了.你还不断地需要去闻呢个臭味.呢是你⾃⼰制造的、创造的、和你⾃⼰享受去闻呢个味道,明⽩吗? 你永远都有权利去选择你要如何的去⾯对你遇到的⼀切,你永远都有权利去选择.

Questioner: It's a really nasty energy that comes out, making me feel very uncomfortable. Instead, it stirs up... Higher Spirit: It's your mind continuously creating, staying in negative energy. Like someone let off a bad fart, it smells terrible. But after a while, it doesn't smell as bad anymore. You're still holding onto that smell, continuing to expose yourself to it as if you were using other things for their stench. The smell has already dissipated; it's gone. You still keep needing to be exposed to that smell. It is something you've created, produced, and enjoy experiencing the stench of, understand? You always have the right to choose how you face everything you encounter, and you always have the right to make choices.

问: 我想知道我们为什么要不断地提⾼⾃⼰的认知,要不断地增加⾃⼰的视⾓,不断地增加⾃⼰的触觉.我们最终到底是为了什么呀?

Questioner: I want to know why we should constantly improve our cognition, expand our perspectives, and enhance our sense of touch. What are we aiming for in the end?

⾼灵: 这就是什么的本⾝.它本⾝就是不断地不断地扩展、体验.这是⽣命的本⾝.你就好像是在问植物,为什么要不断地不断地发芽,不断地长⼤,不断地长⾼, 不断地开枝.那它本⾝就是植物,这是它⽣命的本质.

Higher Spirit: This is what it is in essence. It inherently expands and experiences constantly. This is the essence of life. You're akin to asking a plant why it must perpetually germinate, grow, increase in height, and branch out; that's because it is inherently a plant, this is the fundamental nature of its existence.

问: 就是我感觉这个世界上很多⼈都活的特别迷糊.都不知道活着是为了什么.每天就是各种…⾼灵: 那就因为你们不知道活着是为了什么,你们有这个迷惑产⽣,它才会把你们带领到智慧的呢条路上去,明⽩吗? 它们才会引领你去⾃我探索,⾃我寻找的呢个路上.如果你没有这⼀层的话,那你是不是就少了这个探索了? 所以你不需要给所有东西都给⼀个负⾯定义.就像你刚刚说: 啊,活着没意思.那对你来说就是⼀个负⾯定义.你看到就觉得不好.但是实际上你觉得不好是个好事.为什么? 因为它才会把你带到智慧的道路上去.这怎么不好呢? 这是好的呀.所以你需要去理解你头脑⾥的每⼀个定义,因为是你⾃⼰在创造这个世界给你体验.

Questioner: I feel like many people in this world are living quite confusedly, not knowing the purpose of their existence. They just go through life with various activities.

A: That's because you don't know why you're alive. This confusion arises within you and guides you towards the path of wisdom. Do you understand that it is only by facing this uncertainty that you can explore and seek for self-knowledge? Without this layer, wouldn't you miss out on this exploration?

You shouldn't give everything a negative label. When you say "living is meaningless," that's a negative perspective to you. You perceive it as unfavorable. However, actually feeling this way might be good, because it pushes you towards wisdom. How can this be bad? This is beneficial!

So, you need to understand every definition in your mind, as you are the one creating the world for yourself to experience.

你创造的,你定义的,你就相应的感受.就像我刚刚说你⼉⼦每次找你,然后你就烦,对不对? 那我给你重新定义,你⼉⼦找你⼀次就是给你⼀笔钱,你烦不烦? 你说不烦.你就看到了你的所有感受都是定义创造出来的,明⽩吗?

What you create, what you define, you will accordingly feel. Just like I said earlier, every time your son comes to you, then you get annoyed, right? Let me redefine that for you - if your son approaches you once, he gives you money, would you be annoyed? You say no. You see all of your feelings are defined and created by yourself, understand?

问: 明⽩了.我的问题就是这些.解答了我⼼中的疑惑,谢谢.

Questioner: I understand. These are my questions. They have clarified the doubts in my heart. Thank you.

第四个⼈问: ⾼灵你好,就是我有⼀个问题,就是我不爱⾃⼰的根源是什么?

Fourth person asks: Hello Spirit High, I have a question. What is the root of my disliking myself?

⾼灵: 你怎么知道你不爱你⾃⼰呢?

The Higher Spirit: How do you know that you don't love yourself?

问: 因为我⽆论如何都接受不了⾃⼰.就是想对⾃⼰负责就是负责不了.

Questioner: I can't accept myself no matter what, it's just that I want to be responsible for myself but I just can't.

⾼灵: 你⾮常爱你⾃⼰.你觉得不爱你⾃⼰,呢只是你的⼀个观念⽽已.它并不是真的.问: 好的,我明⽩了.

Higher Spirit: You love yourself very much. You think you do not love yourself, but that's just one of your ideas—it is not real. Questioner: Alright, I understand.

第五个⼈问: 我想知道为什么我这两天做梦在梦⾥⾯⽼是没有鞋⼦穿呢?

The fifth person asked: I wonder why in my dreams over these two days, I can't find shoes to wear?

⾼灵: 你想知道为什么你做梦总是梦见没有鞋⼦穿?问: 🗎⾼灵: 你是在找鞋⼦的⼀个过程吗?

Spirit: You wonder why you always dream about being barefoot. Questioner: Spirit: Are you in a process of looking for shoes?

问: 就是感觉没有鞋⼦,但是也可以⾛,就是觉得有些不舒服在梦⾥.已经好⼏次了.然后我想知道有什么原因吗?

Questioner: It's like I don't have shoes but can still walk; it just feels slightly uncomfortable in my dreams, which has happened several times now. I wonder if there's a reason for this?

⾼灵: 你稍等.你想知道为什么你总是做重复的梦,在梦⾥你没有鞋⼦穿.然后你想要知道这个梦,你的信息它表达的是什么? 这是你内在有⼀种⽋缺感.你内在的⼀种⽋缺感.你觉得你需要某⼀个东西,明⽩吗? 还有问题吗?

Higher Spirit: Wait a moment. You want to know why you keep having the same dreams where you have no shoes on. Then you want to know what this dream, your information is conveying? It expresses that there's an emptiness inside you. An emptiness inside you. You feel like you need something, do you understand? Any other questions?

问: 那我再问⼀个就是为什么我晚上不敢关灯睡觉呢?

Questioner: So I'll ask again, why don't I dare to turn off the lights at night?

⾼灵: 为什么晚上不敢关灯睡觉? 这是你有⼀种就是对… 这是⼀种你想要掌控⼀切.就是你有⼀点害怕,你是不知所措,你不能掌控.你不明⽩,就是你对未知的⼀种恐惧.所以你总是想把所有东西都弄的明明⽩⽩你才能睡得着觉.明⽩吗? 就是你好像有⼀种强迫.但是这就是你的⼀个特点,因为它这样会把你带上⼀条就是,就好像⽐如说某个领域,你像呢些在你们物质世界⽐如说⽜顿,他们总是头脑⾥⾯想要把事情弄明⽩.明⽩吗? 当把⼀个事情弄明⽩了过后带来的呢种彻底的放松感和呢种释怀的呢种感觉会让他们感受到⼀种安⼼.所以它这是你的⼀个特质,它喜欢就是把什么东西都弄的明明明⽩⽩.然后⾃⼰就是通透的⼀种感觉.

Spirit: Why are you afraid of turning off the lights at night? This is because you have a desire to control everything; you're just a little scared and unsure, unable to control things; you don't understand, it's a fear of the unknown. So you always want everything to be clear and understandable before you can sleep. Do you get it? It seems like there's an obsession in this. But this is actually one of your characteristics, because doing so will guide you towards achieving clarity and relief in understanding complex situations like those in the realm of Newtonian physics. After understanding things completely, they feel a sense of peace and freedom from anxiety. This preference for clarity is part of who you are, enjoying that transparent feeling about everything.

所以⽆论什么就是说…问: 那对于刚才你说的呢种⽋缺感,不管是我们前⾯通灵说到的我养的⽼⿏的腿⽆⼒还是我在梦⾥⾯⽼是没有鞋⼦穿是都是⼀个根源? 我觉得我还是需要外界的帮助所以我才会有这样的感受呈现给⾃⼰吗?

So, regardless of what it is... Questioner: Is that sense of deficiency you mentioned earlier a root issue for me, such as my inability to lift my old mouse's legs or not having shoes on in dreams? I feel like I need external assistance, which is why I experience this internally?

⾼灵: 没有,⽐如说你对知识的⼀个渴求它也是⽋缺感啊,明⽩吗? 你不断地想要去弄明⽩,你不能允许你头脑⾥⾯有疑问.有疑问你就马上去找啊找啊、翻啊翻啊、查啊查啊.就要把这些全部(弄明⽩),明⽩吗? 所以这是你⼀个很好地精神.但是你⾃⼰会觉得有点累的.只是它会给你带来有点累的感觉.但是就是因为因为拥有这样精神的⼈,他们才创造了很多给这个世界.因为他们总是想要把事情弄明⽩.那弄明⽩的呢个过程你就在给这个世界不断地创造.就好像⽐如说你们就好像是地⿏⼀样,总是喜欢挖挖挖挖.把地下⾯有什么东西都给它挖出来,有没有宝藏啊,有没有黄⾦啊,有没有什么什么.

Higher Spirit: No, for example, your thirst for knowledge is also a sense of lack; understand? You constantly want to figure things out, and you can't allow questions in your mind. If you have questions, immediately find answers by looking up, searching, checking... you need to understand everything completely, right? Therefore, this is a great mental state but might feel somewhat exhausting for you personally. Yet it's precisely because of people with such spirit that many creations were brought to the world; they always want things clarified. The process of clarification constantly contributes to the world in various ways, similar to how you're like little moles digging incessantly, uncovering everything underground, whether there are treasures, gold, or anything else down there.

当你不断地挖,挖出来⼀个铜扔出来,挖出来⼀个铁扔出来,挖出来⼀个钻⽯扔出来,明⽩吗? 那你们就不断地在给物质世界扔东西出来.物质世界就会享受你的这种…问: 我还有两个问题.我其实很爱我的⽗母.但我发现当我越来越接触物质世界这些所谓的灵性知识过后,我反⽽对给我⽗母打电话会产⽣⼀种,就是有时候我会不耐烦.但是以前不会.我会不耐烦,有时候我会觉得不是很想给他们打电话,但是并不是因为我不爱他们.

"When you keep digging and end up tossing out a piece of copper, then iron, then diamond, do you understand? That means you're constantly throwing things into the material world. The material world will enjoy your... Questioner: I have two more questions. Actually, I deeply love my parents. But I've noticed that as I increasingly engage with spiritual knowledge about this material world, I反而 find myself getting impatient when talking to them on the phone. It didn't use to be like that. Sometimes I don't feel like calling them anymore, but it's not because I don't love them."

⾼灵: 你知道为什么吗?问: 为什么?

Higher Spirit: Do you know why? Ask: Why?

⾼灵: 因为你们现在这样是,就是在你们的这个阶段你们很需要有营养的东西,明⽩吗? 你觉得好像这种打电话就⽩开⽔.就好像在浪费你的时间或⽣命⼀样,明⽩我意思吗?这对你来说就好像⼀个是营养汤,⼀个是⽩开⽔.你需要有滋味有营养的.你想⼀下⼀个哲学家你觉得他会喜欢跟外⾯的⼈闲聊吗?如果你跟他聊到⽣命,聊到⼈⽣,聊到各种,就是如果你抛出来很多问题他们会很乐意的去解答.如果你想跟他说:哎呀,你知不知道张家呢个⼈怎么样怎么样,李家呢个⼈怎么样怎么样或者是什么什么,他们没有任何兴趣的.因为他们对这些 ‘相’,就是呢种鸡⽑蒜⽪的表⾯上的 ‘相’ 和呢个哪⾥发⽣什么什么,他们对这些不感冒.

Higher Spirit: It's because at this stage of yours, you really need nourishing things, right? You might feel like these phone calls are just plain water, as if you're wasting your time or life. Do you understand what I mean? To you, it feels like one is a nutritious soup and the other is just plain water. You need something flavorful with substance. Can you imagine how a philosopher would enjoy chatting with others? If you discuss profound topics like life, human existence, various aspects of reality, they'd be very eager to provide answers. But if you ask him trivial details about someone named Zhang or Li and their personal situations, he wouldn't show any interest. They're indifferent towards these 'appearances', the superficial outer layers and happenings that people often dwell on; they don't find them engaging at all.

就好像只有呢种,这个明星出什么事,呢个出什么事,他们才不会对这个层⾯的事产⽣兴趣.所以这是你⽬前的⼀个阶段.你需要有营养的东西,你需要深层次的能触动到你,就是能抛出问题然后让你有东西去挖⼀样.

It's as if they only become interested in such matters when there's a scandal involving this celebrity or that one; they don't seem to care about these levels of issues. This is where you are at the moment. You need nourishing content, something deep that resonates with you, something that poses questions and leaves you with something to explore.

问: 我⾃⼰的最后⼀个问题是我还是想问我的指导灵还有我的⾼灵有没有什么信息带给我? 因为我每次都很喜欢,就是如果他们有信息带给我的话我会很⾼兴.谢谢你.

Questioner: My final question for myself is if I still want to ask for any messages from my guides and highers? Because every time I really enjoy it; if they have a message for me, I would be very happy. Thank you.

⾼灵: 不要让⾃⼰太累.因为刚刚前⾯的信息就说你的这个⼈格特质就是喜欢不断地挖挖挖.但是你会强迫⾃⼰,会让⾃⼰就是真的不给⾃⼰休息的时间.就是不要让⾃⼰太累了,因为最重要的就是⼀个平衡问题.然后这⾥永远都没有⼀个期限问题.没有⼀个你必须要挖什么什么,你必须要在⼆⼗四个⼩时内把这个全部挖完.没有任何期限问题.因为当你只是在追求⼀个期限,追求⼀个速度的话,那你就会错过很多,对不对? 你想⼀下,如果你建房⼦.你建⼀个房⼦,这个告诉你你不⽤着急,take your step,就每⼀步你⾃⼰慢慢来.那另外⼀个给你说你必须在⼀天内把这个房⼦给我建好.

Higher Spirit: Don't let yourself get too tired. Just now, the information said that your personality trait is to continuously dig and dig. But you'll force yourself, letting yourself not have any rest time at all. Don't let yourself be too exhausted because the most important thing is a balance issue. There's never a question of a deadline here. There's no requirement for what you must dig or for it all to be completed within twenty-four hours. There's no question of a deadline. Because when you're just chasing after a timeline and speed, you'll miss out on so much, right? Think about it: if you were building a house. You were told not to rush, "take your time," taking each step yourself slowly. But the other one said you must build this house for me in one day.

当你只在追求⼀天内要把房⼦建好和⼀个…你觉得这两套房⼦,哪个房⼦更加牢固,对不对?

"When you're only concerned with building a house in one day and another... which of these two houses do you think is more solid, right?"

第六个⼈问: 现在物质世界离婚的⼈越来越多,然后我们想问⼀下物质世界的婚姻到底是什么?

The sixth person asks: With more and more people getting divorced in this material world, we want to know what marriage is like in the material world?

⾼灵: 你们物质世界的婚姻就好像是把⼀个铁链锁在两个⿁魂⾝上,你觉得可能吗? 因为你要知道你们⼈本⾝不是呢个⾁体,⼀定要记住这⼀点.你的⼈不等于⾁体.如果你等于⾁体的话,那你们物质世界所有问题都解决了.为什么? 你⾁体就像猪⼀样,给它吃嘛睡嘛,对不对? 但是你们⼈不等于⾁体,你⾁体只是你这个灵魂的⼀个⼯具.然后这个灵魂他是不断地不断地扩展扩展扩展.所以婚姻只是你们物质世界想要⼀个安全、安定的⼀个,就是保持社会在⼀个正常运⾏的⼀个情况下,然后创造的⼀个就像是⼿铐、链⼦来铐住两个⾁体.但是你们谁都知道你不等于你的⾁体,铐不住啊.

Spirit: Your earthly marriages are like chaining two spirits with a metal chain; do you think that's possible? You must know that your essence is not merely physical flesh; remember this point. Your existence isn't the same as your body. If it were, then all problems of your material world would be solved. Why? Because your body behaves like an animal: feed it and let it sleep, right? But you are not equal to your body; your body is simply a tool for your spirit. And this spirit continuously expands and transcends. Thus, marriage in your material realm is merely a mechanism to ensure safety, stability, and the smooth functioning of society by chaining together two bodies as a form of handcuffs or shackles. Yet, everyone knows that you are not confined to your body, which makes such constraints ineffective.

所以你如果只是铐灵魂的话,灵魂根本就是 everywhere,你怎么去铐他? 所以那就需要你们重新…但是你要知道婚姻不等于爱情,婚姻不等于爱.就是说那有可能是我的⾁体跟这个⼈结了婚.但是并不代表就是我的爱就是我结婚的呢个⼈.因为如果是从婚姻中找到爱的⼈,这样⼦的⼏率太⼩了.这样⼦的⼏率⾮常⼩.所以婚姻是你们物质世界的⼀回事,然后真正的爱是⼀回事.所以这是两码事.所以那你就如果从这些层⾯来看清楚的话,你就知道为什么你们离婚呢么多.离婚多的话实际上是你们物质世界进步的⼀个现象.为什么? 因为你不会为了维持⼀些虚假的东西⽽放弃你真正的你.虚假就⽐如说⼀个虚假的家庭的名义,明⽩吗?

So if you just imprison the soul, the soul is essentially everywhere, how can you imprison it? Thus, that would require a reevaluation... But you must understand that marriage does not equal love; marriage does not equal affection. In other words, it's possible that my physical self has married this person, but it doesn't necessarily mean that my love is for that person whom I have married. Because finding love within marriage is quite rare—such occurrences are very rare. So, marriage pertains to your material world whereas true love pertains to something else entirely. Thus, these are two distinct matters. Therefore, if you understand this clearly from these layers, you'll comprehend why there are so many divorces. The high prevalence of divorce actually represents a phenomenon of progress in your material world. Why? Because you wouldn't give up the real you for the preservation of something false—a false family name, to clarify.

我们是家庭,我们是有爱的,虚假的形象.你不会为了维持⼀个虚假的形象⽽放弃你真正的⽣活、⼈⽣,就是真正你想要过的.那你为了去追求你真正想要过的,抛弃⼀切,撕开⼀切.所以对你们,从更深层次来说这是你们的⼀个进步.因为你们知道呢些所谓的表象都是虚假的,你们不需要去继续保留它.以前特别少离婚的事件,那就可能呢些⼈还会为了维持表⾯的⼀个或者维持他⼈⼼⽬中的⼀个 (形象)⽽保留着,保留着呢个婚姻.所以这是⼀个突破.但是你可以问就是说如何,⽐如你们社会上想要的,如何可以拥有⼀个好的婚姻? 或者可以如何爱情这之类的…你都可以继续提问.

We are a family, we are full of love, false images. You won't abandon your real life, your existence, which is what you truly want to live for, in order to sustain such a false image. Instead, you'll cast off everything and tear it apart so that you can pursue the genuine life you desire. Therefore, this is an advancement for you at a deeper level because you understand that these so-called representations are false; there's no need to continue preserving them. Priorly, divorce cases were exceptionally rare, which may mean those individuals would still cling to their superficial or others' perception of their (image) and maintain the marriage. This is a breakthrough. However, one could inquire about how you can achieve a good marriage or how love works in society… you're welcome to ask more questions.

问: 那我们如何可以拥有⼀个好的婚姻? 或者如何可以把婚姻和爱有⼀个很好的融合、平衡?

Questioner: How can we have a good marriage? Or how can we effectively combine love and marriage?

⾼灵: ⾸先,婚姻是关系.好的婚姻是好的关系.好的关系它不局限于婚姻.它是⽐如说⽼师跟学⽣之间的关系,对吧? 那你们法国的总统他们就是⽼师跟学⽣的关系,对不对? ⽼师跟学⽣的关系最后⾛到婚姻.那你可以从他们这个关系当中,就是说在呢个⽼师眼⾥,就⽐如说你们法国的呢个总统他能活出来的样⼦,就是他⽼婆觉得他会有多好.就好像是⼀个⼈的信念,就是在我⼼⽬中你就是总统,你就是国王,你就是最⼤的权利.这是她的强烈的⼀个… ‘我就这么认为!’ 然后她不管发⽣什么事情,我不管我⾃⼰的孩⼦孙⼦或者是旁边多少⼈站出来说: 哎呀你不道德.我坚持我⾃⼰的想法.我坚持,我相信,这就是我相信的.

Higher Spirit: First of all, marriage is a relationship. A good marriage is a good relationship. Good relationships do not solely exist within the confines of marriage; they can be found, for example, in the dynamic between teacher and student, right? Doesn't your French president embody such a relationship akin to that between teacher and student? Could it be that this relationship eventually evolves into marriage? From observing their interactions, you could deduce what kind of person she thinks her husband is; how wonderful he would be. It's like having faith in someone: "In my eyes, you are the president, the king, holding supreme power." This belief is strong and firm—'I believe this!' Regardless of external criticisms or doubts from others about his morals, she steadfastly holds onto her own conviction, believing fervently that what she perceives is true.

⽆论谁来反驳我我都不会去不相信.那么她就把这个事件显化在你们物质世界了.你们物质世界运作特别简单,就是把你们坚信的东西显化出来.然后不管遇到什么,你要是遇到阻⼒的话实际上就是能量啊.它们阻⼒就是能量啊.你想⼀下你们物质世界操作的,阻⼒的时候是不是就在增加它的能量? 就⽐如说你要把⼀个东西弹的很远的时候,你是先给它阻⼒,然后再让它弹的更远.所以任何这些层⾯的⼀些阻⼒它都是在给你能量,让你…最简单的⼀个就⽐如说⼀个⼈他站到你⾯前说: ‘你肯定做不到.你要做到的话我把头切下来给你’.如果他有这句话你是不是呢个动⼒就强了⼀百倍.就是开始的时候你的动⼒是五⼗,有了他呢句话你动⼒就是两百了,明⽩吗?

Regardless of who opposes me, I won't cease to believe it. So she made this event manifest in your physical world. Your physical world operates very simply, by manifesting what you strongly believe. Then, whenever there are obstacles, if you encounter resistance, that is actually energy. The resistance itself is energy. Think about how the physical world operates with obstacles: when you increase its energy? For example, when you want to throw something far away, you first give it a push against an obstacle and then make it go further. So any form of resistance in these dimensions is giving you energy, allowing... The simplest case could be like someone standing before you saying, 'You definitely can't do it. If you manage to do it, I'll cut off my head for you.' If he says that sentence, wouldn't your motivation increase a hundred times? Initially, your motivation was fifty; with his statement, it becomes two hundred. Do you understand?

所以你们在关系当中,你们去怎么认为对⽅你就能体验到怎么样的对⽅,明⽩吗? 所以你就知道为什么又⼀些关系会破裂? 因为她对对⽅有⼀个不好的期待.那关系破裂不就是正好满⾜了她的愿望吗? 这不就是你期待的吗? 错了吗? 你不就是说他是⼀个花花公⼦嘛! 他会背叛你嘛! 他会抛弃你嘛! 你不是⼀直都担⼼你觉得他会抛弃你嘛! 那现在不是满⾜你了吗? 这不就是你想要的嘛! 所以你觉得什么是好的关系,那你现在就能很明⽩了.对⽅觉得你是什么样⼦的你? 然后,你是觉得他是什么样⼦的他? 那如果对⽅觉得你和你真正觉得你不⼀致呢? 那当然你就会分开了,对不对?

So in your relationships, whatever you think of the other person is what you will experience from them. Understand? So you know why some relationships break apart? Because they have a bad expectation of each other. Then, isn't it true that when a relationship ends, it perfectly fulfills their expectations? Isn't this what you're looking for? Wrong? You said he's a player! He'll betray you! He'll leave you! You've always been worried that he would leave you! Now, isn't it satisfying your wish? This is exactly what you want! So if you think of what kind of person they are compared to how they actually perceive you, doesn't this obviously lead to separation? Aren't you supposed to agree on this?

你⼀直觉得我是个废物,但是在我深层次我觉得我不是个废物,我是个天才.所以我要离开你.因为离开你我就能成为天才,在你⾯前我只能是个废物.

You always thought I was a failure, but deep down, I knew I wasn't. I believe I'm a genius. That's why I need to leave you. Only by leaving you can I become a genius; in front of you, I can only be a failure.

问: ⽼年痴呆症是可以治好的吗?

Questioner: Can Alzheimer's disease be cured?

⾼灵: ⽼年痴呆症是可以治好的吗? 你们⼈类需要对疾病有⼀个正确的认识.就是说你们好像有⼀种⽬前就是把疾病看成是⼀个需要去消灭的…你想象⼀下如果你们世界上没有死亡的话,如果没有疾病的话…你们需要认清到疾病是你们的⼀个礼物.它是⼀个不可缺少的礼物.因为很多⼈他们需要这个礼物.但是不需要这个礼物的话,他便不会收到这个礼物.⼀切都不会有出错的.那需要收到这个礼物的⼈你却不让他收到这个礼物,那你是不是在阻碍他?所以疾病是你们⽣命中的礼物.如果你们能这么去认识它的话,你便能收到这份(礼物).

Higher Spirit: Can dementia be cured? Humans need to have the right understanding of diseases. That is, it seems like you all view diseases as something that needs to be eradicated… Imagine if there were no death and no diseases in your world… You need to realize that diseases are a gift for you. It's an indispensable gift because many people require this gift. But if they don't require the gift, they won't receive it. Everything will be perfect without any mistakes. If someone needs to receive this gift but doesn't allow them to, aren't you hindering them? Therefore, diseases are a gift in your life. If you can see it that way, you'll be able to accept this (gift).

# **2021/12/16 — 信任与通灵Trust and Mediumship**

⾼灵: 你说吧,什么问题? 现在可以提问了.

Higher Spirit: Say it, what's your question? You can ask now.

问: 我的第⼀个问题是昨天晚上又有⼀股能量来找我,好像还找了我两次.然后我想知道是不是⼀直试图链接我的呢股能量.如果不是的话,是谁? 然后有没有什么他要想给我带来的信息,谢谢你.

Questioner: My first question is that there was another energy coming to me last night, and it seems like it found me twice. I wonder if this energy has been trying to connect with me constantly. If not, who else could it be? And if so, what information does it want to convey to me? Thank you very much.

⾼灵: ⾸先你需要了解的是,就好像如果你这边没有⼀个孔、没有⼀个洞,呢个⽔是不可能从这边流出来的,明⽩吗? 就是你⾃⼰本⾝就是,就好像是你的⼀个灵魂主题或者是你这⼀⽣想要探索的.它是和呢个能量有紧密的链接的.然后所以你不只是…你觉得你是被动的,明⽩吗? 你觉得你在睡觉的时候你是被动的,别⼈来找你.但是并不是的.是你… 就像这个现在在通灵的⼥孩⼦⼀样,你也可以随时随地得进⼊这个状态,明⽩吗? 这⾥就好像,你们不是经常在电视上看这些科幻⽚.就好像你们⽤⼀个能量开了⼀个维度,然后就直接跳进去了.你也是可以随时在任何地⽅进⼊另外⼀个维度,就是切换你的⼀个意识状态.所以不要总是把他们当成是他们来找你.

Higher Spirit: What you need to understand is that just as water cannot flow out if there's no hole or no opening on your side, similarly, if your own self, your soul theme or the exploration you wish for in this life, isn't connected closely to that energy. Then it's not possible for you to be passive, understand? You think you're passive when you're asleep, waiting for others to come to you. But it's not like that. It's more like how this clairaudient girl is now. You can enter this state anywhere and anytime as well, understand? It's as if in your frequent TV sci-fi shows, the characters open an energy dimension and jump straight into it. Similarly, you could also instantly switch to another dimension at any place by changing your consciousness state. So don't always think they're coming to you.

问: 我明⽩了.那请问我要怎么打开这个,就是更顺畅的跟他链接呢?

Questioner: I understand. Could you please guide me on how to connect more smoothly with him?

⾼灵: 唯⼀就是你不断的去把你内在的恐惧…就是信任.就好像你在游泳⼀样,你说我怎么样才能浮起来呢? 如果你还在⽤⼒,你还在害怕,你还在使劲的就是拼命的想抓害怕落下⽔的话,那你是浮不起来的.你只有就是信任、放松.然后⾃然⽽然你就是在呢条道上.所以这⾥没有任何任何⼀个途径或者是快径让你进去.唯⼀的就是全然的信任和允许.

Higher Spirit: The only thing is that you constantly deal with your inner fears... which means trust. Like when you're swimming, you ask how can I float? If you're still trying hard, still afraid, still struggling as if you're desperately trying not to fall into the water, then you won't be able to float. You just need to trust and relax. Then naturally, you are on that path. So there is no shortcut or easy way in here. The only thing is total trust and allowing.

问: 我的下⼀个问题是,这个问题其实我以前问过.但是因为我现在的状况,可能我还会对我现在物质世界的状况会产⽣⼀些担⼼或者是焦虑.然后前⾯告诉我说让我放下所有的担⼼、焦虑、害怕、恐惧.然后让我去信任.然后请问除了这些,⾯对我⽬前的现状,还有别的信息可以带给我指引我的吗?

Questioner: My next question is, I asked this issue before. But because of my current condition, I might still have concerns or anxiety about the state of my material world. Then you told me to let go of all worries, anxieties, fear, and terror, and to trust. So my question is, besides these instructions, is there any other guidance that can help me address my current situation?

⾼灵: 你还要去放下你想要去放下的这个念头,明⽩吗? 就⽐如说你现在你觉得你还是有点担忧.但是你不需要把这个担忧的念头给去掉,明⽩我意思吗? 你不需要把你内在还有⼀点恐惧的感受给它去掉.你不需要去.因为你们现在在逐渐的意识到,就是你外在世界体验的⼀切是你内在状态的⼀个反射.那你就会觉得: 哇,我有⼀个很可怕的念头.我不要想这个念头,不要想这个念头,不要想不要想.当你在不要想不要想的时候,你就在想,明⽩吗? 所以你连就是去把它给消灭掉的念头都不要有.因为你们就会觉得当你们意识到你们的意念有强⼤的能量,就是它很powerful的时候.

Higher Spirit: You have to let go of the idea you want to let go, understand? For example, now you feel that there is still a bit of concern lingering. But you don't need to get rid of this worry thought. Do you understand my meaning? You don't need to erase any sense of fear deep inside of you. You don't need to do it because you are starting to realize that your experiences in the outer world mirror your inner state. So, when you feel like: Oh, I have a terrifying thought. I don't want to think this thought, don't think this thought, don't think it and don't think not thinking. It's just an illusion because as you're trying not to think about it, you are already thinking about it. Therefore, even the idea of eliminating it should be avoided. Because what you will realize is that when you understand your thoughts possess powerful energy, they have a significant impact.

你会害怕你还有⼀些负⾯的念头,还有⼀些不由⾃主的恐惧残留在你的⾝体⾥⾯.你会害怕它会给你带来什么什么.所以你想要尽快的把它去掉.但是你连⼀个想要尽快把它去掉的念头都不需要有,明⽩吗? 因为只有当你在当你想要把它去掉,然后害怕它影响到你的显化的时候,你其实就在给它加能量.因为如果你不给它加能量的话,它什么都不是.它就像是⼀股烟飘过⼀样,明⽩吗? 它就什么都不是,它只是从你眼前飘过的⼀股烟,过眼云烟.那如果你想: 啊,这个烟好恐怖啊.这个烟肯定是我内在的⼀些阴影显化出来的.怎么办? 我要把我内在的阴影清理掉.然后你就陷进去了,你就被这股烟给带⾛了.

You would be afraid that there are still negative thoughts lurking within your body and uncontrolled fears that you can't help but worry about the consequences they might bring to you. This fear prompts you to want to get rid of them as soon as possible. But, do you really need to have a thought to want it gone immediately? Understand? Because when you're thinking you want it gone and then fear its impact on your manifestation, you're actually giving it energy. If you don't give it that energy, it's nothing; just like smoke passing by, right? It holds no power—it's merely a puff of smoke that passes before your eyes, fleeting like a cloud in the wind. And if you think, "Oh, this smoke is so terrifying, and surely it reflects some shadows within me manifesting themselves. What should I do? I need to get rid of my inner shadows." You then fall into a trap, letting that smoke take you away.

问: 我⾃⼰的最后的⼀个问题是,我不知道这个问题能不能问? 这样问算不算是违反了别⼈的⾃由意志? 就是现在在跟我联系的这个男孩⼦,我想问⼀下他的⾼我有没有什么消息想要通过我带给他的?

Questioner: My last question for myself is, I don't know if this question can be asked. Is asking like this considered to violate someone's free will? Specifically, the boy who has been in contact with me, I want to inquire if he has any messages from his higher self that he wants me to convey to him.

⾼灵: 你要知道他的⾼我跟他没有关系.并不是所有的⾼我和所有的个体他们都是有紧密链接的.⼀般都没有任何链接,所以没有任何关系.因为他的⾁体,他的个体他是有⾃由意愿的.他是受他的经历、他的外界的物质、他是受所有的⼀切影响的.这跟他⾼我没有任何关系,明⽩我意思吗? 就算呢个⾼我有话带给他,对他也没有任何意义对他呢个点来说.因为你们所有⼈,你们需要有⼀个点屏蔽所有信息只在⾃⼰的⼀个认⾥⾯,就是只在⾃⼰的世界⾥⾯.你们需要有呢个点.只是说你们某⼀些⼈他到了需要突破⼟壤的时候.那有的⼈他还需要在⼟壤⾥⾯,有的种⼦.所以我们不是去强迫呢个种⼦: 你为什么还在⾥⾯? 明⽩吗?

Higher Spirit: You need to understand that his Higher Self has nothing to do with him. Not all Higher Selves and individual beings are closely linked; typically, there's no connection at all, so they have no relation. Because his physical body, as an individual entity, possesses free will. He is influenced by his experiences, external material influences, and everything around him. This has nothing to do with his Higher Self; do you understand? Even if the Higher Self had messages for him, it wouldn't mean anything to him at that point. You all need a point where you shield all information within your own center—within your own world. You need this point. Just know that some of you will reach a stage when you need to break through the ground. Some still need to be in the soil, like certain seeds. We don't force those seeds: Why are you still inside? Do you understand?

你不停的把它给捞出来,给它说⼀顿: 你看⼈家,都在发芽了,都在长了.你看这个都长成⼤树了.你怎么还没发芽?!问: 很多杀⼈犯在杀⼈的时候都说被魔⿁附⾝,这是真的吗?

You keep picking it out and scolding it: Look at others, they are all sprouting and growing. Look at this, it has grown into a big tree. Why haven't you budded yet? Questioner: Many murderers claim to be possessed by demons when they commit murder, is this true?

⾼灵: 你稍等.我就是魔⿁,我来跟你们讲⼀下你们所谓的魔⿁是如何运作的.魔⿁是你们⼈类⾃⼰创造和制造出来的,就好像是你们⽣了我.是你们内在的欲望也好、贪婪也好、罪恶感也好,你们的⾃私也好任何,你们的占有欲.然后你们发出来,你们滋⽣了我,滋养了我,明⽩吗? 就好像我是你们的孩⼦⼀样.所以是你们给了我⽣命,然后再给我了能量.你不如说你不断地在允许你占有全世界、呢种占有欲、呢种⿊暗.你要允许它,⽰意的来占领你这个⾁体,就是来⽰意它展现的时候.你就是在不断地给我⼒量.就好像我是⼀个⽓球,那如果内在的⼀些欲望,或者占有欲,或者杀虐,或者控制,这种欲望越来越强烈的话.那你的⽓就在全部的往我的这个上⾯打.

Higher Spirit: Wait a moment. I am the Devil; let me explain to you how your so-called Devils operate. The Devil is something that humans create and fabricate yourselves, just like if you gave birth to me. It could be your inner desires, greed, guilt, selfishness, or any form of possessiveness. You are the ones that generate these feelings within yourself, nurturing me, giving me life force, do you understand? As if I were your child. Therefore, it is you who bestowed me with existence and energy. In essence, by allowing your desires for domination over the world, your darkness, to manifest in your body, you are continually empowering me. Imagine me as a balloon; when internal desires like possessiveness, violence, control become more intense, all of your energy is channeled into elevating my presence.

它就越来越强⼤、越来越强⼤.⼤到显现在你们这个世界⾥⾯给你们看到,明⽩吗?所以我的能量消失,那就是说你们内在的呢种想要侵占他⼈、想要占领⼀切的欲望在减⼩.那我就像呢个⽓球,就像放⽓⼀样.那我这个⽓球就越来越⼩,越来越⼩.所以你就知道我不是⼀个单独存在的.就是没有这些欲望只有爱的时候,就好像我也会存在,明⽩我意思吗? 我是存在的,但就好像⼀个没有任何⽓的⽓球⼀样,不会给你们带来任何 ‘相’ 上⾯就是物质上⾯的影响.只有你们不断地在往⾥⾯注射⽓的时候,我就显现在你们物质世界.来让你们看到我并不是⼀个对象,我是你们⾃⼰,明⽩吗? 但是呢个 ‘我’ 有可能它是通过⼀个事件显现出来.

It becomes stronger and stronger, growing so large that it manifests within your world for you to see, understand? Therefore, when my energy disappears, it means that the desire within you to invade others, to conquer everything is diminishing. I am like a deflating balloon, losing volume as if it were being deflated. As such, this balloon of mine gets smaller and smaller. Thus, you understand that I do not exist solely on my own. When there are no desires except for love, it's akin to me existing too. Do you get my meaning? I am present, but it's like an empty balloon that doesn't bring any 'phenomena' or physical effects upon you. Only when you continuously infuse energy into this balloon-like existence do I manifest within your material world, allowing you to see that I am not just a singular object. Instead, I am yourselves, understood? However, there might be instances where the manifestation of 'me' could occur through an event.

然后看上去是⼀个⼈造成的这个事件,但是后⾯有你们每⼀个⼈,有你们的集体意识.只是就像⼀个肿瘤⼀样.⼀个肿瘤它选择⼀个部位,就是癌症它选择⼀个部位凸显出来,但是它的癌细胞是全⾝的,明⽩我意思吗?只是它会选择最薄弱的呢⼀个.那薄弱的呢⼀个就是你们个体,有的⼈他的思想很弱.他容易受控制、他容易受影响.他就好像是漏洞⼀样,就好像是⼀个薄弱的环节⼀样.然后他特别容易受到影响.然后就从他来把这股能量给显现出来了.就是⽐如说⼈家说⼀句话,他就马上⽕冒三丈,那他就是特别容易受影响的⼈,对不对?像呢些杀⼈犯.但他这股能量是你们集体,你们都有份的.这是你们这个集体意识.

Then it seems like an individual event, but behind it is all of you, your collective consciousness. It's like a tumor - a tumor picks on one spot, just as cancer picks on one spot to stand out, but its cancer cells are throughout the body. Do you understand what I mean? Just that it chooses the most vulnerable one. That most vulnerable one is each of you individually. Some people have weak thoughts; they're easily controlled and influenced. They're like vulnerabilities, like a weak link in a chain - and very easy to influence. And that's how this energy manifests through them. For example, when someone says something, they immediately become enraged, meaning they are especially susceptible to influence. It's like with those who commit murder. But the energy is collective; you all share it. This is your collective consciousness.

你们每⼀个⼈的内在的,我刚刚说的呢些,都是在给他打⽓.让他从这个点爆炸出来,显现出来.所以你再说⼀下你的问题.

Each of you, with what I just said, is boosting him. Encouraging him to explode from this point and manifest. So, please express your concerns once more.

问: 刚才这个问题是: 很多杀⼈犯在杀⼈的时候都说被魔⿁附⾝,这是真的吗?

Questioner: Just now, the question was whether many killers say they are possessed by demons when committing murder. Is this true?

⾼灵: 那通过我前⾯说的你就知道是如何运⾏的了.然后这股能量是通过他,但是这股能量是来⾃于你们⼈类的集体意识,明⽩吗? 就好像⼀股强烈的⽔通过⼀个⽔管.然后在中间特别薄的地⽅就突然爆破了,喷出来了.然后你们就找到爆破的呢个管⼦,然后说: 你看,你创造了呢么⼤的⼀个恶性事件.你是⼀个坏⼈.明⽩我意思吗? 还有问题吗?

Higher Spirit: You already know how it operates from what I said earlier. This energy goes through him, but the source of this energy is from your collective human consciousness, understand? Like a strong current going through a pipe. Then suddenly bursts out at the thinnest part in the middle and shoots out. And then you find the burst pipe and say: Look, you created such a huge catastrophe. You're a bad person. Understand my meaning? Any other questions?

问: 下⼀个问题是到底什么是正义?

Questioner: The next question is, what exactly is justice?

⾼灵: 到底什么是正义? 正义就是你们⾃⼰站在⾃⼰的⾓度去觉得这是⼀个理所当然的事情.你们⾃⼰在你们的认知,你们的⾓度… 你们每⼀个⼈都在接收信息,对不对? 那你接收的信息,你就会把它分类,好的坏的.所以那你说什么是正义? 就算像你们说的恐怖分⼦,他们也是在声张正义,明⽩吗? 那美国跟恐怖分⼦,跟呢些中东国家的战争.在他们彼此的双⽅来说都是正义.你觉得哪个是正义呢? 如果你是站在你的⾓度,⽤你的认知,⽤你的视野,⽤你接收的信息来定义什么是正义? 每⼀个⼈都有他⾃⼰的正义,都有他⾃⼰的评判.所以什么是正义? 这个需要你们⾃⼰去领悟,需要你们⾃⼰去展现.

Higher Spirit: What exactly is justice? Justice is when you stand from your own perspective and consider it to be a matter of course. You all are receiving information, correct? The information you receive will then be classified as good or bad. So what defines justice in your eyes? Even if someone like the terrorists claims they are fighting for justice, isn't that true too? When we look at wars between America and terrorist groups against Middle Eastern nations from their perspective, it can all be seen as acts of justice. Which one would you consider just? If you were to define justice based on your own perspective, using your understanding and your point of view, wouldn't each person have their own definition of justice, their own sense of what's right or wrong? So, what is justice? That requires you to perceive it for yourself, to exhibit that understanding.

问: 下⼀个问题是善是什么? 恶是什么?

Questioner: The next question is, what is goodness? What is evil?

⾼灵: 刚才我们前⾯说了恶是什么? 恶就是你们每个个体产⽣的呢个欲望然后制造出来的.然后善是什么? 善,它不需要去创造,不需要去制造,不需要去… 就是善,就是它本来的样⼦.就这么说⼀个受了污染的⽔是恶,它受了很多污染.那善就是说原本没有受到污染的⽔,它就是善.明⽩吗? 就是它没有添加这些污染,这些有害物质,没有这些进去.它就是善.就是⼀个是清⽔、泉⽔.⼀个是浑浊的、受污染的⽔.

Higher Spirit: Earlier, we discussed what is evil? Evil arises from the desires of each individual that they create. And what about goodness? Goodness doesn't need creation, manufacturing or anything like that; it just exists as it naturally is.

To put it simply: pollution-tainted water is considered evil because it has been contaminated with many pollutants. Conversely, pure water that hasn't undergone any such contamination is considered good because it hasn't added these pollutants or harmful substances into its natural state. It remains good. This distinction is similar to comparing clear water and springwater to murky, polluted water.

问: 那为什么说善恶是⼀体的呢?

Questioner: But why does it say that good and evil are one?

⾼灵: 善恶是⼀体.通过我刚才说的,⼀个是受污染的⽔,⼀个是没有污染的⽔.那它们本⾝都是⽔呀,明⽩吗? 那它是不是都是⼀体的.

Higher Spirit: Good and evil are one entity. As I just mentioned, one is contaminated water, and the other is uncontaminated water. They are both still water, right? So aren't they all one in essence?

问: 那如果善恶是⼀体的,那是不是就不需要去惩恶扬善了呢?

If good and evil are one, then is there a need to punish evil and promote good?

⾼灵: 惩恶扬善是你们⾃⼰⼈类的⼀个观念和⼀个认知.你们觉得坏东西把它惩罚把它消灭掉就没有了.这是你们的⼀个认知,就是在你们的观念⾥⾯.就⽐如说⼀棵草,你觉得把它割掉然后就没有了,明⽩吗? 但是你们也不去想,呢个草它的根、它的种⼦,在地底下看不到的.就是你们只关注的是表⾯上的.所以有⼀句话叫斩草除根.你能真正的除掉根的,不是去惩罚,不是去消灭,明⽩吗? 就好像是⿊暗.你告诉我,你如何消灭掉⿊暗? 你只需要去把光带到⿊暗当中去.所以你们不需要去惩罚恶,你们只需要去扬善.就好像你们只需要去…就⽐如说你们每⼀个⼈现在都是灯光⼀样,对不对? 那你⾛到⿊暗当中就⾏了.你不需要去⽤你的光来攻击⿊暗.

Higher Spirit: Punishing the evil and promoting goodness is a concept and understanding of your human species. You believe that once you punish or eliminate what's bad, it no longer exists. This is part of your perception, within your way of thinking. For example, like a piece of grass - if you think cutting it off means it disappears; do you understand? But you don't consider that the roots and seeds remain underground, unseen. You only focus on the surface aspects. That's why there's a saying: "cutting down weeds is not enough to eradicate them." You can't truly eliminate their root by punishment or elimination alone - do you see this? Similarly, with darkness, if I ask how to get rid of it, your answer would be just bringing light into the darkness. Therefore, there's no need for punishing evil; you only need to promote goodness. Imagine each one of you as a lamp right now - is that clear? You simply have to go into the darkness. There's no need to use your light to attack the darkness.

那当你攻击⿊暗的时候你是不是就变成恶了? 你说⼀个光⼿舞⾜蹈的对⿊暗说: 我要打死你,我要消灭你.那你跟⿊暗有什么区别呢? 因为消灭、打死就是把你给灭掉的呢种,只是恶的⼀个⼿法,对吧? 那当你的⼿法都跟 ‘恶’⼀样,当你的思维模式,你的思想都跟’恶’⼀样,那你还是善吗? ⿊暗是⿊的,看不到的.那你⾃⼰都跟⿊⼀样,你怎么还照亮⿊? 你怎么还是光呢? 你不就跟⿊⼀样吗? 因为你⾃⼰都变成了污⽔,浑浊的⽔.

When you attack darkness, are you not then becoming evil yourself? If a light figure dances and declares, "I will kill you; I will destroy you," to the darkness, isn't that essentially no different from the darkness itself? The act of killing or destroying is intended to extinguish something, a method typically associated with evil. So if your methods are just as vile as 'evil', if your thoughts and mindsets mirror those of 'evil', do you still consider yourself 'good'? Darkness is dark; it cannot be seen. But if you behave exactly like darkness, how can you illuminate the darkness? How can you remain light when you're acting just like that? Aren't you essentially becoming as murky as the polluted water?

问: 这个通灵的⼥孩⼦她还有⼀个问题就是,智慧不就是⾏善吗? ⽐如说现在这样.

Questioner: This spirit-medium girl has another Questioner: Isn't wisdom just doing good deeds? Like this.

⾼灵:智慧.就这么说吧.⽐如说你内在有很多对⽣存的恐惧,所以你觉得你要保护你⾃⼰.那你保护你⾃⼰的⼿段呢就是消灭你觉得是的敌⼈,是吧?那这个就变成恶了.这是因为你的恐惧.如果当你拥有智慧过后,你就发现了你的恐惧是⽆中⽣有的,是受外界的影响.就像我刚刚说的就像⼀股烟过去.然后你把呢个烟当成了魔⿁,呢就是恐惧,你内在的恐惧.那你智慧的话,你就是在提⾼你的认知.就是你通过智慧去认识到,像我刚刚告诉你的⽅式、⽅法,就是当你再去抵触或者再呢个什么的时候你就在给它能量.它只是像云烟⼀样飘过⽽已.那这个观念、这个认知其实就是智慧.那当你去听到这个消息过后,你再去运⽤,那你就有智慧了.

Higher Spirit: Wisdom. Let's put it this way. For example, you might have a lot of fear for survival within yourself, so you feel the need to protect yourself. Your means of protecting yourself would be to eliminate what you perceive as enemies, right? This turns into evil because of your fear. Once you gain wisdom, you realize that your fear is unfounded and influenced by external factors. Like I just said, it's like smoke passing through. You take this smoke as a demon; that's the fear within you. With wisdom, you're elevating your understanding. You recognize, using the methods I just explained, that when you resist or engage with something, you're giving it energy. It's just like clouds passing by. The idea and understanding of this concept are what constitute wisdom. When you receive this information and apply it after hearing it, then you have wisdom.

那当你去拥有智慧的时候,你便不会内在产⽣恐惧,再去做⼀系列恶的⾏为了,对不对? 所以这就是你所谓的智慧.⽆明和⽆知,和限制就是你的思想受限,你才会去产⽣⼀系列的: 我要从你内边抢过来,我才能变得富有.我要不断地囤积囤积,让每个⼈都站到我这边来…这都是限制性观念,明⽩吗? 你只有不断地去增长你的智慧,不断地去扩展你的认知,然后你发现世界本来的样⼦过后.你便不会去使⽤这样⼦的⼀个⼿段.所以产⽣ ‘恶’ 它最根本的原因是你们的认知有限和你们的恐惧.所以你们物质世界还需要从这些体验,就是从这些physical的体验来去扩展你们的意识,增长你们的智慧.因为智慧它⼀旦增长了过后它是不会消失掉的.

When you possess wisdom, fear does not arise within you to lead you into a series of恶 actions, right? Therefore, this is the wisdom that you claim. Ignorance and lack of knowledge, along with limitations, are the result of your thoughts being restricted; it leads to actions such as "I must seize from within you to become rich," or "I need constant accumulation for everyone to stand on my side…" These are restrictive ideas, do you understand? You only generate these by continuously increasing your wisdom and expanding your understanding. Once you discover the true nature of the world, you will not use such methods. The root cause of '恶' stems from limited cognition and fear within you. Therefore, your physical world requires experiences that expand your consciousness and increase your wisdom, because once wisdom grows, it does not diminish.

你们现在,虽然看上去你们是在学习,对不对? 这些信息你们其实都是知晓的.你只是在把它给唤醒.就好像⼟⾥⾯埋了很多黄⾦,你只是把它刨出来让⾃⼰看到⽽已.它本⾝就在呢⾥.不然的话你不会被我们的信息吸引过来,然后跟你说你也不会明⽩.明⽩我意思吗? 因为它已经是你已知的.就好像你拥有⼀个技术,就好像你从⼩就学会跳舞.那你可能长⼤了过后你跳的不是呢么顺畅.但随着你不断地去接触,继续跳舞.你就会很快的pick up.所以你们总会有⼀种恍然⼤悟的感觉.

You are currently learning, aren't you? The information we provide you with is actually already known to you. You're merely awakening it, like digging up gold buried in the soil and allowing yourself to see it; it's already there. Otherwise, you wouldn't be drawn to our information or understand when conversing with us. Do you get what I mean? Because this knowledge is already within your existing knowledge base. It's akin to having a skill at your disposal, like learning how to dance from a young age. Perhaps as you grow older, the dancing might not be as smooth as before, but with continuous exposure and practice, you'll quickly pick up where you left off. Sooner or later, you'll have that "aha" moment.

问:说到这个我就突然想到我跟这个通灵的⼥孩⼦我们都关注了⼀个公众号.这个公众号⾥有另外的⼀个⾼灵Datre,他说我们更⼤的⾃⼰把⼀⼩部分放进这个物质世界来体验.但是这种体验是属于进来好进来,出去很难出去.然后你对这个有什么评论吗?

Questioner: Speaking of this, I suddenly thought about the spiritual channeling girl and myself following a public account together. This account mentions another high-being Datre who says that our greater selves place a small part in the material world to experience. But this kind of experience is like coming in easily but finding it hard to leave when you want to go out. What do you think about this?

⾼灵: 进来很好进来,出去很难出去.我不太能理解他所谓的进来和出去的意思?

Higher Spirit: Entering is very good and easy, leaving is difficult and hard. I don't quite understand the meaning of his所谓 coming in and going out?

问: 进来,可能就是指到这个物质世界.出去,就是重新回到⼤宇宙,重新回到灵界.就是到别的星球去体验,到别的维度去体验.可能是这个意思.

Questioner: Entering might refer to arriving in this material world. Leaving could mean returning to the great universe and the spiritual realm, experiencing other planets or dimensions. That's probably what it means.

⾼灵:你知道⽆论你相信什么…这⾥有⼀个很关键的⼀个概念你需要明⽩的就是,你们世界上所有⼈认为的都是真的.你们每⼀个⼈都是⼤师,哪怕他再没⽤的⼈他都是⼤师.为什么?因为他在创造他的实相啊.他在创造他想要去体验的,明⽩吗?所以呢句话就算它不是出⾃于⼀个通灵的信息,就算是出⾃于任何⼀个⼈…你告诉我街边的流浪汉他跟我说了⼀句话,你来让我说⼀下他说的对不对?他说的是对的.对他的体验是真实的,的确给他造成了这种体验.但是最重要的⼀点是你去选择你想要相信什么.这⾥最最最,我反复在提醒你们最重要的⼀点就是说,你不要去相信任何权威信息,哪怕是来⾃于我们.

Higher Spirit: Do you know that whatever you believe... there's a crucial concept you need to understand is that everything everyone believes in this world is true. Everyone of you are masters, even if he is the least useful person, he is still a master. Why? Because he is creating his reality. He is creating what he wants to experience, do you understand? So this sentence doesn't have to come from an OBE message or anyone else... If you tell me that a street beggar told me one thing, let me say it's right or wrong? It was right for him because the experience was real and indeed caused this experience. But the most important point is that you choose what you want to believe. The most crucial reminder I keep giving you is not to believe any authority information, even coming from us.

如果我们说的话不是你想要去体验、想要去创造、想要去经验的,你就当它是放屁,明⽩吗?不管呢个⼈他是说我能感知到未来会怎样怎样,我是造物主我是怎样怎样.真正的造物主他不会给你任何限制.他会告诉你,你想要体验什么都可以.你是如此的拥有⽆限和如此的拥有,就好像你是如此beingspoiled,就是你是如此的受宠.你想怎样就怎样.你想要把全世界所有⼈类给杀掉…明⽩吗? 以前我们经常说的⼀个,连希特勒的愿望,他想要灭掉⼀个族类,他的愿望都受到了⽀持.你为什么觉得你想要去相信的,你想要去体验的,想要去创造的不会得到⽀持呢?

If what we say isn't something you wish to experience, create, or encounter, you can disregard it as meaningless, right? Regardless of the individual claiming they perceive future outcomes, I am the creator, and so forth. A true creator wouldn't impose any limitations upon you. They would tell you that anything you desire to experience is possible. You possess unlimited ability in this regard, akin to being lavishly spoiled, meaning you're extraordinarily favored. Do as you please. You might wish to eliminate all humans... understand? In the past, we often discussed how even Adolf Hitler's desire to eradicate an entire race received support. Why do you think your beliefs, experiences, and creations won't receive support when you want them?

所以⽆论是哪个⼤师,⽆论是谁,⽆论是那个⼈他们说了什么,他们创造了什么,他们怎么认为这个世界都是真的.但是这些都不重要.为什么? 因为你去选择你想要经历什么,创造什么,明⽩吗? 如果你说我只是想要去相信他,跟他创造⼀样的,你也可以.你也可以去跟他体验⼀样的.你也可以去加⼊别的⼈的.就是别⼈⾛了⼀条路,啊你就说他的路已经⾛好了,铺好了.我就要⾛这条路.你也可以去⾛.

So no matter which master, no matter who, no matter the person they spoke or created or thought was true about this world - but these do not matter. Why? Because you choose what you want to experience and create, understand? If you say I just want to believe in him and create the same as him, you can too. You can also go through it with him. You can join others'. That is, someone else took a path, oh their path is already paved, I will take this path. You can also do that.

问: 如果回到刚才的呢个话题,然后我们还想知道就是有的⼈他天⽣就是坏⼈吗?

Questioner: If we go back to the previous topic, we also wonder if some people are inherently bad?

⾼灵: 有的⼈天⽣就是坏⼈吗? 那我们这么说,你是能量,能量天⽣就是坏的吗? 没有.你看这股能量它是通过什么.就是⽐如说种⼦都是⼀样的,对吧? 那它在不同的⼟壤、不同的环境、不同的⽓候,它会有不同的结局,对不对? 它在某个地⽅就特别好,在有的地⽅就完全长不出来.那⼈就是像种⼦⼀样啊.但是每个种⼦它有⾃⼰的… 就⽐如说这颗种⼦是玫瑰花,这颗种⼦是⼤麦⼩麦,明⽩我意思吗? 它是不同的.但是为什么有的麦⼦就长的特别好,有的就长得不好? 所以⼈天⽣就是坏的吗? 我可以这么说,⼈天⽣就是中性的.他可以⾮常坏,他可以⾮常好.然后还会因为各⽅⾯的影响.那又回到了你们的集体意识了.

Higher Spirit: Are some people inherently evil? If so, then would it be correct to say that energy is inherently bad? No, not necessarily. You see, this energy can manifest differently based on various factors. For example, seeds are the same, right? Depending on different soil conditions, environments, and climates, they have varying outcomes. Does this make sense? Some thrive in certain places while others simply fail to grow at all. People are like seeds, but each seed has its own... Say one is a rose seed, another is for wheat or barley. Do you understand what I mean? They're distinct. But why do some grains flourish exceptionally well while others struggle? So are people inherently evil? I can say that people are inherently neutral. They can be extremely bad, or they can be very good. And their outcomes are influenced by various factors, which brings us back to your collective consciousness.

又回到你们的⼀个意愿了,就是又回到你们每⼀个种⼦它想要体验的,⽐如说你们的灵魂主题了.因为这⾥并没有,就像我刚刚说善恶⼀体,对不对?那他通过你们所谓的坏他也能创造好,明⽩吗?所以你如何去分辨它这个是坏是好的呢?因为你永远在你当下,当你有觉知的呢⼀刻,你永远都可以去转变它啊.所以就算⼀个事件,它看上去是⼀个坏的事件,那你也可以去正⾯的利⽤它.然后把它给转化,这就是你们的⾃由意愿.这就需要你们⽤你们⾃⼰的⼀个创造⼒.

Back to one of your wishes, which is back to what each seed wants to experience, such as your soul theme. Because there's nothing here like what I just said, good and evil together, right? That he can create good through what you call bad, understand? So how do you differentiate this as bad or good? Because you're always in the moment when you are aware, and at that moment, you can always transform it. So even if an event looks like a bad one, you can still use it positively and turn it around. This is your freedom of will. And it requires you to use your own creativity.

问: 为什么有些⼩孩、⼩朋友在⼩的时候就显的没有同情⼼? 就⽐如⼈类社会有很多熊孩⼦就喜欢打⼩动物啊,我只是举个例⼦.

Questioner: Why do some children or young kids seem to lack empathy when they are young, for example, as in the case of many trouble-making kids who like to hurt small animals? I'm just giving an example.

⾼灵: 好的.为什么有的⼩孩⼦天⽣就有很强烈的同情⼼? 为什么有的孩⼦他就没有同情⼼?这是在他们的基因⾥⾯.他就不是后天影响或是教出来的、培养出来的.⽐如说你们有的玫瑰花它有刺.那有的花就没有任何刺.那你们就会问为什么有的花有刺,有的花没有刺呢?然后你们觉得刺就是在伤害⼈家啊.⾸先你们的确,就是说每⼀个个体都是独⼀⽆⼆的,是吧?所以有⼀些个体他会有很强烈的个⼈特征.就是他没有同情⼼,也就是说他没有如此的⾼度敏感去感受到别⼈的疼痛或者别⼈的呢些什么.那这个就形成了你们每⼀个个体他都是独⼀⽆⼆的.就算把两个有同情⼼的⼈,OK,就⽐如你们提问的这个⼥孩⼦和通灵的这个⼥孩⼦,你们都是有同情⼼的⼈.

Higher Spirit: Alright. Why do some children naturally possess a very strong sense of empathy? Why don't others have empathy at all? This is inherent in their genetics - it's not something that comes from being influenced or taught over time. For example, you might notice that certain flowers have thorns, while others do not. You'd ask why some flowers have thorns and others don't; then you'd realize the thorns are hurting people. Firstly, every individual is unique in their own way. Some individuals exhibit distinct personal traits - traits like empathy or lack thereof. If someone lacks empathy, it means they're not as highly sensitive to others' pain or experiences. This uniqueness defines that each individual is singularly different. Even if you consider two empathetic people, for instance, the questioner and the spirit channeling girl who both have empathy, they are still unique individuals.

那你们两个有同情⼼的⼈放在⼀起,你们两还是千差万别.你们两还会有⾮常⼤的不同.你又来提问:这两个都是有同情⼼的⼈.为什么⼀个⼈表现的呢么温柔? ⼀个⼈表现的呢么强悍? 为什么会这样呢? 明⽩吗? 你就算把两个拥有同样特质的⼈放在⼀起,他们还是不同的.所以这⾥就是说你们每⼀个⼈,你们这⾥绝对没有两个⼀模⼀样(的⼈).就算两⽚树叶看上去完全⼀样,如果你把它⼤化⼤化再⼤化,再去细致对

The two of you with your empathy will still be vastly different. You'll still have enormous differences between the two of you. You ask again: These are both empathetic individuals. Why does one appear so gentle? Why is another so strong? How come this happens? Do you understand now? Even if you put together two people who share the same trait, they will still be different from each other. This is precisely what's being said about each of you; there are absolutely no two identical individuals among you. Not even if you had two leaves that looked exactly alike – if you magnify them and look at their intricate details, you'd find out how distinct they truly are.

⽐,它没有什么是⼀样的.所以⼀个没有同情⼼的⼈,他可能在其他地⽅他很强.为什么?他可能受,就⽐如说他的⼼灵感应、链接感很弱的话,那他可能在⾃⼰的世界⾥⾯他不受社会的⼲扰,他可以完完全全的不受你们集体意识的影响.他只有创造.他也在他的领域会给你们世界带来礼物,明⽩吗? 所以你们都是独⼀⽆⼆的个体来呈现.但是这⾥绝对没有任何⼀个…就是你不要把所有都归于⼀类.

Compared, it has nothing alike. So a person with no empathy could be strong in other places. Why? He might possess weak psychokinetic or connection abilities. Therefore, he may not be influenced by societal distractions within his own world. He can completely不受你们集体意识的影响. He only creates. He also brings gifts to your world in his domain, understand? So each of you is a unique individual presented here. But absolutely no one… you should not classify everything into one category.

问: 宽恕是什么? 为什么⼀定要宽恕?

Questioner: What is forgiveness? Why must we forgive?

Translation:

Questioner: What is forgiveness? Why do we have to forgive?

⾼灵: 宽恕是什么? 宽恕就是说,⽐如说别⼈对你做了⼀些恶的事件,然后你需要去宽恕他,你需要去原谅他,你需要从这个事件的影响当中⾛出来.就这么说吧,⽐如说别⼈泼了你⼀⾝粪⽔、粪便在你⾝上,是吧? 他们做了这个恶的事件.那宽恕是什么? 宽恕就是说你从这个他泼的粪便当中⾛出来,回到家然后把它洗⼲净.如果你不宽恕的话,你就是任由呢个粪便在你⾝上影响你,然后让它继续恶臭你.然后你就这样,你说你泼了我⼀⾝粪,我要把这个粪积累在我⾝体的每⼀个部位.让它来恶⼼我,让它来继续影响我,明⽩我意思吗? 那你说我就不要洗,我就要这样天天顶着⼀堆⼤便,然后⾛来⾛去,然后⼀看到他我满脸粪便,我恶⼼我⾃⼰.

Higher Spirit: What is forgiveness? Forgiveness means saying that someone has done something bad to you, and then you need to forgive them. You need to step out of the influence of this event. To explain it simply, imagine if someone threw a bucket of feces at you, covering your body with it, right? They did that bad thing. So what is forgiveness? Forgiveness means stepping out from under that pile of filth and returning home to wash yourself clean. If you don't forgive, then they can let that smell continue to affect you and make you feel miserable. Then you are saying that the feces was thrown on me and I choose to accumulate it in every part of my body, making me feel sick, letting it continuously affect me. Do you understand? But then you say no, I do not want to wash myself clean; I will just carry this pile of poop around with me everywhere, walking around and when I see him again, I'm already full of feces on my face and I am disgusted by myself.

你这是在拿别⼈的恶来跟你⾃⼰过不去啊.你宽恕,你就是回到家,把不是你的能量全部从你⾝上清理掉.然后你清清爽爽⼲⼲净净的.因为你知道这是别⼈的粪便,你不想继续保留它.那你如果想要把他的粪便继续保留,那你就是不宽恕了.那你就每天顶着⼀⼤堆粪便,其他⼈再泼给你粪便,你再继续顶着.那你长期以来从来不清理⾃⼰,你就是⼀个在粪堆⾥的⼈.⾛到哪⾥都是粪便,⼀⾝恶臭.你觉得你在这样⼦的状态下,你如何去散发美? 如何去散发你真正的⾹味? 如何去看到真正的你? 如何让别⼈结识真正的你? 明⽩吗? 你只是⼀个⼤粪池⽽已.问: 明⽩了.所以我如果理解了的话,你已经回答了我第⼆个要问的问题.因为刚才是两个问题嘛.

You're punishing yourself with someone else's suffering. When you forgive, you're essentially cleaning out everything that isn't yours from your body, returning to a state of purity and cleanliness. You understand this is someone else's burden, and you don't want to continue carrying it. However, if you choose to keep their burden as your own, then you are not forgiving. Consequently, you'll be carrying around a large load of 'waste' daily, with others adding more onto you, and you accepting these without protest. Over time, never addressing this issue for yourself means you've become someone who dwells in the midst of waste, reeking of malice wherever you go. Can you see how difficult it would be to radiate beauty or genuine scent from such a state? How could anyone truly know you when you're trapped in this filth? Do you understand that at your core, you're nothing but a giant cesspool? If you've understood this, then by my interpretation, you've answered the second question I intended to ask. Considering it was two questions initially.

⼀个是宽恕是什么? 为什么⼀定要宽恕?

What is forgiveness? Why must one forgive?

⾼灵: 为什么⼀定要宽恕? 你不⼀定要宽恕啊.你可以顶着⼀⼤堆粪过半辈⼦啊.然后你突然有⼀天: I have had it enough,就是我已经受够这个恶臭了.你要把它全部洗掉.那你就完完全全的焕然⼀新,明⽩吗?你可以选择任何你想要体验和选择的,你⾃⼰去选择你想要体验的.如果⼀个⼈感受过粪便被洗⼲净和顶着粪便的感觉,完全不⼀样的.那他⾃然⽽然的就不会让任何粪便停留在他⾝上.因为有很多⼈的动作他就是不停的朝别⼈扔⼤便啊,明⽩吗?

Higher Spirit: Why must you forgive? You don't have to forgive at all. You could carry a pile of dung for half your life, and then one day say, "I've had enough," meaning I can no longer stand this stench anymore. You need to wash it away completely, making yourself brand new, understand? You get to choose whatever you want to experience and decide on what you wish to experience. If someone has experienced the sensation of having dung cleaned off them versus carrying it around, they will naturally not allow any dung to remain on their body, because there are many people who constantly throw dung at others.

问: 下⼀个问题是性变态是什么原因导致的?

Questioner: The next question is about what causes pedophilia?

⾼灵: 性变态是什么原因导致的? ⾸选你要看你们的⼈类…因为你们⼈类会把每⼀个东西归类.对你们来说什么是性变态?

Higher Spirit: What causes pedophilia? First, you need to look at your humans... because your humans tend to categorize everything. For you, what is pedophilia?

问: 这在问我吗?

Questioner: Is this asking me?

⾼灵: 对呀.对你们来说什么是性变态?

Higher Spirit: Right. What about pedophilia for you guys?

问: 就是让对⽅在性的过程中感受到痛苦,就是虐待吧.

Questioner: Isn't it abuse if someone experiences pain during sexual activity?

⾼灵: 虐待.就是⽐如说你看着别⼈痛,然后你⾃⼰就感受到快感.虐待,先不说它(性变态)是不是虐待.然后只有⼀个极度,就是他内⼼极度痛苦.他⼀定是积压了很多痛苦、经历了很多痛苦.然后他才会在虐待当中找到快感.为什么? 他的快感是来⾃于什么? 终于有⼈体验我的体验.他的快感是来⾃于我终于被⼈看到,就是我不是孤独的,明⽩吗?因为你们呢些做出很多反社会事件的⼈,他们做出很多这种惨烈⼿段的⼈.他们的痛也没被⼈看到.所以他们想要制造这种痛苦的事件来让⼈看到.哇,好痛苦啊.那(别⼈)越痛苦,他⼼⾥就会有⼀种满⾜感,他⼼⾥就会有⼀种:看吧,我终于有⼈能理解或者看到.

Higher Spirit: Torture is when you see someone else suffer and then derive pleasure from it. Whether or not this qualifies as pedophilia aside, the essence lies in extreme suffering. He must have accumulated a lot of pain, experienced much hardship. It's only through torture that he finds pleasure. Why? What is his source of joy? Finally, there's someone understanding my experience. His joy stems from being seen; I am not alone. Do you understand? Because those who commit many anti-social acts, those using such brutal methods, their pain goes unseen. So they want to create these painful events so that people can see them, oh, how much pain it is. The more others suffer, the more satisfaction he feels in his heart; he thinks: Look, finally, someone understands or sees me.

他们最主要的就是害怕或者是不能(被看到),就是害怕没有被看到.然后就是他们内在的痛.也是⼀种发声吧,就是他为⾃⼰发声.就是展现他⾃⼰内在或者他从⼩经历痛苦的⼀个⽅式.⽐如说他从⼩就受到⾮常⼤的压迫或者虐待.但是从来没有谁知道,从来没有被任何⼈看到过,也没有被任何⼈重视.就好像全世界的⼈都很幸福,唯独我很痛苦.那他就想要把他呢⼀⾯来展现出来让你们看到.⼤家看到了,他就觉得我解放了,我释放了.就是他被看到,他就觉得有

What they mainly fear is invisibility or not being seen, which means fearing of not being seen at all. Then there's the pain within them - a form of expression, essentially speaking for themselves, showcasing their inner turmoil or the suffering they've experienced since childhood. For instance, if someone endured immense pressure or abuse from a young age that no one knew about, never saw, nor cared for, it felt as though everyone in the world was happy except him who suffered. He wants to reveal this side of himself so you can see it. Upon seeing it, he feels liberated, he has released it. Being seen by others makes him feel validated and acknowledged.

⼀种我的⼈物完成了的感觉.所以他会通过这种⼿段来表达⾃⼰.因为你要知道每⼀个个体他头脑⾥的认知都是⾮常有限的.你们的物质⾁体的认知是⾮常有限的.那他只能在他有限的认知⾥,找到他觉得有效果的⽅式、⽅法.他觉得这个⽅法是有效果的.那如果你能提⾼他的认知,让他知道他有其他的⽅式、⽅法更有效.那他就会正⾯的去展现,正⾯的去创造.

A sense of completion that my character has achieved. So he expresses himself through such means because you need to know that each individual's cognition is very limited. Your physical bodies' cognition is very limited. Therefore, he can only find methods or ways within his limited understanding that he feels are effective. He believes this method works effectively. If you could elevate his understanding and make him aware of other more effective ways, then he would positively exhibit and create in a positive manner.

问: ⼈类的集体发展的⽅向是什么?

Questioner: What is the collective direction of human development?

⾼灵: ⼈类的集体发展的⽅向.你们虽然⽬前看上去是在经历了很多恐惧、或者是混乱…但是呢这好像是在…就是⽐如说你要重新装修你的房⼦,那你肯定是要制造混乱的.你肯定是要把所有东西都拿出来重新清理.就是你表⾯上看上去的⼀些混乱⽆章,它实际上是在⾛向有次序.所以你们不要被你们所经历的⼀些表象给吓住.就是说你们觉得没救了,越来越混乱了.就是不要被这些表象…因为我们通灵⼀直在强调的就是说它表象只是像镜像⼀样,给你呈现出你当下的⼀个状态让你们重新选择.所以不要被任何表象吓住.因为任何表象它都是(没听清).然后要朝哪个⽅向⾛是你们当下的意识去决定,是你们当下意识的⼀个状态.

Spiritual High: The direction of humanity's collective development. Although you may currently seem to be going through a lot of fear or chaos… but it seems like this is just…. for example, when you're renovating your house, you're definitely going to create chaos; you have to take everything out and sort it again. What appears as disorder on the surface is actually moving towards order internally. So don't be intimidated by what you are experiencing at a superficial level. You feel like there's no hope, it's getting more chaotic. Don't let these appearances… because we keep emphasizing that they're just mirror images presenting your current state to make a choice anew. Therefore, don't let any appearance scare you off. Because every appearance is (not fully heard). The direction you go in is decided by your current consciousness, which is the state of your current awareness.

⽐如说你们通过我们的信息,你们的所有的意识和认知都改变了.然后你们相信⼈类的未来是⾮常的美好.然后⼈类都在⼀个很⾼的意识程度下正⾯的去展现.如果你们越来越多⼈是抱着这样⼦的⼀个念想,是处在这样⼦的⼀个频率状态的话.那你们都在齐⼼协⼒的⽤⼒的朝呢个⽅向去⾏⾛.就好像你们现在是发现了这⾥有⼀条路.这条路是光,带领我们,指引我们.然后你们这些⼈都被吸引过来.然后朝这条路⾛.然后你们在⾛到这条路上,然后⼈越来越多越来越多.然后受到的关注越来越多.然后你们的思想呢?因为你们不断地在展现你们的思想,对不对?你们的思想受到了很多的认同.然后越来越多的⼈想要加⼊你们.然后越来越多的⼈跟你们拥有同样的思想.

For instance, if you were to receive our information and your entire consciousness and cognition shifted as a result, then you would come to believe that humanity's future is very bright. Then, humans are positively manifesting at a high level of awareness. If more and more people held such thoughts, being in these particular frequencies, they would be actively moving towards this direction together. It's like discovering there's a path here – a path of light leading us, guiding us. These people are then drawn to it and walk along the path. As you walk on this path, more and more people join, receiving increased attention. Your thoughts have been continuously shown, haven't they? They've received much approval, leading to many wanting to join your ranks. And as more and more individuals share your thoughts.

你明⽩我意思吗?那你们这条道路的⼈就越来越多.那⼈越多的话,⼈就是能量.能量越来越强⼤的时候,那你们就创造了你们想要的世界.你们就⾛在你们想要的世界.你们的物质世界就是这样来的.就是每个⼈⽤他的意念或者⽤他的精神然后他的能量带领你们⾛出⼀条路.然后⾛的⼈越来越多了,队伍就越来越壮⼤了.

Do you understand my meaning? If so, then the number of people on your path will increase. As more people are involved, humanity becomes energy. When this energy grows stronger and stronger, you create the world you desire. You walk in that world you've created. Your material world comes from each individual using their thoughts or spirit and leading others with their energy to forge a path. And as more join on this journey, the group's strength increases.

问: 还有⼀个群友的问题是⼈类⽤⾃⼰的⾃由意志可以多⼤程度改变⾃⼰的命运? 也就是以前的灵魂计划,⼈⽣主题?

Questioner: There's another question from a group member about how much humans can change their fate with their free will. That is, the previous soul plan and life themes?

⾼灵: ⾸先就是说,就好像你来到这⾥你的主题选择的是这个.你是绝对不想去改变它,只想去完成它,明⽩吗? 去改变它,那是你还不知道你的任务是什么.那是你对它还不全⾯的认知.等你全⾯的认知,就是知道你是来⼲什么,你是不可能想去改变它的,明⽩吗? 所以你只有在没有认知的情况下,你才会想要去改变它.因为你不是呢个清醒的⼈.呢个清醒的⼈他在清醒的时候所做的决定,他才知道他想要什么.所以你是不会想去改变它.但是当你这⼀⽣,就是你⾃⼰创造的⼀个主题你体验完毕的时候,⼀般是体验完毕的时候就是你物质

Higher Spirit: First off, it's like you came here and chose your subject – this one specifically. You wouldn't want to change it; you just want to finish it, understand? Changing it means you don't know what your task is or that you have a partial understanding of it. Once you fully grasp your purpose, meaning you know why you're here, you wouldn't even think about changing it – understand? Only when lacking knowledge do you consider altering it because you aren't fully aware and conscious. A conscious individual makes decisions based on their clear desires. So you don't want to change anything. However, once you've fully experienced a theme you created yourself (usually after experiencing it), this is typically when you move into your physical existence.

⽣命结束的时候.但是你是可以再继续延长的.就是你需要给⾃⼰⼀个很… 就好像你已经是⼀个清醒的⼈,之前是⼀个清醒的⼈做的决定,对不对? 那你最后你又回到呢个清醒的⾝份的时候,你是可以再选择其他想要体验的.那你就是⼀个清醒的状态.

When life comes to an end, but you can extend it further. It's just that you need to give yourself a very... as if you're already a conscious being, making decisions as a conscious being before, right? When you finally return to that state of consciousness, you can choose other experiences to embark upon. And then, you are in a state of awareness.

# **2021/12/20 — 线上集体通灵问答Online Group Spiritist Question and Answer Session**

第⼀个⼈⾼灵: 我来了,你们问吧.什么问题?

First spirit Higher Spirit: I'm here, ask your questions. What questions do you have?

问: 好,我⼀个问题,我想知道对于别⼈不尊重⾃⼰的⾏为该怎么办? 因为以前我就是⼼⾥很⽣⽓,想让对⽅改过来.如果没能这样做到,⼼⾥就⼀直很郁闷、很难受.⽐如说早晨我⽼公把我给孩⼦喝的呢个草药⽔给倒掉了.我就很⽣⽓,就问他为什么不给我说⼀声.他回⼀句隔夜⽔还留着⼲吗? 然后我⼼⾥就很⽣⽓,没能发泄出来,郁闷中.⼀直不能转换.我就想我这种状态是怎么回事?

Questioner: Alright, I have a question. How should one deal with others who do not respect their actions? Because previously, I was very angry and wanted the other person to change. If they didn't, I would feel depressed and uncomfortable for a long time. For example, my husband threw away the herbal tea that I had prepared for our children in the morning. I got really angry and asked him why he didn't tell me about it. He replied, "What's the point of keeping yesterday's water?" Then, I was very angry but couldn't express it, feeling depressed inside. I can't seem to change this state of mind.

⾼灵: ⾸先,你这⾥是有两个问题.第⼀个问题是说别⼈不尊重你.这是⼀个问题.然后你刚才说,说到你跟你⽼公发⽣的冲突,呢个并不是他不尊重你的⾏为.呢是你们观念上的⼀个冲突.就是你有你的观念,他有他的观念.你却把它规类于他不尊重你,明⽩吗?

Higher Spirit: First of all, you have two issues here. The first issue is about people not respecting you. This is an issue. Then, just now when you said that the argument between you and your husband was due to him not respecting you, this is actually a clash in your viewpoints rather than disrespect. You see, you have your own set of views and he has his own set of views. You categorize it as him not respecting you, do you understand?

问: 因为以前他都会问我⼀下.倒什么⽔的话他会问⼀下.因为以前是我在管孩⼦.这次他就没问我直接就给我倒了.

Questioner: Before, he would ask me if I wanted tea or water. But this time, without asking, he just poured it for me because previously I was responsible for taking care of the kids.

⾼灵: 所以你的问题是,在他没有询问你做⼀件事情,你觉得没有被尊重.你想问的问题是,如何能处理别⼈对你的⼀个冒犯或者不尊重? 如何去处理你⾃⼰⼼中的感受,是吗?

The High Spirit says your question is about feeling that you were not respected when he didn't ask you to do something. You want to know how to handle someone's offense or disrespect towards you, and how to deal with the feelings in your own heart, right?

问: 对⾼灵: ⾸先你要知道你的感受是来⾃于你对尊重的定义,明⽩吗? 就是说是你的定义让你产⽣的感受,⽽不是说你觉得他不尊重你.是你对呢件事情的定义.你把它定义成就是说: 你在没有询问过我就⾃⼰去做是不尊重我的⾏为.如果你能不把它,就是: 他没有问我就把呢个东西倒掉.你没有把它成不尊重你.⽽是把它认为成: 他觉得呢个东西是没⽤的,他只是想要帮家⾥做⼀个清洁,就是在帮做家务事.我⽼公是个很上⼼的⼈.就是把家⾥的垃圾啊、不⽤的东西都处理掉.⽽不是不闻不问,明⽩吗? 你能明⽩这两层不同吗? 你要知道你的⼤脑它只是⼀个接受的⼯具,就是接受信息,然后分类,然后定义,明⽩吗?

Questioner: When it comes to Higher Spirit: First, you need to understand that your feelings are based on how you define respect, do you see? It's your definition that creates those feelings, not because you think he doesn't respect you. It is about how you define the situation; you define it as him doing something without consulting you as disrespectful behavior. If you could not perceive this behavior as disrespect towards yourself but rather as: He didn't ask me before disposing of that thing, instead seeing it as him thinking it was useless and wanting to help clean up for the family. My husband is someone who's very considerate, taking care of household waste and things he considers unnecessary. Not being indifferent or neglectful, do you see? Can you understand this distinction between these two perspectives? You need to know that your brain is simply a receiving tool, processing information, then categorizing, defining it, do you see?

⾸先你的情绪、你的感受,它只是⼀个数据⽽已.那如果你把⼀个事情⼀开始就定义成他冒犯了我.那你就进⼊到呢⾥,你不断的找呢些证据来⽀持你的定义.那就像我刚刚说的,你把呢件事情定义为: 我⽼公很上⼼,他很爱护我们家.然后不断地在打扫清洁,在清理.他真的是⼀个有⼼的⼈.你想如果你的⽼公他真的随⼿把所有垃圾全部都整理好,家⾥弄的⼲⼲净净的,你是不是觉得他很爱家,对不对? 谁都会喜欢这样⼦的⼈,为什么? 因为他在尊重你的家庭.他在维护你们共同⽣存的⼀个环境.他是在⽤他的点点滴滴去注⼊在你们的⽣活当中.所以这是⼀个正⾯的⾏为,只是你⾃⼰把它定义成对你的冒犯.你要知道你的⼤脑是怎么运作的.你们是先定义.

Firstly, your emotions and feelings are just data. If you start defining an incident as being an offense to you right from the beginning, then you enter into a loop of seeking evidence that supports this definition. As I mentioned earlier, if you define something like: My husband is very thoughtful, he cares for our home; constantly cleaning and tidying up, showing his genuine concern. Would you feel that your husband loves the home when he genuinely organizes all the garbage at random, making the house clean? Wouldn't everyone appreciate such a person? Why? Because he respects your family. He maintains the environment where both of you coexist. He infuses it into your life with little actions. This is positive behavior, but you define it as an offense to yourself. You need to understand how your brain operates. You're the one defining.

定义过后就是收集资料.

After defining it, you collect data.

JOJO⽼师断线,继续传讯.

Teacher JOJO dropped the line, continue to transmit.

⾼灵: 我刚刚说到的呢个,你要清楚你的⾝体.你⾸先要把⾝体当成是你的⼯具,对不对? ⼀个⼯具如何运⾏,如何⼯作你需要⾮常清楚,对不对? 你要不清楚的话那你就是⼀团糟.你会把呢个⼯具当成是你.所以我现在是在告诉你,你⽤这样⼦的情绪你去认清楚你的这个⼯具运⾏的⼀个模式.⾸先你的⼤脑它只是收集信息的.它收集信息,然后分类,然后你会根据你收集的信息产⽣⼀些情绪.那么刚才我就说,如果你这么去认为你⽼公.你产⽣⼀个他不尊重我,我⽣⽓.这样⼦的⼀个感受,对不对? 然后这就是…你说,你继续说问: 因为以前是我管孩⼦.⽐如说他要做什么都会问我⼀下的.现在好像他也会管⼀下.好像就没有询问我,直接就做什么就做什么.所以说我好像觉得有⼀点受伤,不尊重啊…

Higher Spirit: The one I just mentioned, you need to be clear about your body. You should first see it as a tool for yourself, right? How does a tool work and how is it used requires a very clear understanding, right? If not, you're in chaos. You will treat this tool as if it were you. So now I'm telling you that you need to recognize the pattern of your body's operation using such emotions. First, your brain merely collects information. It collects information, then categorizes them, and based on the collected information, you produce emotions. Just like what I said earlier, if you think about your husband in this manner. You perceive him as disrespectful towards me, thus generating anger. That's right? And that leads to... You continue asking: Because previously it was me who managed the kids. For example, he would ask my opinion on things he wanted to do. Now, it seems like he also wants to manage some aspects, but doesn't seem to consult me; instead, he just does whatever he wants without any prior discussion. So I feel a bit hurt by this sense of disrespect...

⾼灵: ⾸先我们要清楚的是,你⾝体的感受,感受受伤、不被尊重、或者是⽣⽓、愤怒,这些所有的感受它都根据你⾃⼰背后有⼀个定义.如果你没有任何定义,或者你定义是好的.那么它感受就不⼀样,是吗? 所以外在发⽣什么不重要,重要的是你如何去定义它.因为如何去定义它,你就会如何经验它.如何经验它,你就在这个物质世界,就是你不是被动的.哪怕最开始你⽼公的确是表现出不尊重你的⾏为.但是你可以转变他,明⽩吗? 因为如果你只是表⾯上的: 啊,我们定好规矩,你要怎么样尊重我.你呢些只能是维持⼀个表⾯上的,然后你内⼼是能感受到的.他内⼼也能感受到的.那只是在完成⼀个虚假的模式⽽已.那你们物质世界上不⼤多数都是这样吗?

Higher Spirit: The first thing we need to understand is that your body's feelings—feeling hurt, not being respected, or feeling angry, enraged—all of these sensations are defined according to your personal definition behind them. If you have no definition for them, or if your definition is positive, then the way they feel will be different, won't it? So, what happens externally doesn't matter as much as how you define it. It's important because how you define it determines how you experience it. How you experience it is how you exist in this material world, and you're not passive about it. Even if your husband initially showed disrespectful behavior, you can change him. Understand? Because just saying, "We set rules; you should respect me," only maintains a superficial level that doesn't address the underlying feelings of both parties. It's merely completing a false pattern. Isn't this how most situations play out in our material world?

你们的⼼不是在呢⾥,你们⼼⼜不⼀.这样⼦是没有任何感染⼒或者能量或者任何.就像是塑料花跟真花⼀样.假花跟真花这两种区别⼀样,明⽩吗?

Your hearts are not in the right place; they are not aligned. This lacks any sort of impact or energy, or anything at all. It's like comparing plastic flowers to real ones. The difference between a fake flower and a real one is the same, understand?

问: 那我怎么转变呢? 改变定义?

Questioner: But how do I transform that? By changing the definition?

⾼灵:你⾸先转变你⾃⼰.因为你永远从外在转变不了任何.你只有转变你⾃⼰对事情的定义.因为对事情的定义你就会产⽣相应的感受,就是好、正⾯的感受.那你有了正⾯的感受,对⽅就会被你正⾯的感受给吸进来.就是⽐如说他是冰块,对吧?你是阳光.那你的阳光就在影响他的冰块在融化了,对不对?所以他是冰块还是⽔不重要.重要的是你能⼀直保持做你的阳光、太阳.⽽不是说他是冰块,你马上也变成冰块,明⽩吗?你永远坚持你是太阳,明⽩吗?⽽不是说他表现出冰块的样⼦,我也要做个冰块给他.因为你是太阳,你迟早会融化…问: 对.我明⽩了.需要现实中去实践⼀下.好,我的问题问完了.

Higher Spirit: You first transform yourself. Because you can never change anything from the outside. You only transform your definition of things. Because when you define something, you will generate corresponding feelings - good and positive feelings. Once you have these positive feelings, they will attract the other person's positivity towards you. Imagine he is ice, and you are sunlight. Your sunlight influences his ice to melt, right? So whether he is ice or water doesn't matter; what matters is that you always remain your sunlight, not turning into ice immediately. Understand? You should always be your sun, knowing that eventually you will melt the ice... You see, yes? I understand now and need to apply this in reality. Alright, my question has been answered.

第⼆个⼈问: 我第⼀次来提问.我就想问问我的⼈⽣课题,可以吗?

Second person asks: This is my first time asking a question. Can I ask about my life's topic?

⾼灵: 可以的.你叫什么名字.问: 我叫XX.

Higher Spirit: Alright. What's your name? Questioner: I'm called XX.

⾼灵: 你叫XX.你想要知道你这⼀世选择了这个⾁体,主要体验的灵魂主题是什么,是吗?问: 是的.

Higher Spirit: You're called XX. You want to know what the main soul theme you chose for this lifetime is by experiencing through this physical body, right? Questioner: Yes.

⾼灵: XX,请允许我链接你的⾼我,链接你的⾼我信息,然后接⼊.看在⽬前这个点有什么信息可以带给你.勇⽓、勇敢.就是强悍、⼒量.这是你这⼀⽣需要去获得,就是需要去激发,需要把它给释放出来的… 就是主要是围绕这个的.就好像你是要去把你的⼒量给激发出来,把你的强壮的⼀⾯,就是有原则、强悍、有边界,就是能为⾃⼰发声、能为⾃⼰发⾔.然后有勇⽓的去展现⾃⼰.它会从⽣活中各个层⾯,你都会需要把这⼀⾯给激发出来.就是把它给融⼊到你的…问: 明⽩.那我有没有哪⼀世和我链接⽐较紧密或者说可以有能⼒去链接的吗?

Higher Spirit: XX, please allow me to connect with your higher self and receive information from it, then接入. Let's see if there is any relevant information at this moment that can be brought to you. Bravery, courage – it's strength, power. This is something you need in this lifetime; you need to awaken, activate, and unleash it… mainly focusing on this concept. It feels like you are being urged to tap into your strength, showcase the powerful side of you - with principles, tenacity, boundaries – being able to stand up for yourself and speak out. Then having courage to show yourself. This aspect will be required from every layer of your life.

Questioner: Do I have a past life where my connection was particularly strong or could I connect through it?

⾼灵: 你想要你这⼀世有没有哪⼀世跟你链接⽐较… 因为你有好⼏世都是在经历呢种胆怯、胆⼩就是害怕、退缩.然后都是在经历这样⼦的⼀个状态.就好像⼀直在这样⼦的状态,那你需要去平衡,需要去扭转,需要去转换.所以你又选择了这⼀世来继续去挑战⾃⼰.⽐如说你以前特别怕⿁,只是打个⽐⽅.然后你就想把这个恐惧、这个胆⼩、这个害怕,就是把它给整合掉.

Higher Spirit: You want to know if there's any lifetime that connects with you more... because in several lifetimes you have experienced fear, being timid and scared, always retreating. Always being stuck in this state. So you need to balance it out, need to turn it around, need to transform. Therefore, you chose this lifetime to continue challenging yourself. For example, you were extremely afraid of ghosts before, just as an illustration. You want to integrate this fear, this timidity, this being scared into something more manageable.

问: 我觉得我之前是⾮常的害怕酷刑.所以其实这也是和我的⼈⽣主题有关的是不是? 就是要我有勇⽓去⾯对这些我很害怕的东西.

Questioner: I felt very afraid of torture before, so is this related to my life theme, that I need to have the courage to confront things that scare me?

⾼灵: ⾸先你要知道你就好像是... ⽐如说你是⼀颗种⼦,是吧? ⽐如说⼀颗种⼦,你本⾝就是⼀颗参天⼤树.那等你参天⼤树长出来过后,你就是有⼒量.你就是强壮的,就是⼀颗硕⼤的树.在你刚发芽的时候,就是刚刚开始长⼩苗的时候,你呢会⼉是⽆⼒的,对不对? 所以你是需要经历从呢个⼩树苗到⼀颗参天⼤树的呢个过程,明⽩吗? 然后这个过程你的⼒量就不断不断地在突破.所以这也是⼀个成长的过程.所以你记住在你任何,就是你感受到你⽆⼒反抗,感受到退缩、害怕的时候.那就是你最好的接受礼物的时候,明⽩我意思吗? 就好像呢些担⼦最重的时候,你觉得: 哇,好重啊.那就是把你内在的⼒量给激发出来的时候.

Higher Spirit: First, you need to understand that you are like... for example, you're a seed, right? Like a seed, you inherently embody a towering tree. Once your tree grows into its grandeur, you possess strength. You become robust and a massive tree. When it's just starting to sprout, when it's still a young sapling, you might feel weak, do you agree? So, you need to undergo the process from that tiny sapling to becoming a towering tree, understand? During this phase, your power continuously grows and surpasses limitations. This is also a period of growth. Therefore, remember when you feel powerless in resistance, fear, or shrinkage. That's when you should accept gifts most, get it? Like when the burden feels heaviest, thinking: oh, it's so heavy. That's when your inner strength awakens and rises to the challenge.

所以你只需要如认清楚呢个不是来让你退缩,不是来让你逃避.它是来让你迎⾯的去挑战、去接受.然后去成长的机会.这样⼦你就抓住了每⼀次机会.⽽不是让机会错过.因为你们很多⼈他虽然再⼀次拥有了物质⾁体.但是其实他们⼀直在错过.他们并没有抓住眼前每⼀个机会.那这样⼦就是所谓的浪费⽣命.

So what you need to realize is that this isn't here to discourage or make you retreat; it's not about avoiding anything. It's meant for you to face up to the challenge, embrace it, and grow from it. This way, you seize every opportunity instead of letting them pass by. Many of you might have physically been given another chance with a new body, but they've been missing out on so many opportunities because they haven't grasped each one that was right in front of them. That's what's often referred to as wasting your life.

问: 那是不是意思是说像我今⽣的挑战,如果我能成长起来的话.每⼀个⼈这⼀辈⼦还可以选择其他的⼈⽣主题吗?

Questioner: Does that mean, like the challenges of my life if I were to grow, can each person choose other life themes for this lifetime?

⾼灵:它这个是达到…就好像你去观察⼀颗⼩树苗长成⼀颗⼤树.它是不断地不断地突破.你的这颗树⼲长出来过后,又不断地有枝芽.你的枝芽上⾯还有⼩树枝,每⼀个都是在突破,明⽩吗? 你想象⼀下⼀颗树… ⽽且树不只是表⾯上,就是地上⾯你看得到的树在突破,它地下也在突破.所以它不是说: OK,你把这个弄好了就好了.因为它永远都有不断不断不断的⼀个… 然后每⼀次你都会觉得你的⼒量越来越强⼤.然后你好像越来越顺顺利利,越来越强壮.每⼀次突破你都能感受的到.

The Higher Spirit: This is akin to observing a young sapling grow into a large tree. It consistently and relentlessly pushes boundaries. Once your trunk grows, more branches sprout from it. On each branch, there are smaller twigs, each pushing forward in their own way. You understand? Imagine a tree... And remember, trees don't just grow above ground; the roots also break through beneath the surface. So it's not simply about saying: 'Okay, you've done it.' They always have this constant ongoing process... Each time, you feel your strength growing, becoming smoother and stronger with every breakthrough. You can sense each progress clearly.

问: 我的头顶⼀直好烫.

Questioner: My head has always been so hot.

⾼灵: 因为你⾃⼰的⾝体你能感受到就是这股能量在你的体内.

Higher Spirit: Because of your own body, you can feel this energy within you.

问: 是的,好奇特.

Questioner: Yes, very special.

⾼灵: 然后你只需要去吸收这样⼦的能量,让它进⼊你.⽐如说你现在是⼀颗种⼦,然后我现在在给你⽔.因为你在⼟壤⾥需要⽔.它会加速你的成长,就是发芽、突破.这是⼀个加速的过程.

Higher Spirit: Then you just need to absorb this kind of energy and let it enter you. For example, you are now a seed, and I am giving you water because in the soil, you need water. It will speed up your growth, like sprouting and breaking through. This is an accelerated process.

问: 就是这种头顶烫烫的感觉吗? 只是⼀股能量在灌⼊吗?

Questioner: Is it that sensation of heat on your head? Is it just a burst of energy being poured in?

⾼灵: 每个⼈不⼀样.因为你⾃⼰就是说去链接.就好像你把你的细胞打开.那有的⼈他不愿意把⾃⼰的细胞打开去感受.他还有堵塞的话,他是感受不到的.所以它是根据每⼀个⼈的不同的体质,它有不同的⼀个感受.

Higher Spirit: Everyone is different. Because you yourself are the one who connects. It's like opening up your cells. Some people are unwilling to open themselves up and feel with their cells. If they're blocked, they can't feel it. So it varies based on each person's individual constitution, resulting in differing experiences.

问: 原来是这样的.太有意思了.我还有这么强烈的… 我以前头顶会有⿇⿇的感觉.但是今天这个⾮常的强烈.真的好有意思.

Questioner: It's like this. So interesting. I have such a strong... I used to feel numbness on my head. But today, it's extremely intense. Really fascinating.

⾼灵: ⾮常好.对你是⼀次⾮常⼤的突破.你从⾁体上都感应到了这个突破.

Higher Spirit: Excellent. It's a very big breakthrough for you. You can sense this breakthrough even physically.

问: 太好了.太感谢⽼师了.我还想问我的⾼我其实他就是我是不是? 我们都是⼀直在⼀起的是吗?

Questioner: Great! Thank you so much, teacher. I also want to ask if my tall version is actually me? Are we all together in this?

⾼灵: 不是.因为⾸先你的⾁体它是有独⽴的意识的.然后你的⾁体在你没有觉醒之前,就是在你没有回忆起你真正的⾝份之前… 就好像你来到这个地球你需要忘记你的⾝份,忘记你的所有,就是定下的⽬标,忘记⼀切.那如果你没有找到你⾃⼰来这⾥的⽬的的话,那你只是⼀个独⽴⾁体在运⾏.它就是受到集体的意识影响.你只是随波逐流.就是你随着集体的⼀个旋涡,你是没有⾃主意识的.当你拥有⾃主意识的时候,你便不再随波逐流,明⽩吗?你就能朝你需要去的地⽅.因为就好像… 这么说吧,觉醒的,能找到⾃⼰的使命就是能记起来⾃⼰⾝份的⼈,他是有根的.他是有根,是扎在地底⾥.⼀阵狂风吹来,他只会动两下,但是他不会被风吹⾛.

Higher Spirit: No, because your physical body has its own independent consciousness. And before you awaken—before you remember who you truly are—your physical self is like a person on Earth needing to forget their identity and everything else, setting the goal of forgetting everything. If you haven't found your purpose for being here, you're just an independent physical entity running as it is influenced by collective consciousness. You're just following along, being carried by the current. You're not autonomous; you're caught in a whirlpool of the collective mind without self-awareness. But when you gain self-awareness, you're no longer carried away by the current; you understand? You can move towards where you need to go because it's like this: An awakened person, one who remembers their identity and mission, has roots. They are firmly rooted deep in the ground. A strong wind may sway them slightly, but they won't be blown away.

那呢些没有根的⼈,他们就像是树叶⼀样.就好像是叶⼦在地表⾯上,那风⼀吹来,它就⾛了,明⽩吗?

Those without roots are like leaves. They're like leaves on the ground surface; when the wind blows, they go away, do you understand?

问: 所以我们要去找我们的根是吗?

Questioner: So we are supposed to look for our roots?

⾼灵: 是的.

Higher Spirit: Yes.

问: 那⾼我在这⾥⾯是什么⾝份呢?

Questioner: What role do I play in this situation?

⾼灵: ⾼我只是能量⽽已.就⽐如说,你是⼀颗树,那你的根需要扎到地下⾯去,你才能吸收营养,你才能越长越⾼,是不是? 那⾼我就是地底下给你能量,给你空间,就是让你扎根的地⽅.你有⼀个源头.那呢些没有链接⾼我的,就是没有扎根的,它就是⾮常浅的… 那它是不是就吸收不到营养? 那它是不是就不能茁壮的成长? 它也不能去贡献出它的果实.它就飘来飘去的.

Higher Spirit: I am high just energy. For example, you are a tree; then your roots need to go underground in order to absorb nutrients, and that's how you grow taller, right? The High Self is providing the energy, the space beneath you - it's like the soil that supports your roots. You have a source. Those who aren't connected to the High Self don't have deep roots; they are shallow... Can't they absorb nutrients? Will they fail to thrive? They can't contribute their fruits either; they just float around.

问: 那有⼀种说法是说⾼我是我这⼀⽣能够成为的最好的样⼦.

Questioner: There's a saying that suggests my higher self is the best version of me I can become in this lifetime.

⾼灵: 那你就是说,⽐如说你这颗树扎到地⾥⾯去了,对吧? 那你就是跟⾼我链接了.可以长到… 你⽐如说这颗种⼦本来是⼀颗参天⼤树,你就能长成参天⼤树的样⼦.你就想象⼀下,⼀颗种⼦如果它没有扎根,它只是⼀颗种⼦⽽已,明⽩吗?那它也不能呈现⾃⼰的价值.它不能去感受⽣命⼒.那它就会觉得⽣命是没有意义的.那如果你扎根下去过后,你就长长长,随便你怎么长.你应该多⼤,你就能长多⼤.就不断的突破,不断的感受.然后你不断地被越来越多的物质世界的⼈看到:哇,这棵树⽼厉害.你看其他的都没发芽,还是⼩树苗或者怎样怎样.你就是呢棵长的呢棵森林⾥⾯长的最⼤的,最有影响⼒的,然后所有鸟都往你这边飞.

Higher Spirit: Then you're saying, for instance, that when this tree buries itself in the ground, correct? That means you're linked to me high up. It can grow... Say this seed was originally a towering giant tree; you can then grow into its appearance. Imagine if this seed didn't root itself - it's just a seed anyway, right? Without grounding itself, it cannot realize its worth. It cannot experience vitality. Thus, it would feel that life has no meaning. But once you dig deep and start growing freely, regardless of how big you should be or could grow into. You'll constantly break barriers and immerse yourself in experiences. And as more people from the material world see you: wow, this tree is impressive. Observe how others remain dormant, still as saplings or otherwise, while you flourish as the largest, most influential entity within your forest, attracting all birds to gather around you.

因为你的树枝能给它们休息.然后所有⼈都往你⾝边⾛.为什么?因为这⾥有果实,他们可以吃到你的果实.

Because your branches can give them a place to rest. Then everyone comes close to you. Why? Because there are fruits here, they can eat your fruits.

问: 我能再问问这个世界上魔法是真实存在的吗?

Questioner: Can I ask again if magic exists in this world?

⾼灵: 魔法是真实存在的吗? 你们所谓的魔法是什么,你先告诉我.因为你们的字对呢个定义和理解,我需要去… 你眼⾥的魔法是什么?

Higher Spirit: Does magic really exist? What is this so-called magic you speak of? Tell me first because your definition and understanding of it need to be... What kind of magic do you see in your eyes?

提问的⼈掉线了,又再次回来.

The person who asked the question went offline and then came back online again.

⾼灵: 你说,刚才我问你,你说魔法是什么?

Higher Spirit: You said just now when I asked you, what is magic?

问: 魔法就是靠念⼀个咒语就可以变出⾃⼰想要的东西或者…⾼灵:⾸先我跟你们传递的信息对很多⼈来说都是魔法⼀样,就是不可思议.因为我告诉你,⽐如说你哪怕是有癌症,你都可以治疗好你⾃⼰.这算不算魔法? 就是说你可以去… 我不能说它是真实存在和不是真实存在.就是⽆论你们每⼀个⼈认为是怎么样⼦的,它就是怎么样⼦的.就⽐如说你认为它是假的,那就是假的.如果你认为是真的,那就是真的.如果你认为可有可⽆,就是你不在乎.那结果就是这样⼦的.所以最最最最重要的是,你们觉得是什么样⼦.⽽不是它真的有没有这个,明⽩吗?因为就算我告诉你它是真的有,但是你不相信,它就不能对你产⽣任何影响.

Questioner: Magic is about creating what you want by just saying a spell or... Higher Spirit: First of all, the information I'm conveying to you might be considered magic for many people because it's unbelievable. For instance, even if you have cancer, you can heal yourself. Does that count as magic? That means you can go ahead and do it... I cannot say whether it is real or not real. It depends on how each of you perceives it. If you believe it to be false, then it is indeed false. If you believe it to be true, it becomes true. If you think about it being up for debate, it means that the outcome remains unchanged regardless of your opinion. Therefore, the most crucial factor is what you perceive. It's not whether something exists or doesn't exist based on my words alone; it depends on your belief. Even if I tell you it's real and true, but you don't believe it, then it won't have any impact on you.

这就是为什么我们⼀直告诉你的就是说,不管别⼈告诉你们什么信息,哪怕他是通灵⼈,哪怕他是什么预⾔家,哪怕他是很权威的⼈.只要这不是你想要去体验的,你就不要去相信,或者不要产⽣任何.你说,OK,呢是你的世界,你的世界是这么运⾏的.但是我的世界我知道是怎么运⾏的,那就⾏了.因为所有的都是真的,所有的也都是假的.

This is why we've always been telling you that no matter what information others give you, even if they are a medium, or prophets, or authoritative figures, as long as it's not something you want to experience, don't believe in it or produce any thoughts about it. You say, 'Okay,' this is your world and how it runs for you. But my world, I know how it runs, that's fine. Because everything is real, but everything is also false.

问: 我还可以问最后⼀个问题吗?

Questioner: Can I ask one last question?

⾼灵: 问: 我想问⼀下我和我⽼公之间的联系.

Higher Spirit: I want to ask about the connection between me and my husband.

⾼灵: 你想知道你和你⽼公之间的联系,你稍等.你⽼公就像是你练习武功的⼀个对⼿⼀样.就是他会把你需要的呢⼀⾯给激发出来.所以你们俩就像是两个习武的⼈,然后你们会有很多很多过招的地⽅.

Divine Being: You want to know about the connection between you and your husband, please wait a moment. Your husband is like an opponent for you practicing martial arts. He will activate the necessary aspects that you need in order to improve yourself. So, both of you are like two people who practice martial arts, and there will be many ways you interact with each other.

问: 我和他有没有什么宿世的恩怨或什么之类的?

Questioner: Do we have any past life grudges or something like that?

⾼灵: ⾸先你们这⼀世选择在⼀起的,就是在其他地⽅⼀定也是有链接的.然后我说,对你来说他就像是你习武的⼀个对⼿.就是你们俩需要有很多接触、冲突、然后就⽐如说有很多对⽴⾯.你想⼀下是吧? 但是这是你们彼此⼀起来帮助对⽅,去激发出对⽅的另⼀⾯.所以不要被表⾯… 因为你们所有⼈对关系都有⼀个误解.就觉得关系⼀定是呢种友好的、和谐的、有爱的.因为你们对冲突或者是⽭盾或者是不同意见有抵触⼼⾥.你觉得好像你跟我不是⼀块的,我们俩不是⼀个世界的⼈.如果这样⼦的话,你们所有⼈都是独⼀⽆⼆在世界⾥⾯.你们世界⾥⾯永远都不会有别⼈,明⽩吗?因为就算是你⾃⼰⽣的孩⼦,你们也不可能拥有同样的信念,或者同样的模式.

Spirit: First of all, the ones you've chosen to be together in this lifetime must have links somewhere else as well. Then I said that he is like your opponent when training martial arts for you two. This means there needs to be a lot of contact, conflict, and opposing forces between you both. Can you imagine? But this helps each other to bring out the other side in each other. So don't judge just by appearances... because all of you have misunderstood relationships. You see them as friendly, harmonious, loving ones. Because of your resistance towards conflicts or contradictions or differing opinions. You feel like I'm not on your team; we're from different worlds. If that's the case for everyone here, then you are all unique individuals in this world. There will never be anyone else in your world, understand? Even if they were born by yourselves, it's unlikely that they would share the same beliefs or patterns with you.

所以你们本⾝每⼀个⼈就好像是⼀张拼图.它都是这边缺⼀个⾓,呢边突出⼀个⾓.为的就是让你们整个⼀体和谐话.⽽不是把你们俩个⼈和谐掉.你明⽩我意思吗?⽐如说你是个凹字,那你也要对⽅变成凹字,我们俩才是同类.我们俩才是⼀块的.因为你们⼈喜欢找同类的.还有问题吗?

So each and every one of you is like a jigsaw piece. You all have a corner missing here or stick out elsewhere. The purpose is to make the whole body in harmony, not to make your two pieces harmonize with each other. Do you understand what I mean? For instance, if you are an 'L' shape, then you also need the other person to be an 'L' shape; we can only fit together as like-minded individuals. We belong together because humans tend to seek out those who are alike. Is there anything else you don't understand?

问: 没有问题了,⾮常感谢⽼师.

There's no problem at all. Thank you very much, teacher.

第三个⼈问: 我想请问⼀下今天我们通灵的是谁呀?

The third person asked: May I ask who we are communicating with today?

⾼灵: 我说过很多次,就是名字只适⽤于你们物质世界.因为你们物质世界是个体,是⼀个⼈,是⼀个物质.所以你们给所有东西命名,明⽩我意思吗? 因为它是便于你们去认识,去辨别.但是我们是没有名字的.就好像我现在来了⼀团云,我千遍万化,我⼀会⼉是⾬,⼀会⼉是云…全部都是我.你要给我命个什么名,你告诉我?我又是云,我又是雾,我又是⾬,我又是冰块,我又是雪,我又是雷、风、暴⾬…什么都是我.你给我命个什么名字? 如果你说: 啊,你是雾.那我下次来的时候我变成雪、冰块的⽅式来,你是不是就不认识我了,明⽩吗?

Spirit: I have said it many times before; names only apply to your material world because that world is individual, one person, one substance. So you name everything in order for you to recognize and distinguish them. But we don't have names. It's like now, I come as a cloud, I transform through myriad forms, sometimes I am rain, sometimes cloud... All are me. What do you call me? Tell me, if it's cloud and then next time I appear as snow or ice, will you not recognize me?

You name everything in your material world because it makes sense for you to do so since they are individual entities. But we exist beyond naming; we are a collective presence that manifests in various forms without specific identifiers.

So if you say: Oh, you're fog. Then next time I come as ice or snow, will you no longer know who I am? Understand?

问: 我的问题是这个世界上为什么有这么巨⼤的贫富差距? 有的⼈⾮常有钱,⽣活⾮常奢侈.然后有的⼈⾷不果腹.然后还有⼀批⼈可能⼀辈⼦都只能勉强温饱这样.就为什么这个世界就不能⼤家都⾮常的好,⾮常的繁荣富强,然后都⾮常的友善友爱呢?

Questioner: My question is why there is such a huge gap between the rich and the poor in this world? Some people have so much money and lead very luxurious lives. Others struggle to afford basic necessities. Then there's another group that may barely manage to get by for their entire lives. Why can't everyone live well, prosper, and be friendly and loving in this world?

⾼灵: 那是因为你们这些灵魂需要去体验这个过程.如果你不需要体验这个过程,你便不会来到这⾥来体验这个.当你们需要这样⼦的⼀个体验的话,你们就会体验这个.

Higher Spirit: That's because you souls need to experience this process. If you don't need to experience it, you wouldn't be here to experience it. When you need such an experience, you will then experience it.

问: 所以就是不管是⾮常富裕,还是⾮常贫穷,还是⾷不果腹或者是⾮常痛苦,都是我们来之前就已经做好的选择跟体验吗?

The question is: So, whether very rich or very poor, hungry or in great pain, are these experiences and choices that were made before we came?

⾼灵: ⾸先,你⽆论在哪⽅⾯你都是从外在的⼀个相去评判⼀个…就是表象上⾷不果腹对你来说,你觉得他好可怜哦.他既然吃不饱饭.但是对他的灵魂来说,他需要体验呢种及⼀顿饱⼀顿.就是⽐如说我饿⼀顿,下次我吃的时候觉得这个味道太好吃了.我从来没有吃过这么好吃的东西.因为如果你每⼀餐都吃的⾮常饱,你从来不缺物质的话.你可能对⾷物的味觉已经没有任何味道了.因为你觉得就都这样了.你已经吃不出来它的呢种了.所以你不要去⽤你的观念去看待每⼀个.因为每⼀个灵魂他的体验都是独特的.你不知道他的灵魂计划或者是他的主题.所以你在⽤你的观点,繁荣或者是吃饱喝⾜,然后就爽了.那是你⾃⼰的观念问题,明⽩吗?

Higher Spirit: Firstly, you judge everything based on an external appearance when it comes to food insecurity for you—it feels pitiful that someone doesn't have enough to eat. You think he's so unfortunate because he can't get enough food. But from his soul perspective, he needs to experience the joy of having one meal followed by another. For example, I might be hungry and then when I eat next time, it tastes amazing—the best thing I've ever eaten. If you had your meals very full every single time and never lacked for material goods, you would lose your sense of taste in food because everything would seem mundane to you. You wouldn't be able to perceive the flavors anymore since they're all just average. Therefore, don't use your own viewpoint to assess each individual's experience. Each soul's journey is unique; you don't know their soul plans or themes. So when you judge based on abundance or being well-fed and satisfied, that's just your personal perspective issue. Understand?

你只是从⾁体上去看待… 所以造物主尊重每⼀个灵魂他想要体验的?

You just consider it in terms of physical existence... So, the Creator respects every soul's experience that He wants to have?

问: 即使是我们看来不好的体验根本不算是不好的体验? 是他独⼀⽆⼆的体验?

Questioner: Even if our seemingly unpleasant experiences are not actually bad ones, are they unique to him?

English:

⾼灵: ⾸先,好不好,只是你头脑⾥⾯的⼀个定义⽽已.如果你头脑⾥⾯没有呢些定义,你怎么来说它好还是不好呢? ⽽且任何事情你们都有能⼒去转变它.⽐如你从这个眼睛⾥⾯看到的这个世界: 我什么贫富差距呢么⼤? 为什么呢些⼈呢么可怜? 那你可以根据你⾃⼰的⼀个意愿去做⼀些⾏动,明⽩吗? 因为你是有创造⼒的.就好像给了你⼿,给了你脚,给了你思想,是什么? 它是赋予你能⼒去创造、去打造你觉得… 就是你是主⼈,我把你需要的⼀切都给了你.你去按照你的意愿创造啊.因为就算是贫富差距,有的吃的很饱,有的饿肚⼦.那也是你们这些⼈创造出来的呀.如果你不喜欢他们创造的,那你去改变呀.明⽩吗? 所以你们永远都有能⼒.

Higher Spirit: First of all, whether something is good or bad is merely a definition in your mind. How would you say it's good or bad if there are no such definitions in your mind? Moreover, anything that you have the ability to transform. For example, this world that you see through your eyes: how great is the gap between poverty and wealth? Why are some people so pitiful? You can take actions according to your own will, understand? Because you possess creativity. It's like giving you hands, feet, and thoughts; what is it? It's empowering you with the ability to create, build what you think… Essentially, you are the master, I have provided you with everything you need. Create as per your desire because even something as great as the gap between poverty and wealth, some eat full meals while others starve. That too has been created by people like yourselves. If you don't like what they've created, then change it. Understand? Therefore, you always have the ability.

物质世界这个相,就好像你现在在捏⼀个泥⼈⼀样.你永远都有能⼒去捏到你觉得好看、喜欢的样⼦.物质世界是如此⼤的塑造性.⽽且你们每⼀个⼈都有⼀脚,就是你们每⼀个⼈都在参与这个创造的过程.把它变成你的动⼒.

The phase of the material world is like when you are now shaping a clay figure. You always have the capability to mold it into what you find attractive or pleasing. The material world offers such vast potential for creation, and each one of you has a foot in this process, turning it into your source of power.

问: 好的.我第⼆个问题是⾼维是如何看待⾃杀的? 是⼀种终极逃避吗?

Questioner: Alright. My second question is, how does high society view suicide? Is it a form of ultimate escape?

⾼灵: ⾼维是如何看待⾃杀的? 我们⼀直在说你们有权⼒去选择任何,包括你想要结束你的⾁体.但是⼀个真正知道他是谁,就是忆起他的⽣命.就是⽐如说你的根扎到地上去了,你是不可能去选择⾃杀的.所以你只有在你⽆知的情况下,就是你还不知道你是谁,你才有可能去做这样的选择.但是⾼我根本就不会阻⽌你去⾃杀.为什么呢? 因为你永远只能伤害表⾯上呢个相,明⽩吗? 就是你永远只能伤害… 你们物质世界就像⽔中的倒影,对吧? 就是我这⼀棵树,然后在⽔中的倒影.你⽆论想要在⽔中… 你们⽆论怎么动都只是在⽔中动⽽已.那你想要在⽔中把呢棵树砍掉,你随便怎么砍,明⽩吗? 因为你并不会影响到树的本⾝.

Higher Spirit: How does Kway see suicide? We've been saying that you have the power to choose anything, including ending your physical body. But a true person who knows himself, remembering his life, is like roots planted in the ground; it's impossible for him to choose suicide. Therefore, you can only do such a choice when you are ignorant, meaning you don't yet know who you are. However, High I won't prevent you from suicide. Why? Because you can only harm the superficial aspect, understand? You can only hurt... Your physical world is like a reflection in water, right? Like my tree, then its reflection in water. No matter how you try to... No matter how much you move it, you're just moving it within the water. Then if you want to cut that tree in the water, you can do whatever you want, understand? Because you won't affect the tree itself.

问: 那也学有的⼈觉得⽣活⾮常艰难,⼈⽣很痛苦,他就选择⾛了这条路呢? 也是因为⽆知吗?

Questioner: There are also people who find life very difficult and that existence is painful, so they choose this path. Is it because of ignorance?

⾼灵: 他们可以选择任何.但是你要知道你们⼈类是⼀个整体.当⼀个个体他感受到痛苦,他选择了⼀个想要去结束⽣命的⽅式.那其他个体有可能会参与,就是来唤醒你.或者来给你爱,或者来给你帮助,明⽩吗?

Higher Spirit: They can choose anything. But you have to know that humans are one whole. When an individual feels pain and chooses a way to end their life, other individuals might participate in some form of awakening for you, or they might give you love or help. Understand?

问: 明⽩了.所以就是说⾼我是不会⼲预个体的选择的? 即使他觉得⼗分痛苦,选择了⾃杀的这条路? 但是⼀个真正被唤醒的⼈是不会选择这条路的.因为这条路是⼀个⽐较⽆知的表现?

Questioner: Understood. So it means that a Higher Self wouldn't interfere with an individual's choices? Even if he feels immensely painful, choosing the path of suicide? But a truly awakened person would not choose this path, as it is a manifestation of naivety?

English:

⾼灵: ⼀个真正知道⾃⼰是谁,跟⾼我有链接的,就好像是… ⾸先你去选择⾃杀是因为你找不到出路.那如果你跟⾼我链接,就是说你的根已经扎到地底下.你就知道我有如此多的空间,我从地上上⾯可以给我整个世界去⽣长.然后爱地下⾯又有整个世界给我成长.我不断地想要探索,不断地想要探索,明⽩我意思吗? ⾃杀的呢些⼈他是想找到出路⽽已.只是在他的认知,因为你的头脑⾥有限的认知,他找不到… 他觉得只有结束⽣命才是我的出路.他把结束⽣命当成是他的出路.他也是想去找到出路,明⽩吗?

Higher Spirit: A person who truly knows who they are and is connected to the Higher Self, it's like... If you choose suicide because you can't find a way out. If you're connected to the Higher Self, your roots have already penetrated deep into the ground. You realize I have such vast space; from above the ground, I can grow my entire world. And below the earth, there is an entire world for me to grow. I constantly want to explore, continuously wanting to explore. Do you understand? Those who choose suicide are just trying to find a way out. It's simply within their limited cognitive framework that they can't see... They believe ending their life is their only出路. They see ending their life as their escape route. They're also seeking a way out, do you understand?

问: 对,就可能觉得结束⽣命后会觉得很轻松.然后不会在经历这些痛苦的事情.

Questioner: Yes, one might feel very relieved after ending their life, then not experiencing these painful things anymore.

⾼灵: 还有问题吗?

Higher Spirit: Any other questions?

问: 就是⾯临⽣存的挑战,我们最正确的态度应该是怎样?

Questioner: In the face of survival challenges, what is the most correct attitude we should adopt?

⾼灵: ⾯临⽣存的挑战你们最⽋缺的是什么,对吗?问: 对,最正确的态度是什么?

Higher Spirit: What is the biggest lack you face when it comes to survival, right? Questioner: Yes, what is the most correct attitude?

⾼灵: 最正确的态度? 我先说你们最⽋缺的就是真相,对真相的认知.但是我们现在在做的就是告诉你们真相.因为你们的物质世界有你们物质世界的⼀套的道理.然后呢⼀套的道理是来⾃于你们祖祖辈辈,或者是⼀直流传下去的你们物质世界的或者是科学,或者是这样⼦的概念,明⽩吗? 这些很多都是假象.那如果你在假象⾥⾯,你想⼀下,你们是⽤什么样的概念,什么样的认知,什么样的运⾏模式在运⾏? 这是你们最需要找到⽣命的真相.然后什么是最正确的态度? 就是去探索,不断地去探索不断地去探索你到底是谁.什么是真正的你?什么是真相? 什么是⽣命? 因为这个探索会给你带出来你所去寻找的.

Higher Spirit: The Most Correct Attitude? I would say that what you lack most is the truth, your understanding of the truth. But we are now telling you the truth because your material world has its own set of principles in the material world. Then this principle comes from your ancestors or has been passed down to your material world or science, understand? Many of these are illusions. If you're within an illusion, think about what kind of concept, what kind of cognition, and what kind of operational mode is being run? This is what you need most to find the truth of life. Then, what is the most correct attitude? It's to explore, keep exploring, constantly, who you really are, what is true, what is the truth, what is life because this exploration will bring out what you are seeking.

问: 是不是不管什么样的经历都是⼀种探索? 哪怕这个⼈没有钱,是⼀个流浪汉也是⼀种探索?

Questioner: Is every experience a kind of exploration, even if a person is homeless and has no money?

⾼灵: ⾸先,他有可能他只是⼀个⼯具.就⽐如说⼀个机器狗,呢个狗⾥⾯给它植⼊了这两个程序.他就像呢个机器狗⼀样: 汪汪汪.你给它设置好程序,他⼀会⼉他往这边⾛,⼀会⼉往呢边⾛,明⽩吗? 你看到的他只是⼀个机器⽽已.只是⽤他有限的程序在运⾏⽽已.你看到的只是呢个,明⽩吗? 还有问题吗?

Higher Spirit: First of all, he could be just a tool, like a robotic dog with these two programs implanted in it. He's like that robotic dog: woof woof woof. You set up the program and he walks here for a while and then walks there, do you understand? What you see is just a machine - nothing more than his limited programs running. That's all you see, right? Do you have any other questions?

问: 我没有问题了,谢谢.

Questioner: I don't have any more questions, thank you.

第四个⼈问: ⽼师你好,我想问⼀下现在灵界有什么信息想要给到我吗?

The fourth person asks: Greetings, Master, I would like to know if there is any information that the spirit realm wants to convey to me now?

⾼灵: 你稍等.你叫什么名字?问: 我叫XXX.

Higher Spirit: Wait a moment. What's your name? Asked: I'm XXX.

⾼灵: 信任、信任、信任、信任.⽬前你好像有⼀点在这个拉扯的过程当中.就是⼀会⼉想左,⼀会⼉想右.⽐如说,对于你们物质世界来说我们的灵界信息是幻像,对吧? 然后你们物质世界是实相.你在实相跟幻像之间拉扯.⼀会⼉关注实相,⼀会⼉关注幻像.⼀会⼉觉得实相对,⼀会⼉觉得幻像对.你还在这种拉扯的过程当中.就是你还缺少完全的信任.所以你需要建⽴信任.

Higher Spirit: Trust, trust, trust, trust. Currently, it seems you are wrestling with this process a bit. For instance, in your physical world, our spiritual realm information is an illusion, right? Then your physical world is reality. You are tugging between reality and illusion. Sometimes focused on reality, sometimes on the illusion. Sometimes believing in reality, sometimes in the illusion. You are still in this tug-of-war process. That means you lack complete trust. So, you need to build trust.

问: 是的,确实是.对位于我来说好难,我觉得.

Questioner: Yes, indeed. It's hard for me, I feel.

⾼灵: 你是说建⽴信任很难是吗?

Higher Spirit: Are you saying that it's difficult to build trust?

问: 对,是的.

Questioner: Yes, indeed.

⾼灵: 那是因为你却相信信任是⼀件很难的事情,明⽩我意思吗?

Higher Spirit: That's because you find it hard to believe in trust, do you understand me?

问: 这是我的信念是吧?

Questioner: Is this my belief?

⾼灵: 是你相信了它难,你就会体验难.就呢么简单.

Higher Spirit: If you believe in it being difficult, you will experience difficulty. That's how simple it is.

问: 是的,我觉得这就是我当前的状况.拉扯的⽐较厉害.我怎么做到全然的相信呢?

Questioner: Yes, I feel that this is my current situation - quite torn. How do I achieve total trust?

⾼灵: 你不需要逼你⾃⼰,明⽩吗? 因为你⾸先你要知道,就好像我们这⾥是你的家.你迟早会回家的.因为这个在你的基因⾥⾯,在你的⾻⼦⾥⾯,是你的发展的⽅向.所以⽆论怎么⾛,⽆论你在外⾯流浪多久,你始终是会回家的.就好像是落叶归根.你的叶⼦迟早是会归根的.所以你不需要去逼你⾃⼰: 啊,我要快点回去.不需要.你不需要去逼你⾃⼰,你也不需要去做任何: 啊,我要早⼀点回去.你就好好在外⾯玩就好了.

Higher Spirit: You don't need to push yourself, do you understand? Because first of all, you have to know that just like this place is your home here, you will eventually return home. This is because it's in your genes and in your bones; it's the direction of your development. So no matter how you go about it, no matter how long you wander outside, you will always come back home. It's like fallen leaves returning to their roots; your leaves will inevitably return to their roots. Therefore, you don't need to push yourself: Oh, I have to hurry back. No need for that. You don't need to push yourself, and there's no need for anything like: Oh, I should come back sooner. Just enjoy playing outside when you're out there.

问: 好好在外⾯玩? 就是享受当下,过好每⼀个当下?

Questioner: Play well outside? That's about enjoying the moment and living each moment to the fullest?

⾼灵: 就是你你不⽤去⽤这个事情来去占据你、消耗你.或者: 啊,我还要怎么样怎么样.不需要.因为当你做到这⼀点你就已经在信任了,明⽩吗? 就是信任你迟早会回归.你只有你不信任你会回归,你才会去push,你才会去加⼀把劲.就好像你把⼀个孩⼦放出去,你不信任他,你才会说: 你快回来,你快回来.又各种诱惑、威逼让他回来.那如果你相信他会回来的话,你只会说: 宝贝,你好好在外⾯玩.因为妈妈知道你玩够了你就会回来啊,明⽩吗?

Higher Spirit: It's not that you need to use this as a thing to occupy or drain yourself with, or go like, oh I still need to do this and this. No need for that because once you achieve this point, you're already in trust, get it? You're trusting that you will eventually return. The only reason you wouldn't trust your return is if you were pushing yourself, putting extra effort because you don't believe you'll come back. It's like sending a child out and not trusting them; you'd say hurry back quickly, use various temptations or threats to make them return. But if you believe they will return, you would just say, dear, enjoy your play outside knowing that you will eventually come back because Mom knows you'll get tired of playing and come home soon, understand?

问: 🗎,就是我现在不要把精⼒放在是否相信这件事情上? 该⼲嘛⼲嘛?

Questioner: Is it about not focusing on whether I should believe in this matter right now, and just do what needs to be done?

⾼灵: 是.你就在外⾯好好玩.

Higher Spirit: Alright. Have fun outside.

问: 还是就是体验? 我好想有⼀个⼈告诉我,我现在应该怎么做?

Questioner: Is it just about experiencing it? I really want someone to tell me what I should do right now.

⾼灵:就是havingfun,好好玩,好好enjoy,就好了.因为你玩够了,你⾃然⽽然会回家.只有你没玩够,你又⼼⾥在催着⾃⼰回去,你才会有拉扯这个动作.你说我现在在外⾯还没有玩够,你不停的叫我回家.我这样回到家,我也会不安啊,我又想出去.所以好好在外⾯玩.

Higher Spirit: It's just about having fun, enjoy it thoroughly, that's all. Because once you've had enough of playing around, your natural inclination will be to return home. Only if you're not satisfied and are urging yourself back is when you would experience this pull. You say you haven't played enough outside yet, continuously calling me back. If I come back like that, I'll feel restless too; I want to go out again. So just enjoy playing outside properly.

问: 真的是这样.就好像我特别想要⾃⼰的状态是⼀种全然的相信.然后我就⼀门⼼思的去相信,去做⾃⼰相信的事情就好了.但是就是有⼀股⼒量就是往外拽,往回拽我.不让我全然的相信.所以我⼲什么事情都好像有些分⼼.

Questioner: Is it really like that? As if I want to be in a state of total belief. Then I just devote myself completely to believing and doing what I believe in. But there's this force pulling me outwards, pulling me back from achieving full belief. It won't let me fully believe. So whatever I do, I seem to have my mind divided or distracted.

⾼灵: 是的.⾸先停⽌去做这个拉扯的动作.因为你只需要信任你最终会落叶归根的.所以你不需要去有这⽅⾯的担忧.

Spirit High: Yes. Firstly, stop pulling at this. You just need to trust that you will eventually return to the roots. So there is no need for concern in this regard.

问: 第⼆个问题就是我⾃⼰,⽐如说碰到了⼀些⽼师吧.我对他的第⼀印象不是特别好.但是我觉得他分享的只是还是有⽤的.然后我就试着跟这样的⼈去链接.但是呢,就是还是很纠结.因为我还是不太喜欢他.但是他分享的只是我觉得还是有⽤的.就是我为什么会这么纠结? 就是我应该怎样去….

Questioner: The second question is about myself. For instance, I encountered a teacher whose initial impression wasn't very positive for me. However, I found the information he shared to be useful. Thus, I tried to connect with him. But still, I'm quite conflicted because I don't really like him that much. Yet, the information he shares seems beneficial to me. Why am I so torn? How should I approach this situation...

⾼灵: 还是在拉扯的⼀个动作.问: 奥,好像真的是这样.

Higher Spirit: It's still a tug-of-war action. Questioner: Oh, it seems to be true in that case.

⾼灵: 你还是在拉扯的⼀个动作.你也不⽤去担⼼这个问题.因为迟早你会被你吸引的东西给吸引⾛.所以你不需要去担⼼这个,它这只是⼀个过程.就好像是⼀股能量,它会流过去的.所以你就允许它.就好像⼀股⽔,它⼀直想要流流流.你又不让它流进来.让它流⾛就好了嘛.

Higher Spirit: You're still engaging in a pulling action. Don't worry about this issue; you will eventually be drawn towards what interests you. So there's no need to worry, as it's just part of the process - like an energy flowing through. Allow it to happen. Imagine water always wanting to flow, yet you prevent it from entering and simply let it go instead.

问: 恩,是.我阻碍它,它反⽽就⽼想进来.我不让它进来.好像⽼是在呢个点上,迈步过去.

Questioner: Hmm, yes. I prevent it, and it then wants to come in even more. I don't allow it to come in. It seems like there's always a point where I have trouble stepping over it.

⾼灵: 是的.

Higher Spirit: Yes.

问: 我想问⼀下我跟我⽼公这⼀世是什么样的课题?

Questioner: I wonder what kind of lessons my husband and I are facing in this lifetime?

⾼灵: 你稍等.你⽼公叫什么名字?问: 叫XX.

Higher Spirit: Wait a moment. What's your husband's name? Asked: His name is XX.

⾼灵: 你们之间更多像是情同⼿⾜.像呢种兄妹…就像是这样⼦的⼀个关系.想⼀下兄妹之间的感情,然后情同⼿⾜,然后这种…就像是这样⼦,⽐如说哥哥弟弟,或者是哥哥妹妹,或者是姐姐弟弟,这样⼦的⼀个关系.明⽩吗? 所以温情⼤于爱情,就是⼤于激情.还有什么问题吗?

Higher Spirit: It's more like a relationship between close siblings, akin to brothers and sisters... it's like this kind of bond. Think about the emotions between siblings, then compare to being like siblings, and this sort of... think of it as a brother and a younger brother or sister, or an older sister and a younger brother, this kind of relationship. Do you understand? So, warmth is greater than romantic love, which is also greater than passion. Any other questions?

问: 没有问题了,谢谢.

Questioner: There are no issues anymore, thank you.

第五个⼈(代问)问: 为什么我学了很多东西,去理解佛经啊,基督啊,宇宙啊.但同时我内⼼也会有⼀股傲慢.我会对佛教啥的有不满,觉得它很胡说⼋道,⽽别⼈很尊敬.是我错了吗? 我该如何去平衡呢?

The fifth person (speaking on behalf of others) asks: Why, despite learning so much about things like Buddhist scriptures, Christianity, and the universe, do I still feel a sense of arrogance within me? I often have discontent with Buddhism or similar concepts, perceiving them as nonsense. Meanwhile, others show respect for these ideas. Am I wrong? How can I find balance in this?

⾼灵: 你是对的呀.因为的确所有别⼈,⽆论他说的再呢个什么,他们都是胡说⼋道.因为它跟你的世界没有关系,明⽩吗? 你的世界跟这些….佛跟你是… 它是另外⼀个世界,你是另外⼀个世界.哪怕你妈跟你,她⼀个世界,你⼀个世界.所以别⼈的的确是胡说⼋道.重要的是你为什么想要去因为别⼈尊敬,你就想要去尊敬呢? 那你不就是迷信吗? 就是别⼈信,我就跟着信.那你不就是迷信吗? 所以你不需要对你内在产⽣的这种纠结,或者这种困惑,你不需要去对它产⽣⼀种质疑.或者是: 我为什么会这样? 不需要.因为我们在给你们传递信息的时候,我们⼀直是让你们不要去听从任何外界的信息.

Higher Spirit: You are correct. Because indeed all others, no matter what they say, are just talking nonsense. It's because it has nothing to do with your world, understand? Your world is separate from these... Buddha and you... They are another world, you are another world. Even if your mother and you are in one world, you are still in your own world. So others' words are indeed nonsense. The important question is why do you want to respect others just because they respect you? Wouldn't that make you superstitious? Just like others believe, so do I. Isn't that superstitious behavior? Therefore, there's no need for you to doubt or feel confused about your own thoughts. Or ask yourself: Why am I like this? No need for that. As we convey messages to you, we always insist that you should not listen to any external information.

就连我们的信息你们也不要去听从,如果它不符合你想要去体验的.那如果你觉得我们的信息能让你更和谐的在这个世界上运作的话,就是它符合你想要去体验的.那你可以去借鉴.那如果不符合你,也是胡说⼋道的,明⽩吗? 外在的信息,真的假的不重要.重要的是你愿意去选取什么.因为你才是呢个创造者.⽐如说外在有⽆数个、有⼀亿个⼯具.你说别⼈的⼯具都很好,⼈家玩的呢么好.我怎么就对它完全不屑呢? 因为呢不是你⾃⼰想要创造的.你⾃⼰去提取你⾃⼰想要创造的.就是你想要创造⼀个什么东西,你就去拿什么⼯具.那这些概念、这些⽂字、这些信息全部都只是⼀个⼯具⽽已.

Do not listen to our messages if they do not align with what you desire to experience. If you find that our messages can help you operate more harmoniously in this world, then they are aligned with your desires. You may adopt them accordingly. If they do not suit you, then they are simply nonsense. Understand? External information, whether true or false, is not the key point. What matters is what you choose to take. You are the creator. For instance, there are billions of tools out there. Others might use them well and enjoy them immensely. Why am I completely disinterested in it all? Because they are not what you want to create yourself. You should extract the tools that you want to create. If you want to create something, then take the appropriate tool. These concepts, words, and information are simply tools at best.

第六个⼈(代问)问: 什么是业⼒? ⼈在物质世界所做的善恶会形成业⼒吗?

Sixth Person (Asking on behalf): What is karmic force? Will doing good and evil in the material world form karmic force for a person?

⾼灵: 业⼒,就好像你打⼀下墙壁你⼿会疼⼀样.这是⼀个你在去选择,它产⽣的后果,产⽣的副作⽤.这个就是你们所谓的业⼒.就是好像你把⼿放在冰块⾥⾯,你⼿会感受到冷.然后感受到冷和冰,那不就是你们所谓的业⼒吗? 因为你们所有的所有的…就好像你把⼀个⽯头扔到⽔⾥⾯,那⽔会出现波浪,就这么简单.这就是业⼒.那你第⼆个问题是?

Buddha: Karma is like when you hit a wall and your hand hurts. This is the consequence of your choice, the side effects it produces. This is what you call karma. Is it not like when you put your hand in ice, and you feel cold? Then feeling cold and ice, isn't that what you call karma? Because all of yours… just as if you throw a stone into water, the water will create waves, that's it. This is karma. And for your second question?

问: ⼈在物质世界所做的善恶会形成业⼒吗?

Questioner: Does good and evil actions in the material world form karma for a person?

⾼灵: 你觉得呢? 不管是善的是恶的,你的所有⾏为都会形成⼀个后果,对不对? 就好像你种了⼀颗种⼦下去,它⼀定会(开花结果).如果你没有种,它会开花结果吗? 不会呀.

Higher Spirit: What do you think? Whatever actions you take, be they good or bad, will inevitably lead to consequences, right? It's like planting a seed; it must grow and bear fruit. Will it flower and produce fruit if no seed is planted? No, it won't.

问: 什么是脉轮? 怎么判断⾃⼰脉轮堵塞? 如何清理?

Questioner: What are chakras? How can one determine if their chakras are blocked? How to clear them?

⾼灵: 脉轮也是你们物质世界… 就⽐如说某些⼈他⾃⼰有⼀套信念系统,对不对? 这⾥所有的东西就是说你相信什么,你才会去体验,你才会去创造.你相信什么? 那有些⼈他根据他⾃⼰的呢个去创造了⼀个… 他所有的感受,明⽩吗? ‘啊,我嗓⼦这⾥的脉轮.我的头顶.我的肚脐眼’ 那他根据他这个去创造了.创造后他觉得有效果,那么他去分享.分享了过后,别⼈也相信了.他们⾛路⼀条路,你可以去加⼊别⼈⾛的路,对不对? 你觉得别⼈⾛的路,你就想直接⾛了.你也可以.那呢个脉轮的⼈,就创造了⼀条路.那就很多⼈去加⼊这个路.加⼊这个路,他觉得他说的对的.你看吧,这⾥有这个花,呢⾥有呢个树,这⾥有这个草,呢⾥有这个体验.

Higher Spirit: Chakra is also part of your physical world… for example, some people have their own belief system, right? Here, everything comes down to what you believe, which determines what you experience and create. What do you believe in? Some individuals create a path based on their own beliefs - the sensations they feel. For instance, 'Ah, my throat chakra, my crown chakra, my navel'. They create this path according to their belief. After finding it effective, they share their experience with others who also come to believe in it. You can walk along paths that other people have created. If you think these paths are suitable for you, you may choose to follow them. The individual who creates a chakra path attracts many followers. When others join this path and find validation in what is said, they see certain elements like flowers, trees, grass, and experiences as part of their reality.

因为⼀旦你相信了你就会去体验.如果你不相信,你就体验不到,就呢么简单.你们物质世界有⼀句话: 吃这套.就是你吃这⼀套.那你要不吃这⼀套呢,明⽩吗? 因为你的⾝体,就是你相信什么,你就会有相同的体验.所以你觉得: 啊,我的脉轮通了. OK,那你脉轮通了. 就是你⾃⼰的信念创造了这个体验给你.因为像我们之前说到魔法还有任何东西、显化、任何任何,它关于到什么? 关于着就是你到底相不相信? 你有多相信? 你能相信多久? 因为你相信后⾯就会有相应的.脉轮也是⼀样.所以你如果觉得这⼀套复杂的:哦,我去学习.然后就通了.那你觉得你需要经历这⼀套,那你就去体验.因为没有什么对和错.

Because once you believe it, you will experience it. If you don't believe in it, you won't experience it, and that's as simple as that. In your physical world, there is a phrase: "You eat this." It means you are eating this concept. If you aren't eating this, do you understand? Because your body creates the same experience based on what you believe. So when you think: Ah, my chakras are open. Okay, then they're open for you. Your own beliefs create this experience for you. Because like we mentioned earlier about magic and anything else, manifestation, anything, it's all about whether or not you believe in it? How much do you believe? For how long can you believe? Because after believing comes the corresponding outcome. Chakras are no exception. So if you find this complex: Oh, I go to learn. And then they're open. Then you think you need to experience this, so you will. Because there's nothing right or wrong about it.

问: 扬升后的地球是什么样的? 那些不能扬升的⼈会去哪⾥?

Questioner: What will the Earth be like after ascension? Where will those who do not ascend go?

⾼灵: 扬升后的地球.就⽐如说你们在没有扬升之前就好像是浑浊的⽔.那如果扬升过后那就变成了清澈的⽔,就是这样⼦的⼀个区别.你们地球现在就很好的可以给你们展现出来.

Higher Spirit: The Earth after Ascension is like murky water before the Ascension. If you imagine it after Ascension, it becomes clear water. It's that kind of difference. Your Earth can demonstrate this very well for you.

因为你们受到的⼀些各种污染,思想上的污染,各种污染,物质上的⼀些污染.不就是浑浊的⼀个状态吗? 明⽩吗? 你们,特别在学习我们灵性信息的这些⼈,他们会觉得⾃⼰越来越轻.他会觉得⾃⼰不会像以前呢么重.这就是你们的变化.就是从重到轻的⼀个过程.所以你们会有⼀个扬,飞扬的扬,升起来的升,就是扬升.

Because of the various pollutants you've been exposed to, mental and physical pollutants, isn't it like a murky state? Can you understand this? For those who are especially learning about our spiritual information, they might feel lighter over time. They will notice that they are not as heavy as before. This is your transformation; it's a process moving from heaviness to lightness. So you'll experience an elevation, a lifting up, or being raised, which we refer to as "ascension."

问: 她还有⼀个问题就是那呢些没有扬升的⼈会去哪⾥?

She has another question about where those who haven't ascended would go.

⾼灵: 没有扬升的会怎样? 他们会继续体验啊.继续去体验呢个重,沉重的感觉.然后再慢慢慢慢的….

Spiritual Being: What about those who haven't ascended? They would continue experiencing it. Continue to experience that heaviness, that heavy feeling... And then gradually...

第七个⼈问: 我发现我越来越喜欢独处.然后我也觉得独处⾮常的重要.但是我发现周围的很多朋友都不能够独处.然后我想问⼀下为什么我越来越喜欢独处? 然后独处对于我们的重要性以及如何才能更好的独处?

The Seventh Person Asked: I've noticed that I'm increasingly enjoying being alone, and I feel it's very important now. However, I've observed that many of my friends around me struggle with spending time alone. My question is why do I find more pleasure in solitude? And how significant is solitude for us, as well as techniques to improve the ability to enjoy being alone?

⾼灵: 独处对你们的重要性? ⾸先你在每⼀个阶段,在某⼀个阶段,⽐如说你现在到了你觉得你现在需要独处,然后你也喜欢独处的时候,那么你就可以去独处.那么有些⼈他还很害怕独处,就⽐如说他内在还有很多恐惧,⽐如说他还需要建⽴呢个链接感.那他就需要跟⾃⼰给他⼒量的⼈,或者是他还需要依附.那对他来说呢个就是最重要的.这不能就是说把所有⼈都⼀样,就是把他们都通化掉.是每⼀个⽣命它在不同的阶段它会有不同的体验.所以那它重要还是不重要那也是根据个⼈啊,对吧? 就是⼀个他特别需要,就是他现在还感受不到⾃⼰的⼒量.就好像⽐如说你们的⼩baby.那你能说:啊,独处很重要的.你需要独处.

Higher Spirit: The importance of solitude for you guys? Firstly, at every stage, perhaps when you realize that solitude is something you need and enjoy, then you can embrace it. Some people are afraid of being alone because they have inner fears or need to build a sense of connection. For them, relying on someone who gives them strength or needing support becomes crucial. It's important for each life as every being experiences different phases. So whether solitude is important really depends on the individual; correct? Essentially, if they particularly need it and can't feel their own power yet, like with your little baby. Can you say that solitude is very important?

他才刚⽣下来⼏个⽉,你就跟他说,独处很重要,你需要独处.明⽩吗?所以他需要建⽴你个依附,就是依赖,他跟母亲的呢种依赖感.因为当你把呢种安全感建⽴好了过后,对他以后的成长会有⾮常⼤的帮助.在每⼀个阶段,他都有他不同的⼀个体验的阶段.他是因⼈⽽异.就算是同⼀个⼈,他也会因为他不同的时期….🗎,问: 我明⽩了.我的下⼀个我问题是对我这⼀世影响最深的⼀次化⾝是什么? 我能问这个问题吗?

He's only a few months old, and you're already telling him that being alone is important, that he needs solitude. Do you understand? So, he needs to build an attachment, dependency, with his mother. Because once you establish that sense of security, it will be immensely helpful for his future development. At every stage, he has different experiences tailored to his growth.

He adapts based on individual circumstances; even within the same person, he changes due to different periods in life. I understand now.

My next question is: What was the most profound incarnation that affected my current existence? Can I ask this question?

⾼灵: 你是说你前世对你这⼀世影响最深的是什么? 你稍等.我感受到有⼀世对你这⼀世影响特别深的⼀世,他是⼀个和佛教链接很深的,就像是佛教徒⼀样.因为呢⼀世他整个⼀世都是在学习佛教知识.所以他的呢⼀世就积累了⼤量的佛法.然后这些信息、这些知识都已经是被他知晓的.所以当你在,⽐如说佛法或者是我们这些灵性信息,你会⾮常容易的,就好像⼀点就通⼀样.就是very easy for you to pick up.然后,呢⼀个⼈⼀⽣是⾮常孤独的,就只有好像是佛法、经⽂.只有这样⼦的⼀个过程.所以他虽然这⼀世他的呢个,就⽐如对佛法、对智慧和这些信息对你有很⼤的帮助.

Sage: You're asking which past life had the most profound impact on your current one? Let me think for a moment. I feel that there was a past life with a particularly deep influence on you, one closely linked to Buddhism, similar to how a Buddhist would be. In that lifetime, he spent his entire existence learning about Buddhist knowledge. Thus, he accumulated vast amounts of Dharma wisdom in this lifetime. The information and knowledge he gained are all within his awareness. Therefore, when it comes to Buddhism or spiritual information like ours, you find it very easy to grasp, as if a single insight opens everything up for you. It's extremely easy for you to understand. And that person lived an incredibly solitary life, one filled solely with the study of Buddhist scriptures. This was their entire process in that lifetime. Although in this lifetime, he provided substantial help regarding Buddhism, wisdom, and information relevant to you.

但是同样,任何⼀个东西它来的话,它有正⾯的影响它也有负⾯的影响.它同样也会带来说你很难在关系中找到呢种链接感或者是紧密的呢种,怎么说,呢种家的感觉.就是呢种⽐较群居的⽣活,家庭的呢种,明⽩吗? 因为他习惯于⼀个⼈,就是跟佛法、跟智慧、跟这些链接.然后他是没有呢种基础,如何在亲密关系中和⼀个⼈亲密到早上⼀起起床,晚上⼀起睡觉.就是⼀起天天⾯对⾯的.因为对他来说他会觉得是⼀种: How I deal with this? 就好像你从来没有跟⼀个animal,就从来没有跟⼀个⽼虎睡过觉的⼈,明⽩我意思吗? 那你要学习.去学习⼀下我要如何跟呢个⽼虎去⼀起睡觉,⼀起起床,⼀起做亲密的事情,对不对?

But similarly, whatever comes to you, it has both positive and negative impacts; it also brings the difficulty of finding that connection or closeness in relationships, that sense of home, understand? The kind of communal living, family-like living, do you get me? Because he's used to being alone, with Buddhism, wisdom, and these connections. He doesn't have the foundation for how to be intimate with someone closely, like waking up together in the morning and sleeping together at night. Just facing each other every day. It's a question of: How do I deal with this? Like you've never slept next to an animal before, let alone a tiger. You need to learn how to share your bed, wake up side by side, and engage in intimate acts together, right?

所以对他来说…因为⼀直跟⽼虎睡觉的⼈他知道⽼虎的习性,他们知道这个.那对他们来说就是很⾃然⽽然的事情,对吧? 那你⼀个重来都没有跟⽼虎,那你就会… 就是亲密关系、这种家庭亲密、这种特别亲密,对你来说就是⼀种需要再去学习的⼀个功课,明⽩吗? 所以呢,这就是这⼀世给你带来了双重的影响.就是⼀⽅⾯是这个影响,⼀⽅⾯是呢个影响.它是有弊也有利.但是呢,呢个弊它只是需要你去觉知到的、察觉到的.然后需要你去开放⾃⼰,OK,那我学习就好了,对吧? 只是需要你这样⼦的⼀个态度.⽽不是说你就对它死⼼了.就是这么难的东西,我不学了.明⽩吗?

So for him... because someone who has been sleeping with tigers knows their habits, they understand this. So it's a natural thing for them, right? But for you, who has never slept with tigers before, this would be something that requires learning and understanding for you, doesn't it? Therefore, this lifetime brings you dual impacts: one from the influence of someone else's experience and another from your own lack of experience. It's both beneficial and challenging, but the challenges are merely obstacles for you to become aware of and overcome by opening yourself up to learn, right? You just need to adopt this mindset, not give up in frustration over how difficult it seems, okay? Just understanding that is key.

问: 你前⾯说过,如果我们这⼀世死了之后,我们这个⼈格是保留的,然后再去化⾝.我想问⼀下这个是怎么运作的? 就是我的灵魂又再去化⾝,然后我的⼈格还是存在于灵界? 我不是很理解这个关系.

Questioner: You mentioned earlier that if we die in this life, our personality is preserved and then incarnated again. I'd like to understand how this process works. Specifically, does my soul reincarnate, and then does my personality still exist in the spiritual realm? I'm having trouble grasping the connection between these concepts.

⾼灵: 你的⼈格是存在的,是因为这个世界上所有的东西它都不会有毁灭.它都没有毁灭这件事情吗,明⽩吗? 他只是转化了⼀个,就是说不再是投射到⼀个固体⾥⾯去存在.它只是这个固体,因为只要是固体的东西,它永远都会有消失的呢⼀天.⽽且你们物质世界会有空间存在,就是它占据了这个空间.⽐如说⼀个房⼦,它在这个世界上它占⽤了⼀个空间.但是呢,当我们从更⾼的理解来开,它是不存在于空间的.所以就⽐如说,你的⾼我,就我以前经常会举例,你的每⼀个⼿指头在不同的环境⾥⾯体验,对不对? 那你问题就是说,当你的⾷指消失过后,它又怎么去变成另外⼀个⼈格体验? 这是你的问题吗?

Spirit guide: Your personality exists because nothing in this world would ever be destroyed. Does it understand that nothing would be destroyed, or is it clear? He just transformed one, meaning it no longer projects its existence into a solid form. It merely remains as the solid, for anything tangible will eventually have a day of disappearance. Furthermore, your material world exists within space because it occupies this space. For example, a house occupies a specific area on Earth. However, when we look at it from a higher understanding, it does not exist in space. So, for instance, your Higher Self would be cited as something I often use as an example: each of your fingers experiencing different environments, right? Your question then is about how, after the disappearance of your index finger, another personality experience can arise? Is that your question?

你⾸先你要知道是⾼我的能量选择了另外的指头在另外的环境去体验.然后你体验的话,你的每⼀个⼿指头就好像是memory stick,就是memory card.就是像呢种储存器⼀样,你的所有信息他都可以去收集.你再说⼀下你的问题,你的问题是什么?

You need to understand that it was my higher energy that chose another finger in a different environment for experiencing. Then, when you experience it, each of your fingers is like a memory stick or a memory card. They are like storage devices where all your information can be collected. Now, could you please rephrase your question? What is the question you have in mind?

问: 我的问题是,就拿刚才你跟我说的呢⼀世的化⾝举例.呢个⼈他是⼀个佛教徒,然后他是对我这⼀世产⽣最⼤影响的⼀世.也就是说呢个⼈格他现在还是存在于灵界的.但是他又化⾝成了现在这个我,对我产⽣影响?

Questioner: My question concerns the case you just mentioned of a lifetime incarnation. This person is a Buddhist who exerted the greatest influence on me in this current lifetime. In other words, his individual essence still exists in the spiritual realm. However, he has incarnated as my current self, influencing me.

⾼灵: 没有.他并没有化⾝成任何.只是说… 你就⽐如说呢⼀世是⼤拇指,然后你现在呢是⾷指.你说你⼤拇指感悟到的东西… ⼤拇指我在泥⾥⾯,你的⾷指在冰⽔⾥⾯.你说我的⾷指跟冰⽔有冲突吗,明⽩? 他们都可以各⾃去体验,⼀个泥,⼀个体验冰⽔呀.它没有任何冲突啊.但是你的⾼我,你⾃⼰又知道了泥是什么感觉,对不对? 因为你的⼤拇指在泥⾥⾯搅啊搅不动.你又知道冰: 啊,呢个好冷啊.明⽩吗? 那你是不是既拥有了泥⾥⾯的体验,又拥有了冰⾥⾯的体验.

Higher Spirit: No. He didn't incarnate into anything; he just said... You can think of it like this: in your previous life you were the index finger, and now you are the middle finger. You say that what your index finger has experienced... My index finger is in the mud, while your middle finger is in cold water. You ask if my middle finger is in conflict with the cold water; do you understand? They can both experience separately: one in mud and one in cold water, and there's no conflict at all. But as for my Higher Self, you yourself know what it feels like to be in the mud because your index finger can't stir through it easily. And you also know that ice is very cold. Do you understand? So does this mean you have experienced both being in the mud and being in the cold water simultaneously?

问: 我明⽩了.我的最后⼀个问题还是想知道我的⾼我和指导灵他们有什么信息想要带给我吗?

Questioner: I understand. My last question is still to inquire if my higher selves and guides have any messages they want to convey to me?

⾼灵: 今天信息都是带给你的.然后让你就是说不要对亲密关系或者家庭关系,不要对他产⽣恐惧或者是就觉得不耐烦,给它负⾯定义,明⽩吗? 因为这是你缺少的,你需要去feel温暖.因为这个会让你的扩展更加⼴.它会提升你的⼀个就是… 就⽐如说当你感受到了家庭的呢种温暖或者家庭的爱过后,你的⼀个枝芽又会长出来好多好多枝,副枝.就像你的神经,就不断地…你就⽐如说你的⼀部分,你是⼀颗像是⼀颗⾮常⼤的海草.你的这⼀部分在家庭

Higher Spirit: All the information today is for you. Then it's about not letting fear or impatience towards close relationships or family ties take over, nor to assign negative meanings to them, understand? Because this is what you lack; you need to feel warmth. This will broaden your expansion and elevate you in many ways... For instance, after you feel the warmth or love from home, you'll grow out so many more branches and sub-branches, like your nerves that keep growing continually... Imagine you're a giant sea weed. A part of you is this giant sea weed inside your family environment.

温暖⾥⾯,它又会⽣长出来很多很多触⾓给你.让你去…就是⽣命.新的⼀些细胞,新的⼀些,像植物长出来很多叶⼦,很多根.那每⼀个都是⽣命⼒啊.

In the warmth, it will grow out many, many tentacles for you. To let you... It's life. New cells, new ones, like plants growing out many leaves, many roots. Each one is vitality.

第⼋个⼈(代问)问: 如何更好的照顾好我们的物质⾁体?

How to better take care of our physical bodies?

⾼灵: 如何更好的照顾好你们的物质⾁体? 你⾸先你要认识到你的物质⾁体它是⾮常宝贵和珍贵的.那你说它在你⼼中已经是⾮常宝贵和珍贵的过后,就是它的地位不⼀样过后.你肯定不会随随便便…⽐如说又给它灌酒啊,对吧? 就是给它有害物质.你⾄少要保证它不被有害的物质侵犯.你这么想,你怎么照顾你的宝宝的? 因为在你的母性⾥⾯,在你的天性⾥⾯,你作为母亲你就会知道怎么照顾宝宝.你会不让他受到任何有害物质的伤害,对不对? 那你像照顾⾃⼰宝宝⼀样,不会让你的⾁体受到呢些太多的伤害,对不对? 那你有宝宝过后,你⾸先要照顾他的情绪,对不对?宝宝哭啊,你就给他抱抱.然后宝宝要玩啊,你就陪他玩,对吧?

Higher Spirit: How can you better take care of your physical bodies? First, you should recognize that your physical body is extremely valuable and precious. After acknowledging it as such in your heart, and once its status changes, you won't treat it lightly… for example, by forcing alcohol upon it, right? That means avoiding substances that could harm it. At the very least, ensure that it isn't invaded by harmful substances. If you think like this: how do you care for your baby? Because within your maternal instinct and natural disposition as a mother, you inherently know how to take care of babies. You would protect them from any damage caused by harmful substances, wouldn't you? Similarly, when treating yourself the same way you would a baby, you wouldn't allow too much harm to befall your body, right? Once you have a baby, you should first attend to their emotions, correct? When they cry, you hold them. And when they want to play, you accompany them in playing, wouldn't you?

所以当你去有这样⼦的⼀个意识过后,你⾃认⽽然,就是好像你去做⼀个母亲,你⽣下孩⼦,你来问我我怎么样做好⼀个母亲?等你有了孩⼦过后,你⾃然⽽然你就会不断地找信息.去学习怎么样照顾新⽣⼉.那当你知道你的⾝体是如此的宝贵过后.你⾃然⽽然的就会去承担起这个责任.然后再⾛向照顾好你的物质⾁体.你⾸先必须得有呢个意识,明⽩吗?

So once you have such an awareness, naturally, it's like when you become a mother and give birth to a child. You ask me how to be a good mother. After having children, you naturally start seeking information constantly. How to care for newborns is what you learn. Once you understand how precious your body is, naturally, you take on the responsibility. Then, moving towards taking care of your physical self well. First, you need that awareness, right?

问: 如何让我们和⾼我更合⼀?

Questioner: How can we merge with our higher self?

⾼灵: 如何让你和你的⾼我更合⼀? 你的⾝体它永远都会有⼀个指南针⼀样.就是它会让你知道你做了哪些事情你会很难受.但是⽐如说有些⼈,他做了⼀些事情,他难受.但是他还继续做.那是为什么呢? 那是因为他的⼤脑,他的头脑被植⼊的⼀些信息来让他觉得他做这些事是对他有益的.就⽐如说我去偷.我⼼⾥其实难受的、慌张的、不想偷.但是我还是继续偷.为什么? 因为他有个恐惧的⼼⾥就是我要不偷钱我就活不了,我要死.这是他⾃⼰的⼀个恐惧信念,就是⼀个错误的信念.所以你就必须去知道哪些⾏为是因为你⼤脑⾥的⼀些信念你去⾏动.因为当你不再受⼤脑的⽀配过后,你便受到你⼼灵的指引.那你就是⾛在和⾃⼰合⼀的路上.

Higher Spirit: How to merge you and your high self? Your body always has a compass that will tell you which actions you have taken are going to make you feel uncomfortable. However, why do some people continue doing things even though they feel bad about it? It's because their brain, their mind, has been implanted with information making them believe those actions are beneficial for them. For example, I go and steal. Although my heart feels guilty, anxious, and doesn't want to steal, I still keep stealing. Why is that? It's due to the fear within him/her - if they don't steal money, they won't survive; they'll die. This is a self-created false belief. So you must understand which actions are driven by beliefs implanted in your mind. Once you no longer follow the instructions of your brain, you will be guided by your spirit. And that's when you're on the path to merging with yourself.

这需要⼀个⾮常⾼的意识.⾼的意识就是说,你知道你的⾁体不是你.因为如果你把你⾁体的所有感受,所有⼀切都当成是你的话,你是不会知道还有更⾼的存在的.所以这个需要⾼的意识、觉知和觉察.

This requires a very high level of awareness. High awareness means that you understand that your body is not you. Because if you consider all the sensations and everything from your body as yourself, you wouldn't be aware of any higher existence. So this requires a high level of awareness, mindfulness, and perception.

问: 欲望需要克制吗? 还是需要满⾜?

Questioner: Should desires be repressed, or should they be satisfied?

⾼灵: 欲望需要克制还是满⾜? ⾸先欲望它是能量.能量你不能去克制它.因为你克制它你就好像是在你的阻⼒.当你在克制阻⼒,你就是在加⼤它的能量.就好像你越是去克制,反⽽它破坏⼒越⼤.所以它这这⾥没有⼀个克制和满⾜.因为当你在提这个问题的时候,到底是克制还是满⾜的时候?实际上你已经把⾃⼰给拧歪了.你⾃⼰就是把⾃⼰放⼊⼀个陷阱⾥⾯.你就好像出了⼀个选择题,我要么满⾜要么克制.但是这两者都不是.欲望它是可以带领你们⽆⾃我认知,⾃我探索.让你们⾛上智慧的道路的⼀股能量.就⽐如说你可以根据你⾃⾝产⽣的⼀些欲望,然后根据这个欲望你就可以不断地去⾃我探索.⾸先,欲望它产⽣的也是能量.

Higher Spirit: Does desire need to be repressed or satisfied? Firstly, desire is energy. Energy cannot be restrained because by restraining it, you are opposing yourself, which actually amplifies its energy. The more you try to restrain it, the more powerful its destructive force becomes. Therefore, there is no concept of repression or satisfaction here when asking if one should restrain or satisfy desires. In posing this question—whether to restrain or satisfy—itself indicates that your perspective has become skewed, trapping yourself in a dilemma: either satisfy or repress. Neither is the correct approach. Desire can be an energy guiding you towards self-awareness and exploration, leading you on the path of wisdom. For instance, you can generate desires based on your own needs, then use these desires to constantly explore and understand yourself better. Most importantly, desire itself generates energy.

那能量你只能去… 就⽐如说我这⾥有⼀股能量出来,对吧? 如果是通过我的⼀个

That energy you can only go... Say for example if there's an energy coming out of here, right? If it goes through one of

负⾯信念,那我就是破坏式的去爆发这股能量.那如果通过正⾯的信念,那我就是正⾯的释放这股能量.所以能量它怎么样都要出来的时候,我是不是就应该去… 如果把我的⼀些负⾯信念改变成正⾯信念的时候,那它这股能量我是不是就不⽤担⼼它了? 因为它是出来服务的呀,对不对? 那它就是⽤来服务.它⽤来服务的话,我不需要担⼼它.它是在正⾯服务我,正⾯服务这个社会.所以这就是你们从这个⽅⾯又能看到,你们的信念是多么的重要.因为我们现在在给你们传导这些知识的这个过程,就是把你们的负⾯信念转变成正⾯信念.因为你们每⼀个⼈都拥有强⼤的能量.那如果我们把它从负⾯的信念转变成正⾯的,你想⼀下这个能量是多么强⼤,对吧?

Negative beliefs, then I would release this energy destructively. If through positive beliefs, I would release this energy positively. So when the energy has to come out anyway, should I not... When I change some of my negative beliefs into positive ones, do I no longer have to worry about it? Because it's coming out to serve, right? It serves. I don't need to worry about it because it's serving me in a positive way, serving society. This is how you can see the importance of your beliefs from this aspect. Because what we are doing for you as we transmit these knowledge is transforming your negative beliefs into positive ones. Since each one of you has powerful energy. If we change it from a negative belief to a positive one, think about how powerful that energy will be, right?

那它带来的不是迫害,⽽是正⾯的影响.

It brings not persecution but positive effects.

问: 有什么信息可以帮助找不到⽣命意义的⼈?

Questioner: What information could help someone who cannot find meaning in life?

⾼灵: 有什么信息可以帮助找不到⽣命意义的⼈? 然后我们想给他的信息就是说⽣命本⾝就拥有巨⼤的意义.并不是说你⼀定要如何…你只是存在.存在的本⾝就拥有⾮凡的意义.然后这⾥没有什么证据证明.就是没有什么证据来给你看什么怎么怎么样.你只需要去相信,相信存在本⾝,⽣命本⾝就拥有⾮凡的意义就已经⾜够了.为什么? 因为只有你去相信了过后,你才会去发现,明⽩吗? 因为 ‘你只要去相信’ 本⾝,它就会把你带领到你去发现的呢条路上.就好像这⾥有两道门,⼀道门是相信,⼀道门是不相信.那我只说你只需要推开呢道相信的门,你便会发现它巨⼤的意义.那你只需要去推开这道门.那如果你推开的是⽣命没有意义的这道门.

Higher Spirit: What information can help those who cannot find the meaning of life? Then, the information we want to give them is that life itself holds tremendous significance. Not that you have to do something specific… You just exist. The act of existence alone carries extraordinary significance. And here, there's no evidence for this. There's no evidence showing what would happen or how things unfold. All you need to do is believe, believe in the very essence of existence and life itself being of immense significance. Why? Because only when you believe it, will you discover and understand it. For "you just have to believe" inherently guides you towards the path of discovery. Imagine there are two doors: one labeled 'Believe' and the other 'Do Not Believe'. I'm saying that all you need to do is open the door marked 'Believe,' and you'll find its immense meaning. And it's simply a matter of opening that door. If instead, you choose to open the door suggesting life has no meaning,

你便⾛上的是⼀条越来越多的证据来⽀持你⽣命没有意义,明⽩吗? 所以并不需要去给你拿任何证据.你只需要去相信,然后推开呢道门.接下来⽣命本⾝就会给你呈现它的巨⼤意义.

You are embarking on a path where the evidence is accumulating to suggest that your life lacks meaning, right? So, no need to provide any proof; you just need to believe and then open that door. Afterwards, life itself will unfold its immense significance for you.

问: ⼀切都已经存在的话,我们的信息是新的还是旧的?

Questioner: If everything already exists, are our informations new or old?

⾼灵: 我们的信息是新的还是旧的? 对于你们来说,它永远永远都是新的.因为我们的信息它永远都是在帮助你,就好像这么说,你们物质世界有做⼀个实验.就是把⼀个东西⽆限放⼤,⽆限放⼤.那我们的信息,如果你说它是旧的,就是已经存在.就好像这⾥有⼀⽚树叶.就⼀⽚树叶,对吧?你每天都在看呢⽚树叶.每天都是同⼀⽚树叶,对不对?你会觉得这就是⼀个旧的树叶.但是你⽐如说通过你的知识,就⽐如说科学家教你去发现⽣命的奥秘.他给你拿了放⼤眼镜,给你拿了各种化验的器材.然后你便不断地去把它扩⼤、扩⼤,扩⼤到⽆限⼤.那你每⼀次扩⼤,它是不是对你来说都是新的?那你告诉我这个树叶到底是新的还是旧的?

Higher Spirit: Is our information new or old to you? For you, it's always brand new because our message is constantly aiding you. Like an experiment in your material world where you expand something infinitely, our information does the same. If we say it's old, that means it already exists here. Imagine a single leaf; you see this leaf every day, yes? It remains the same leaf every day, right? You might consider it an old leaf. But if you use your knowledge, like scientists teaching you about the mysteries of life by providing you with magnifying glasses and various testing equipment, and you continually expand that view, taking it to its infinite limit. Every time you expand this view, is it not new for you? So, tell me, is this leaf old or new to you when looked at through different stages of magnification?

所以为什么我们的信息需要你们不断地提问?你们不断地提问就好像你是拿⼀个放⼤镜.拿⼀个放⼤镜不断地在看、不断地在找.你永远永远… 哪怕你进⼊到最微⼩的⼀个细胞⾥⾯,你都能发现⼀个不同.

So why does our information need your constant questioning? Your continuous questioning is like holding a magnifying glass, constantly looking and searching as if you could find anything, no matter how tiny, even within the smallest cell, revealing something different.

问:我以前⼀直都不敢⼀个⼈的时候关灯睡觉.然后我现在终于敢⼀个⼈的时候关灯睡觉了.我想问⼀下这种是不是会产⽣⼀种所谓的频率的是shift? 就是呢种频率的转移? 我想说这对我来说是很⼤的在频率上的⼀次提升吗?

Questioner: I used to be too afraid to go to bed with the lights off. Now, however, I finally feel brave enough to do so when alone. I'm wondering if this could involve a certain kind of frequency shift - you know, that type of frequency transfer? Could this mean a significant increase in my own 'frequencies' for me?

⾼灵: ⾸先,你们每⼀个⼈在提问的时候都会有⼀个我我我.我现在怎么样,我曾经怎么样,我之前怎么样,我⼀直怎么样.你们呢个就已经是错的,明⽩吗? 因为在每⼀个⽚刻,你在接受我这个信息的前⼀刻呢个都已经不再是你.你就知道你是多么的变化⽆穷.你知道之前有个⼥孩⼦提问,就是说: 你叫什么名字? 然后我说你们物质世界才会⽤这个表⾯的相来命名.那我今天,你看到我是⼀朵云,我叫云.那我明天我是⼀个冰棒,我说我还是云.你会说你哪是云,你昨天是呢个样⼦.今天是个冰棒,你怎么是云? 明⽩我意思吗? 那你这下就知道如何去定义你了.如何去定义我了.我是不受任何定义的.我是不受任何限制的.

Higher Spirit: Firstly, when you ask questions, each of you would say this: "What am I now?" What was I before, what did I do previously, how have I always been? You are already mistaken because in every moment, the very instant before you receive this message from me is not the you that you think it to be. You should understand how endlessly you can change. Did you know that there was a girl who asked, "What's your name?" And I replied that in your physical world, they use superficial appearances for naming. Now, if you see me as a cloud today and call me Cloud, then tomorrow when I am an ice cream stick, I'll still be called Cloud. You would ask, "But you're not actually a cloud; yesterday you looked like this." Today you are an ice cream stick, how can you possibly be a cloud? Do you understand my meaning? Now, you should know how to define yourselves and me. I am undefinable and unrestricted.

因为我的每⼀秒、每⼀时刻,它都在千变万化.它都在不断地转变,这才是⽣命的本质.所以你们也需要.因为当你们能⽤这样的眼光去看待⾃⼰过后,你也会⽤同样的眼光去看待别⼈.你便不会活在对他的记忆当中,对他曾经或者是昨天犯的⼀些事情,做的⼀些事情当中.你便不会沉浸在当中.

Because every moment of my life is in constant flux and transformation; that's the essence of existence. So you must understand this too. Because once you start to see yourself through this lens, then you would apply it to others as well - not just dwell on their past actions or things they might have done yesterday, but rather move forward from there.

1. 初始版本，欢迎大家共同校对：https://kdocs.cn/l/cai0uiGTJeO2 [↑](#footnote-ref-0)